



## Toxic overload making you sick?

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## Does your skin need a detox, too?

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- ▶ Pomifera & YOUTH

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**Shaklee**  
INDEPENDENT DISTRIBUTOR

# Making a Difference!

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Through Shaklee, we are all...

*During my many years in practice and during my study of clinical and laboratory tests, I have found many people "starving to death on a full stomach". They were eating enough good nutritious food, BUT they were also stuffing their systems with... altered, devitalized foods, and over-eating... injurious foods.*

*Most... were suffering from "tissue constipation"! That is an accumulation of toxic body waste among the tissue cells which provided a breeding ground for disease.*

*Even the good nutritional values they were following were so contaminated by this toxic waste that it was unfit for cell consumption!*

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

## Signs of toxicity...

While symptoms of toxin overload may vary, here are some common signs to watch out for:

- Constipation and/or diarrhea
- Inability to lose weight
- Brain fog, confusion, memory loss, lack of focus
- Foul body odor and/or bad breath
- Skin problems, thinning hair
- Body aches and pains
- Low energy, constant fatigue, exhaustion
- Easily catch colds, the flu, etc.



## Toxic overload making you sick?

Did you know that lead poisoning from water pipes may have contributed to the fall of the Roman Empire? Surprisingly, it wasn't war or famine that played the biggest role... it was a toxin hidden in their water supply!

While we've come a long way since ancient times, toxins still surround us... arguably even more so in today's tech-driven, artificial world. Most people know toxins are harmful and that detoxifying can improve health. But do we really understand what toxins do to our bodies?

Toxins are chemical compounds that damage the body when absorbed. They can be synthetic, or naturally produced by living organisms. In the past, toxic overload was often linked to occupations like coal mining, where workers constantly inhaled coal dust. Today, due to industrialization, almost everyone faces the risk of overexposure to harmful chemicals in everyday life.

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### Product Ordering Guide

Item Code	Product	Item Code	Product
21318	7-Day Healthy Cleanse	21510	Perf Pre-Workout Drink 30 stks
21320	Optiflora DI 30s	21508	Up & Glowing 20 stks
21516	Liver DTX 90s	21505	Good Gut & Go 30 stks
20153	Alfalfa Complex 700s	21506	Rest & Rewind 20 stks
20160	Alfalfa Complex 330s	89717	Pomifera Glow Up Bundle
20141	Herb-Lax 240s	33022	Pomifera Balance® Cleanser
59654	5 Day Reset	33037	Pomifera Restore: Exfoliant
89759	21 Day Whole-Complete Bundle	33034	Pomifera Rose: Anti-Aging Serum
21322	Soy Life Shake Van 28 svg	33032	Pomifera Nourish: Moisturizer
21325	Soy Life Shake Choc 28 svg	32583	Moisture Activating Serum
21328	Soy Life Shake Straw 28 svg	32584	Moisture Lock Day Cream
21330	Soy Life Shake Latte 28 svg	32570	Adv Renewal Night Cream Light
21334	Plant Life Shake Van 28 svg	32571	Adv Renewal Night Cream Night
21336	Plant Life Shake Choc 28 svg		

# What toxin overload does to your body...

## 10 simple ways to reduce toxins

Many household and personal care products contain harmful chemicals. Try these simple, toxin-free alternatives:

☐ Choose non-toxic products like plant-based soaps, shampoos, and lotions like those available from Shaklee.

☐ Skip antibacterial soaps which can lead to drug-resistant bacteria. Use Shaklee soap-free body bars and washes instead.

☐ Avoid aerosol air fresheners and cleaners which release harmful compounds. Choose pump sprays or boil cloves and cinnamon for a natural scent.

☐ Shoes track in chemicals like pesticides and lead. Leave them outside.

☐ Choose Shaklee's line of safe, effective and extremely economical household cleaners.

☐ Switch to BPA-free plastics... especially for baby bottles and food containers. Never microwave food in plastic... use waxed paper instead.

☐ Replace synthetic carpets with wool, tile, or hardwood. Sweep, vacuum, and mop regularly.

☐ Buy organic fruits, vegetables, and meats. Wash non-organic produce thoroughly. Avoid GMOs like papaya, sweet corn, and squash.

☐ Chemicals in non-stick pans can affect health. Use cast-iron or stainless steel cookware.

☐ Open windows regularly and use exhaust fans in bathrooms and kitchens. Consider an air purifier with carbon filtration.

These simple swaps will keep your family healthier and save money, too.

Ever wonder how everyday toxins might be affecting your health? From the air we breathe to the food we eat, toxins are all around us. Our bodies are designed to flush them out, but when we're exposed too often... even in small amounts... these toxins can build up and take a toll on our health. Let's break down how this happens and why it matters.

## Understanding toxic inflammatory burden

Think of your body as a cleanup crew. It uses



antioxidants and other natural processes to clear out harmful substances. But when toxins pile up faster than your body can remove them, they create what's called a toxic inflammatory burden. Over time, this buildup can lead to health problems. Here's how:

## 1. Weakens the immune system

Imagine your immune system as your body's defense team. Toxins weaken this team by damaging the thymus... a gland responsible for producing immune cells. With fewer healthy cells, your body has a harder time fighting off infections



and diseases. Plus, chronic low-grade inflammation from toxins leaves you more vulnerable to illness.

## 2. Damages organs

Your liver and kidneys are like the body's filters, working nonstop to remove toxins. But constant exposure can overwhelm these organs, leading to inflammation and damage. Over time, this can increase the risk of issues like asthma, jaundice, and even cancer.

## 3. Weakens bones

Toxins can sneak into your bones, pushing out calcium and weakening your skeletal structure. This not only makes fractures more likely but also releases additional toxins into your bloodstream, creating a vicious cycle.



## 4. Accelerates aging

Nobody wants to age faster than they have to! Unfortunately, toxins speed up aging by causing oxidative stress... damage that affects cells

throughout your body. This process can lead to wrinkles, fatigue, and an increased risk of degenerative diseases.



## 5. Disrupts hormonal balance

Hormones act like messengers, keeping your body running smoothly. But toxins can interfere with these signals. For example, arsenic (found in soil and groundwater) can disrupt thyroid hormones, speeding up metabolism and causing chronic fatigue.

## 6. Damages cell membranes

Cell membranes are essential for communication between your cells and organs.

When toxins damage these membranes,



signals like insulin's call to regulate blood sugar may not get through. This disruption can lead to high blood sugar levels and increase the risk of diabetes.

## Why reducing toxin exposure matters

It's easy to think toxins aren't a big deal, but even everyday habits and foods can increase your exposure. Just look at history... ancient Romans unknowingly suffered

from lead poisoning. By making small changes to reduce your toxin exposure and support your body's detox processes, you can help safeguard your health.

## 3 ways Shaklee can help you detoxify...

A few years ago, if you suggested to someone that they detoxify their digestive system by fasting, juicing, or eating a raw foods diet, they probably thought you'd gone off the deep end. Today, detoxing for health is common, and considered almost necessary. When you go on a cleansing regimen, you reduce the amount of toxins going into your body, help your digestive system absorb the nutrients your body needs, and flush out everything that your internal organs have been trying to get rid of.

Fortunately, Shaklee makes it easy to renew and revitalize your system by sweeping away those pesky toxins. It's easy, gentle, natural, and leaves you with more energy, improved mental focus, enhanced mood and sleep quality, healthier digestion, and reduced food cravings. Choose from three Shaklee programs:

### 7-Day Healthy Cleanse

The **7-Day Healthy Cleanse** is a carefully selected combination of Shaklee supplements with a supporting diet plan for those looking for digestive support, a jump start to weight loss, or simply more energy. And... you'll feel better

in one week... guaranteed!

Each convenient daily packet contains:

☑ **Optiflora® DI probiotic:** Promotes healthy intestinal activity and good digestion.

☑ **Liver DTX® Complex:** Protects liver cells from toxins and supports liver cell function.

☑ **Alfalfa Complex:** Ultra-pure, premium alfalfa and spearmint. Green superfood abundant in vitamins, minerals, and chlorophyll.

☑ **Herb-Lax®:** Natural, gentle laxative to cleanse the body. Proprietary blend of senna and 8 other complementary herbs.

Also includes an easy-to follow, step-by-step cleanse guide with simple recommendations for ways to optimize your health journey.

### Five Day Reset

The **Five Day Reset** is uniquely designed to be the first step on your journey to regain your health. It combines calorie control with nutrient-dense foods and beverages rich in protein, fiber, essential vitamins, minerals, and leucine that keep you nourished, feeling full, and looking lean. You'll notice increased energy levels, improved gut health and sleep quality, enhanced

mood, sharper mental clarity, and better-fitting clothes.

### 21 Day Whole-Complete Bundle

The **21 Day Whole-Complete Bundle** delivers benefits to support you mentally, emotionally, and physically. This unique bundle contains:

☑ **7-Day Healthy Cleanse Kit**

☑ **Life Shake...** a convenient, delicious meal that fills you up with 20 g protein, 6 g fiber, and 24 essential vitamins and minerals.

☑ **Performance® Pre-Workout Energy Drink...** delivers natural energy to improve physical performance, delay muscle fatigue, reduce exertion, and sharpen focus.

☑ **Up & Glowing...** for natural energy plus healthy hair, skin, and nails.

☑ **Good Gut & Go...** a tasty raspberry drink with 10 billion CFUs of three clinically proven probiotic strains and 3 g of prebiotic fiber.

☑ **Rest & Rewind...** helps you fall asleep, promotes more restful sleep, and supports cellular health.



### Results of the 7-Day Healthy Cleanse study

- ☑ 80% of participants experienced improved energy levels and decreased cravings.
- ☑ 72% of participants felt improvements in hunger management.
- ☑ 60% of participants felt improvements in mood.
- ☑ 74% of participants felt improvement in quality of sleep and clarity of thinking.
- ☑ Results showed an average weight loss of 6.8 pounds and a decrease in waist circumference of 1.62 inches.



### Results of the Five Day Reset study

- ☑ Over 60% said their energy, mood & focus improved
- ☑ 87% said their cravings for unhealthy foods decreased
- ☑ 77% said their cravings for sugar decreased
- ☑ 67% said they felt full and satisfied after meals
- ☑ 67% said their digestive health (e.g., bloating, regularity) improved
- ☑ 87% said their clothes fit better

On average, participants lost:

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



## Does your skin need a detox, too?

### The Pomifera™ Glow Up Bundle

The **Pomifera Glow Up Bundle** helps hydrate, smooth, and soften for visibly healthy skin. This anti-aging skin care set includes a face cleanser, exfoliating face scrub, face moisturizer, and anti-aging serum. Each product in this four-step routine is formulated with Pomifera oil, a potent source of antioxidants, omega-6, and other bioactives, that has been clinically tested to improve the appearance of age spots, deep wrinkles, emerging wrinkles, and fine lines.



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When you think of detox, cleansing and weight loss might come to mind. But your skin... the body's largest organ... also benefits from a detox. Pollution, dirt, and poor diet can leave your skin looking dull and irritated. The good news? You can refresh and revitalize your skin with five simple steps.

### Why detox your skin?

Removing impurities and dead cells allows your skin to function properly, reducing redness, dryness, and flakiness. The result? A smoother, healthier glow. Here's how to detox your skin naturally:

### Easy skin detox tips

**1. Cleanse Daily:** Wash your face with a gentle cleanser morning and night to remove dirt and clear pores. We suggest **Pomifera Balance: Facial Cleanser** with Pomifera oil, sea kelp, and sunflower.

**2. Use an exfoliant:** A facial exfoliant can gently whisk away dry skin cells and impurities. Try **Pomifera Restore: Facial Exfoliant** formulated with Pomifera oil, walnut powder, quinoa, and essential oils for a natural detox.

**3. Hydrate deeply:** Mix one or two drops of **Pomifera Rose Oil** with **YOUTH Moisture**



**Activating Serum, Moisture Lock Day Cream and Advanced Renewal Night Cream** for superior skin hydration.

**4. Eat clean foods:** Replace greasy, fried foods and sweets with fresh fruits, vegetables, and organic foods rich in nutrients.



**5. Add probiotics:** Foods and supplements with probiotics promote gut health, strengthen your immune system, and help eliminate impurities. Try **Optiflora DI** for optimum gut health.

Next time you consider a detox, remember your skin. We promise... *you'll love the results!*

## 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!**