



## It's time to ... reset!

- Introducing the Five Day Reset
- What happened in the pilot study?
- Revitalize your body in just 5 days!
- Tips to maximize your Five Day Reset

## What you need to know about GLP-1 meds

- What are they?
- How do they work?
- Common challenges...
- Shaklee solutions...



## Say goodbye to yo-yo dieting... for good!

- A 2 phase approach
- Safe, healthy, permanent weight loss
- Why it works... the science



**This email newsletter has been sent to you compliments of:**

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**Shaklee**  
INDEPENDENT DISTRIBUTOR

# Making a Difference!

Through Shaklee, we are all...

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No more yo-yo!

*In rebuilding [your] health... the first material [you] must consider is... **PROTEIN**... for it is the basic food of all animals. As 95% of your cell structure is protein, it requires a goodly supply to make repair and build new cells. Without protein, there would be no cells. Without protein, there would be no body.*

*[You] should be vitally interested in [your] supply of protein, for there are many ways to weaken and alter the protein content of food. For this reason, you must not only consider the **QUANTITY** of protein you eat... you must give careful consideration to its **QUALITY**. Protein that does not provide all of the amino acids may weaken your body structure by failing to do the complete job.*

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

**What happened in the Five Day Reset pilot study?**

In the pilot study, participants saw these results in just five days:

- Over 60% of participants said their energy, mood & focus improved
- 87% said their cravings for unhealthy foods decreased
- 67% said they felt full and satisfied after meals
- 67% said their digestive health improved
- 87% said their clothes fit better

On average, participants also lost:

- 3.25 pounds
- 2% body weight
- 1.25 inches around their waist
- 0.9 inches around their hips



**It's time to... reset!**

When your goal is to live healthier, sometimes you need a fresh start. If you want to feel better, look better, and have your clothes fit better in just five short days, know that it's possible with Shaklee's new **Five Day Reset Program**. Designed by doctors and nutritionists to boost energy, improve sleep and mood, curb hunger, and ease bloating, you'll reset your body, boost your well-being in less than a week! With easy-to-make, high-protein, fiber-rich, and nutrient-dense meals, drinks, and supplements, **Five Day Reset** helps balance your body composition, supports digestion, and helps you lose the right kind of weight. Supplies are limited, so grab yours now!

In this newsletter you'll learn everything you need to know about the **Five Day Reset**, how it works, and what you can look forward to when you start on this health journey. *(continued on Page 2)*

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**Product Ordering Guide**

Item Code	Product	Item Code	Product
59564	Five Day Reset Kit	22053	S 180 Snack Bar Choc/Cant 10
21508	Up & Glowing 20 sticks	22051	S 180 Snack Bar Toffee/Choc 10
21505	Good Gut & Go 30 sticks	22012	S 180 Snack Bar Peanut Butter 10
21514	Vita-Lea Gummy 90s	21506	Rest & Rewind 20 sticks
21321	Soy Life Shake Van 14 svg	20286	Vita-Lea Men 120s
21324	Soy Life Shake Choc 14 svg	20288	Vita-Lea Women 120s
21327	Soy Life Shake Straw 14 svg	20290	Vita-Lea Gold w/ K 120s
21329	Soy Life Shake Latte 14 svg	20291	Vita-Lea Gold w/o K 120s
21333	Plant Life Shake Van 14 svg	89280	S 180 Turnaround Kit
21335	Plant Life Shake Choc 14 svg	89426	S 180 Starter Kit
22052	S 180 Snack Bar Cherry/Alm 10		

Not all featured products or sizes listed due to space limitations.

**Need a reset? Here's a program you'll love!**

# Revitalize your body & supercharge your well-being in just 5 days!

## Tips to Maximize Your Five Day Reset

❑ **Set Goals:** Celebrate small wins, like eating healthier and following a consistent schedule.

❑ **Meal Prep:** Pre-chop fruits, veggies, and lean proteins to make mealtime quick and easy.



❑ **Stay Active:** Incorporate light exercises like walking to complement your **Reset**.

❑ **Join a Community:** Connect with a wellness group to stay motivated and inspired on your journey.

## Why you'll love the Five Day Reset Program

➤ **Powered by protein.** Provides 35% of calories from protein, including leucine, to curb hunger, reduce cravings, and support a healthy body composition.

➤ **Nutrient-dense.** Features 11 wholesome foods and beverages with essential vitamins, minerals, and fiber to keep you energized and feeling great.

➤ **Results in just 5 days.** See visible improvements in energy, mood, sleep, digestive health, hunger management, and body shape... all within five days.

➤ **Simple and flexible.** Minimal prep... just add water and a few easy additions to customize flavor and boost nutrition.

➤ **Clean ingredients.** Gluten-free, with no artificial flavors, sweeteners, or preservatives.

Are you ready to transform your health?

The powerful **Five Day Reset Program** helps you recharge your body, increase energy, improve sleep, uplift your mood, curb cravings, and eliminate bloating.

Packed with easy-to-make, high-protein, fiber-rich, and nutrient-dense meals, drinks, and supplements, the **Five Day Reset** rebalances your body composition, supports digestion, and sets you up for success.

## How & why it works...

By combining calorie control with nutrient-packed foods and drinks, the **Five Day Reset** program ensures you stay nourished, satisfied, and on track. Three pillars make it effective:

**1) Protein powerhouse.** Protein... with the key amino acid leucine... is the star of the **Reset**. It keeps you full, preserves lean muscle, and supports muscle repair. With 35% of calories from protein, 40% from carbs, and 25% from healthy fats, this balanced approach curbs hunger, reduces cravings, and stabilizes energy.

**2) Essential nutrients.** Nutrient-dense meals and drinks fuel your body with vital vitamins, minerals, fiber, and macronutrients, all working together to

energize your body, enhance your mood, and ensure you feel great!

**3) Restorative supplements.** Carefully selected supplements promote better sleep, hydration, focus, and gut health.

## A day on the Reset...

### Morning

Kickstart your day with an **Up & Glowing Collagen Vanilla Latte** mixed with 8 oz of nonfat milk or your favorite nondairy alternative. This energizing drink supports glowing skin, healthy hair, and natural energy with green tea extract, collagen, vitamin C, biotin and hyaluronic acid.

### Breakfast

Enjoy **Protein Oats**, a hearty blend of whole grains, dried fruit, and plant-based protein. Add fresh fruit, nuts, or seeds for a personal touch. Pair it with **Good Gut & Go**, a raspberry synbiotic drink packed with probiotics and prebiotic

fiber to support digestion.

### Midmorning

Stay hydrated with your first **Electrolyte+ Drink**. Packed with essential electrolytes and beetroot, it keeps you focused and energized.

### Lunch

Savor **Protein Veggie Broth**, enhanced with 3-4 oz of lean protein and your choice of vegetables. Pair it with another

**Electrolyte+ Drink** and take nutrient-packed strawberry **Vita-Lea Gummies** to support overall health and boost energy.

### Afternoon

Blend up a **Life Shake**, a nutrient-dense, plant-based protein shake. Choose your favorite beverage to mix it with and enjoy a satisfying, delicious snack.

Craving something more? Try a protein-packed **Snack Bar** to keep you fueled.

### Dinner

Wind down with another serving of **Protein Veggie Broth**, with additional lean protein or veggies.

### Evening

Unwind before bed with a soothing cup of **Rest & Rewind Mint Tea**. This melatonin-free tea promotes restful sleep and supports cellular health with 5-HTP and potent antioxidants.



# Taking GLP-1 medications? Here's what you need to know...

Did you know that 1 in 8 adults in the U.S. has taken a GLP-1 agonist medication?

While it's true that these popular drugs can help people lose weight and manage blood sugar, they come with their own set of challenges. If you're already taking a GLP-1 medication or thinking about it, understanding how these drugs work and the nutritional support you need is key to maximizing results and feeling your best.

## What are they and how do they work?

GLP-1 agonists, also known as glucagon-like peptide-1 receptor agonists... are a tool for weight loss and blood sugar control. You've probably heard of brands like Ozempic®, Wegovy®, or Trulicity® and wondered why they're so popular

These medications mimic the GLP-1 hormone, a natural compound your body releases after eating. The result? They supercharge two critical processes:

**1) Weight loss:** GLP-1s slow your stomach's emptying process, which keeps you feeling fuller longer and reduces cravings.

**2) Blood sugar control:** They boost insulin production and lower

glucagon levels, keeping your blood sugar stable.

While GLP-1 medications are effective, they also present challenges. But don't worry,, Shaklee has you covered with solutions.

## Common challenges (and simple solutions!)

➤ **You're eating less... but how's your nutrition?** Let's face it: Eating less can make it harder to get the nutrients your body craves. Even before GLP-1s came into the picture, most diets were already lacking essential vitamins and minerals. Now, with a reduced appetite, the risk of nutrient gaps only increases.

**Your solution?** Build balanced meals with 1/2 vegetables and fruits, 1/4 lean protein, and 1/4 whole grains. Add a daily multivitamin like Vita-Lea® to fill any gaps and keep your body running like a well-oiled machine.

➤ **Gut Trouble?** Slower digestion is part of how GLP-1s work, but it can leave you feeling bloated, queasy, or irregular. Plus, these meds may disrupt the balance of your gut microbiome... the "good bacteria" that keep your digestion, immunity, and overall health in check.

**Your solution?** Fuel

your gut with prebiotic-rich foods like bananas, asparagus, and oats to nourish good bacteria. Fermented foods like yogurt, kombucha, and tempeh can also help rebalance your gut.

Need extra support? Try **Good Gut & Go**, a powerful prebiotic + probiotic combo designed to optimize digestion and gut health.

➤ **Losing muscle while losing fat?** Weight loss is great, but losing lean muscle along with fat isn't. Muscle is your calorie-burning powerhouse, so losing it can slow your metabolism and make it harder to maintain your weight loss in the long run.

**Your solution?** Aim for 0.4 grams of protein per pound of body weight... that's around 56 grams a day for men and 46 grams for women. Include protein-rich foods like chicken, fish, nuts, and seeds. Supplement with **Life Shakes** packed with 20 grams of protein per serving plus leucine, a key amino acid which builds lean muscle, burns fat, and keeps your metabolism humming.

So if you are using GLP-1 medications or if they're in your future, pairing them with Shaklee nutrition and lifestyle habits can transform your results.



## Debunking common myths about protein

There's a lot of misinformation out there when it comes to protein and nutrition. Let's clear up a few myths.

### Myth 1: Eating too much protein will make you bulky

Protein is often associated with bodybuilding, but eating protein alone won't turn you into a weightlifter. Building significant muscle mass requires a combination of intense strength training and a calorie surplus. Protein simply supports muscle repair and recovery, making it a crucial nutrient for everyone... not just athletes.

### Myth 2: Low-carb or low-fat diets are best for weight loss

While cutting carbs or fat might seem like an easy way to lose weight, it's not sustainable or healthy in the long term. Both carbs and fats serve vital roles in your body. Instead of extreme diets, aim for a balanced plate:

- ☐ 1/2 vegetables
- ☐ 1/4 protein
- ☐ 1/4 healthy grains or starchy vegetables



This ratio helps you stay energized, satisfied, and nutritionally balanced.

### Myth 3: All protein sources are equal

Not all protein sources are created equal. Some, like animal-based proteins, are considered complete proteins because they contain all nine essential amino acids. Most plant-based proteins are incomplete, but you can pair them... like rice and beans... to create a complete protein profile.

## Say goodbye to yo-yo dieting...for good!

### The Shaklee 180 Turnaround Kit

This customizable two-meal-a-day Kit will help you lose the weight and learn how to keep it off.

Add a serving of fruits or vegetables to your morning **Shaklee Life Energizing Shake** and start the day on a healthy note.

At lunch, enjoy a healthy meal or choose a **Life Energizing Shake** or **Meal-in-a-Bar**.

Stave off midday hunger and get the leucine you need with a **Snack Bar**.

Choose a **Life Energizing Shake** or eat a healthy meal at dinner... *your choice!*

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Does this sound familiar? You start a new diet, drop a few pounds, and then... bam!... the weight creeps back, often with a few extra pounds in tow. It's the exhausting cycle of yo-yo dieting, and it can leave you feeling frustrated and defeated.

But here's the truth: the problem isn't you. It's the diets. Most fad programs set you up for short-term success and long-term failure by ignoring one key factor... sustainability.

But what if there was a program designed not just to

help you lose weight, but to keep it off... forever? That's exactly what **Shaklee 180** delivers. Backed by clinical research, **Shaklee 180** is a revolutionary two-phase approach to weight management:

**Phase 1)** 90 days to lose the weight

**Phase 2)** 90 days to learn how to keep it off

This isn't another fad. **Shaklee 180** combines scientifically formulated products with tools, education, and a support system that keeps you motivated and on track.



### Why Shaklee 180 works: The science

The secret weapon? Leucine... a powerful amino acid that helps your body retain muscle as you shed fat. Traditional diets strip away both fat and muscle, leaving your metabolism sluggish and primed for weight regain.

With **Shaklee 180**, nearly every pound you lose is pure fat, while your muscle mass stays intact. This keeps your metabolism strong, helping you maintain your hard-earned weight loss.

With **Shaklee 180** you can say goodbye to the frustrating cycle of yo-yo dieting and hello to results that stick.

## 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!