

J U N E 2 0 1 6

the  
**PARROTT WELLNESS**  
NEWSLETTER



**DR. JAMIE MCMANUS**  
**M.D. FAAFP**

Dr. Jamie McManus is responsible for leading Shaklee's clinical research efforts in support of product development and distributor education.

Prior to joining Shaklee Corporation, Dr. McManus managed Herbalife's Medical Affairs and Nutrition Education department and personally trained more than one million distributors by traveling to more than 44 countries in eight years.

Dr. McManus received her M.D. with honors and completed her Residency from the University of California, Davis, and was a practicing Board Certified Family Physician for 15 years.



**AMBER & HARPER'S STORY**

Click above to hear the story. (<http://vimeo.com/91024415>)

Amber & Harper are both on my wonderful Shaklee team. Harper is one of my uplines and she is absolutely amazing. She has a genuine spirit about her and she is always looking to help us as we start up our Shaklee journey.

I've only "met" Amber through our team calls and she's such a joy. I love how Shaklee has brought us all together in this amazing journey.

**MY MUST-HAVE PRODUCTS:**

**VITALIZER**

**\$79.25 MP**

Complete supplementation giving you your everyday nutrition.

**BASIC H2**

**\$10.35 MP**

Your basic household cleaner without the harsh chemicals & toxins.

**STRESS RELIEF COMPLEX**

**\$27.50 MP**

Every Mom's "go-to" for those stressful moments.

## &lt; &lt; &lt; &lt; PRODUCT HIGHLIGHTS &gt; &gt; &gt; &gt;



## SPF15 LIP TREATMENT

Drenched with vitamins C and E, calendula extract, and moisturizing plant oil, this nourishing lip treatment softens vulnerable lips while SPF 15 provides UV protection. Smooths vertical dryness lines and prevents peeling and chapping.

**MEMBER PRICE: \$6.70**

**RETAIL PRICE: \$7.90**



## ENFUSELLE® SPF30 FOR BODY

Designed for all skin types, including the most sensitive skin, this patented, water resistant, oil-free sunscreen smooths easily into your skin and absorbs quickly, without leaving a sticky residue. Soothing and moisturizing, it does not irritate the skin. Patented Vital-Repair+® contains antioxidant vitamins and botanicals. The formula offers broad spectrum protection and adds an extra defense against premature skin aging.

**MEMBER PRICE: \$14.75**

**RETAIL PRICE: \$17.35**

## SHAKLEE ENERGY 20CT.

Shaklee Energy Chews provide a clean burst of healthy 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. And there are no artificial flavors, sweeteners or added preservatives you'll find in other energy products. That's PURE energy.

**MEMBER PRICE: \$17.95**

**RETAIL PRICE: \$21.15**

## MENTAL ACUITY PLUS® 90CT.

Mental Acuity Plus® is a Shaklee exclusive formula that contains ginkgo, bilberry, hawthorn, and B vitamins to enhance memory and decision making. It also lowers homocysteine levels and helps maintain normal metabolic activity in the brain.\*

If pregnant or nursing consult a healthcare professional.

**MEMBER PRICE: \$33.75**

**RETAIL PRICE: \$39.70**



# JOINT HEALTH

How do you feel when you wake up in the morning? Do you jump out of bed ready to take on the day, or do you feel stuck like the Tin Man from the Wizard of Oz? If your knees or fingers feel stiff or achy, your joints may be trying to send you a message.

Typical joints consist of bones covered in a cushion of articular cartilage and synovial fluid that acts as a lubricant. This arrangement allows for smooth conduction of the joint through its whole range of motion. Pain in your joints is typically caused by overexertion or damage to the joint, and tends to occur more as we age. If the pain and discomfort gets worse over time – this might be a sign of joint damage. Joint health is important because it's closely related to our overall health. Pain in our joints can limit our mobility and interfere with almost every aspect of our lives including being active, enjoying time with family, and even performing everyday tasks.

## WHAT ARE THE CHALLENGES?

There are many different problems that can affect the joints. Pain and discomfort may just be a sign that you overdid it last weekend, but it may also be the start of something bigger.

Arthritis, which simply means “inflammation of the joints,” is the number one cause of disability in the United States.

There are two general types of arthritis:

- **Osteoarthritis** is considered wear and tear and typically occurs as we age.
- **Rheumatoid** arthritis is an autoimmune disease that can strike at any age.

What these conditions share is that the inflammation in the joint causes damage to the cartilage. If left unchecked, this damage can lead to the destruction of the cartilage and even cause bone to rub against bone.

## WHAT CAN I DO?

Joint health really depends on the health of the cartilage surrounding the joints and there are many things you can do to help protect your joints for a lifetime.

- **Exercise:** The more active a person stays, the healthier their joints. If you already have joint issues, consider exercises that don't put pressure on the joints such as cycling or swimming.
- **Don't sit still:** Less movement means more stiffness for your joints. So if you sit all day, get up and get moving. Take frequent breaks at work and stretch or go for a short walk. Try taking phone calls while standing or go talk to the person instead of sending an e-mail.
- **Stretch every day:** Stretching increases a joints' range of motion. The more joints move, the more the cartilage gets nourished by the joint fluid.
- **Build Muscles:** Consider weight training to help build muscle and keep existing muscles and surrounding ligaments strong.
- **Maintain healthy weight:** Each extra pound of body weight puts around four times the pressure on your knees when you are walking. If you remove 10 pounds from your body, you have just taken away 40 pounds of pressure off your knees when you are walking and up to 70 pounds when you are climbing stairs.
- **Ice:** If you exercise or overdo it, consider using ice as a preventative. It not only helps reduce inflammation, but can also help with pain. It is best to use ice for only 15-20 minutes at a time, but you can repeat every hour.

# JUNE SPECIALS

## CURRENT MEMBERS:

Place a 100PV order – ½ off your shipping

Place a 200PV order – FREE shipping & FREE gift

\*You must contact me before your purchase to have it shown in your cart; otherwise you will receive a rebate check in the mail for the shipping charge.

## RETAIL CUSTOMERS:

Place a 50PV order & become a member get a FREE gift from Shaklee!



## FREE Stress Relief Complex\*

when you join as a Shaklee Member with a minimum 50 PV purchase.



## FREE Shaklee product of your choice

when you make one minimum 50 PV purchase each month for the next two months.



If you would like more information on any of the products listed in this newsletter, or more information on how to start your Shaklee business today, please contact me:

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