

## **Rosanna Montecalvo's Migraine Information**

Please have your migraine sufferer listen to my NEW cassette from Frontrunners # N-93 Sept. AND... have him read the E-Mail testimony that came with it in the Frontrunner packet PLUS "my addendum response" to a gentleman's E-Mail. All 3 sheets came with the migraine cassette in Sept. 1999. (My personal story: Migraines for 19 Years... appears below).

Let them, also, read stories in Ounce of Prevention Volume 1 & 2. You will see many stories... on Women and MEN.

Let them know that I've worked with many migraine sufferers... MEN and WOMEN alike. It does NOT matter whether male or female.

AS I HAVE SAID OVER AND OVER AGAIN... NO ONE WILL GET RESULTS IN TWO WEEKS. SOME PEOPLE TAKE SIX MONTHS TO BE ABLE TO WARD OFF MIGRAINES COMPLETELY or with wonderful results.

Listen to my newest cassette N-93 and they will understand why they MUST take certain nutrients and why IF a person skips certain nutrients they will NOT get the same results as others.

PLUS... there are little things to do that make it work quicker and better for certain individuals. WE ARE ALL DIFFERENT & UNIQUE.

SUCH AS.....

Taking supplements w/Performance gets them to absorb faster & better in the body.

Taking one Tablespoon of Protein w/ 2 Cal Mag & 4-5 Alfalfa before bedtime helps others.

Taking Acuity-Plus in AM and bedtime helps some. Some need Valerian.

Take all the migraine supplements 3 times per day... and some MUST take them 4 times per day.

The "migraine batch" must be kept in cars, purses, coat pockets, desk at work etc. At the FIRST SIGN or feeling or aura of having a migraine "coming on" you must hurry and swallow the BATCH. If you wait until the migraine is already upon you... it's too late. Batch is in my letter & tape.

DTX and Herb Lax are a MUST at the beginning. No exceptions. Detoxification is KEY.

EPA & GLA (yes, even for men) are a MUST. No exceptions. They keep the blood vessels from constricting at the base of the neck, at back of head. If those blood vessels constrict... you have a full blown migraine. If they do NOT constrict... you only get a bad headache & no migraine.

Protein is a MUST. No exceptions. Shaklee's SOY Protein keeps the blood sugar levels even and constant. Protein helps w/energy levels and balances the entire system.

B-Complex is a MUST. Helps the stress levels... even happy stresses of the day and moment. It's for all the nervous system functions.

Cal. Mag is a MUST... or Calcium. I suggest the Cal Mag for hormones and, also, for the EXTRA calming effect the extra magnesium gives to the calcium. The calcium helps w/the muscle spasms. The magnesium, also, helps the calcium help the heart muscles do their pumping better for better total circulation.

Alfalfa is a MUST. It brings chlorophyll to the blood stream to cleanse & purify impurities. It, also, keeps the sinus cavities drained so pressure will not build up around the eye area, causing pressure and migraines.

I will help anyone by phone... BUT, I " WILL NOT " talk to anyone who has NOT listened to the migraine cassette and read MY STORY in print and the ADDENDUM that I wrote to that other male's testimony. (all from Frontrunners or your UPLINE .)

They must ALSO know the complete DIFFERENCE with Shaklee compared to others etc. They must know what the BASICS are and what the migraine nutrients are. (all explained by sponsor or upline)

You see... IF the above HOMEWORK is not done ahead of time one-on-one... then I must spend THREE hours on the phone with the person. It's impossible to do that.

So... do the above and let him know when we can do a three-way call WITH YOU & YOUR MIGRAINE SUFFERER. THIS WORKS GREAT every time.

They need to ask questions and receive certain info or THEY WILL QUIT before it ever works for them

Let me know:

Phone: 330-373-1560 (Office Line & Fax Line)

Rosanna

PS... Set up the 3-way w/me ahead of time by appt. so I'll be home.

## Ref. DETOXIFICATION:

No one in any major hospital and specialist I ever went to mentioned detoxification. They merely advised my parents and Me that it was NORMAL for ME & MOM (another migraine sufferer back then) to have only one bowel movement every 5-10 days. Not normal, GENERALLY SPEAKING... but NORMAL for us because that's how we had ALWAYS BEEN. Some others experience periods of diarrhea instead (diarrhea is an exaggerated form of constipation... so much is impacted that only the fluid can exit, leaving the matter behind... therefore you have watery diarrhea as the only thing that can exit the impacted area). They told us it was NORMAL FOR US that we did not perspire.

So... if you never hardly perspire... and have bowel movements every 5-10 days... urinate once per day & can HOLD IT forever... How is anything exiting the body? Those are the only ways a body has to detox itself of toxins. When there's a huge buildup of toxins, it was explained to me by some specialists and many in Shaklee... it's almost as if the body gets to a point where it cannot take another second of it and explodes (in my case... in the form of a migraine... for release)

The moment I began to have daily bowel movements and twice per day bowel movements... migraines were not the only thing that felt extremely better. I thought I could actually FEEL the detox happening.

DETOX WITH: Alfalfa is necessary to give chlorophyll to the blood stream and cleanses and purifies the blood stream.

Herb Lax cleanses the colon... and even the bladder of residue.

DTX detoxifies the liver by helping it to regenerate the liver more easily and not overtaxing the liver.

All are important for the initial detoxification. After the body begins to have 2 or more bowel movements PER DAY... perspires whenever it should... urinates 2 or more times per day... THEN, you will (by then) be introducing the body to more FIBER in little increments at a time. As you increase the Fiber intake with Daily Mix or Daily Crunch or Fiber Tabs etc. etc.... you will decrease the amount of Herb Lax you take because your body will no longer require. I weaned myself off the Herb Lax as I increased the Fiber... and keep having normal bowel movements and perspiration. I will always take DTX and Alfalfa EVERY DAY the rest of my life. But, I only require Herb Lax on occasion now like when I travel, eat wrong during Holidays or vacations perhaps... etc. Or when I feel I might be trying to catch a cold or something. You know.

REF. AMOUNTS I BEGAN WITH: (I split these up 3 times per day) You may require more or less.

Vita-Lea	3 per day	(for minimum requirements & balance)
Protein	3T per day	(for minimums & balance)
Herb Lax	2 in AM & 2 at Bedtime	(to first get 2 bowel movements per day)
		You may require less or more... your body will tell you
B-Complex	6 per day	(for Stress balancing & for nerve endings & PMS)
Vita-C 500 mg.	6 per day	(for Stress & keep sinuses from getting infection)
Cal Mag	6 per day	(natural calmer of entire system & muscles... & help balance hormones & PMS)
Alfalfa	12-15 per day	(keep sinus cavities clear of excess fluid buildup & draining freely and to balance the stomach acids & keep inflammation at bay)
EPA	6 per day	(keep the blood vessels from constricting at base of neck area. If these constrict... you get a full blown migraine... plus keeps inflammation at bay)

Remember: Migraines are in the category of Inflammatory Diseases Family along with Arthritis etc.)

Note: I did NOT begin with the Vita-E. But, some migraine sufferers I know did not get complete control of their migraines until they added 4-6 Vita-E 400 I.U. per day. They needed the E for circulation etc.) I did add the Vita-E later for all the wonderful things it is good for in the body... but got my results w/o.

Note: They did not have GLA at the time. If they did, I would have taken 6 GLA along with the 6 EPA. Keep those blood vessels from constricting... plus work on the hormones with the GLA. Nowadays... SOME people get migraine results QUICKER when adding the GLA.

Note: They did not have DTX at that time. I would DEFINITELY take this daily for the rest of my life. Not just because of the migraines... but because you have had lots of medications in your body over the many years while trying to work on your pain etc. My liver had to have been overtaxed its entire life. It regenerates itself... but with DTX it doesn't have the extra stress of attempting to regenerate all those medications, along with the other stuff.

Ref amounts I take now: I have DECREASED the EPA to 3-4 & I only take Herb Lax IF I begin to get backed up or for the reasons I stated above.

Actually... as I felt better and learned more... I added other nutrients and herbals to my daily intake over the course of these 12 years. Gradually... as MY BODY required it. Your body will tell you. I take more B-Complex and Cal Mag due to hormonal stresses and other stresses. You know. But... NO... not for the migraines. My body responded to those initial amounts. They seemed like a TON of supplements at the beginning... but, now, I find it hard to imagine those amounts working at all. Some doctors who use Shaklee in their practice did not think those amounts would work. They thought I'd need

MORE of each. Each person is different and requires different things. Your body will TELL YOU.

When to CUT BACK: I never cut back until I went approx. 4 months without getting even one full blown migraine or headache. That was a personal choice of mine. I was feeling too good to take a chance at getting even one migraine. And I cut back really GRADUAL so that I KNEW when I needed more because I got that "feeling" that one wanted to come attack me. (some call it an aura... I call it a feeling).

OH... I took the migraine BATCH at the very FIRST sign of that feeling (always... even to this day): The Migraine Batch is: 2 B-Complex

2 Cal Mag

2 EPA

2 GLA

4-5 ALFALFA

I keep these in my purse, car, everywhere and took every hour until the "feeling/aura" went away. At the beginning year... I would SOMETIMES have to take this batch every hour for 3-4 hrs.

I also took this batch BEFORE bed every night. So... in actuality... I took the supplements in this batch 4 times per day that first year. This gave me an EDGE so my body did not go w/o nutrients for the last 8-12 hrs of the day.

Later on in the years: Shaklee created Performance Drink. Dr. Miller suggested I take the migraine BATCH w/Performance because it would get the supplements to enter the blood stream a bit QUICKER for quicker results. Worked for me.

And I would take extra Protein, as I do today, Whenever my body requires it. Some days it doesn't... some days it does.

Rosanna

Addendum from Rosanna:

We attract that which we are... ya' know.

We migraine sufferers are so-o-o much alike.... even though we can have very different types of migraines.

I am so-o-o good at giving out the very best advise and recommendations and follow-up. BUT... I have to have my husband Dan or Mom or dear friends etc.... keep me in tow.. and remind me to relax... un-stress... not burn the candle at both ends... take EXTRA supplements on touchy days or weeks... etc. etc. A good support system means everything!

Hang in there.... You will get relief. If you don't... you will be the very first one in 12 years who doesn't. But... **YOU MUST SWALLOW THE SUPPLEMENTS AND PROTEIN ETC.** You cannot merely purchase it and let it sit in the cabinet or countertop. The ones who did that... got no relief.

**THIS IS NOT A CURE....** you will still work on it from time to time, as I do, when I need to ward off something that wants to come. But... I CAN ward it off before it hits. Thank God. But, I do what I must do... I do NOT just wish for it to happen or wish for the supplements to find their way into my body etc. It's not always easy... especially at the beginning **BEFORE** you get results. So... hang in there.

The holidays are not easy... not an easy time to try a **PROGRAM** for wellness. The holiday season along with Spring & Fall have severe weather changes which make it harder also.

But... think of it as a **GIFT** to yourself. Be **SELFISH** for just once in your life. I know that is really hard for people like you and me. But... if you will give yourself this **GIFT....** your entire group of family and friends will benefit from it. So... you have given **THEM** a gift also. **YOU AND I CAN DO "THAT"**... we're good at doing for others. gotcha.... Now, you can do this.

God Bless You....

Rosanna

My personal story:

#### MIGRAINES FOR 19 YEARS

I've always had headaches -- even as a child. At age 15, they became migraines and escalated in severity and duration after I was involved in a car accident at age 19. From that point on my migraines began lasting 24-72 hours and would hit every 3-5 weeks. At times, I got two or three migraines in a one-month period.

I went to every doctor; our family physician, eye doctors, OB/GYN, Neurologist, Osteopath, & Massotherapist. It was first blamed on menstruation, PMS and heredity. Then, all the doctors cancelled that theory and began blaming my car accident injuries, which I had years after the migraines began.

I was given all types of medication; Valium, muscle relaxants, antidepressants, prescription and non-prescription pain medications and Morphine at the hospital. Nothing worked! That's why in 1977 I stopped taking any and all medications. I gave drug lectures at the high schools as part of my job with the Police Department, and I knew what harm these drugs could do to your body. Yet, all the doctors wanted me on them. My physicians and specialists didn't know what else to do except advise me of a pain clinic in Michigan that would teach me to "live with the pain". I felt I HAD learned to live with it because I'd managed to live "around" my migraines and lead a normal life throughout it all.

In the meantime, over the years I truly did everything to rid myself of this pain and agony. I went to many doctors and specialists, had physical therapy and even took Yoga classes and Biofeedback for breathing and relaxation techniques. I can't tell you how much money my parents and I spent over the years.

When I got a migraine, I'd know 6-8 hours in advance. I was never able to prevent it. It would begin as a headache across the eyes and forehead, then travel to my temple area and top of my head. Once the pain reached the base of my neck, there was no stopping it! I was forced to lie down, immediately, in a totally darkened room with no noises or movement. You cannot walk, let alone drive a car during one of these migraines. A phone ringing would kill me with pain! I'd have nausea and dry heaves, along with vomiting if I merely lifted my head off the pillow.

My pain was severe and debilitating! It never subsided in intensity, but remained the same level throughout the duration. Some migraine sufferers say theirs subsides in cycles. One never lasted less than 24 hrs. for me and usually lasted 72 hrs.

My two pregnancies gave my husband Dan, and me, an idea that my migraines might be an imbalance in my system with some hope for the future. During both pregnancies, and while nursing our daughters, I never got a migraine. We couldn't believe it! Relatives and close friends were amazed. And we felt we had hit on something important.

So, we ran back to my OB/GYN who delivered our girls, my OB/ GYN who treated my migraines since I was 16 yrs. old, and my family physician. And to our amazement, they merely agreed this meant it was hormone related and they could treat me with a medication used for endometriosis. But, neither one recommended it because it could cause sterility and we wanted more children. Each one made this diagnosis sitting behind a desk.

My cousin was helped with Shaklee Supplements for Epstein Bar Syndrome (also known as Chronic Fatigue Syndrome) and she pressured me constantly to try them. As a favor, we went to a nutrition talk at her home - reluctantly. But, it proved my saving grace. Many things said during the nutrition sounded like questions we'd brought to the attention of my physicians.

(Over)

It all made sense, but I didn't immediately run to get Shaklee because it sounded too simple of a solution, after years of tests, therapy, medications and doctors. I believed they helped my cousin, but felt migraines were a world apart from what she had. Two weeks after that nutrition, I experienced a 72 hr. migraine and my husband set up an appointment to discuss a supplement program.

Dan was extremely supportive of me when I began the program. He even began taking the supplements so we would have a buddy system. After all, we'd get our money back in 30 days if we didn't feel better. Plus, they were just foods -- not drugs. About 7-8 days after I started the program, I got a migraine. It lasted two and one-half hours and I'm still waiting for it to return. I had a few in the first two months which felt as if they were on their way, but I was able to get rid

of that dull, mild, headache feeling by taking extra supplements. With time, it got easier and easier to "ward off" the migraine before it hit.

All I have done differently is take Shaklee Food Supplements. It's wonderful and I can't find words to describe the joy and relief I feel each passing day. I feel like a walking miracle!

I began by taking the following supplements and followed Dr. Klinkhammer's Health and Harmony Program:

1 Vita Lea	3 times per day
2 B-Complex	3 times per day
2 Vita-C 500 MG.	3 times per day
2 Calcium Magnesium	3 times per day
4 Alfalfa	3 times per day
2 EPA	3 times per day
1 scoop Mealshake w/1 scoop Protein in 8 oz. of 2% milk daily	
1 Herb Lax	At Bedtime (increased to 2-3 per day)

When I feel a headache coming on, I immediately take the B-Complex, Calcium Magnesium, Alfalfa and EPA and have warded them off each time. When taken with Performance, it works even better. I also take these 4 before bed on days I'm overly stressed or tired.

I've altered my initial program accordingly over the years. GLA added to my program has even made it easier to manage my migraines, stress, and hormones. Now, PhytoFem is helping with my beginnings of perimenopause... which was causing me to change the amounts of supplements I'd been taking due to some of the hormonal changes imbalancing my system. I've added DTX for regeneration of my liver & to assist my liver-- therefore allowing me to take Herb Lax only as necessary. You must have daily bowel movements to detox properly & DTX is helping to keep me regular, so Herb Lax is no longer needed on a daily basis. Mom is on the same program and, at 70 yrs.of age, hasn't had a migraine in almost 12 years - for the first time in her life! She has not had ANY allergy or flu shots either (but that's another amazing health story in itself)!

I want everyone to know there may be hope for them. This is NOT a cure, and I'm not saying you will rid all migraines in 90 days. It's taken longer for some. But, you deserve to know if it will work for you. If you get the same results I've gotten, you will be thankful for the rest of your life!

ROSANNA MONTECALVO

**UPDATE:** On October 10, 1999 we celebrate 12 YEARS of being able to control my migraines. We've been blessed with family health we could never have imagined. Shaklee is truly the 'Wellness Company' for over 40 years!

Migraine-Free For 12 Years With Shaklee



As most of you know... October 10, 1999 will make TWELVE (12) years that I am MIGRAINE-FREE! Yes, I even know the last date of my last migraine. I began on Shaklee supplements-- merely switching brands from the healthfood store brands I'd been taking-- and NOT believing that this would make any difference after 19 yrs. of doctoring with specialists in some of the best medical centers. I ended up having a Wellness Career with my home office because of my results and the results of my mother-- who will pass her 12th year migraine-free right after Christmas of this year.

AFTER OUR RESULTS... WE HAD TO SHARE WHAT WE KNEW WITH OTHERS... and continue to do so.

I have found... working with other migraine & headache sufferers... that it is very important to take EPA & GLA (essential fatty acids) in order to get the best results. Whenever someone decides that they do not want to take the Protein OR the Herb-Lax/DTX OR the EPA OR the GLA... they don't get the best results. Yes...they get results and feel better than they ever did... BUT... THEY CAN GET TO WHERE MOM AND I ARE AND 'WARD OFF' MIGRAINES COMPLETELY BEFORE THEY HIT if they make sure the above is added to their regular program.

This is NOT a QUICK FIX... by any means. I still have times (occasionally & rare) when I get the feeling that a migraine wants to come visit. A barometric weather change... sensitivity to foods... fumes from perfumes, household cleaners other than Shaklee (which have no toxins or fumes)...happy or bad stress... getting a chill on my neck or back... muscle strains... not enough sleep... burning the candle at both ends... hormonal changes... & menstrual cycle. Many things can trigger migraines. I cannot prescribe because I have no medical degree... but I can recommend what's worked for me, Mom and countless others (some strangers who have phoned from other Shaklee groups around the country).

This works... MOM & I ARE PROOF. It's NOT a passing phase. It's for real... twelve years and counting every pain-free moment.

Good health to you... Rosanna Montecalvo

### Optiflora & Migraine Testimony

I have had migraines since the age of 12 that were associated with my menstrual cycle. They were predictable and terrible. During pregnancy and lactation I did not have a headache (I was either pregnant or nursing for eleven wonderful, headache-free years).

I thought that menopause would cure the problem, but like 20% of migraine sufferers when menopause hit I had a headache for a year and a half. I really couldn't stand living! I tried everything and a completely

restricted diet which eliminated all processed or aged foods helped to give me several days a week headache free. Imitrex was life-changing for me as it would knock a headache down, but at the cost of \$139 per nine pills it was cramping to my finances.

I added Optiflora to my Shaklee nutrition program simply because I have always used health food store acidophilus and am totally convinced that it is a symbiont to the human body and must be present for digestion. After taking Optiflora for just two days I attended a party and ate cheese and had a beer...a SURE headache within four hours, but I had my Imitrex in hand. I was ready!

WELLLLLL...to make a short story long... I can eat cheese, I can eat anything except foods with MSG...I can't believe that this product made an immediate change in my ability to digest foods, especially dairy foods, without a migraine.

Judy Decker  
Fairview, Pa  
[jdecker@velocity.net](mailto:jdecker@velocity.net)

Subject: Migraines

Dear Mike,

I have a neighbor who has suffered with migraines for years. They were reoccurring every week and she would spend a couple day a week in bed. She was also having problems with depression. I had spoken with her about Shaklee over the years, but she was not interested. Finally last May she said that she was ready. I gave her: Soy Protein, Vita Lea, B-Complex, Vita C, Calcium Mg., GLA, EPA, Lecithin, Optiflora, and Moodlift for her depression.

We went out of town and I did not see her for almost a month. When we came home she came over and said that she had not had a migraine since she started with Shaklee. She is off all her medication, including her depression medication. She said that it is the first time in several years that she has felt like doing anything.

She has had a few little headaches, but no migraines. She is so excited that she is sharing it with friends who have migraines and other health problems. She has cut back on some of the supplements. She has also become more aware of her diet. She ate many sweets and other snacks that were not

too healthy. I hope this has been of some help for you

Helen C.

Dear Jody,

I received a phone message from you asking for migraine info for a friend. I sent you the same bunch of E-mails I forward to everyone. . Please FILE these or PRINT them and file away for YOUR future use

It's so important to do some preliminary work with the customer BEFORE they get in contact with me... otherwise we literally are on the phone for hours. You know this... you have been there. So... I have everyone listen to one of my Frontrunner Cassettes on my story: N-93 Sept. 99 had my story and the amounts I began with... PLUS it came with three sheets of printed info... my personal story... another gentleman's personal story... and my addendum response to THAT gentleman. Since you subscribe to Frontrunners... I know you have these or get them from your upline in Shaklee. Please lend out to your person and make copies of the sheets. (Old Cassette available from Frontrunners: N-13 also)

The E-Mails I forwarded to you are what I compiled recently for others. The past few months have been deluged with requests for info. I saved them in my Favorites File... so I could retrieve them. I am finally learning how to do this stuff on the computer. So, please bear with me. And PLEASE print and file or Save in your Favorites file anything I send you on migraines... so you will have all the necessary info for future cases.

I will stress to your migraine sufferer (along with yourself) to read the Doc B. Miller booklets pertaining to Migraines, EPA, GLA, Stress Mgmt. and the Shaklee Difference. These are all imperative to someone combating and controlling their migraines. Doc Miller cannot be there IN PERSON for everyone... but his info is in his audio cassettes and booklets as you know. Everyone must be taught this... invaluable info there. !!!!!

Also...the Ounce of Prevention Booklets have many testimonials on headaches of all types... and migraines. Volume 1 & 2.

Your person can experience relief... we must not forget to share what we all know. We cannot keep this info all to ourselves. Everyone has the right to TRY it and see for themselves. THEY HAVE NOTHING TO LOSE AND EVERYTHING TO GAIN.

Rosanna 330-372-1560 (Office Line & Fax Line)

