

My M.S. Story

It seems just like yesterday, but it was January 11, 1998. It was a regular day and I was going out for breakfast with my boyfriend and his parents. When I finished eating and stood up to leave, it was then that I had lost control. I had vertigo and my world was spinning. I was dizzy, couldn't stand, let alone walk. I was vomiting and taken to urgent care where I was told I had an inner ear problem. I lay on the couch for weeks. I needed assistance walking, I had double vision, difficulty eating, could not write or shave my legs even. I went back to the doctor and I was given an MRI. I had 1 lesion on my brain. Two weeks later another MRI showed I had 2 lesions. **The neurologist told me I had Chronic Progressive MS and in a matter of time I would be in a wheelchair.** I was put on Avonex, 1,000 MG of prednisone for 10 days every so often, and muscle relaxers, oh and sleeping pills. Nothing seemed to help. I was admitted to the University of Minnesota in July and had a brain biopsy, angiogram and an MRI done. They felt since it was so rapid, it might be something other than MS. Tests showed it was definitely MS and the MRI now showed I had too many lesions to count. They prescribed Zoloft (an antidepressant). This was all they could do for me. That was my wake up call. I decided it was up to me to solve my "problem". I did research and read that a vegetarian diet might help. I began this diet and noticed some improvement. The doctors said it was just the Avonex taking effect. I decided to continue both.

Over the next 8 years I tried anything and everything that was suggested to me. **I tried the Zapper, Procarin Patch, Mannetech, Market America, Essential Oils, Standard Process, Nikkon, Macrobiotic diet, MS diet, Reflexology, Massage Therapy, Chiropractor, etc....too many to mention.** Nothing seemed to stop the lesions. During my pregnancy's (2 of them) I would get worse, unlike what most people feel. So I knew that without Avonex drug I would have more symptoms and problems. At one point I was put on Rebif, but it made me psychotic. The only thing that did help me with my symptoms was my Kinesiologist, but he could not prevent the new attacks which were tingling, numbness, fatigue, heavy legs, speech problems, etc.

About 3 years ago (2007) my cousin suggested that I come to a nutrition session given by a friend of hers. I went to appease her, but thought it was just another company that wanted my money. I was really impressed by the Shaklee Company, but not ready to give up my money again. **About one year later I had a change of heart and against my family's suggestion I went off of my drugs and started on a Shaklee, a super-cell rebuilding program.** I was taking the "Basics" plus calcium, HerbLax, Lecithin and Nutriferon, and protein. **I felt great and everyone was impressed (me the most).**

I was on Shaklee for about a year and a friend of mine convinced me that I needed to try this "EDS" thing (Electro Dermal Screening). This is a procedure that allows a computer to tell you what you are lacking and puts you on supplements to get you balanced). Even though I was feeling great I was intrigued and I switched over. **Almost immediately I started to feel worse. Numbness and tingling took over, I got cold sores and warts which I have never had. I felt depressed, tired and my skin looked horrible.** I would make constant visits to my Kinesiologist, but continued on my quest to become "balanced". After about 4 months into it I met with my neurologist and he said I had a lesion on my optic nerve! That was it for me....**back to Shaklee!**

I ran and will stay forever, because Shaklee keeps me healthy and gives me the energy I need. Now I share my Shaklee story with others to help **them save time, money and energy looking for what I found in Shaklee.** Not only has Shaklee helped me, but my family as well. **Gone are our problems with psoriasis, high thyroid, High Blood Pressure, asthma and more.** Today I am on the RX for a Healthier Life which is Vitalizer, Protein, Nutriferon, VIVIX and also Herb-lax, Lecithin, and Osteomatrix.

Once you have learned and gained an appreciation for the products, I am sure you will want to share them with your friends and family, as I have. Not only does Shaklee offer great health benefits, they offer you a chance to grow your own business by helping others. (3/2011 update- since being on the Vivix, lesions on the brain are healing!)

Wishing you the best of health,

Jackie S., Saint Cloud, MN



Deb Headworth – Mercury Poisoning Testimony

Do your eyes glisten when you think about your life in your twenties? Most people remember with mischievous smiles. The emotion I get is dread. **It wasn't only that my body struggled to overcome 13 areas of sickness; it was the amount of energy the struggle took from my life.**

Each area of sickness had its own complications. For example, because I had 37 food allergies, I spent innumerable hours on food preparation. It wasn't just the time, either; it was the comfort factor. Before my strict diet, I didn't realize how much I relied on familiar foods for comfort. Imagine a grown woman crying because of the type of food on her plate. Pitiful, isn't it? Yet, it's true. I had a choice to either avoid the foods or eat them and face days of recovery. This memory hasn't left me yet. We were driving to Mass one early winter morning. I was reading scripture and chomping some nuts when my ears started to buzz and my senses slowed to a drone. My hands shook as the misalette thudded to the ground and my heart beat louder and sweat poured. "Russ, pull over now!" I gasped as I yanked off my coat and sweater. I needed cold air. My throat was swelling shut. Red faced, blotchy and very scared I rolled out of the car. Fear stole any sense of control I had. What could Russ do? I remember his big eyes staring at me as blackness closed in. Then the cold air snapped me back and we rushed home to the Benedryl. Now a new concern was added to my regiment, make sure I have an Epi-pen with me at all times. **I tried to ignore the question, what happens when the Benedril and Epi-pen stop working?**

Do you remember how it hurt when you accidentally broke open a scar on your knee? This is how endometriosis hurts as each of the hundreds of endometrial cells break open every monthly cycle. Add migraine, low blood sugar dizziness, severe muscle cramping and nerve cell pain and you'll get a glimpse of how I felt 25 out of every 28 day cycle. Also add to the mix low thyroid, low progesterone, Crohn's disease, Candida, Insomnia and Osteoporosis and you can see how I went from the energizer bunny to old mother Hubbard very quickly. **How many medications does it take to keep me teaching in the eighth grade classroom? How long do you think the medications will mask the symptoms?**

The fact that my body was dying and all 9 of our kids died inside me (9 miscarriages) still hurts me today. I've never seen their smiles. I feared how many more smiles we'd miss. The MDs had no more answers for us, so we looked to wholistic health. I was diagnosed with mercury poisoning in 2000. I met Becky in my new doctor's office. She had the same diagnosis one month earlier except my numbers were in the top 5% of the Great Lakes Region. Hers were lower. We helped each other find vitamins, diets and treatments. **Regaining health became a full time job; I had to leave my teaching and leave my art studio creations. What else would I have to leave?**

After three years I decided to stop all vitamins and therapies. My liver had been harmed, my numbers weren't getting better and my hope for recovery was gone.

When my friend, Cindy Patin, introduced me to Shaklee, I was very skeptical; so was Russ. How could they be different? In fact, I was down-right rude. It takes a lot to put hope back together. Finally, we understood Shaklee had a lot to offer. But could it give me what I needed? We decided to try. We gave my body every chance we could and I began nearly every supplement Shaklee offers. Becky decided to keep doing what we had been doing all along. She didn't want to risk crushing her hopes again. I understood.

Three years later, I'm on no medications, the mercury is gone, the endo, osteoporosis, thyroid, hypoglycemia and liver problems are history. The Crohn's, insomnia and Candida are under control. **A full drawer of Shaklee did for me what a whole pantry of other supplements couldn't do.**

When Becky called me a few months ago, I could barely recognize her voice through all the tears and depression. She used to be an accomplished accountant with a pleasant demeanor. Not anymore. Now she's still sick, without work, and just got released from a mentally challenged 'group home'. **I am no more deserving of a healthy life than she is. The only difference in our treatment was my Shaklee.**

Now, my husband and I get to coach other people to great health. Shaklee has helped restore hope in our future on Earth. Will we gain a living family? Now I have the energy to give live birth and to adopt. **Shaklee gives us wings.**

Do you think we're grateful for Doctor Shaklee and the people who helped us discover his work?

Deb H.
Grand Rapids, MI