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My Dear Shaklee Family,



Do your feet get as dry & cracked as mine running barefoot all summer? If you answered yes, you may like to do what I just did - gave my feet a much needed 'footcial'. And my feet are thanking me feeling tingling, light & fresh. The recipe is included for you. And when you're done, you'll have a delightful Mineral Masque to use on your face & hands; a silky Shower Gel leaving your skin soft & clean while creating a self-cleaning shower (no film residue left behind), and an Herbal Blend Cream with so many uses, I couldn't begin to list them all here. But do know, the Herbal Blend Cream reduces callouses & dryness, so I use it daily on my feet, knees, elbows & it brings immediate relief to itchy skin as well.

Ok, this newsletter is really focused on the Gut/Brain Connection. Forgive me for my transgression – my feet just feel so good. :o) A very wise man, Hippocrates, said: “ALL dis-ease begins in the Gut”. Let's take a look at what's damaging the healthy bacteria in our Gut; how this destruction relates to many dis-eases, and some solutions to this microbiome dilemma. Our bodies can heal – we just need to listen; obey the symptoms and follow through with utmost diligence. Protecting our health is our #1 asset to living a happy, fulfilled, quality life. But before we begin, let's hear from our readers.

To your health and wellness,  *Linda*

From our Readers Pregnancy and Nursing

Thanks to Connie Heckman for submitting Rebecca and Howie Enders story of their healthy Shaklee baby - “Meet Noah, as in the pictures, this is his personality, always smiling. He is truly a Shaklee baby. Rebecca (Mommy) took Shaklee during her pregnancy and through nursing. He is truly an example of what Shaklee can do.”



During pregnancy Rebecca took [2 Vita Lea](#), [2 B Complex](#), [2 Omega](#) and [Protein Shakes](#). Nursing: Lots of [protein shakes](#), [Vitalizer](#), [2 B Complex](#) and [GLA](#).

When she wanted a program for pregnancy she was concerned because she said she had a hard time swallowing pills.. Then she called me and said that she realized she could get everything in one strip...



Bone Spurs - Dr Endorsement of Treatment

“At my recent physical, my Dr. was very impressed with the Shaklee products and the results they are having on my bone spurs and pelvic pain. Linda, thank you for your suggestions on the use of [Omegaguard](#), [Alfalfa](#), [D3](#), [Osteomatrix](#), [Vital Mag](#) and to drink plenty of fluids. The Doctor was very pleased with my results. Be faithful with your program to obtain desired results.” - Mary Jane Corl

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The Gut/Brain Connection

Shall we begin? Let's follow up on Hippocrates statement & look at some factors that damage this fragile ego system in our gut:

- * Antibiotics
- * Acid Reflux meds like Advil, Ibuprofen, Aleve etc (NSAIDS)
- * Birth by C-section
- * Food Allergies or gluten sensitivity
- * Birth control pills/hormones
- * More than 20# overweight

The damage can result in Dysbiosis – a serious imbalance/disorder in the gut bacteria, which can lead to:

- * Cancers
- * Autoimmune diseases
- * Crohn's, IBS, Colitis
- * Thyroid, Multiple Sclerosis

Symptoms include:

- * Bloating, Gas, irregular bowel movements
- * Skin rashes
- * Brain Fog
- * Resistance to weight loss

Getting to the ROOT CAUSE of any issue, be it physical, emotional, mental is the Key to Healing.
What to do? We need pre and probiotics (healthy bacteria) that will :

- * Aid digestion & nutrient absorption
- * Increase immune response
- * Produce chemicals essential for brain health
- * Detoxify
- * Ease stress
- * Control inflammation

[Optiflora Pre and Probiotic System #80638](#)
[Optiflora Probiotic #20639](#)



We need to feed our gut bacteria with healthy foods.

High fiber fruits and vegetables: garlic, onions, asparagus, artichokes, bananas

Whole Grains & Legumes: Lentils & Oats

Fermented Foods: Sauerkraut & pickles, Miso, Kombucha

High-quality Protein: Anti-biotic & hormone free meat, fish, chicken. Shaklee's new Life Protein contains one billion CFU of patented probiotics to support digestive & immune health.

Just 5 days taking a broad-spectrum antibiotic can destroy 1/3 of your healthy gut bacteria.

For more info on microbiomes research Dr. David Perlmutter, renowned neurologist &/or Dr. Robynne Chutkan, gastroenterologist.

Please replace that antibacterial soap with this pH balanced, soap-free solution: [Hand Wash Concentrate #00191](#) and it's [dispenser with pump bottle #50408](#) The antibacterial soaps destroy our skin's protective acid mantle, designed by Nature, to prevent harmful bacteria from harming us.

100 years ago, Dr. Shaklee, developed Vitalized Minerals – the first multi-vitamin. At Shaklee, research & science never stops, and today we have to offer and I quote, “A breakthrough in the nutritional supplement technology. [The Shaklee Life Plan](#) is the most advanced nutrition supplement in the world...35 patents/patents pending on this product”. I proudly introduce it to you [Shaklee Life Plan](#).

Important Vivix Notice:

Vivix now available in gel caps ([#21501](#)) and included in [New Shaklee Life-Strip](#).

Feel amazing in 30 days—guaranteed

Shaklee Life **Shaklee Life Plan™**
The best, most comprehensive nutritional system in the world

Shaklee Life Plan is the result of the foremost scientific research and decades of studies designed to bring you the essential nutrients for a healthy life. Combining the Shaklee Life Energizing Shake and Shaklee Life-Strip, the plan is designed to promote every aspect of your health.



New Shaklee Life Energizing Shake

Contains 24 grams¹ of protein, added leucine to help achieve a healthier weight, and pre- and probiotics to support digestive and immune health.

New Shaklee Life-Strip

Delivers pure, potent vitamins, minerals, omega-3 fatty acids, antioxidants, polyphenols, and phytonutrients to support your optimal health.*

Recipe for a Footcial

Place a squirt of [Enfuselle Shower Gel](#) in a tub of hot water. Soak foot for 10 min. Pat Dry. Apply [Infusing Mineral Masque](#), apply evenly – foot should appear white. Leave on 10 minutes. Wash off with warm water. Rinse with cool. DRY. [Herbal Blend Healing Cream](#) - Massage into your foot. Enjoy your Footcial! (Use Herbal Blend twice daily for clinical results of reducing sore redness and calluses.)

[Moisturing Shower Gel #32549](#)

[Mineral Masque #32547](#)

[Herbal Blend Cream #39078](#)



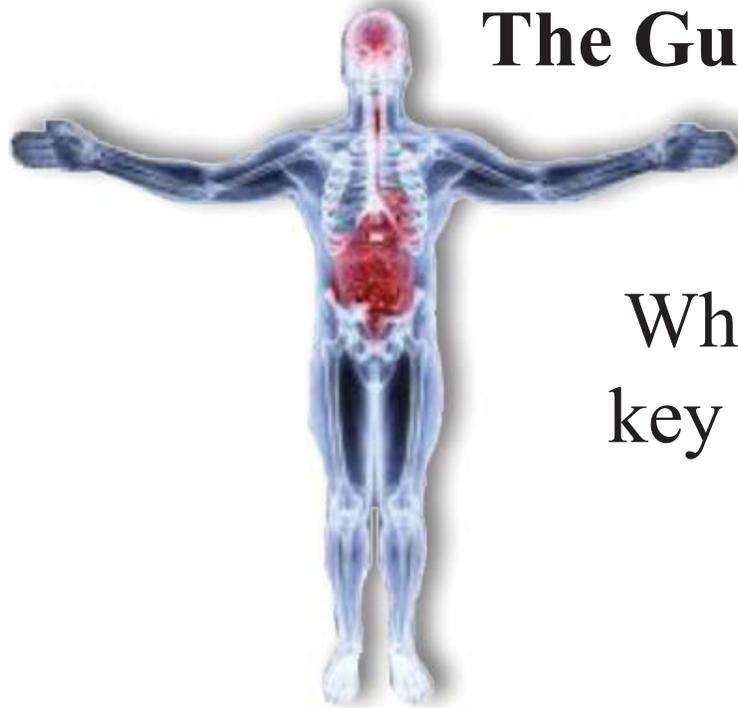
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The Gut Brain Connection

Why a healthy gut is
key to a healthy brain