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Dear Shaklee Family,

As we begin the New Year, 2015, please allow me to thank you. You join my family in beginning our 35th year in Shaklee. In was August 1980 when my father-in-law presented a plain brown unwrapped box. Its contents? More valuable than I could have ever imagined. My 'walking death' anemia gone in 2 months! Stains in baby clothes disappeared like magic with 100% biodegradable, safe cleaners and through the sharing of these high-quality, safe products I met YOU – my Shaklee Family. And it is knowing you and hearing your stories that brings such joy to my heart. And I am most grateful that you have allowed me to help you on your personal health journey. So in this issue, I wanted to share some of your stories.



These first four were selected from the many responses to December's e-news: "Will You Accept My New Year's Challenge?" If you are not receiving and would like to receive our monthly e-news, please email [linda@flachassociates.com](mailto:linda@flachassociates.com). The forthcoming issue will be on '2015- The Year of the Sheep'.

In kindness & respect,  Linda

"I used to have a fit and active lifestyle, riding my bicycle to work everyday and surfing a couple times a week. I felt great. Then I was blessed with the birth of a son and we moved to the suburbs much farther from work and the ocean. I tried to make the commute into town on the bike for awhile but my knees started hurting and I had to stop. Just didn't really have the time to surf anymore either. Gradually I got out of shape and after a couple of years of being too sedentary I wound up at the doctors because I felt tired all the time and had knee and back pain. After X Rays and blood analysis came back pretty much normal my doctor told me to simply exercise more and get some orthopedic sandals.




Energizing Soy Protein  
SRP \$42.25 MP \$35.90  
Vanilla #20665  
Cocoa #20670

So I started riding the 10 miles into work once a week, twice, and then three times a week with my wife picking me up afterwards. Then I started riding round trip for a total of about 60 miles a week and started swimming on the days I didn't ride. Now I have a lot more energy and almost no back and knee pain. I drink Shaklee performance before/after my bike rides and also take protein, alfalfa, zinc, magnesium, B, wheat and barley grass. I avoid alcohol and eat mostly organic foods. I am 40 years old but am often told I look to be late twenties/early thirties and I feel great." – *The Good Son*

**"Our lives are connected by a thousand invisible threads..." - Herman Melville**

To receive this newsletter by email instead, please contact [linda@flachassociates.com](mailto:linda@flachassociates.com)

“Every day I watch my favorite cooking shows and one day each week I do experimental cooking. I choose a few new recipes and create. I even take pictures (presentation being very important.) I invite guests (1-6). I tell them it is an experimental meal and if it is a flop we will go to the hamburger joint across the street. We have never had to do that. My meals are so successful that I have branched out to other websites for cooking. A really great one is “*The Cooking Jar*.” I also try magazine recipes my favorite of course is “*Southern Living*.” I am also starting to put my own spin on the recipes. Creating delicious, well presented food is so very exciting and rewarding. It makes my heart sing!” - *Linda Collins*



**Alfalfa**  
A mineral bouquet - a superb way to receive the minerals lacking from our foods.  
#20160 700 Tablets SRP \$35.65 MP \$30.30  
#20153 330 Tablets SRP \$19.35 MP \$16.45

“Thank you, Linda. I will try very hard to heed your words, but grandchildren are the best way to put your words into action. I laugh and smile so often with them, and probably bend my spine more than 6 different ways. So now I can thank You and Them for helping to keep my inner stuff working.”

- *Joani (“Grandmom”) Gross*



**Herb-Lax**  
The internal shower. 90% Detoxificant, 10% laxative to daily cleanse our cells from chemicals in our food, water, and air.  
#20144 60 Tablets SRP \$8.10 MP \$6.90  
#20141 240 Tablets SRP \$25.50 MP \$21.70

“Merry Christmas to you. I can assure you I am enjoying joy, laughter, peace, music, walks, filmmaking and cooking good food on an ongoing basis. Peace and love are the center of my life.”


- *Bob Granola*

“Just want to say a special thank you for knowing you and Shaklee for these 27 years. Yesterday I was 70 and overall experience very good health. Thanks, Linda for all you have encouraged me to do.” - *Mary Jane Corl*



**Vivix**  
#21200 SRP \$100.00 MP \$85.00  
**Save 10% autoship**  
- Protect and repair DNA  
- Increase mitochondria  
- Immense antioxidant power  
Patented extraction process that concentrates and preserves bioactive polyphenols.

“A few months ago I cried out for some serious help from Linda. She came to the rescue. I took the health analysis and I followed the recommendations. My entire body responded in a positive way - it was amazing! After a few weeks I stopped some of the extra supplements since I was doing so well. I have come to realize that with all the stress in my life I need those extras to stay healthy, happy and energetic. So I went back to the regime. Now I take 1 vitalizer strip, vivix, protein shake with citriboost in it daily. I also take Calcium, Carotomax and Joint Complex. I keep extra Vitamin B and C to take when I feel I need them.



**Vitalizer**  
Woman #20283 SRP \$93.25 MP \$79.25  
Men #20282 SRP \$93.25 MP \$79.25  
Gold w/K #20284 SRP \$100.00 MP \$84.95  
Gold w/o K #20285 SRP \$100.00 MP \$84.95  
**Save 10% autoship**  
Choose Gold if you are over 50 or young but require more nutrients.

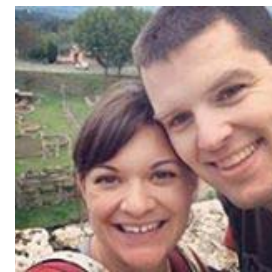
During this very busy season I forgot to take my alfalfa for several days in a row. After 4 days I began sneezing, my nose ran constantly and my eyes watered. I thought maybe I was getting sick! That could not be because I don’t feel sick and I take Shaklee supplements. It was then that I realized I had not taken the time to get my alfalfa in the AM. I took 5 as soon as I got home from work. Within an hour all my symptoms had noticeably disappeared. I took 15 the next day (5 with each meal). Then back to my usual 10 (5 with breakfast and 5 with dinner). Back to normal and definitely not sick. I have been taking Shaklee supplements for 14 years. I finally won my husband over. But that is for another time.”

- *Linda Collins*



**Vitamin D testing - save \$\$ and do it yourself.**  
Contact [www.directlabs.com](http://www.directlabs.com) or [vitamindcouncil.org](http://vitamindcouncil.org)  
#21214 90 Tablets SRP \$9.40 MP \$7.95

“Stress Relief Complex is always in my stash! I didn’t think I needed it, but decided to try it because my back was always tense and I had difficulty falling asleep. The first time I used it, I was running late getting all the kids ready for the day. I had to make school lunches, feed the babies and get everybody loaded into the car and I was STRESSED! I popped a Stress Relief tablet and - seriously -within 20 minutes, that tight feeling in my chest just melted away. I still had lots to do, but I didn’t feel so overwhelmed by it all, and was able to just focus and get to it. My husband and I both use Stress Relief Complex before flights with the kids (the family is stationed overseas with husband in the military), before big work presentations, and in the evenings in particular when I need to calm down so I can fall asleep without my mind racing. We Love It!” - Michelle Parro



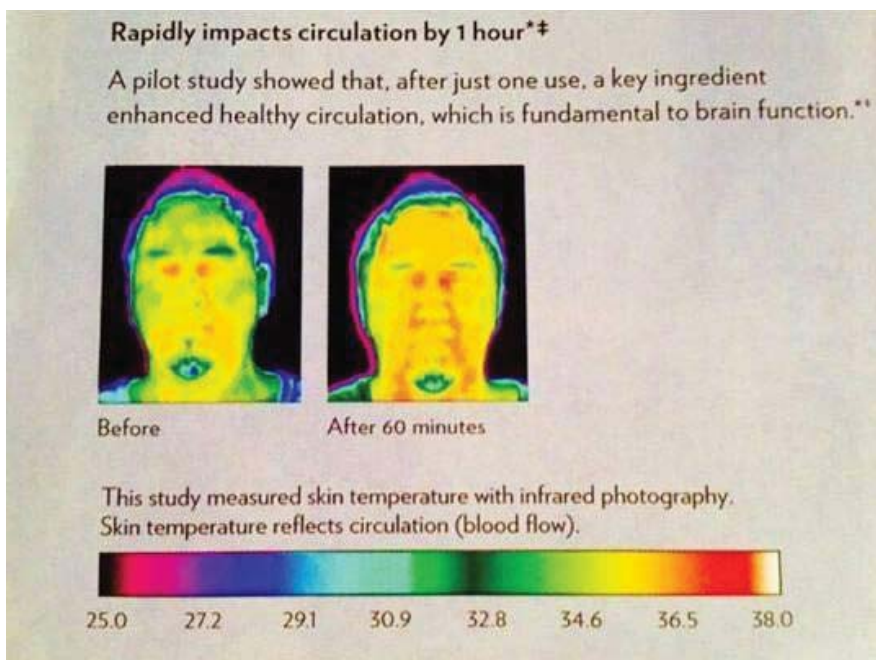
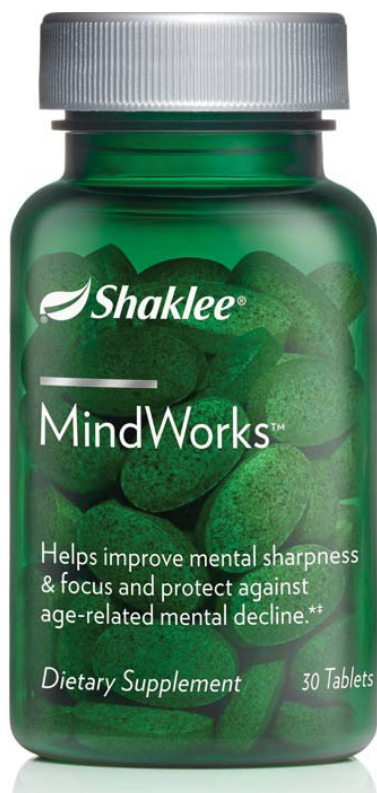
**Identify your stress ...**

- |                         |                    |
|-------------------------|--------------------|
| Small children          | Insomnia           |
| Anxiety                 | Road trips         |
| Adrenal fatigue         | Taking tests/exams |
| Giving birth            | Caring for elderly |
| Work deadlines          | Single parent      |
| Weight or health issues | Making phone calls |
| Menopause               | Tension headaches  |
| Death                   | Divorce            |
| Giving presentations    | Fear of flying     |
| Financial Problems      |                    |



Stress Relief Complex  
30 Caplets  
Item #20656  
SRP: \$32.35  
MP: \$27.50

Many people are reporting of how beneficial it is to take 1 Stress Relief Complex and 1 MindWorks. This picture (below) shows how much circulation is increased 1 hour after taking MindWorks! Amazing! We are hearing great success stories every day!



MindWorks, 30 Tablets - Item #22066\*

SRP: \$58.75 MP: \$49.95

\*Save 10% with Autoship



*Linda Flach Corl, B.S., H.H.P.*

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Address Service Requested

**“I go to nature to be soothed and healed,  
and to have my senses put in order.”  
- John Burroughs**

