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Dear Shaklee Family,

Thank you for being a member of my Shaklee Family as I begin my 35th year with Shaklee and with many of you! The upcoming year of 2015 is also a celebration of Shaklee's 100th anniversary of innovation... Vitalized Minerals – 1915. To celebrate, Shaklee has introduced 4 new breakthrough product formulas.



Please find in this issue, an introduction to these 4 new products, tips for building a healthy immune system and formulas for stuffy nose, cough and viruses. Also, a delicious Chili recipe with melt-in-your-mouth gluten-free cornbread. Enjoy this warming meal on one of those cold, dark autumn nights.



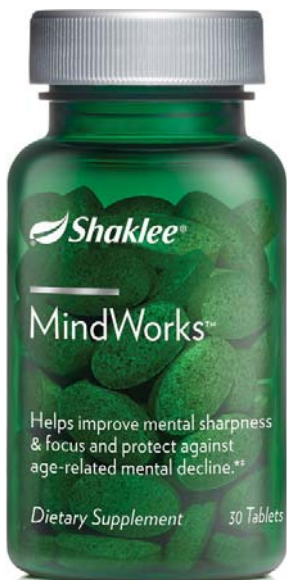
Terry & Linda

We celebrated our 25th wedding anniversary in June

Any questions you have on the new products or any of our products, please feel free to email or call. Know that building strong health takes time and involves more than eating well, supplementing, & exercise. I'm also celebrating this year, my 7th anniversary from Sudden Cardiac Arrest and A Near Death Experience. In addition to time, it requires a new way of looking at life & bringing balance into one's life. If your life is too fast-paced, I ask you to please be mindful of the symptoms your body may be telling you and do consider activities like T'ai Chi, Qigong, and Yoga.

In kindness & respect,

 *Linda*



MindWorks | 3X improvement in memory, focus & reaction time versus a control group and supports long-term brain health



Can't remember what you ate last night?
 Just scratch and sniff your tie!
 Or try new Shaklee Mindworks!

#22066

SRP: \$58.75

MP: \$49.95

To receive this newsletter by email instead, please contact linda@flachassociates.com

Vitalizing Protein™

OPTIMIZED NUTRITION FOR SUSTAINED ENERGY



This great-tasting protein can be used as part of a healthy meal or an on-the-go snack to help keep you energized and satisfied throughout the day.

- 23g of protein and 6g of fiber to help power your day
- 23 vitamins and minerals, and antioxidant and omega-3 support

Vanilla #22071 SRP: \$48.00 MP: \$40.80

Chocolate #22072 SRP: \$48.00 MP: \$40.80

Vitalized Immunity™

REFRESHING IMMUNE SUPPORT*



Vitalized Immunity
has the vitamin-C power of

=



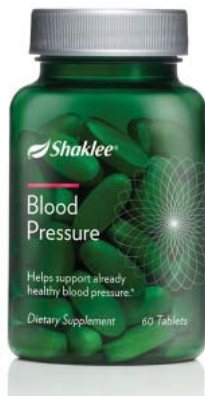
Our immune systems are constantly under attack from everyday stress, pollution or poor nutrition. It's important to help support your immune system with Vitalized Immunity - it's naturally sweetened with Monk Fruit, and contains as much vitamin-C as 16 oranges. It includes a proprietary blend of 19 vitamins, minerals, and herbs.

- Helps support your immune system
- Delicious effervescent formula
- Provides nutritional support your immune system
- A more natural choice than other leading brands.

#22073 SRP: \$26.10 MP: \$22.20

Blood Pressure

HELPS RETAIN HEALTHY BLOOD PRESSURE



Living with blood pressure outside of the normal range may increase your risk of heart disease. Lifestyle, diet, and genetics all play key roles, but there are steps you can take to stay in control of your heart health. Shaklee developed a great, scientifically supported solution to help retain healthy blood pressure.

Blood Pressure is a scientifically supported nutritional solution to help retain healthy blood pressure by helping to promote healthy blood vessels and blood flow.

#22067 SRP: \$51.75 MP: \$43.95



Chili

(Chile)

Serves 6 to 8

4 green peppers, diced
2 medium onion, diced
2 stalks celery, diced
1 15oz. can garbanzo beans
2 15oz. cans dark kidney beans with juice
1 15oz. can whole peeled tomatoes with juice
4 tsp. black pepper
4 tsp. salt
4 tsp. ground cumin seed
2 tsp. chili powder
1 tsp. basil leaves
2 tbsp. vegetable oil
1 clove of garlic, diced

Add all ingredients together in a stockpot. Cover and cook slowly for 2 hours. Stir frequently. Serve with steamed tortillas or corn bread.

Chili & Cornbread

A delicious, warming meal for a cool Autumn's night.

To make this meal a complete complimentary protein, serve the chili over brown rice and top with grated Monterey Jack or Cheddar cheese

Corn Bread (gluten free)

175g/6 oz corn flour
50 g/2 oz brown rice flour
3 tsp baking powder
1/4 tsp sea salt (optional)
3 tbsp maple syrup
240 ml/8 fl oz goats' milk or soya milk
3 tbsp coconut oil

Mix the the dry ingredients together.

In a separate bowl, beat the liquids together; add the dry mixture to the liquid, mix well. Pour into a small well greased baking dish. Bake at 350°F/180°C (Gas Mark 4) for 25-30 minutes or until a toothpick stuck in the centre comes out dry. Do not overbake. Recipe from *Candida, Diet Against It*



Viruses - Take **Shaklee DR** (Defend & Resist) Provides a short term boost to the immune system. Take 7 days on, 3 days off - not to be taken long term - **DOSAGE:** 6 months old - ½ tablet once/day. 1 year- 1 tablet, increase one tablet per year up to age 6, totaling six tablets/day. Adult – 6 tablets/day. Helps to stop reproduction of the virus. Reduces the amount of time it takes for your body to heal.

NutriFeron - Promotes natural interferon production. Dosage: 1 year old – 1 tablet/day. Older children and adults – 2 tablets/day.

Stuffy Noses and Cough - Smash: 5 Alfalfa and 1 Zinc. Best to use Mortar and Pestle to crush into fine powder. For Infant or Young Child: Mix it with tepid water and pure maple syrup, put in eye-dropper (like a tea formula) For Older Child: Add 1 to 2 NutriFeron. Mix with applesauce or protein shake. Give two to three times a day for a couple days to break up the mucous. For Adults: 5 Alfalfa, 1 Zinc and 2 NutriFeron
Cough: Liqui Lea and chewable Vitamin C

For the complete Herbal Medicine Cabinet, contact linda@flachassociates.com

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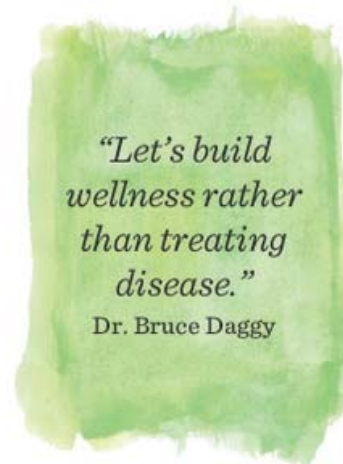
NEW MINDWORKS

Enhance mental sharpness and support long-term brain health



VITALIZER MEN, WOMEN, AND OVER 50

Everyday nutrition for life™



“Let’s build wellness rather than treating disease.”

Dr. Bruce Daggy



BLOOD PRESSURE

Help retain healthy blood pressure