

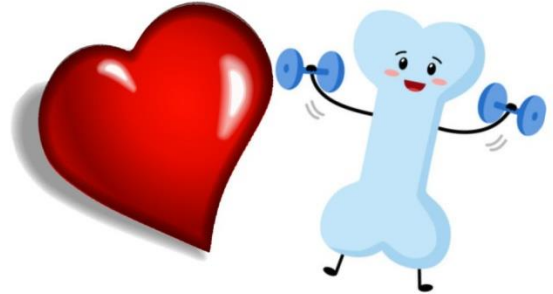


## The best supplements for...

- ▶ Always start with...
- ▶ What MultiTaskers don't cover...
- ▶ Combos for your health concerns

## What is your health concern?

- ▶ Cardiovascular System
- ▶ Bones & Teeth
- ▶ Musculature
- ▶ Immunity
- ▶ ....more



## A natural way to prevent body odor...

- ▶ Sweat from exertion
- ▶ Foot odor
- ▶ Bad breath
- ▶ The solutions

This email newsletter has been sent to you compliments of:

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**Shaklee**  
INDEPENDENT DISTRIBUTOR

# Making a Difference!

## In This Issue...

- Page 1**  
Supplement combos
- Page 2**  
Health concerns?
- Page 3**  
Health issues (cont)
- Page 4**  
No more body odor!

Through Shaklee, we are all...

*There are many different types of cells in the body. Each type forms into the different structures... bone, teeth, muscles, brain, nerves, internal organs, etc., and each type of cell requires a different combination of nutrition. We might compare the various cell types to the various types of buildings, which require different types of construction material. There, however, the comparison ends. The body is an organic structure, and is endowed with life*

*~ A Study Course in Nutrition by Forrest Shaklee Sr., DC, DD*

### Always start with...

When you're in the process of addressing health issues nutritionally, it's always best to begin with a great foundation.

**Vita-Lea** or **Vitalizer** and a delicious **Life Shake** will provide the basic essential nutrients that every cell needs in order to function at its peak. Then... adding supplement combinations to address specific health concerns will just add to your vitality and lifespan.

If you're not sure where to start adding supplements, try taking the **Meology Assessment** for truly personalized nutrition.



## The best supplements for...

Shaklee recently introduced **MultiTaskers**... 2-in-1 supplement formulas that address these specific health issues: Energy + Beauty, Gut Health + Regularity, Sleep + Anti-Aging, Vaginal Health + Urinary Tract Health, and Stress Relief + Improved Mood.

But what if you have different health concerns not addressed by these **MultiTaskers**? Are there nutrient combinations that can address other specific health issues? Yes... there are!

In this newsletter, we'll detail nutrient combos and where you can find them if you are concerned about the health of your:

- Cardiovascular System
- Immunity
- Bones and Teeth
- Nervous System
- Musculature
- Endocrine System

No matter what your specific health concern, Shaklee has the supplements you need!

*(continued on Page 2)*

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Product Ordering Guide			
Item Code	Product	Item Code	Product
20290	Vita-Lea Gold w/ K 120s	21385	S 180 Energy Tea Elderberry 28 svgs
20495	Physique + BioBuild	22093	Chevable Cal Mag Plus 120s
22078	OmegaGuard 180s	21409	Collagen-9 40 svgs
20186	Vita-D3 90s	20194	B-Complex 240s
21364	VitalMag 30 svgs	22031	S 180 Energy Tea Gr Matcha 28 svgs
21223	CoQHeart 30s	20656	Stress Relief Complex 30s
22076	OsteoMatrix 360s	20112	Vita-E Complex 90s
20084	Garlic Complex 240s	20141	Herb-Lax 240s
20095	Sust Release Vita-C 180s	20633	EZ-Gest 30s
21377	Chewable Vita-C 60s	20160	Alfalfa Complex 700s
20411	Zinc Complex 120s	29073	Meadow Blend Bar
21320	Optiflora DI 30s	32622	Revitalize Body Wash
20613	Defend & Resist 90s	32621	Protect Deodorant
21408	Triple Defense Boost 20 svgs	00527	Basic-G 16 oz

# What is your health concern?

## Healthy Muscles

Maintaining a strong and resilient muscular system is crucial for overall physical health and functionality. Regular exercise and a protein-rich diet are key components of muscle health; however, these nutrients can provide additional support:

❑ **Proteins (Life Shake, Energizing Soy Protein)** comprise the building blocks of muscles, and ensuring an adequate protein intake is essential for muscle development and repair.

❑ **Branched-Chain Amino Acids or BCAAs (Performance<sup>®</sup> Advanced Physique<sup>®</sup> 100% Grass-Fed Whey Protein)**, including leucine, isoleucine, and valine, are essential amino acids that play a key role in muscle protein synthesis. BCAAs support muscle recovery after intense workouts. They help reduce muscle soreness, promote protein synthesis, and prevent muscle breakdown.

❑ **Omega-3 fatty acids (OmegaGuard)**, particularly EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), support the muscular system by reducing inflammation. Inflammation can impair muscle recovery and increase the risk of injury.

❑ **Vitamin D (Vita-D3)** is associated with improved muscle strength and performance.

❑ **Magnesium (VitalMag)** helps muscles contract and relax. It is also involved in the production of ATP, supporting energy metabolism within muscle cells.

It's so good to know that there are synergistic nutrient combinations that can help with many health issues. Here's what to take if you're concerned about:

## Cardiovascular Health

A healthy cardiovascular system, which includes the heart and blood vessels, plays a crucial role in maintaining overall health. It ensures the efficient circulation of blood, oxygen, and nutrients throughout the body.

These nutrients have gained prominence for their potential benefits in promoting heart health.

❑ **Omega-3 fatty acids (found in Omega-Guard)** reduce inflammation, which leads to improved blood pressure control and decreased risk of heart disease.

❑ **Coenzyme Q10 or CoQ10 (CoQHeart)** is a naturally occurring antioxidant that plays a crucial role in energy production within cells, including those in the heart.

❑ **Magnesium (Sustained Release Vital-Mag, Osteo-Matrix)** is an essential mineral that plays a key role in maintaining a regular heartbeat, supporting blood vessel function and lowering risk of cardiovascular issues.

❑ **Vitamin D (Vita-D3)** receptors are present in the heart and blood vessels, and maintaining optimal levels may improve blood pressure regulation and reduce the risk of heart disease.

❑ **Garlic extract (Garlic Complex)** contains allicin, a compound with anti-inflammatory and antioxidant properties that help lower blood pressure and cholesterol levels.

❑ **Soluble fiber (Life Shake)** has been shown to help lower cholesterol levels.

Embrace heartfelt harmony by combining these supplements with a heart-healthy lifestyle for a resilient cardiovascular system that supports your overall well-being and longevity.

## Healthy Immunity

A healthy immune system acts as the body's defense

against infections and illnesses. While a balanced diet, regular exercise, and adequate sleep are essential components of a strong immune

system, many individuals turn to specific nutrients to provide an extra boost:

❑ **Vitamin C (Sustained Release Vita-C, Chewable Vita-C)** is involved in various immune functions, including the production

of white blood cells and antibodies. An antioxidant, it helps protect cells from damage caused by free radicals.

❑ **Vitamin D (Vita-D3)** supports the production of antimicrobial peptides that help fight off infections.

❑ **Zinc (Zinc Complex)** is involved in the development and function of immune cells and helps regulate inflammation.

❑ A significant portion of the immune system resides in the gut, making gut health crucial for overall immunity.

## Probiotics (Optiflora Sustain, Optiflora DI and Good Gut & Go MultiTasker)

are beneficial bacteria that promote a healthy balance of gut flora. They help regulate the immune response and prevent the overgrowth of harmful bacteria.

❑ **Echinacea (Defend & Resist Complex, Triple Defense Boost)** stimulates the immune

system, may help reduce the severity and duration of colds and can be a preventive measure against respiratory infections.

❑ **Elderberry (Shaklee 180 Elderberry Energizing Tea, Defend & Resist Complex, Triple Defense Boost)** is rich in antioxidants and contains compounds that may help inhibit the replication of viruses.



## Bone Health

Maintaining strong and healthy bones is crucial for overall well-being and longevity. While a balanced diet and weight-bearing exercises contribute to bone health, supplements can ensure you are meeting your nutritional needs.

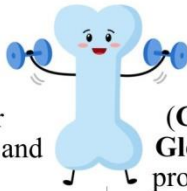
❑ **Calcium (OsteoMatrix, Chewable Cal Mag Plus)** plays a vital role in

maintaining bone density and strength. Adequate calcium intake is essential throughout life, with increased importance during childhood, adolescence, and postmenopausal years.

❑ **Vitamin D (Vita-D3)** is crucial for bone health as it helps the body absorb calcium from the diet. Insufficient vitamin D levels can lead to poor calcium absorption, resulting in weakened bones.

❑ **Magnesium (Vital-Mag, OsteoMatrix)** works in synergy with calcium to support bone health. It plays a role in bone mineralization and influences the activity of osteoblasts, the cells responsible for bone formation.

❑ **Vitamin K (Vita-Lea Gold with K, Vitalizer Gold with K)** is essential for bone metabolism as it helps regulate calcium within the bones and blood vessels. It plays a role in the synthesis of proteins



involved in bone mineralization.

❑ **Collagen (Collagen-9, Up & Glowing MultiTasker)** provides structure to bones, tendons, and ligaments. Since its production in the body declines with age, a collagen supplement may benefit those experiencing joint discomfort.

❑ **Boron (Sustained Release VitalMag)** influences calcium and magnesium metabolism, increasing bone density.

## A Healthy Nervous System

A well-functioning nervous system is essential for overall health, influencing everything from cognitive function to motor skills. These nutrients can help:

❑ **Omega-3 fatty acids (OmegaGuard)**, particularly EPA and DHA, are essential components of brain cell membranes. These fatty acids support cognitive function and contribute to overall nerve cell health.

❑ **The B-vitamins (B-Complex)**, including B1 (thiamine), B6 (pyridoxine), B9 (folate), and B12 (cobalamin), plays a crucial role in nerve function. Thiamine helps nerve cells produce energy, while B6 and B12 are involved in neurotransmitter synthesis. Folate is essential for DNA and RNA synthe-

sis, crucial for nerve cell development and repair.

❑ **Magnesium (Sustained Release VitalMag)** acts as a natural relaxant for nerves and muscles. It plays a role in neurotransmitter release and helps regulate nerve function. Magnesium deficiency may lead to symptoms like muscle cramps and tingling sensations.

❑ **Vitamin D (Vita-D3)** is vital for the nervous system. Vitamin D receptors in the brain play a role in nerve cell protection and function.

❑ **L-theanine (Shaklee 180 Green Matcha Energizing Tea)** is an amino acid known for its calming effects on the nervous system without inducing drowsiness. L-theanine enhances alpha brain waves, promoting a state of relaxed alertness.

❑ **CoQ10 (CoQHeart)** plays a crucial role in the production of cellular energy. It is particularly important for nerve cells, which require significant energy to function optimally.

By addressing your specific health concerns with Shaklee supplement combos, in conjunction with consultation with your healthcare professional when necessary, you'll experience a more positive outcome.



## A natural way to prevent body odor...

### Stinky clothes?

If odors cling to your clothes because they are not being thoroughly cleaned during washing (often the case with residue-laden commercial laundry products), try switching to **Get Clean Fresh Laundry** products, adding some **Nature Bright Laundry Booster and Stain Remover**. For heavy odors in clothes, add 1/4 cup of **Basic-G** to the wash water. Clothes will come out thoroughly clean and odor-free instead of perfumey and full of fillers and detergent residue.



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**Y**uck! We have all experienced it... that sweaty underarm odor from a heavy workout or mowing the lawn on a hot day; foot odor from socks when you take off your shoes; bad breath after too much garlic, onions, alcohol, or coffee; that acrid smell from a fever or illness.

Usually the odor disappears after a shower and change of clothes. But with some people, body or breath odor is a persistent, chronic problem... one which can indicate a serious health condition.

Chronic body odor can stem from constipation, allowing bacteria and toxins to overload the intestinal tract. The excess poison is dumped into the bloodstream then leached out from the sweat glands near the skin's surface, creating a constant, foul body odor. Eventually, this condition can lead to serious illness.

Taking **Herb-Lax**, **EZ-Gest** and fiber-rich **Life Shake** for better elimination, and **Alfalfa Complex** and **Zinc** for their odor-neutralizing effect, is a great solution. Then,



switch to a better diet for long-term health benefits.

For bathing, use **Meadow Blend Soap-Free Cleansing Bars** or **Revitalize Body Wash**. And of course, Shaklee offers aluminum-free **Protect Deodorant** to neutralize underarm odor naturally. This arrowroot and zinc-based deodorant with charcoal neutralizes odor and absorbs wet-



## With Shaklee, It's Easy To...

- Enjoy the benefits of improved health!
- Have more energy and vitality!
- Enjoy natural beauty... inside and out!
- Protect our fragile environment!
- Achieve financial independence... forever!



**Take charge of your life today... with Shaklee!**