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# HURLEY HEALTH RESOURCES NEWS

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*True Wealth is Health*

## In this issue:

- 7 Foods Not to Eat
- Soy Foods
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## The 7 Foods that Experts Will Not Eat

How healthy (or not) certain foods are-for us and for the environment- is a hotly debated topic among experts and consumers alike, and there are no easy answers. But when *Prevention* talked to the people at the forefront of food safety and asked them one simple question- "What foods do you avoid?" they got some pretty interesting answers. Although these foods don't necessarily make up a 'banned' list, as you head into the holidays – and all the grocery shopping that comes with it – their answers are, well, food for thought.



1. Canned tomatoes
2. Corn-fed beef
3. Microwave popcorn
4. Non-organic potatoes
5. Farmed Salmon
6. Milk produced with artificial hormones
7. Conventional apples

**For details on the reasons from the 7 experts, email me with '7 foods' in the subject line'**

## RECIPE

### Yummy Protein Nut Butter Balls

1 C Energizing Soy Protein  
Vanilla or Chocolate  
1 C Peanut or Almond Butter  
½ C Honey

#### Preparation:

Mix thoroughly. Form into balls. Eat plain or roll in coconut flakes, chopped nuts or candy sprinkles. Enjoy!



## Major New Study Finds Soyfoods Are Safe and Beneficial for Women With Breast Cancer

Be aware that the best soy for our consumption is non-GMO Soy. **Only non-GMO Soy is used by Shaklee.** Plus, Shaklee processes their soy with water washing not acid washing, keeping the nutrient content at its peak. Energizing Soy Protein Mix and Cinch Shake, Meal and Snack Bars are excellent choices to add quality vegetable soy protein to your diet.

All Shaklee Protein products are gluten free (except Meal Bars) and kosher.

**Genetic Engineering (GE) or Genetic Modification (GM)** of food involves the laboratory process of artificially inserting genes into the DNA of food crops or animals. The result is called a genetically modified organism or GMO. GMOs can be engineered with genes from bacteria, viruses, insects, animals, or even humans. Most Americans say they would not eat GMOs if labeled, but unlike most other industrialized countries, the U.S. does not require labeling. Corn and soy are the two grains most commonly genetically modified.



Article available at American Medical Association  
<http://jama.ama-assn.org/cgi/content/extract/302/22/2483>.  
Or email Jan at: [janhrx@gmail.com](mailto:janhrx@gmail.com)



CONTACT ME FOR YOUR COPY OF THE 9-PAGE NONGMO FOOD GUIDE FROM THE CENTER FOR FOOD SAFETY.

# GOODIES FOR 2010

## LISTEN & LEARN



## LISTEN & EARN

Include in your New Years Resolutions to educate yourself through our **21 CD program** and **earn \$100 of free products!**

*If your goal for you and your family is improved health, you will be well on your way by listening to these CDs. Call/email me for the info.*

## HAVE YOUR CAKE AND SHIP IT TOO!



**2010 FREE Shipping During Your Birthday Month**

Call Jan a month ahead to receive this Birthday Benefit

*One month of FREE shipping per household.*

# Get Clean® with Shaklee

**You'd have to shell out more than \$3,400 for conventional products to get the same amount of clean.**



**Get Clean® Starter Kit**  
**Item # 50444**  
**Retail: \$176**  
**Member: \$149.60**



**Try them today! Money Back Guarantee!**

Say goodbye to cleaning products with undesirable chemicals, and clean your home with Shaklee Get Clean products – a sensible alternative for a clean, healthy home. Shaklee is THE trusted resource for safe, effective cleaning products for millions of loyal users. Shaklee Get Clean products provide healthy cleaning solutions for people and the planet.

**Get Clean® Starter Kit** (item # 50444) is such an awesome value. You'd have to shell out more than \$3,400 for conventional products to get the same amount of clean. And with Get Clean, once you get rid of all those undesirable cleaners you may have in your home, you won't have to replace them with 27 more. This multitasking set is all you need to start cleaning your way to a healthier home. With their 100% money-back guarantee, you have nothing to lose. Except dirt and a whole lot of toxins.

- **One bottle of Basic H<sup>2</sup>** equals the cleaning uses of 5,824 bottles of 26ox Windex.
- **Dish Wash Concentrate** is twice as effective as Method Dish Soap and Seventh Generation Natural Dish Liquid on grease.
- **Scour Off™ Heavy Duty Paste**-Powerful enough to scrub boat decks for the Wild Dolphin Project. Biodegradable surfactants to protect our oceans and seas. Obviously, safe enough for your grill and shower scum.



**For Instance:** "Just one bottle of Basic-H replaces dozens of hazardous household cleaners. I save money, space, and the environment – all at the same time." - Rod Larkin, Lapeer, MI AND

**"The thing about Basic-H** is that you can use it for most anything – for fine washable, floors, kitchen appliances, and more." – Dorothy Burkett, Shoemakersville, PA AND

**"The reason I got involved with Shaklee** was to help my daughter, who had severe reactions to harsh chemicals in some household products. I switched over to Shaklee household products, and immediately saw a difference." – Maulky Tauber, Brooklyn NY

## You can make a difference

When you buy the Get Clean Starter Kit (item # 50444) instead of the stuff you probably buy:

- You keep 108 pounds of packaging waste out of landfills
- You eliminate 248 pounds of greenhouse gas

# Is Healthy Weight Your New Years Resolution?

## A HEALTHY YOU IN 2010

7 SUGGESTIONS

1. Make time to pray and read. Get a relationship with God
2. Drink plenty of water, at least eight 8oz glasses a day.
3. Eat breakfast like a king, lunch like a prince and dinner like a beggar.
4. Eat more foods that grow on trees and plants and eat less food that is manufactured in factories.
5. Play more games.
6. Sleep for at least 7 hours
7. Take a 10-30 minutes walk daily. And while you walk, smile.

### Real People. Real Success.

Abigail: "I have lost 44 lbs. and more than 20 inches\*. I can now walk into the cute boutiques and know that I will fit into the fashionable clothes". "The Cinch Plan taught me how to see the way I eat from a different viewpoint, and how to live a healthy lifestyle. Those are things that will stick with me forever". Her outlook on life has changed for the better, too. "I have never been happier, and I finally have self-confidence".



Rebecca, a new Mom is a total of 34 pounds and 22 inches healthier. "I can do 'normal' chores without being short of breath. The program is easy on my schedule, too – I can go online when the baby is asleep and order my Cinch products. No need to leave the house or go to meetings.

Matt, a total of 103 pounds healthier. "After dropping 103 pounds, my doctor said I don't need blood pressure meds. I don't worry about my knees, and I don't desire fast food and 'toxic-to-the-waistline' cuisine. Despite my previous knee issues, today I run a mile or more, four to five times a week!"

### RECIPE

#### Cinch® Holiday Shake

##### Ingredients:

2 scoops or 1 packet Cinch® Vanilla Shake Mix  
 ¾ C non fat milk  
 ¼ C light eggnog  
 ¼ tsp. rum-flavored extract  
 Dash of nutmeg  
 Dash of cinnamon  
 4-6 ice cubes

##### Preparation:

Combine all ingredients in blender and blend until frothy. Sprinkle with additional nutmeg.

##### Nutrition Information:

Calories: 305 Protein: 24g Carbohydrate: 44g  
 Fat: 5g Fiber: 6g



Powered by Leucine™ Specially formulated to help you break the diet cycle, so you:

- Keep muscle you have
- Burn fat you don't need
- Lose inches you don't want

With Cinch, you have nothing to lose but inches. And everything to gain in a whole new life.



### ORDER TWO WEEK STARTER KIT

Item # 59105  
 Retail: \$230.10  
 Member: \$195.90

Cinch Shake Mix (Canister) (15 servings)  
 Cinch Daily Journals (2)  
 Cinch Shake Mix (14 single-serving packets)  
 Cinch Pedometer  
 Cinch 3-in-1 Boost (42 tablets) • Cinch Shaker Cup  
 Cinch Bar Assortment Pack (10 bars)  
 Cinch Tape Measure  
 Cinch Energy Tea Mix, Unsweetened (28 sticks)  
 Cinch Success Guide with CinchCoach™

### ORDER 3 MONTHS ON AUTOSHIP ULTRA CINCH: RECEIVE FOURTH MONTH FREE!

4 Cinch Shake soy Protein shake canisters  
 1 bottle of Cinch 3-in-1 Boost  
 3 boxes of Cinch Snack bars  
 1 Box of Cinch Energy Tea  
**(\$353.75 Retail Value or \$300.65 MN)**



Call Jan today: 305.271.4474

# 2 Great Ways to Share Shaklee During the Holidays!



Give the gift of health with Shaklee™ Products

1  
Join Shaklee Free with 50 PV

2  
Join as a GOLD Ambassador and get a total of 6 months of Personal Web Site!

## Congratulations!

**Kelly & Lance Russell** of Miami for advancing to Director level in only 3 months!



They are the parents of two darling daughters, Emily (4) and Haley (1½).

Director is the 1<sup>st</sup> level of independent leadership in Shaklee™



[http://www.viewcalgary.com/peter/skatingWCup/images/rodriguez\\_5309.jpg](http://www.viewcalgary.com/peter/skatingWCup/images/rodriguez_5309.jpg)

## News Flash

**Jennifer Rodriguez, Olympic Speed Skater from Miami, is using Shaklee nutritional products. She just achieved a new time record for the 1500 meter race!** She is one of 12 athletes chosen to be on the Olympic Athletic Calendar for 2010 by the Olympic Committee featured in November.

*Root for her success in the Olympics!*

Her father, Joe Rodriguez, a competitive cyclist, will be sharing his and Jennifer's experience with the sports nutrition products on **January 13 at Jan Hurley's Home (See Upcoming Events!)**

Come with your sports buddies that want to learn how to maximize their athletic performance.

SHAKLEE™ POWERED WORLD-CLASS ATHLETES HAVE WON 54 GOLD MEDALS SO FAR USING SHAKLEE NUTRITIONAL PRODUCTS.

## Upcoming Events

Mark your calendar to attend and bring friends! For questions call: 305-271-4474

**JANUARY 9<sup>TH</sup>, 2010 9:00 AM – 12:30PM**  
**FastTRACK to Infinite Possibilities**  
 Are you in SURVIVAL MODE or POSSIBILITY MODE? You can create new POSSIBILITIES with Shaklee™

**\$8 pre-register or \$10 at the door**  
 Palm Bch Gardens Marriott, 4000 RCA Blvd,  
 Palm Beach Gardens, FL 33410  
 Join our car pool to ride to this event!

**JANUARY 13<sup>TH</sup>, 2010 7:30 PM – 9:00 PM**  
**Go For Gold – Sports Nutrition**  
 With Guest Speaker Joe Rodriguez  
 Hurley Home, 9400 SW 106 Ct, Miami, 33176

**JANUARY 28<sup>TH</sup> 7:30PM – 9:00PM**  
**Cinch® –Inch Loss Program**  
 Hurley Home, 9400 SW 106 Ct, Miami, 33176

*(Not from S. Florida? Check on line for Kickoff events happening in your area.)*