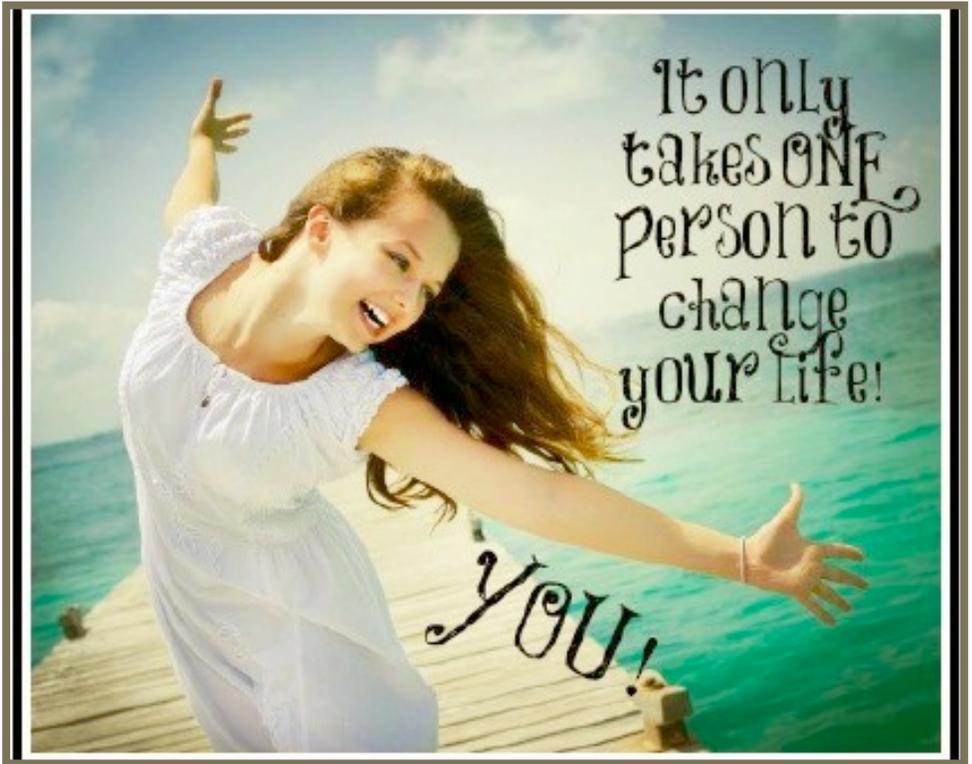


# SHAKLEENNEWS

## Fall Allergies

Our customers report great results with the following products that address the root cause of a weakened immune system.

- 1. Vita C** (sustained in the blood stream for 5 hours) #20095
- 2. NutriFeron** (natural immune regulator) #20962
- 3. Premium Garlic Complex** (natural herbal antibiotic, anti-viral) #20084



## Rachel's Migraine Story

submitted by Rachel's Mom, Janeen Schortgen, RN, BS, AE-C

"I've been suffering from migraines -the terrible, need absolute quiet and darkness kind - rather regularly for the past few years. Then they started increasing in frequency to the point of being almost daily.

When Ibuprofen wasn't working, even at the maximum dosage, I tried "Excedrin Migraine," but it just made me jittery and dizzy and did not help alleviate my migraines. I tried drinking more water, monitoring my food intake, noting my sleeping habits, and tracking the weather, but could not find any patterns other than they originated in the same physical area every time and overwhelmed the same spot with excruciating pain.

My family doctor prescribed Imitrex with the instructions to take "one or two as needed daily - no more than two days per week." Taking one was the same as taking none. Taking two made

me vomit - and still did not help with the pain or frequency of migraines. Plus, like Ibuprofen, it was hard on the liver.

My dear sister, Renae, asked if I would be interested in trying a Shaklee approach. After consulting our wise Shaklee Distributor, my sister encouraged me to take 3 B Complex every 3 hours during the day. I agreed to try it.

The first two days nothing changed, but I had agreed to give it a week, so I kept going. The third day - no migraine. The fourth day - no migraine. Before I knew it, I had gone **TWO WHOLE WEEKS MIGRAINE FREE!** There were a few headaches here and there, but they were manageable, and were mild enough that I could continue with my daily activities without much discomfort.

I started to slack off a bit on my B-Complex intake, taking them "whenever

I remembered" instead of every 3 hours, and within two days, the dreadful migraines were back! The pain reminded me to be more diligent, and the day I started back on the "3 every 3" regimen, the migraines subsided again.

After a month of taking 3 B-Complex every 3 hours during my awake time, my sister and I decided I could try cutting back to 3 B-Complex 3 times per day. That was around Easter time. It is now September and I continue to be migraine-free taking 3 Bs and 1 GLA in the morning and some days I will add a Stress Relief Complex. During an especially hormonal week each month I will add a second round of 3 Bs and 1 GLA in the afternoon if needed.

I am so thankful to have found a way to be migraine-free, and in a way that does not harm my liver or make me sick to my stomach!"

# Empower your **IMMUNE SYSTEM** with NutriFeron

Provide optimal defense against colds, flu, viral infections, bacterial infections, environmental allergies, asthma, etc. NutriFeron is intended for EVERYDAY USE! Don't wait until you get sick ... help to keep your immune system in optimum state to defend itself DAILY! NutriFeron is an exclusive blend of four clinically proven herbal extracts which contain bioactive polysaccharides that provide safe, natural immune support.



## Look what people are saying

- A person with environmentally induced **ASTHMA** ... "I have not used inhalers since introducing NutriFeron. Previously I used them every 2 hours at night."
- "I have suffered with severe **SINUSITIS** - after several sinus surgeries the doctors gave up on me. I started taking NutriFeron several weeks ago, and this is the longest I have been without antibiotics in over a year!"
- A doctor using NutriFeron shares: "**LYMPHOCYTE COUNT** recovery after surgery and chemo for cancer was reduced from the usual 3 months to 3 to 4 weeks using NutriFeron"
- "After using NutriFeron for one month, my **HEPATITIS-C** virus levels reduced to 1/3<sup>rd</sup>."

## **SEVERE STROKE**

Four years ago, at age 49, my brother Mark suffered a severe stroke. It was so bad that we thought he wouldn't live, and my parents signed a DNR. But amazingly he recovered and went from wheelchair to walker to cane. His right side was pretty numb, but with therapy and practice he relearned to walk without a cane. Reading and talking were difficult.

I finally convinced him to begin taking **Vivix and Vitalizer and 180 Smoothees**. After just two months, Mark noticed feeling in the right side of his head, which had been numb! He used to have 2-3 grumpy days a week where he would be angry and unhappy. That's gone now, and he is happier and laughs so much more. Mark is walking faster and steadier - he actually has a spring to his step! His right arm and hand have tingling, as if they're waking up. We've also notice a marked improvement in his speech and recall. We are so grateful for these amazing products!!



Deb Luther

## **BE PREPARED ... KEEP THIS IN YOUR "MEDICINE" CABINET**

The **Cold and Flu** season is upon us, and as soon as you feel just a tiny symptom of a cold/flu/virus brewing, immediately take Shaklee's Premium Echinacea Formula, Shaklee DR. Dr. Richard Brouse says "**Shaklee's**

**Defend & Resist** suppresses the cough reflex, soothes the throat, kills viruses in the throat, keeps virus cells from replicating, stimulates killer cells to fight against disease, and contains a compound from larch that is otherwise, only found in breast milk, that is very powerful for the immune system." Dr. Bruce Miller considers Shaklee DR the most effective defense against a cold or flu that you can possibly buy. Keep in the kitchen cabinet and when you feel a cold coming on .. then take LOTS.

Editors Note: This works amazingly well ... you get results "instantly"!

## **CARPET CLEANING FORMULA**

Want to get those carpets freshened up? One happy customer reports the following: "I just finished shampooing our carpets using the following Shaklee Get Clean Formula as the shampoo in a carpet shampooer. The carpets look fabulous!"

- ◆ 3 1/2 cups water
- ◆ 1/2 teaspoon Shaklee's Basic H2
- ◆ 1 tablespoon Shaklee's Nature Bright

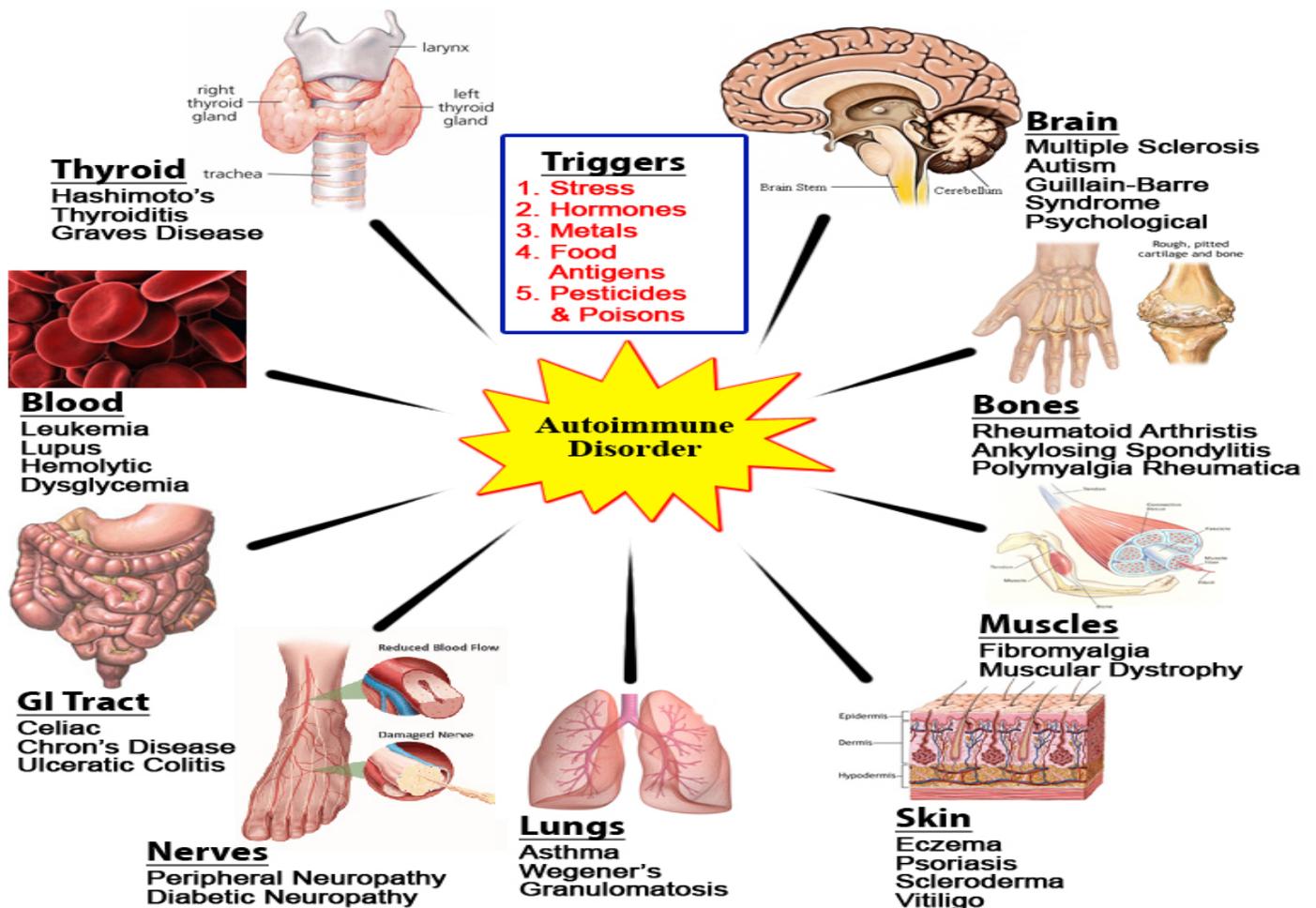


**Shaklee Contact:**

# WHAT'S NEW IN HEALTH ?

According to the National Institutes of Health (NIH) Autoimmune Diseases Coordinating Committee Research Plan, autoimmune disease is on the rise

## Tissues of The Body Affected By Autoimmune Attack



According to the National Institutes of Health (NIH) Autoimmune Diseases Coordinating Committee Research Plan, autoimmune disease is on the rise. They state that "while many individual autoimmune diseases are rare, collectively they are thought to affect approximately 8 percent of the United State population", which is 24 million persons! Furthermore, they go on to state, "to provide a context to evaluate the impact of autoimmune diseases, cancer affected approximately 9 million people and heart disease affected approximately 22 million people in the United States."

Noted health care author, Dr. Jeffrey Bland, PhD further clarifies the impact of autoimmune disease on our population with this statement, "Collectively Autoimmune Diseases have been identified in about 24 million people in the US, and only 1/3 are diagnosed. That means about 72 million people have an autoimmune (AI) disease. It's not looked for. Our system waits until the signs and symptoms are severe enough with organ failure & irreversible damage before we identify it." [National Institutes of Health site](#)

**BENEFICIAL SHAKLEE SUPPLEMENTS:**

**Vitalizer, NutriFeron, Stress Relief, Vivix, OmegaGuard**

# All in One Vita-Strip™

With our busy lifestyles, we know making healthful food choices every single day is virtually impossible. That's why we packed plenty of good nutrition into a daily serving of Vitalizer.



For each of the nutrients shown below, here is what you would have to eat to get the same amount found in one daily serving of Vitalizer†:

									
Vitamin A in 1 cup of Brussels sprouts	Vitamin C in 7 medium oranges	Vitamin D in 8 cups of fortified milk	Vitamin E in 27 servings of dry-roasted almonds‡	Vitamin K in 1 cup of broccoli	Vitamin B <sub>12</sub> in 15 servings of top sirloin steak‡	Boron in 1½ avocados	Folic acid in 4 cups of cooked green peas	Niacin in 5 chicken breasts	Riboflavin in 19 cups of plain yogurt
									
Thiamin in 6 cups of fortified cereal	Biotin in 1 dozen eggs	Pantothenic acid in 12 cups of mushrooms	Calcium in 3 slices of cheese	Magnesium in 3 servings of mixed nuts‡	Iron (Women formula only) in 6 cups of raisins	Vitamin B <sub>6</sub> in 17 bananas	Zinc in 3¾ cups of kidney beans	Copper in 2 cups of cooked lentils	Phosphorus in 1 cup of cooked soybeans
									
Iodine in 2 baked potatoes	Manganese in 1 cup of pineapple	Chromium in 15 glasses of grape juice	Omega-3s in 50 grams of sardines	Lycopene in 1½ tomatoes	Alpha carotene in 1/3 cup of winter squash	Selenium in 3¾ cups of brown rice	Beta carotene in 1½ cups of raw spinach	Berry seed extract in seeds from 1 cup of fresh berries	Lutein + zeaxanthin in 16 spears of asparagus

†The nutrient content of a daily serving of Vitalizer™ is not the same as the amount of nutrients found in the foods shown. Detailed nutritional information can be found on the Vitalizer supplement facts box. Every food provides nutrients beyond those listed in this chart.

‡A serving of nuts = 1 oz., a serving of steak = 3 oz.

(This is a weight-based equivalent, not nutrient based)



**VITALIZER FOR HEALTH**

→

- Brain Health**
- Heart Health**
- Breast Health**
- Bone Health**
- Vision Health**
- Colon Health**
- Digestive Health**
- Lung Health**

