



Hello my dear Shaklee Family,

May this find you happy & healthy and enjoying Springtime. In this Spring edition, there are 3 main topics I want to share with you. The first is to ask you this question: *"What 3 things went well today?"*

From Positive Psychology, this ? had been tested on over 1 million people in 200 countries. Instructions were simple: Ask & answer this ? every night for a week.

The results? People felt *significantly* better; more sturdy.

So, even if you don't believe you could feel any better, why not give it a try? What do you have to lose? Absolutely nothing!

A time to cleanse, a time to clean, let's begin.

 Linda



Springtime is a great time to cleanse... that's why the dandelions are springing up in the yard and watercress is growing. Let's take a look at 9 functions our hard-working livers do every day for us. Springtime is a great time to cleanse...



1. Store iron and lots of other vitamins and minerals
2. Make bile to help digest our food
3. Detoxify poisonous chemicals including alcohol, medications, sugar
4. Store energy
5. Make our blood that got our system going even before we were born
6. Manufacture new proteins that our bodies need to stay healthy
7. Removes poisons from the air we breathe
8. Makes clotting factors to stop the bleeding
9. Helps defend against germs ~ knocks them dead or at least weakens them

Let's do a 7 - 10 day cleanse to help our wonderful liver.

New Email To receive this newsletter by email instead, please contact lindaflachcorl@gmail.com

A Time to Cleanse 7-10 Day Cleansing

For immediate and maximum results with food supplements. Important for chronic problems.

Body Tune-Up - With each meal for 7-10 days (10 if you feel very sluggish):

E-Z Gest	1 Herb-Lax	5 Alfalfa
1 DTX	1 serving/day Optiflora*	Liqui Lea

Drink Purified Water - average 8 glasses/day. (Body weight/2 = number of oz. per day.)
If you discover you're not drinking this much, increase slowly.

- **Herb-Lax:** Collects toxins from cells, organs, and glands. Moves waste products of digestion thru the system. Colon toner.
- **E-Z Gest:** Digestive enzymes. Use as directed with "troublesome" meals.
- **Alfalfa:** Cleanses cells, kidneys, bladder, and urinary tract.
- **Liqui Lea:** Liquid multi, fast red blood cell builder, quick energy.
- **DTX:** Rebuilds liver cells
- **Optiflora:** The world's only acidophilus/bifidus product guaranteed to deliver live culture to intestines. Helps prevent colon cancer, and improves immune system. Fights off Candida invasion, and prevents antibiotic problems.

*If system is very weak; start with 1 'pearl' only for the first 3 days; then add 1/4 tsp. 'powder' and gradually build up to 1 tsp. powder with 1 'pearl' daily. Double up when on antibiotics.

Rule of thumb!: It takes 2-3 months to begin to heal. Add 1 month for every year you have had a problem.

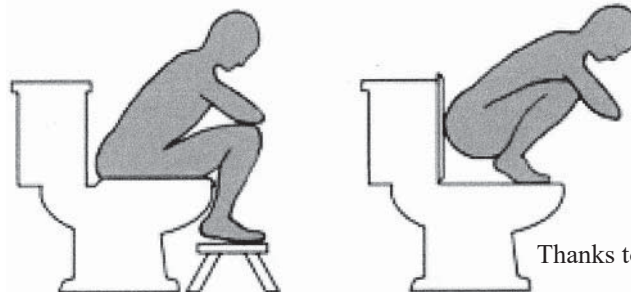
Rule of Seven:

The Chemistry of blood changes in 7 days.
The Composition of cells changes in 7 weeks.
In 7 months, major organs are changed.
In 7 years, you have a whole new body.

This information is not intended to replace medical care. This information is not intended to diagnose, treat or cure. This report is not to be used as a substitute for appropriate medical care and consultation, nor should any information in it be interpreted as prescriptive. Any persons who suspect they have a medical challenge should consult their physicians/pediatricians for guidance and proper treatment.

Proper Pooping Position

Either position encourages the colon to empty more fully, with less effort, and actually supports and exercises the muscles of the entire intestinal tract.



Thanks to Digestive Wellness Center

"Just an update on my vitamin detox -- it worked WONDERS!!! The stool really helped with my B.M.'s, I think the compression on my colon helped." - *Anonymous reader*

A Time to Clean

Now that we're all cleaned out internally, let's get to work on that bathroom, kitchen sink and anything else that needs a little scrubbing. Below are my 3 most important 'go to' cleaners.

I'm getting ahead of myself. Let' see why it's important to change brands. Here is just a partial list:

- Over 90% of poison exposures happen at home.
- Common bleach is the #1 household chemical involved in poisoning.
- Organic pollutants, found in many common cleaners and even air fresheners, are 2 to 5 times higher inside your home than out.
- Common cleaners give off fumes that have been linked to increasing the risk of your kids developing asthma, the most common serious chronic childhood disease.
- 1 in 13 school-aged children has asthma. Rates in children under five have increased more than 160% from 1980 – 1994.

No gloves, no mask necessary



Basic H - windows, dusting, washing fruits and veggies, floors, protein stain remover, etc...

16oz #00015 MP: \$10.35 SRP: \$12.15
64oz #00029 MP: \$37.25 SRP: \$43.80

Spray Bottle 3 Pack #50443
MP: \$6.90 SRP: \$8.10

4 oz Squeeze bottle #50419 MP: \$1.00 SRP: \$1.15



Basic G - 1 quart makes 64 gallons.

Works against bacteria, viruses, fungi, athlete's foot fungus, infectious mononucleosis virus, flu viruses.

Basic G #50531 MP: \$17.30 SRP: \$20.35

Basic G Sprayer #50531 MP: \$2.05 SRP: \$2.40



Scour Off Heavy Duty Paste - Exclusive scouring cleanser that sets a new standard. Even cleans burnt-on food in your oven. Pleasant scent. Use on Tubs, Ceramic Tile, Pots & Pans, Shower Doors, & Chrome. Nontoxic, Natural abrasives, No phosphates, No harsh chemicals, Biodegradable surfactants.

Scour Off 9oz #00430 MP: \$15.00 SRP: \$17.65

Yep, it's expensive and worth every penny - and lasts a very long time.

Please contact me if you want any more information on G, our Power Formulas, etc.



Linda Flach Corl, B.S., H.H.P.

Shaklee Lifestyle Products

6865 Robbins Court

San Diego, CA 92122

Address Service Requested

