

What's New!

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NURTURING HEALTH AND NATURE THROUGH SHAKLEE

Issue 2



Healthy Hearts with COQHeart

If you're like many people, you may think of heart disease as a problem that happens to other people and not to yourself. You may be thinking, "I take pretty good care of myself. I'm unlikely to get heart disease."

In the United States, heart disease is the #1 killer of both women and men. It affects many people at midlife as well as in old age. Consider these facts:

- Each year 500,000 Americans die of heart disease and approximately half of them are women.
- As early as age 45 a man's risk of heart disease begins to rise significantly. For a woman, risk starts to increase at age 55.
- Fifty percent of men and 64 percent of women who die suddenly of heart disease have no previous symptoms of the disease.

A recent national survey shows

that only 3 percent of U.S. adults practice healthy habits that help to prevent heart disease.

Your heart is the most important muscle in your body. The average heart beats about 75 times, pumping about five liters of blood, per minute. That means your heart will beat about 40 million times in this next year, which calculates to more than 2.5 billion times in a 70-year lifespan. That's a tremendous amount of work for one organ.

Maintaining a healthy heart is something most people don't usually consider until something goes wrong. Shaklee has developed an all-natural proprietary blend supplement to help you build and maintain a healthy heart.

Shaklee's CoQHeart

CoQHeart features a proprietary blend combining 100 mg of CoQ₁₀ plus resveratrol in a bioavailable softgel.

Coenzyme Q₁₀, known as CoQ₁₀, is a fat-soluble nutrient produced in the body and pres-

ent in all cells. Higher concentrations of this nutrient are found in organs that work extra hard and require a significant amount of cellular energy to function, such as the heart, liver, kidneys, and pancreas.

Resveratrol is a phytonutrient found in red wine, red-grape skins, and purple grape juice. Like CoQ₁₀, resveratrol plays a role in heart and blood vessel health. In laboratory studies resveratrol has been shown to help reduce the oxidation of LDL, (bad cholesterol), and to promote blood vessel relaxation. The more relaxed blood vessels are the wider they open to promote healthy blood flow.

Shaklee's CoQHeart is all natural, has a heart healthy olive oil delivery system, and is gluten free.



Shaklee's CoQHeart

20685
(30 softgels)

Fiber Health =

Dietary fiber is one of the most confusing dietary terms out there. We all know that dietary fiber is good for us. But many of us don't know what it is. For some, it simply conjures up the unappetizing image of eating the equivalent of shredded corrugated cardboard. This is a shame because fiber is an important part of our diet.

Most Americans don't get enough fiber in their diets. The recommended intake is between 20 and 38 grams of total fiber per day, depending on your age and gender, with 25 grams being a realistic goal for most people. This is about the same amount of fiber that is found in five servings of either fruits or vegetables and one or two servings of either whole grains or beans. Unfortunately, the average American consumes a mere 14 grams and many eat even less.

Without the proper levels of fiber in your diet you can become constipated, develop hemorrhoids, or be prone to illnesses like diverticulosis (inflammation in your digestive tract).

There are two kinds of fiber and each one has a different health effect. Here's a breakdown of these fiber types:



Insoluble fiber:

This type of fiber does not dissolve in water and is known as a “bulking agent” which is like a Roto-Rooter for the digestive tract and is good for

bowel regularity and elimination since it absorbs water and makes stools softer. Insoluble fiber also tends to speed up the movement of food in the digestive tract. It can help prevent hemorrhoids and diverticulosis, and it may help prevent colon cancer.

Soluble fiber:

This fiber does dissolve in water and it forms a gel-like substance in the stomach. It slows the movement of food throughout the stomach and digestive tract and is not related to regularity. Instead, it's been shown to help lower blood cholesterol and help control blood sugar levels in diabetics.

It is important to eat both soluble and insoluble fibers because both are vital to your health. While dietary fiber has no nutritional value it can have a profound impact on health, including lowering the risk for certain types of cancer, lowering blood cholesterol levels, and minimizing the complications of diabetes.

Research has shown that diets high in fiber, particularly insoluble fiber, protect against colon cancer. By binding with bile acids, which in high concentrations are thought to contribute to the development of malignancies, fiber appears to protect the inner lining of the colon. Furthermore, fiber hastens the amount of time it takes for feces to be eliminated, thereby minimizing the colon's exposure to naturally occurring carcinogens, including by-products of intestinal bacteria, substances derived from the breakdown of cholesterol, and compounds produced by meat cooked at high temperatures.

Further studies have confirmed soluble fiber's ability to lower blood cholesterol levels, specifically LDL-cholesterol. Bile acids are thought to play a role in lipid absorption. By attaching themselves to fiber molecules bile acids are eliminated, decreasing the rate of lipid absorption and the rate at which LDL-cholesterol enters the bloodstream.

By forming a protective coating in the stomach and small intestine, which shields starches and sugars found in unrefined foods from digestive enzymes, soluble fiber helps control the gradual release of the sugars into the bloodstream, thus helping to modulate a person's blood sugar levels. Which benefits anyone with diabetes.



Colon Health

Through scientific research and clinical testing, Shaklee has a fiber plan available that can fulfill any persons individual needs.

Shaklee's Fiber Plan Tablets

The insoluble fiber in Shaklee Fiber Plan Tablets promotes colon health, digestion, and regularity by speeding up the rate at which food passes through the digestive tract.

They are easy to take and provide fiber from five natural sources: oranges, grapefruits, soybeans, beets, and lemons.

Each bottle of Shaklee Fiber Plan Tablets contains 75 tablets which:

- are gluten free
- have no artificial flavors, sweeteners, colors, or preservatives added.

Shaklee's Fiber Plan Unflavored

This natural, unflavored formula stirs easily into juices, milk, or other liquids, and stays blended. It is an excellent source of vitamin C.

Shaklee's Fiber Plan Unflavored contains a proprietary blend of four natural soluble fibers. It is formulated with psyllium seed husk, which binds to cholesterol. Each serving:

- provides 4 grams of soluble fiber
- is Kosher certified
- is gluten free

- has no artificial flavors, sweeteners, colors, or preservatives added.

Shaklee Fiber Plan Unflavored is also a good source of high quality dietary fiber and an excellent source of vitamin C with only 20

calories per serving. It is naturally fat, cholesterol, and sodium free.



Fiber Advantage Chewy Apple Cinnamon Bars

Fiber Advantage Bars contain a unique blend of fibers that promote regularity, digestive health, and long-term colon health. In every bite you'll get a mix of soluble and prebiotic fibers from apples, dates, oats, inulin, and other natural sources. You'll get insoluble fibers from whole grains and vegetables; and even a special type of insoluble fiber from corn, called resistant starch.

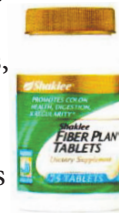
Resistant starch is a unique insoluble fiber that is slowly metabolized by bacteria in the large intestine resulting in the production of short chained fatty acids, including butyrate, a preferred energy source for colon cells that helps support long-

term colon health.

The health benefits of Shaklee's Fiber Advantage Bars are:

- 100% natural
- 8 grams of fiber per serving
- promotes digestive and long term colon health
- contains a healthy blend of grains, fruits, and vegetables
- 120 calories per bar
- no saturated or trans fats
- low sodium
- no artificial flavors, sweeteners, colors, or preservatives added
- Kosher certified
- low glycemic

Shaklee's Fiber Advantage Bars are a great, healthy snack for the whole family.



Shaklee's Fiber Plan Tablets

20435
(75 tablets)



Shaklee's Fiber Plan Unflavored

20307
(60 servings)



Shaklee's Fiber Advantage Bars

21220
(8 bars)



Immune Health



promotes the well-being of the heart and immune systems with antioxidant properties and helps maintain healthy blood circulation. One of garlic's most potent health benefits includes the ability to enhance the body's immune cell activity.

According to the University of Maryland Medical Center, another potential benefit of garlic pills is their use in the treating and

preventing of the common cold. A study found that people receiving garlic supplements during the cold season developed fewer colds, and cold symptoms resolved more quickly than in others.

Studies have also shown that garlic may help retain normal cholesterol levels when taken as part of a low-fat, low-cholesterol diet.

Shaklee's Garlic Complex is a unique formula combining garlic, rosemary, and spearmint, which minimizes the usual strong taste and after-effects. None of the active compound allicin is destroyed, thus retaining all the benefits of raw garlic. Two Shaklee Garlic Tablets equal one clove of raw garlic.



Shaklee's Garlic Complex

20084
(240 Tablets)

Garlic is one of the most valuable and versatile foods on the planet. Garlic belongs to the Allium family of vegetables which also includes onions, chives, shallots and leeks.

Today garlic is a widely recognized health enhancing supplement. Garlic

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- IN THIS ISSUE:
- CoQHeart
- Fiber Plan
- Garlic Complex

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