

Health matters

How's Your MIND working?

Just 3 weeks of using Shaklee's "Mindworks" and . . .

"The first result I received from MindWorks was more energy; that was a surprising bonus. Shortly after that I realized that I was staying on task and not getting sidetracked as frequently. The better concentration keeps me from getting distracted; I'm more effective and efficient. There are fewer times a day trying to remember what was next on my agenda. Much of the time, not all (yet), I have quicker recall of names and places. Frequently, when I walk into a room now, it only takes a few seconds for me to remember why I am there." Meredith



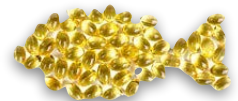
Larry's wife remarked: "Larry had a stroke a few years ago and has had memory and speech impairments. After using MindWorks for less than one month he sat down at the organ, played a song and remembered the notes. Others around him have remarked that his speech is improving. Now that is what I call exciting news!"



Nutrients and Extracts Shown to Boost Mental Sharpness

MindWorks contains a unique chardonnay grape seed polyphenol blend, a natural guarana extract, plus vitamins B6, B12, and folate. The ingredients in MindWorks have been shown in multiple clinical and laboratory studies to significantly enhance short-term memory, sharpen focus, improve reaction time, protect against age-related cognitive decline, and support healthy circulation.

Wellness Tip: Pair with Shaklee's omega-3 supplement to keep your mind healthy and sharp. (OmegaGuard)



For years, I suffered from **dry, cracked heels!** A few years into using Shaklee, I started on their Lecithin. I heard it was important for your brain cells, so I figured why not! A few months later, I decided not to re-order it, and decided to buy something else I had been wanting to try.

Soon after that my heels got really bad...not just dry but also cracked as they would so often do and I was in pain with ever step I took. I had been dealing with this for years, and just accepted it as "normal". But this time I decided to do a little research on the subject. I checked a natural remedy book and they actually had a page on this subject. The main product they recommended was a good, quality Lecithin! I couldn't believe it. It was at this moment that I realized I had NOT had an issue with my heels during the months I

was taking Shaklee's Lecithin. **Lecithin** is back on my "must buy" list.

Patty B

NOTE: Shaklee's **Herbal Blend Cream** will soothe and soften cracked, irritated skin.



A DRINK LIKE NO OTHER ! super healthy and tastes great!



Imagine a drink that tastes really good and has all of this nutrition:

Vitamin C (1,000 mg) and Vitamin D (2,000 IU), plus Zinc (2 mg)

A patent-pending proprietary botanical blend of yeast beta-glucan, reishi mushroom extract, and panax ginseng

A second proprietary blend of elderberry, quercetin, and echinacea

- Great-tasting berry-flavored drink mix in a convenient stick pack
- Gluten free, dairy free, soy free, caffeine free, non-GMO, Star-K kosher
- No artificial flavors, sweeteners, or preservatives added

"A tasty and easy way to get the **immune boosting nutrients that we need. Take the packets with you and use anywhere. Easy to mix with several other great Shaklee products such as LifeShake, Collagen 9, and Sustained Energy Boost. "**

Marlene E

Here are the results from my 7-Day Healthy Cleanse!



Alex Penn wrote: This past week was mentally challenging at times as I was re-setting my nutritional habits, preferences and mindset. It taught me that I was capable of making better choices and I witnessed the tangible impact of those choices through:

Sleeping through the night (with NO sleep aids)

Reduced appetite

NO Bloat or Digestive Upset

Increased Energy

Clearer Skin

Happier mood

For those who are "numbers" people:

Weight Lost:

8 pounds

6 Inches Lost



This is only JUST the beginning of the rest of my goals that I have for myself as I continue to build strength and reduce body fat!

I'm also embracing my newfound plant-based recipes that I made this week! They were simple, incredibly easy to make and HEALTHY!

For those who are starting, **YOU'VE GOT THIS!**



Feel better in one week. Guaranteed.

Ready, set, cleanse. Completely reset your system, reduce cravings, improve sleep, and jump start weight loss. Carefully selected supplements in convenient daily packets with a step-by-step guide and diet plan.



STRESS RELIEF COMPLEX

Contains a combination of L-theanine, ashwagandha, beta-sitosterol, and L-tyrosine to relax the body and mind

Promotes a Calm, Nondrowsy State

Shown to help relax the body and mind without making you sleepy

Supports Wellness and Well-Being by Helping to Reduce Feelings of Stress

Stress can elevate your body's cortisol levels, and continuously high levels of cortisol have been linked to long-term health impacts

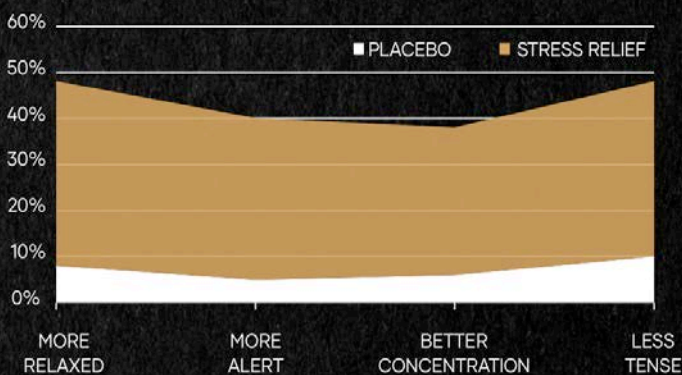
Safe for Use Every Day

Contains a blend of clinically tested ingredients, including ashwagandha, a traditional herb used to help the body adapt to stress



The Science Behind the Stress Relief

In a test trial, people taking Stress Relief Complex* reported feeling more relaxed, more alert, and less tense than those who took a placebo.†



Stress Relief!

This product truly helps relieve stress in the moment. Take 1 - 2 tablets during stress and you mind begins to ease within moments. Truly an effective product!

Janene E

Stress Relief Complex

Stress Relief Complex really works. We use it at night if we have trouble relaxing before bedtime and whenever we feel really stressed and it works very quickly.

Aurelie W



YOUTH EYE TREATMENT



I used Shaklee's "Restoring Eye Treatment" for 2 weeks. Yes, I did my entire LIP area as well ... I wanted to see if it would have an impact, and to my delight it even helped that area!

What do you think? Needless to say ... I am shocked at these

results in just **2 weeks!**

Lorri

POMIFERA "ROSE" OIL

How Was Pomifera Oil Discovered?

Before the invention of barbed wire, pioneer farmers planted lines of dense hedge trees to contain their livestock. Today's farmers, however, consider the Maclura pomifera fruit a nuisance because it's inedible. The fruit, also known as the Osage Orange, is steeped in folklore and has been thought to have various purported benefits. But it's the seed oil that contains the nutrients that power Pomifera products—something an enterprising chemist eventually discovered after he noticed squirrels smashing open the fruit and eating the seeds.

Pomifera Rose Oil Does It All

Skin care. Self-care. Hair care.

This antioxidant-rich serum and moisturizer is formulated with anti-aging Pomifera oil and infused with eucalyptus, lavender, rosemary, and coriander oils to give you a visibly healthy glow.

1

Mix with Youth
Moisturizer Creams
for extra hydration

2

Add a few drops
to a relaxing
bath

3

Apply to nails to
moisturize cuticles

4

Rub on dry knees
and elbows

5

Massage into the
ends of your hair



Love it!

I have only been using this product for a few weeks. I love the scent and how the oil feels on my skin. It is not oily, but very moisturizing! The delivery in the little draw string pouch is also a nice touch!

VICKY Y

Really good stuff

Rose Oil goes on easily & sinks right into skin, very light scent. JUDY C

