

Personal Wellness – Meet Your Significant Emotional Event

By Chuck Jumpeter

During my time with the FAA I had the opportunity to attend numerous different training sessions on a wide variety of topic areas. One of the more memorable sessions was a video presentation by Dr. Morris Massey. Dr. Massey had a unique way of describing why each of us tends to be who we are by relating our behaviors to the time when we were about 10 years old. The title of his series was "*What You Are is - What you Where When.*" He went on to describe people who were "about 10-years old" during the depression, during WWII, during the "1960's", etc., and how their behaviors were set around the age of 10 and carried over throughout their lives. He then noted how in order to change these habits; these individuals – us – needed what he called, "*A significant emotional event.*" Something so shocking that it literally shook the roots of our belief system and caused us to behave differently. For example, the smoker who develops lung cancer, or the fast food junkie who finds out they are diabetic and have heart disease.

What Dr. Massey was really describing was a reality with which we are all familiar – old habits die hard! I don't know about you, but I wish I had a nickel for every time I heard that? I'll bet that you are wondering how this fits in with the Health Awareness Forum. Well, hang on, because I'm going to share with each of you a truly significant nutritional emotional event.

For months now I have been encouraging each of you to begin a supplement program, and, of course, I have been telling you to use our Shaklee products because of their superiority. Well, remember how I noted that old habits die hard? I know that most of you probably take my information and suggestions and run off to your nearest drugstore or GNC and buy whatever is cheapest because you've been told by someone or other – maybe even your doctor - that all vitamins are alike. (Hint - that's the old habit)

One of the foremost nutritional epidemiologists, Dr. Gladys Block, from the University of California at Berkley, recently completed a first of its kind, landmark study on supplement usage to see if there actually was any difference. The study looked at a 20-year period and included 1000 Shaklee users. The study looked at several key wellness indicators, incidences of major diseases, and general quality of life issues. Participants were divided into three basic groupings, 1) Non supplement users, 2) Users of other brands of supplements, and 3) Shaklee users. The results were, to say the least, impressive. Look at the following data and prepare to have your significant emotional nutritional event.

The first marker was the frequency that people used prescription medications. The average study participant under 65 years old took 7.9 medications per year; the average participant over 65 years old took 19.1 medications per year; and the average Shaklee user took less than 1 medication per year. The actual number for the Shaklee group was 0.6 meds per year. Also, the Shaklee group had ZERO abnormal levels of C-Reactive Proteins, a marker for inflammation of triglycerides.

Next Dr. Block looked at iron levels. For women, a level of 100 is considered optimal, and a level less than 100 suggests an increased risk of anemia. For men, a level over 200 indicates an increased risk for liver and cardiac toxicity.

	Women	Men
Non-supplement users	109.5	200.2
Other Brands	81.9	202
Shaklee Users	124.5	117.7

Four markers for heart disease and cancer were measured.

	Homocystein Lower is good	D-reactive protein Want < 3	HDL Cholesterol Want > 55	Triglycerides Want < 150
Non-Supplement	9.9	5.1	51.9	173.8
Other Brands	8.5	3.5	53.4	152.2
Shaklee	6.3	2.2	58.3	116.5

The reported incidences of several serious diseases were studied with these remarkable results.

	Coronary Heart Disease	Heart Attack	Congestive Heart Failure	Diabetes
Non-Supplement	7.9%	7.4%	5.2%	11.6%
Other Brands	9.8%	9.1%	5.1%	13.1%
Shaklee	5%	2.5%	1.4%	2.9%

When asked general quality of life questions. The non-supplemented group responded positively 45% of the time and the users of other brands responded 48% positively while the Shaklee group had an 85% positive response.

All of the final data from this landmark study are being compiled and will soon be published. When that data becomes available, I will surely share it with all of you. Until then, anyone studying this information has to conclude that using Shaklee supplements is a far superior approach to either not supplementing our diet or using an off-the-shelf brand. Actually, study participants who did not supplement their diet actually did better in some categories than those who used brands other than Shaklee.

No other company can provide this detailed information on the efficacy of its products. Shaklee clearly has raised the bar for the nutritional world with this significant emotional event.

If you would like to get started on improving your health with Shaklee supplements, just visit our website at www.shaklee.net/jumpeter and start by adding one of our Vitalizer packs to your daily routine. These incredible products provide 80 bio-optimized clinically proven nutrients including vitamins, minerals, antioxidants, anti-aging phytonutrients, omega-3 fatty acids and probiotics, delivered through the Shaklee Micronutrient Advanced Release Technology (S.M.A.R.T.™) system to provide the right nutrients to the right place at the right time. There are 12 patents and 2 patents pending on this S.M.A.R.T. system alone. Carsten R. Smidt, Ph.D., FACN, Chief Scientific Officer, Shaklee Corporation stated, *"The cost of just one of our delivery systems, the pH-activated release, is higher than the total cost of all the vitamins and minerals in leading multivitamin products."*

So there you have it, your very own significant emotional nutritional event. It's now time for you to let your old habits meet their final resting place so you can delay meeting yours.

Yours in Good Health,

Cj