



# Natural News!

From **natural solutions**  
by Anke, LLC

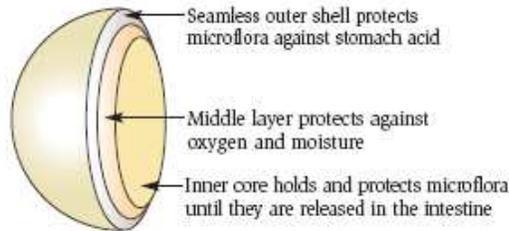
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## Build your immune system for better health, part 1

Did you know that 70% of the immune system is found in the intestines? Part of that system is the trillions of “friendly” microorganisms, the vast majority of which live in the colon and keep the undesirable organisms in check. This is a very important part of the immune system. Digestion is also pretty important, because it’s not what you eat that you’re made of, it’s what you digest. And of course digestion and the immune system have a lot to do with food allergies and many health challenges. Yet these microflora are killed by antibiotics, and even if you don’t take them in prescription form, there’s a good chance you’re getting them in non-organically

grown meat, chicken, milk, cheese, and maybe even in your water. A number of other things decrease the levels of the good flora, including stress and sugar. So it’s very wise to replenish the supply with Optiflora, which delivers live bifido bacterium longum and lacto bacillus acidophilus, along with gamma tocopherol—also very important for colon health—safely to the right place at the right time (see the Vitalizer article). Because of Shaklee’s

triple encapsulation system,



Optiflora provides ten times more bioactivity in the lower intestine than Brand X (which means more for your money). When you use ½ tsp. per day of the prebiotic powder (the food for the flora), you get even more for your money, because the flora will multiply even more in your gut.

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## Get Clean Starter Kits Even More Complete!

We’re happy to announce that the Get Clean Starter Kits are now even more complete, with the addition of Germ Off Disinfecting Wipes. And to make measuring Basic H<sup>2</sup> easier, Shaklee has added a handy-dandy dropper. Both the Starter Kit and the Healthy Home Pack are now available with

your choice of Fresh Laundry Concentrate HE Compatible (liquid). Happy cleaning! And just to give you a brief update on **what a difference Get Clean is making, as of July, because of all of the kits that have been purchased across the world, we’ve saved 807,680 gallons of gas, 7.9**

**million pounds of waste, and thousands upon thousands of tons of greenhouse gases (couldn’t write fast enough to catch it all!).** When we all do our part, the combined result is fantastic!



## Is Alli your Ally? Weight Loss Made “Simple”

As a pharmaceutical research nurse one of my favorite clinical research trials was the Orlistat Study. Orlistat is the generic for Alli. This was a well designed clinical trial. The patients were closely monitored and I had the ability to do diet and nutritional counseling with my patients.

Being part of this research study awakened my real passion in life. I discovered I really enjoyed helping people lose weight and achieve their ideal body image. It was very rewarding to watch people transform their body and be excited about their success. However, as the research study progressed I notice some interesting things. The patients who were successful on the study were the ones who made the necessary lifestyle changes to achieve weight loss. They significantly modified their diet to a well balanced nutritional program and they started an active exercise regimen. The patients who did not do the necessary dietary and exercise changes recommended by the study, did not have much if any success.

The patients who were on the research drug and not following the dietary guidelines were also experiencing some embarrassing and unpleasant side effects. One patient went to the movies and ate buttered popcorn; she was unable to make it to the bathroom in time to prevent an embarrassing accident. Another patient went out for a nice dinner with her husband and later that night while making love had an embarrassing accident. There were many stories of this nature. These side effects were definitely a deterrent for consuming high fat meals. The patients did not want to risk the embarrassment of those side effects.

I was surprised that this drug ever made it to market. It seemed so obvious to me that the weight loss had little to do with the drug and everything to do with the patient's commitment to their health and wellness program. However reflecting back, there was no way the pharmaceutical company could really measure the patient's commitment or quality of counseling

the patients received from the study nurse.

Ask yourself, if I am going to have to eat a balanced diet and exercise anyway for the medication to be effective, isn't it better to skip the medication and side effects and change my lifestyle with support and guidance? How good is it for me to take a medication that blocks fat absorption? Do you realize some fat is necessary to absorb certain essential vitamins? I don't believe there will ever be a quick fix when it comes to weight loss. As much as we would all like to eat anything we want and never have to move, that is a fantasy. Your weight did not come onto your body by itself and it not going to leave the body with a pill.

*Thanks To Debbie Schroeder!*

***Ed's note: Look for a safe, healthy and proven way to lose weight. Ask whoever sent you this newsletter how to get started today, get a jump on the holidays!***

## Build Your Immune System For Better Health Part 2 “Recipe for Success!”

I've always had a poorly functioning immune system. So whenever a cold bug came around, chances were I got it with full force. Over the last few years though, I've been able to decrease my colds to maybe about 0-2 per year! A far cry from about 6-12 per year. And no flu for about 3 years! How? Simple! By first building my health from just okay to moving towards optimal health. Second, every time I feel something starting to come on, I take extra Shaklee NutriFeron (our natural immune

builder, not booster), Flavomax (a powerful flavonoid antioxidant) and Defend and Resist (Echinacea, zinc, elderberry). 98% of the time I don't catch whatever I was starting to catch, and the other 2% of the time whatever I do catch goes away very quickly, and doesn't stop me from my daily activities. I do tone down my exercise, and rest more as well to take care

of myself. When you think of time lost at work, with family and fun, it's a really inexpensive way for me to feel great all of the time!



## Changing Brands Can Change Your Life; Health Assurance vs. Health Insurance

We've known this for years, but now we have a landmark study—the first of its kind and the largest long-term supplement study conducted in history—to lend even more scientific support to this claim.

The Landmark Shaklee Food Supplement Study was conducted by Dr. Gladys Block, head of the UC Berkeley School of Public Health and considered one of the top epidemiologists in the US. She and her team randomly selected 300 from more than 1000 people who had been using Shaklee supplements for at least 20 years (20 - 42 years, to be exact). Their health was assessed through questionnaires and blood tests, then compared with the health of people who had supplemented for at least 20 years with non-Shaklee brands, and also with people who had not supplemented at all for at least 20 years. Roger Barnett (President and CEO of Shaklee) told us at the Nashville convention last month that when he walked in the room to hear the results of the study, Dr. Block was vibrating with excitement, saying, "These results are incredible!" Scientists are usually pretty calm people, so this must have been fun to see!

The study has been accepted for publication in a peer-reviewed scientific journal, so Shaklee is not allowed to release most of the results until after it is actually released in print (we can hardly wait!). But we can share this much—and even if this was the entire content of the study, it would still be amazing! **The study determined that people who took Shaklee sup-**

**plements had markedly better health than people who took no supplements or who took another brand. The Shaklee group had optimal levels of all of the key biomarkers and blood nutrients—and no unsafe levels of any nutrients. They had markedly lower incidences of disease, including heart attacks, coronary heart disease, congestive heart failure, and type II diabetes.** No one in the Shaklee group had abnormal levels of C-reactive proteins (an indicator of inflammatory disease) or triglycerides. None! The other groups could not compare! This is amazing in and of itself, but it is even more amazing when you consider the fact that many, many people decide to start to use Shaklee supplements due to illness. We have books and books of testimonies of people who used Shaklee supplements to give their bodies the tools they needed to be free of the symptoms of MS, lupus, Rocky Mt. Spotted Fever, Rheumatoid arthritis, etc., etc.

**The average American under age 65 is prescribed 7.9 medications per year; 19.1 prescriptions if over age 65. (Just think of the cost! Even if you only have to pay a \$10 or \$20 co-pay, that's \$190 - \$380 per month!) The average age of the Shaklee study participants was 63, yet the average number of prescriptions used by that group was only 0.6! I'd call that a significant difference!**

It is important that the significance of this study is clear. This study

was not done by Shaklee scientists; it was done by UC Berkeley. Dr. Block's organization had complete control over the entire process, including publishing the results. Shaklee understood from the beginning that the results of the study would be submitted for publication regardless of whether the results reflected positively or negatively on Shaklee. Once the study was submitted for publication, other 3<sup>rd</sup>-party scientists reviewed everything UC Berkeley did to look for any errors, oversights, etc. This review process goes on over several months with questions from the reviewing scientists and requests for clarification. The importance of doing peer-reviewed studies is that these are the gold standard for clinical trials, because you have an independent scientific panel of experts scrutinizing the data to make sure that it is absolutely accurate when published.

No other company would have participated in this study, because they would be concerned about the possible outcome. Shaklee knows the quality of their products and the difference they've made in people's lives, so they didn't hesitate to go through with it. We are extremely proud of the results! You can feel very confident that you have chosen the very best company with which to trust your health.



## Coach's Corner ~ Consistency for Successful Change

I hate to stretch. But my dislike for stretching caused me to become host to a series of injuries and limitations in my exercise program. For those of you who know me, lack of exercise will make me quite crabby! So I started to learn to stretch before and after exercise. And for a while I saw the benefits, and once I felt better I went back to my old ways and stopped stretching...and I got tight, which meant injuries, no ex-

ercise, and crabby. So I decided I needed to make a change, and needed to make it consistent so that stretching would become my habit instead of being tight and then...you know. So I started to do yoga, and in the beginning, could not touch (let alone lace) my hands behind my back. Could not sit cross legged with out severe discomfort and face contortions, and certainly no back bends! But by being consistent for the

last 5 years, I can now do things like "The Crow" (pictured), and finally last week was able to lace my fingers together behind my back, and also do a back bend! So in order to change for good, you have to be consistent in whatever you do. It will probably be uncomfortable at first, but your frustrations will eventually become your fascinations!!!

*Namaste, Anke:)*

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**Protecting the Body, the Home, and  
the Environment...Naturally!**

## How Heavy Do You Have To Be To Lose Weight?

Cinch is a wonderful weight loss product for everyone, not just those needing to lose a significant amount of weight. It's also great for those of us who have to lose last 10 lbs too!! After giving birth to my fourth child over 4 years ago, I still had not lost my last 10 lbs and had been stuck there for over 2 years. Although I wanted to drop that weight, I never had been fully motivated enough to do so until this year. Our family was planning our first ever family vacation to Mexico and I did not look as good in my swimsuit as I wanted. That's when I began Cinch and within 2 months, I dropped 12 lbs and 4 inches off my waist! I found this so incredible because I didn't have that much weight to lose yet it, and those ever important inches around my middle, came off so easily! And I loved the way I looked in my swimsuit on the Mexican beaches! *--Thanks! to*

*Amy Samkuty, Portland, OR*

### ***A Bathroom Miracle!***

Marjorie, I have a little bathroom miracle that makes me love Shaklee even more. Recently we were looking into having some tiles replaced that had become stained over the years. I had tried soft scrub, clorox wipes and bleach on them (before I threw all that stuff away after learning about how they can affect the health of my family), and there was no change. Today while cleaning the shower I decided to try some scour off. Miraculously, all the stains were wiped away- with just the scour off and a sponge- no scrub brush and better yet, no gloves! And it was OK to breathe the air, too—no harmful fumes! Now we don't have to have those tiles replaced too. I love Shaklee.

Scour off also works great getting the water marks off of shower fixtures.

*--Thanks! to Jenn  
Fountain, Roanoke, VA*

