



Natural News!

From **natural solutions**
by Anke, LLC

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'Tis the Season to be Fresh!

Have you ever wondered how you can incorporate a healthy variety into your diet without researching and planning? Foods that will give you the best energy, the most vitality, and help you better "roll through" those stressful situations you encounter daily? Well ponder no more! By being part of a Community Supported Agriculture farm, Tim, Griffin and I have been blessed with seasonal veggies and fruits fresh from the farm, and have felt the positive impact that comes with eating the freshest foods possible!

Consider this: fresh-picked fruits and veggies contain more nutrients and cost less than their stored or shipped counterparts. Plus, there's

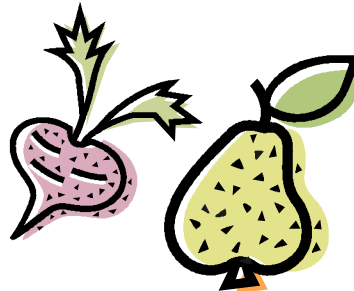
more flavor in anything that comes right out of the ground. Growing seasons may vary by country and region, but this month-by-month guide can help you pick up fruits and veggies at their natural peak. Plus, this may help you to plan your holiday dinners and get together as well!

November

Beets
Bok Choy
Bosc Pears
Cranberries
Daikon Radish
Rutabagas (ed's fav pick!)
Sweet potatoes
Yams

December

Brussels Sprouts
Butternut squash
Dates
Mandarin oranges
Red Current
Tangerines
Turnips



Thank You for a Fabulous 2007!

I have to say, there's nothing more fun than doing what you love, and loving what you do. Coming from a corporate background, it was a risk saying goodbye to a very stable income, and starting out on my own. But 4 years later, I can honestly say I don't regret a minute of it, and it's been a wild ride!

Following my passion for helping people with their health, this journey has taught me more than I ever could have imagined, and has positively impacted so many lives. So for all of this and so much more, I am truly grateful to you; my family, members, clients and friends, who have positively

encouraged me to follow my dreams. I was never alone in my Shaklee pursuits as the Shaklee family is always available and willing to help. The health coaching was a little more challenging. My advice for 2008; follow your dreams and honor your values. You can never go wrong with that.

Inside this issue:

Fresh and Frisky 1

Dreams and values 1

Healthy Seniors 2

Vitalizer Value 2

The Power of One 3

Get Clean win-win-win 3

Pumpkin Spice Shake 3

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So What did Those Healthy Shaklee People Take?

As you remember (we hope), the University of California at Berkeley Landmark Study showed that those who took Shaklee supplements (as opposed to those who took other supplements or no supplements at all) for at least 20 years had markedly better health—and that's an understatement. Instead of taking an average of 16 medications, the Shaklee folks took less than 0.6



medications!!!! A number of you have asked which Shaklee supplements these healthy people used, which we think is a great question to ask! Of course, people used a variety of products, but the most commonly-used were Vita Lea, Energizing Soy Protein, Optiflora, Omegaguard, B Complex, E, C, and Carotomax/Flavomax—what a coincidence that those are the nutrients

found in Vitalizer! The Landmark Study has been published and is available for anyone to review. If you have interest in looking further into the study, please contact the person responsible for sending you this newsletter to get more detailed information.

The Value of Vitalizer

What positive feedback I've received from folks using Vitalizer! Some have switched from the Basics to Vitalizer and love the convenience and increased energy they're realizing from Vitalizer. Others are enjoying the savings of taking Vitalizer instead of taking each supplement separately. Whatever the benefit, there have been many. Let's look at the value and benefits of Vitalizer by describing some of the 80 bio-optimized nutrients that it contains.

It contains 2 Vita Lea multivitamin/multimineral supplements. Clinical tests of Vita Lea alone showed that when individuals took them consistently for one year, sick days were reduced by 65%. Would that be valuable to you?

It contains Optiflora probiotic. 70% of your immunity is dependent on the balance of good bacteria in your gut. Specialists say we should have 85% good bacteria in the intestinal tract, representing 3 to 5 pounds in the average adult. Would that be valuable—to optimize your immunity by up to 70%?

It contains B Complex, Vitamin C, and Vitamin E. Recent studies show that optimizing B Complex, E and C can reduce our risk of dying from cancer by 50%. According to the

National Cancer Institute, one in two Americans will get cancer in their lifetimes.

It contains 7 Omega-3 fatty acids (including EPA and DHA). According to a study written up in the American Journal of Clinical Nutrition (2003), optimizing our levels of Omega 3's can reduce your risk of heart attack by as much as 70% after only 30 days.

It contains Carotenoids and Flavonoids.

Lutein and Zeaxanthin: These two carotenoids help to maintain healthy eyes. Age-related macular degeneration is the #1 cause of blindness in America in the aging population. Research has shown that people whose diets were richest in lutein and zeaxanthin had a 43% lower risk of age-related macular degeneration. Vitalizer contains both of these carotenoids equivalent to that found in over 65 medium pink grapefruits.

Lycopene: This carotenoid acts like a natural antihistamine, antioxidant, anti-inflammatory, and anti-cancer nutrient (especially prostate cancer). US statistics say that 1 man is



diagnosed with prostate cancer every

2 minutes, and one man dies from it every 11 minutes, and 50 to 75% of men have prostate cancer by age 75. Vitalizer contains lycopene equivalent to that found in 1415 apricots.

Quercetin: This flavonoid is anti-cancer, anti-aging, and anti-heart disease, and it reduces the development of benign prostatic hyperplasia. Vitalizer contains quercetin equivalent to that found in 12 ½ cups of shredded red cabbage.

We invite you to discover the value and benefits of Vitalizer... start today. Shaklee guarantees that you'll be satisfied, or you'll get your money 100% refunded. Would you like to learn more about Vitalizer in a fun way? Just visit shakleevitalizer.com/anke (or replace the anke with the website name of your Business Leader) and watch the flash presentation that explains how Shaklee Vitalizer is re-defining vitality.

What Can One Person Do?

Have you ever started something and looked at the sheer dauntingness of the job and questioned yourself “how can I even begin to impact this?” Well, I know that before I started with Shaklee, I was very environmentally conscientious, however had no idea how my little contributions could make any sizeable difference. Well that’s all changed now thanks to Get Clean Kits. Did you know that if one in four families started to use Get Clean products, we could eliminate 7 billion pounds of greenhouse

gases (as well as have other positive impact on the environment)? And they’d save money as well! This is a pretty simple way that you can make a difference—just suggest that your friends and family talk to your Business Leader to learn more about the fantastic Get Clean line. And you may end up being rewarded in two ways. First, the good feelings from knowing you helped the environment and helped those you love have safe, non-toxic household products that also saved them money, and second, you might



end up earning free products as a result. That’s Win-Win-

Win! So if you tried Get Clean and liked it and told just 3 friends, think about how quickly your action multiplies exponentially! How easy it is to do your part to help our earth, our families and our future generations.

Get Clean Started 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 H² 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

“As a member, order your Get Clean Starter Kit during the 1st through the 10th of the month and get free shipping!!!”

our part, the combined result is fantastic!

Pumpkin Spice Shake ~ Yum!

Try this Cinch shake recipe to add some variety to your shake this week. It is just one example of the great information you can find at cinchclub.com.

Cinch Vanilla Shake

8 oz. non-fat milk or low fat soy milk

2 T. canned pumpkin

½ tsp. pumpkin spice

Dash of vanilla extract

Dash of cinnamon

4-6 ice cubes

Blend all ingredients in a blender until creamy. 286 calories, 24 g. protein, 42 g. carbohydrates, 3 g. fat (when non-fat milk is used)

Have you tried the Chocolate or Café Latte Cinch shakes in hot milk or water? It’s a great way to warm up the day. The Cinch teas are also great hot.



And did you know that if you open a capsule of Flavomax and put it in a glass of water, it tastes like tea? That’s a great way to get it into kids... iced tea!

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

Great Cinch Results!

I would just like to report my latest experiences with Cinch! Some of you have just gotten started, and some of you are Cinch “veterans” since it first came out. I have lost a total of 18 pounds and many, many inches. The good news is, through holidays, parties, vacations, traveling, and lots of ups and downs, I have been able to maintain my weight loss and inch loss! It didn't happen overnight, and the first few weeks were rocky, but if you continue to follow the plan, concentrate on eating good foods, and use the Cinch shakes on a regular basis, even if it's just once a day—and use the Cinch bars and tea and vitamins—you WILL lose the inches and weight, and you'll feel energetic and have a feeling of well-being. There are lots of programs out there to lose weight, but I believe Cinch is the only one that will help you maintain your weight and inch loss. It's formu-

lated with leucine, the ingredient that makes it all happen, because it helps retain lean muscle, and muscle = metabolism! It's a natural amino acid that only provides results when found in REAL FOOD, which is what Cinch is!

So if you have gotten started, I urge you to continue and to be patient. Follow the plan, and you WILL lose weight and inches. And for those who have achieved their goal, I urge you to continue to use the Cinch shake at least once a day to help you maintain.

Note: I did not deprive myself of any particular foods, but I did avoid fried foods and starchy foods. When I ate pasta and bread, I ate them in moderation. I did enjoy cocktails and wine and desserts. I also paid attention to portions while enjoying all kinds of foods from Italian to French to Chinese, etc., etc. You can do it, too! Again, get

through the first few weeks. My body had to adjust to the Cinch shakes, and everyone is different, but I truly feel this is a unique program that can work for anyone who is willing to give it at least a month to start!

*Thanks! to Gerri
Stiner, Cranford, NJ*