



Ow-w-w! Is it joint pain... or arthritis?

- ▶ The #1 cause of disability...
- ▶ The science behind joint pain
- ▶ When to see your doctor...
- ▶ Advanced Joint Health Complex

How to fight back if you have arthritis...

- ▶ Alfalfa Complex
- ▶ OsteoMatrix
- ▶ Vita-D3
- ▶ Shaklee's 1, 2, 3 punch!
- ▶ ... many more!



Smart kids start with smart nutrition...



- ▶ Meology Kids
- ▶ Shakleekids
- ▶ Meal Shakes
- ▶ Omega-3 Gellys
- ▶ ADHD & nutrition...

This email newsletter has been sent to you compliments of:

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Through Shaklee, we are all...

Making a Difference!

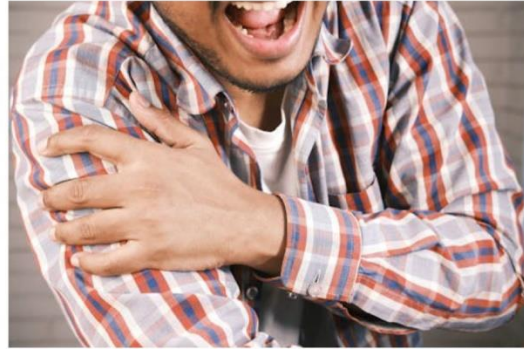
The nutritional values in alfalfa depend upon the richness of the soil in which it is grown. It also depends upon the treatment it has received since it was harvested, as many of the foods on your table contain less than one-tenth of their original nutritional values.

Alfalfa contains about 5 times as much protein as milk. It is higher in protein values than meat, eggs, or whole grains. It is 5 to 20 times higher in calcium, and many times higher in iron. It is exceptionally rich in Vitamin A, being almost equal to liver. It contains a good supply of the B Vitamins and of Vitamin E. However, the vitamin for which it is most noted is Vitamin K. It contains from 250 to 400 units of Vitamin K to every Gram.

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

Arthritis... the #1 cause of disability...

Your knees are a little achy and swollen, your fingers a little stiff. You're just not as flexible as you used to be. According to the Arthritis Foundation, these could all be signs and symptoms of arthritis, a condition that affects one out of every five adults in the U.S. It's the leading cause of disability in this country, with one in three adults reporting that arthritis limits their ability to work. If current trends continue, an estimated 67 million people will have arthritis within the next 20 years!



Ow-w-w! Is it joint pain... or arthritis?

Every creak, crack, or ache in your joints tells a story. But is it simply the result of overuse, or could it be arthritis... the condition that already affects over 50 million Americans? So how can you know what is causing your pain? Here's a clue...

Spotting the symptoms

Arthritis is not a single disease, but a group of more than 100 joint disorders. Symptoms can include:

- Persistent pain and stiffness
- Swelling and inflammation
- Damage to protective cartilage
- Joint weakness or instability
- Noticeable deformities

Because these signs often overlap with other illnesses, a diagnosis by your health care practitioner is the only way to know for sure.



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Product Ordering Guide

Item Code	Product	Item Code	Product
20153	Alfalfa Complex 330s	31051	Joint & Muscle Pain Cream
20160	Alfalfa Complex 700s	20667	Pain Relief Complex 90s
20281	Adv Joint Health Complex 60s	20321	Meal Shake Fr Vanilla 16 svgs
20186	B-Complex 120s	20322	Meal Shake Bav Cocoa 16 svgs
20194	B-Complex 240s	22052	Snack Bars Cherry/Alm 10 bars
21217	OsteoMatrix 120s	22051	Snack Bars Toffee/Choc 10 bars
21218	OsteoMatrix 360s	22053	Snack Bars Choc/Coconut 10 bars
20608	GLA Complex 60s	22012	Snack Bars Peanut Butter 10 bars
21364	Vita-D3 90s	20749	Glucose Regulation Complex 60s
20182	Lecithin 180s	21403	Omega-3 Gellys 30 svgs
22077	OmegaGuard 60s	89580	Meology Kids Gummy Pks 25 svgs
22078	OmegaGuard 180s	21386	Shakleekids Incredivites 120s
20095	Sustained Release Vita-C 180s	21390	Shakleekids Super Immunity 90s
20112	Vita-E Complex 90s	20411	Zinc 120s

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

What's behind your joint pain? The science you should know...

A healthy joint...

Every joint is a biomechanical marvel, composed of:

➤ **Cartilage:** Protects bone surfaces and absorbs impact.

➤ **Ligaments:** Provide joint stability.

➤ **Tendons:** Connect muscle to bone.

➤ **Bursae:** Cushion tendons and bones to reduce friction.

When these structures become damaged or inflamed, pain often follows.

When to see your health care practitioner about joint pain...

It's time to see your doctor if:

- You experience pain in your joints that is unexplained and appears with no warning.
- The joint is swollen, warm to the touch, red and tender.
- Pain in the joint persists for three or more days.
- You are having joint pain and a fever but have not had the flu.
- You have lost weight without trying to do so and experience joint pain.

If any of the following occur, it is best to head *directly* to the emergency room:

- You have received a serious injury to the joint.
- The joint appears deformed or misshapen.
- Swelling occurs suddenly.
- You cannot move the joint at all.
- The pain in the joint is severe.

If you experience joint pain, you're not alone... over 86 million

Americans report joint discomfort. But pain can strike any joint where bones meet and movement occurs.

The 8 leading causes of joint pain

1) Physical injury.

Impact trauma, such as twists or fractures, can damage ligaments, tendons, or bones... leading to inflammation and instability.

2) Repetitive stress and overuse.

Especially common in active teens and young adults, repetitive joint motion can cause cartilage breakdown... seen in chondromalacia patella, where the kneecap cartilage softens and deteriorates.

3) Types of arthritis (100+ identified).

Osteoarthritis: A wear-and-tear degeneration of cartilage over time.

Rheumatoid arthritis: A chronic autoimmune disorder

attacking joint linings.

Other forms include gout, septic arthritis, and reactive arthritis.

4) Autoimmune diseases.

Lupus causes joint inflammation and affects multiple organs.

Sarcoidosis... characterized by clusters of inflammatory cells (granulomas)... can impair joints.

5) Infectious diseases.

Viruses such as Lyme disease, mumps, rubella, and Epstein-Barr can provoke immune responses in joints, leading to pain and swelling.

6) Bone disorders related to nutrition.

Osteoporosis weakens bones and can make joints more vulnerable.

Rickets, driven by vitamin D deficiency, leads to bone softening. Joint discomfort may emerge even before the condition is diagnosed.

7) Bursitis and tendonitis.

Bursitis involves swollen fluid sacs near joints and flares during activity.

Tendonitis inflames tendons, commonly affecting the shoulder, heel, or wrist.

8) Chronic illnesses and systemic inflammation.

Long-term conditions like rheumatic fever or mononucleosis may involve low-grade inflammation in the joints.

Discover the cause... then choose a path

Knowing the root cause of your joint pain empowers you to take action. Whether the issue is mechanical, autoimmune, infectious, or nutritional, targeted

solutions can help reduce inflammation, restore mobility, and support tissue repair.

That's where Shaklee shines. Shaklee supplements are formulated to nourish your joints, support flexibility, and promote daily comfort... naturally.



Advanced Joint Health Complex supports healthy joints in 3 ways:



1 Improves cushioning: Glucosamine helps maintain cartilage... the protective cushioning between joints that allows them to move more freely.

2 Maintains healthy connective tissue: Zinc, copper, manganese, and vitamin C help build collagen and other important components of connective tissues that gives strength and structure to joints.

3 Increases joint comfort: Boswellia extract works fast to blunt the body's stress response mechanism to improve joint comfort.

How to fight back if you have arthritis...

Here's the truth: arthritis isn't something that can simply be "cured." Except for rare infectious cases, there's no drug, therapy, or supplement that can erase it entirely. But here's the encouraging part... you can slow the disease, protect your joints, and significantly reduce pain and stiffness with the right support. And science shows that natural supplements play a big role in that fight.

Shaklee solutions for joint comfort and flexibility

- Alfalfa Complex:** This mineral-rich super green helps neutralize blood acidity, often linked to joint discomfort. For decades, researchers have praised alfalfa as a powerful herbal aid for arthritis.
- B-Complex:** Inflammation uses up key nutrients like B6 and folate faster than your body can replenish them. Replacing these essentials helps restore balance, calm inflammation, and support nerve health.

- OsteoMatrix:** Calcium alone isn't enough to build strong bones... it needs vitamin D, magnesium, boron, vitamin K, zinc, and more to be absorbed and used effectively. **Shaklee OsteoMatrix** includes this complete synergy for bone and joint strength.

- GLA Complex:** Backed by clinical studies, Gamma Linolenic Acid from borage seed oil reduces joint swelling, relieves stiffness, and even improves grip strength... making daily tasks easier again.

- Vita-D₃:** Backed by two Shaklee clinical studies and packed full of the "sunshine vitamin" in its most potent form, **Vita-D₃** raises the levels of vitamin D in your blood to support overall health, bone health, heart health, and immunity.

- Lecithin:** Phosphatidylcholine, a compound in lecithin, has shown anti-inflammatory power in published studies, adding another layer of relief

- OmegaGuard:** Packed with ultra-pure omega-3s, **OmegaGuard** targets the root of

arthritis... chronic inflammation... preventing joint damage.

- Sustained Release Vita-C:** Vitamin C builds collagen, the foundation of cartilage, and acts as a shield against free radicals that accelerate joint wear and tear.

- Vita-E Complex:** Combined with selenium and grape seed extract, this **Vita-E** formula delivers antioxidant support to keep joint tissue healthy.

Why choose Shaklee?

Because quality matters. Shaklee's supplements are formulated with precision, tested for purity, and proven effective through decades of science and research. When it comes to joint health, you deserve more than generic pills... you deserve real results.

What's the bottom line?

You can't erase arthritis, but you can control it. With Shaklee's arthritis-targeted supplements, you give your body the tools to fight inflammation, protect your joints, and keep moving with comfort and confidence.

- Shaklee's 1, 2, 3 punch!** Shaklee has a comprehensive product trio that delivers a knockout punch to pain for arthritis sufferers:
- Joint & Muscle Pain Cream** targets muscle and joint discomfort to provide quick, long-lasting relief. In addition to natural anesthetic properties of menthol (derived from peppermint oil), **Joint & Muscle Pain Cream** contains a proprietary blend of clinically proven natural ingredients, including sweet almonds and aloe vera.
- Pain Relief Complex** with boswellia and safflower oil that work synergistically to create a potent, natural arthritis pain relief supplement... *the only one of its kind on the market!*
- Advanced Joint Health Complex** helps build cartilage and naturally improves joint function. This unique formula improves cushioning with glucosamine, maintains healthy connective tissue with zinc, copper, manganese and vitamin C, and increases joint comfort with boswellia in as little as 5 days!
- The Shaklee Alfalfa Difference**

 - Lots of companies sell alfalfa, but quality makes all the difference.
 - Shaklee Alfalfa is...**

 - Sourced from mineral-rich soil.
 - Grown without pesticides or synthetic chemicals.
 - Harvested at peak nutrition.
 - Low-heat processed to preserve enzymes.
 - Rigorously tested for purity and potency.



Smart kids start with smart nutrition...

ADHD and nutrition...

Is your child struggling with focus, mood swings, or aggressive behavior? ADHD and related disorders may be fueled by blood sugar imbalances, mineral deficiencies, and low omega-3s. Diets high in refined carbs can worsen the problem. Instead of relying on drugs, try a natural approach. **Alfalfa Complex** supports mineral balance. **Meal Shakes** and **Glucose Regulation Complex** help maintain steady blood sugar. For brain and mood support, **Omega-3 Gellys** deliver vital DHA. These supplements nourish your child from within... supporting better behavior, focus, and emotional resilience every day.

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We fill their backpacks with everything they need to learn... but are we filling their bodies with what they need to thrive?



- School-age kids face growing nutritional demands, but real-life eating habits don't always meet them.
- Junk food, busy schedules, environmental toxins, and nutrient-depleted soils all stack the odds against optimal health.

That's where Shaklee comes in.

Shaklee's clinically



formulated supplements support immunity, energy, growth, and brain development. Products like **Meology Kids All-in-One Vitamin**

Gummy Packs, Incredivites, Meal Shakes, and Snack Bars deliver key nutrients in kid-friendly forms. And when extra support is needed, **Shakleekids Super Immunity Gummies, Shakleekids Incredivites, and Omega-3 Gellys** bolster their defense systems naturally.

Teens? They face hormonal

shifts, mood swings, and changing nutritional needs. That's why **GLA Complex, Zinc, B-Complex, and Glucose Regulation Complex** are

essential tools for their daily health toolkit.

Food alone may not be

enough... but with Shaklee, your child gets more than nutrition. They get a healthy start to a healthy future!



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!

Create your new future... through Shaklee!

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