

Partners For Healthy Living NEWS!

Enjoy Optimum Health, a Better Environment, and a Lifestyle Without Limits!



Stewart Stevens

*"Empowering People
To Make A Difference"*

We're [ON A MISSION!](#)

QUICK LINKS:

[View Catalog](#)
[Order Products](#)
[Join and Save](#)
[Learn & Earn](#)
[Make A Difference](#)
[Newsletter Archives](#)

[Newsletter Sign Up](#)

THE BIRTH OF A NEW ERA!

FEBRUARY 23, 2007

Greetings!

I'm excited about this month's newsletter. There is so much exciting news to cover!

If you haven't heard already, it is with some sadness that I did my very last professional massage this week. After 10 years of service, it is the **end of an era** for me. I have been grateful for so many of my clients and the wonderful experiences of "Integrating Touch" into your lives. For those of you in the area that would like to keep connecting with nurturing touch, **I can now refer you** to another professional male or female massage therapist.

I am tremendously excited about this **Birth of a New Era** for me, as I am now moving on to dedicate my focus on leadership and making a much needed difference in our culture.

Last week, I led the Wide Sky Men's Council's meeting in honor of their 18th birthday. We had a wonderful discussion and process around the theme "Now that I'm an adult..." in which we shared how we were going to be responsible, not just for our actions, but also for our dreams, for participating in our communities, and for how we wanted to be supported. It was a great experience and helped me kick off my new way of being of service as a leader.

Inside this issue...

In honor of Valentine's Day and National Heart Health Month, I've included some terrific information on [heart health](#).

There is also an important **new video** on chemicals in personal care products from the **Environmental Working Group**, and an article from the **LA Times** on how our pharmaceuticals, beauty products, flame retardants and plastic additives are affecting hormones in fish and are **working their way up the food chain**.

Learning about these issues is an important part of [raising consciousness](#) so you can see how our health and the health of our planet are connected and why it is so important to use healthy products like Shaklee's and to recycle appropriately. Please pass this information on to everyone you know.

There is also some timely information on the [recent Flu breakouts](#) and tips on how to strengthen your immune system.

Plus, if you've been wondering about all the **dubious food label claims** about servings of fruits & vegetables, fruit juices, and juice supplements, check out the **special report** on Fruits vs. Juice: "[Lost in Translation](#)" from the Center for Science in the Public Interest "Nutrition Action" newsletter.

Celebrating Success...

So many people are enjoying success with better health and greater income thru Shaklee. Check out this month's [Success Story - MARY LOU CASKEY](#)

If you've been wondering about why your recent orders may have had some backorders, check out the [Ordering Update](#) and learn about the recent surge in orders, the number of people joining Shaklee and the terrific record-breaking sales results.

PLUS: There's only a few [FREE GIFTS](#) left, so CLAIM YOURS TODAY!

In [Other News](#), the Winter 2007 Catalog will be the last quarterly member mailing from Shaklee.

And finally, check out the [TERRIFIC NEW SPECIAL](#):

Buy One, Get One at 50% Off Special
Available only via 'P4HL NEWS' while supplies last.

To your health, wealth and happiness,



NATIONAL HEART HEALTH MONTH!

QUOTE OF THE MONTH

***Love, man's greatest emotion, is the birthplace of happiness.
There can be no true happiness in life without it.***

- Dr. Forrest C. Shaklee - *Reflections on a Philosophy*



Cardiovascular disease, although largely preventable, is still the **single greatest cause of death** in the US each year.



"Scientific research continues to point to the countless health benefits of consuming more omega-3 fatty acids in your diet and I highly recommend OmegaGuard, with pharmaceutical grade fish oil - a product you can trust - every day!"

Dr. Jamie McManus, M.D., FAAFP
Shaklee Chairman of Medical Affairs, Health Sciences and Education



Help reduce your risk of heart disease with OmegaGuard, the world's finest fish oil.

OmegaGuard utilizes ultra-pure, pharmaceutical grade fish oil which provides a full spectrum of seven natural omega-3 fatty acids including EPA, DHA, ALA and others. Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

One serving of OmegaGuard provides 905 milligrams of EPA and DHA omega-3 fatty acids.

HEALTH SCIENCES BULLETIN



Visit <http://physicians.shaklee.com/displayContent.htm> to read the latest Shaklee Health Sciences Bulletin

on heart health and what you can do to support a healthy heart.

Don't forget these other Shaklee Heart Health products



[CoQHeart®](#)



[Cholesterol Regulation Complex*](#)



[Fiber Plan](#)



[Garlic Complex](#)

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

[To Top](#)

RAISING CONSCIOUSNESS - WHAT PRODUCTS DO YOU USE?

Watch this video from the **Environmental Working Group** on the issue of chemicals in our personal care products!

<http://www.youtube.com/v/sN5IiaOaIt8>

ALTERING MARINE BIOLOGY

Make sure to read this article on how pharmaceuticals, personal care products, flame retardants and plastics are affecting sex hormones and fish and are working their way up the food chain...

From the Los Angeles Times:

[http://www.p4hl.com/health/Chemicals Altering Marine Biology.pdf](http://www.p4hl.com/health/Chemicals%20Altering%20Marine%20Biology.pdf)

It's no wonder that Time Magazine reported finding **flame retardant** in fish oil capsules recently.

These are yet more reasons to use Shaklee's safe [personal care](#) and ultra-pure pharmaceutical grade [OmegaGuard fish oil](#).

[To Top](#)

FLU OUTBREAK - STRENGTHEN YOUR IMMUNE SYSTEM NOW!

Yesterday, I heard on the radio that the FLU outbreak has reached 49 states, and 22 people have died.

Apparently the current influenza vaccine did not predict the right strain. And they don't know if they will be able to make enough of the new vaccine in time.

This is yet another reason to **keep your immune system strong.**

Here are a few tips:

- Make sure to get enough rest.
- Reduce stress.
- Stay hydrated.
- Avoid Germs (Use [Germ Off Disinfecting Wipes](#) and [Basic-G](#))



- Eat a well-balanced diet.
- Clean up your indoor air with [AirSource](#).



- Take [Vitalizer](#) and [NutriFeron](#) every day. (Hint: Save 10% on autoship!)



For additional help when needed, make sure to have [Defend & Resist Complex](#) on hand at all times.



Much stronger and more potent than other Echinacea formulas, Shaklee's Defend & Resist Complex attacks assaults in FOUR powerful ways.

When you first feel the need, it can help you nip a cold or flu in the bud, or recover faster if you do come down with something. It's great for traveling or whenever you've been exposed or will be exposed to sick people.

You CAN be happy and healthy all year long!

[To Top](#)

FRUITS & VEGGIES VS. JUICE?

The food industry and even the "Health & Wellness" industry is not always truthful or interested in your health.

Package labeling and popular "juice" supplements can mislead us into making poor food choices and buying "hype" if we don't stop and use common sense.

When you go to open your wallet, just remember that not all of it is based on science. Think of the fads that come and go, and watch what is "hot" today and gone tomorrow. Remember when noni was all the rage? Then it was blueberry, then pomegranate, then mangosteen, and now acai. What will the marketing hype be about next year?

Read this article from The Center for Science in the Public Interest, "**Lost in Translation**" for more information on juices vs. the real thing.

[Click Here](#)

Become more conscious about your food choices. And whatever you do, make sure you stay away from high fructose corn syrup in your juices. Make sure it says 100% juice and has at least **some** fiber listed on the label.

And don't forget Shaklee's science-based [Antioxidant Solutions Pack](#) for 12 of the most potent carotenoids and flavonoids impacting human health available.

[To Top](#)

SUCCESS STORY - MARY LOU CASKEY



Mary Lou, now 34 inches and 71 pounds healthier*, zoomed from brand new Shaklee Distributor to Business Leader in 3 months.*

Shortly after she joined Shaklee, Mary Lou underwent foot surgery. Just before the surgery she had found Cinch. To her surprise, even during her recovery (spent in a recliner) Mary Lou lost two dress sizes!* "I just followed the quick and easy Cinch Program and continually *melted away*," she says.

The shy side of Mary Lou melted away too. "Before, I was an extreme introvert and was lucky if I got any customers," she says. "Now I feel confident talking with people face to face." "People would stop me on the street and ask me what I was doing to lose the weight! And it's not just the inches I lost, but how much healthier I look that amazes people," she says. "And I get a lot of responses from the before and after photos posted on my web site. People really connect with photos and a story."

"People notice if you're in the health and wellness field yet you're not taking care of yourself," Mary Lou continues. "So if you want your Cinch business to take off, be part of the program," she says. "You'll feel great and look great too."

To read the rest of Mary Lou's story, [click here](#).



Just tell us your success story and you could be picked for the Cinch Success Story of the Month - and win \$500.00!

we're **GIVING AWAY**

\$500...

every month!

Click here to [tell us your story](#)

Click here to [see previous winners](#)

ORDERING UPDATE - BREAKING RECORDS!

The month of January saw incredible, record-breaking results in both sales and business leader growth, including:

- 186 New Rank Advancements
- 100 New Business Leaders
- 25% increase in Sales, January over December.

Plus: A RECORD **32,000** people joined Shaklee in January!

The GOLD Ambassador Program is a HIT!

So far 16,600 GOLD Ambassador Mission PAKs have been sold and 83,000 trees have been planted as a result.

\$2 million in GOLD Bonuses + \$1 million in volume bonuses = \$3 million paid as a result of the GOLD Ambassador Program, **over and above** the normal product volume and leadership compensation.

WOW! We are really making a difference!

BACKORDER STATUS

With a 25% increase in sales, it's no wonder that some of the hit new products have gone on and off backorder 2 and 3 times! Shaklee anticipates that these backorders will be shipped out this week.

So **order yours today** so you will get them as soon as they become available!

Thank you for your patience!

NEW STRAWBERRY Cinch Shake!



A COMPLETE MEAL-IN-A-BAR!


Want a satisfying, crunchy, chewy meal alternative to shakes? With 20 grams of protein to help you control hunger and feel full, and Leucine to help you preserve muscle while you lose weight, there is nothing like it out there. With NO ARTIFICIAL SWEETENERS, fake carbs or other questionable ingredients, it is the healthiest and one of best tasting bar out there!

Make sure and order 2 or 3 boxes, because you WILL LOVE these!

In two delicious flavors:

PEANUT BUTTER CHOCOLATE CHIP


Nutty Chocolate Chip Dream
 Peanut Butter
 Chocolate Chip
 Meal-in-a-Bar



NEW! [Click For More Info](#)

BERRY ALMOND CRUNCH

Happy Taste Buds to You
 Berry Almond Crunch
 Meal-in-a-Bar



NEW! [Click For More Information](#)

**SEE THE CURRENT SPECIAL
 and SAVE \$24.95!**

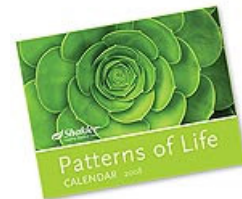
[To Top](#)

FREE GIFT - EXCLUSIVELY FOR 'P4HL NEWS' READERS!

**As a special "thank you" for being a reader of 'P4HL News,'
 I want to give you a Free Gift:**

**Choose the beautiful 2008 Shaklee Calendar OR our "Go Green"
 Shopping Bag, while supplies last!**

The 2008 *Shaklee* Calendar, entitled "**Patterns of Life**," features 12 extraordinary images that show how something in nature can begin small and then expand outward to create a larger, more wonderful whole. As **Chairman and CEO Roger Barnett** explains in the foreword, "Sharing Shaklee works the same way. You are the center, and when you share with others, you create a ripple that has the potential to create a pool of health, income, and improvement all over the globe. It all begins with your commitment to do one small act that makes the world a better place." The Calendar also features great tips you can use to start positive patterns in your life and the lives of others.



OR

The environmentally friendly Shaklee "GO GREEN WITH GET CLEAN" Shopping Bag carries as much as 4-5 plastic grocery bags and saves 1000's of bags from the landfill over its lifetime! Stylish, Practical, Green!



Simply [click here](#) and let me know which gift you'd like.

But HURRY! First come, first served!

Limited quantities - **WHILE SUPPLIES LAST!**

[To Top](#)

OTHER NEWS!



The Winter 2008 SHAKLEE CATALOG will be the very **last catalog mailing** from Shaklee.

Look for a new Shaklee Health Sciences Bulletin next month in **P4HL NEWS** as we celebrate "National Nutrition Month!"

And don't forget the new products and some [terrific Winter Specials](#) now thru March 31!

GREAT TRAINING - 24/7 ONLINE!

Shaklee University is now live and online for members! Take courses on various topics, including Shaklee Products and the Shaklee Opportunity - all online.

Earn / Print Certificates of Completion and more!



[To Top](#)

GREAT SPECIAL! - ONLY AVAILABLE HERE!

Buy ONE and Get ONE at 50% Off!



For a limited time only - Buy one box of Lemon Cranberry Cinch Snack Bars (MY FAVORITE FLAVOR!) and Get One box at **50% Off!**

Not available online or from Shaklee. To take advantage of the special, call me at (562) 498-6800.

ONLY WHILE SUPPLIES LAST!

You can truly make a difference in someone's life simply by sharing Shaklee with them or referring them to me.

Simply [click here](#) and let me know how you think I could help them.

If this was sent to you by a friend, [click here](#) to sign up for your own newsletter subscription.

FYI: Since this newsletter contains testimonials and other information as opposed to material directly from the manufacturer it is important for you to note that the information shared has not been recommended or approved by the manufacturer, and it is not intended to be used or promoted as such. No claims, guarantees, warranties or assurances are implied or promised.

The health statements herein have not been evaluated by the Food & Drug Administration. The stories contained herein are not intended to diagnose, prescribe, or treat any disease, illness or injury, or in any way substitute for medical advice. The authors and distributors of the enclosed information will not be held responsible for any misconceptions or misuse of the information presented herein. If you have a health problem, see your physician.

This is not a "spam" e-mail and is only sent to people who have subscribed to our newsletter, ordered products from us in the past, or made a direct inquiry with us. Our policy is not to share or sell your e-mail address with any other company or organization. To change your email or remove yourself from our newsletter list use the links below.