

Dear Judy,

Alicia gave me permission to share this rather personal story of the impact Shaklee products have had on her life. She emphasizes that this is a work in progress, and the headache story is a new one, but I can attest to the remarkable changes she has experienced since starting the products three months ago. Shaklee does indeed Rock!

Best wishes,

Bob

Hi Sandy,

Just wanted to share an interesting experience.

Yesterday I read Bob's email to you with the migraine testimonials.

I made note of the "recipes" given in there because I do tend to get a cluster of migraines each month related to my menstrual/hormone cycle.

Every month, I dread taking painkillers because I know they are impacting my liver, etc. - but it's simply too painful to not do so.

My PMS has reduced DRAMATICALLY from Shaklee (especially GLA - but along with everything else).

After a history of approx 10-14 days of horrible PMS per cycle, last month I had NO PMS - my period just arrived one day to my surprise.

That was INCREDIBLE for me.

This month I had cut back on my supplements because of arriving in India and attending a large program.

I was taking my normal dose only 1x day instead of 2x.

I got some uncomfortable PMS again - but only for 2-3 days.

This morning I started to get a hormone migraine.

I thought, why not try the recipe I just read about?

I don't have Lecithin with me, but I popped:

2 B-complex

2 Osteo Matrix

2 GLA

4 Alfalfa

It worked! The migraine subsided beautifully.

It's still in the background, so this will be a continuing experiment - but thought you'd enjoy hearing this for the friend you mentioned to Bob.

Of course, I AM on a bunch of Shaklee supplements as my foundation (basically Rx Healthier Life along with GLA and Alfalfa).

For her foundation to the migraine spot-treatments, she may want to be doing Vita-lea or Vitalizer or even Rx Healthier Life components - budget allowing.

Hope this is interesting to you too - I am fascinated by the possibilities to stay natural and improve my health exponentially.

Love,

Alicia