

integrity. And, it comes with a choice of Vitamin K for its bone-building benefits or without Vitamin K for those taking a blood-thinning medication. For more information on Vita-Lea Gold go to:
<http://www.shaklee.net/achievehealth/prodVitaLeaGoldHome>

Joint degeneration and pain management can also be of concern at this stage of life. Shaklee's Pain Relief Trio offers Joint Health Complex which helps rebuild cartilage and improve the range of motion in as little as a week! Shaklee's Pain Relief Complex dramatically helps with chronic aches and pain (women with severe PMS pain also find great relief using Pain Relief Complex) and Shaklee's Joint and Muscle Pain Cream provides deep, instant relief for acute muscle and joint soreness. For more information on Shaklee's Pain Relief products go to: <http://www.shaklee.net/achievehealth/product/PainRelief>

Finally, for reduced mobility due to muscle atrophy or muscle soreness, Shaklee's Physique can be a real life-changer. Originally created for the U.S. Weightlifting Team to help quicken muscle repair, Physique has been used on older men and women with great results. In one study of 210 elderly patients, 72% who used Physique daily had an increase in energy and more muscle mass in just six months! An increase in muscle mass can help one to avoid falls and/or be the difference from using a cane or needing a walker! To order Physique online go to: <http://www.shaklee.net/achievehealth/product/20306>

Finally, staying mentally sharp as we age is very important. Shaklee's Memory Optimizer and Mental Acuity Plus both help support good brain health. Shaklee's Mental Acuity Complex <http://www.shaklee.net/achievehealth/product/20637> improves circulation overall, especially blood circulation to the brain, and Shaklee's Memory Optimizer <http://www.shaklee.net/achievehealth/product/20675> improves memory AND increases one's ability to learn new information!

Shaklee has put together a special section on Women's Health that offers product tips and testimonials. For more information go to: <http://www.shaklee.net/achievehealth/prodWomensHealth>

as needed without side effects. For more information go to:
<http://www.shaklee.net/achievehealth/product/31046>

The following diet is also helpful to reduce the symptoms of menopause. A good diet along with a good Shaklee nutritional program can do wonders for you during this stage of life

Diet: Items to Eliminate or Severely Limit:

Red meat...limit to once a week
Processed meat of any kind
Organ meats...liver, kidney etc.
Skin of fowl
Fried foods
High-fat dairy products
Alcohol
Refined sugar...don't add to foods
Salt..throw away the salt shaker
Limit fat to 30% of calories or below

Suggested food plan:

Fowl with skin removed
Fish at least three times a week
Low-fat dairy products
Lots of fruit
All the veggies you want
Beans and lentils, but beware of fat content
Whole Wheat or Whole Grain Pasta
Whole Grains and nuts...beware of fat content

Shaklee has put together a Women's Health Solution Product Pack for Menopause. It contains Menopause Balance Complex, GLA Complex and OsteoMatrix to help promote bone density retention and reduce the risk of osteoporosis while easing mood swings, stress, hot flashes and sleeplessness associated with menopause. For more info go to:
<http://www.shaklee.net/achievehealth/product/82098>

Shaklee During Senior Years

As we age, our bodies don't absorb nutrients as well as before. Which is why Shaklee created Vita-Lea Gold – the perfect multi-vitamin/multi-mineral to address the distinct needs of people 50+. Vita-Lea Gold provides a patented, bio-activated absorption system that compensates for a slower absorption rate. Vita-Lea Gold also supplies the clinically proven nutrients to help protect vision and preserve bone

D&C...I was already taking vitamins from a local health food store that were more expensive but decided to try Shaklee. After a month or so of using Vita-Lea, OsteoMatrix, Soy Protein and Vita-E, I felt a big difference. The only time my symptoms ever returned was when I ran out of Shaklee's Vita-E.

<http://www.shaklee.net/achievehealth/product/VitaE> I'm now 52, have no symptoms and the fibroids are gone!" -C. Hurst

From menstrual cycle issues, to stress and osteoporosis, Shaklee has created a Women's Health Solution package that includes a 30-day supply of GLA Complex, OsteoMatrix and Stress Relief Complex to meet the specific needs of women today. For more information go to: <http://www.shaklee.net/achievehealth/product/82097>

Perimenopause/Menopause

For women who want to use natural alternatives to estrogen/hormone replacement therapy, the following Shaklee nutrition program has been reported to be helpful for a women's reproductive system in general, and to delay and reduce menopausal symptoms in particular:

Menopause Balancing Complex, Energizing Soy Protein, GLA Plus Complex, OsteoMatrix and Gentle Sleep Complex (if needed).

Product Profile: Menopause Balance Complex

Contains the well-researched herb, Black Cohosh (which has been successfully used in Germany for over 40 years) to regulate hormonal balance in women during the transitional period of menopause, along with phytoestrogens from soy and flaxseed. Similar in structure to human estrogen, soy isoflavones and flaxseed lignans can bind to estrogen receptors, thereby exerting an estrogen-like effect. Menopause Balancing Complex also provides phytoestrogens from Dong Quai, red clover, and licorice. These appear to reduce the symptoms of hot flashes, sleep disorders, mood swings, etc. They also may provide a protective effect against osteoporosis, heart disease, breast disease, cholesterol levels and other health issues often associated with menopause. To order Menopause Balance Complex go to: <http://www.shaklee.net/achievehealth/product/20645>

Shaklee Menopause Balance Complex Cooling Lotion is a unique blend of over a dozen natural herbs that offer soothing relief and a cooling herbal aroma to help reduce the onset of a hot flash. Cools and soothes in seconds and is progesterone-free, so you can use it as often

help. I then discovered that the Shaklee Enfuselle Calming Complex <http://www.shaklee.net/achievehealth/product/32507> sealed in with Enfuselle Hand and Body Lotion <http://www.shaklee.net/achievehealth/product/32515> would soothe and heal any dry patches or rashes. I also made sure to use the Shaklee Enfuselle Hand and Body Lotion- all over- after every bath or shower to prevent stretch marks with excellent results.

I also have had no swelling and only the minimal healthy weight gain. I attribute that to drinking a lot of Shaklee BestWater <http://www.shaklee.net/achievehealth/product/WaterTreatment> and taking Alfalfa (to minimize water retention) and using the other Shaklee supplements to give me and the baby the nutrients we both need to be healthy and happy!" Enthusiastically, M. Anderson-Delgado

Shaklee and the Menstrual Cycle

PMS and Endometriosis

Endometriosis is made worse by estrogen dominance. Shaklee's Soy Protein is beneficial for anyone with estrogen dominance, such as PMS or perimenopausal women with heavy clots and bleeding.

"I had horrible periods and was diagnosed with severe endometriosis. The pain was so bad I could barely go to work. Running, the thing I loved to do the most, was put on hold. I was told I may not be able to conceive and was determined to do something about it.

I increased my Shaklee supplements and began using the Shaklee Soy Protein 5-6 times a day instead of twice. I started taking Shaklee's GLA Complex and increased by intake of B-Complex, OsteoMatrix, Zinc Complex <http://www.shaklee.net/achievehealth/product/20411> and Iron+C <http://www.shaklee.net/achievehealth/product/20491> Within the first month, I could feel a big difference. I had few cramps and noticed my mood swings were evening out. I had pain-free periods only six months after my diagnosis! The following month my daughter was conceived. After her birth, I nursed for 20 months and continued taking all my supplements and protein. I still drink Energizing Soy Protein 4-5 times a day and can tell if I slack off. My OB/GYN can't believe I have no more symptoms. Thanks be to GOD, no more pain!" – A. Seydel

Uterine Fibroids

"At 40 I was diagnosed with uterine fibroids. I had 10-day periods with bleeding in between. My choices were to try birth control pills or a

Shaklee During Pregnancy (Pre-Natal Nutrition)

Some people wonder why Shaklee doesn't offer a pre-natal vitamin. The answer is because Shaklee's regular Vita-Lea multivitamin has everything and more than what's found in most pre-natal vitamins. In fact, all the nutrients needed to meet the U.S. RDA for pregnant and lactating women are available in existing Shaklee supplements. With the approval of the obstetrician, Shaklee Vita-Lea, Iron Plus C, B-Complex, and OsteoMatrix can offer an excellent prenatal supplement program for pregnant women or women preparing for pregnancy.

In addition to providing pre-natal nutritional support, some Shaklee products can serve as remedies for some common "discomforts" that occur at different points of a normal pregnancy, as the testimonial below so clearly demonstrates.

"I found in the first trimester that I would have emotional swings and tearful moments. One or two Shaklee GLA Complex capsules <http://www.shaklee.net/achievehealth/product/20608> along with three B-Complex <http://www.shaklee.net/achievehealth/product/20186> and two Shaklee Chewable Cal Mag Plus <http://www.shaklee.net/achievehealth/product/20126> would calm and soothe my nerves. I also used calcium (3 or 4 at a time) before bedtime to help me sleep better and prevent leg cramps. The only leg cramps I got (and they were VERY painfully intense) were on the evenings when I skimmed on the Shaklee calcium.

At various times throughout the pregnancy, I had some minor nausea, queasiness, and even acid reflux, just like all the books and magazines will warn you. I found relief by using Shaklee Gentle Sleep Complex <http://www.shaklee.net/achievehealth/product/20603> as a tea (hot or cooled for a refreshing drink), and 5 or 6 Alfalfa Complex tablets. <http://www.shaklee.net/achievehealth/product/Alfalfa>

At one point, just for a few weeks, I could not stand the smell or taste of my favorite Shaklee Energizing Soy Protein. I did not want to go without, so I opted for the delicious Shaklee Meal Shakes (which tasted great to me) <http://www.shaklee.net/achievehealth/product/MealShakes> and I would add one scoop of the soy protein. I also used the Shaklee Instant Protein when I made hot cereal for breakfast.

I found that my skin got much drier and just using more lotion did not

Women's Health for Every Stage of Life

"The longer I live, the more respect I have for the role women play in our society. They bring heart to the boardrooms, creativity to the workplace, dedication to the community and bear the awesome responsibility to feed and nourish their families. Oh yes, and somehow through all that, find time for their spouses or significant others. And on rare occasions, if there is any time left over, a moment or two for themselves. The weight of the nation and indeed the world rests of their shoulders." --Barb Lagoni, Nutritionist, and Shaklee Master Coordinator

Shaklee During Childbearing Years

Shaklee's Vitalizer plus Iron provides many key nutrients for women during childbearing years. Vitalizer contains 80 bio-optimized nutrients for maximum absorption, including a core nutritional supply of vitamins and mineral, antioxidants, iron and anti-aging nutrients. Vitalizer also provides women with calcium and Vitamin-D for bone health, Omega-3 fatty acids (EPA and DHA) for better heart and brain health, a probiotic for digestive and immune support, and extra B-vitamins, including folic acid.

To learn more about Vitalizer, watch a short online video at:

<http://content.shaklee.com/shaklee/flash/Vitalizer.html>

To order Vitalizer online go to:

<http://www.shaklee.net/achievehealth/product/vitalizer>

Note: Shaklee members save an additional 10% off Vitalizer when placing it on AutoShip.

Equally important to women's health is Soy Protein. Besides providing natural energy to help you sail through the day, Soy Protein helps with controlling appetite, and can help in the prevention of breast cancer, heart disease, osteoporosis, menopause and PMS. (Trivia: there is no word in the Japanese Language for "HOT FLASH"!) The Japanese eat lots of soy and have low rates of cancer and the women have very little or no menopause or PMS symptoms.)

We highly recommend women of all ages make Shaklee's Energizing or Instant Protein part of their daily diet. For more information go to:

<http://www.shaklee.net/achievehealth/product/Protein2>