



Natural News!

From **natural solutions** by Anke, LLC

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Cinch Has Turned my Life Around!!!

I'm 6'5". I was 24 years old and weighed 323 pounds. I tore the lateral meniscus in my knee just by getting up from my chair. I had a lengthy surgery to repair it, yet the doctor gave me only a 60% chance of full recovery—and the ability to keep my job as a mechanic, which requires long hours on my feet. I was falling apart! I was a candidate for heart disease, heart attacks, maybe even diabetes by age 30. I refused to go down that path—I had to make a change.

I lost 35 pounds using a combination of Shaklee nutrition products, but I hit a plateau. Then came the Cinch Inch Loss Plan. With Cinch, I turned that plateau into a 103-pound weight-loss success. A HUGE success!

Despite my previous knee issues, today I run a mile or more, four to five times a week. After dropping 103 pounds, I don't worry about my knees, and I don't desire fast food and toxic-to-the-waistline cuisine!

I weigh myself once very two weeks, and in between I don't worry about it. My weight doesn't own me. I think if you weigh yourself several times a week and focus only on the number the scale shows, you may jeopardize your long-term success. So go on, live your normal life! Enjoy your body's new shape! Enjoy the compliments you get daily. And LOVE the fact that you are taking steps to improving your overall health and wellness!

--Thanks! to Matt,

Winston-Salem, NC

By the way, we encourage people to focus on inches rather than pounds, since with Cinch you are losing fat rather than muscle. Since fat weighs less than muscle, what you shed will show up more in inches than in pounds. Visit cinchplan.com and also cinchclub.com for more inspiring testimonials. And while you are there, take a look at the message boards, recipes and informative articles—all designed to help you reach Cinch success. The Cinch Inch Loss Plan is powered by leucine and 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.

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Easy! Send a Friend a Shaklee Catalogue, Online!

The Shaklee Product Guide 2008 is available and can be ordered (#75473) with your other Shaklee products. It contains a wealth of information, with photos, charts, graphs, and health news. And now you can also view an online version—and all

you have to do is click on the various pages to place an order. Simply visit my website at www.shaklee.net/anke (or the website of the person responsible for your receiving this newsletter) and check it out. If you're not sure of the website ad-

dress of your Business Leader, don't worry; mine will help you find your way to it. And any orders you place if you're a member will be credited to the person responsible for signing you up!

Wonderful, Not-So-Stinky Garlic!

In 1990, when Shaklee's research staff began to seriously study the development of Shaklee Garlic Tablets, it became clear that the potential benefits of garlic may not come from any one component within garlic, but from a combination of at least 100 different compounds found naturally in garlic. Many companies have eliminated all odor from their garlic supplements, but in doing so, they may also have eliminated garlic's beneficial goodness.

Shaklee scientists realized that the challenge would be to deliver garlic's benefits by retaining its natural components, while at the same time controlling garlic's odor which is characteristic of many of these natural compounds. In nature, Shaklee found a clue that led to the solution.

When you pick up a garlic bulb in the store, it has no odor. It's not until the clove is cut or crushed that the odor is released. That's because inside each garlic plant cell is an enzyme called alliinase, which specifically acts on an amino acid also contained in garlic called alliin. When garlic is whole, the enzyme and the amino acid don't interact. However, when garlic cells are damaged by cutting or crushing, the enzyme comes into contact with the amino acid, creating an enzymatic reaction which forms allicin. The compound allicin is responsible for much of garlic's

pungent odor.

The difficulty Shaklee faced was to discover how to control the enzymatic reaction without destroying the integrity of the garlic and its important natural components. Shaklee found the answer by developing a unique Dual Odor-Control Formula which controls garlic's odor two ways. First, Shaklee uses a gentle, temperature-controlled drying process to remove about 95% of the water from whole fresh garlic bulbs. This special drying process prevents the alliinase enzyme from coming into contact with the alliin amino acid until after ingestion. This unique technology produces a pure garlic powder which will slowly release the garlic compound during digestion. After the garlic tablets are swallowed, they are exposed to the fluid environment in the digestive tract. At this point a carbohydrate gel forms around the tablet serving as a protective barrier. This causes the tablet to slowly break down, slowing the enzymatic reaction and the formation of allicin. This is important because if allicin forms too quickly it can cause an unacceptable aftertaste or odor.

The second part of the Dual Odor-Control Formula is a blend of



two of nature's aromatic herbs—rosemary and spearmint. Because there is a small amount, about 5%, of moisture remaining in the garlic powder after it is dried, there is a light garlic aroma in the powder. The combination of rosemary and spearmint extracts offers an additional measure of odor control and gives the product a light herbal scent in the bottle.

Two easy-to-swallow, coated Shaklee Garlic tablets:

Provide 1000 mg. of pure garlic powder, equivalent to one clove of garlic.

Are formulated to retain natural components of fresh garlic including allicin-forming compounds.

Are ensured of quality and freshness with ShakleeGuard.

Are California-grown without pesticides.

Are Kosher certified.

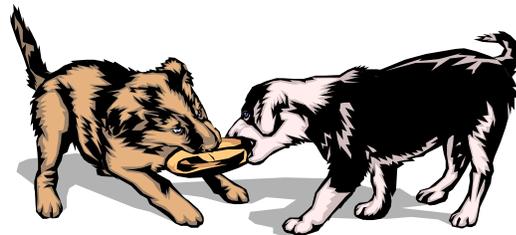
Are 100% Shaklee guaranteed.

Garlic Can Help You Fight Back!

Winter often sees many folks suffering with colds, germs, bacteria, flu, viruses and "super bugs." Dr. Ron Cutler, from the Univ. of East London, claims that the garlic compound Allicin kills a new generation of super-superbugs, including MRSA. Many bugs are becoming more and more resistant to antibiotics. Once again, nature offers answers for us without the concern of the side effects of drugs. Many Russians nickname garlic "Nature's Penicillin." During a massive influenza epidemic in Moscow in 1965, an emergency airlift of 500 metric tons of garlic was brought in, and the influenza epidemic was stopped cold. During WWII, it was used to prevent gangrene when penicil-

lin and sulpha drug supplies ran out.

It is a wise choice to include garlic supplements (with clinically proven allicin) in your daily intake. Shaklee uses a special gentle, cool-dried temperature-controlled process that retains natural components of fresh garlic, including allicin. Many other types of tablet processing destroys or denatures the essential active allicin that the body can use for natural protection. Choose Shaklee... a brand you can trust! Many people take 3 tablets per day to reduce their risk of illness, but also because it is known to naturally reduce high blood pressure and high cholesterol, as well as reduce the



risk of cancer. Very few people experience a garlic smell in their breath or on their body, but if you're concerned you can take it at supper, so any smell occurs while you're sleeping. If they feel an indication of the beginnings of a cold or flu, then they double it (and treat it like a natural antibiotic). We've seen many people get rid of strep and sinus infections, among many other things, by using 12 garlic per day (Shirley Fike, RN says that it would be equivalent to a shot of penicillin, except that the bacteria can't mutate to become resistant to it). Powerful stuff!

Every Mother's Dream, Foster this!

I had to share this picture with you. Anna loves to help me clean now that I have cleaners that won't hurt her. My house is a lot cleaner thanks to Shaklee! (and Anna).

Thanks to Mandy



Ed's note: My 4 year old son

also loves to help. He loads and unloads the dishwasher, helps with laundry, vacuums and mops the kitchen floor (his favorite) and cleans the bathroom. With Shaklee, I never worry about toxins because Get Clean is completely toxin free! Now if only Shaklee came up with something for patience when it takes them 6 times as long to complete the task!!!!

Eating The Mediterranean Way

Donna Weihofen, a Nutritionist with UW Hospital and Clinics, spoke to district employees November 12 on eating the Mediterranean Way. She shared the following tips for gaining the health benefits of reducing cholesterol, blood pressure, heart disease and cancer.

Another big benefit from eating the Mediterranean way is the weight loss that just naturally comes with it. So if you've had just a little bit too much fun during the holidays, consider adding some or all of these tips to your lifestyle. Besides reducing your waistline, eating this way is great to help you feel more energy, have a more positive attitude and reduce your stress levels.

If you feel the task of changing your lifestyle is too daunting, or you've tried before and haven't quite made the change, consider hiring a Health Coach to help you learn how to set realistic step by step goals, create an action plan that works for your lifestyle, set up a support system and accountability so that you can move forward with a clear and concise plan to reach your goals!**

- M Mediterranean Diet Facts
- F Flavorful and fresh
- A Aromatic
- C Colorful
- T Tasty
- S Sensory pleasures!
- E Enjoy fruits and vegetables at every meal
- D Decrease saturated fats and trans fats
- I Increase monounsaturated fats (olive or canola oil)
- T Tempt your taste buds with a Variety of grains
- E Enjoy eating more fish
- R Reduce amount of meat
- R Rediscover legumes and beans
- A Add a little cheese
- N Nibble on nuts
- E Enjoy eating out, family meals and wine*.all things in moderation!
- A Active lifestyle
- N Nourish your body with

Visit www.CHANNEL3000.com and click on Donna's Recipes for healthy ways to prepare foods with simple ingredients and bold flavors.

wonderful healthy food

Thanks to Kari Schraufnagel for sharing this wonderfully fun piece!

****try a no risk health coaching session to see if coaching is for you. Contact Anke at 608-467-0008 to set up a time for you!**

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Losing socks in the sheets? Towels
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- Biodegradable
- Break in two in the dryer for purely even distribution of soft, static-free goodness down to every last humble pillow case and sock
- Softens and helps prevent wrinkles
- No added fragrance or dyes
- Great for sensitive skin!
- Safe for all washable fabrics
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- Nontoxic

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