

What's New!

Volume 32

NURTURING HEALTH AND NATURE THROUGH SHAKLEE

Issue 3

Living Healthy Today

You may recognize the name of Soy Lecithin from reading the food labels at your grocery store. But, are you aware of the many health benefits associated with soy lecithin?

Lecithin and its primary component, choline, are among the many beneficial substances found in soybeans, eggs, dairy products, and meats.

Lecithin originated from the Greek "Lekithos," referring to egg yolk. Lecithin is a common compound found in cells of all living organisms. Its presence is required for proper biological function. It helps with the maintenance and restoration of livers damaged from diseases such as cirrhosis, caused by too much alcohol consumption, and helps maintain a healthy heart and circulatory system.

Studies from the late 1970s to the early 1980s indicate Lecithin appears to possess beneficial properties in re-

ducing cholesterol levels and controlling or preventing atherosclerosis.

Lecithin intervenes with the body's ability to form fat deposits and aids in reversing the damage caused by coronary artery disease. By lubricating the arteries, it breaks down the built-up body fat and then

transports it to the liver where it is converted into usable energy.

By creating a slippery lining lecithin prevents large fat deposits from accumulating by allowing the blood to flow more smoothly through the arteries which were once clogged with fat deposits that would lead to blood clots.

Although lecithin has proven to reverse many diseases it can also be used as a preventative source, if supplementation is taken regularly. Unlike medications that are offered to reverse certain diseases, lecithin is

not known to cause an extreme number of side effects, which may themselves require medication to rectify.

The richest sources of natural lecithin in the diet tend to be the ones that are also the highest in fat and cholesterol, such as eggs, dairy products, and meats.

There are many concerns over consuming too much dairy products and animal fats. Fat intake is only one area of concern, so is the consumption of pesticide and hormone residues. Furthermore, the fact that these foods contain high levels of cholesterol is a very big concern. Lecithin itself contains no cholesterol.

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Shaklee's Supplements & Vitamins

Always safe, always works, and is always green

Lecithin is very rich in choline. Lecithin supplements provide a more bio-available, timed-release form of choline than supplements made from choline salts like choline chloride. Lecithin supplements raise choline levels higher in the blood for a longer time.

Choline is a chemical similar to the B-vitamins, and is often lumped in with them, although it is not yet an official B-vitamin. The human body can make some choline, but cannot produce enough to maintain a healthy body. It is generally recognized in medical fields that it is important to get dietary choline as well.

What are the Benefits of Choline?

Choline serves various functions in our bodies: in the structure of cell membranes, protecting our livers from accumulating fat, as the precursor molecule for the neurotransmitter acetylcholine, and more.



Intake" levels for adults are:

- Men, 19 years and older, 550 mg/day.
- Women, 19 years and older, 425 mg/day.
- Pregnant women of all ages, 450 mg/day.
- Nursing mothers of all ages, 550 mg/day.

Shaklee's Lecithin Dietary Supplement is a natural compound that helps your body's ability to absorb and make use

of fat-soluble nutrients, including Beta Carotene, vitamins A, D, E, and K.

The natural soy lecithin in each capsule contains linoleic acid, (an essential fatty acid that our bodies cannot make), choline, (a neurotransmitter component), and inositol, which plays a role in metabolic regulation. Each serving provides 3.1 grams of choline-rich lecithin, including 468 mg of phosphatidylcholine and 282 mg of phosphatidylinositol.

Over the past few years, there has been a rush of research regarding choline. Now there are hints that choline may be essential not only for the brain development of fetuses and infants, but may help prevent memory loss associated with aging. Additionally, it may help lower cholesterol and homocysteine levels associated with cardiovascular disease, and may also help protect against some types of cancers. This is an area where more research is needed, but there are some positive first signs.

The Food and Nutrition Board has issued new recommended intakes for children and adults that expand upon the RDA to include nutrient levels necessary to both prevent deficiencies and promote good health.

The "Adequate



Shaklee's Lecithin
Dietary Supplement

20182
(180 softgels)

Immune System Health & More

Zinc is an essential mineral that is found in every cell in our body. It is needed for the proper growth and maintenance of the human body. It is found to be active in many biological reactions throughout the body and is needed for the immune function, wound healing, blood clotting, thyroid function, and much more.

The most important health benefits of zinc are as follows:

Skin Care: Studies have shown zinc to be an effective home remedy for curing pimples or acne. It helps regulate the amount of testosterone in the body which plays a dominant role in causing acne. It further aids in normalizing skin oils and maintaining healthy skin.

Eczema: An inflammatory and chronic disorder of skin. It is mainly caused by deficiency of zinc in the body.

Wound healing: Deficiency in zinc causes delayed healing of wounds. The human body has several zinc dependent enzymes, which promote the synthesis of collagen that thereby aid in wound healing.

Prostate disorder: Zinc is very important in dealing with prostate disorders. Zinc deficiency causes enlargement of the prostate gland and makes it vulnerable to cancer.

Colds: Zinc supplements help in

decreasing the severity and duration of cold illness. It reduces the amount of proinflammatory cytokinesis, which is aggravated during the cold infections.



Weight loss: Zinc plays a leading role in weight loss and in controlling the appetite of the person.

Pregnancy: Zinc is essential for the repair and functioning of DNA, for quick growth and building of major constituents of the cell during the course of pregnancy.

Reproduction: In males, zinc assists in spermatogenesis and development of the sex organs. While in females, it aids in all the reproductive phases, including the lactation stage.

Alopecia: The loss of hair in both children and adults. Remedies suggested by doctors is a diet rich in zinc content or zinc supplements.

Bone loss: Zinc is a component of

hydroxyapatite, which is a salt and makes the bone matrix strong and hard. Zinc content should be added in your dietary plan to avoid bone loss.

Night blindness: It is suggested to consume 150-450 mg of zinc per day to help improve night blindness.

Shaklee's Zinc Complex

As the number one natural nutrition company in the U.S., Shaklee has been making people healthier for over 50 years. Shaklee's Zinc Complex is just one more reason why they are the number one nutrition company. The health benefits are:

- Each serving contains 100% of the Daily Value for zinc
- Formulated with highly bio-available zinc gluconate in a base of alfalfa and roasted barley
- Vegetarian formula
- Gluten free
- Kosher certified



Shaklee's Zinc Complex

#20411
(120 tablets)

Skin Care

When we think about beauty and skin care, the first thing we have in mind is our facial region. The fact is, it is the elbows, knees, and feet that we forget to take care of. These areas have no oil glands to moisturize the skin, so they dry out very quickly. As these are the soft parts of the body, special care should be taken of them.



in those areas. Shaklee has just the answer in dealing with rough, chapped, dry, flaky skin, and even those dark spots you may get.

This multi-purpose cream is a cool, mentholated skin cream that is rich with emollients and formulated especially for skin that feels rough, dry, and

chapped. The nongreasy cream vanishes as you massage it in, leaving your skin feeling smooth and refreshed. It actually softens hard, calloused skin. Use it on your

elbows, knees, and feet.

Shaklee's Herbal Blend Multi-Purpose Cream is enriched with natural extracts like Rosemary, Chamomilla, corn oil, and salvia. It nourishes stressed skin with rich emollients and minerals.



Through the winter months people wear more clothing, thus causing friction rubbing on your elbows and knees causing dark spots



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