



Breathe in. Breathe out. Continue...

- ▶ Fun facts about your lungs
- ▶ The respiratory system... remarkable!
- ▶ Seasonal allergies

Shaklee nutrition for strong, healthy lungs

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- ▶ Omega-3s
- ▶ Minerals
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Want to switch to aluminum-free deodorant?

- ▶ How antiperspirants work...
- ▶ How Protect Deodorant is different
- ▶ Protect Deodorant ingredients...
- ▶ What's NOT in Protect...

This email newsletter has been sent to you compliments of:

Scotia Health

Rick Manley & Jeannette Pothier

781.275.8794

info@scotiahealth.com

www.scotiahealth.com

Shaklee[®]
INDEPENDENT DISTRIBUTOR

Making a Difference!

Through Shaklee, we are all...

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One of the most important [muscles] in the involuntary [muscle] group is the heart. The [heart] muscle... and those of the lungs, in the act of breathing... perform ceaselessly, relaxing only at short intervals. It is during these periods of relaxation that they are able to free themselves of poisonous waste and fatigue acids, as well as absorbing their nutrition.

Don't make their job any more difficult than it already is [by failing to supply the nutritional substances necessary to maintain them].

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

Fun facts about your lungs

- In humans, the right lung is larger than the left lung in order to make room for the heart.
- The right lung has three lobes, while the left lung only has two.
- Lungs can float on water.
- If the lungs were unfolded and expanded out to their fullest size, they'd be roughly the size of a tennis court.
- Seventy percent of waste is eliminated through your lungs just by breathing.
- The lungs are delicate organs that need protection. The ribcage and the muscles between the ribs serves as their shield.



Breathe in. Breathe out. Continue...

Breathing is something we rarely think about... yet it plays a powerful role in overall health. Your respiratory system takes nearly **20,000 breaths each day**, delivering oxygen to trillions of cells while removing carbon dioxide and other metabolic waste.

This process begins as air enters your nose, where it is filtered and conditioned before moving into your lungs. Inside, millions of tiny air sacs called alveoli allow oxygen to enter your bloodstream while carbon dioxide is released and expelled.

Oxygen fuels cellular energy production, supports brain function, and helps maintain stamina. At the same time, efficient removal of carbon dioxide helps regulate your body's internal balance and overall wellness.

Healthy breathing supports more than lung function... it contributes to immune resilience, energy levels, and physical performance. Understanding how your respiratory system works helps you make informed choices to support lung health, so every breath contributes to stronger, healthier living. *(continued on Page 2)*

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Scotia Health
Rick Manley & Jeannette Pothier
 781.275.8794
info@scotiahealth.com
www.scotiahealth.com

Product Ordering Guide

Item Code	Product	Item Code	Product
20153	Alfalfa Complex 330s	20653	CarotoMax 90s
20160	Alfalfa Complex 700s	21255	Vita-E 400 IU plus Selenium 90s
20112	Vita-E Complex 90s	22077	OmegaGuard 60s
20095	Sustained Release Vita-C 180s	22078	OmegaGuard 180s
21377	Chewable Vita-C 60s	21223	VitalMag 30s
21408	Triple Defense Boost 20 svgs	21217	OsteoMatrix 120s
20411	Zinc Complex 120s	21218	OsteoMatrix 360s
20962	NumiFerri 60s	20491	Iron plus C Complex 90s
21376	Tumeric Boost 60s	21525	Electrolyte+ Blood Org 20 svgs
21320	Optiflora DI 30s	21427	Electrolyte+ Rasp Melon 20 svgs
21364	Vita-D3 90s	32621	Protect Deodorant
20652	CarotoMax 30s		

Nourish your lungs from the inside out!

The respiratory system: A remarkable design for life

Seasonal allergies: How they disrupt daily life

Seasonal allergies can make everyday activities feel more difficult. When allergens like pollen trigger an immune response, symptoms such as congestion, sneezing, watery eyes, and fatigue often follow, interfering with sleep, concentration, and productivity. Targeted nutritional support may help maintain immune balance and support respiratory comfort during allergy season:

Alfalfa Complex:

Provides natural phytonutrients that support the body's natural response to seasonal allergens

Vita-E Complex: Its anti-inflammatory properties minimize inflammation in the airways and nasal passages.

Sustained Release Vita-C & Chewable Vita-C:

Supports immune function and histamine balance

Triple Defense Boost:

Comprehensive immune support boosts Natural Killer cell activity by 3x and critical immune cells by 5.8x

Zinc Complex: Crucial for keeping the immune system in balance

NutriFeron: Helps support immune system readiness with an exclusive, patented interferon-boosting formula

Turmeric Boost: Can prevent the release of histamine and alleviate nasal congestion, sneezing, and other allergy symptoms

Optiflora DI: Gut health support linked to immune balance

Vita-D3: Supports immune resilience

The respiratory system is an elegant network designed to deliver oxygen throughout the body with remarkable efficiency. The process begins as air enters the nose or mouth, where it is filtered, warmed, and humidified before traveling down the trachea into the lungs.

The trachea divides into two bronchi, which branch into smaller bronchioles... forming a tree-like structure that maximizes airflow and gas exchange.

The cellular breathing process

When fully expanded, the lungs provide approximately **70 square meters of surface area**, all protected within the chest cavity. At the end of the smallest airways lie about **300 million alveoli**, microscopic air sacs where oxygen moves into the bloodstream and carbon dioxide is removed.

These delicate structures are only one cell thick, allowing gas exchange to occur within fractions of a second. Oxygen binds to hemoglobin in red blood cells

and is transported throughout the body, fueling cellular energy production.

Natural defense mechanisms

The respiratory system also

includes sophisticated defense mechanisms. Mucus lining the airways traps dust,

bacteria, and other particles, while tiny hair-like cilia sweep debris upward for removal. Additional protection comes from immune cells, antibodies, and reflexes such as coughing and sneezing, which help clear irritants before they reach deeper lung tissue.

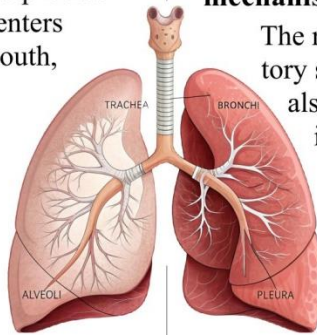
Breathing mechanics and muscle coordination

Breathing itself is powered by coordinated muscle activity. The diaphragm contracts and flattens, expanding the chest cavity and

drawing air into the lungs.

When these muscles relax, air is released. At rest, most

individuals take 12–16 breaths per minute, but during exercise, breathing becomes deeper and more frequent to meet



increased oxygen demands.

Supporting optimal respiratory function

Supporting respiratory health involves

simple yet powerful lifestyle choices. Avoiding tobacco smoke, maintaining good indoor air quality, staying hydrated, eating a clean diet, supplementing strategically, and engaging in regular cardiovascular exercise all support lung function. Deep breathing exercises may also help strengthen respiratory muscles and promote relaxation.

So... breathe in, breathe out and... continue!

The respiratory system is a masterpiece of biological engineering. By understanding how it works and making daily choices that support lung health, individuals can help ensure that every breath contributes to long-term energy, resilience, and overall well-being.



Shaklee nutrition for strong, healthy lungs

The lungs work continuously to deliver oxygen, remove carbon dioxide, and protect the body from environmental stressors. Because the respiratory system is constantly exposed to pollutants, allergens, and oxidative stress, nutrition plays a central role in maintaining lung health and resilience.

Antioxidants: Protecting delicate lung tissue

Lung tissue is especially vulnerable to oxidative stress. Antioxidants help neutralize free radicals and support healthy respiratory function. **Shaklee Sustained Release Vita-C 500** and **Chewable Vita-C** provide vitamin C, which supports immune function and helps protect respiratory tissues.

CarotoMax delivers a blend of carotenoids that support cellular protection and lung tissue integrity.

Vitamin E also plays a key protective role. **Shaklee Vita-E Complex** and **Vita-E 400 Plus** help protect cell membranes and support immune health. Selenium works synergistically with vitamin E to strengthen antioxidant defenses throughout the respiratory system.



Omega-3s and anti-inflammatory support

Inflammation can affect airway comfort and respiratory function. Omega-3 fatty acids help support a healthy inflammatory response and promote lung wellness.

OmegaGuard provides high-quality omega-3 fatty acids that support cardiovascular and respiratory health, helping maintain flexible airways and healthy circulation.



Vitamin D and immune defense

Low vitamin D levels have been associated with reduced immune resilience and increased susceptibility to respiratory challenges. **Vita-D3** supports immune health and helps maintain optimal vitamin D levels for respiratory wellness.

Minerals for breathing efficiency

Breathing relies on muscle coordination and electrolyte balance. Magnesium helps relax airway muscles, while potassium supports fluid balance and muscle function. **VitalMag** provides magnesium and potassium to support respiratory muscle function and comfortable breathing.



Calcium also supports muscle contraction and nerve signaling.

OsteoMatrix and **Chewable Cal Mag Plus** provide calcium along with supporting minerals for overall muscular and respiratory support.

Oxygen transport and iron

Iron plays a critical role in oxygen transport. Hemoglobin in red blood cells carries oxygen from the lungs to tissues throughout the body. **Iron plus C Complex** provides iron with vitamin C to support absorption and maintain healthy oxygen delivery.

Hydration and foundational support

Proper hydration helps maintain airway moisture and supports mucus clearance. **Electrolyte+ Hydration & Focus Drink Mix** in Blood Orange or Raspberry Melon supports hydration and electrolyte balance.

Together with foundational nutrition such as **Vita-Lea**, these nutrients work synergistically to support respiratory resilience, immune function, and energy.

Supporting your lungs with targeted nutrition helps ensure that every breath supports vitality, resilience, and long-term health.



Breathing exercises for lung health

Breathing exercises do more than promote relaxation... they help strengthen the muscles that support healthy lung function. The diaphragm, along with chest and abdominal muscles, works continuously to move air in and out of the lungs. Strengthening these muscles can improve breathing efficiency and support oxygen delivery throughout the body. Activities such as brisk walking, yoga, and controlled deep breathing exercises can help expand lung capacity and improve respiratory endurance. These exercises may also help reduce tension, support better posture, and promote overall comfort when breathing. Consistent breathing exercises* can help improve stamina, support daily activity, and enhance overall wellness. By strengthening your breathing muscles, you support your lungs and help your body function more efficiently every day.

- *For more information about breathing exercises for lung health, visit these websites:
- <https://www.lung.org/lung-health-diseases/lung-procedures-and-tests/lung-function-tests>
 - <https://my.clevelandclinic.org/health/articles/9445-diaphragmatic-breathing>
 - <https://www.healthline.com/health/how-to-increase-lung-capacity>
 - <https://www.webmd.com/lung/breathing-exercises>
 - <https://www.cdc.gov/air/default.htm>

Want to switch to a clean, aluminum-free deodorant? Here's how...

What's NOT inside...

Here are some ingredients you might find in conventional deodorants that you won't find in **Protect**.

☑ **Protect Deodorant** is aluminum-free. Aluminum salts block your pores and your body's natural process of perspiration.

☑ **Protect Deodorant** doesn't use baking soda. While baking soda can absorb moisture and neutralize odor, it can irritate sensitive skin.

☑ **Protect Deodorant** is free of 2,500 questionable ingredients such as parabens, phthalates, aluminum, sodium bicarbonate, artificial colorants, and GMOs found in many other products.

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Not all deodorants work the same way. Many conventional products are actually antiperspirants, designed to block sweat using aluminum salts. While this may reduce wetness, it also interferes with the body's natural cooling and detoxification process.

Clean deodorants, like Shaklee **Protect Deodorant**, take a different approach. Instead of blocking sweat, they help neutralize odor while

allowing your body to function naturally. Since sweat itself is odorless, body odor typically develops when bacteria break down moisture on the skin.

Protect Deodorant offers multi-level odor protection with thoughtfully selected ingredients:

- ☐ Charcoal and arrowroot powders help absorb moisture without blocking pores
- ☐ Zinc salts help neutralize odor-causing bacteria



- ☐ Plant-based amino acid derivatives help balance skin pH
- ☐ Fermented coconut extract supports a healthy skin microbiome

☐ Vitamin E, muscadine grape seed oil, and omegas help nourish and soothe skin

The result is a clean, nutrient-rich deodorant that supports natural perspiration while keeping you fresh and comfortable.

Protect Deodorant is designed to keep you feeling fresh every day in a way that works with your body, *not* against it.



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!