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Dear Friends,

We are being serenaded by the birds sweet singing from 4 a.m. to 10pm, so elated that Spring has arrived. And I do hope it has arrived for you too. The onions are 8" high, the green beans are just popping their heads out of the ground, been picking chard, parsley, kale for green drinks, salads, and sautéing. It is such a joy to pick fresh from the garden and bring it in to be prepared in that evening's meal. If you're not able to have a garden, just growing a few plants in a pot & experiencing the pleasure of plucking those tender, fresh leaves ~ummmm~ garden to table dining. ...truly a joy to be experienced.



In this issue for you, is the joy of cleaning with a mask-free, glove-free Power Formula & creating a self-cleaning shower. Reward yourself afterwards with a Brockton Villa recipe that I hope you'll find eye-appealing & palate pleasing. Then, there are stories from you, a child's handwriting deteriorates, vanishes, then reappears. And a big what if?...if there was a way to significantly increase your overall wellness ~ what would it be?

Wishing you a happy, healthy Spring and thanking you for your contribution to a healthier, happier world. What you think and what you do truly makes a difference.

Thoughtfully,  *Linda*

A warm welcome to our new members & distributors:

Christine Hahn Debbie Rodgers Kim Decandro Susan deBuyo Nona Christy Jennifer Gross
Nona Christie Kristie Pinczok Angela Pontorero Sandra Moore David Christy

And a sincere thank you to those who introduced the gift of Shaklee to them:

Nicole Rodgers Amber Mitchell Leah Brown Nancy Mitchell

And a warm congratulations to our most recent bonus earners:

*****Over 1500*****

Monica Montag, Beth Mowry

****Over 500 Club****

Linda Collins, Cindy Klenk, Dr. John Contino, Mary Jane Corl,
Renee LaRue, Nancy Mitchell, Nicole Rodgers

****Over 250 Club****

Lisa Baronio Kelly Kaufman Alicia Traver Sue Bennett-Dyson Lavonne Lewis Melissa Manning

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

Power Formula I thought this discoloration of the grout was caused by my dog's acidic saliva. And since his nickname is 'Piglet' and begins drooling at the mention of the word 'treat', or his nostrils pick up a food scent ~ well, I figured we would just wait until the boy passed and then replace the grout. Turns out, Dave, our carpet cleaner, mentioned that he had a product that could dissolve that, but he didn't have it with him ~ he'd bring it next year. So, I'm thinking....this can be removed ~ really? So one day, I grabbed my H2 and Automatic Dishwasher Concentrate and whipped up a batch of the Power Formula. To my utter amazement, the discoloration began dissolving on contact. You know how one thing can lead to another.....pretty soon the kitchen floor was done and then the bathroom floor and finally the shower. The hard part of Spring cleaning finished in no time at all.



Jake enjoying Alfalfa - King of the Herbs - A bouquet of trace minerals not found anywhere else. Are you taking yours? Alkalize with Alfalfa.
Item #20160 700 Tabs MP \$33.30

Power Formula: 4 Tbl Basic H2
2 tsp Auto Dish Wash Concentrate
16 oz. hot water (heat to just below boiling)

Basic H2
Item #00015
MP: \$10.35



Spray Bottle
Item# 50405
MP: \$2.05



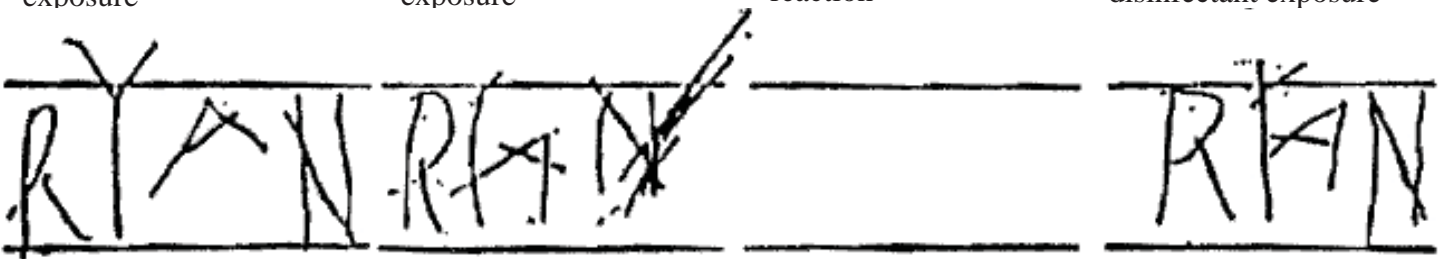
School Air Allergy Test

Before disinfectant exposure

During disinfectant exposure

Peak of disinfectant reaction

After oxygen treatment for disinfectant exposure



Normal activity

Whining, crying, tired

Refuses to write

Normal activity

Problem:



Solution:



Basic G Germicide, Disinfectant, & Cleaner

Item # 00525
MP: \$17.30

Basic G Spray Bottle

Item #50531
MP: \$20.05

Use in Kitchen, Bathroom, & Playroom

Soy-Miso Glazed Halibut

(Brockton Villa Restaurant)

2 7 oz. Alaskan Halibut Filets

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

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

Mango Relish

1 ripe mango small dice

1 shallot small dice

1 English cucumber peeled & sliced

1 red pepper small dice

1 lemon juiced

1 TBL olive oil

1 t. sesame oil

1 TBL rice vinegar

½ t. honey

Directions: Mix all ingredients together salt to taste.

California Quinoa Salad

2 cups mixed quinoa from Trader Joe's - regular quinoa or red quinoa would work well here too

4 cups water (for cooking quinoa - I cooked mine in my rice cooker on the white rice setting)

1 package frozen mango from Trader Joe's, thawed OR 2-3 diced fresh mangos

1/2 large red onion, diced

1 medium to large red pepper, diced

1 small bunch cilantro, chopped

1-2 cups shredded, unsweetened coconut

3/4 - 1 cup unsalted, dry-toasted slivered almonds

1-1 1/2 cups raisins (I use the golden raisins from Trader Joes)

2-3 cups frozen edamame, thawed

Juice of 4-5 limes

3 - 4 Tbsp Balsamic Vinegar (I used organic white balsamic vinegar)

Directions:

1. Rinse quinoa well, cook as directed.

2. Fluff quinoa well when done, spread out and let cool.

3. Add all other ingredients and toss.

4. Enjoy cold!!

Asparagus

Wash, break off ends, and steam lightly. Squeeze a little fresh lemon juice over.

Much thanks to Debbie Strouse for submitting this recipe, found on Pinterest by her daughter-in-law. I have personally made this on several occasions now and it has been well received by all.



Cholesterol Levels Drop with Vivix: I just wanted to let you know how my research went on VIVIX and CHOLESTEROL. I haven't taken any prescription medication for my cholesterol and my blood work came back great. My total cholesterol dropped by 50 points!

Clear-Headed and Energetic: I began using VIVIX Saturday morning and by Monday noticed a marked improvement in my ability to focus on one task at a time through the day. This has always been an issue for me; beginning one thing after another and having difficulty completing any. Even with using Mental Acuity Plus, I still had some degree of difficulty. I'm absolutely amazed that I've been so clear-headed, focused, and energetic this week. - *Susan Stephens*



Vivix Item #21200 MP: \$85.00 with Autoship: \$76.50

Restful Sleep: Trying to balance a hectic work schedule with adequate sleep, Loren found Vivix enabled her to get the restful sleep she needed.

Floaters in Eyes: Norma Bledsoe got rid of floaters by taking 2 Shaklee Carotomax 3 times a day. When floaters went away she cut back on her amount. If she cut back too far, the floaters would return. When she increased the amount, the floaters disappeared.

Shingles: Shaklee B Complex is great for shingles. And lots of lecithin (about 4 each meal and at bedtime). Shaklee B complex every 2-3 hours for a few days. This really worked for my husband and also for a gal in our group. The shingles only lasted about 3-4 days. You need to catch it right away. - *Gretchen White*

Blueberry Stains: Yesterday my husband dropped his blueberry protein shake on my cream colored carpet. We got the worst of it using towels soaked with water and a little Basic H2. There were still huge stains, some of them 12 inches long and 6 inches wide, and splatters all over the place. I immediately thought of something I had heard about Shaklee Nature Bright and its stain removal powers, so I dissolved 4 TBL of Nature Bright in 6 cups of hot water, enough to soak a hand towel in it, and started scrubbing the spots with a really wet towel. I could hardly believe it when all the dark blue stains came out. It is a miracle worker! - *Lela Maul*

Sleeping Better, Feeling Better: I feel so much better in the last 24 hours. I drank a smoothie and have only eaten fresh fruits/veggies in pat's homemade veggie soup. I received my Shaklee supplements and took them right away. No pepsi!!! I slept better. - *Linda Collins*

Hands Feel Rejuvenated: I recently started a new job, working in a restaurant. The work is fun and fast-paced but also physically demanding. My hands take the brunt of the work, carrying heavy plates and silverware, washing dishes under scalding water and being elevated for hours at a time. Initially, the work left my hands and fingers feeling stiff and swollen. Then I was so graciously given **Shaklee's Herbal Blend Multi-Purpose Cream**. The cream restores the moisture in my skin, and the menthol penetrates and soothes the aches and pains. After using the Herbal Blend when I get home from work each night, I've noticed my hands feel rejuvenated and ready to take on another day. Thank you, Shaklee! - *Trisha L.*

Shaklee Vita D₃

Are you in the 80%??

...this little anti-stress hormone regulator can boost the immune system and is vital to bone structure, mineral metabolism among many more benefits too numerous to mention here. National Inst. of Health found the higher the blood level of Vitamin D, the lower the frequency of reported upper respiratory tract infections. Those with the lowest vitamin D levels had a 36% increased risk of catching a cold. This little nutrient is linked to: auto-immune, cancer, diabetes, respiratory illnesses, colds, multiple sclerosis, asthma & more. Yet, 80% of Americans are deficient. What is it?



Item #21214 MP: \$7.95

Did you guess Vitamin D₃? (it's really not a vitamin), but since that is what we call it, know that Shaklee's is clinically tested for excellent absorbability. How much do you personally need? That depends on what your blood levels reveal. So, please...have your Vitamin D, 25 Hydroxy (D₃) tested. Unless it is covered by your insurance, you may wish to save yourself approx. \$150 and have it tested yourself by visiting www.vitaminCouncil.org or www.directlabs.com. I've used both. The Vit. D council is a home test (\$69) & with Direct Labs (\$59), you will go to a Lab Corp. Then, let me know. I personally use 3 D₃ (1,000 I.U...ea) +1,500 I.U. I received from Vitalizer Gold, & Osteomatrix for a total of over 4500+I.U./day for maintenance. But first I needed to take much more to reach a maintenance level of 66.5+ and I am most grateful to Monica Montag for both her quality 5k & 10k D₃ & recommendations for use.



Let's create that self cleaning shower

You simply need these three items...

Prosante Shampoo

Revitalizing #31690 MP: \$13.75

Purifying #31691 MP: \$13.75

Lightweight Conditioner #31643 MP: \$13.75

Replenishing Conditioner #31644 MP: \$13.75

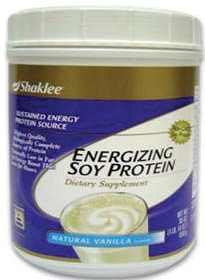
Moisturizing Shower Gel

#32549 MP: \$15.25

Meadow Blend Soap-Free Cleaning Bar

#39073 MP: \$6.90

A few of my other favorite things



Always non-GMO, biologically complete & goes great in your favorite smoothie or green drink, or just mix with milk or juice. MP: \$35.90
Item #20665 (Vanilla)
Item # 20670 (Cocoa)



Get the trace minerals missing from the diet with this pure, highest quality Alfalfa. Leaves picked at their peak, then sun-dried.
Item #20160 (700 CT)
MP: \$30.30



90% detoxificant, 10% laxative - everyday our bodies are bombarded by toxins - food, air, H₂O - eliminate them as fast as they come in. Though I've never had bowel issues, I use 2/Day
Item #20141 (240 CT)
MP: \$21.70



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Shaklee Lifestyle Products - CranioSacral Therapy - Qigong

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Natural Healing

*One of the greatest gifts we can
give ourselves is to take charge
of our own health.*

*Shaklee - Where the simple act of
changing brands can lead to a dramatic
improvement in the quality of life.*