



*Linda Flach Corl, B.S., H.H.P.*  
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Dear Friends,  
 Summertime is bustling with all the wonderful outdoor activities, so this will be an abbreviated newsletter for you with just some tips for staying hydrated (inside & out), essential skin care, and a couple of recipes for the adventurous. Do enjoy and wishing you a fun summer!

 *Linda*

**Get Clean® pitcher:** The carbon block filter in our water pitcher is sourced from coconut shells. Coconut shell carbon is recognized as the highest quality because it has a pore structure that allows it to trap a wide variety of contaminants. The coconuts used to create the filter are farm-raised, renewable, and have a very short growing cycle. Our carbon filters are produced in a closed stainless steel vessel that releases no emission to the environment during processing.

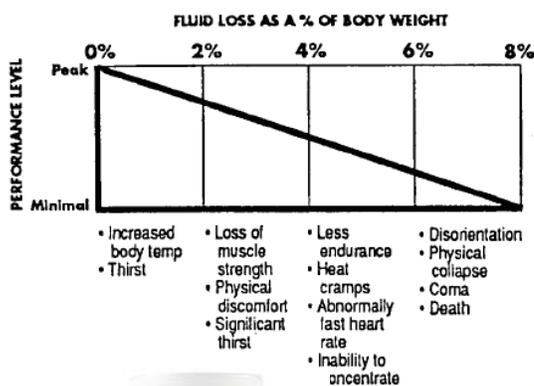


Get Clean “Year of Water” Starter Pack + 3 refills  
 Item #89113 SRP: \$124.65 MP: \$105.95

SAVE \$\$; SAVE FOSSIL FUELS (used to make & transport bottled water) It’s estimated that 75% of these bottles end up in landfills. And enjoy fresher, healthier water.

If you prefer an under-the-counter top-of-the-line reverse osmosis unit, please contact Linda for more information.

**DEHYDRATION SERIOUSLY IMPAIRS ATHLETIC PERFORMANCE**



The fluid in your body plays a number of critical roles. It's one of the most important components in the body simply from the standpoint that each of us is about 60 percent water. Fluid in the form of blood transports oxygen and energy nutrients to your muscles, including the heart. It also carries the internal heat generated during exercise to the skin, where it can be released.

**Shaklee Performance - Pure Hydration Drink**

Not sure which flavor you would like best? Try a small can of each flavor - keep your small cans to refill from the 5 gallon value size.

**19 oz (makes 4.75 quarts)**

- Lemon Lime #20497 SRP: \$14.55 MP: \$12.35
- Orange #20496 SRP: \$14.55 MP: \$12.35

**Value Size - 4 lb. 10.3 oz (makes 5 gallons)**

- Lemon Lime #20498 SRP: \$45.40 MP: \$38.60
- Orange #20499 SRP: \$45.40 MP: \$38.60



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



**Vivix** #21200 SRP: \$100 MP: \$85.00  
 Kosher #22911 SRP: \$100 MP: \$85.00

\*Save 10% with Autoship or Save with  
 4 Pack #80018 SRP: \$360.00 MP: 306.00



**Physique**  
 Item # 20495  
 SRP: \$39.25  
 MP: \$33.35



**Vitalizer**

Women #20283 SRP: \$93.25 MP: \$79.25  
 Men #20282 SRP: \$93.25 MP: \$79.25  
 Gold w/K #20284 SRP: \$100.00 MP: \$84.95  
 Gold w/o K #20285 SRP: \$100.00 MP: \$84.95

\*Save 10% with Autoship



**C+E Repair P.M.**  
 Item #32512  
 SRP: \$56.05  
 MP: \$47.65

“I had surgery to redo my original knee replacement April 29th. I TRULY BELIEVE THE PRE AND POST SURGERY program my Nutritionist designed and which was updated by George Wootan, M.D. made the really big difference - lots of supplements and **Protein** twice a day and also **Vivix** obviously gave my body all it needed to heal... Scar is disappearing rapidly thanks to **Enfuselle C+E!** I feel awesome and I send each of you a hug.” - **Fredda Lou**



Item #32538  
 SRP: \$56.05  
 MP: \$47.65

“**Calming Complex** is probably one of the most undersold, magnificent products in Shaklee! I’ve had notoriously dry skin all my life and now at 71, thanks to Shaklee’s Calming Complex combined with **C +E**, people younger than me want to know my secret. I’ve recommended these Enfuselle products from Shaklee for people with eczema, jungle fungus from Korea, people using medication that was drying out their skin - all got the same amazing results as I did. The only good thing I can say about dry skin is I did not have the worries of Acne, but dry skin causes cells to flatten down and not accept moisture which causes more rapid aging of the skin. However, thanks to these great products, my skin is aging very gracefully and less than my friends with more normal skin types.” - **Vivian P**

*PS - remember to order the pump #50548 SRP: \$2.05 MP: \$1.75*

**Enfuselle Nutrition Therapy System**

Normal/Oily #50914 SRP: \$200.45 MP: \$187.45  
 Normal/Dry #50916 SRP: \$200.45 MP: \$187.45



## Arugula & Strawberry Salad

Courtesy of Peoples Organic Co-op

- ½ cup chopped walnuts
- 4 cups baby arugula or torn arugula leaves
- 2 cups sliced strawberries (about 10 oz)
- 2 oz. Parmesan cheese, shaved & crumbled into small pieces (1/2 c)
- ¼ tsp. freshly ground pepper
- 1/8 tsp. salt
- 2 TBL balsamic vinegar
- 1 TBL olive oil



Toast walnuts in a small, dry skillet over med-low heat, stirring frequently, until lightly browned and aromatic, 3 to 5 min. Transfer to a bowl and cool for 5 minutes. Next, add arugula, strawberries, Parmesan, pepper & salt. Sprinkle vinegar and oil over the salad; toss gently and serve at once.

## Baby Beluga – Curried Lentil Dish

Adapted from The Tin Shed, Portland OR

Serving for 3- 4 with possible left-overs

- 1 can coconut milk (13.66 oz)
- Yellow curry paste 1 – 2 TBL
- Curry powder – 1 – 2 TBL
- 1 cup uncooked black lentils
- 3 cup fresh spinach
- ½ to 1 onion diced
- fresh chopped kale
- 1 cup uncooked Jasmine rice
- 1 large sweet potato
- 3 cloves garlic or more
- 6-8 Crimini mushrooms
- Roasted peanuts, raisons, and avocado slices for the garnish



1. While your lentils are cooking, roast @ 375 for approx. 30 -45 min. (check after 25 min.) Diced sweet potato, sliced mushrooms, and peeled garlic - sprinkle with a little olive oil, salt & pepper Can roast in glass casserole with foil on top or can roast simply in foil.
  2. Make your curry sauce: empty coconut milk into med. sauce pan over low to med. heat and stir in the curry powder and curry paste. Stir until well mixed.
  3. Prepare your rice
  4. Wash & chop the kale\*
  5. Wash spinach\*
  6. Slice the avocado
  7. Sauté in olive oil: diced onion, diced, roasted sweet potato, mushrooms, garlic and cooked lentils. When done, add fresh chopped kale and pour the curry sauce over the sauté right in the skillet.
- To serve: Create a bed of spinach, spread on a scoop of rice, curried lentils and garnish with the peanuts, raisons, and avocado slices.

*\*I like to wash the greens ahead of time, wrap spinach in paper towels, before sealing in a plastic bag and refrigerating*



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Address Service Requested

## **Sustainability is more than a word**

At Shaklee, we believe in actions, that's why we choose the healthiest ingredients for our products

**Quality first since 1956**