

## SHAKLEE MindWorks™ Results!

### Bob J. (NH) ~ Parkinson's Testimony

"My husband, Bob, has had Parkinson's Disease for many years. Lately it has been much worse. In comes Mindworks. Amazing!! He had been having trouble focusing on computer work. He couldn't even do bills this past month. He had been falling so much trying to walk. Awful!

"...Bob has been on Mindworks for a week now. He has been working on the computer again, and right now is on the tractor lifting logs off the driveway from a mini tornado.

"...Bob was even up before dawn today, mowing our secret garden area! SHAKLEE has been a great help all along, but Mindworks is a miracle! His walking is something to see. He was walking on rubbery legs (his explanation) and as of this AM he is walking with long strides."

### Susan H. (NC) ~ ADD Testimony

"You know I don't write a great deal but I just had to share this one with you as it is personal. And you know that I tend to shy away from testimonials. Not that I don't find them meaningful - I do. It's just that they are not scientific. Being in academia for over 30 years, it is a common practice that we are forced (sometimes against our will) to think that only reports complete with empirical data published in peer reviewed journals have any validity. Also - I knew someone quite well who was utterly incapable of separating the two and insisted if something was written in Readers Digest - well... it just had to be true.

"However, when something works well, I am more than happy to pass it along to my friends; like recipes, high heel shoes that don't hurt my feet and any anti-aging potions of reasonable measure. OK, I found one - in the last category - of sorts. It's called MindWorks.

"First allow me to confess that I am the Queen of ADD and have been all my life. Where are my books? Shoes? Glasses? Sit still. Don't doodle! Squirrel!!!! You get the picture. After a while one learns to live with it and exchanges the label 'ADD' with 'multitasking' to save face. The fact that my students call me 'Professor' still is a mystery to some - including me at times.

"Getting back to the story: When SHAKLEE announced the new MindWorks I was thinking; 'Ok perhaps it will help my failing memory, make me young again, and allow me to wear my 3 inch heels'. Putting humor aside for a moment, I can tell you memory loss was really starting to bother me. I was pushing 60 and expecting some loss of cognition and recall, but I also knew I was dealing with issues far beyond that - and it frightened me. You see, from age 46 to 56 I had lived in an extremely stressful state. I had the usual stress that came from getting a divorce, losing home, income, dealing with a hormonal teen intent on pushing me to the limits of insanity, caring for aging sick parents, dying friends, etc. You get the picture - the typical sandwich generational stuff. All came a screeching halt however when my only child, my son, was almost killed in a car accident four years ago. He was on life support for a week, 27 broken bones and having the nurse tell us they didn't know what his 'new normal' would look like. My world stopped and I could not breathe.

"After three weeks of hospital vigilance we saw he would live and I found myself back in the classroom standing in front of my students who were waiting for the lecture de jour. Only one problem - I didn't know where I was or what I was supposed to be doing. Truly, I found myself frozen as a deer caught in the headlights first day back. I knew I was in class, but that was about it. At least I had enough awareness to check the date and time on the computer to see where I was and what I was supposed to teach that day. Lucky for me, my lectures were posted on-line so I

pulled it up and hoped I was on point. It was scary. My therapist told me afterwards it was classic Post Traumatic Stress Disorder and that it would take time for my memory to come back. Great.

"As the years went on, I saw my memory slowly resurfacing - to a point. But still I would say I was at half the recall of what I was before the accident. Then the samples of MindWorks came along from SHAKLEE. However by this time I had resigned myself to the fact that I'd have to use detailed notes to teach from this point on and I would never remember your name - even if you were a family member.

"Long story short: The first day of taking MindWorks I felt a gentle mental awakening with more clarity but I wasn't really paying too much attention to results. Then one day, the same week, in class I found myself on the other side of the room - totally engaged in the subject realizing I had just taught 30 minutes without looking at my notes! Next day - same thing! Whoo whoo!!! Later the next week I found myself working well into the afternoon and actually making sense which had become a rarity past 4PM. Teaching in the morning was not just a preference - it was a necessity! But here I was again: Energy - clarity - focus! The results were enough to make me a believer!!

"But what I noticed next was not promoted in the product literature and came as treasured surprise. You see, along with all the stress of those hard years came a certain level of depression - clinical depression. My doctors all told me that one cannot sustain the levels of stress that I had for all those years without having the pool of 'feel good' brain chemicals bottom out. To remedy it I was given the usual round of Rx's to help but they didn't help: Prozac turned me into a zombie and Welbutrin made me a raging lunatic - according to my son. Nope - I settled on St. Johns Wart much to the chagrin of my MD as she said it would never get my brain chemistry back to the high levels needed to feel joyful again. It helped - a little - but I had resigned myself to the fact that I may never have those light peace filled feelings again. Why do I bring this up? Because this past week I have noticed a joy fill bliss creeping back into my mornings. One morning after a calm read the joy fairy just kind of settled in and a tear of gratitude rolled down my face. Yes, there was a way out of the brain dead pit - and it seems to be called Mindworks. At least it was for me.

"I do feel we have a natural ADD/ADHD product here. Of course we can't say that, being laymen, but it certainly appears to have properties to help. My son (23) said it made him feel anxiety at first, but then he took 2 CalMags and a Stress Relief with it, and had the same focus, minus the anxiety. How I wish I would have had this combination 12 years ago when he was started on Adderall. So many studies today link drug addiction to early use of ADHD medication as children.

"So there you go my friends: my testimonial. I am sleeping better too BTW way. And my retention of facts and focus keeps getting better. They tell me that Mindworks also helps reduce brain shrinkage by 30% over 2 years according to the clinical study. That's impressive but right now I am just tickled pink to get my brain back!!"

### **Mary K (FL) ~ Lightened Up!**

"I have noticed an elevation in mood, and I never felt depressed before. I just was unaware of what it meant to feel 'lighter.' You know when sometimes people tell you 'lighten up,' and you wonder why they said that to you. Well, I truly feel 'lighter,' and I had not realized what it meant to 'lighten up' until I started using MindWorks!

**Sonia P. (KY) ~ Focus**

"I started taking MindWorks a couple of weeks ago. While I already take several other supplements, such as OmegaGuard, Vivix and Vitalizer, I noticed a difference right away in my ability to stay focused, learn new things at my job and be able to have all day long productivity.

"I do not know if this new product is involved or not, but the dreams I have are very detailed and I remember them the next day. Not usually the case with dreams. My job can be stressful at times, and I certainly take Stress Relief Complex as needed, but also taking MindWorks really helps me stay calm and stay focused on the task at hand. Terrific combination!"

**Trudy B. (TN) ~ Better Memory, Focus, Alertness, Energy and Mood**

"I have noticed better memory, focus, alertness, energy, and mood. Love it!"

**Lyn S. (OH) ~ 69 yr old - More Energy**

"Normally, I am not a skeptic. But I was when it came to MindWorks. Even after listening to the explanations, I wasn't convinced. Then I took the product. WOW! I have always had an unusual amount of energy but never good focusing abilities. The very first day here is what happened. Took the MindWorks with my morning shake and we went to church at 8:30. After coming home and changing clothes, I moved all summer clothes to another closet down the hall. Then brought fall clothes back to our closet. Next tackled cleaning out storage closet of clothes to donate. Meanwhile, I did three loads of laundry. I then began the process of watering indoor plants. That takes a couple of hours by the time I trim, fertilize, etc. After that, I watered the 6 big Boston ferns in the front porch and cleaned off the porch. By now it is around 2:00 and I typed a three page letter to a cousin in a rehab center. Finally cooked a huge Sunday dinner for us. The following day was similar in terms of energy, focus, and drive. I am accomplishing tons more than I used to and I am 69 years old. Monday, I cleaned two floors of our three floors. And did some major deep cleaning in preparation for upcoming entertaining. On top of that, I ran the office and put together orders to go into the mail today. I cannot say enough about MindWorks. Except to say....MindWorks really works!"

**Tammy W (NC) ~ Increased Energy after Stroke**

**STROKE SYMPTOMS IMPROVED WITH MINDWORKS:** Jeff, a friend and customer, just shared this with me: "I started taking MindWorks last week and I can tell you for certain my energy level has increased greatly! For those of you that do not know me, I suffered a stroke this past January and my recovery has gone well, but since taking MindWorks not only has my energy level increased but believe it or not I have greatly increased the use of my right arm and hand! I have to admit I was a little skeptical before starting MindWorks but it is definitely something I would highly recommend to each and everyone!"

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