

David Miller
Shaklee - Independent Distributor
1490 Bat Roost Rd
Manchester, Ohio 45144
937-779-0046

Get Your Shaklee Products Go Here:

<http://www.shaklee.net/mimc/>

Introducing Shakleebaby™ and Shakleekids™



**Introducing Shakleebaby™ - Always Safe. Always Gentle. Always Healthy.
Open Order 5/1**

Babies are the most precious gifts in the world. Keep yours happy and healthy with Shakleebaby. Safe, pure, and natural, our pediatrician tested baby care products are formulated to keep your little one's bottoms soft, itty-bitty toes clean, and growing body healthy.



Gentle Wash

Clean, fresh baby. This extra gentle wash is made with organic chamomile and lavender, pH balanced and sensitivity tested to shower even the most tender skin with love. 99% Natural; 76% Organic.

#30108 <http://www.shaklee.net/mimc/>



Soothing Lotion

So soft. Organic sunflower seed oil and shea butter moisturize, and organic chamomile and lavender soothe. 99% Natural; 87% Organic.

#30106 <http://www.shaklee.net/mimc/>



Diaper Rash Cream

Naturally soothing. Zinc Oxide protects baby's delicate skin from wetness, keeping skin healthy and dry, and helps heal diaper rash. Organic and natural oils keep skin hydrated and smooth while chamomile, aloe, and calendula extracts soothe. 99% Natural. 78% Organic.

#30109 <http://www.shaklee.net/mimc/>



Massage Oil

Perfect for massaging baby or moisturizing after a bath. With organic sunflower oil, lavender, and chamomile to moisturize and smooth. 99% Natural, 99% Organic.

#30107 <http://www.shaklee.net/mimc/>



Multivitamin & Multimineral Powder

One of the most comprehensive infant-toddler supplements available, it contains prebiotics to help promote a healthy immune system and bundles of vitamin D to support strong bones and teeth. Star-K Certified. *

#20057 <http://www.shaklee.net/mimc/>

* 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.



Introducing Shakleekids™ - Supersmart. Supersafe. Supernutritious.
Open Order 5/1

Behold the powers of Shakleekids Mighty Smart and Incredivites! These dietary supplements are made with supersafe ingredients that bring out the best in kids, like rad vision, smart noggins, and a rockin immune system. *



Incredivites™

Shakleekids Incredivites is the first kids chewable multivitamin in the U.S. with lactoferrin, a protein that helps busy bodies' immune systems stay supercharged. Packed with 23 essential nutrients, it's one of the most comprehensive supplements available - with 600IU of vitamin D to support strong bones and teeth, and 100% of the daily value for vitamins C and E per serving. *

#20002 <http://www.shaklee.net/mimc/>

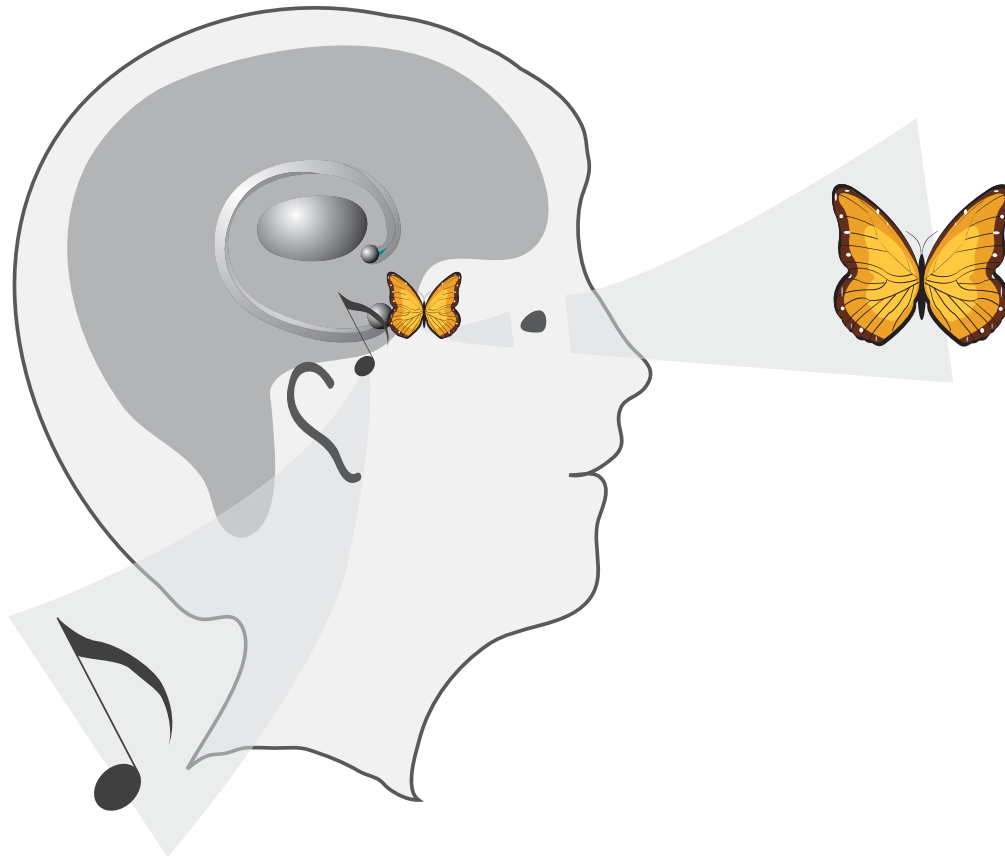
Note: Vita-Lea® Ocean Wonders™ will continue to be available.



Mighty Smart™

Shakleekids Mighty Smart is scientifically formulated with a power-packed blast of ultra-pure DHA. Essential for early brain development, this omega-3 fatty acid has been shown to support mighty memory, mad concentration, and fierce mind skills. Star-K Certified.

#20058 <http://www.shaklee.net/mimc/>



A Primer on Memory

HOW TO KEEP IT
HOW TO IMPROVE IT

*“We are who we are in good measure because
of what we’ve learned and what we remember.”*

– Nobel Laureate Dr. Eric Kandel

What is memory?

Memory is the process by which information and experiences can be stored, retained and then recalled. Without memory, there can be no learning. Memory begins with some sort of stimulus coming into the brain. All raw data is sorted by the brain but only ones with meaning go into storage. Different types of memory are stored differently in the brain.

- **Short-term memory** is temporary, and may last for only a few moments or less. An example might be a phone number you just looked up.
- **Working memory** might include remembering to make several phone calls or remembering all the tasks you must complete to prepare for a trip. Working memory may require several types of information to be processed simultaneously — more than can be handled by a single short-term memory system. Once you use working memory, it's usually forgotten.
- **Long term memory** has an unlimited capacity for storage to hold information over lengthy periods of time. Long term memory allows you to draw upon the experiences of your lifetime from childhood on. It's what really defines what we think of as our lives. Short term memories can become long term memories. In fact, you can think of short term memory storage as a potential loading dock for long term memories. The process requires attention, repetition and associated ideas. The more attention we pay to a stimulus the more likely it is to stick in the memory.

How the Brain Remembers

Memory relies upon an intricate biochemical process involving neurons, the smallest anatomical units of the nervous system. A neuron consists of a cell body that contains strands called dendrites. These are a sort of internal antennae. Between each of the brain's neurons are spaces known as synapses. When incoming data stimulates a neuron, it triggers the release of neurotransmitters into the synapses. These neurotransmitters move through the synapses to communicate with the dendrites in other neurons.

The flow of information between neurons in the brain is the basis for all memory. When raw data comes in, we actively sort through networks of stored information to make new temporary connections. These links are strengthened by repetition and can eventually become memory.

Why Can't We Remember?

Researchers think there are a number of reasons healthy brains forget things:

- **Decay** — Information we don't use or reinforce may simply fade away. The brain registers all raw data but retains only those with meaning. The sharpest decline in memory is shortly after hearing, seeing or experiencing something unless there's repetition or other reinforcement.
- **Interference** — New information may bury or replace the old.
- **No longer accessible** — The so-called Tip of the Tongue phenomenon. You can recall the information but can't name it. Often, for unexplained reasons, the memory will suddenly emerge when you are no longer trying to recall it.
- **Overload** — The brain is temporarily overloaded and distracted by stimuli. This is common in busy American lives.

Challenges to Memory

Many factors can cause memory problems. As with other aspects of health, lifestyle has a big impact on memory throughout life. Things that can interfere with memory and the ability to learn include:

- **Poor nutrition** — Shortchanging the brain's need for high-quality protein, nourishing fats, and essential micronutrients can seriously impact learning and memory. This is a particular problem for children and older people. A poor diet can increase the risk of hypertension. Hypertension can lead to strokes that threaten brain function.
- **Alcohol** — Alcohol interferes with short term memory, limiting the ability to store new information. It's widely understood that alcoholism is seriously damaging to memory, but studies have shown that even moderate alcohol use can interfere with the ability to remember.
- **Inadequate sleep** — Insomnia, too few hours of sleep, and even jet lag can produce a chronic state of fatigue that impairs consolidation of information and the retrieval of memory. Some scientists believe that the poor sleep patterns and sleep deprivation experienced by many overworked adults — contribute to forgetfulness and memory loss.
- **Smoking** — Smoking limits the amount of oxygen that gets to the brain. Studies have shown that smokers have more difficulty remembering names and faces in a test of verbal and visual memory.
- **Caffeine** — While caffeine in coffee and tea can have a positive impact on alertness, the stimulation caused by these drinks may interfere with normal memory function. Caffeine can also interfere with the sleep necessary to consolidate memories.

- **Dehydration** — Lack of water has an immediate effect on memory, producing confusion and difficulty thinking. Too little water brings on fatigue and decreases alertness. People such as the elderly who are less likely to accurately perceive their level of thirst are at particular risk. A person's perceived level of thirst may not be an accurate indicator of true fluid needs.
- **Medications** — Certain drugs such as tranquilizers, muscular relaxants, sleeping pills, and anti-anxiety medications can cause loss of memory. In some people, drugs for hypertension (high blood pressure) may also have an impact on memory and in some cases may cause depression.
- **Disease** — Certain diseases and injuries to the brain can cause serious loss of memory. This is quite different from the normal forgetting that takes place in daily lives. Anyone concerned about memory loss should be evaluated by a health care professional.
- **Stress** — Anxiety and stress interfere with concentration. The typical American lifestyle leaves many people tense, distracted and overstimulated. Memory can suffer when all circuits are busy.

Tips to Help You Remember

There are many techniques you can adopt that can help improve your memory.

- **Stay focused** — Learning and remembering require commitment and attention. The more focused you are, the more likely that new information will be retained. Pay attention to what you consider most important.
- **Write down reminders immediately.** Take notes, make lists, mark the calendar, or keep a journal.
- **Make associations** — Connect new information to things already store in the long term memory. Use a new word in a sentence.
- **Follow a routine** — Each activity will serve as a cue for the next.
- **Repeat names of people you meet** — Listen carefully, then use the name in conversation. Link the first letter with a characteristic of the person. Joan, J, Jolly. The more links you have to a face, the easier it will be to come up with a name.
- **Have a place for everything** — Keep keys, wallets and other important things in the same place when you're not using them.
- **Be confident** — Self-doubt leads to anxiety and makes retrieving stored information more difficult.
- **Visualize** — Think of everything you want to remember in a particular location in your house. Then imagine walking through each room and "viewing" each item.

Exercise Your Mind

"Use it or lose it" definitely applies to memory. No matter what your age, your brain can continue to store new information — if you make an effort to learn and challenge yourself. An active brain produces new connections between nerve cells that allow cells to communicate effectively with each other. These connections help the brain store and retrieve information easily. What follows are important ways to build and maintain a strong memory.

- **Stay physically active** — The mind-body connection is real. Aerobic exercise such as walking, biking, and swimming is particularly important for memory because it helps keep blood vessels delivering adequate oxygen to the brain. Daily exercise keeps you alert. It also decreases the risk of high blood pressure and strokes, common risks to proper brain function. People who exercise regularly also tend to sleep well, another must for a healthy memory.
- **Get plenty of rest** — During sleep, the brain has a welcome decrease in sensory input which allows it to sort through experiences and activities. This period of consolidation is essential to lay down and organize memories.
- **Learn something new** — Try new experiences unrelated to your normal activities. Take up snowshoeing or salsa dancing. Paint watercolors or start to write a memoir. New activities can make new connections in your neural pathways.
- **Exercise your mind** — Word games such as scrabble or cross word puzzles keep those neurons firing. Play chess (you can do it online). Go to a museum. Study a language or take a history class. Read, read, read.
- **Concentrate** — Try to sharpen your focus with any common object — a cup of coffee, for instance. Note the weight and size of the cup. Look at its color. What's the color, flavor, aroma and temperature of the coffee? Such an exercise sharpens your perception and helps you remember details.
- **Relax** — When you're tense or anxious, you can't concentrate or process information. Learn to calm yourself with breathing exercises. Yoga offers a great way to unwind. Remind yourself of what's important and good in your life. Let the rest of it go.
- **Stay Connected** — Keep up to date on current events, films, and other topics that interest you. Seek out people with whom you can have lively and positive conversations. Isolation can lead to depression, and that it itself causes memory problems.

Feed Your Brain

A good diet with plenty of complete protein, fresh fruits and vegetables, whole grains and healthy fats is as important for the brain as for any other organ in the body. However, brain cells can be more demanding nutritionally than other cells. Brain cells require a great deal of carefully controlled energy to function optimally. Brain and nerve cells deserve special dietary support.

- Proteins and fats are needed to make new connections.
- Essential fatty acids affect neurotransmitter release and are critical for other brain functions. The omega 3 fatty acids found in salmon and other deep water fish may be the reason that fish has long been considered brain food.
- Some vitamins are particularly important for memory. These include thiamin, folic acid, and vitamin B₁₂.
- Lecithin provides choline, a component of acetylcholine, an important messenger used by the brain and central nervous system.
- Ginkgo biloba appears to increase the flow of blood to the brain. The National Institutes of Health is currently studying the impact of ginkgo on brain function.
- Recent clinical research has shown that both bacopa and vinpocetine can help to improve memory function.

References:

Memory Enhancement by Joanne K. Singleton, PhD, RN, CS, FNP,
www.ec-online.net/Knowledge/Articles/memory_enhancement.html

Human Memory: What it is and How to Improve It by Silvia Helana Cardoso, PhD, Center for Biomedical Informatics, State University of Campinas, Brazil, Copyright 1997 State University of Campinas.

Forgetfulness: It's not always what you think nlm.nih.gov/medlineplus/memory (National Institutes of Health, National Institute on Aging.)

Keeping Health in Mind: 10 Steps to Keep Your Memory Sharp by the Mayo Clinic Staff; www.mayoclinic.com.