

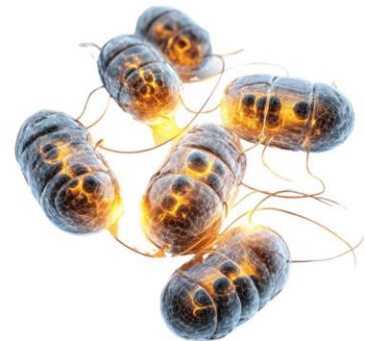


The science behind low energy

- ▶ Strategies to boost energy
- ▶ Your body's energy factories...
- ▶ 3 biological systems that control energy

The care and feeding of your mitochondria...

- ▶ Shaklee's solution...
- ▶ Supplements that build energy
- ▶ Healthy habits = healthy mitochondria
- ▶ When you need that extra boost...



Traveling? Be prepared... take Shaklee with you!

- ▶ Optiflora DI & Herb-Lax
- ▶ Vitalizer & Life Shake
- ▶ Stress Relief Complex & Dream Serene
- ▶ Shield Mineral Sunscreen SPF30

This email newsletter has been sent to you compliments of:

Scotia Health

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Shaklee[®]
INDEPENDENT DISTRIBUTOR

Making a Difference!

Through Shaklee, we are all...

In This Issue...

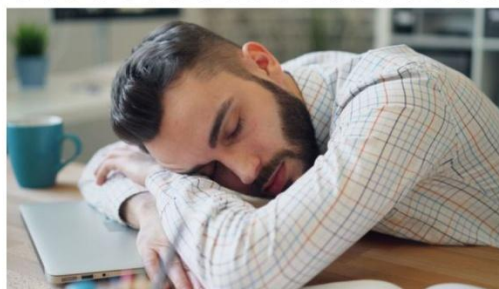
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It is important that we understand the continuous expenditure of energy necessary to maintain our bodies in a normal functioning condition. Realize that the source of such energy lies in the food we eat, the water we drink, and the air we breathe. It cannot come from any other source! If, for any reason, there is a deficiency of nutritional intake, your body substances are drawn upon to meet the emergency. Less essential cells must give of themselves in order that the more vital cells are maintained. In other words, your body will literally be living on itself. How much of your cell structure is weakened, today, because you fail to supply the nutritional substances necessary to maintain your vital organs in workable condition?

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

Strategies to boost energy

- Get 7-9 hours of sleep each night.
- Eat a clean diet of protein, whole grains, fruits, vegetables and healthy fats.
- Take Shaklee energy-producing supplements daily.
- Drink more water. One of the signs of dehydration is fatigue.
- Exercise 30-60 minutes each day.
- Reduce the stressors in your life. Stress drains energy.
- Limit alcohol consumption.
- Create a compelling future. Find things to be excited about.
- Spend more (or less) time with others, depending upon how they affect you.



The science behind low energy

Do you hit a wall around 2 p.m. almost every day? If so, you're not alone. Persistent fatigue is one of the most common complaints among working adults, yet many people dismiss it as a normal part of modern life. It isn't. That afternoon energy crash is your body's way of signaling that its energy-producing systems need attention... not another cup of coffee.

The hidden energy crisis

For many high achievers, fatigue extends far beyond feeling sleepy. Brain fog, poor concentration, irritability, and physical heaviness often become daily companions. Studies suggest that nearly 40% of working adults experience chronic tiredness, with symptoms commonly peaking between 2 p.m. and 4 p.m. Unfortunately, many respond with caffeine, sugary snacks, or energy drinks that provide only temporary relief while reinforcing a cycle of energy highs and lows.

The good news? Energy isn't simply something you're born with... it is something your body continuously creates and renews.

(continued on Page 2)

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Product Ordering Guide

Item Code	Product	Item Code	Product
20283	Vitalizer Women Soy 30 svg	21414	Soy Life Shake Vanilla 14 svg
20282	Vitalizer Men 30 svg	21416	Soy Life Shake Choc 14 svg
20284	Vitalizer Gold w/ K ₂ 30 svg	21420	Soy Life Shake Strawberry 14 svg
20285	Vitalizer Gold w/o K ₂ 30 svg	21418	Soy Life Shake Café Latic 14 svg
20186	B-Complex 120s	20962	NutriFeron 60s
22076	CoQHeart 30s	20656	Stress Relief Complex 30s
20732	CorEnergy 90s	21400	Dream Serene 30s
22077	OmegaGuard 60s	20667	Pain Relief Complex 90s
21223	Sust Release VitalMag 30s	31051	Joint & Muscle Pain Cream 3 oz
21510	Pre-Workout Energy Drink 30 stks	39078	Herbal Blend Cream 4 oz
20158	Energy Chews 20 chews	32641	Shield Mineral Sunscreen SPF 30
21406	Sust Energy Boost Rasp 14 svg	20112	Vita-E Complex 90s
21320	Optiflora DI 30s	00527	Basic-G+ 16 oz
20141	Herb-Lax 240s		

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

Your body's energy factories... mitochondria

Three biological systems that control your energy

Sustained energy depends on three remarkable systems working together:

> Your circadian rhythm

acts as your internal biological clock, regulating hormones, metabolism, body temperature, and alertness throughout the day.

Feeling slightly less energetic in the early afternoon is perfectly normal... but severe crashes often suggest your daily rhythms need support.

> Your mitochondria

serve as microscopic power plants inside nearly every cell. They require high-quality nutrition, oxygen, movement, and essential nutrients... including B vitamins, magnesium, antioxidants, CoQ10, and adequate protein... to produce energy efficiently.

> Your nervous system

constantly balances between action and recovery. Modern life keeps many people stuck in sympathetic "go mode," preventing the parasympathetic nervous system from fully restoring the body. Without genuine recovery, energy reserves gradually become depleted.

Every second of every day, trillions of cells are hard at work converting the food you eat and the oxygen you breathe into adenosine triphosphate (ATP)... the body's universal energy molecule. Tiny cellular structures called mitochondria perform this incredible task, supplying fuel for your muscles, brain, heart, and every organ in your body.

When mitochondrial function is compromised by poor nutrition, chronic stress, inadequate sleep, or inactivity, energy production slows. No amount of caffeine can replace energy your cells aren't producing efficiently.

Your brain is especially vulnerable. Although it represents

only about 2% of your body weight, it consumes roughly 20% of your daily energy.

Even slight disruptions in blood sugar regulation, oxygen delivery, or neurotransmitter balance can leave you struggling to concentrate long before your body feels physically tired.

The hidden energy thieves

Many people unknowingly sabotage their

energy every day.

They push through exhaustion instead of recovering. They mistake stimulants for energy. They spend hours under constant digital stimulation, keeping their nervous system locked in a low-grade "fight-or-flight" state. Over time, this constant stress drains emotional, mental, and physical reserves.

Ironically, the habits people rely on to stay productive often become the very habits that leave them exhausted.

Stop fighting your biology

One of the biggest misconceptions about fatigue is that it reflects a lack of motivation or discipline. In reality, chronic tiredness is often your body's request for restoration... not more determination.

Instead of masking symptoms with another cup of coffee or sugary snack, support the systems responsible for creating energy in the first place.

Prioritize consistent sleep, expose yourself to morning sunlight, eat nutrient-dense meals rich in

protein and healthy fats, exercise regularly to strengthen your mitochondria, and build

intentional recovery into your day. Even a few minutes of deep breathing or stepping away from digital stimulation can help shift your nervous system into repair mode.

The takeaway

Real energy doesn't come from a coffee cup... it comes from healthy cells, balanced hormones, efficient mitochondria, and a resilient nervous system working in harmony.

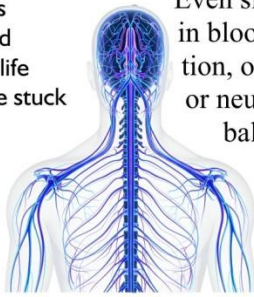
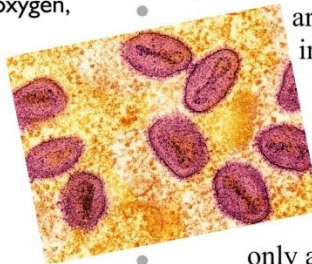
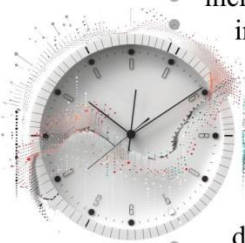
When you understand how your body actually

creates energy, the afternoon slump becomes more than an inconvenience.

It becomes valuable feedback. By working with your biology instead of against it, you can replace daily crashes with steady energy, sharper focus, greater productivity, and better long-term health.

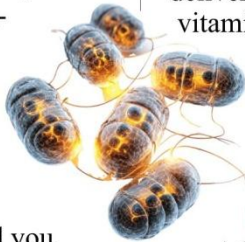
Your body already knows how to create lasting energy.

Sometimes it simply needs the right support to do what it was designed to do.



The care and feeding of your mitochondria...

If you're constantly tired despite getting enough sleep, the problem may begin inside your cells. Mitochondria are tiny structures that generate **nearly 90% of your body's energy** by turning the food you eat into ATP, the fuel every organ, muscle, and brain cell depends on.



As we age, mitochondrial function naturally declines. Chronic stress, poor nutrition, inadequate sleep, inactivity, and environmental toxins can speed that process, leaving you feeling drained and mentally foggy.

Give your cells what they need

Mitochondria thrive on nutrient-dense foods. Colorful fruits and vegetables provide antioxidants that defend against oxidative damage, while lean protein and healthy fats supply the building blocks for healthy cells. Key nutrients... including B vitamins, magnesium, CoQ10, and omega-3 fatty acids... help drive the chemical reactions that produce cellular energy.

Shaklee's solution for mitochondrial health

Shaklee offers several science-backed products that

nourish your mitochondria so you'll have energy throughout the day. Try:

Vitalizer® delivers essential vitamins, minerals, and antioxidants for everyday cellular nutrition.



B-Complex delivers the perfect balance of all eight B vitamins using the patented Bioactivated Absorption System™ designed to make it easier for your body to absorb them. These essential nutrients help support energy,



cardiovascular and brain health, cell renewal, and healthy hair, skin, and nails.

CoQHeart® provides CoQ10, a critical nutrient involved in mitochondrial ATP production.



CorEnergy® contains ginseng to enhance stamina and energy, Cordyceps extract to promote more efficient use of oxygen, and antioxidant-rich green tea extract.



OmegaGuard® supplies omega-3s that promote healthy cell membranes and



reduce inflammation.

VitalMag® helps support hundreds of energy-producing enzyme reactions.



Healthy habits build better mitochondria

Regular exercise signals your body to create new mitochondria, increasing your ability to produce energy over time. Good sleep allows cells to repair and regenerate, while stress reduction helps limit free radical damage that can impair mitochondrial performance.

Final thoughts

Lasting energy starts at the cellular level. Nourishing your mitochondria with healthy food, regular exercise, restorative sleep, and targeted nutritional support can help your body generate energy more efficiently. With science-based supplements like **Vitalizer**, **B-Complex**, **CoQHeart**, **CorEnergy**, **OmegaGuard**, and **VitalMag**, you can help fuel your cells today while supporting long-term vitality and healthy aging.

Take Shaklee and feel your energy soar!

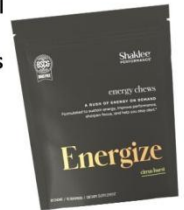
When you need that extra boost...

There are times and circumstances where an energy boost powered by caffeine is just what you need. Try these Shaklee supplements for a clean burst of energy to help you get that extra edge.

Performance™ Pre-Workout Energy Drink delivers natural energy from caffeine that's derived from green tea extract for a long-lasting boost, plus beta-alanine and L-theanine to improve physical performance, delay muscle fatigue, reduce perceived exertion, and sharpen focus.



Performance Energy Chews provide a clean burst of energy to help you get that extra edge when you need it most. Each chew contains a scientific blend of caffeine from natural green tea extract, plus L-tyrosine, L-theanine, B vitamins, and vitamin D.



Sustained Energy Boost contains 100 mg caffeine from green coffee bean extract and green tea extract plus chardonnay grape seed extract to support healthy circulation to boost your energy and keep you going. Healthy circulation is critical for the distribution of nutrients and caffeine throughout the body. **Sustained Energy Boost** contains an exclusive and double-patented chardonnay grape seed extract that has been shown in a pilot study to rapidly enhance circulation within 1 hour.



Traveling? Be prepared... take Shaklee with you!

Worried about "bugs"?

No matter where you travel or where you stay, strange microbes can interrupt your vacation fun by causing sudden bouts of stomach cramps, diarrhea, or any number of disturbing symptoms.



To minimize your exposure to bacteria and viruses, fill a small travel bottle with **Basic-G+**. Just add a few drops to water on a cloth or paper towel and use to wipe down microbe laden surfaces in hotels and restrooms.

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Travelers today face many challenges: jet lag, unfamiliar and sometimes contaminated foods, polluted water, bacteria and viruses in strange hotel rooms, stale air in rental cars, muscle soreness from overexertion, and long exposure to harmful UVA and UVB rays associated with travel to sunny locations.



You can travel safer and wiser if you pack a little Shaklee in your overnight bag:

- ❑ **Optiflora DI** to maintain intestinal balance
- ❑ **Herb-Lax** for constipation due to unfamiliar foods & stress

- ❑ **Vitalizer Blister Strips** for essential nutrients while traveling



- ❑ **Life Shake** (pouches) to give you easily digestible protein for extra energy and stamina

- ❑ **NutriFeron** for superior immune protection

- ❑ **CorEnergy** to promote sustained vitality and energy for strenuous activity

- ❑ **Stress Relief Complex** helps relax the body and mind while combating stress



- ❑ **Dream Serene** to help you get the sleep you need between vacation adventures

- ❑ **Meal-in-a-Bar**

and/or **Snack Bars** for healthy, delicious food on-the-go

- ❑ **Pain Relief Complex**, nature's answer to pain due to overexertion

- ❑ **Joint & Muscle Pain Cream** to relieve joint and muscle soreness



- ❑ **Herbal Blend Multi-Purpose Cream** soothes skin irritations and sore feet

- ❑ **Shield Sheer Mineral Body Sunscreen SPF 30** to protect your skin from harmful UVA and UVB rays

- ❑ **Vita-E Complex Capsules**. Break open capsules and apply to skin for healing relief from sunburn.

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!