

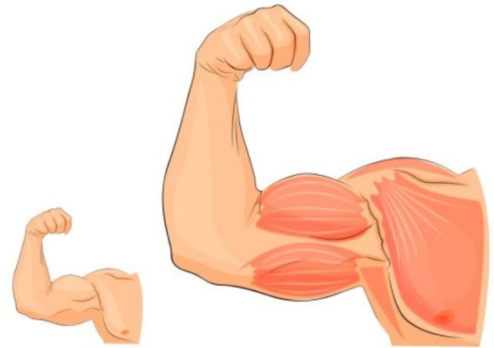


Three habits that change everything!

- ▶ #1 A clean diet
- ▶ #2 Supplementation
- ▶ #1 Exercise

The biology of becoming stronger at any age

- ▶ Stronger muscles, stronger years
- ▶ The biology of becoming stronger
- ▶ The truth about sport supplements...
- ▶ Shaklee's superior sports nutrition...



Back-to-school nutrition...

- ▶ Snack bars
- ▶ Meal Shakes
- ▶ ShakleeKids
- ▶ School days "First Aid" Kit

This email newsletter has been sent to you compliments of:

Scotia Health

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Through Shaklee, we are all...

Making a Difference!

It is my belief that the average person fails to exercise enough to keep his body free of stagnating waste. And when I say "his", I mean "hers", too. If you want to get well and stay well, you MUST free your body of accumulated waste and provide the nutritional elements so necessary to strengthen your resistance against disease and to build vital, vigorous tissue cells. THERE IS NO OTHER WAY.

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

Stronger muscles, stronger years

One of the most effective ways for seniors to improve health is resistance training. As we age, muscle naturally declines, slowing metabolism and reducing mobility. Strength training signals the body to rebuild muscle, strengthen bones, and improve physical function.

Regular resistance training may:

- ☐ Preserve muscle mass
- ☐ Improve joint stability
- ☐ Enhance balance and coordination
- ☐ Support heart and metabolic health
- ☐ Increase daily energy
- ☐ Help maintain an active, independent lifestyle

**Three habits that change everything!**

...lasting health isn't built on a single habit... it's created through the powerful interaction of nutrition, supplementation, and exercise.

A clean diet nourishes the body with essential nutrients, quality supplements help optimize nutritional status, and regular physical activity signals the body to become stronger, more efficient, and more resilient.

Exercise improves blood flow, supports healthy metabolism, enhances immune function, and increases the body's ability to convert nutrients into usable energy. It also helps regulate inflammation and promotes healthier brain function, making you feel as good mentally as you do physically.

Together, these daily habits work in harmony to improve vitality, support long-term wellness, and reduce the risk of many chronic diseases.

So... if you're looking for the greatest return on your health investment, combining these three lifestyle practices is one of the smartest decisions you can make.

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Product Ordering Guide

Item Code	Product	Item Code	Product
22113	Creatine+ Power Blend 28 svg	21312	PM Recovery Complex 60s
21510	Pre-Workout Energy Drink 30 stks	21386	SKids Increditives 120s
20158	Energy Chews 20 ct	21390	SKids Super Immunity 90s
21406	Sust Energy Boost Rasp 14 svg	21403	Omega-3 Gellys 30s
20186	Physique Whey Protein 15 svg	20321	Meal Shake Fr Vanilla 16 svg
22103	Sparkling Protein 12 cans	20322	Meal Shake Bv Choc 16 svg
21364	Vita-D3 90s	22052	Snack Bars Cherry/Almd 10 bars
20491	Iron plus C Complex 90s	22051	Snack Bars ToffeeChoc 10 bars
20112	Vita-E Complex 90s	22053	Snack Bars ChocCoconut 10 bars
20095	Sust Release Vita-C 180s	22012	Snack Bars P Butter 10 bars
21308	Endurance Elec Lem/Lime 30s	21377	Chewable Vita-C 60s
21309	Endurance Elec Bld Org 30s	00527	Basic-G+ 16 oz
21525	Elec+ Hyd & Focus Bld Org 20s	32641	Shield Mineral Sunscreen SPF 30
20527	Elec+ Hyd & Focus Rasp/Mel 20s	39078	Herbal Blend Cream 4 oz

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

The biology of becoming stronger at any age

The performance advantage most people overlook

One of the simplest ways to improve your workouts may have nothing to do with training harder. It comes down to timing your nutrition.

Eating the right nutrients before exercise helps provide steady energy and supports better performance. Aim for a balanced meal two to four hours before activity, or enjoy a light carbohydrate-rich snack if you're exercising within the hour.

During shorter workouts, staying hydrated with water is usually enough. However, if you're exercising for more than an hour or performing vigorous activity, carbohydrates and electrolyte-containing beverages can help maintain energy, improve endurance, and replace minerals lost through sweat.

The hour after exercise is equally important. This is when your muscles are most prepared to absorb nutrients for recovery. A meal or snack containing protein and carbohydrates helps rebuild muscle tissue, restore energy reserves, and prepare your body for your next workout.

Whether you're walking, lifting weights, cycling, or training for an event, nutrition timing can help you get better results. Pair smart fueling with regular exercise, quality sleep, and proper hydration to maximize performance, recovery, and long-term health.

Your body is remarkably adaptable. Every time you exercise, millions of cells respond by making changes that help you perform better the next time. This built-in ability to improve is why *people of nearly any age* can become stronger, healthier, and more physically capable through consistent training.

The process begins with a simple principle: the body adapts to the demands placed upon it. When you lift weights, take a brisk walk, or climb a hill, your muscles, heart, lungs, and nervous system experience a manageable level of stress. Instead of resisting this challenge, your body responds by becoming better equipped to handle it.

Strength training stimulates microscopic damage within muscle fibers. Although that may sound concerning, it's actually the signal your body needs to begin rebuilding. During recovery, muscle protein synthesis repairs the damaged fibers, making them stronger than before. With repeated training, muscles gradu-

ally become larger, stronger, and more resilient.

At the same time, your nervous system becomes more efficient. It learns to activate muscle

fibers more effectively and coordinate movement with greater precision.

These neural improvements

explain why people often experience noticeable strength gains during the first few weeks of training... even before muscles visibly grow.

Aerobic exercise produces equally impressive changes. Regular endurance activities strengthen the heart, increase circulation, and encourage muscle cells to produce more mitochondria... the tiny structures responsible for generating cellular energy.

More mitochondria mean improved stamina, greater energy production, and better endurance during both exercise and daily life.

To continue improving, your body needs progressive overload... a gradual increase in exercise demands. This could mean adding a few pounds to a

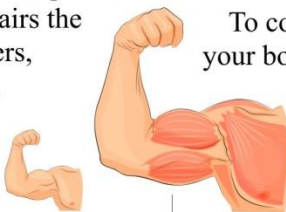
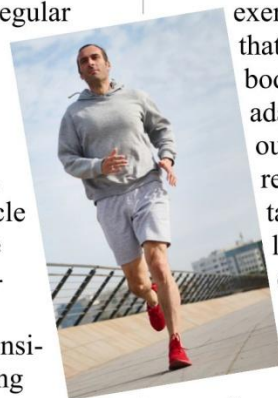
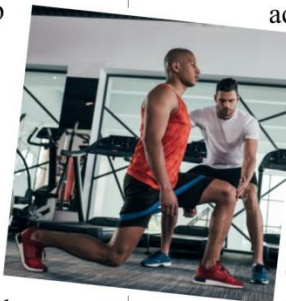
weight, walking farther, or exercising a little longer. These small increases encourage continued adaptation without overwhelming the body's ability to recover.

Recovery is every bit as important as exercise itself. Deep sleep supports tissue repair, protein helps rebuild muscle, carbohydrates restore energy stores, and hydration supports countless metabolic processes involved in recovery. Without adequate rest, progress slows and the risk of overtraining increases.

Perhaps the most inspiring finding from exercise research is that the human body remains adaptable throughout life. Although recovery may take a little longer with age, older adults continue to build muscle, improve

cardiovascular fitness, strengthen bones, and maintain independence through regular physical activity.

Exercise isn't simply about burning calories... it's about teaching your body to become stronger, more efficient, and more resilient. Every workout is a signal that encourages your body to invest in a healthier, more energetic future.



The truth about sports supplements: What really works...

With thousands of sports supplements on the market, it's easy to believe you need an entire shelf of products to improve your performance. In reality, only a handful are backed by strong scientific evidence. The rest often offer more marketing than measurable results.

Leading the list is **creatine monohydrate**, widely considered the gold standard of sports supplements. Creatine helps your muscles rapidly regenerate ATP... the body's immediate energy source for explosive movements. The result? Greater strength, increased power, improved training capacity, and better recovery from demanding workouts. New research even suggests it may support brain health and healthy aging. You'll find a superior creatine formula in Shaklee's new **Creatine+ Power Blend**.

Caffeine has also stood the test of time. It reduces feelings of fatigue while increasing alertness, focus, and exercise performance. Whether you're preparing for a long run or an intense strength session, moderate caffeine intake before exercise can help you perform at

your best. Just remember that more isn't always better, and excessive amounts may cause jitters or disrupt sleep. Shaklee offers



Pre-Workout Energy Drink, Energy Chews, Sustained Energy

Boost, and Energizing Tea for a safe low-caffeine boost whenever you need it.

When it comes to muscle recovery, **protein** remains essential. High-quality protein provides the amino acids your body needs to repair damaged muscle fibers and build new tissue after exercise. To meet your body's daily protein requirements, try **Advanced Physique 100% Grass-Fed Whey Protein, Life Shake, Energizing Soy Protein** and new **Sparkling Protein**.

Another evidence-based option is **beta-alanine**. This amino acid (found in **Pre-Workout Energy Drink**) increases muscle carnosine levels, helping delay the burning sensation associated with high-

intensity exercise. It's especially useful for activities that involve repeated bursts of effort, such as interval training or competitive sports.

Certain nutrients deserve attention as well. First, make sure you are taking a high-quality foundational multivitamin and multimineral supplement such as **Vita-Lea** or **Vitalizer** to provide the essential nutrients needed for good health. Low **vitamin D** levels may affect muscle strength, immune function, and bone health, while **iron** deficiency can reduce oxygen delivery and contribute to fatigue. Two other nutrients are worth adding to your daily supplementation regimen: **Vitamin E** and **vitamin C** are both powerful antioxidant and anti-inflammatory nutrients that can help to boost immune strength and aid muscle recovery. Shaklee offers **Vita-D3, Iron plus C Complex, Vita-E Complex** and **Sustained Release Vita-C** to complete your daily supplement regimen.

Remember... quality is critical! Look for products that have been independently tested for purity and accuracy by trusted certification programs. You can be assured that of all the supplement companies in the marketplace, **Shaklee sets the highest bar for quality!**

Shaklee's superior sports nutrition...

- Getting stronger isn't just about training harder... it's about fueling your body at the right time. **Shaklee's Performance®** sports nutrition line combines research-backed ingredients to support energy, endurance, muscle recovery, and long-term performance.
- Kick off your workout with **Pre-Workout Energy Drink**, featuring natural caffeine from green tea, beta-alanine, and L-theanine. This combination provides sustained energy, sharper focus, and helps delay the muscle fatigue that develops during intense exercise by supporting healthy muscle carnosine levels.
- For ongoing strength and cellular energy, **Creatine+ Power Blend** delivers 5 grams of micronized creatine along with magnesium and antioxidant-rich muscadine grape and pomegranate polyphenols. Together, these ingredients help your body generate, recycle, and activate ATP... your cells' primary energy source.
- Recovery is equally important. **Advanced Physique Whey Protein** provides 20 grams of premium protein and extra leucine to support lean muscle repair, while **Physique+ Bio-Build®** helps restore muscle energy after challenging workouts.
- Complete your routine with **Endurance Electrolyte Drink** for sustained hydration during exercise, **Electrolyte+ Hydration & Focus** for daily hydration and mental clarity, and **PM Recovery Complex** to reduce post-workout soreness and support overnight recovery.
- Together, these **Shaklee Performance** products help you fuel smarter, recover better, and achieve stronger results... naturally and safely.



Back-to-school nutrition that helps kids thrive

Build a better school days "First Aid" Kit

Every family needs a first aid kit... but the smartest ones also help keep kids healthy every day. Stock yours with **ShakleeKids Incredivites** for complete daily nutrition, **Meal Shakes** and **Snack Bars** for wholesome energy, and **Chewable Vita-C** to support immune defenses. Add **Basic-G+** to help reduce germs around the home, **Shield Sheer Mineral Body Sunscreen SPF 30** for sun protection, and **Herbal Blend® Multi-Purpose Cream** to soothe and protect life's everyday bumps, scrapes, and dry skin.

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A successful school year starts with more than new backpacks and school supplies... it begins with good nutrition. The foods children eat each day help fuel growing bodies, support healthy brain development, strengthen immunity, and provide the steady energy they need to learn and stay active.



Instead of relying on sugary snacks, pack lunches with smarter choices.

Shaklee Snack Bars provide 9–10 grams of protein, are low

glycemic, and contain no artificial colors, flavors, or sweeteners, helping keep kids satisfied between meals.

For a nutritious lunch or after-school snack, **Meal Shakes** supply high-quality protein, fiber, calcium, and 19 essential vitamins and minerals... making them a healthier alternative to sugar-filled soft drinks.

Round out your child's nutrition with **ShakleeKids™ Incredivites®**, a chewable multivitamin containing 23 essential vitamins and

minerals to support healthy growth, strong bones, and everyday wellness.

ShakleeKids Super Immunity gummies provide vitamins C and D, zinc, and elderberry antioxidants to help support a healthy immune system. And **Omega-3 Gellys™** deliver highly absorbable DHA and EPA to support healthy brain, eye, heart, immune, and joint health.

Healthy habits today can help children stay energized, focused, and ready to succeed all year long.



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!