



Unlock the power of... hydration!

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- ▶ Are you dehydrated?
- ▶ **NEW!** Electrolyte+ Hydration & Focus

Sugar... the sweet saboteur of health!

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Delicious recipes for Electrolyte+

- ▶ Citrus Sunset Spritz
- ▶ Berry Melon Cooler
- ▶ Tropical Focus Fizz
- ▶ Citrus Melon Bliss

This email newsletter has been sent to you compliments of:

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Making a Difference!

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Through Shaklee, we are all...

[To rid your cells of accumulated waste, stop eating.] When I said STOP EATING, I meant just that. Stop eating and start flushing your digestive system, liver, blood, and tissue cells with water. Drink as much water as you can hold. Then drink some more.

As one person told me, "I drank water till it ran out my ears." Drink at least one glass... two, if you can... every hour during the first day [of any detox].

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

Simple tips to stay hydrated

Struggling to drink enough water? These strategies can help:

- Carry a reusable water bottle with you.
- Drink water when you wake up, with meals, and before bed. Drink at the start of every hour.
- Drink water before, during, and after exercise.
- Infuse water with fruits like lemon, lime, or other fruit.
- Keep hunger at bay.
- Drink water before snacking.
- Choose water at restaurants:
- Use apps or phone alerts to help track your water intake.



Unlock the power of... hydration!

Think you've tried everything to feel more energized and focused? Here's a challenge: **drink more water!** This simple habit can transform your health!

Water powers your brain, aids digestion, and even regulates your mood. Yet nearly 75% of Americans are chronically dehydrated. The cost? Brain fog, sluggish metabolism, and premature aging. Dehydration often sneaks up subtly... an energy crash, difficulty concentrating, or unexplained hunger. By then, your body's water reserves are already running low.

The good news? Hydration is an easy fix with immediate results. A glass of water can refresh your skin, ease joint discomfort, and supercharge your metabolism. Not a fan of plain water? Try adding Shaklee's new **Electrolyte+ Hydration & Focus Drink Mix** to your next glass.

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Product Ordering Guide

Item Code	Product	Item Code	Product
21527	Electrolyte+ Rasp/Melon 20 sticks	21322	Soy Life Shake Van 28 svg
21525	Electrolyte+ B Orange 20 sticks	21325	Soy Life Shake Choc 28 svg
21308	Endurance Lem/Lime 30 sticks	21328	Soy Life Shake Straw 28 svg
21309	Endurance Orange 30 sticks	21330	Soy Life Shake Latte 28 svg
21321	Soy Life Shake Van 14 svg	21333	Plant Life Shake Van 14 svg
21324	Soy Life Shake Choc 14 svg	21335	Plant Life Shake Choc 14 svg
21327	Soy Life Shake Straw 14 svg	21334	Plant Life Shake Van 28 svg
21329	Soy Life Shake Latte 14 svg	21336	Plant Life Shake Choc 28 svg

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

Are you dehydrated?
 Shaklee has the healthy answer. Look inside...

Why hydration is critical for your health...

Are you dehydrated?

These body signals all indicate dehydration:

- thirst
- dry mouth
- fatigue
- darker (more concentrated) urine
- headaches
- dizziness
- confusion
- muscle cramps

Electrolyte+ Hydration & Focus Drink Mix

Electrolyte+ replenishes key electrolytes... sodium, potassium, and chloride... that help your body absorb and retain water, maintaining the balance of fluids in your body.

- Helps maintain hydration and supports physical endurance.
- Includes ingredients like L-theanine to enhance focus.
- Low in calories; contains no artificial flavors or sweeteners.
- Choose from **Raspberry Melon** or **Blood Orange** flavors

Performance® Endurance Electrolyte Drink Mix

Endurance is powered by OPTI-LYTE® a proprietary blend of six electrolytes for optimal hydration plus carbohydrates to deliver instant and sustained energy, increasing endurance for better athletic performance during more intense physical activities.

- Supported by clinical studies and used by world class athletes and real world adventurers.
- No artificial flavors, sweeteners, or preservatives.
- Available in **Lemon-Lime** and **Orange** flavors

Staying hydrated isn't just about quenching thirst... it's vital for survival!

Every system in your body depends on water to function properly. Water delivers nutrients to cells, removes waste, regulates temperature, and maintains key functions like heart rate and blood pressure. Your muscles, joints, skin, heart, and brain all rely on proper hydration. Without enough water, these systems falter, and your body can begin to shut down.

How much water do you need?

The general rule is to drink 6 to 8 8-ounce glasses of water daily, although some hydration researchers recommend even more. Your needs depend on factors like age, weight, activity level, and climate.

Why hydration is critical for your body

Water plays a direct role in nearly every bodily process. Hydration ensures your blood circulates efficiently, delivering oxygen and nutrients while removing waste. It's vital for digestion, helping your body break down food and absorb nutrients. Hydration also lubricates

your joints, reducing pain and inflammation, and keeps your skin supple by promoting elasticity and flushing out toxins.

Moreover, water regulates body temperature. During exercise or in hot weather, sweat cools your body... but without replenishment, you risk overheating. Simply put, staying hydrated is essential for comfort, performance, and avoiding serious health risks.

Best fluids for hydration

While plain water is excellent, drinks with electrolytes... like Shaklee's **Electrolyte+ Hydration & Focus Drink Mix** and **Shaklee Performance® Endurance Electrolyte Drink Mix**... can be even better. Electrolytes... minerals like sodium, potassium, and magnesium... help your body retain fluids, replenish what's lost through sweat, and keep your muscles functioning properly.

Hydration and brain power

Your brain is 73% water, and even mild dehydration can affect its performance. Studies show dehydration impacts focus, memory, and mood. Staying hydrated improves mental clarity, problem-solving, and overall



cognitive function.

Electrolyte+ not only replenishes fluids but also includes ingredients to enhance focus.

Hydration and physical performance

Hydration is crucial for athletic performance. During exercise, your body loses fluids and electrolytes through sweat.



Without proper hydration, endurance

plummets, and muscle cramps or fatigue can set in. Water is vital, but for optimal results, incorporate an electrolyte drink like **Endurance**. It's scientifically designed to keep you hydrated and energized during intense workouts or long training sessions.

Hydration and skin health

Want glowing skin? Start with hydration. Water supports collagen production, flushes out toxins, and keeps skin elastic. Without enough hydration, skin becomes dry, flaky, and prone to wrinkles. Pair consistent water intake with your skincare routine for radiant results.

So... drink up!

Sugar... the sweet saboteur of health!

Sugar... it's everywhere! And it's wreaking havoc on your health! This simple carbohydrate, found in forms like glucose, fructose, and sucrose, is a staple in many foods and beverages. While naturally occurring sugars in fruits and dairy are part of a balanced diet, added sugars... those sneaky extras found in processed foods... offer absolutely no nutritional value. Instead, they're often referred to as "empty calories", providing energy without essential vitamins, minerals, fiber, or protein.

The dark side of sugar Metabolic chaos and weight gain

Sugar plays a leading role in metabolic dysfunction, fueling weight gain and obesity. When consumed in excess, particularly as fructose, sugar overloads your liver, triggering increased fat production and storage. This chain reaction leads to insulin resistance, a condition where your body struggles to manage blood sugar levels, leading to metabolic syndrome and Type 2 diabetes.

Heart health on the line

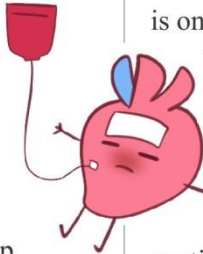
Excessive sugar consumption



raises your risk of heart disease, spiking blood pressure, elevating triglycerides, and driving inflammation. Worse still, sugar promotes the accumulation of visceral fat around vital organs and disrupts cholesterol levels, increasing LDL ("bad") cholesterol while lowering HDL ("good") cholesterol. The result? Atherosclerosis... a dangerous buildup of plaque in your arteries that can lead to heart attacks and strokes.

Devastating to dental health

Sugar is public enemy number one when it comes to your teeth. Bacteria in your mouth



feast on sugar, producing acid which erodes tooth enamel, leading to cavities and decay.

The inflammation connection

Chronic inflammation is a silent killer, and sugar is one of its primary triggers. Processed foods and sugary drinks cause blood sugar and insulin levels to spike, leading to inflammation and contributing to chronic diseases such as heart disease, diabetes, and even cancer.

Sugar may be sweet, but the health risks are anything but. So... isn't it time to break free from sugar's grip and reclaim your vitality? **Start now!**



Practical tips to kick the sugar habit...

- Reducing sugar intake might feel daunting, especially since it's hidden in so many foods. But with the right strategies, you can reclaim your health and enjoy a sweeter life... without the sugar.
- **Be a label detective**
- Sugar often disguises itself under aliases like high-fructose corn syrup, dextrose, maltose, or cane juice, so scrutinize ingredient lists and nutritional labels when shopping. Knowledge is your first defense.
- **Choose whole, unprocessed foods**
- Swap processed foods for whole, nutrient-rich options like fruits, vegetables, whole grains, nuts, and seeds.
- **Ditch sugary drinks**
- Sodas, sweetened teas, and even fruit juices are sugar bombs in disguise. Opt for water, herbal teas, or sparkling water with a splash of lemon or berries for natural sweetness instead.
- **Give it up gradually**
- Love your coffee or tea sweetened? Start reducing sugar gradually. Cut the amount in half and continue reducing it over time. Your taste buds will adapt, and soon you won't miss it!
- **Beware of "healthy" sweeteners**
- Natural sugars like honey, maple syrup, or agave nectar may seem healthier but are still sugar. And say no to artificial sweeteners like aspartame and sucralose, which are toxic and can actually harm your health.

Shaklee's answer to sugar...

When their customers requested an alternative to the stevia in **Life Shake**, Shaklee decided to create their own unique sweetener! Reb M (Rebaudioside M) is a zero-calorie sweetener derived from sugar cane, known for its clean sweetness and lack of the aftertaste found in stevia. Combined with a small amount of sugar, it creates the creamy, delicious flavor of **Life Shake**.

In this new formula, Shaklee added just 5 grams of sugar... equivalent to 1/4 of a medium apple, ensuring a clean, sweet flavor while keeping the shake low glycemic. It's suitable for those mindful of carbs and sugar, and still delivers 20 grams of protein, 6 grams of fiber, and 24 essential vitamins and minerals.

While Reb M has since become an industry favorite, Shaklee's goal was simple: to reformulate **Life Shake** with incredible flavor and balanced nutrition!



Delicious recipes for Electrolyte+

Citrus Melon Bliss

Ingredients:

- ½ packet each **Blood Orange** and **Raspberry Melon Electrolyte+**
- 4 oz orange juice
- 4 oz sparkling water
- 1 oz fresh lemon juice
- Ice cubes
- Citrus slices and berries for garnish

Instructions:

1. Combine **Electrolyte+** flavors in orange juice and lemon juice. Stir.
2. Add sparkling water. Stir.
3. Pour over ice.
4. Garnish with citrus slices and fresh berries for a colorful twist.



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Here are some creative ways to enjoy **Electrolyte+**:

Citrus Sunset Spritz

Ingredients:

- 1 packet **Blood Orange Electrolyte+**
- 8 oz sparkling water
- 2 oz orange juice
- 1 oz lime juice
- Ice cubes
- Orange slices and mint for garnish

Instructions:

1. Mix **Blood Orange Electrolyte+** with orange and lime juices until fully dissolved.
2. Fill a glass with ice cubes.
3. Pour over the ice and top with sparkling water.
4. Stir gently and garnish

with an orange slice and a sprig of mint.

Berry Melon Cooler

Ingredients:

- 1 packet **Raspberry Melon Electrolyte+**
- 6 oz cold watermelon juice (strained)
- 4 oz coconut water
- 1 oz fresh lemon juice
- Ice cubes
- Fresh raspberries and mint for garnish

Instructions:

1. Dissolve **Raspberry Melon Electrolyte+** in the watermelon juice.
2. Add coconut water and lemon juice, stirring well.
3. Pour the mixture over a glass filled with ice.
4. Garnish raspberries and a mint sprig.



Tropical Focus Fizz

Ingredients:

- 1 packet **Blood Orange Electrolyte+**

Ingredients:

- 6 oz pineapple juice
- 2 oz coconut water
- 2 oz sparkling water
- Ice cubes
- Pineapple chunks and a cherry for garnish

Instructions:

1. Mix the **Blood Orange Electrolyte+** packet with pineapple juice until dissolved.
2. Add coconut water and stir.
3. Pour into a glass filled with ice and top with sparkling water.
4. Garnish with a pineapple chunk and a cherry on top.

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!