

NO MORE HEADACHES

It was in the Meijers produce department that Kenny popped the question, "What do you recommend for headaches?" he asked, as he glanced at his wife, Phyllis. I remembered the results in the past when people would take 4 B Complex, 4 Calcium Magnesium, and 4 Lecithin for their headaches and the headache would be gone within 10-20 minutes. So of course, that was my suggestion along with -- "if it isn't gone in that length of time, repeat the amounts."

It wasn't until quite a while later that I learned the end result of this encounter. Phyllis McNew woke up on September 22, 1998 with a horrible migraine headache from which she vomited repeatedly. Prior to this migraine experience, Phyllis used to wake up many days with a headache that would eventually wear off after a couple of hours.

She went to the doctor that day, thinking he might want to do some tests to see what brought this on. He simply called in a couple of prescriptions and said to call back later if she wasn't better. The medicine killed the pain but when the medicine wore off, the headache was still there. After several weeks, Phyllis called her doctor back hoping that this time he would run some tests.

His next suggestion was "I can give you a prescription that will work, but you will need to take it the rest of your life."

Not liking that idea, Phyllis sought another opinion, thinking it might be sinus. The second doctor did x-rays but her sinuses were clear. His recommendation was prescription strength Motrin -- 600mg 3X daily. Just like the previous medicine, the headache was still there when it wore off.

On Nov. 13th we were having a dinner at our "Shaklee Express" --- Jim and I were in the kitchen dishing up lasagna and rolls, people in the dining room were sharing Shaklee result stories and I couldn't believe my ears when it was Phyllis' turn!

After our encounter at Meijers, Phyllis apparently took to heart what I suggested and after having had a headache for 5-6 weeks she decided to start taking 4 each of B Complex, Cal/Mag, and Lecithin. She related that she took this amount every 15, 30, or 60 minutes for 1 1/2 days at which point the headache completely disappeared. Phyllis also said that another very important part of the answer was a lot of prayer.

Now Phyllis may take one or two rounds of the supplements daily, and if she feels a headache coming on, she immediately takes "the formula" and the headache vanishes. And the really great news is she no longer wakes up with headaches like she did in the past.