

## Richly Rewarding Living

### Cancer Myths Busted! - Some of the most common misconceptions about cancer—dispelled.

- If a family member gets cancer, you're destined to get it too. While you may be at a slightly elevated risk, only about 15 percent of cancers appear to run in families, according to the ACS.
- How you cook your meat doesn't matter. Grilling and broiling generate heterocyclic amines, chemicals that are released when high heat breaks down amino acids in meat. These chemicals have been linked to cancer in animals, according to the ACS.
- Electronic devices, like cell phones, can cause cancer in the people who use them. A few studies suggested a link with certain rare types of brain tumors, but the consensus among well-designed population studies is that there is no-consistent association between cell phone use and brain cancer.
- You can prevent skin cancer by putting on one application of sunscreen at the start of each day. The use of sunscreen on a daily basis is a good practice for reducing skin cancer risk. The problem with it is that it can sometimes give a false sense of security. Sunscreen needs to be reapplied, and even then it still only confers a certain amount of protection.
- #1 Myth: The risk of dying from cancer in the U.S. is increasing. Many people believe that their risk for cancer is growing because cancer figures are sometimes reported out of context. The actual number of people who are diagnosed and who die of cancer each year has indeed grown—because the U.S. population is growing larger and is aging. Cancer is more common among the elderly, so more cases are to be expected as the average age of the U.S. population increases. A closer look at the numbers by age group shows the cancer risk for Americans is actually dropping.

**Reality:** The risk of being diagnosed with cancer and risk of dying of cancer have decreased since the early 1990's. Fewer than half the people diagnosed with cancer today will die of the disease. Some are completely cured, and many more people survive for years with a good quality of life, thanks to treatments that control many types of cancer. According to the ACS, cancer is not one disease, but many different diseases with different causes. For that reason, one breakthrough "cure for cancer" is not likely to come along—instead, every year will bring more and more cures for more and more types of cancer.



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### *Welcome New Clients!*

**Kelley Bush** - (Referred by **Yolanda Barron!** Thanks!)  
**Mitzi Hawkins** - (Referred by **Jamie Barber!** Thanks!)

*We would also like to welcome Jonah Kral, Suzie Hiller  
and Fred Irwin!*

### CLIENT OF THE MONTH

**Jamie Barber** *Congratulations!*

### UPCOMING EVENTS

- ◆ New Small Group Class begins Monday, March 9 at 12:00pm and 1:00pm.
- ◆ New Nutrition 101 Class begins Monday, March 9 at 5:30pm.
- ◆ New Adventure Boot Camp begins Monday, March 16 at 5:30am and 8:00am.

# Maximum Protection. Maximum Health.

## Maximize Your Antioxidant Protection!

### Harnessing Nature's Biggest Secret

For many years, scientists have studied the health benefits of fruits and vegetables and their importance to overall health and wellness. Recent discoveries in phytonutrient science have revealed new secrets to achieving maximum antioxidant protection. Phytonutrients are specialized compounds found in fruits, vegetables, and plants. New classes of phytonutrients called flavonoids and carotenoids are found to provide the body with extremely potent antioxidant protection. Now, Shaklee brings them to you. We need antioxidant protection more today than ever before. Pollution, exposure to sunlight, stress, and even normal metabolism can produce free radicals, which damage the cells and DNA in our bodies. Antioxidants help protect cells from free radical damage.

Shaklee scientists have searched the world to uncover and deliver the most potent flavonoids and carotenoids available:

- ◆ To Hawaii for microalgae that produces astaxanthin
- ◆ Across the United States for passionflowers that yield flavones, and citrus fruits that provide flavanones
- ◆ To Nova Scotia for wild blueberries that produce anthocyanidins
- ◆ To France for grapeseed that yields proanthocyanidins
- ◆ To Israel for non-GMO tomatoes for lycopene

- ◆ To Malaysia for oil of palm for alpha and beta carotene
- ◆ To Thailand for marigolds that produce lutein
- ◆ To China for green tea that yields flavan-3-ols
- ◆ To Brazil for fava d'anta that produces quercetin
- ◆ To Austria for elderberries that produce anthocyanidins
- ◆ To Australian salt marshes for sea algae that yields beta carotene

Shaklee has now captured these remarkable ingredients in two revolutionary products and made them available to everyone.

### Maximize Your Antioxidant Defenses.\*

Unless you happen to live on a farm, getting the five to nine recommended servings of fruits and vegetables is not only difficult, but also not very likely. Most people simply don't eat a sufficient quantity or variety of deep-green, yellow, blue, and red fruits and vegetables everyday. As a result, few get the broad-base phytonutrient defense to help fend off free radicals.

Shaklee found a way to maximize your antioxidant protection. We developed a dynamic antioxidant duo: water-soluble FlavoMax™ and fat-soluble CarotoMax®. Working together, these nature-based supplements provide a broad spectrum of high-power antioxidants that help protect cells from free radical damage.\*

### FLAVOMAX™

FlavoMax™ is a comprehensive, high-powered antioxidant supplement\* that guarantees delivery of six key classes of flavonoids: proanthocyanidins, anthocyanidins, flavan-3-ols, flavones, flavonols, and flavanones. Shaklee uses standardized extracts of each of these flavonoids to ensure potency and quality.

Flavonoids are potent, water-soluble antioxidants that have been linked to healthy blood circulation, strong capillaries, and veins. Flavonoids also deliver antioxidant protection to blood and blood-rich tissues, such as the liver and the intestines.

Unfortunately, few diets provide these important phytonutrients in significant quantities, since flavonoids are often found in seeds, rinds, and skins, parts of fruits and vegetables that are likely to be tossed away during food preparation. Many people dislike eating the skins of fruits and vegetables.

- ◆ Delivers powerful free radical fighters to the blood and blood-rich tissues, such as the liver and intestines\*
- ◆ Provides protection against cellular damage and promotes overall cell health\*
- ◆ Supports cardiovascular and circulatory health\*
- ◆ Promotes overall wellness\*
- ◆ Formulated with standardized extracts that are nature-based
- ◆ Provides flavonoids often found in plant parts not typically consumed: seeds, peels, flowers, and bark.

**And don't forget**, if you have any questions or concerns about your health, [talk to us](#). We're here to help. If you have a question about fitness, weight loss, health trends, or a supplement/nutritional product you would like checked out, email your question and I'll do my best to address it in an upcoming issue (or with you personally).

***I'd love to hear from you.***

**My email address for comments is [chris@personallyfitbychrishill.com](mailto:chris@personallyfitbychrishill.com)**

### CAROTOMAX®

CarotoMax® blends six potent antioxidant carotenoids\*: alpha carotene, astaxanthin, beta carotene, lycopene, lutein, and zeaxanthin

The carotenoids in CarotoMax® are powerful, fat-soluble antioxidants that have been implicated in the long-term health of the eyes, prostate, cervix, lungs, and heart.\* Research also suggests that carotenoids, working together, support a strong immune system.\*

- ◆ Promotes the long-term health of the eyes, prostate, cervix, lungs, and heart\*
- ◆ Provides potent antioxidant protection for lipid-rich areas of cells\*
- ◆ Supports a strong immune system\*
- ◆ Contributes to overall wellness\*



**30-DAY SUPPLY OF BOTH JUST \$53.80!**

### *FLAVOMAX & CAROTOMAX*

Taken together, CarotoMax and FlavoMax provide a broad spectrum of antioxidant protection and provide some of the most potent antioxidants found in fruits and vegetables.\*

Call us today at (903)663-0246 or email at [chris@personallyfitbychrishill.com](mailto:chris@personallyfitbychrishill.com) to order a 30-day supply of the "Most Powerful Antioxidant Protection You Can Buy\*!"

\* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.