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Dear Shaklee Family & Friends,

It's Spring and I surely hope it feels like Spring for you. As I write, I'm listening to the cheerful melodies of a symphony of our winged friends. Something I love to do is cook and try new dishes and flavors. For you, in this issue, is a most festive, heart healthy grilled fish tacos with a chili-lime slaw recipe complete with the salsa, guacamole and fresh pineapple beverage. Also, you'll read about the wonder of trace minerals and the power of that little alfalfa tab. And, always, we'll hear your stories and thank you so much for submitting them.

In kindness & respect,  *Linda*

23 Years Breast Cancer Free

I have been using Shaklee for 23 years. I start my day with a protein shake. I take the Vitalizer for women, Omega Guard, EPA, Lecithin, Vitamin E, Alfalfa, Garlic, Vivix, Osteo matrix and Joint Health Complex. I am 23 years Breast Cancer free. I take no prescription drugs. I have some Arthritis in my fingers; but my vitamins keeps everything lubricated. My children all use the Shaklee vitamins. My daughter in law and daughter took Shaklee vitamins through their pregnancy. - Sandy Kowalski



Kowalski Family - 3 Generations

Shaklee Basic H2 vs. Vinegar:

A friend asked me about using white distilled vinegar to clean her house versus Shaklee Basic H2 Organic Super Cleaning Concentrate. I did the math, and I was surprised to find that the cheapest vinegar one can buy costs at least 3 times as much as Shaklee Basic H2 for all-purpose cleaning. The savings are even greater when using as a window and mirror cleaner. Also, vinegar may not be the best for some jobs as its acidity could eat away at some finishes over time, especially wood. Conclusion: Shaklee Basic H2 is cheaper to use than vinegar AND safer to use, as it's not going to ruin your surface finishes over time like vinegar could. And Basic H2 is unscented, which is a big plus for me. It's a joy to clean my house with Shaklee. - Suni



Basic H2 16oz #00015
 SRP: \$12.15 MP: \$10.35
 Spray Bottles (3) #50443
 SRP: \$8.10 MP: \$6.90

From our Readers...

Alfalfa provides a wide variety of nutrients including calcium, phosphorus, vitamins, chlorophyll, and bioflavonoids. It's a storehouse of nutrients, and the tap root reaches down as deep as 20 feet searching out nutrients and mineral from deposits in the soil, while its leaves gather large amounts of chlorophyll through the natural process of photosynthesis. Alfalfa Complex is a Shaklee Signature Formula originally developed by Dr. Shaklee.

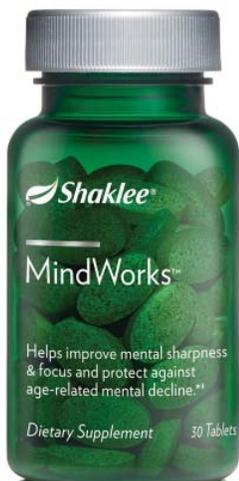
editor's note: I love this story & sharing this with you because my midwife 30 years ago insisted that her soon-to-be moms used our pure alfalfa.

"My midwife recommended Shaklee Alfalfa Complex as an alternative to Vitamin K shots. Many pregnancy discomforts are alleviated by Alfalfa, including morning sickness, heartburn, constipation, and anemia. Alfalfa raises the vitamin K level of pregnant women, reducing postpartum bleeding. It also increases vitamin K stored in newborns, reducing bleeding problems for them." – Lisa Paul

"Alfalfa is my favorite Shaklee product. The deep root system of alfalfa provides many trace minerals that are not available in our foods today. My allergies and headaches are a thing of the past. It is also a great detoxifier." – June Ost

"I couldn't live without Shaklee Alfalfa! I had chronic sinus problems, but thanks to Alfalfa, no more headaches or infections. I experimented and stopped for a week but the headaches came back. I faithfully take 15 of the small green Shaklee Alfalfa tablets a day." – Barbara Kraska

Knock Out a Cold in 24 hours! Last week for the first time in at least a decade, I got sick with a nasty cold and congestive flu. I was shocked! And this was so awful it put me in bed. When Shaklee NutriFeron came out several years ago, I took it to keep my immune system strong while teaching. This worked, but I was surprised that it also eliminated the seasonal allergies and sinus problems I'd suffered with for many years. Since then I've faithfully taken two a day and have never had any more problems with either of those conditions. Plus, I haven't had any colds -UNTIL last week!



Mindworks #22066
SRP: \$58.75 MP: \$49.95
Save 10% with Autoship

As I was in bed, miserable and emptying a box of tissues, I thought that if a person can take two Tylenol every four hours when sick, then I could surely take two NutriFeron every four hours. That's what I did and by the next morning all of the symptoms were totally gone! I was really amazed and so happy that I could get up and get going again. I think the immune system, just like any part of the body, benefits from being fed what it needs, and when it's overtaxed. It just needs more help. For me, it's been a matter of experimenting a bit to discover which Shaklee products and what amounts of those products are needed. - Jan from Minnesota

MindWorks Most Skeptical Person on Earth: This is really weird because I am the most skeptical person on earth and I don't take any other supplements or vitamins, but I feel that this Mindworks may be doing something for me. In general I am happier, I wake up feeling more alert, I'm getting more done, and thinking more creatively. It's very strange and good. I want to keep taking this supplement. – Caryn Franca



Alfalfa 330 Tabs (33 servings)
#20153 SRP: \$19.35 MP: \$16.45
Alfalfa 700 Tabs (70 servings)
#20160 SRP: \$35.65 MP: \$30.30



NutriFeron #20962
SRP: \$45.90 MP: \$39.00
Save 10% with Autoship

GRILLED FISH TACOS with CHILI-LIME SLAW (Sunset Magazine, March 2015) Serves 2-4

CHILI-LIME SLAW (prepare this first)

2 ½ cups each shredded red and green cabbage
1 cup cilantro, roughly chopped
½ jalapeno chile, stemmed, seeded & minced
Juice of 3 large limes
½ tsp fine sea salt and ¼ tsp. pepper
Toss all ingredients together and chill 30 min. to 2 hours.

PICO de GALLO Prepare 2nd.

4 – 6 Roma tomatoes, finely diced
2 TBL chopped cilantro
2 garlic cloves, finely chopped
3 serrano chilies, finely diced, or 1 Jalapeno, seeded & diced
Juice of 1 lime or 2 tsp. apple cider vinegar
¼ cup finely diced white onion
Salt



GUACAMOLE for 4-6 Prepare 3rd. (Moosewood Cookbook)

2 ripe avocados (medium-large), mashed
Juice of 1 lemon
2-3 cloves crushed garlic
½ tsp. salt
Chili powder and black pepper to taste.

Extra creamy? Add a little yogurt or mayo
Chunky? Add minced green or red pepper or cucumber, olives, tomato, or finely minced red onion

PINEAPPLE SPRITZER As seen on www.bbqaddict.com – Bobby Flay. Recipe below is for 2.

1 cup fresh pineapple, cut into big bite-size chunks
½ lime squeezed and 1 TBL Agave (Bobby Flay used fine sugar)
Blend above until smooth. Add 1 cup or more of Seltzer water.

FISH

1 ½ tsp. each ground coriander, ground cumin, & Hungarian sweet paprika
1 lb. white flaky fish like cod, halibut, mahi mahi and even yellowtail is delicious!
¼ tsp each fine sea salt & pepper
8 corn tortillas (6 in) homemade or store bought
1 jalapeno chile, stemmed, seeded, & minced

2 tsp. canola or olive oil
1 shallot, finely chopped
Cilantro leaves and lime wedges for garnish

Grill fish or use an iron skillet on med-high heat. Toast the coriander and cumin until aromatic (20 seconds); remove from heat and stir in paprika. Season fish with salt & pepper and coat evenly with coriander mixture. Brush fish on both sides with oil. Place fish on oiled grill or iron skillet and grill without moving for 2 minutes. Check to see if ready to turn and if so, turn and cook until firm & golden, 2 – 7 minutes. Cut into 1/1/2” chunks.

Warm tortillas: Heat a skillet over med-high. Dip one tortilla at a time into a shallow bowl of water. Cook in hot skillet until water evaporates from first side and tortilla is browned in places, about 30 seconds. Flip & cook until dry, about 15 seconds more. Wrap in a clean kitchen towel to keep warm.

Flake some fish onto each tortilla, then top with slaw and salsa. Scatter a little shallot and Jalapeno over the top and garnish with cilantro leaves. You may either add guacamole before the salsa or use as a dip with the remaining salsa. Serve with lime wedges.



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We're celebrating
100 YEARS
of innovation

Shaklee

SHAKLEE'S
VITALIZED
MINERALS