

HOLISTIC HEALTH SOLUTIONS

Not Intended To Replace Physician's Care

1. To reduce toxin exposure, eliminate AVOIDABLE TOXINS with Get Clean and Enfuselle personal products.
2. To support more optimal fiber and essential oils, eat 3 tablespoons of fresh ground flaxseed daily
3. With every ailment listed below, use the three items listed FIRST for support to one of the Starter Programs
4. **ALL programs should begin with ONE of the following three STARTER PROGRAM OPTIONS:**



A. Bare Essentials

1. 3 tablespoons of Soy Protein or 2 scoops of Cinch Shakes
2. 2 Vita Lea
3. 1 Optiflora Pearl **PLUS** 1/8th to 1 teaspoon Optiflora Powder



B. Basic Program for Prevention

1. 3 tablespoons of Soy Protein or 2 scoops of Cinch Protein
2. 1 Vitalizer Strip (with or without iron) **PLUS** 1/8th to 1 teaspoon Optiflora Powder



C. Best Prevention Program – RX For Health (save 10% on autoship and get extra Vivix for \$10 every mo)

1. 3 tablespoons of Soy Protein or 2 scoops of Cinch Shakes
2. 1 Vitalizer Strip (with or without iron) **PLUS** 1/8th to 1 teaspoon Optiflora Powder
3. 1 teaspoon Vivix
4. 2 NutriFeron

ACNE:

1. WATER: drink adequate purified water for proper internal fluid exchange
2. ALFALFA: aids in cleansing the blood; mild antibiotic effect toward pathogenic bacteria
3. ZINC: promotes infection prevention & decreases acne scars
4. HERBLAX: reduces body bacterial count
5. LECITHIN: accommodates better absorption of fatty acids
6. CAROTOMAX: nourishes epithelial skin tissue to resist infection
7. VITAMIN C: promotes immune function
8. GARLIC: anti-bacterial
9. B COMPLEX: improves blood flow to surface of skin
10. OMEGAGUARD: helps repair damaged cells; keeps skin soft & smooth

ALLERGIES: NOTE: Purify air - REMOVE FOOD ALLERGIES (?milk, eggs, wheat, corn, sugar, dyes?)

1. ALFALFA: natural anti-inflammatory; natural anti-histamine
2. VITAMIN C: reduces histamine release; anti-inflammatory
3. NUTRIFERON: especially for environmental allergies
4. ZINC: a powerful immune system booster
5. DEFEND and RESIST / SHAKLEE DR: powerful herbal immune booster. 4 days on/3 days off
6. GARLIC: helps normalize & stabilize the immune system
7. CALCIUM/MAGNESIUM: helps reduce the body stress from allergies
8. CAROTOMAX: stimulates immune response
9. VITAMIN E + SELENIUM: necessary for proper immune function

ANEMIA:

1. ENERGIZING SOY PROTEIN: hemoglobin is 95% protein
2. B COMPLEX: essential in red blood cell production
3. IRON: an essential component of red blood cells and Liqui Lea
4. VITAMIN C: enhances the body's use of iron

ANGINA:

1. LECITHIN: emulsifies fat & lowers cholesterol
2. CoEnzymeQ10: Energizes heart muscle and relaxes/dilates blood vessels
3. VIVIX: supports total circulatory health
4. GLA & OmegaGUARD: improves circulation; reduces work demand on heart
5. CHOLESTEROL REGULATING COMPLEX: to reduce cholesterol
6. CALCIUM/MAGNESIUM: muscle relaxant
7. B COMPLEX: prevents clots; dilates blood vessels; regulates heartbeat & elasticity, electrical conduction in heart
8. E + SELENIUM: increases blood flow; helps prevent blood clotting; increases oxygen available to all tissue
9. VITAMIN C: helps lower serum cholesterol; essential for formation & repair of connective tissue
10. GARLIC: dilates small blood vessels' prevents clotting

ARTHRITIS: Shaklee JOINT & MUSCLE PAIN CREAM for instant relief

1. JOINT HEALTH COMPLEX: glucosamine hydrochloride to repair cartilage
2. ALFALFA: anti-inflammatory; high in chlorophyll; helps reduce uric acid; anti-stiffness factor
3. VIVIX: anti-inflammatory, and natural Cox-2 blocker
4. GLA: anti-inflammatory: reduces joint tenderness, swelling & stiffness
5. VITAMIN C: anti-inflammatory; important for strong cartilage; anti-stress; assists mineral absorption
6. NUTRIFERON: reduces inflammation, VITAMIN D for calcium absorption for strong bones
7. PAIN RELIEF COMPLEX: for pain relief
8. CALCIUM/MAGNESIUM: essential for strong cartilage; anti-stress from arthritic pain
9. HERBLAX: reduces toxins & inflammation
10. B COMPLEX: helps body deal with the stress from pain
11. VITAMIN E + SELENIUM: inhibits formation of free radicals which can damage the joints
12. GARLIC: anti-inflammatory; inhibits formation of free radicals which can damage the joints
13. CAROTOMAX: promotes healing in the epithelial tissue; free radical inhibitor
14. ZINC: promotes healing in connective tissue repair

ASTHMA: (remove all known food allergies & purify the air you breathe)

1. CAROTOMAX: essential for tissues repair & immunity
2. GLA: acts like a natural steroid
3. VITAMIN C: anti-inflammatory; improves immune system strength; natural anti-histamine effect
4. NUTRIFERON: (especially for environmental allergies)
5. ZINC: improves healing; strengthens immune system
6. B COMPLEX: strengthens the immune system; anti-stress
7. VITAMIN E + SELENIUM: strengthens the immune system; promotes healing
8. LECITHIN: soothes the bronchial tubes & lungs
9. GARLIC: anti-inflammatory, strengthens the immune system

BLADDER INFECTIONS: (Drink adequate purified water) NO Bubble Bath – Use Basic H

1. DEFEND AND RESIST: powerful immune system booster - rotation of 4 days on and 3 days off
2. GARLIC: natural antibiotic AND VIVIX: has anti-bacterial properties
3. VITAMIN C: anti-bacterial; immune system booster

BRONCHITIS:

1. VITAMIN C: immune system booster; natural decongestant; thins mucous
2. GARLIC: natural antibiotic; anti-infection; anti-viral; natural decongestant
3. NUTRIFERON: strengthens the immune system
4. CAROTOMAX: protective to lung tissue; healing of all tissue
5. HERBLAX: reduces body bacterial count, VITAMIN D helps rebuild healthy cells
6. VITAMIN E + SELENIUM: improved breathing; healing for tissue; powerful free radical scavenger
7. ZINC: healing for tissues; immune system strengthener, VITAMIN D helps heal cells, immune strength

CANCER: (purify the air you breathe AirSource is recommended. Also, drink Cinch Tea for extra polyphenols.)

1. VIVIX: anti-cancer properties
2. NUTRIFERON: strengthens the immune system
3. VITAMIN C: increases production & stimulation of T-killer cells which destroy cancer cells
4. CAROTOMAX: strengthens immune system; reduce risk of epithelial tissue cancer
5. VITAMIN E + SELENIUM: powerful free radical scavenger
6. ZINC: strengthens the thymus gland for a stronger immune system
7. GARLIC: enhances the immune system: causes T-killer cells to be more active
8. GLA: immune system strengthener / slows down cellular multiplication
9. B COMPLEX: increases speed of the immune system response
10. HERBLAX: reduces body toxins
11. OPTIFLORA: increases "friendly" bacteria
12. DTX: Reduce the toxin load in the body
13. CoEnzymeQ10: energizes the healing power in each cell
14. LECITHIN: strengthens neurotransmitters which allows communication to the nervous system
15. ALFALFA: blood purifier and mineral smorgasbord
16. EXTRA SOY PROTEIN: anti-cancer components

CANDIDA: (avoid sugar, fruit juices, alcohol, caffeine, white flour, dairy product)

1. GARLIC: destroys overgrowth of yeast
2. OPTIFLORA: replaces "friendly" bacteria
3. VIVIX: has anti-bacterial properties
4. VITAMIN C: strengthens the immune system
5. B COMPLEX: increases absorption (candida prevents absorption of nutrients)
6. ZINC: strengthens the immune system
7. VITAMIN E + SELENIUM: strengthens the immune system
8. CAROTOMAX: strengthens the immune system
9. NUTRIFERON: to strengthen the weakened immune system

CANKER SORES: (apply Enfuselle C+E Cream on the canker sore) 3 Optiflora Caps 2 X a day

1. B COMPLEX: immune function & healing
2. VITAMIN C: healing, immune function; anti-bacterial
3. ENERGIZING SOY PROTEIN: essential to provide amino acid L-Lysine
4. GARLIC: natural antibiotic
5. ALFALFA: helps alkalize the system
6. ZINC: healing properties, VITAMIN D: Natural support for cell health, immune strength
7. CAROTOMAX: speed healing

CATARACTS:

1. VIVIX: contains powerful polyphenols
2. ZINC: healing & connective tissue repair; immune system booster
3. VITAMIN C: antioxidant properties to prevent tissue damage
4. VITAMIN E + SELENIUM: powerful free radical scavenger
5. CAROTOMAX: deficiency has been linked to poor vision & cataract formation
6. NUTRIFERON: to support the immune system's scavenger mechanisms
7. PROTEIN SUPPLEMENT/CINCH SHAKES: import for lens repair
8. CINCH TEA: powerful polyphenols to protect the fragile eye tissue
9. B COMPLEX: essential for intracellular eye metabolism
10. OMEGAGUARD: tissue membrane health AND CoEnzymeQ10: energize healing

CHOLESTEROL: (HIGH) (eat cabbage, oatmeal, apples, etc. for soluble fibre)

1. SOLUBLE FIBRE (Cinch Shakes): prevents fat absorption; reduces stress on heart minimizing fat intake
2. CHOLESTEROL REDUCTION COMPLEX: Clinically proven to reduce bad cholesterol, FDA approved statement on label
3. LECITHIN: converts serum cholesterol to good HDL
4. VIVIX: reduces LDL Cholesterol AND CoEnzymeQ10: Reduces LDL oxidation
5. CHOLESTEROL REGULATING COMPLEX: to reduce cholesterol
6. GLUCOSE REGULATING COMPLEX: reduces formation of cholesterol
7. ALFALFA: has natural chelating affect in arteries
8. GARLIC: prevents clotting; dilates small blood vessels; dissolves fatty deposits & thins blood
9. OPTIFLORA: helps normalize blood lipids
10. VITAMIN E + SELENIUM: natural blood vessel dilator/ reduces LDL oxidation
11. DTX: makes a healthier liver (a dirty liver produces excess cholesterol in the bile)
12. ENERGIZING SOY PROTEIN: clinically tested to aid in cholesterol reduction
13. B COMPLEX: reduces homocysteine level

CHRONIC FATIGUE SYNDROME: Optiflora_3 caps 2 x a day

1. VIVIX: supports energy production in every cell
2. B COMPLEX: releases energy from food; increases immune cell activity
1. CoQHEART: Energizes every cell
2. ZINC: promotes healing
3. NUTRIFERON: to strengthen the immune system
4. VITAMIN C: has as powerful anti-viral effect
5. CAROTOMAX: has a powerful effect on some specific immune system functions
6. VITAMIN E + SELENIUM: greatly enhances the ability of the body to produce powerful antibodies
7. ZINC: dramatically promotes all types of T-cell (immune systems) production & aggressiveness
8. GARLIC: immune booster
9. PHYSIQUE: excellent for muscle tissue recovery
10. FLAXSEED OIL CAPSULES: essential for tissue membrane recovery
11. CorENERGY (Ginseng/Cordyceps): strengthen and replenish the adrenals
12. STRESS RELIEF COMPLEX: support & nourishment for a stressed nervous system

COLITIS: (AVOID the foods you are allergic to! Dairy_and Gluten ...)

1. OPTIFLORA IS ESSENTIAL!
3. GLA: acts as natural steroid
4. VIVIX: supports healing at the cellular level
5. CAROTMAX: provides healing to the epithelial bowel tissue
6. NUTRIFERON: reduces inflammation
7. ZINC: promotes healing
8. SOLUBLE FIBRE (Choose Cinch Shakes): to provide soft bulk & reduce frequent stools
9. ALFALFA: K for healing; overcomes mineral deficiencies due to frequent elimination; anti-inflammatory
10. STRESS RECOVERY COMPLEX: nourishment for a stressed nervous system
11. GARLIC: anti-inflammatory
12. B COMPLEX: anti-stress
13. CALCIUM/MAGNESIUM: anti-stress; helps reduce risk of bowel cancer
14. VITAMIN C: promotes healing of mucous membranes; strengthens immune system
15. CoQHEART: to enhance healing energy

CROHN'S DISEASE: (AVOID the foods you are allergic to! - Dairy and Gluten)

1. GLA: acts as natural steroid AND ZINC: promotes healing
2. ALFALFA: anti-inflammatory; high mineral content promotes healing; promotes cleansing of bowel irritants
3. VIVIX: supports healing and reduces inflammation
4. B COMPLEX: anti-stress; increases absorption
5. CAROTMAX: aids in controlling infection; promotes healing of bowel lining
6. SOLUBLE FIBRE (Choose Cinch Shakes): to provide soft bulk & reduce frequent stools)
7. VITAMIN E + SELENIUM: aids healing
8. OPTIFLORA - increase good bacteria
9. NUTRIFERON: supports repair and reduces inflammation

DEPRESSION:

1. B COMPLEX: nourishes the central nervous system
2. LECITHIN: insulates the central nervous system; nourishes brain cells; essential for nerve transmission
3. MOODLIFT: stimulates serotonin production
4. VIVIX: MAO enzyme inhibitor & VITAMIN D: Natural support for depression, heart health, immune strength
5. ENERGIZING PROTEIN: provides amino acids to increase serotonin levels
6. MENTAL ACUITY: improves oxygen/hormone/nutrient availability to the brain
7. STRESS RELIEF COMPLEX: nourishes the central nervous system
8. CorENERGY (Ginseng/Cordyceps): strengthen & replenish the glands
9. OmegaGUARD: Calms and strengthens brain cells

DIABETES: Increase fiber in diet to prevent drastic shifts in blood sugar levels (Cinch Shakes are a great choice)

* avoid white flour products * Follow the Calorie/Carbohydrate Ratio Diet * include 1 tsp cinnamon in your diet each day

1. VIVIX: supports reduction of blood sugar
2. GLUCOSE REGULATING COMPLEX: helps manage blood sugar
3. LECITHIN: reduces risk of cardiovascular disease; reduces neuropathy problems; increases circulation
4. VITAMIN E + SELENIUM: helps reduce risk of retinopathy; neuropathy, gangrene, & circulatory problems
5. B COMPLEX: helps reduce risk of neuropathy; increases glucose utilization; strengthens pancreas
6. ALFALFA: replaces minerals lost by frequent urination; strengthens kidneys
7. VITAMIN C: strengthens pancreas; essential in healing; reduce risk of retinopathy; reduce risk of cardio disease
8. CoQHEART: energizes the pancreas AND ZINC: promotes healing
9. GARLIC: reduces risk of infections which are common in extremities in diabetics

DIVERTICULITIS: (soluble fiber in Cinch Shakes is advantageous;) Avoid Gluten and Dairy

1. HERBLAX: promotes cleansing of bowel irritants; stool softening
2. ALFALFA: bowel cleanser; promotes healing
3. OPTIFLORA: repopulate bowel with "friendly" bacteria
4. LECITHIN: lubricates & heals bowel lining
5. ZINC: promotes healing
6. B COMPLEX: anti-stress, increases glucose utilization; strengthens pancreas
7. CAROTMAX: strengthens bowel muscles & mucous membranes

ECZEMA:

1. HERBLAX: promotes detoxification
2. OPTIFLORA: increase good bacteria levels
3. ALFALFA: cleanses blood; strengthens elimination ability of kidneys; contain chlorophyll -aids in skin healing
4. ZINC: promotes healing throughout the body
5. VITAMIN C: promotes healing and reduces infection
6. STRESS RELIEF COMPLEX: to calm the hypersensitive response
7. VITAMIN E + SELENIUM: improves circulation
8. OMEGAGUARD: for tissue healing in every cell
9. CAROTOMAX: promotes tissue healing and strengthens cells

FLU: Drink SHAKLEE PERFORMANCE (an electrolyte drink) to prevent dehydration

1. DEFEND AND RESIST (SHAKLEE DR): natural antibiotic; powerful immune system booster
2. NUTRIFERON: increases the power of the immune system
3. GARLIC: natural antibiotic; anti-inflammatory; anti-viral, anti-bacterial
4. VITAMIN C: fights viral infections by increasing blood interferons; reduces length of fever
5. OPTIFLORA: increase good bacteria
6. LECITHIN: coats red blood cells, thereby providing protection against invasion of virus or bacteria
7. VITAMIN E + SELENIUM: protects red blood cell membranes; increases circulation

ENDOMETRIOSIS: See candida, avoid caffeine.

1. VITAMIN E + SELENIUM: reduces hormonal storms
2. GLA: minimizes fluctuations in hormonal imbalance
3. B COMPLEX: promotes hormonal balance; promotes blood cell productivity; assists in water balance
4. OPTIFLORA: reduces yeast proliferation
5. VITAMIN C: important for healing process
6. VIVIX: to support cellular healing and hormonal balance
7. CALCIUM/MAGNESIUM: reduces vascular & muscular tension
8. ZINC: essential for healing membranes
9. CorENERGY: reduces pain; helps bring balance in hormonal system

EPILEPSY:

1. RAW PROTEIN SUPPLEMENT: to provide essential amino acids for brain function
2. LECITHIN/GLA: improves brain circulation
3. B COMPLEX: nourishes the central nervous system
4. CALCIUM/MAGNESIUM: important for proper nerve transmission
5. STRESS RELIEF COMPLEX: to support brain-wave regulation
6. ZINC: needed for connective tissue repair
7. ALFALFA: for necessary mineral balance
8. BETA CAROTENE: an important antioxidant that aids in protecting brain function
9. VITAMIN C: vital to functioning of the adrenal gland
10. VITAMIN E + SELENIUM: aids circulation & immunity

FIBROCYSTIC DISEASE OF THE BREAST:

1. VITAMIN E + SELENIUM: extremely important for antioxidant purposes
2. GLA: minimizes fluctuations in hormone imbalance
3. DTX: liver detoxification
4. B COMPLEX: important in fluid retention & hormonal regulation
5. VIVIX: to support improved hormonal balance and cellular cleansing
6. CAROTOMAX: necessary for healing mucous membranes of the breast's ductal system
7. VITAMIN C: strengthens the adrenal glands, necessary for hormone production & balance
8. CorENERGY: acts as an adaptogen to bring about hormonal balance
9. OPTIFLORA: reduces toxin load
10. HERB LAX: reduces toxin load

FIBROMYALGIA: (for muscle tissue recovery optimize protein intake: Cinch Shakes and Shaklee Physique)

1. VIVIX: to support cellular energy and detoxification
2. VITAMIN C: strengthens the integrity of connective tissue
3. CoEnzymeQ10: increases cellular energy
4. NUTRIFERON: strengthens the immune system
5. LECITHIN/GLA: insulates the fibrous sheath of the nerve bundles
6. CALCIUM/MAGNESIUM: muscle relaxant
7. OPTIFLORA: increase good bacteria
8. VITAMIN E + SELENIUM: improves oxygenation of cells
9. GINKGO BILOBA (Shaklee Mental Acuity): improves blood flow throughout the body
10. GENTLE SLEEP COMPLEX: relaxes muscles so they can heal; encourage body to make cortisone for healing

FUNGUS:

1. OPTIFLORA: supplies "friendly" bacteria that are deficient in fungus in infections
2. GARLIC: neutralizes most fungi
3. VITAMIN C: to boost the body's immunity
4. DEFEND AND RESIST - SHAKLEE DR: 4 days on/3 days off ...in cycles to boost the body's immunity
5. VIVIX: to support the immune system
6. NUTRIFERON: to support the immune system
7. CAROTOMAX: boosts body's immunity; aids in healing of the skin tissue
8. VITAMIN E + SELENIUM: to strengthen immune system

GLAUCOMA:

1. VITAMIN E + SELENIUM: increases circulation to the eye; powerful free radical scavenger
2. BETA CAROTENE/CAROTOMAX: necessary to heal & remove pressure from behind the eye
3. GLA: helps reduce pressure & involved in the regulation of circulation to the eye; anti-inflammatory
4. VIVIX: to support healing in the eye tissue
5. VITAMIN C: prevents tearing of capillaries; detoxifies free radicals; anti-inflammatory
6. OPTIFLORA: reduce toxin load
7. DTX: reduce toxin load
8. ALFALFA: mineral content relaxes arterial muscles; anti-inflammatory
9. HERBLAX: detoxifies body tissues
10. CoQHEART: powerful antioxidant
11. MENTAL ACUITY: increase blood flow to the eyes

GOUT: (Avoid red meat, dairy, white sugar / eat lots of green vegetables ... to help alkalize the diet)

1. ALFALFA: produces alkaline reaction in the blood; excellent source of potassium
2. VITAMIN C: lowers serum uric acid
3. DTX: reduce toxin load
4. B COMPLEX: essential for improved metabolism
5. HERB-LAX: reduce toxin load
6. ZINC: critical for protein metabolism & tissue repair
7. VITAMIN E + SELENIUM: improves circulation & neutralizes free radicals

HAIR (Loss of): (use Shaklee's ProSanté hair products)

1. B COMPLEX: nourishes the hair shaft
2. ZINC: critically important in rapid cell growth
3. ALFALFA: overcome trace mineral deficiencies
4. PERFORMANCE: increase potassium levels
5. LECITHIN: absorptive aid for all fat soluble nutrients essential for health hair shaft
6. COQHEART: increase cellular energy
7. OPTIFLORA: reduce toxin load
8. VITAMIN C: improve scalp circulation/antioxidant for hair follicle
9. SHAKLEE MENTAL ACUITY: increases blood flow to brain
10. SAW PALMETTO: increases blood flow

HEADACHES: (see headache manual for specific details on treating the 5 main types of headaches investigate hormonal deficiencies enhance toxin elimination from body)

1. ALFALFA: overcome trace mineral deficiencies; anti-inflammatory especially for sinus pressure
2. B COMPLEX: brings balance to hormonal fluctuations
3. STRESS RELIEF COMPLEX: to help balance brain chemistry
4. CALCIUM/MAGNESIUM: reduces vascular tension AND MOODLIFT: Stimulates serotonin production
5. CoQHEART: enhances proper blood circulation to head
6. LECITHIN: absorptive aid for all fat soluble nutrients
7. VITAMIN E: increases capillary blood flow AND OMEGAGUARD: builds and lubricates neurotransmitters
8. VIVIX: to support reduction of cellular sludge

HEART DISEASE: (support strength of heart muscle & provide fiber by optimizing Shaklee Cinch Shakes)

1. VITAMIN E + SELENIUM: increases capillary blood flow; vassal dilator; prevents clotting
2. LECITHIN: fat emulsifier; reduces cholesterol
3. CoEnzymeQ10: energize heart muscle
4. VIVIX: to help regulate cholesterol, and strengthen the heart
5. CHOLESTEROL REGULATING COMPLEX: to regulate cholesterol
6. ALFALFA: promotes natural chelating; reduces water retention; potassium & magnesium to relax arterial muscles
7. CALCIUM/MAGNESIUM: regulates heart rhythm; relaxes muscle tension
8. GARLIC: anti-hypertensive; dilates small blood vessels; prevent clotting; dissolves fat deposits, thins blood
9. VITAMIN C: maintains connective tissue integrity; prevents tearing of capillaries
10. B COMPLEX: anti-stress, regulates heartbeat & elasticity, electrical conduction in the heart
11. MENTAL ACUITY: lowers homocysteine levels for cardiovascular health

HEARTBURN: (16 oz of water every a.m. on empty stomach, and do 15 "Heel Thuds" to jerk stomach below diaphragm)

1. CitriBOOST or BIFIDUS (Canadian Product): deduces reflux reaction
2. STOMACH SOOTHING COMPLEX: Peppermint, ginger, fennel and anise are all beneficial
3. CALCIUM/MAGNESIUM: neutralizes stomach acid
4. ALFALFA: three classes of enzymes for proteins, fats & carbohydrates to overcome digestive disorders
5. EZ-GEST: digestive enzymes

HIGH BLOOD PRESSURE: (drink adequate water for kidney health)

1. OMEGAGUARD: strengthens heart; increase HDL; improve liver metabolism; increase flow small blood vessels
2. CoQHEART: regulates circulatory system
3. GARLIC: dilates small blood vessels; prevents clotting; dissolves fatty deposits & thins blood
4. VITALMAG: magnesium relaxes the arteries & potassium helps regulate chemistry imbalance
5. STRESS RELIEF COMPLEX: reduces tension in the arteries
6. OPTIFLORA: anti-stress: detoxes neuro-toxins for healthier nervous system; helps normalize blood lipids
7. HERBLAX: provides for proper elimination of fats before they are reabsorbed
8. LECITHIN: emulsifies blood fats, improves liver function; lower blood pressure
9. ALFALFA: strengthens the kidneys which make a hormone that regulates blood pressure; natural diuretic
10. CALCIUM/MAGNESIUM: a deficiency in calcium has been linked to high blood pressure
11. VITAMIN E + SELENIUM: improves heart function; vassal dilator

HYPERACTIVITY: make sure the Essential Fatty Acids are abundant in diet or supplements DAILY!

1. STRESS RELIEF COMPLEX: to help balance brain chemistry
2. B COMPLEX: regulates the central nervous system
3. RAW PROTEIN SUPPLEMENT: provides essential amino acids for appropriate serotonin production
4. CALCIUM/MAGNESIUM: nature's tranquilizer, calming effect
5. HERBLAX: detoxifies body poisons
6. LECITHIN: insulates nerve bundles
7. ALFALFA: overcomes mineral deficiencies
8. VALERIAN: herbal calming remedy; promotes deeper sleep
9. MIGHTY SMART CHEWS: chewable DHA to build healthy brain cells

HYPOGLYCEMIA: (several small meals throughout the day)

1. EXTRA PROTEIN /CINCH SHAKES: regulates blood sugar; strengthens glandular functions
2. ALFALFA: helps regulate glandular functions
3. B COMPLEX: allows adrenal-pancreas-liver balance of blood sugar
4. ZINC: strengthens glandular functions; hair analyses reveals that most hypoglycemics are deficient
5. VITAMIN C: for adrenal glandular insufficiency
6. VIVIX: supports glandular repair
7. CorENERGY (Shaklee Ginseng/Cordecepts): glandular benefits
8. CoQHEART: energizes adrenals
9. GLUCOSE REGULATION COMPLEX: critical for glucose metabolism

HYPERTHYROIDISM: (overactive thyroid) – avoid stimulants such as coffee, soft drinks, aspartame, nicotine

1. DTX: to support detoxification
2. HERBLAX: to support detoxification
3. OMEGAGUARD OIL CAPSULES: for glandular support
4. ALFALFA: supports calming of the system
5. VIVIX: glandular support & detoxification
6. CAROTOMAX: for glandular support
7. VITAMIN C: for glandular support
8. GARLIC: to support detoxification
9. CALCIUM/MAGNESIUM: to help calm system
10. ZINC: for glandular support

HYPOTHYROIDISM: (underactive thyroid) – avoid foods you are allergic to

1. VIVIX: for glandular support
2. CoQHEART: for energy support
3. ALFALFA: for mineral smorgasbord (including iodine)
4. ZINC: for glandular support
5. VITAMIN C: for glandular support
6. CINCH TEA: power polyphenols / for energy
7. B COMPLEX: for glandular support and energy
8. OPTIMIZE PROTEIN: for repair ... Cinch Shakes are the best choice (due to leucine)
9. OMEGAGUARD: to optimize essential fatty acid intake

INSOMINIA: (investigate hypoglycemia)

1. LECITHIN: assist neuro-transmitter production in brain
2. CALCIUM/MAGNESIUM: nature's tranquilizers; muscle relaxant
3. STRESS RELIEF COMPLEX: peaceful state of mind to fall asleep
4. VIVIX: supports detoxification and hormonal balance
5. VALERIAN: restores relaxed state to central nervous system
6. VITAMIN C: deals with stress response-calms nerves
7. OPTIFLORA: displaces many neuro-toxins

INCONTINENCE: (minimize water intake before bed or outings - avoid refined foods - kegel exercises)

1. SAWPALMETTO: Plus pumpkin seed, soybean oil, beeswax, soy lecithin, Shakleeguard, Rosemary & more
2. VITALIZER GOLD: Bone and muscle support
3. VIVIX : strengthens every part of the body
4. IMMUNITY FORMULA I: antioxidants, beta carotene C, E, B6, B12, folic acid, copper, selenium, and zinc.
5. MOODLIFT: St. Johns Wort, inositol, Eleutherococcus Senticosus, and green oats.
6. FIBER PLAN TABLETS OR POWDER: Psyllium, pectin, guar gum, locust bean gum, maltodextrin, ascorbic acid.

KIDNEY STONES: (optimize water intake)

1. HERBLAX expands urethra and helps kidney stones pass ... bowels may move more frequently temporarily
2. ALFALFA: to support kidney function
3. VITAMIN C: to support kidney function
4. VIVIX: for cellular support and repair
5. ZINC: to support cellular repair
6. CAROTOMAX: to support cellular repair
7. PERFORMANCE: Helps reduce future formation

LEG CRAMPS:

1. GINKGO BILOBA (Shaklee Mental Acuity): improves blood flow
2. VITAMIN E + SELENIUM: improves limb circulation by increasing capillary blood flow
3. VIVIX: for cellular energy
4. CQHEART: for cellular energy
5. CALCIUM/MAGNESIUM: provides proper building blocks for bones, VITAMIN D helps you absorb calcium
6. OPTIFLORA: reduces nutrient malabsorption
7. ALFALFA: overcomes trace mineral deficiency 8. VitalMag

LIVER DISORDERS:

1. DTX: detoxify the liver
2. HERBLAX: detoxifies & prevents accumulation of metabolic waste products
3. NUTRIFERON: to support cellular repair AND OPTIFLORA: detoxifies many chemicals
4. VIVIX: for cellular repair AND LECITHIN: prevents fat build-up or fatty liver
5. SOLUBLE FIBRE (eg. Cinch Shakes): helps remove the toxic load on the liver
6. VITAMIN C: neutralizes toxic substances & boosts immune system
7. ALFALFA: detoxifies liver by stimulating bile flow
8. VITAMIN E + SELENIUM: prevents oxidized fat accumulation & free radical damage
9. BETA CAROTENE/CAROTOMAX: anti-oxidant effect on free radicals
10. GARLIC: speeds liver healing; detoxifier

LUPUS: Shaklee GLA: nature's steroid –_VERY IMPORTANT FOR LUPUS

1. VITAMIN C: antioxidant; also anti-inflammatory AND ZINC: protects skin & organs; promotes healing
2. B COMPLEX: strengthens glandular functions; reduces malabsorption; nourishes nervous system
3. ALFALFA: anti-inflammatory; strengthens kidneys (alfalfa leaf powder tablets ...NOT SPROUTS)
4. VIVIX: to support chemistry balance AND OPTIFLORA: for the immune system
5. VITAMIN E + SELENIUM: helps the body use oxygen more efficiently; promotes healing
6. GARLIC: immune system enhancer; protects enzyme systems
7. NUTRIFERON: to modulate the immune system
8. CAROTOMAX: powerful antioxidant – supports cellular repair

MACULAR DEGENERATION:

1. RX FOR A HEALTHIER LIFE: Vivix, Vitalizer, NutriFeron, Cinch (Save 10% - get extra Vivix for \$10 on autoship)
2. 6 ZINC: promotes healing for membranes and connective tissue repair
3. 6 CAROTOMAX: ANTIOXICANT - supports cellular repair
4. 9 OMEGAGUARD: helps repair damaged cells
5. 4 GLA: important for improved cerebral circulation, minimizes fluctuations due to nutrient deficiency

MANIC-DEPRESSIVE DISORDERS:

1. RAW PROTEIN SUPPLEMENT: large amounts of essential amino acids
2. B COMPLEX: makes a healthy nervous system; nourishes neuro-transmitters
3. MOODLIFT (St. Johns Wort): enhance serotonin levels, VITAMIN D – 3 months of sunshine in natural form
4. STRESS RELIEF COMPLEX: to help balance brain chemistry
5. LECITHIN: insulates nerve bundles; improves brain circulation
6. VIVIX: for brain health & function AND ZINC: protects brain cells
7. ALFALFA: mineral imbalance can cause depression AND GLA: important for improved cerebral circulation
8. VITAMIN C: a powerful immune-stimulant AND CoQHEART: energize each cell

MENOPAUSE:

1. MENOPAUSE BALANCING COMPLEX: for hormonal stability; reduces hot flashes
2. EXTRA SOY PROTEIN: helps balance hormones
3. VITAMIN E + SELENIUM: prevents hormonal storms
4. GLA: helps balance hormones
5. VIVIX: supports hormone balancing
6. VITAMIN C: promotes glandular health; assists mineral absorption
7. B-COMPLEX: reduce water retention, hot flashes & nervous disorders; anti-stress; increases gland health
8. CALCIUM/MAGNESIUM: maintain bone integrity
9. STRESS RELIEF COMPLEX
10. BETA CAROTENE: promotes healthy mucous membranes in the vaginal area; anti-oxidant

MENSTRUAL CHALLENGES:

1. B COMPLEX: reduces stress; helps regain hormonal imbalance; reduces water retention
2. GLA: regains hormonal imbalance by minimizing fluctuations due to nutrient deficiency
3. VITAMIN E + SELENIUM: prevents hormonal storms
4. EXTRA SOY PROTEIN/CINCH SHAKES: manufactures hormones
5. ALFALFA: reduces tissue water retention
6. CALCIUM/MAGNESIUM: reduces cramping by providing for proper muscle relaxation

MEMORY IMPROVEMENT:

1. LECITHIN/FLAXSEED OIL CAPSULES: improves brain circulation; nourishes brain cells
2. B COMPLEX: nourishes neuro-transmitters
3. MENTAL ACUITY: ginkgo, bilberry, hawthorn, B vitamins - enhances memory & decision-making
4. MEMORY OPTIMIZER: improve oxygen/hormones/nutrient availability to brain
5. VIVIX: for brain cell health and function
6. HERBLAX AND DTX: detoxifies body toxins - reduces toxin load
7. OPTIFLORA: reduce toxin load and CoQHEART: energize every cell
8. ALFALFA: mineral smorgasbord
9. CorENERGY (Ginseng/Cordeceps): Increase oxygen availability to cells

NERVE PROBLEMS:

1. B COMPLEX: makes a healthy nervous system; nourishes neuro-transmitters
2. LECITHIN: insulates nerve bundles; improves brain circulation
3. STRESS RELIEF COMPLEX: detoxifies many neuro-toxins
4. CALCIUM/MAGNESIUM: nature's calmer AND OPTIFLORA: reduce toxin load
5. VIVIX: to support central nervous system function & health
6. ENERGIZING SOY OR CINCH PROTEIN: additional amino acids for repair

NEUROPATHY

1. MENTAL ACUITY +: increases blood flow AND VIVIX: support central nervous system function
2. VITA E + SELENIUM: helps the body use oxygen more efficiently
3. B-COMPLEX: nourishes the central nervous system; builds the adrenal glands
4. GLA: minimizes fluctuations due to nutrient deficiency

OSTEOPOROSIS: Make sure Vitamin D levels are optimal & do weight-bearing exercise)

1. CALCIUM/MAGNESIUM with VITAMIN D: necessary for bone integrity
2. PROTEIN SUPPLEMENT/CINCH SHAKES: bones are 65% protein
3. VITAMIN C: necessary to build adequate connective tissue; assists mineral absorption
4. OPTIFLORA: increases availability of many trace nutrients and VIVIX: supports proper cellular function
5. ALFALFA: mineral smorgasbord AND EZ-GEST: to enhance absorption of nutrients

PMS

1. GLA: regains hormonal imbalance by minimizing fluctuations due to nutrient deficiency
2. B COMPLEX: helps regain hormonal imbalance; reduces stress; reduces water retention
3. PERFORMANCE: helps regulate electrolytes
4. ALFALFA: reduce trace mineral deficiencies; reduces water retention
5. LECITHIN: insulates nerve bundles AND VITAMIN C: increase glandular health
6. CALCIUM/MAGNESIUM: reduces cramps; reduces insomnia

PROSTATE CHALLENGES: (avoid alcohol and caffeine)

1. SAW PALMETTO: herbal remedy which reduces prostate inflammation
2. ZINC: promotes healthy prostate AND ENERGIZING SOY PROTEIN/CINCH: reduces DHT formation
3. VITAMIN C: anti-inflammatory; strengthens gland and CALCIUM/MAGNESIUM: reduces vascular tension
4. CAROTOMAX: anti-inflammatory; anti-oxidant effect on free radicals
5. ALFALFA: anti-inflammatory; increases kidney filtration rate AND VIVIX: to support cellular function
6. VITAMIN E + SELENIUM: reduces degeneration AND LECITHIN: prostate cellular protection
7. B COMPLEX: anti-cancer properties AND OPTIFLORA & DTX: reduce toxin load

PSORIASIS: (Drink lots of water - detoxes skin, bowels & kidneys – Best Water Pitcher works better than Brita)

1. ALFALFA: blood purifier & cleanser; strengthens & cleanses kidneys
2. HERBLAX AND DTX: detoxifies toxins from the body - reduces toxin load
3. STRESS RELIEF COMPLEX: to relieve stress related root causes
4. VIVIX: to support optimal cellular function AND GLA: IMPORTANT for all skin disorders
5. CAROTMAX: reduces effects of UV light from the sun; nourishes epithelium skin tissue
6. VITAMIN C: speeds tissue healing; detoxifies sensitizing substances; boosts immune system
7. VITAMIN E + SELENIUM: promotes healing of skin; increases circulation
8. B COMPLEX: improved nutrient absorption
9. OPTIFLORA AND GARLIC: detoxifies many chemicals - increases capillary circulation; speeds tissue healing

SHINGLES:

1. VITAMIN C: immune support; speeds up healing
2. B COMPLEX: provides nutrients needed for healing the nerve damage
3. NUTRIFERON: to support the immune system AND ZINC: needed for healing connective tissue
4. VIVIX: for immune support AND DTX: reduce toxin load
5. VITAMIN E + SELENIUM: immune support; speeds up healing
6. CAROTOMAX: immune support; heals epithelial tissue
7. CoQHEART: increases healing energy AND GARLIC: for the immune system
8. OPTIFLORA: strengthens immune system; reduce toxin load

SINUSITIS: (Purify the air you breathe)

1. VITAMIN C: anti-inflammatory; thins mucous; decongestant; reduces histamine release
2. ALFALFA: reduces the effect of inflammatory endorphins; natural anti-histamine
3. GARLIC: reduces inflammation; natural sinus & nasal decongestant
4. OPTIFLORA: build the immune system AND ZINC: promotes healing of mucous lining
5. NUTRIFERON: to strengthen the immune system
6. CAROTOMAX: promotes healing of mucous membranes after infection

SORE THROAT:

1. VIVIX: extra teaspoon in pm starts the healing process on contact
2. CAROTOMAX: essential for tissues repair & immunity
3. GLA: acts like a natural steroid AND LECITHIN: soothes the bronchial tubes & lungs
4. VITAMIN C: anti-inflammatory; improves immune system; natural anti-histamine effect
5. NUTRIFERON: strengthens your immune system AND ZINC: improves healing; immune system
6. B COMPLEX: strengthens the immune system; anti-stress
7. VITAMIN E + SELENIUM: strengthens the immune system; promotes healing
8. GARLIC: anti-inflammatory, strengthens the immune system
9. OPTIFLORA: let one of the little pearls dissolve in the back of your mouth for extreme sore throats

STRESS:

1. STRESS RELIEF COMPLEX: Calms and relaxes, even helps you get better sleep - works in 20 to 30 minutes
2. B COMPLEX: nourishes the central nervous system; builds the adrenal glands
3. VITAMIN C: boosts body energy; calms nerves as a result of a stress response, builds adrenal glands
4. CALCIUM/MAGNESIUM: calcium needs increase 5x under stress
5. VIVIX: for brain cell support AND GARLIC: anti-stress food
6. LECITHIN: nerve bundle insulator; relaxes nervous system; increase brain function
7. MOODLIFT: St. John's Wort to support serotonin production, VITAMIN D – sunshine in a tablet for better health
8. ALFALFA: provides for additional trace mineral needs due to stress
9. CAROTOMAX: increased immune protection
10. VITAMIN E + SELENIUM: increased immune protection; for a healthy heart
11. VALERIAN: encourages better sleep patterns; body makes more cortisone during sleep
12. EXTRA SOY PROTEIN: protein levels increase when stressed

STROKE:

1. VITAMIN E + SELENIUM: prevents clot formation; increases capillary blood flow; vassal dilator
2. GARLIC: prevents clot formation; thins blood; dissolves fatty deposits; dilates small blood vessels
3. CoQHEARAT: reduces blood clotting, relaxes blood vessel walls
4. VIVIX: supports cholesterol regulation AND LECITHIN: emulsifies fat; reduces cholesterol
5. CHOLESTEROL REGULATION COMPLEX: increases HDL ("good") cholesterol
6. HERBLAX: provides for adequate elimination of fats in waste
7. GINKGO BILOBA (Shaklee Mental Acuity): increase blood flow
8. CALCIUM/MAGNESIUM: relaxes blood vessel walls
9. SOLUBLE FIBRE (eg. Cinch Shakes): absorbs blood fats & takes away in waste

ULCERS: (check for helicobacter pylori bacterium, _if you have it, use Garlic, Optiflora)

1. CAROTOMAX: for healing; protects mucous membranes of the stomach & intestine
2. ZINC: needed for healing mucous membranes AND STRESS RELIEF COMPLEX: to manage stress
3. ALFALFA: heals damaged mucous forming cells in stomach
4. VITAMIN E + SELENIUM: aids in reducing stomach acid
5. B COMPLEX: reduces the effects of stress; increases nutrient metabolism
6. GARLIC: reduces the effects of stress; speeds tissue healing

VARICOSE VEINS: (use Epic Boots)

1. HERBLAX: reduces back pressure in the portals of the circulatory system
2. VITAMIN E + SELENIUM: improves the efficiency of heart muscle; vassal dilator
3. DTX: detoxify the liver to reduce pressure in arteries AND GARLIC: dilates blood vessels; increases circulation
4. VITAMIN C: increases capillary strength; reduces blood clotting; promotes healing; prevents bruising
5. B COMPLEX: increases nutrient metabolism AND CoQHEART: supports proper blood flow
6. MENTAL ACUITY (GINKGO BILOBA): increases blood flow

To your excellent health.

Judy Myrlie

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