

The sleep-health connection

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The nutritional secrets behind restful sleep

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- ▶ Magnesium
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Look and feel your best this summer... 7 tips

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- ▶ Protect your skin
- ▶ Supplement
- ▶ Bonus tip...

This email newsletter has been sent to you compliments of:

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Through Shaklee, we are all...

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Wherever there is a weakness in the body, that organ or location is low in resistance against disease. So, local nutritional deficiency may cause a specific nutritional deficiency disease of that organ or location, or it may be a contributing factor to that disease.

Regardless of the type of disease, better nutrition will assist the body to overcome its effect.

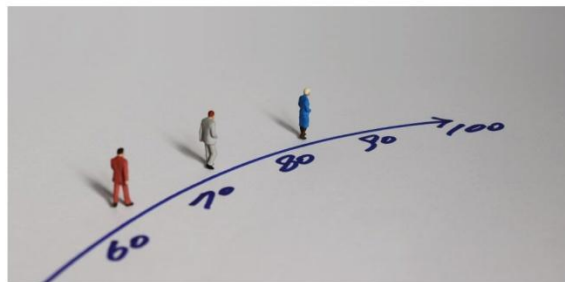
Tissue cells weakened from mal-nutrition are certainly more susceptible to infection. Your first line of defense is your nutrition supply.

Nutritional deficiency is not something you dare ignore. Oh, you can ignore it, if you choose... but, if you do, you must suffer the inevitable consequences.

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

Sleep and life expectancy

Research shows that adults who consistently get healthy, restorative sleep live years longer than those with poor sleep habits. In one large study, men with optimal sleep patterns gained nearly five additional years of life expectancy, while women gained more than two years. Healthy sleep was defined not only by duration, but also by falling asleep easily, staying asleep, waking refreshed, and avoiding sleep medications. Thus sleep, alongside nutrition and exercise, is one of the most powerful lifestyle factors affecting long-term health and longevity.



The sleep-health connection

Sleep is one of the body's most important recovery systems. During sleep, the body enters an active state of repair and regulation that supports immune function, metabolism, brain health, and overall well-being.

While you sleep, the immune system produces and regulates protective cells and signaling compounds that help strengthen the body's defenses. Chronic sleep disruption may interfere with these processes and increase inflammation and vulnerability to illness.

Sleep also plays a major role in metabolic regulation. Research shows that inadequate sleep can affect hormones involved in hunger, energy balance, and glucose control, contributing to cravings and reduced metabolic efficiency.

The brain depends on restorative sleep as well. Healthy sleep cycles support memory, learning, emotional resilience, and mental clarity while helping clear metabolic waste that accumulates throughout the day.

Quality sleep is essential for supporting long-term health, resilience, and recovery.

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Product Ordering Guide			
Item Code	Product	Item Code	Product
21414	Soy Life Shake Vanilla 14 svg	21525	Electrolyte+ Blood Org 20 svgs
21416	Soy Life Shake Choc 14 svg	21427	Electrolyte+ Rasp Melon 20 svgs
21420	Soy Life Shake Strawberry 14 svg	32641	Shield Mineral Sunscreen SPF 30
21418	Soy Life Shake Café Latte 14 svg	22030	S 180 Energ Tea Pomegranate 28 ct
21410	Plant Life Shake Vanilla 14 svg	22031	S 180 Energ Tea Gr Matcha 28 ct
21411	Plant Life Shake Choc 14 svg	21385	S 180 Energ Tea Elderberry 28 ct
21400	Dream Serene 30s	21396	S 180 Energ Tea Peach 28 ct
21223	Sust Release VitallMag 30s	32586	YOUTH Mascara
22077	OmegaGuard 60s	32621	YOUTH BB Cream Light
20186	B-Complex 120s	32576	YOUTH BB Cream Light Medium
21364	Vita-D3 90s	32577	YOUTH BB Cream Medium
21217	OsteoMatrix 120s	32578	YOUTH BB Cream Dark
22093	Chewable Cal Mag Plus 120s	32620	Renew Lip Serum

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

The hidden biology of restorative sleep

The devastating effects of chronic sleep deprivation

- Weakens immune defenses, increasing susceptibility to infections
- Elevates chronic inflammation, contributing to cardiovascular disease, diabetes, arthritis, and neurodegenerative disorders
- Disrupts hunger hormones, increasing cravings for sugar, processed carbohydrates, and calorie-dense foods and contributing to weight gain, obesity, and metabolic syndrome
- Reduces memory formation, concentration, learning ability, and mental clarity
- Impairs judgment, reaction time, and decision-making, increasing accident and injury risk
- Reduces stress tolerance and increases anxiety, irritability, emotional instability, and vulnerability to depression
- Accelerates cognitive aging and may increase risk for Alzheimer's disease and other neurodegenerative conditions
- Lowers physical performance, endurance, muscle recovery, and exercise capacity
- Disrupts hormone balance, including cortisol, growth hormone, testosterone, and reproductive hormones
- Accelerates visible signs of aging
- Increases daytime fatigue, reducing productivity
- Weakens pain tolerance
- Shortens overall lifespan

Sleep is far more than a passive period of rest. While the body appears inactive, a remarkable series of biological processes unfold beneath the surface, influencing immune resilience, metabolic balance, brain health, and emotional well-being. Modern research continues to reveal that sleep functions as one of the body's most important repair and regulatory systems. From strengthening immune defenses to supporting memory consolidation and healthy glucose metabolism, quality sleep affects nearly every aspect of human physiology.

Understanding these internal changes helps explain why chronic sleep deprivation is linked to increased disease risk, cognitive decline, and metabolic dysfunction.

Sleep's role in immune and metabolic health

During sleep, the immune system increases production of cytokines, specialized proteins that help coordinate immune responses and support protection against illness.

Sleep also strengthens immunological

memory, allowing the body to respond more effectively to future exposures to viruses and bacteria. Research shows that adequate sleep may even improve vaccine response.

Sleep deprivation disrupts this balance, increasing inflammation and altering immune cell activity. Over time, chronic sleep loss may contribute to elevated risk for cardio-

vascular disease, metabolic disorders, and cognitive decline.

Sleep also plays a major role in metabolic regulation.

During healthy sleep cycles, the body maintains insulin sensitivity and supports stable blood sugar control. Even a few nights of inadequate sleep can reduce glucose tolerance and increase insulin resistance.

At the same time, poor sleep disrupts appetite-regulating hormones. Lower leptin levels reduce feelings of fullness, while higher ghrelin levels stimulate hunger and cravings, particularly for processed, high-calorie foods. This combination may contribute to gradual weight gain and metabolic imbalance.

Sleep and cognitive health

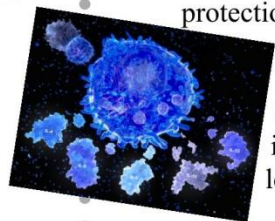
The brain remains highly active during sleep. Deep sleep helps consolidate memories and strengthen learning pathways, while REM sleep supports emotional processing and mood regulation.

Sleep also activates the brain's glymphatic system, which helps clear

metabolic waste products linked to neurodegenerative diseases. Without adequate sleep, concentration, emotional control, memory, and decision-making may begin to decline.

For all-night zzzzzs

Quality sleep affects nearly every major system in the body. It supports immune resilience, balanced metabolism, healthy brain function, and emotional stability. Prioritizing consistent, restorative sleep may be one of the most effective and accessible ways to support lifelong health and well-being.



The nutritional secrets behind restful sleep

What you eat does more than fuel your body during the day... it also shapes how well you sleep at night. Research shows that certain nutrients and eating patterns influence sleep quality, circadian rhythms, and even how quickly you fall asleep.

One of the most important sleep-supporting nutrients is tryptophan, an essential amino acid used to produce serotonin and melatonin. Serotonin helps regulate mood and sleep-wake cycles, while melatonin signals the body that it's time to rest. Foods rich in tryptophan include turkey, eggs, fish, cheese, nuts, seeds, and legumes. **Shaklee Life Shake** provides a complete protein profile which includes the amino acid tryptophan.



Some foods naturally contain melatonin itself. Tart cherries and tart cherry juice are among the most studied, with research showing modest improvements in sleep duration and quality. Pistachios, walnuts, oats, grapes, and strawberries also provide small amounts of melatonin along with beneficial antioxidants and plant compounds. **Dream Serene** contains 2 mg of melatonin along with valerian root, lemon

balm extract and L-theanine to help ensure a restful night.

Magnesium also plays a major role in healthy sleep. It calms the nervous system by supporting GABA activity, one of the brain's primary relaxing neurotransmitters. Magnesium also helps regulate cortisol, the stress hormone that can interfere with sleep. Dark leafy greens, almonds, pumpkin seeds, legumes, and whole grains are among the best dietary sources. To make sure you're getting enough, take **Sustained Release VitalMag**, a proprietary blend of elemental magnesium from three



different sources, potassium for proper nerve transmission and normal muscle contraction, plus boron

to aid in bone metabolism and magnesium utilization.

Omega-3 fatty acids may further support sleep quality through effects on brain function and inflammation. Fatty fish such as salmon, sardines, and mackerel provide DHA, an omega-3 that supports healthy neurotransmitter activity and circadian regulation. If you're not a fish eater, taking **OmegaGuard** can ensure you're getting enough omega-3s for optimal health and sleep.

Other nutrients to help you sleep

B vitamins are essential for neurotransmitter production (including serotonin and melatonin) and are found in whole grains, eggs, dairy, legumes, leafy greens and...

Shaklee B-Complex



Vitamin D regulates sleep duration and quality. Sources include sunlight, fatty fish, egg yolks, and fortified foods. Since most Americans are deficient in this nutrient, taking **Vita-D3** is a wise choice.

Potassium and calcium help regulate muscle relaxation and nerve signaling, supporting restful sleep. You can find both in dairy, leafy greens, beans, and bananas. To supplement with potassium, choose **VitalMag** while **OsteoMatrix** and **Chewable Cal Mag Plus** contain easily absorbed and metabolized calcium.



Meal timing also affects sleep. Eating heavy meals too close to bedtime may disrupt digestion and circadian rhythms, while consistent meal timing helps synchronize the body's internal clocks. Small changes can help create a healthier relationship between diet and restorative rest.

Product spotlight... Dream Serene

Since you spend roughly one-third of your life sleeping, you want to make every moment count toward the physical and mental rejuvenation that a good sleep provides!

But if a restful night's sleep eludes you, try **Dream Serene** to fall asleep faster and wake up more rested.



Dream Serene helps you fall asleep, stay asleep, and alleviates occasional sleeplessness. This patent-pending formula contains:

- Melatonin...** a hormone produced in the body that regulates sleep-wake cycles. Melatonin has been clinically proven to help you fall asleep faster.

- Valerian root...** reduces the time necessary to fall asleep and improves sleep quality.

- Lemon Balm extract** is clinically shown to affect sleep and mood.

- The synergistic blend of valerian & lemon balm promotes more restful sleep.

- L-theanine...** an amino acid found in tea leaves that helps with the stress response.

Get the sleep you've been dreaming of with Dream Serene!



Look and feel your best this summer with these 7 tips



Bonus tip... glow smarter this summer

Put the finishing touch on your summer glow with...

☐ **YOUTH® Lash Revitalizing and Conditioning Mascara...** helps lashes appear fuller, longer, and lifted while conditioning them.

☐ **YOUTH® Activating BB Cream** combines antioxidant-rich muscadine grape polyphenols with vitamins C, E, and B5 to support healthy-looking skin while naturally derived zinc provides SPF 30 broad-spectrum sun protection.

☐ **Renew Lip Serum** to hydrate, soften, and visibly plump lips with botanical oils and collagen-supporting peptides.

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Summer brings longer, warmer days, and more opportunities to enjoy the outdoors... but heat, sun exposure, and increased activity can also place extra demands on the body. These healthy summer tips can help you stay energized, hydrated, and protected all season long.

1. Hydrate... a lot! Hot weather and sweating increase fluid and electrolyte loss. Along with drinking plenty of water, replenish key electrolytes with **Electrolyte+ Hydration & Focus Drink**.



2. Protect your skin. UV exposure accelerates skin aging and increases sunburn risk. **Shield Sheer Mineral Body Sunscreen SPF 30** helps shield skin from UVA/UVB rays while supporting hydration with key botanicals.



3. Get active outdoors. Swimming, hiking, kayaking, and beach walks are excellent ways to support cardiovascular health, mobility, and mood. For a natural energy lift, **Shaklee 180 Energizing Tea** delivers antioxidant-rich support.



4. Refresh your exercise routine. Fresh air and natural scenery can make exercise feel more enjoyable and motivating.

5. Prioritize rest and recovery. Summer is the perfect time to unplug, reduce stress, and spend time with family and friends.

6. Eat seasonal produce. Summer fruits like berries, peaches, cherries, and plums provide antioxidants, fiber, and important vitamins.

7. Support nutrition with supplements. Close nutritional gaps with daily multivitamins like **Vitalizer** or **Life-Strip**.

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!