

# What's New!

Volume 32

NURTURING HEALTH AND NATURE THROUGH SHAKLEE

Issue 5

In today's world, stress is an undeniable part of anybody's life. You undoubtedly face multiple demands each day, such as shouldering a huge workload, making ends meet, taking care of your family, or just making it through the morning rush hour. Your body treats these so-called minor hassles as threats. As a result you may feel as if you're constantly under assault.

If your mind and body are constantly on edge because of excessive stress in your life, you may face serious health problems. That's because your body's natural alarm system is constantly on. When you encounter perceived threats your hypothalamus, a tiny region at the base of your brain, sets off an alarm system in your body. Through a combination of nerve and hormonal signals, this system prompts your adrenal glands to release a surge of hormones, including adrenaline and cortisol.

Adrenaline increases your heart rate, elevates your blood pressure and boosts energy supplies. Cortisol, the primary stress hormone, increases sugars (glucose) in the bloodstream, enhances your brain's use of glucose and increases the availability of substances that repair tissues. Cortisol also curbs functions that would be nonessential or detri-

mental in a fight-or-flight situation. It alters immune system responses and suppresses the digestive system, the reproductive system and growth processes. This complex natural alarm system also communicates

with regions of your brain that control mood, motivation and fear.

Forty-three percent of all adults suffer adverse

health effects from stress. 75 to 90 percent of all doctor's office visits are for stress-related ailments and complaints.

Stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety.

The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace. Stress costs American industries more than \$300 billion annually. The lifetime prevalence of an emotional disorder is more than 50%, often due to chronic, untreated stress reactions. You don't have to let stress control your life.

Shaklee's Stress Relief Complex helps relax the body and mind without causing any drowsiness. Stress Relief Complex contains a

unique blend of natural ingredients that provide quick relief from tension while promoting alertness. This all natural blend also helps blunt cortisol, "the hormone produced during stress".

This unique blend of all natural ingredients include:

**L-theanine-** In one study with young women, L-theanine appeared to produce a relaxed and alert state by having the greatest impact on the intensity of alpha waves among the women categorized as high-anxiety responders.

**Ashwagandha Root Extract-** Laboratory studies and centuries of safe use have demonstrated ashwagandha's adaptogenic properties, including its ability to enhance performance during stress.

**Beta-Sitosterol-** A recent study suggested that beta-sitosterol had a positive effect on immune function in marathon runners.

**L-Tyrosine-** In a number of human studies, fairly high intakes of the amino acid L-tyrosine were found to lessen the impact of environmental stressors such as extreme cold, loud

noises, or sleep deprivation.

**Shaklee's Stress Relief Complex**

**#20656**

(30 caplets)





# Women's Health



Menopause can happen in your 40s or 50s, but the average age is 51 in the United States. It is a natural biological process. Although it ends fertility, you can stay healthy, vital and sexual. Some women feel relieved because they no longer need to worry about pregnancy.

Menopause affects every woman differently. Some women have no symptoms, but some women have changes in several areas of their lives. It's not always possible to tell if these changes are related to aging, menopause, or both.

Some changes that might start in the years around menopause include:

- **Irregular periods**-Your periods can come more often or less, last more days or fewer, and be lighter or heavier. Do not as-

sume that missing a couple of periods means you are beginning the menopausal transition.

- **Hot flashes**-Also called hot flushes, these are a sudden feeling of heat in the upper part or all of your body. Your face and neck may become red. Red blotches may appear on your chest, back, and arms. Heavy sweating and cold shivering can follow.

- **Trouble sleeping**-You may find it hard to sleep through the night. You may have night sweats, which are hot flashes that make you perspire while you sleep.

- **Vaginal and urinary problems**- These problems may start or increase in the time around menopause. The walls of your vagina may get drier and thinner because of lower levels of the hormone estrogen. Estrogen also helps protect the health of your bladder and urethra, the tube that empties your urine. With less estrogen, sex may become less comfortable.

- **Mood changes**-You could have mood swings, feel crabby, or have crying spells.
- **Changing feelings about sex**-Some women feel less aroused, while others feel more comfortable with their sexuality after menopause. Some women may

be less interested in sex because sex can be more physically uncomfortable.

- **Osteoporosis**-This is a condition in which your bones get thin and weak. It can lead to loss of height and broken bones.
- **Other changes**-You might become forgetful or have trouble focusing. Your waist could become larger. You could lose muscle and gain fat. Your joints and muscles also could feel stiff and achy.

You do not have to live with these irritating symptoms. There is help. **Shaklee Menopause Balance Complex**. Menopause Balance Complex contains black cohosh, proven to help regulate hormonal balance during menopause and reduce hot flashes, mild mood swings, and occasional sleeplessness. In addition, Menopause Balance Complex provides both soy isoflavones and flaxseed lignans, phytoestrogens currently being studied for heart, bone, and breast health.

Menopause Balance Complex is gluten free, has no artificial flavors, no sweeteners, or preservatives added.



**Shaklee's Menopause Balance Complex**

**#20645**  
(60 capsules)

# Men's Health

According to the National Cancer Institute at the National Institutes of Health, prostate cancer is the second most common cancer in American men, after skin cancer. In 2012, just over 240,000 new cases of prostate cancer were diagnosed, and almost 30,000 men died from the disease.

While these are sobering statistics, prostate cancer is also one of those diseases that can be treated successfully if caught early. Though the disease occurs mainly in men aged 65 and older, it's recommended that men begin to think about getting screened as early as 40 years of age, depending upon family history. As far as the causes of prostate cancer, doctors are uncertain of its specific causes but agree that lack of physical activity and a poor diet are among some contributing factors.

As men grow older, many experience declining prostate health that significantly affects their lifestyle and well-being. One of the most common conditions threatening the prostate gland is benign prostatic hypertrophy. This swelling of the prostate gland can lead to symptoms such as increased

urinary frequency, weak urinary stream, and difficulty initiating urination. Benign prostatic hypertrophy (BPH) is a common condition that becomes increasingly prevalent in aging men. BPH affects 8% of all men at the age of 40, 60% of men in



their seventies, and 90% of men in their eighties. One fourth of these men will develop moderate-to-severe lower urinary tract symptoms that will greatly affect their quality of life.

For more than a century, saw palmetto (*Sabal serrulata*) has been recognized for its ability to relieve swelling of the prostate gland. In

fact, saw palmetto is one of the most popular plant-derived remedies for benign prostatic hypertrophy. Doctors in Germany, Austria, and Italy use saw palmetto, along with other plant extracts like pygeum and nettle root, as a first-line



treatment for enlargement of the prostate gland.

Extensive research supports saw palmetto's benefits for prostate health. An analysis of 2,939 men with symptomatic BPH found that those taking saw palmetto extract reported greater improvement of urinary tract symptoms and urinary flow measures compared to control subjects. Furthermore, the experimental group saw a decrease in episodes of nocturia (nighttime urination) and an improvement in peak urinary flow.

Shaklee's unique Saw Palmetto Complex helps maintain proper urinary flow in men. Its blend of natural

ingredients includes the finest standardized saw palmetto berry extract, pumpkin seed oil, and enriched sources of beta sitosterols and other valuable phytosterols, which have been found to support prostate health.

Saw Palmetto Complex is gluten free, has no artificial flavors, no sweeteners, or preservatives added.



**Shaklee's  
Saw Palmetto**

**#20607  
(60 capsules)**

**RETURN SERVICE REQUESTED**

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## Beat The Heat With Shaklee's Antiperspirant

If you are one of the many people who often find the underarms damp or even drenched, then you should perhaps consider antiperspirants instead of a more traditional deodorant, since deodorant can only help you to stop sweating to a noticeable degree.

Antiperspirants generally work by blocking or closing the channels on the skin through which sweat is released. By using antiperspirant, wetness under the arms can be reduced or even eliminated.



Some people feel that it is unhealthy to prevent the body from sweating and cooling itself as it would normally do. However, antiperspirants only block sweat in the areas where it is applied. The body has many other sweating channels that will remain open. It is therefore possible for the body to excrete sweat, but in less embarrassing locations. This is especially important for those people who face anxious situations, since nervousness increases sweating in most people. If you are one

of the people who wishes to prevent sweating, you might want to consider using Shaklee's Desert Wind Roll-On Antiperspirant.

Shaklee's Desert Wind Roll-On Antiperspirant is gentle, long-lasting protection against wetness and odors. This fresh scented roll-on has a non-stinging formula containing allantoin for a smooth comfortable feeling.



**Shaklee's Desert Wind Roll-On Antiperspirant**

**#30356**



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