



## Your Health, Your Well Being

~Make your own wipes in 5 minutes for less than a penny a canister!

~Featuring MindWorks and Shaklee 180!

November 2014



**Join Shaklee with MindWorks, Healthy Beauty, Healthy Weight or Green Cleaning and get a Free Membership and for some product combo's, free shipping!**

Build a lifetime of better health starting today. Let the finest ingredients put you on a path to well-being. With the latest nutritional science, we've removed the guesswork from what it takes to feel healthy and great - every day. **Determine if you're eligible** for this limited time offer. Hurry, some offers end December 31st 2014 at midnight!

**MindWorks~Brain health to help with our own physical filing cabinets!**



*Better sleep, better focus and memory and greater recall are some of the*

Happy Thanksgiving (a little late)! It seems as if my new format idea that includes an introduction video as a hit! Thanks for the feedback. I didn't quite get this newsletter out before Thanksgiving, but that doesn't lessen the thanks that I have for all of my Shaklee Family. Thank you so much for your continued support, sharing Shaklee with your friends and family and supporting my quest to help as many people as I can with their good health, and SHaklee's mission to make this planet a healthier one!

I invite you to first **view the brief video (below)** explaining a little about what's in the print portion of the newsletter, and then an easy to **download PDF**

*things that I've personally experienced with MindWorks over the last 2 months.*

*I'm able to form thoughts more quickly and communicate them better, which has helped me when I teach and coach with my clients. AND it helps me to answer all of Griffin's 1 million questions that come at the most inopportune times, like when I'm driving at the end of a busy day to karate classes!*

*For more information on MindWorks and how it might help you, please [click here](#). And know that with Autoship, you get an additional 10% off every time you order!*

*Here's a picture of Griffin at the Amuse of Science and Industry by the model train area; you can imagine how*

**print newsletter** sharing all the details.

If you're like me, your reading time is very limited. I read my educational books when time permits during the day, and I read my mysteries at night before I drift off to sleep. My catalogs and newsletters have the pristine place by the commode. So if this is also your "reading room" **feel free to print the PDF and enjoy at your leisure:)**

And as always, please feel free to share with anyone who you feel may have an interest. To your health!



Watch me First! November 2014 Shaklee News Flash! (5:16min)

## [November 2014 Downloadable PDF Newsletter](#)

*Don't miss this! A really easy way to **make either Basic G or Basic H2 wipes!** Super economical (less than a penny for the whole jar!) and frankly fun to make!*

*many questions an  
inquisitive 11 year  
old boy had over a  
two day  
period...thank  
goodness for my  
MindWorks!*



**Shaklee 180 Weight Management doesn't leave you  
Wanting**



If you watched the video, you'll have heard me say that 'tis the time of year when everyone is "pushing" weight loss. As an advocate for healthy weight all year long, I'm also sharing healthy weight now, but only because I may have more of your attention around the subject matter;)

You see, **healthy weight is the cornerstone for overall good health**, and disease prevention and relationship is really what I'm all about. If you're looking for a **long term solution to obtaining or keeping a healthy weight**, then consider **Shaklee 180**. It's **fully guaranteed** so you literally have nothing to lose financially, and I can share from personal experience of using the products since 1994 that my glowing health DOES come from taking care of myself every day, and that includes Shaklee 180.

I start every day with a truly delicious protein smoothie with fresh or frozen fruit, and it keeps me fueled from 6:30AM to noon. **I don't have mid day cravings or a mid day energy slump, and I eat PLENTY of "real" food.**

Some people think that because **Shaklee 180** consists of protein shakes, meal bars, snack bars, tea, a metabolic boost supplement and other snack options that they're not going to be able to sustain the healthy weight once they stop the full or partial programs.

However **Shaklee's 180 program** will support you in the long term in several ways: the packaged **180 products are real food and minimally processed**, the program encompasses **education of how to buy healthy foods** at the store, how to prepare them including **recipes and a weekly menu plan**, how to **shift from using the full 180 plan to the maintenance plan** (which is my 1 shake in the morning) and how to **properly monitor your weight loss by focusing on body composition** rather than the number on the scale.

You do have **access to fitness video's and program that help you to exercise wisely using a "BURST" approach** which means shorter workouts with greater intensity focusing on a full body workout. This is something that you can sustain even during the busiest of times in your life, and all without the need for a gym. And frankly, this is what I do to keep myself in **strong, physical shape for my active lifestyle.**

If you **follow the program, you are guaranteed weight loss. Period.** If you "kinda" follow the program, you'll get "kinda" good results:) The good news is, that **if you "falter" with the commitment, you have me, Anke, as a certified Health and Life coach just a phone call away.** I'm willing to help you in your journey however I can so that you achieve success!

And if you feel you **can't afford the program, there's an answer for that too.** Just share that you are going on the program with your friends, or better yet ask a few friends with similar goals to join you in the journey. When you have 3 friends along for the journey, Shaklee rewards you by giving you your monthly **Shaklee 180** kit at NO cost...and that can go for your friends too. You can even earn some extra cash to boot. Give me shout if you want more info, I'll be glad to share with NO pressure to you:)

But if extra cash is not your thing, then just consider giving yourself a boost to get started with your own healthy weight journey. I've even included my before and after pics from January of 2013 (I mistakenly said it was Jan 2014 in the video). Even with a very taxing and busy summer with minimal time for exercise I have been able to maintain my healthy weight...the doctor approves because I just had my "50 year old" checkup including all blood work and more, and everything came back hunky dory!

Give yourself the gift of healthy weight, risk free. To coin a wonderful marketing phrase, "the only thing you have to lose is the extra weight you don't want"!

To your good health! Anke



*Anke's Shaklee 180 journey January 2013*

### Closing Thoughts

**"Sow the seeds of happiness in others, and you will reap a joyful harvest."**

*~Dr. Forrest C. Shaklee Sr., Thoughtsmanship*

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