

What Happens if you Aren't Getting Enough B Vitamins?

You May be Prone to Illness!



“B” Calm! “B” Happy! “B” Healthy!

Shaklee B-Complex Can Help You Feel Great!



Your Deodorant May Be Hazardous To Your Health...

and it may Contain the Same Chemicals Found in Anti-freeze!



This email newsletter has been sent to you compliments of:

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To Place an Order, Click Here:

www.shaklee.net/violetgrace



Listen to the voice
of nature and feel
the joy of living

Forrest C. Shaklee, Sr.

Making a Difference!
Issue #27

The Healthy B's!

Through Shaklee, we are all...

Making a Difference!

"B" Calm! "B" Happy! "B" Healthy!

We live in an age where we expect immediate results from almost everything we do: Turn on the microwave and we have dinner in a few minutes. Hit the remote control and see an Academy Award movie without leaving your house. Tap into the internet and do all of your shopping in an hour. Take an aspirin and get rid of a headache within 20 minutes. But what can you do to feel calm, happy, and have more energy almost immediately?



Few food supplements make such a quick impact on your health and the way you feel as the vitamins you'll find in Shaklee's B-Complex. In fact, many people report more energy and zest within just one hour of taking Shaklee's B-Complex. Why does this supplement work so fast? Part of the reason has to do with the nature of the B Vitamins themselves and what they do for your health.

An Early Discovery

Polish chemist Casimir Funk first isolated Vitamin B1 from rice in 1912. Vitamin B1 was found to be one of the vitamins that prevented Beriberi, a deficiency disease marked by inflammatory or degenerative changes of the nerves, digestive system and heart.

It was soon determined that the B Vitamins, along with Vitamin C, are

water soluble and cannot be stored in the body as fat soluble nutrients can. The B Vitamins, because they are water-soluble, are able to enter the bloodstream and the cells more rapidly than fat-soluble substances, so the effects are more quickly noticeable.



"B" Healthy!

The B Vitamins are vital in maintaining healthy nerves, skin, eyes, hair, liver, and mouth, as well as healthy muscle tone in the gastrointestinal tract, and proper brain function. The B

Vitamins may also be useful for alleviating depression and anxiety. Adequate supplemental intake of the B Vitamins is important in the elderly because they are not as well absorbed as we age. In fact, there have been cases of people diagnosed with Alzheimer's disease whose problems were later found to be due to a deficiency of Vitamin B12.

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Product Ordering Guide

Products featured in this issue:

Item Code	Product
20186.....	B-Complex 120 Tabs
20194.....	B-Complex 240 Tabs
30375.....	Essentials Natural Deodorant
59000.....	Weight Management Starter Kit Vanilla
59002.....	Weight Management Starter Kit Chocolate

Shaklee's B-Complex...

unique, patented formula for your health!



The Shaklee Difference

Shaklee's B-Complex can lift your mood and give you more energy within a short period of time because of its unique formulation. Many B Complex vitamin formulas on the market today use synthetic ingredients and contain only a few of the essential B Vitamins.



Shaklee's patented B-Complex contains all eight B Vitamins. And what makes Shaklee's B-Complex so unique is that it's formulated so that the hard-to-absorb, but critical B Vitamin, Folic Acid can be readily absorbed through Shaklee's patented Folic Acid coating. Clinical studies prove that Shaklee's B-Complex has an increased nutrient delivery system that makes all eight of the B Vitamins more easily absorbed and utilized by the body for the greatest health results!

Americans Are Deficient in B Vitamins

The average American diet does not provide enough B Vitamins for truly good health. In fact, over 70 percent of Americans are deficient in one or more of the essential "Bs." That, and the fact that the B Vitamins are water soluble and cannot be stored by the body as fat soluble vitamins can, is why



supplementation is necessary for most people today. The storage and preparation—washing, soaking and heating—of foods decreases the amount of the B Vitamins available to the body by the time your meal is served. Additionally, stress, sugary foods, and over-the-counter or prescription drugs all increase the need for more "Bs."

What Happens If You Don't Get Enough?

Fatigue is usually the first noticeable symptom of a B Vitamin deficiency. That's because one of the primary roles of the B Vitamins is to convert carbohydrates into energy. Without enough B Vitamins in your diet, you'll become sluggish, weak and prone to illness. Dry, scaly, wrinkled and sensitive skin can develop when you are deficient in B Vitamins. Watch particularly for tiny lines around the mouth or "washboard" fingernails—sure signs of a B deficiency.



The "Bs" In Your Body

What other functions do the B Vitamins perform? Here are a few:

- **Vitamin B1 (thiamin)** — Promotes circulation; enhances brain function; aids digestion; converts carbohydrates into energy
- **Vitamin B2 (riboflavin)** — Necessary for basic metabolism;

keeps cataracts from forming; helps protect a developing fetus

- **Vitamin B3 (niacin)** — Promotes digestive health; protects nerves against damage; keeps skin healthy; necessary for the production of sex hormones; increases blood flow to the brain and extremities; has a calming effect on the nerves

- **Vitamin B5 (pantothenic acid)** — Supports adrenal function; increases stamina; is an "anti-stress" vitamin

- **Vitamin B6 (pyridoxine)** — Helps the body process amino acids from protein; important enzyme cofactor; used to treat carpal tunnel syndrome, PMS, asthma and sickle cell disease

- **Folic Acid** — Feeds the brain; boosts energy; enhances immunity; prevents birth defects; decreases risk of heart disease

- **Vitamin B12 (cyanocobalamin)** — Prevents anemia; strengthens cardiovascular system; supports the nervous system; particularly needed by the elderly
- **Biotin** — Important for metabolism; promotes hair, skin and nerve health

"B" Calm!
"B" Happy!
"B" Healthy!
With Shaklee's B-Complex!



Your Deodorant May Be Hazardous To Your Health!

We use it everyday. It's innocent enough, just a normal morning routine. But, is your deodorant damaging your health? Some chemicals present in most deodorants have recently been linked to cancer and other health issues. It's not just good hygiene anymore... it can put your health at risk!

Cancer Danger!

Recently, a preservative commonly found in cosmetics and deodorants has been detected in human breast cancer tissue. This discovery by a British oncologist, suggests the common chemical group called parabens, may be linked to breast cancer. The U.S. Food and Drug Administration has



called parabens the most widely used preservatives in the United States, commonly found in shampoos, foundations, facial masks, hair grooming aids, nail polishes, and deodorants. Several animal studies have previously shown that parabens can mimic the action of estrogen. Estrogen in excess, can lead to breast, as well as many

other kinds of cancer.

"We've always been assured that parabens could not get into the body... this study shows that it does," says Philippa D. Darbre, the lead author of the study which appears in the Journal of Applied Toxicology.

Same Chemical Found in Anti-freeze!

Propylene Glycol. It's found in

anti-freeze, de-icing solutions, solvents, food and cosmetics. Propylene Glycol is used to absorb extra water and maintain moisture in certain medicines, food products and cosmetics... including deodorant. Ingestion or absorption of large amounts of Propylene Glycol

can contribute to a wide spectrum of health difficulties, including heart and kidney problems. It may also cause eye irritation and skin irritation. The Food and Drug Administration (FDA) has classified Propylene Glycol as an additive that is "generally recognized as safe". But what amount is "safe" and how much daily exposure during your adult life is "safe"?

Of added concern, many common deodorants also contain aluminum chlorohydrate which can cause skin irritation in the tender underarm area.

No matter how many studies are published touting the negative and harmful effects of the preservative chemicals found in most deodorants, we are still going to use them



because deodorants are an essential factor in daily, personal hygiene. There have not been

many effective alternatives in the past. Until now... introducing...

Shaklee Essentials Herbal Fresh Natural Deodorant

Shaklee Essentials Natural Deodorant is a stick deodorant that is naturally safe to use because it contains no harmful chemicals such as parabens, propylene glycol or aluminum chlorohydrate, plus it's powerfully effective against wetness and odor. Shaklee Essentials Natural Deodorant's Herbal Fresh scent utilizes vegetable enzymes to neutralized odor causing bacteria, and essential oils and odor-absorbing baking soda to control perspiration and perspiration odors. Shaklee Essentials Natural Deodorant glides on smoothly and won't leave behind unsightly residue or flakes. This all-natural, powerful deodorant is perfect for men and women alike... providing all-day-long protection, yet is gentle on even the most sensitive skin.



Shaklee Essentials Natural Deodorant... naturally safe, naturally powerful, naturally gentle, naturally... Shaklee!

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“Smart Carbs”... the “Smart” way to Lose Weight!

Shaklee... always on the cutting-edge of health science, has partnered with preeminent expert in metabolic science, Dr. Vlad Vuksan to develop the Shaklee Smart Carb Food Plan. Based on the research by Dr. Vuksan, Shaklee’s Smart Carb Food Plan is the latest in weight loss science that will take the confusion out of carbohydrate consump-



tion. This clinically proven program will help you choose “smart” carbohydrates while safely energizing your body and supporting your health.

Don’t Worry... Eat Happy!

By selecting low-glycemic Smart Carbs, you’ll finally shed those unwanted



pounds while saying goodbye to food cravings, hunger pangs, low energy

levels and moodiness! Combined with Shaklee’s Weight Management Program, Shaklee’s Smart Carb Food Plan will help you to look better, feel better and eat better... the way nature intended.

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!

