

# What's New!

Volume 28

NURTURING HEALTH AND NATURE THROUGH SHAKLEE

Issue 2



## Heart Smart

While concerns about heart-health have become more prevalent, Americans are becoming more “heart healthy.” The number of people with uncontrolled hypertension is down 16% and the number of people with elevated blood cholesterol levels is down 19%.

However, it is still not enough; heart disease and stroke continue to be the No. 1 and No. 3 causes of death in the United States. In addition, the prevalence of diabetes and obesity—both of which are severely high risk factors for heart complications—is rapidly increasing.

There are more than 80 million Americans with one or more forms of cardiovascular disease, including 73 million Americans with high blood pressure. The good news in these troubling facts is that the majority of risk factors in cardiovascular complications are preventable—with family history and genetics being the only exception. Risk factors which can be prevented include:

- **Obesity**
- **Hypertension**
- **Elevated blood cholesterol and triglycerides**
- **Type 2 diabetes**
- **Smoking**
- **Sedentary lifestyle**

To combat these risk factors...

**1. Lose weight.** One of the greatest risk factors in cardiovascular complications is obesity. Losing weight is the first priority

in reducing the risk of heart disease. Obesity has become a national epidemic, with 2 out of 3 Americans overweight or obese. Lowering weight even a small amount can help to improve blood cholesterol and blood pressure, and lower the risk of developing type 2 diabetes.

**2. Eat a balanced diet.** Include foods from all food groups including fruits, vegetables, and high fiber whole grains.

**3. Think fishy!** Consuming oily fish rich in omega-3 fatty acids at least twice a week can help to lower cholesterol levels, as well as providing many other added health benefits.

**4. Take your vitamins.** Heart healthy vitamins and supplements, including B vitamins, folic acid, B6, B12, antioxidants such as vitamin E, and CoQ10, can all help strengthen your heart muscles. Also include supplements such as Shaklee’s Garlic Complex, which can help combat heart disease risk factors by regulating blood pressure and cholesterol levels.

**5. Exercise!** Regular physical activity, at least 30 minutes a day, is essential in managing and maintaining weight, as well as strengthening your heart.

**6. Kick poor habits.** Reducing poor nutrition habits, such as sugary soft drinks, sweets, and processed salty snack foods, can help reduce weight and lower cholesterol levels, as well as warding off type 2 diabetes. Give up smoking, which is a serious risk factor in heart disease.

### Garlic and the Healthy Heart

Garlic can sometimes cause embarrassing bad breath, but as an herbal supplement, it can have many health benefits. For centuries, many civilizations have used garlic not only for culinary uses, but also for its amazing health benefits. The herb, which is in the same family as the onion, has a reputation for preventing everything from the common cold and flu to the plague! Garlic is one of the most popular herbal supplements. Out of 91 herbal supplements, garlic was found to be used more than twice as much as other supplements.

Today, over 3,000 publications have recognized the health benefits of garlic, which include:

- **A recognizable reduction in risk factors for cardiovascular disease and cancer**
- **Stimulation of immune system function**
- **Restoration of physical strength**



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# Stressed Out?

Half of all Americans between the ages of 18 and 49 report feeling stress on a daily basis. We hear so much about stress but we often don't realize the actual effects stress has on our bodies. Are all kinds of stress bad? What causes stress? How can stress be reduced or eliminated safely?

Contrary to popular belief, stress can be beneficial in small amounts. Small amounts of stress can offer energy and alertness—keeping you on your toes. Sometimes we need a little bit of pressure to get our gears working and our hearts pumping. Adrenaline flowing through the body can aid in the thought process and keep the mind focused on the task at hand.

People feeling this type of stress often claim to be feeling “wired,” or “jazzed.” Sometimes a good workout can induce this type of stress and help your body to get the blood flowing!

Stress can be dangerous when our ability to cope or function becomes compromised. Lack or loss of control in one's social and physical environment can be a big warning sign of being over-stressed. It is important at this point to seek a method for controlling and reducing the stress so that it doesn't cause a breakdown or damage one's physical, psychological, or interpersonal well being.

We all know that stress is usually induced by being “overwhelmed,” but it can actually be caused by any event that threatens ones ability to cope. This means that we all handle stress in different ways—some of us can handle a great deal of pressure, while others simply cannot.



Stress-related diseases and conditions can be brought on by large untreated amounts of stress, which have adverse affects on the body. The Centers for Disease Control estimates that 75-90% of trips to the doctor's office are stress related!

What can be done to reduce stress? Many people turn to behaviors such as drinking, smoking, or overeating to relieve stress, but these practices are more likely to increase stress in the long run. Small amounts of stress can be combated by light and relaxing physical exercise such as yoga or tai chi. Herbal supplements such as Shaklee's Stress Relief Complex can be used to naturally suppress levels of cortisol—the hormone that is produced during periods of stress and is known to have long-term adverse effects on the body.

## Stress Relief Complex

Stress Relief Complex contains a unique blend of natural ingredients that provide quick relief from tension while promoting alertness. It contains L-theanine, which produces a relaxed and alert state in high-anxiety individuals; Ashwagandha (withania somnifera) to enhance performance during stress; and Beta-Sitosterol, which has a positive effect on immune function and lowers cortisol levels.

More than one third of Americans have tried to alleviate stress with supplements, especially the herbal supplement kava.

However, kava can produce unwanted drowsiness. On March 25, 2002, the FDA advised consumers of the potential risk of severe liver injury associated with use of kava-containing dietary supplements. Stress Relief Complex does not contain kava.

Shaklee's stringent standards and the integrity of its research and development processes have helped to avoid a potentially dangerous ingredient.



Shaklee's Stress Relief Complex...

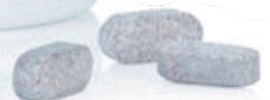
- Helps to relax the body and mind
- Promotes relaxation without drowsiness
- Enhances the body's ability to adapt to continuing stress
- Helps make norepinephrine, which is involved in mood regulation
- Helps to avoid the effects of stress on long-term health

Take one caplet daily during periods of stress. Some individuals may wish to take two caplets on occasion. It can be used as part of a stress-management program that includes a healthy diet,

regular exercise, and good social support. If pregnant or nursing, consult a health professional.



**Shaklee's  
Stress Relief  
Complex  
#20656**





# Shaklee's Stomach Soothers



More than one-third of all Americans suffer from some type of digestive-related disorder, the most common being acid reflux. Some people suffer from multiple symptoms, which can include bloating, gas, diarrhea, and constipation, just to name a few. Although serious disorders are common, most people suffer from milder symptoms that are more embarrassing than harmful. They can be caused by a variety of factors such as diet, weight, or family history. Such symptoms can be treated easily using a supplement such as Shaklee's EZ-Gest®.

## How does the digestive system work?

Digestion is a two-part mechanical and chemical process that breaks down the foods and nutrients we put in our bodies and converts them into useful energy that is delivered all over the body. As we chew our food into smaller pieces (the mechanical part), it is mixed with saliva, which initially helps to break down the food (the chemical part). Food passes through the esophagus, where it is pushed downward by wavelike muscular motions regardless of the body's position (standing up, lying down, etc.).

The matter (at this point it is condensed into a soft mass) is then pressed through the sphincter (a door-like closure to the esophagus) and into the stomach. The walls of the stomach contract and compress, breaking the matter up mechanically while gastric juices are working to chemically dissolve the matter.

At this point in the digestive process, the matter is known as chyme and enters the small intestine. As it passes through the small intestine, it becomes even further chemically dissolved; this is about a three to six hour process. Just before the end of the small intestine, digested carbohydrates, fats, proteins, and most of the vitamins and minerals are absorbed and delivered to the body.

At the end of the small intestine, most of what remains is water, indigestible

matter, and bacteria. When the matter enters the large intestine, digestion has ceased; water and some minerals are absorbed from the digestive waste products. Millions of bacteria live in the large intestine and feed on the waste products, which produce vitamin K and B and are absorbed into the body. The bacteria can also produce gas, which may increase when carbohydrate-rich foods have been eaten. This is the end of the digestive process.

Adequate digestive health is essential for overall well being. If our bodies aren't doing their job to break down foods, then vital nutrients aren't getting to the places where they are needed the most. This can cause a series of discomforts and embarrassments, and over time can lead to serious health issues. Some common discomforts caused by inadequacies of the digestive system include heartburn, lactose intolerance, gas, bloating, diarrhea, constipation, and upset stomach.

## Stomach Soothing Complex

For those who have forgone the foods they enjoy because it causes an upset stomach, Shaklee's Stomach Soothing formula contains stomach calming herbs used for thousands of years by ancient cultures. Recent studies have shown that supplementing the diet with ginger may help to maintain a calm stomach. The unique four-herb formula contains ginger, peppermint, anise, and fennel, all of which are known for their stomach calming effects. Shaklee's

Stomach Soothing is perfect when passengers feel queasy on car, air, and bus rides.

**Shaklee's Stomach Soothing Complex #20601**

## EZ Gest®

For many people, digestion inhibits their lifestyle because improper functioning limits food choices and may cause undue embarrassment and discomfort. Shaklee's

EZ-Gest® can help regain the joy of eating tasty foods and restore confidence in those susceptible to the embarrassments and discomforts the digestive system can cause. EZ Gest® works to optimize digestion with its multi-enzyme formula offering comprehensive digestive support. The enzymes work to more effectively break down "hard to digest" foods such as beans, dairy products, and vegetables. Shaklee's EZ-Gest® contains enzymes found in other digestive aids such as Lactaid®, Beano®, and others, all in one formula. Other digestive aids use animal-based enzymes; however, EZ Gest® uses multi-action plant-based enzymes derived through natural fermentation for optimal digestion of all foods.

**EZ Gest® #20633**

## Herb Lax

To promote regularity, one should eat diets rich in fiber, and get plenty of liquids and regular exercise. However, periods of irregularity can sometimes occur. To help with these times, Shaklee's Herb Lax can help regulate the intestinal tract. The formula acts as a gentle laxative for occasional use by encouraging a mild cleansing action to aid the

body's natural processes. The formula includes Senna leaf, which has been used traditionally for thousands of years as a natural laxative, including complementary herbs from around the world.

**Shaklee's Herb Lax #20144**



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Research has shown that garlic can lower cholesterol levels on an average of 10-20%. A study conducted in Munich, Germany, demonstrated that patients with high cholesterol levels who were put on a low-fat

diet saw a decrease in cholesterol levels of 10%, and then levels stabilized. When garlic was added, their cholesterol levels dropped another 10%. The herb is so effective that in Germany it is a licensed medicine for treating atherosclerosis (the hardening or blocking of arteries).

Another study, which involved 260 participants who took 800 mg of dried garlic for 16 weeks, showed an average decrease in cholesterol levels of 10%. Several other clinical reports have revealed that the use of garlic as an herbal supplement can have cholesterol-lowering effects.

### Do I need to lower my cholesterol levels?

Over 66% of Americans have cholesterol levels over the optimal range. Some doctors suggest that a total cholesterol score between 200 and 239 is considered "high cholesterol," although not a dangerously high score. People in this group are especially good candidates

for garlic supplementation because medication for high cholesterol is not necessary, but lowering cholesterol is still important.

### Shaklee's Garlic Complex

Shaklee's Garlic Complex contains 1 gram (1000 milligrams) of garlic powder to help promote a healthy heart. When used in a diet low in fat and cholesterol, the complex can help to retain healthy blood pressure and cholesterol levels. The complex includes Allicin, a compound found in garlic that is responsible for many beneficial properties, such as support for and maintenance of healthy levels of beneficial microorganisms. The complex also includes spearmint and rosemary—herbs with antioxidant properties—to aid in the heart-healthy process.

- Helps retain normal blood pressure and cholesterol

- Promotes cardiovascular health
- Maintains healthy levels of beneficial microorganisms
- Unique Shaklee formula
- Combines healthy benefits of garlic with the antioxidant properties of spearmint and rosemary

Shaklee's Garlic Complex #20084



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