



## The most expensive supplement is...

- ▶ Vivix? No!
- ▶ Vitalizer? No!
- ▶ Have you guessed?

## Herbal “personalities” & your health

- ▶ Herbs are unique...
- ▶ How herbs work...
- ▶ An Herbal Primer...



## Earth-friendly scour-power!

- ▶ What's in your scouring cleanser?
- ▶ This works when nothing else does...

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# Making a Difference!

Through Shaklee, we are all...

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*It would be impossible to do what we have done without cooperation from Nature.*

Dr. Forrest C. Shaklee Sr.

**The high cost of low quality...**

Most supplements are synthetically created in a lab with non-plant chemicals and are not as good for us as their makers would have us believe. In fact, the body quite often rejects them because it sees these chemicals as a foreign invaders.

Good supplements (like Shaklee) are more expensive because they are made from real plants... not chemicals. The body accepts them as food.

There's a high cost for low quality. When it comes to supplements, that cost is... *your health!*



**The most expensive supplement is...**

here do you buy your food supplements? The drug store? Maybe the supermarket? Perhaps the health food store? Or do you look for them online?

Most people reading this article buy their food supplements from Shaklee... *and would never use any other!* But in tough economic times, almost everyone looks for ways to save money... and that sometimes means cutting corners by finding alternatives that cost less. While economizing is a great idea and a habit worth developing, using a less expensive "alternative" product can be more costly than you think.

While some people may look at the thought posed above and wonder... **Vivix?** Or **Vitalizer?** Maybe **NutriFeron?** Perhaps **Cinch?** While definitely *not* the most pricey products on the market, these amazing supplements may *seem* costly. And it's tempting to fall into the hype that another company can do it better... and cheaper. But don't be fooled! While Shaklee supplements are not cheap, the most expensive supplement you'll ever buy is... *the supplement that doesn't work!* That's *never* a concern when *your* supplement is Shaklee!

**Product Ordering Guide**

Item Code	Product	Item Code	Product
20153	Alfalfa Complex 330s	20616	Liver DTX Complex 90s
20160	Alfalfa Complex 700s	20675	Memory Optimizer 60s
20632	CorEnergy 90s	20645	Menopause Balance Complex 60s
20613	Defend & Resist Complex 90s	20637	Mental Acuity Complex 90s
20654	FlavoMax 30s	20625	MoodLift 120s
20084	Garlic Complex 240s	20960	NutriFeron 60s
20603	Gentle Sleep Complex 90s	20667	Pain Relief Complex 90s
20608	GLA Complex 60s	20607	Saw Palmetto Complex 60s
20649	Glucose Regulation Cmplx 60s	20656	Stress Relief Complex 30s
20144	Herb-Lax 60s	20601	Stomach Soothing Complex 90s
20141	Herb-Lax 240s	20112	Vita-E Complex 120s
20668	Joint Health Complex 90s	00430	Get Clean Scour Off Paste 9 oz.

Not all featured products listed due to space limitations.

**Ask about FastTRACK... today!**

# How herbal “personalities” contribute to your health...

## Herbal Q & A

Here are some common questions people ask when they begin taking herbs:

### How many herbal formulas should I take at the same time?

In general, don't work on more than four areas of the body simultaneously. The number of formulas taken at the same time depends upon the specific problem areas you're targeting, i.e., digestion, stress and insomnia, for example.

### Can I use different herbal formulas together?

Most herbal formulas can be used together effectively, however, it's a general practice in herbal therapy not to work on diverse areas of the body at exactly the same time. If you are taking several formulas simultaneously, the best results would be obtained by taking them at different times of the day, say one at breakfast and the other at lunch.

### How long should I use an herbal formula?

Herbal formulas work within a more distinct time period than do vitamins. Herbs can be used as a short-term tool for a specific purpose (for example, to build the strength of an organ... maybe 3 - 9 months). Once the healing has taken place, the herbs can be taken less frequently for maintenance... one week each month is often suggested. While you are taking maintenance herbs, you can begin working on other body areas with additional formulas.

If you take Shaklee Herbal Formulas, perhaps you've noticed a difference between the way they work as opposed to the effect vitamins and minerals have upon your health. Scientists attribute this difference to an herb's individual signature or “personality”.

### Herbs are unique

According to Terry Willard, Ph.D., in *Herbs; Their Clinical Uses*, “Herbs are unique because they aren't just a group of chemicals. Each herb has its own nature. An herb is a living substance and has its own constellation of energy.”

### Herbs promote vital energy

There is a flow of energy through our bodies... vital energy. It's much like a free-flowing river... if it becomes clogged or dammed up, the flow of energy is stopped. Disease blocks the natural vital energy that flows through our bodies. To fight disease, we can either dump in chemicals to make the environment unlivable for the “invader” (as in the case of antibiotics to “treat” a bacterial infection), or we can

unblock the system and get the energy flowing again. Herbs don't cure disease; they merely assist the vital, natural energy in the body to flow freely again.

Willard states, “*Herbs can, in one sense, be considered specialized foods that help energy flow, being somewhat selective in where their energy is directed. The “personality” of the herb will be attracted to certain areas of the body similar to different types of people associating in like-minded groups. For example, both ginger and peppermint [found in Stomach Soothing Complex] have a “personality” that strongly influences the digestive tract just as passion flower and valerian [found in Gentle Sleep Complex] work on the nervous system.*”

### The Shaklee Difference

Unfortunately, there is little regulation or quality control of herbs used in supplements. False labeling, bad or diluted herbs and tainted herbs are common. But with Shaklee herbals, these problems don't exist. Each Shaklee Herbal Formula has been



developed to exacting scientific and technical standards. Shaklee's research staff

painstakingly studies the science and historical record for each herbal ingredient in every formula. In each Shaklee Herbal Formula you'll find the highest quality, purest and most effective herbs from Nature... always!

### Herbs & supplements

Herbal formulas are designed to work on a specific area of the body to stimulate natural healing processes so that the body itself repairs whatever is wrong. (See *An Herbal Primer... herbs to treat body systems* on the opposite page.) While the herbs are the stimulus, the body still needs all of the essential nutrients to detoxify tissues, rebuild cells and heal itself. Therefore, combining Shaklee Herbal Formulas with Shaklee food supplements is not only wise, it's strongly recommended. By employing a balanced program of vitamins, minerals and herbs, you can work on problem areas in your body and strengthen your overall health and energy production at the same time.





















# An Herbal Primer... herbs to treat body systems

## Herb

## Used to Treat...

## Found in...

Alfalfa	Used to treat arthritis, poor digestion, cholesterol and high blood pressure; minimizes mental and physical fatigue; helps to eliminate toxins.
Ashwagandha	Used as a general tonic and "adaptogen", helps the body adapt to stress; supports a healthy immune system.
<i>Bocopa Monnieri</i>	Known for its beneficial actions on brain, memory, mental deficiency, Alzheimer's disease, learning skills, anxiety, depression, stress, epilepsy and ADHD.
Bilberry 	Improves night vision and enhances overall eye health and vision; circulation disorders; reduces capillary fragility; displays anti-ulcer activity.
Black Cohosh	In conjunction with St. John's Wort is effective in treating hot flashes and other menopausal problems as well as painful periods; also used for tinnitus and high blood pressure.
Black Elderberry	Effective in treating the flu, Black Elderberry is also a powerful antioxidant
Boswellia	Displaying anti-carcinogenic, anti-tumor, and blood lipid lowering activities, Boswellia is primarily used as a treatment for arthritis and joint pain.
Cat's Claw 	Boosts the immune system; may reduce the risk of stroke and heart attack by lowering blood pressure, increasing circulation, reducing heart rate and controlling cholesterol. Used to treat a variety of intestinal ailments, arthritis and rheumatism, as well as diabetes, PMS, chronic fatigue syndrome, lupus, and prostate conditions.
Chamomile 	A mild sedative, Chamomile is used for insomnia and other nervous conditions. An anti-inflammatory, it's used to treat rheumatism, arthritis, and other painful swellings. As an antispasmodic it's effective for intestinal and menstrual cramps, relieving gas pains, and is a mild laxative. Is also effective for fevers, sore throats, the aches and pains due to colds, flu, and allergies.
Cordyceps	Cordyceps is clinically proven to help fight everyday fatigue; increases energy and vitality.
Echinacea	Enhances immunity; helps prevent colds and the flu and acts as an overall immune system tonic.
Flaxseed	Used as a laxative, Flaxseed is also used for hot flashes and breast pain; also arthritis, high cholesterol levels and to prevent cancer.
Garlic 	A natural antibiotic, Garlic is used to prevent and treat colds and the flu; also lowers cholesterol and blood pressure and may be effective in preventing cancer.
Ginger 	Used to treat stomach aches, nausea, and diarrhea, ginger is also used for rheumatoid arthritis, osteoarthritis, and joint and muscle pain.
Ginkgo 	Effective against asthma, bronchitis, fatigue, and tinnitus; improves memory; used to treat or prevent Alzheimer's disease; decreases intermittent claudication (calf pain generally caused by peripheral arterial disease); also used for sexual dysfunction, and multiple sclerosis.
Grapeseed extract 	For conditions related to the heart and blood vessels, such as atherosclerosis, high blood pressure, high cholesterol, and poor circulation; used for complications related to diabetes, such as nerve and eye damage; vision problems, such as macular degeneration; also used for cancer prevention and wound healing.
Green Tea	Green Tea has been used to prevent and treat a variety of cancers, including breast, stomach, and skin cancers; improves mental alertness, aids in weight loss, lowers cholesterol levels, and protects skin from sun damage.
Hawthorn	Hawthorn is used for heart disease; promotes circulation; also used for digestive and kidney problems.
Larch Tree	Larch Tree increases Natural Killer cells and therefore may be important in cancer treatment protocols, to treat chronic fatigue, viral hepatitis, HIV/AIDS, and multiple sclerosis.
Milk Thistle 	Milk Thistle has a protective effect on the liver and improves its function. It is typically used to treat liver cirrhosis, chronic hepatitis (liver inflammation), and gallbladder disorders; also lowers cholesterol levels, reduces the growth of cancer cells in breast, cervical, and prostate cancers.
Panax Ginseng 	Supports overall health and boosts the immune system; improves the health of people recovering from illness; increases a sense of well-being and stamina, and improves both mental and physical performance; treats erectile dysfunction, hepatitis C, and symptoms related to menopause; lowers blood glucose and controls blood pressure.
Passion Flower	Passion Flower reduces restlessness, anxiety, nervousness and stress.
Peppermint 	Peppermint is used for a variety of health conditions, including nausea, indigestion, and cold symptoms; also used for headaches, muscle and nerve pain, and stomach and bowel conditions such as irritable bowel syndrome.
Reishi Mushroom	Reishi Mushroom enhances the immune system and improves blood circulation; used as a general tonic; also good for anxiety, high blood pressure, hepatitis, bronchitis, insomnia, and asthma.
Rosemary 	Rosemary soothes the muscles of the trachea and intestine, and has liver protective and anti-tumor activity; a strong antioxidant and anti-inflammatory agent.
St. John's Wort	St. John's Wort is used to treat mental disorders, nerve pain, depression, anxiety, and sleep disorders.
Safflower	With strong antioxidant properties, Safflower helps lower cholesterol and prevents heart disease.
Saw Palmetto	Saw Palmetto is used mainly for urinary symptoms associated with an enlarged prostate gland; also used for chronic pelvic pain, bladder disorders, decreased sex drive, hair loss, and hormone imbalances.
Schizandra 	Widely known as a longevity herb and aphrodisiac, Schizandra is used to treat lung and liver disorders, coughs, to relieve fatigue, depression and stress, increase stamina and for insomnia and night sweats.
Senna Leaf	Senna Leaf is used to relieve constipation.
Sunflower 	Sunflower extract may help prevent cardiovascular disease and some cancers; improves memory and cognitive functions.
Valerian	Valerian helps relieve insomnia and eases nervousness and tension due to stress.

Alfalfa Complex	
Stress Relief Complex	
Memory Optimizer	
Glucose Regulation Complex	
Mental Acuity Plus	
Menopause Balance Complex	
Defend & Resist Complex	
Pain Relief Complex	
Joint Health Complex	
Gentle Sleep Complex	
CorEnergy	
Defend & Resist Complex	
Menopause Balance Complex	
Garlic Complex	
Stomach Soothing Complex	
Mental Acuity Plus	
FlavoMax	
Vita-E Complex	
CorEnergy	
FlavoMax	
Mental Acuity Plus	
Defend & Resist Complex	
Liver DTX Complex	
CorEnergy	
Gentle Sleep Complex	
Stomach Soothing Complex	
Liver DTX Complex	
Garlic Complex	
MoodLift Complex	
Pain Relief Complex; NutriFeron	
Saw Palmetto Complex	
Liver DTX Complex	
Herb-Lax	
GLA Complex	
Gentle Sleep Complex	

## Earth-friendly scour-power!

### What's in your scouring cleanser?

Many scouring cleansers contain butyl cellosolve, which can irritate mucous membranes and cause liver and kidney damage. Some also contain chlorine bleach and silica, an abrasive that can be dangerous if inhaled.

Toilet cleaners contain chlorine and hydrochloric acid, among other harmful chemicals.

Oven cleaners can contain lye which causes severe damage to eyes, skin, mucous membranes, mouth, throat, esophagus, and stomach and can be fatal if swallowed.

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We all need products that attack really tough cleaning chores. Shaklee makes a great product that works when nothing else does! It's called **Get Clean Scour Off Heavy Duty Paste. Scour Off:**

- 1) Cleans and shines stainless steel, porcelain, ceramic tile, baked enamel... all hard surfaces.
- 2) Takes stains out of formica.
- 3) Removes baked-on foods and caked grease from pots and pans, stoves and ovens.



4) Scrubs away soap scum and scale from bathroom fixtures... and makes them glisten.

5) Removes sticky residues like tape, labels and glue. Rub into gum stuck in hair or carpeting. Then just rinse away!

6) Cleans rust, corrosion and oxidation off cars, bicycles, screen doors, etc.

7) Is a superior toilet bowl cleaner. Even removes mineral deposits and stains from porcelain.



8) Cleans ovens without toxic chemicals or fumes. Is great to clean and shine stove tops and other appliances.

9) Has a wonderful "bubble gum" fragrance. No gloves are necessary when using **Get Clean Scour Off Heavy Duty Paste**. Biodegradable, too.

10) Is very economical. One 9-ounce jar of gentle, powerful **Get Clean Scour Off Heavy Duty Paste** will last for months and months!

## With Shaklee, It's Easy To...

- Enjoy the benefits of improved health!
- Have more energy and vitality!
- Enjoy natural beauty... inside and out!
- Protect our fragile environment!
- Achieve financial independence... forever!



**Take Charge of your life today... with Shaklee!**