

Shaklee 180 Program

21 Days to a Healthier you!



Welcome

We are glad that you are here! Your hosts are: Linda Rist, Jane Cox and Robin Forster. We are all from different parts of the country. We'll start the introductions, and then it's your turn to introduce yourselves. Share with us:

- Who invited you,
- Where do you live
- Name one thing you do to lift yourself up, when having a bad day...

Logistics – Isn't it great that we can "see" each other? Feel free to mute yourself, if you have background noise. There is a Chat box on the side where you can post your questions during our chat today. We will take most of the questions at the end. Any questions?

Getting to Know You...

Couple of fun Questions:

- How many diets have you tried?
- What was one tip or trick that you have learned that was helpful?
- Let's share what our health goals are for 2017. They don't have to be totally mapped out, and set in stone.

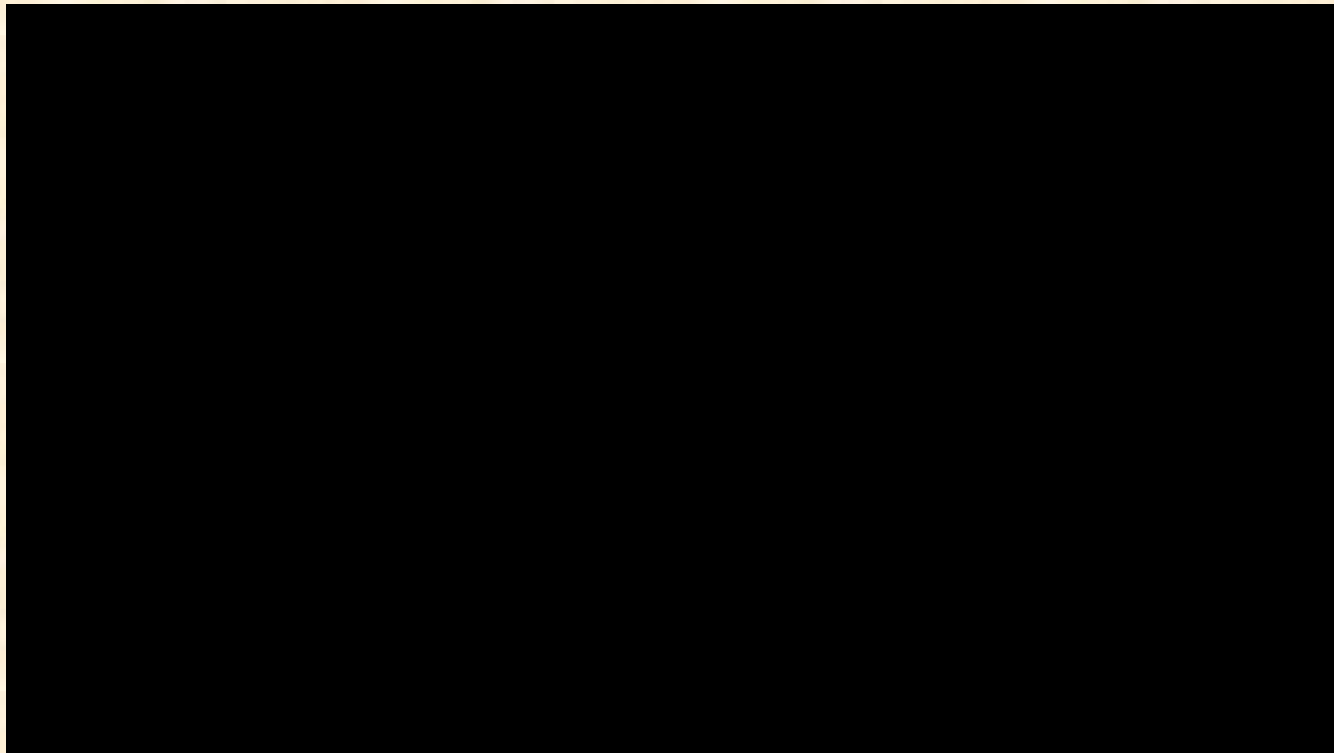


Health Print

Have you had yours today?

The Shaklee life-changing personalized health builder.
Haven't completed your Health print with your free consult?

[Health print Quick Video:](#)



Are you Proactive or Reactive ?

Say WHAT?

Chronic Diseases:

**The Leading Causes of Death and Disability
in the United States**

“Chronic diseases and conditions—such as heart disease, stroke, cancer, type 2 diabetes, obesity, and arthritis—are among the most common, costly, and preventable of all health problems.”

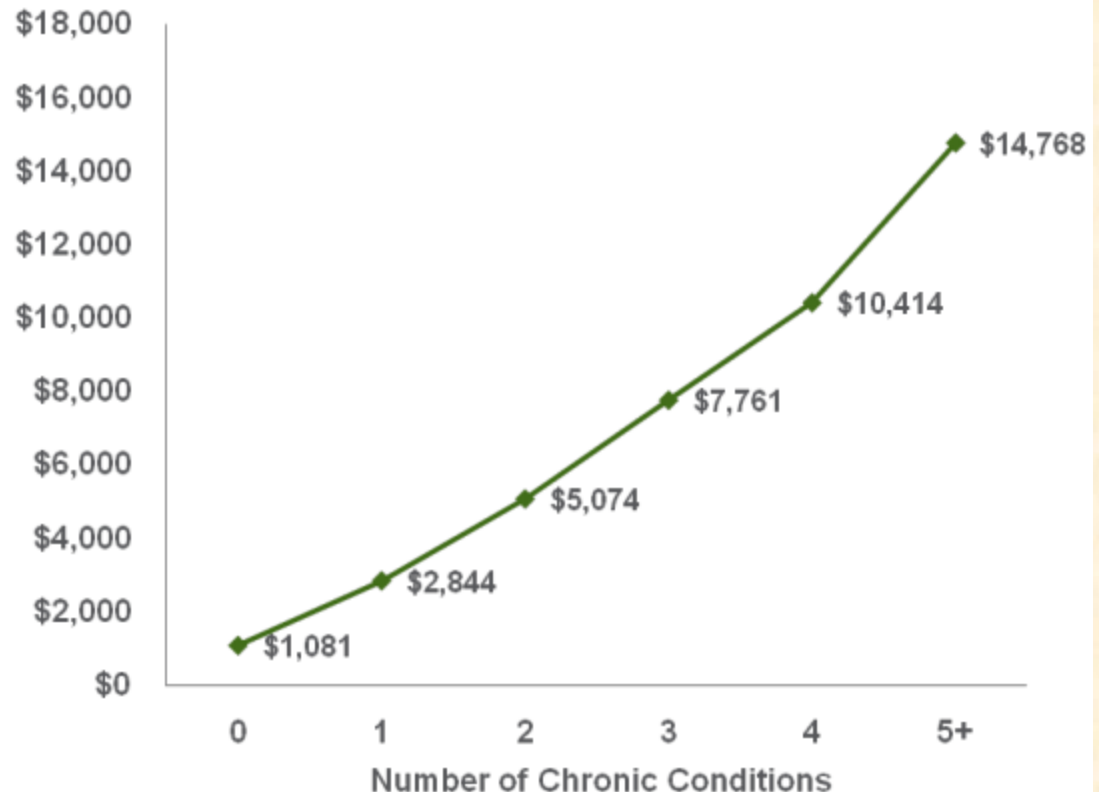
<https://www.cdc.gov/chronicdisease/overview/>

Health Care Spending Increases With the Number of Chronic Conditions

Compared to individuals with no chronic conditions:

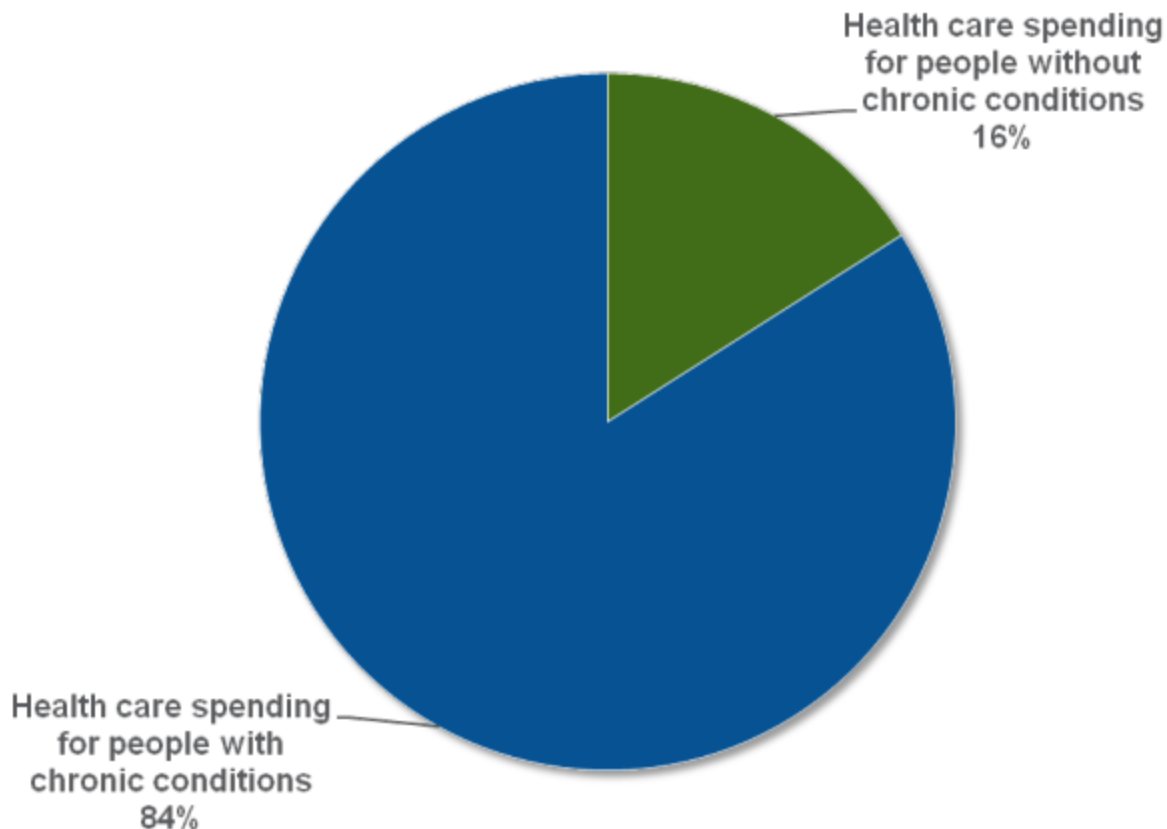
- Spending is almost three times greater for someone with a chronic condition
- Spending is over seven times greater for someone with three chronic conditions
- Spending is almost 15 times greater for someone with five or more chronic conditions

Average Per Capita Health Care Spending



Source: Medical Expenditure Panel Survey, 2006

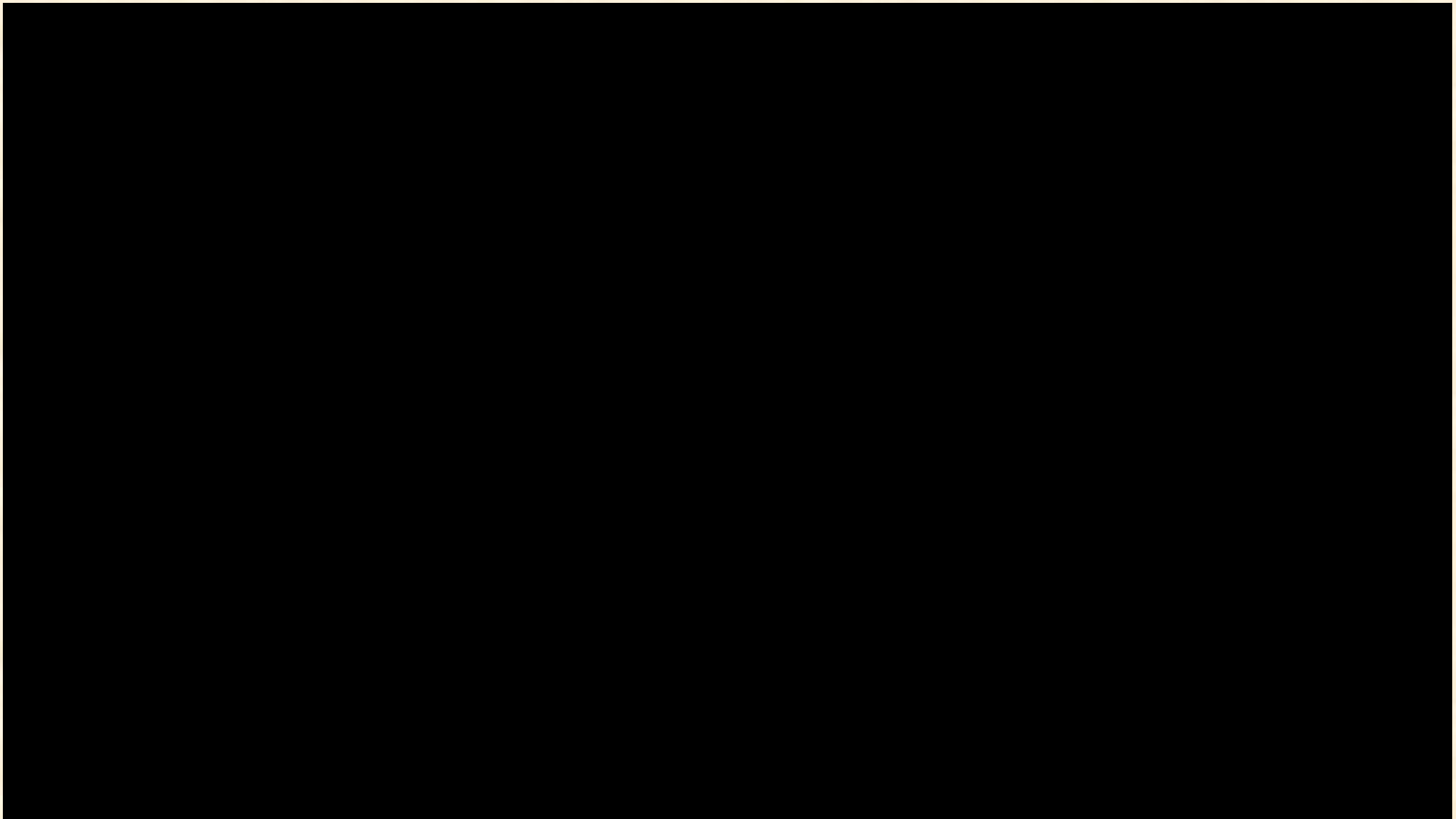
People With Chronic Conditions Account for 84 Percent of All Health Care Spending



Source: Medical Expenditure Panel Survey, 2006

Overview of 180 Program Quick Video

[Click here for the video](#)



Choices of the 21 Day Program

5 Day Reset	7 Day Cleanse	180	Vitalizing Plan
			
<p>2 Phase system: starting with easy 5 Day “change your eating habits”</p> <p>Veggies, fruit, Protein & Supplements</p>	<p>2 Phase system: starts with comprehensive 7 Day Cleanse follow by a 3 week restore and rebuild.</p> <p>Veggies, fruit & Supplements</p>	<p>Starter Kit (2 weeks). Burn fat, not muscle. Powered by Leucine! Lean muscle builder!</p> <p>Protein Shakes, Supplements & Food!</p>	<p>Free membership! Vitalizer is supplementation made simple – just one pocket friendly pack with plant strong Protein!</p>

All of the above programs include: live foods (grazing all day), cleansing supplements, optimal fluid intake, adequate rest, and moderate exercise.

What's in each program?

5 Day Reset: Protein Powder (your favorite flavor), Vitalizer, Alfalfa, Liver DTX, ProBiotic (OptiFlora), Herblax.

Lots and lots and lots of vegies & fruit & water

7 Day Cleanse: Alfalfa, Liver DTX, ProBiotic (OptiFlora), Herblax (no protein powder)

Lots and lots and lots of vegies & fruit

180 Program Starter Kit Program

2 Cans of 15-serving Canisters of Life Energizing Shake.

180 Metabolic Boost (30 day supply), Vita-Lea Multi-Vitamin

(30 day supply) and 1 carton of Snack Bars (10 bars) your flavor!



Vitalizing Plan 2 15 serving Canisters of Life Energizing Shake. And Supplementation made simple! 30 day supply of essential nutrition!



Getting Started

Calendar – Prep week, begins this week. Day 1 starts next Monday. Need a different arrangement? Talk to the person who sent you here.

Products – Get with the person who sent you here – to determine which product choices fit for you! Takes 5 to 7 days for the products to arrive, order now!

This customizable two-meals-a-day kit contains all you need for your first two weeks of the program. Plus, an enhanced program guide and online access to tools, healthy recipes, exercise programs and more.

**SPECIAL OFFER
PRICE OF \$150**



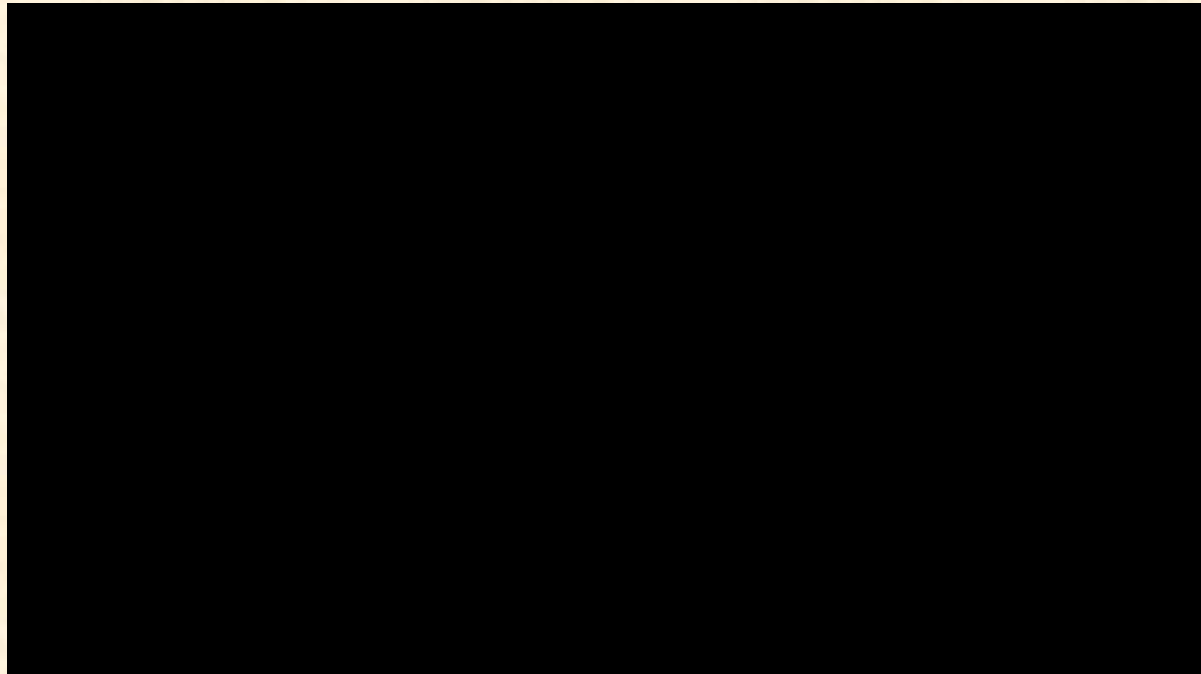
Kit Includes:

- Two 15-Serving Canisters of Life Energizing Shake™ (choice of flavor)
- Shaklee 180® Metabolic Boost (Bonus 30-day supply)
- 1 Box of Shaklee 180 Snack Bars (choice of flavor)
- Vita-Lea® 60 count (your choice of with iron, without iron, or Gold with K) Bonus 30-day supply

Just a few Testimonials



[Jacqui's Shaklee Story](#)



Dan & Janeen's Story

Question & Answer

Q: When does the next group start?

Q: What is the “Prep” week?

Q: Can I do it with a friend?



USE

Experience the way Shaklee products can help transform your health.



SHARE

Share Shaklee products with friends and family and earn extra cash + rewards.



BUILD

Build a team in a way that works for you and fits your life, with the potential for significant financial rewards.

Thank you for joining us.

We are so glad that you are here!

Please get with the person who invited you to our zoom chat, to start on your journey to a healthier lifestyle!



“Your future life will be exactly
what you decide to make it.”

— Dr. Forrest C. Shaklee