



Natural News!

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Unsafe at any level?

BPA, it's been in the news quite a bit in the last few weeks. A pervasive toxin, bisphenol A (BPA) has been linked to aggressive behavior and abnormal reproductive development in animals, plus birth defects (including Down Syndrome), cancer, spontaneous abortion, and even recurrent miscarriages in humans. More recent investigations show that low doses of BPA spur the formation and growth of fat cells, as well as insulin resistance, a risk factor for Type 2 diabetes.

Low-dose toxicity fails to alert the body's natural detoxification system, and in one study, animals exposed to low-dose BPA had higher growth rates of prostate cancer cells than those exposed

to higher doses of bisphenol A. "Taken in its totality, the range of toxic effects linked to BPA is startlingly similar to the litany of human health problems on the rise or common across the population, including breast and prostate cancers, diabetes, obesity, infertility, and polycystic ovarian syndrome." reports the Environmental Working Group.

The U.S. Food and Drug Administration (FDA) is responsible for ensuring that food packaging chemicals like BPA are safe, and it deems this toxin acceptable, even though its own exposure estimates for infants exceed doses shown to harm the developing male reproductive system.

Researchers at the Centers for Disease Control **detected BPA in 95 percent of American adults** in one study. So prevalent is this toxin that it pollutes not only people but also air, sediment, house dust and water. **Sources of BPA** include

children's toys, containers for mineral water, dental composites and sealants, food packaging, hard plastic (including baby bottles, pacifiers and teethingers), spray-on flame retardants, and sports safety equipment. Of all canned foods tested, chicken

BPA Basics:

- If you own hard plastic bottles, such as the Nalgene bottles, that are labeled #7 on the bottom, wash them by hand with mild dishwashing soap instead of in the dishwasher to avoid degrading the plastic and increasing the leaching of BPA. Use aluminum or glass instead.
- Get rid of plastic bottles that are starting to show cracks or are becoming cloudy.
- Use glass baby bottles or plastic bag inserts, which are made of polyethylene, or switch to polypropylene bottles that are labeled #5 and come in colors that are milky rather than clear.
- Choose soups, milk and soy milk packaged in cardboard "brick" cartons by Tetra Pak and SIG Combiblock, which are made of safer layers of aluminum and polyethylene #2 and are also recyclable.
- Choose canned foods from makers who don't use BPA, such as Eden Foods, which sells certified organic canned beans and other such foods.
- Eat fresh foods in season and save the canned foods for convenience or emergencies.
- Buy or can your own fruits and vegetables in safe glass jars.

-National Geographic Green Guide

Where's BPA?

soup, infant formula, and ravioli had the highest levels of BPA.

What to do? **Take charge of your own health with prevention.** Make your own purified water (Bestwater from Shaklee), *continued page 4*





Pound for Pound, Children are more vulnerable

Children are highly vulnerable to chemical toxins. Pound for pound of body weight, children drink more water, eat more food and breathe more air than adults do. The implication of this is that children receive substantially heavier exposure than adults to any toxins present in our water, food or air.

The Get Clean line is now the envy of every green manufacturer. Shaklee's Personal Care Products do not contain synthetic chemical fragrances. They are a natural solution for removing toxins from your family space.

They DO contain:

- ~Sustainably sourced natural ingredients
- ~Biodegradable surfactants
- ~Recyclable packaging, wipes and dryer sheets
- ~hypoallergenic ingredients

They DON'T contain:

- ~Kerosene or other petroleum distillates
- ~Harmful fumes
- ~Phenol
- ~Cresol
- ~Sodium Hydroxide
- ~Phosphoric, Hydrochloric, Sulfuric, or Sulfamic Acid

- ~Butyl cellosolve (2-Butoxyethanol)
- ~Formaldehyde
- ~Bleach (sodium hypochlorite)
- ~Chlorine bleach
- ~Ammonia
- ~Lye (potassium hydroxide)
- ~Morpholine
- ~Nitrates
- ~Borates
- ~Phosphates
- ~No Animal testing

If you haven't Shakleeized your home yet, sponsor a Get Clean event in your home now. It will be the first step towards protecting your health and saving our environment!

Positively Simple and Safe

A review of Shaklee's Earth Friendly cleaning products as well as some of the dangers of most commercial products at the supermarket.

Be safe, go green, Get Clean!

According to a 15 year study presented at the Toronto Indoor Air Conference, women who work at home have a 54% higher death rate from cancer than those who work away from home. (*Consider this and think about how you can help your friends and relatives.*) The study concluded that this was a direct result of the increased exposure to toxic chemicals, many of which are found in common household products. Of the 75,000 registered chemicals, only a fraction had been tested for human health concerns. Furthermore, more than 9 out of every 10 suspected poison exposures occur at home with household products.

Let's consider some of the harmful and toxic chemicals lurking under your sink and in your laundry room. And introduce you to the healthier, better performing Shaklee Get Clean alternative. It's never been easier to be safe, go green, and get clean!

Dangers of Bathroom Cleaners: Traditional scouring cleansers like Ajax & Comet contain crystalline silica, and eye, skin and lung irritant, classified as "reasonably anticipated to be a human carcinogen" by the National Institute of Environmental Health Science. Some tub, tile and sink cleaners contain chlorine which may contribute to the formation of organochlorines, a dangerous class of compounds that can cause reproductive, endocrine, and immune system disorders. Some also contain phosphoric acid, which is corrosive in high concentrations and is an eye, skin and respiratory irritant.

Get Clean Alternative: The Scour Off Heavy Duty Paste is made from natural mineral abrasives and biodegradable cleaning agents. It does not contain chlorine, or dye. Scour Off gently removes stains other cleansers can't and is great for cleaning tubs, ovens, appliances, countertops, sinks and tiles. It will even remove rust. Scour Off is also great for Formica, porcelain, slate, grout, cement, ceramic and imitation marble. For more information on Scour Off or to order it online go to: <http://www.shaklee.net/anke/product/00430> or contact the person responsible for sending you this newsletter.

Would you like the full report on laundry, all purpose cleanser, glass cleaner, automatic dishwashing detergent dangers and alternatives? Then please contact Anke Johnson at info@naturalsolutionsbyanke.com, and I'll be glad to send you a complete report.

Make your home the safest place in the world for you and your family!

Mouth watering Cinch Meal-in-a-bars!

You asked for it—you got it! Many of you have asked for the option of chewing your protein in addition to drinking it in a shake. The scrumptious Cinch snack bars have 10 g. of protein (along with the magic of leucine and other great nutrients). But now we have a complete meal in a bar as an alternative to the Cinch shakes. Variety is the spice of life, they say! So now you can either drink OR chew your meal! The Cinch Meal-in-a-Bars are packed with a whopping 20 grams of protein. Of course, they also have all of the nutrients (including leucine) and benefits that the Cinch Shakes have, including great taste. Dan is thrilled with the

Peanut Butter/Chocolate Chip bars; I'm especially dazzled by the Berry Almond Crunch bars. They're quite large and filling (more than twice the weight of the regular Cinch snack bars), and they have 6 g. of fiber. We can't figure out how they got all that protein and great taste in there, with only 260 calories, without using artificial sweeteners. In fact, these bars are classified as low glycemic (as are the shakes)! Those Shaklee scientists are truly amazing!

And just think, these meals-in-a-bar cost a lot less than a fast food "meal" (we question whether the word food is accurate), plus it's faster, be-

cause you can skip the drive through! Just keep them in your desk drawer, car, gym bag, purse, briefcase... **Hey, all you moms out there who ask me what you can do for a quick nutrition meal on the run! This is especially great for kids' lunches, traveling, hiking, backpacking, or driving kids to and from practices/classes.**

Anke's favorite, the peanut butter chocolate chip...packed with goodness and yum!

PB Choc chip-20405

Berry Almond Crunch-20373

Another Great Cinch Success with Diabetes

I need to tell you about the success my friend, Sandy Boles, has experienced with the new Cinch plan. First, a little background. Sandy is 60 years old and is diabetic. About a year ago, Sandy had started at Curves and paid attention to her diet and lost 25 pounds in about 3 months. Then I met her and she started using the Shaklee Foundation (Basics vita-strips and protein), which made her feel great. And she was able to stay with the diabetic diet and keep the weight from coming back because of the nutrition. Being diabetic, Sandy was a little conscious about going on the Cinch products. After all, if she was having great results with the Foundation, why change?

But she decided to give it a try. If it didn't agree with her, she knew she would get her money back. It wasn't going to be life-threatening just to try it.

Sandy started on the Cinch plan October 6 and couldn't believe that she wasn't hungry or experiencing any dip in energy or any of that strange feeling a diabetic feels when their food chemistry is off. She lost weight and inches steadily.

She went to her usual medical checkup on November 2, and her doctor was just amazed at her blood work! Her cholesterol dropped from 178 to 124. That's down 54 points from July!

And her Glycohemoglobin (A1C) was 9.1 in July, and now it was 7.2! He was elated with this as the range they want for a diabetic is between 4 and 6. And to top it all off, she had lost 19 pounds since July! No wonder she's been feeling so good!

She also told the doctor that her toenails were almost looking normal. He said, "Let me take a look at those toes... why, yes they are!" Then he just sat back in amazement and said, "Okay, what are you doing different? This is fantastic!" --
Thanks! to Adrienne Kaper, Washington, PA

Basic H2 and Basic G in Action!

I was in Chicago last weekend when my 5-year-old got the flu. Unfortunately, my parents were babysitting. Apparently, it was an ugly mess (do kids ever make it to the bathroom?). After using the shop vac (yes, the shop vac) to clean up the big stuff, they tried a Bissell Green machine on the blue yogurt

stains on my beige carpet. That did nothing. I told them to try the Basic H . . . Mom said it was amazing. It started breaking up the stain immediately. When I got home, I couldn't even tell where he got sick. We used the germicide on the walls and throughout the bathroom, too. No one else has gotten sick (knock

on wood!) Just wanted to pass along the info.

Thanks to Amy Frank, WI

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Your Winter magalog from Shaklee, featuring new Cinch products and other specials, should have arrived within the last week or so before you got this newsletter. Check it out if you haven't already!

Where's BPA ? continued from page 1

give your body the nutrients it needs to be as strong as possible to detoxify and build superior cells (Vitalizer is a great start, as well as DTX, alfalfa and Herb Lax for detox). If you would like the full report of our detoxification program, please contact the person who sent you this newsletter, or email me directly at info@naturalsolutionsbyanke.com.



Needing less sleep = Having more time!

What in the world is this with the Vitalizer? I had already been taking Shaklee Vita Lea, B, and Sustained Release C, along with Brand X Omega 3's before switching to Vitalizer. But wow!—within about 2 weeks I started to wake up early. I'm needing a LOT less sleep! Before Vitalizer, I needed over 10 hours of sleep at night, plus naps. This is amazing. My only problem is that I have to adjust to waking up so much earlier and having more time on my hands!

--Thanks! to Linda Crabtree, Meadows of Dan, VA

This is what Linda can see on the outside. The even more important changes are happening on the inside, where she can't see. It would sure be fun if we could!