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My Dear Shaklee Family,

Have you ever heard that saying: “You don’t need to know someone to care for them?” It is such a privilege to know many of you and your families personally. Yet, I know many of you only through our phone conversations and emails. Please know I value each of you and welcome you to my Shaklee Family. When I saw the following, I knew immediately that I wanted to share it with you. And I am most grateful that our paths have crossed. Thank you.



In this summer issue, I want to address overcoming obstacles, the 3 leading causes of illness or ‘dis-ease’, and of course, a healthy, nutritious dinner for two recipe. So my first ? to you is: what do you do when faced with an obstacle? Granted – adversities (opportunities in disguise) come in all sizes, but what is your Nature? Do you go over it? Under it? Around it? or Through it? My husband, Terry, has never cared for being in, under, or on top of water much, so he decided to tackle that challenge head-on & on his 60th birthday. Here is his story:

*“For my 60th birthday I am going on a new adventure. Linda and I are going Paddle Boarding in the San Diego bay which is close to the ocean but not out on the ocean. I have attempted other ocean sports such as scuba diving, snorkeling, kayaking, surfing and of course swimming. Not all have been pleasant experiences. I have a great respect for the ocean and the power it can exhibit.*

*The surfing lasted for 3 rides all of which ended with me getting rolled by the waves. While snorkeling off of an anchored kayak I got my snorkel caught in the anchor rope and had a slight panic until I got my snorkel untangled. While swimming close to shore I could see many sharks nearby and was told they were harmless, never the less making me feel uncomfortable. While keeping an eye on the sharks I dipped my head in the wrong direction and my snorkel went under the water line and I sucked in a large gulp of sea water. These past experiences have left me a little fearful of the ocean but willing to give it another go. It’s never too late to try new things no matter how uncomfortable you feel before doing them.” - Terry*

May your summer be filled with adventure and discovery.

 Linda

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

Good health begins on a strong foundation (just like out houses).

Now, let's talk about the 3 leading causes of illness or 'dis-ease' – the body not feeling at-ease with self. According to Qigong Science, it is:

1. Environment
2. Emotion
3. Nutrition

When the Santa Ana winds blow here, they carry foreign particulates that are an irritant to the eyes & nose in particular. If there is a gas leak in one's home, the gas begins to suffocate the life out of one's lungs. Those are examples of 'environmental' toxins. **Emotions – anger, excessive joy, worry, over-thinking, sadness, fear & shock can drain the energy right out of our bodies & disrupt the chemical balance within.** Just think of the times when something really stressful just occurred – appetite is gone. Why? Stress has shut down the digestive system. Our bodies are telling us that it cannot absorb & assimilate right now. Stress is responsible for over 95% of our diseases. Choose a positive way to counter stress, so the stress is not the one in control. Stress will always be a part of our lives; it's learning how to respond in a way that does not harm our bodies so.

It's time to build some good health & that begins on a strong foundation (just like our homes)

Basic: Protein, Vita Lea, Optiflora  
 Better: Protein, Vita Lea, Optiflora, Herb Lax, Alfalfa,  
 Best: Protein, Vitalizer, herb lax, alfalfa

These are basic programs. If you would like to have a program personalized for yourself, please contact Linda. At [www.lindaflachcorl.com](http://www.lindaflachcorl.com), you'll find forms to be completed.



SIGNATURE  
*Forrest C. Shaklee, Sr.*  
 FORMULA

#20153 (330 tabs)  
 SRP: \$19.35 MP: \$16.45  
 #20160 (700 tabs)  
 SRP: 35.65 MP: \$30.30



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Herb Lax  
 #20144 (60 tabs)  
 SRP: \$8.10  
 MP: \$6.90  
 #20141 (240 Tabs)  
 SRP: \$25.50  
 MP: \$21.70

Optiflora Pre &  
 Probiotic System  
 #80638  
 SRP: \$33.60  
 MP: \$28.55



Vitalizer Men #20282  
 Vitalizer Women #20283  
 SRP: \$93.25 MP: \$79.25  
 Vitalizer Gold w/K #20284  
 Vitalizer Gold w/o K #20285  
 SRP: \$100.00 MP: \$84.95  
 10% of with autoship



Vita-Lea Multi-Vitamin  
 with iron (120 Tabs) #20288  
 with iron (240 tabs) #20289  
 SRP: 37.10 MP: \$23.05  
 w/o iron (120 tabs) #20286  
 w/o iron (240 tabs) #20287  
 SRP: 48.15 MP: 40.95



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

Want to know more about benefits and uses of each? Juest contact Linda

# SOY-MISO GLAZED HALIBUT

(Brockton Villa Restaurant)

2 7 oz. Alaskan Halibut Filets - Bake 400° covered, 10-15 minutes or until moist and flakey

## Soy Glaze

½ cup white miso paste      3 TBL soy sauce  
1 lemon juiced              1 TBL honey  
2 t. sesame oil              2 TBL water  
2 TBL canola oil

Procedure: Mix all ingredients together until well incorporated. Marinate fish minimum 4 hours.

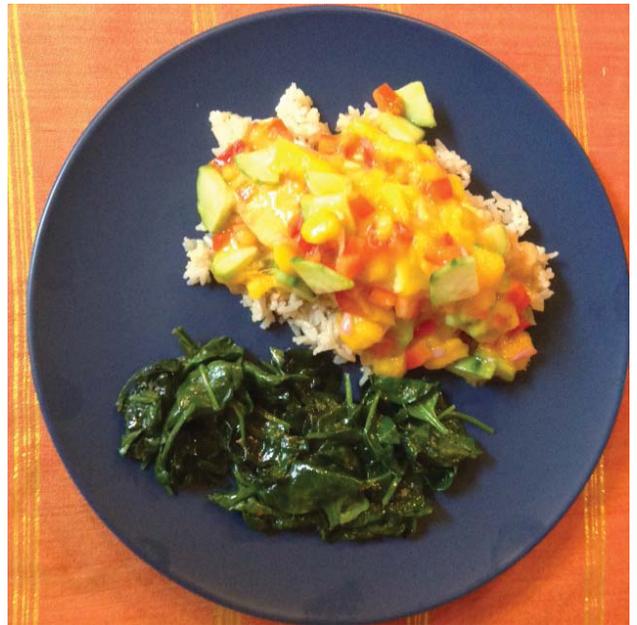
## Jasmine Rice

1 cup jasmine rice      1 garlic clove, chopped  
1 shallot, chopped      1 TBL canola oil  
1 tsp sugar              1 tsp rice vinegar  
1 ¾ cup water

Procedure: In stove-to-oven cookware (I use iron skillet) sauté garlic and shallots until translucent. Add vinegar, sugar, water and rice & bring to a boil. Cover with lid or foil, place in 350° oven for 10-20 minutes. Remove and let stand 10 minutes. Uncover and fluff.

## Mango Relish

1 English cucumber peeled & sliced  
1 ripe mango small dice      1 shallot small dice  
1 red pepper small dice      1 lemon juiced  
1 TBL olive oil              1 t. sesame oil  
1 TBL rice vinegar              ½ t. honey  
Procedure: Mix all ingredients together salt to taste.



## Sautéed Spinach

This was the most delicious side dish & so fresh!

Flash sauté spinach (about 30 sec.) in garlic-infused olive oil. It will be coated & shiny, yet very fresh. As you can see from the picture, the one minute sautéing was too long. Salt lightly if desired.





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Address Service Requested

## *Overcoming Obstacles*

OVER  
UNDER  
AROUND  
OR THROUGH?

