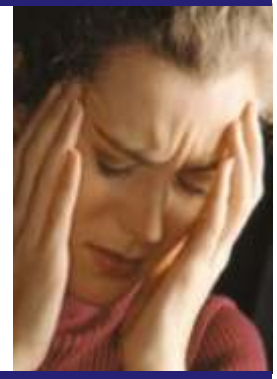

Stress Can Make You FAT!



Try the Shaklee Solution!



It's Allergy Season... No More!

Stifle the Sniffles with Shaklee!

It's Back!

Our Old Friend Vita-Cal!



This email newsletter has been sent to you compliments of:

**Andy and Grace Anderson
9957 Bay Horse
Flagstaff, AZ 86004**

800•328•5052

andrew@flagstaff.az.us

To Place an Order, Click Here:

www.shaklee.net/violetgrace



If you believe in things natural, why not recognize that you are one of those natural things... a product of Nature.

Forrest C. Shaklee, Sr.

Making a Difference!
Issue #28

Stress

Through Shaklee, we are all...

Making a Difference!

Stress Can Make You FAT!

Try the Shaklee Solution!



Can the stress hormone Cortisol really make you fat?

For most people, the answer is yes.

Is CortiSlim® and related products the solution?

Maybe, but they can cause other health problems.

Does Shaklee have the solution?

YES! Shaklee does have the solution... an all-natural solution. A solution without side effects. A solution that will make you feel great, look great and save you money!

Cortisol is a hormone that is produced in the adrenal cortex in response to adrenal cortical stimulating hormone (ACTH) produced by the pituitary gland. Cortisol plays an important role in regulating blood sugar, energy production, inflammation, the immune system and healing.

However, if your body produces too much Cortisol, you may develop conditions such as abdominal weight gain, depressed immune function, accelerated aging and stomach ulcers.



What Causes Cortisol Production?

Cortisol production increases as a natural response to stress. Any kind of stress can effect the adrenal glands... physical (overexertion, trauma, infection, etc.), environmental (heat, cold, noise, etc.), chemical (pollution, drugs, alcohol, tobacco, etc.), psychological

(worry, fear, etc.), or biochemical (nutritional deficiencies, refined sugar consumption, etc.). All of these different forms of stress are additive and cumulative in their effects.

As the body responds to this cumulative stress, it experiences 3 Stages of response:

- 1) Reaction.** The endocrine system responds with the release of Cortisol and other hormones to compensate for the stress. The heart beats faster, blood pressure rises, pupils dilate.
- 2) Adaption.** After the adrenal glands have enlarged and released large amounts of Cortisol and other hormones, the reaction symptoms dissipate... leaving the body able to cope with the stress he or she is under.
- 3) Exhaustion.** After experiencing an extended period in Stage 2, the body's natural nutritional reserves are depleted and exhaustion sets in. The symptoms experienced in Stage 1 return and the individual may experience physical collapse or breakdown.

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Product Ordering Guide

Products featured in this issue:

Item Code	Product	Item Code	Product
20656	Stress Relief Complex 30 caps	20016	Vita-Lea 120 tabs
20649	Glucose Regulation Complex 60 caps	20017	Vita-Lea 240 tabs
20632	CorEnergy 90 caps	20638	Optiflora Prebiotic
20153	Alfalfa Complex 330 tabs	20639	Optiflora Probiotic
20160	Alfalfa Complex 700 tabs	20241	Formula 1 60 softgels
20095	Sustained Released Vita-C 180 tabs	55102	AirSource 3000
20083	Garlic Complex 60 tabs	20134	Vita-Cal 180 tabs
20084	Garlic Complex 240 tabs	20224	Multi-Munch

Stage 2 Stress...

can pack on unwanted abdominal fat!



Most people are chronically experiencing Stage 2 stress. Their bodies have adapted to elevated stress

levels and they now feel asymptomatic and are usually not concerned or even aware of what is happening.

Consequences of Chronic Elevated Cortisol Levels

Chronically elevated Cortisol levels can contribute to depressed immune function and the accumulation of abdominal fat.

Abdominal fat can be very difficult to get rid

of. The best remedy is to return the body to regular, normal Cortisol production. But how can that be achieved?

Stress Reduction = Cortisol Reduction

Essentially reducing stress, reduces the stress hormone Cortisol. There are many forms of stress reduction techniques: meditation,

exercise, etc. But perhaps the most practical and effective is nutritional supplementation.



Which Nutritional Supplementation Should I Use?



We are inundated with television commercials touting Cortisol reducing products. But what is the smart choice when it comes to managing stress and Cortisol levels through supplementation?

Shaklee's Stress Relief Complex (SRC), Glucose Regulation Complex (GRC) & CorEnergy!

Look at the comparison box below and you will see that SRC, GRC and CorEnergy contain higher amounts of the Cortisol reducing ingredients. Plus, there are additional health-benefitting ingredients not found in other products. And, best of all... **at a lower price!**

Ingredient	Shaklee Supplementation <i>Stress Reduction Complex (SRC)</i> <i>Glucose Regulation Complex (GRC)</i>	CortiSlim®** <i>*Blend, exact mg. content unclear</i>	Comparison
<ul style="list-style-type: none"> • L-Theanine • Beta-Sitosterol • Ashwagandaha Root 	<ul style="list-style-type: none"> • 100 mg. (SRC) • 60 mg. (SRC) • 100 mg. (SRC) 	<ul style="list-style-type: none"> • Blend 58.75 mg.* • Blend 58.75 mg.* • None 	<ul style="list-style-type: none"> • 1 SRC = 5 CortiSlim® • 1 SRC = 3 CortiSlim® • Aids in the relief of hypertension, stress & anxiety. • Can help relieve depression and elevate mood.
<ul style="list-style-type: none"> • L-Tyrosine 	<ul style="list-style-type: none"> • 100 mg. (SRC) 	<ul style="list-style-type: none"> • None 	
<ul style="list-style-type: none"> • Chromium • Vanadium • Banaba Leaf • Magnesium • Zinc • Taurine • Alpha Lipoic Acid • Green Tea Extract • Cordyceps Extract • Ginseng Root Extract 	<ul style="list-style-type: none"> • 400 mcg. (GRC) • 100 mcg. (GRC) • 32 mg. (GRC) • 200 mg. (GRC) • 5 mg. (GRC) • 500 mg. (GRC) • 10 mg. (GRC) • 200 mg. (CorEnergy) • 750 mg. (CorEnergy) • 200 mg. (CorEnergy) 	<ul style="list-style-type: none"> • 50 mcg. • 5 mcg. • Blend 16.5 mg.* • None • 5 mg. (GRC) • None • None • Blend 125 mg. • None • None 	<ul style="list-style-type: none"> • 2 GRC = 8 CortiSlim® • 2 GRC = 20 CortiSlim® • 2 GRC = 4 CortiSlim® • Promotes efficient glucose utilization • Important for insulin production • Helps to control blood sugar • Plays a role in glucose transport • 3 CorEnergy = 3 CortiSlim® • Clinically proven to help fight fatigue • Vital energizer
<ul style="list-style-type: none"> • Magnolia Bark Extract 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Blend 58.75 mg.* 	<ul style="list-style-type: none"> • The FDA warns: Magnolia species sold as a weight-loss treatment has been implicated as a cause of severe kidney injury resulting in terminal kidney failure that will require either kidney transplant or life-long renal dialysis.
<ul style="list-style-type: none"> • Bitter Orange Peel 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Blend 125 mg.* 	<ul style="list-style-type: none"> • Stimulant that may raise blood pressure.

** All trademarks are the property of their respective owners.

It's Allergy Season... No More!

Stifle The Sniffles With Shaklee!



Here's a simple, yet natural regimen of Shaklee food supplements that can help relieve the unpleasant

symptoms that plague allergy and sinus sufferers:

Alfalfa Tabs

Known as the "King of the Plant World" — Shaklee Alfalfa is grown without fungicides, bactericides, synthetic hormones, growth regulators or chemicals and contains large amounts of chlorophyll, protein and trace minerals. Alfalfa is a natural antihistamine, diuretic, and digestive aid.



Vita-C

A natural antihistamine, Sustained Release Vita-C strengthens the immune system. A component of collagen

(which helps keep our flesh firm), it protects our cells from pollutants and poor diet. Essential for blood vessels, prevents bruising and promotes healthy gums.

Garlic Complex

A natural decongestant and a natural antibiotic, garlic is recommended for congestion, asthma, sinusitis, allergies and ear infections. Shaklee Garlic Tablets contain the potency of fresh garlic without the odor.



Vita-Lea

Scientifically balanced, Vita-Lea provides all essential vitamins and minerals in significant amounts.



Optiflora System

Guarantees live delivery of Acidophilus and Bifidus to the colon to strengthen immunity against allergens and infection.



Formula I

Take 4 capsules first thing in the morning with your Protein Drink or other food for best results. Helps reduce allergy symptoms.



AirSource

Very effective in ridding the air of pollen, pet dander, dust, cigarette smoke, mold, bacterial, odors and fumes.



Other Recommendations

- ❑ Eat more fruit (especially bananas), vegetables, grains, and raw nuts and seeds. Stay on a high fiber diet.
- ❑ Severely limit consumption of refined sugar, caffeine, dairy products, processed foods, white flour and alcohol.
- ❑ Don't use tobacco products.

Welcome Back Vita-Cal!

Due to popular demand, Shaklee has re-introduced Chewable Vita-Cal! This welcome addition to

Shaklee's already dynamic Calcium products completes the

spectrum for everyone's Calcium intake needs. Vita-Cal's unique, classic formula contains the perfect balance of Calcium, Phosphorus, Riboflavin, Thiamin, and Vitamin D.



This great-tasting, fresh mint flavored formula is



the perfect chewable for children to help build healthy bones and teeth. It's also been known to calm stomach

upsets and is great for those that prefer a chewable Calcium supplement to a tablet.

Plus, Vita-Cal is easy to digest for those sensitive to lactose or magnesium and is Kosher certified.

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Great-tasting Energy On The Go!

When it comes to energy, the word is protein... protein from

Shaklee, that is. While carbohydrates provide short-term energy bursts for exercise or mental acuity, protein is the key for achieving sustained stamina and energy..

Try Shaklee's Multi-Munch Protein Boost Energy Bars. With only 200 calories, Multi-Munch terrific tasting Honey Peanut Protein Boost

Energy Bars provide quick-energy carbohydrates, 15 grams of protein, is a great source of fiber and contains 25% or more of the Daily Value of 16 vitamins and minerals. Plus, they're low in saturated fat, provide as much Calcium as a glass of milk, contain no fractionated tropical oils or hydrogenated fats and



contain no refined sugar.

If you're looking for a great-tasting, nutrition-packed breakfast, mid-day snack or convenient meal on the go, try Shaklee's Multi-Munch Protein Boost Nutrition Energy Bars today!

Kids Love Them!
Athletes Love Them!
People of All Ages Love Them!
You'll Love Them Too!

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 delicate environment!**
- **Achieve financial independence!**

Take charge of your life today... with Shaklee!



 **Shaklee**[®]
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