

Meadow Blend Soap-Free Cleansing Bar

Soap is still the most popular cleanser in the marketplace. But soap and the skin are actually at opposite ranges of the pH scale. Soap, by its very nature, is drying and alkaline, and the harsh alkali base affects the skin's natural acid coating (natural acid mantle) each time the skin is washed. Soap can actually shift the skin's normal acid balance to the alkaline side.

When that happens, the acid mantle disappears. Since the acid mantle plays a significant role in maintaining the health of the skin, and is a natural mechanism to protect against bacterial infection and invasion as well as dryness, it is critical that it be protected. Your skin is naturally antibacterial—until you wash with soap!

Meadow Blend works with the skin's natural acid balance and has a pH of 5.0 – 7.0 (the same as your skin). Some popular soap bars have pH of 9.0 – 11.0.

The whole family will enjoy the way Meadow Blend leaves the skin feeling smooth, and they'll like the clean, fresh scent of (real) orange, lemon, and lavender. The bar is very dense; not full of air as most bars are, so it lasts way longer. Just don't leave it sitting in water!

During March, Meadow Blend Bars are on sale for \$1.00 off! (#30131)

Enfuselle Moisturizing Shower Gel on Sale

This is my (Marjorie's) favorite of the cleansers, because it contains the magic of the Enfuselle patented Vital Repair + for anti-aging protection. Naturally, it contains no soap and is the correct pH for the skin. Enriched with rejuvenating sea minerals and botanicals, it gently cleans, soothes, and invigorates without drying the skin. As is true with all of Shaklee's products, it's very concentrated, so a tube of the Shower Gel, if used properly, will last much longer than 3-4 times the amount of Brand X. I put just a couple drops on my wet exfoliating bath gloves to wash my whole body in the shower. For a bath, I just squirt a very small amount under the running water and use the wet exfoliating bath gloves to rub my skin with the cleansing water. When the Enfuselle Shower Gel and the Hand & Body Lotion were brand new, I took a bath with the Shower Gel, then used the Hand & Body Lotion, and I could tell a difference with my skin after only the very first time! It felt softer and... I don't know... healthier!

Create a stress-relieving and skin-reviving shower or bath experience while you save money, your health, and the environment. ***And during March, get \$2.00 off of the Enfuselle Moisturizing Shower Gel! (#32549)***

Love Those Shaklee Cleansers!

My husband usually has very dry skin in the winter, is itching all the time and has flaking skin. He does not like to use soaps that are supposed to help moisturize you because he says they leave him feeling unclean. So we tried the Meadow Blend Bar from Shaklee. He first started using it in August, and it is now the middle of January and freezing cold and he has yet to start scratching! And he likes the feel of the soap as well. I started using the shower gel in August to see if it was better than other brands of moisturizing shower gel. With other brands like Bath and Body Works I would still feel dry and need to load on lotion after every shower. Since I started using the Shaklee shower gel I have not been dry at all, not even my legs! I do not use any other lotion after the shower either. I also love that I don't have to use very much. I bought the shower gel in August, and I still have it. I am a shower every day person and some days I shower twice a day. A small amount about the size of a dime or less, goes a very, very long way. I highly recommend both of these products!

--Thanks! to Melissa Lipari, Chester, VA

Enfuselle's Vital Repair +

The key to Enfuselle is Vital Repair +, a patented complex designed to counterbalance every free radical reaction that damages the surface of the skin. Vital Repair + fights visible aging seven ways:

- ◆ Vitamin C supports skin's natural defenses against UV-induced collagen breakdown.
- ◆ Vitamin E provides frontline defense and silky softness.
- ◆ Vitamin A strengthens skin and boosts moisture retention.
- ◆ Pro-vitamin B5 improves skin's suppleness and elasticity.
- ◆ Grape seed extract blocks enzymes that break down collagen.
- ◆ Superoxide dismutase neutralizes surface damage.
- ◆ Beta glucan soothes environmental irritation.

The Enfuselle product line has received a total of 8 patents. This is unheard of in the skin care industry and is a real tribute to the unique science and research of Shaklee products.

Enfuselle Hand & Body Lotion is the Best Ever

Being a printer is very hard on my hands with all of the chemicals and frequent handwashing. I tried the Shaklee Hand & Body Lotion last month, and I'm happy to say that it's the best lotion I've ever used! I put it on before going to bed, and when I wake up, my hands are nice and soft. And it doesn't get those results by being greasy. Another great Shaklee experience! Some day I'll have to write a testimony about a Lemon Cranberry Cinch Bar keeping me from killing a customer (it can be dangerous to get too hungry!). These products save lives! ☺

--Thanks! to Mark Lawhorn, Vinton, VA

(Get Clean) Hand Wash Concentrate

“Go wash your hands.” This super-mild, sudsy wash makes it so nice to do as you've always been told. It had wheat germ oil and algae extract to moisturize; soy protein to condition; aloe, marshmallow, and linden flower extracts to soothe; and rosemary and arnica extracts to energize. So now it's more like, “Go take your hands to the spa.” This should have been named Hand and Body Wash, because it's great for the body, too. It's very, very concentrated—we put about ½ tsp. of it in one of those foam dispensers and then fill it with water. Or you can put 1/8 C in the 8 oz. Hand Wash Decorator Dispenser or ¼ oz. pump dispenser and then fill it the rest of the way with water. Naturally, it's the correct pH for your skin, is non-toxic for you and the earth, and is biodegradable.

...NO ICKY SOAP FILM ON YOUR BODY OR SHOWER OR BATHTUB...

Get Clean Hand Wash Concentrate is on sale! \$2.00 off during March! (#00191)

Eat More Cabbage

Cabbage is an abundant and universal food eaten throughout the world and ages. It is easily grown and stored. Rich in nutrition and fiber, and low in calories, it is an exceptional source of several vitamins and minerals. The nitrogenous compound indoles is plentiful in cabbage and can lower the risk of various forms of cancer, especially colon cancer. Vitamin A, C, E, and the B's are also high in cabbage, promoting healthy skin, eyes, and energy. Cabbage extracts kill certain viruses and bacteria, inhibiting ulcers and infection. It boosts the immune system's ability to produce more antibodies. It has high levels of iron and sulfur, minerals that work as cleansing agents of the digestive system. There are several varieties of cabbage. Do your health some good and try them all, in different dishes once to three times a week.

But How Do I Eat More Cabbage?

First, the purple cabbage is great raw—just cut in wedges and make it one of your vegetables. Quick and easy! Another way that's pretty quick and easy is to steam green cabbage for just a few minutes (we cut it into short strips first) and add some salt and butter. That takes the biteyness out of it. Purple and green cabbage steamed together are kind of pretty—and maybe add some onion. Cabbage is also great stir-fried with onions and garlic (of course) and other veggies.

Keep Defend & Resist Handy

Last winter, as most of you know, there was a TERRIBLE flu going around. I've been married 32 years and I have NEVER seen my husband so sick! Actually, my son and husband both had it.....They virtually were throwing up every 15 to 30 mins. for around 3 1/2 to 4 hours. And if they weren't throwing up, they were on the pot!! I am not exaggerating this! I was sure I was doomed to get this. I of course was the one who was taking care of them both and cleaning up their "messes" and getting them towels and drinks and all of that kind of stuff. Then to top that off, I work in a small office. There is 6 of us who work side by side each day, sharing phones and pencils and such. Well, sure enough, one by one, each of them got this flu. They kept telling me their beginning symptoms to look for, because they were SURE there was no way out of this for me.....As I thought as well!! Well, what they didn't know was when this actually all started at home, I instantly started taking the "Defend and Resist". Well, I am proud to say, in spite of all of the above, I NEVER got that flu!!! I stayed strong and healthy right through it all!! I surprised my whole family and no one at work could believe it!! I am absolutely convinced I would not have avoided this flu otherwise!! We are true believers of "D&R" now at our house, and we make sure we have a supply on hand at all times! If we even get so much as a little runny nose or scratchy throat, we reach for the "D&R"! We don't leave home without it!!!!

--Thanks! to Sue Stevens, Holsopple, PA

Shaklee on YouTube

Visit the FC Shaklee Channel on YouTube to see some great Shaklee videos, such as “Why We Age” with Dr. Jamie McManus, or “Children's Health” from the Woman to Woman DVD, or “The Shaklee Difference,” and others.

Cinch Inch Loss Plan

Take a good look at those extra inches and give them a great big smooch goodbye. Say hello to Cinch. With Cinch, Shaklee tossed out the whole idea of diets. In fact, let's banish the word completely. "Diet" is just "die" with a T at the end. Let's replace diet with a live-it. From the get-go, you'll see Cinch is different in some important ways.

The dreaded diet cycle: on most diets you lose both muscle and fat. Since muscle burns lots more calories than fat, your overall metabolism drops. When you lose muscle, you have less ability to burn fat (think muscle=metabolism). When you go off your diet, you can't burn calories like you did before. So you gain weight back faster. Repeat with the next diet. Sound familiar? It's also called the yo-yo effect. In creating Cinch, Shaklee leveraged over 50 years of nutritional science leadership and innovation. Their medical doctors, nutritionists, and scientists have drawn on years of sports and nutrition science to develop the Cinch Inch Loss Plan. And naturally, before making any claims, they clinically tested it. In fact, Shaklee's the ONLY company with a weight/inch loss plan that's been clinically proven to be safe and effective (yikes! That's scary when you see all the junk out there!).

The magic of Cinch is the proprietary formula enhanced with leucine, a muscle-building amino acid found in protein-rich foods. In the clinical trials, this leucine-enhanced, balanced, healthy nutrition program was shown to help retain 100% (yes, 100%) of lean muscle mass. People on the program lost fat weight and inches, while keeping their lean muscle (and therefore retaining their metabolism). It's been specially formulated to help you break the diet cycle, so you keep the muscle you have, burn the fat you don't need, and lose the inches you don't want. And, as with all Shaklee nutritional products, Cinch comes with a 100% unconditional satisfaction guarantee. With Cinch, you have nothing to lose but inches. And everything to gain in a whole new life.

This is the final month to place your first Cinch Ultra autoship order to take advantage of Shaklee's special. When you receive Cinch Ultra on autoship for 3 consecutive months, you receive a 4th month of Cinch Ultra FREE! This is a great deal!

These products are tasty, and the plan is simple, with lots of educational support. You can even find a buddy for support, along with lots of recipes, tips, success stories, and even a free nutrition course on cinchclub.com. The Cinch CD also has excellent support info.

One thing to remember is to go by measuring inches, rather than what the scale says. Since you'll only be losing fat, which weighs much less than muscle, the inches may come off faster than the pounds. So while the scale may not be as dramatic as you'd like, the way your clothes fit will be!

Olympic Ski Team Relies on Shaklee

The US Ski and Snowboarding Team rely on Shaklee for nutritional advice and supplements, including sports nutrition products—and you can see what great achievements they have to show for it from this and other Winter Olympics. As of this writing (about halfway through this year's Winter Olympics), the US Ski Team has been dominant. It will be fun to see how many Shaklee-powered medals we end up with! Since 1980, when Shaklee began working with the Ski Team, they've earned over 25 medals—and counting! Troy Flanagan, a Ski Team trainer, says, "The team relies on the quality and efficacy of Shaklee nutrition products, and we depend on Shaklee products to keep our athletes healthy."

Remember Bonnie Blair, who has won more gold medals than any other US athlete in Winter Olympic history? She chose Shaklee to help her do it! To see some of the US Olympic Ski and Snowboard Team athletes talk about the new Shaklee Energy Chews, go to myshaklee.com, scroll down and click on the Get Energized with Shaklee Energy Chews header, then scroll down again and click on "Shaklee Energy Video."

Haiti Still Needs Lots of Help—You Have the Privilege of Helping

You may not know that Shaklee has a non-profit helping organization called Shaklee Cares, that is committed to helping people directly affected by natural disasters and emergencies, as well as the grass-roots citizen groups working in the impacted areas. Shaklee contributions range from food products and cleaning supplies to cash contributions and volunteering time. Since 1992, thousands of hours of volunteer time and millions of dollars in cash and products have been distributed.

In response to the devastation in Haiti resulting from the severe earthquake, Shaklee Cares established a Shaklee Cares for Haiti relief fund. Shaklee is partnering with US-based non-profit relief organizations working currently in the region, such as the What If? Foundation and Feed the Children. These organizations are utilized by Shaklee Cares to fund and distribute the local aid. The What If? Foundation was founded and is administered by Margaret Trost, a Shaklee Key Coordinator who uses her business to feed the poor in Haiti (you don't HAVE to keep the money you make in Shaklee!). In fact, she and many in her organization are in Haiti helping right now. If you'd like to donate directly to What If?, go to whatiffoundation.org. If you'd like to donate through Shaklee Cares, call 1-800-SHAKLEE (742-5533) or go to the member center online at myshaklee.com. 100% of all donations are given to those in need—Shaklee covers the overhead.

Vivix: Little Things Mean a Lot!

We are so very grateful for the way that Vivix has helped bring about major improvements for so many people since its introduction in August, 2008. As we age, there are a cluster of minor symptoms that most people assume are a natural part of growing old. Using Vivix has caused me to question that assumption. At nearly seventy years of age, I have noticed LOTS of little improvements.

- ◆ Dry eyes: I had adjusted to my reduction of natural moisture in my eyes the last few years by buying several bottle of eye drops at a time and using them every few hours. Since I began using Vivix, the natural moisture in my eyes has returned, and I no longer buy or use eye drops.
- ◆ Night vision: As a former Navy aviator, I am very aware of the problems associated with a reduction in night vision. I no longer pilot an aircraft, but I love driving my trophy-winning muscle care at night. I began to notice the symptoms of reduced night vision and had reluctantly adjusted to no more “midnight rambling.” Since taking Vivix, my vividly sharp “pilot” night vision has returned.
- ◆ Aches and pains: When I was about 25 years old I jumped across a small creek while out hunting. I landed on the other side and injured my left ankle. For more than 40 years I had experienced chronic pain in that ankle, and a consistent “click” when I did range of motion movements. Since beginning Vivix, the click and the pain have completely disappeared. I also used to be troubled by continual shoulder pain, and I realized recently that I am now exercising pain-free.
- ◆ More restful sleep: Like many people my age, I was experiencing irregular sleep patterns. Daily Vivix has resulted in more peaceful, uninterrupted sleep at night. I also notice that my overall attitude is a lot more upbeat.
- ◆ Infections and fungus: Since I began using Vivix, my toenail fungus is gone. Nor have I experienced my usual gum infections for months.
- ◆ Psoriasis: Since high school I have battled with psoriasis. Since my doctorate is in the behavioral sciences, not the physical sciences, I have lots to learn about health. One of the things I have learned is that both psoriasis and heart disease are inflammatory ailments. The effect of Vivix on my psoriasis is probably the most significant indicator of improved health. The psoriasis is not totally gone, but it is improved so dramatically that you can now barely detect the inflammation.

These small improvements are most likely the result of an increase in fundamental overall healthiness. Vivix improves cells from the inside out, so I am not surprised that small solutions are the result of big changes in my body.

--Thanks! to Sam Sewell, PhD, Florida

Help to Reduce a Cough

Apply Shaklee Joint & Muscle Pain Cream generously on the soles of the feet and cover with socks. Many have experienced a quick reduction in coughing. How does this work? The ingredients absorb quickly into the bloodstream and affect the body in a positive way. The soles of the feet absorb things very quickly. Try putting a slice of fresh-cut garlic on your feet, and within 20 minutes, you'll be tasting garlic in your mouth! Rubbing Shaklee's Joint & Muscle Pain Cream on the chest to relieve coughing is also helpful. And, of course, taking additional Vitamin C, Garlic, Nutriferon, Defend & Resist, etc. are also very beneficial.

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*If you don't take time for
your health,
I guarantee you will take time
for your illnesses!*