

## WOMAN'S HEALTH



### THESE SHORT STORIES ARE A TRIBUTE TO THE WOMEN IN OUR LIVES

#### *Allergies Goodbye*

I live in Iowa and all my life have had allergies. After working as a flight attendant and having a family my allergies got worse. The sneezing, eyes itching, runny nose, especially in the fall, had me seriously considering allergy shots.

One day two of my friends, Ann and Jessica, came by and we got on the subject of my allergies. I am guessing I looked a mess as I was feeling lousy. My friend, Ann, told a story of being on a trip to Missouri and stopped to visit a friend with many pets. When Ann started having itchy eyes, top of mouth irritation, and a headache, the hostess ran and got 7 Alfalfa and 3 Nutriferon (Shaklee products) claiming that Ann would have relief in minutes. Ann was pleased with how well the supplements worked.

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After using Shaklee **EZ Gest** for indigestion, Jenny had such great results that when she received one of our newsletters with information on the Landmark Study, she told Erich, "You've got to read this. We have to be on these products."

Jenny noticed her health and energy levels improved significantly. Before taking the Vitalizer Jenny struggled with sinus infections and she has had ZERO since then. And, Erich just remarked the other night about how he hasn't been sick at all this winter.

Jenny's intent with Shaklee was to get her products paid for. Jenny did just that and recently promoted to Director, and will be earning around \$500 a month - enough



for her products with some left over. As she learned more about the company, Shaklee's integrity impressed her. The possibilities of what she can do sharing health with others and helping them to realize the value of an at-home business motivate her to reach out to others.

Jennifer, a stay at home mom, and her husband, Erich, a teacher, live in WI with their three charming daughters who think it would be "cool" to take a trip to American Girl in Chicago where Mom can treat them.

Jenny is excited about showing other moms how they can do what she is doing and help out with the family budget.

Jo C.

## Digestion

When I received a diagnosis of **Metastatic Breast Cancer** in March of 2010, I was surprised.

I had followed all doctors' orders since my first occurrence of Breast Cancer in 2001. This diagnosis was grim, and I felt really ill. I went days without getting out of bed for more than an hour at a time. The pain was severe to say the least, and I had zero energy.

The LORD brought hope through people who had knowledge and a desire to help. Through their recommendations, I began working with a nutritionist who started me on Shaklee's RX for Healthy Living. Within 4 days of taking just these 4 items,

I could feel an improvement in my energy level



Despite the harsh effects of the chemo, I had an immediate desire to continue to focus on nutrition. I now take multiple Shaklee supplements specific to my condition.

I also use the skin care line, the toxin-free cleaners, and have my family on supplements which help maintain their proper health.

The good news is that it has been a year since my diagnosis. My energy level is great for someone in my condition. I am convinced that I would not be feeling as well day to day if it weren't for the regimen I follow. It would be impossible for me to consume enough whole foods to meet my dietary needs without Shaklee.

Katrina M.

My name is Amy and I am a **cancer survivor**. Recently I was introduced to Shaklee's Cinch Inch Loss Plan and the Vitalizer. I really needed it because I had gained 30 pounds since my chemo and radiation and had not been able to shed it.

I have now been on Cinch and Vitalizer for one month. It is amazing – I feel better than I have in years; I am losing inches (about 2 on my waist alone) and 10 pounds in my first month of using Cinch.

I have more energy and more stamina; I "feel" like exercising again and am sleeping better as well.

I am overjoyed with Shaklee products so I just had to share my short-term results. I look forward to continued success with Cinch and sharing my long-term progress in the future. I highly recommend "Cinching".

Be Blessed, Amy K.

## MIGRAINES

For the past 6 years, I have been suffering with almost daily migraines. I would usually wake up around 3:00 A.M. and start throwing up because of the migraines. I began taking a Shaklee product called Vivix and have taken about 1 ½ bottles so far (6 week supply).



I haven't had to take migraine medication for at least a week. I have tried numerous medicines for migraines and even have tried herbal remedies without any luck. Vivix is amazing. Hopefully it will greatly improve my fibromyalgia also. I plan to order some for a friend that suffers from cluster headaches in hopes it will help him too. (Editor Note: Kristen would have to call her parents to come to care for the children as she was so sick with pain and nausea, even with the medications. Needless to say she is elated to discover Shaklee Vivix.)

Kristen P

# JOINT PAIN

I suppose at age 84 one is supposed to have aches and pains but I am happy to discover that I don't have to feel that way. Since taking **Joint Health Complex**, I can really tell a difference. I don't have the limitation of movement in my right knee and I have much less pain. I have been diagnosed with osteoarthritis so it is wonderful to use a safe natural product to make such a positive change.

In fact, I gave a bottle to a friend so she can receive the same benefits I have experienced.

Also, I was happy to discover Shaklee Dish wash, as it was the only product that didn't cause my hands to crack and bleed.

Bernice T.



# RELIEF

## RHEUMATOID ARTHRITIS In Remission!

I was diagnosed at age 16 with eczema, and at age 20 with lactose intolerance, spastic colon, irritable bowel syndrome, anemia, menstrual problems.

After having 3 children, I started adding to my list of health issues including cervical dysplasia, fibroid tumors, chronic sinus infections, neck problems, 2 lower herniated discs – causing foot problems, nerve damage, torn rotator cuff, heart symptoms, rosacea, acid reflux and high blood pressure.

My life was a full fast paced one but the side effects from medications

slowed me down, masked the symptoms, and depleted me of vitamins and minerals.

In 2003, I was diagnosed with Rheumatoid Arthritis and later Celiac disease.

With the guidance of my Shaklee distributor and a Nutritional Consultant, I chose to make dietary changes and committed to a Shaklee nutritional program. **Within 4 months, I was off all my meds** including my high blood pressure medicine and all the pain medications, even NSAID'S; instead I used the

## Shaklee Pain Relief and Joint Health Complex

to manage the pain.

I have had no back surgery, no hysterectomy, my

## INCREDIVITES Helps Eczema!



My toddler has been very healthy but Emmett has never had baby soft skin.

Approximately a month ago I started him on the Incredivites (a children's multi vitamin) and his skin has started to get softer and softer.

The doctor had said that he has mild Eczema so I feared we would have to use prescription drugs to treat the Eczema as it was getting worse before we started him on Incredivites. I did not want to give him prescription drugs because of the side effects.

I am so relieved that all he seems to need is his Incredivites!

Beth K



heart is healthy, my allergies are under control and my

## Rheumatoid Arthritis has been in remission for 6 years!

I feel better than I did 25 years ago. For the past 5 years, I have only visited my Doctor for the annual wellness check up. I thank God for Shaklee and the people He used to guide me in restoring my health. Because of my health improvement, it is my mission to help others prevent and overcome disease which has led me to have my own Shaklee business (something I never dreamed I would do) and teach others to build businesses too. I love sharing the gift of Shaklee.

Terri D.



# MORE ENERGY



When I was introduced to Shaklee's multi-vitamin by a friend, I was on four medications and according to my doctor would be taking them for the rest of my life. I was only 33 years old at the time.

After using the **Vita Lea** multi, I found I had more energy and felt better. With dietary changes and a Shaklee nutrition program, I

was eventually able to stop using all medications which included Prilosec for acid reflux, Lipitor for high cholesterol, Claritin for allergies and an antidepressant. As an added bonus I lost 10 pounds and it has never returned!

Noticing my health improvements, a co-worker approached me to ask why I never missed work, how did I maintain my weight, and why was I always so energetic? She said, "I want to do what you are doing." "Wow", I thought, people really do want to learn about Shaklee. Maybe I could have a Shaklee business. Deep inside I

had a dream to leave the corporate world and have more freedom to pursue my passion of judging horse shows and having my own horses but I had never thought it possible until this co-worker asks me these questions. It was an "ah ha" moment. The corporate job is now history and I am having fun developing a successful Shaklee business, helping others to do the same and continuing to judge horse shows.

Alohana J.



According to Robert Kiyosaki, **Business for the 21<sup>st</sup> century**, "Network Marketing is a powerful business for women. This may be due in part because it is uniquely compatible with the demands of a family." Mr. Kiyosaki also says that the U.S. statistics about women are startling. Here are two he stated: "47% of women over age 50 are single, and are financially responsible for themselves. Women's retirement income is less than that of men because as the primary caretaker for the home, a woman is away from the work force an average of 14.7 years, as compared to 1.6 years for men. Add this fact to the lower salaries women still receive, and you have retirement benefits that are only about one-quarter those of men. (National Center for Women and Retirement Research)"

I am happy to have Shaklee as mine and my husband's safety net. Because Network Marketing is such a powerful business for women it is important to align yourself with a company with a proven strong and stable track record to invest your time and future into. As America's number one natural nutrition company, Shaklee has paid more than \$5 billion in commissions all the while helping people like yours and mine live healthier, richer and happier lives. I love partnering with Shaklee for these very reasons plus instead of making cuts in this economy, they are adding to the benefits package. **AND** I get to work from home in several expanding markets!

Kay S.

## *Allergies continued...*



I was willing to take the products but I did 3 Alfalfa and 1 Nutriferon and it didn't work...like I figured.

Later I saw Jessica and she reminded me the magic number was 10. I took 10 reluctantly thinking they just wanted me to spend more money, but all 10 worked!!! In three to four days, I had total relief.

I am now an enthusiastic "sharer" with my kids, other family members, and friends of how to beat seasonal allergies. I tell them, "You'll feel better, not drowsy and these are safe and wonderful for kids."

No more itchy eyes, runny nose and sneezing! Even better news is that my teenage son is getting the same great results. Thank you friends for telling me about these products that are allowing me to say goodbye to allergies.

Suzanne B.