

HEALTH CHAT – WOMEN’S HEALTH PRESENTATION SCRIPT

COVER SLIDE: WOMEN’S HEALTH

Welcome your guests and thank them for their time and attention.

- Today’s Health Chat focus is on women’s health. We’ll look at some of the health concerns women have at different stages of their lives and how women can be proactive and take control of their health and well-being.

Slide 2: DIFFERENT STAGES OF A WOMAN’S LIFE

The focus of today’s Health Chat is Women’s health. We’re going to start by looking at the different stages of a woman’s life. Each stage has different nutritional needs:

- Young adults
- Women on the go
- Menopausal women
- Post-menopausal women

Slide 3: YOUNG ADULTS

Teens to late 20s

These are the years for establishing a foundation for a long, healthy life. Here are some healthy lifestyle habits to start building at this age:

- Eat a well-balanced diet of fruit, vegetables, and plant protein
- Include calcium and vitamin D for overall bone health
- Hydrate with water vs sugary drinks such as pop
- Be sure to get regular physical activity and exercise

Studies have shown that inactive teens have weaker bones than those who are physically active. And too many soft drinks can adversely affect not only weight but also bone structure. A study by the Harvard School of Public Health showed that 15-to-17-year-old girls who were already showing signs of bone loss drank significant amounts of carbonated beverages every day.*

These are the years when bones should be increasing in size and mass. Instead of building a strong bone mass, too many kids are actually losing bone mass. Chronic dieting and actual eating disorders can also contribute to bone loss, as well as teen obesity. This underscores why it’s so important to start developing healthy lifestyle habits at a young age.

*<http://archive.sph.harvard.edu/press-releases/archives/2000-releases/press06142000.html>.

Slide 4: WOMEN ON THE GO

Late 20s to 40

Balance, exercise, and good nutrition are critical during this active stage. Your nutritional and exercise habits are setting the foundation for your health today, tomorrow, and many years to come.

If you're planning a family, prenatal vitamins with folic acid for before and during pregnancy are essential.*

Healthy lifestyle habits:

- Take a multivitamin to meet nutritional needs
- Get to and maintain a healthy weight
- Get regular exercise, including the weight-bearing variety
- Avoid smoking and use of alcohol

You might be wondering what's most important before and during pregnancy. The answer? NUTRITION is the most important thing! Also remember that the first eight to 10 weeks of pregnancy are critical for fetal brain development. That's why adequate amounts of folate are absolutely essential in the beginning of pregnancy. Since most women don't even know they're pregnant until four to six weeks after conception, even those women who are just thinking about motherhood should begin taking folate long before they actually conceive.

*The Institute of Medicine (IOM) recommends 18 mg of iron daily for non-pregnant women aged 19 to 51 and 27 mg of iron daily for pregnant women aged 14 to 50 years. Women who are iron deficient should consider taking Shaklee Iron Plus Vitamin C supplement for additional, enhanced iron absorption for their prenatal/postnatal needs.

Slide 5. MENOPAUSAL WOMEN

40s to mid-50s

Hormonal changes can occur as early as 40 and as late as 55.

Healthy lifestyle habits:

- Get daily servings of soy protein, which may help reduce the frequency and severity of hot flashes
- Increase calcium and vitamin D
- Manage stress and sleep
- Get to and maintain a healthy weight
- Talk to your doctor about mammograms
- Get regular exercise, including the weight-bearing variety

Studies indicate that soy protein can help with some hormonal change symptoms. Some recommend two servings of soy foods a day.

Another recommendation is for women to increase their fish oil intake at this time, as omega-3 fatty acids are so important for brain health. A study published in *The American Journal of Clinical Nutrition* showed an association between omega-3s and better psychologic health.

Exercise isn't just for physical health and to get through those hormonal shifts – it's for mental health, too. Studies show it eases mood swings and anxiety. Studies show that regular physical activity improves psychological well-being and can reduce depression and anxiety.*

*http://www.cmha.ca/mental_health/mental-fitness-tips/#.WQl1CdwpAdU.

Slide 6: POST-MENOPAUSAL WOMEN

55 and beyond

Optimizing a woman's health during and after menopause is critical.

Healthy lifestyle habits:

- Take omega-3 fatty acids for heart health
- Maintain annual exams for bone density
- Increase calcium and vitamin D
- Manage stress and sleep
- Achieve and maintain a healthy weight
- Get regular exercise, including the weight-bearing variety

One of the most serious health risks that occurs at menopause is bone loss. This is related to the significant drop in estrogen levels, which tends to trigger a shift in the balance between bone formation and bone breakdown. The first stage of bone mass decline can occur even in your 40s. For women who have good bone density as they reach menopause, there won't usually be any clinical change. But for women who already have bone loss as they enter menopause, reduced estrogen levels can result in the development of osteoporosis, where fracture risk increases dramatically. This bone loss can be up to 20% in the first five years after menopause.

Another important area of health for women to be thinking about is heart health. In the past, women were about 10 years older than men, typically, when they first had heart attacks. But that has changed over the past 20 years, and we're now seeing women having heart attacks in their 40s.

There are many factors that put women at risk for heart disease, and many of these factors are controllable, such as smoking, obesity, a poor diet, and a lack of physical activity. These factors can contribute to high blood pressure, high triglycerides and high cholesterol, and diabetes, which significantly increase the risk for heart disease.

Slide 7: A HEALTHY DIET

Next, we'll review what's important for all women.

Let's start with a healthy diet – something women of all ages need. Here are some basic guidelines to follow:

- Eat a variety of foods daily, including at least seven servings of colourful fruit and vegetables– not fruit and vegetable juices
- Get plenty of whole grains, beans, and legumes
- Choose lean meats, fish, and poultry, and lower-fat dairy and soy foods
- Select “healthy fats” – eat more omega-3 fatty acids and monounsaturated fats (olive oil, nuts, seeds)
- Avoid ALL trans-fats and most saturated fats
- Cut back on fast food and soft drinks
- Read labels

Slide 8: HEALTHY FOOD CHOICES

Making healthy food choices every single day can be difficult. Vitalizer™ can help fill in nutrient gaps.

Slide 9: VITALIZER™

Tailored for women of all ages, Vitalizer is backed by 12 clinical studies with nutrients your body needs to create the foundation for a healthier life.

It supports cardiovascular, cognitive, immune, joint, bone, tissue, digestive, and metabolic health, plus healthy skin, hair, and nails.

Vitalizer includes:

- Caroto-E-Omega
- Vita-Lea®
- B+C Complex
- Optiflora® Probiotic
- Patented S.M.A.R.T.™ delivery system

Vitalizer With Iron is excellent as a prenatal/postnatal vitamin with folic acid, iodine, and iron included. Vitalizer Gold is specially formulated for those over 50 and comes with or without vitamin K. (People who are on blood thinners shouldn't take vitamin K.)

Slide 10: S.M.A.R.T.™ DELIVERY

Shaklee Micronutrient Advanced Release Technology™

Our unique, patented delivery system is designed to dramatically improve absorption of key nutrients in the body:

- Vita-Lea® dissolves in less than 30 minutes in the stomach and is designed to enhance absorption of folic acid from the patented micro coating
- B+C Complex provides up to 198% greater absorption of B vitamins over 12 hours, as shown in a clinical study, through sustained-release delivery to the small intestine
- Caroto-E-Omega has an enteric coating that helps reduce fishy aftertaste by delivering omega-3 fatty acids, carotenoids, vitamin E, and other fat-soluble nutrients to the upper intestine
- Optiflora® Probiotic delivers healthy microflora to the lower intestine through triple-layer encapsulation technology, protecting them from stomach acid

Slide 11: BREAKFAST

Don't skip breakfast:

- Eating a good breakfast will give you nutrition and energy for the day
- Choose foods that are rich in protein and fibre to keep you feeling satisfied until lunchtime
- And, no – drinking just coffee doesn't count as breakfast!
- Life Shake™ makes an excellent meal for adults on the go

Slide 12: LIFE SHAKE™

Life Shake: one shake does it all:

- Strong muscles – Each serving provides 20 grams of ultra-pure, non-GMO, plant-based protein to build strong muscles and protective antibodies
- Healthy weight – Powered by Leucine® to help you build lean muscle, burn fat, and improve metabolism
- Healthy digestion – Features added digestive enzymes to provide comfort

Slide 13: Exercise

Exercise has many benefits for women of all ages:

- Reduces risk of heart disease, stroke, type 2 diabetes, and some cancers
- Helps you achieve and maintain a healthy weight
- Reduces feelings of depression and anxiety

- Builds healthy bones, muscles, and joints
- Promotes flexibility and balance

What to do:

- 30 to 45 minutes a day of activity at least five days a week, preferably aerobic
- Three days per week of strength training

Slide 14: WEIGHT-BEARING ACTIVITIES

Weight-bearing activities trigger bones to grow stronger.

For most people, their bones reach maximum density between the ages of 25 and 30.

- Exercise and a balanced diet support bone health
- It takes a combination of nutrients working together to help prevent bone loss:
 - Specifically calcium, and such other minerals as magnesium, phosphorus, zinc, copper, and manganese
 - Vitamin D helps in the absorption and use of calcium and phosphorus

Slide 15: SUPER CAL MAG PLUS

Super Cal Mag Plus helps reduce the risk of osteoporosis*:

- It's a specially formulated blend of critical nutrients to help build bone density when you're young and minimize bone loss as you age*

Key benefits:

- 1200 milligrams of bone-building elemental calcium and 350 milligrams of magnesium in the recommended adult daily dosage of four tablets
- 400 IU of vitamin D₃, which helps in the absorption and use of calcium and phosphorus in your body, in four tablets
- 700 milligrams of phosphorus, which helps build strong bones, muscles, and teeth, in four tablets
- Aqueous film coating, which makes the tablets easy to swallow

*Adequate calcium and vitamin D throughout life, as part of a well-balanced diet and regular exercise, may reduce the risk of osteoporosis. Adequate calcium intake is important, but daily intake above 2000 mg is not likely to provide any additional benefits.

Slide 16: MANAGE STRESS

The health consequences of stress for women of all ages can include digestive issues, compromised immune function, sleep issues, and weight gain, among others.

Stress can elevate your body's levels of cortisol – a stress-response hormone. Continuously high levels of cortisol have been linked to negative long-term health impacts.

Ways to manage Stress

- Get 7–8 hours of sleep a night
- Identify stressors in your life
- Schedule personal relaxation time
- Get good nutrition
- Exercise regularly
- Try botanical support such as ashwagandha and L-theanine

Slide 17: STRESS RELIEF

Stress Relief Complex provides natural stress relief you can take safely every day.

Key benefits:

- Our unique blend of clinically tested ingredients, including ashwagandha and L-theanine, which is designed to support a calm, more relaxed state without causing drowsiness
- A botanical formula that enhances the body's natural ability to adapt to stress while promoting relaxation

NOTE: not recommended for use by children. If pregnant or nursing, consult your physician prior to use.

Slide 18: SHAKLEE SOLUTIONS

Here are some Shaklee products that can help women meet their needs at different life stages.

Women of all ages:

- Vitalizer™ (choice of formula: Vitalizer With Iron, Vitalizer Without Iron, Vitalizer Gold With Vitamin K, Vitalizer Gold Without Vitamin K)
- Vivix®
- Super Cal Mag Plus
- Life Shake™
- Stress Relief Complex

Late 20s to 40 – women on the go:

- Vitalizer™ With Iron
- GLA Complex
- OmegaGuard®
- Super Cal Mag Plus

40s to mid 50s – menopausal women:

- Vitalizer™ Without Iron
- Super Cal Mag Plus
- Menopause Complex
- Stress Relief Complex

55 and beyond – post-menopausal women:

- Vitalizer™ Gold
- Vivix®
- OmegaGuard®
- CoQHeart®
- CarotoMax®
- Fibre Plan

Shaklee Healthprint™ supports your personalized health goals.

Slide 19: SHAKLEE HEALTHPRINT™

As we finish our Health Chat, we'd like to send you a link to take the Shaklee Healthprint assessment:

- Allows us to better serve and support you with your health goals
- Takes 5 minutes to complete
- 20 questions designed to focus on what's important to you:
 - You'll receive a Health and Wellness Score based on where you are relative to your goals
 - It will give you health insights with recommendations and educational content