

By Dr. Chaney

PREGNANCY AND LACTATION PROGRAM

The gift of good health is the greatest gift you can give your child.

START WITH THE SHAKLEE Vitalizer with Iron

☐ **Vita-Lea (-in the Vitalizer)** - Because most of us do not get all the nutrients we need from diet alone – **AND** – a well balanced multivitamin/multimineral supplement is nutrition insurance for what we don't get from our diet.

☐ **Energizing Soy Protein** – Because you need more protein - **BUT** – you don't need more fat and cholesterol.

☐ **B-Complex** - Because B vitamins, especially folic acid, have been shown to help prevent birth defects - **AND** – most women don't get all the B vitamins they need from their diet.

☐ **Sustained Release Vita-C – (in the Vitalizer)** Because vitamin C can protect you and your baby from colds & infections - **AND** - many women do not get enough vitamin C from their diet.

Vita E Complex – (In the Vitalizer) Because vitamin E helps protect cell membranes during Development **AND** - many women do not get enough vitamin E in their diets.

Iron Plus C Complex – (in the Vitalizer – but if anemic, it would be good to take 1 extra per day) Because your needs for iron increase dramatically – **AND** – it's almost impossible to get the iron you need from diet alone.



PLUS, FOR YOUR SPECIAL NUTRITIONAL NEEDS

☐ **Osteomatrix**- Because you need extra calcium so that your baby can have healthy bones - **AND** – because it's not easy to drink a quart of milk a day.

☐ **OmegaGuard** - Because DHA, which is found in Shaklee's Omega-3 Complex, is important for neural and visual development. (*is in the Vitalizer* but 3 extra is better for the developing brains of the baby)

☐ **Optiflora – (in the Vitalizer)** Because Optiflora builds up the mother's stores of friendly bacteria, which are picked up by the baby as it moves through the birth canal, thus reducing the risk of *Candida* infection

Other supplements that may help meet your special nutritional needs during this period include

☐ **CarotoMax (in the Vitalizer)** and

☐ **Zinc** (for normal cell development) and

☐ **Fiber Plan / Herb-Lax** (fiber is the natural way to achieve regularity).

Give your body the Minerals, Vitamins, and Protein it craves with our MVP Nutritional Program Healthy MOM – to – Be Program

Good

- 2 **Vita-Lea** with Iron/day
- 1 serving **Shaklee Energizing Soy Protein**
- 2 **B-Complex** (needed for the extra Folic Acid)
- 4 **Osteomatrix** (Calcium) - 2 for dinner, 2 before bed

(Less than \$2.00 per day)

Better

- 2 **Vita-Lea** with Iron/day
- 1 serving **Shaklee Energizing Soy Protein**
- 2 **B-Complex** (needed for the extra Folic Acid)
- 1 **Omegaguard** Fish Oil Capsule
- 1 **Optiflora Probiotic** capsule
- 4 **Osteomatrix** (Calcium) - 2 for dinner, 2 before bed

(Your cost is the same as a Tall Latte at Starbucks)

Best

- 1 **Shaklee Vitalizer** for Women
- 2 **B-Complex**
- 1 serving **Shaklee Energizing Soy Protein**
- 3 **Omegaguard Fish** Oil Capsule
- 4 **Osteomatrix** (Calcium) - 2 for dinner, 2 before bed

(Your cost is less than a fast food meal)

Any of the above programs can be continued, or moved into the **Shaklee 180 Turnaround** program to drop weight safely & fast.

Turnaround Program:

Includes 2 meals, snacks, tea, metabolic boost

(Your cost per day is less than the cost of 1 meal at a sit-down restaurant)

If constipated (that is hard or diahrrea) **Herb-Lax** is excellent

For any fluid retention – **Alfalfa** is fantastic

Nausea – **Soothing Stomach Complex** as a tea works wonders!

Shaklee Information – Pregnancy

Pregnancy and Prenatals vs Shaklee- Pregnancy Question and Answer

By Dr. Chris Jensen, PHD - Vice President, Scientific Affairs, Shaklee Companies

On the subject of dietary supplements during pregnancy and lactation, I want to clarify that Vita-Lea can and is used by thousands of consumers as a prenatal supplement. Often people are under the mistaken impression that pregnancy or lactation requires a completely different multivitamin and mineral supplement. In point of fact, this isn't the case. Nutritional needs are increased during pregnancy and lactation, but the value of a balanced and comprehensive nutritional supplement like **Vita-Lea** is that it complements an individual's food intake to help ensure that all nutrient needs are met. Also, for those women whose physicians recommend additional iron beyond the 18 mg provided in a two table serving of **Vita-Lea**, our **Iron plus Vitamin C** formulation is an excellent product to consider.

Some points to keep in mind with regard to Shaklee nutritional supplements during pregnancy and lactation are as follows:

- **Vita-Lea** serves as an excellent prenatal supplement. It's especially important to get sufficient amounts of the B vitamin folic acid even before you get pregnant, to help reduce the risk of your baby having a common type of birth defect. Folic acid is found in **Vita-Lea** and **B-Complex**.
- **Calcium** needs increase during pregnancy and lactation. The RDA during pregnancy and lactation is 1200 mg daily, and any of our four calcium supplements serve as excellent supplementary sources. Remember also that a serving of a dairy product, like milk or yogurt, provides about 200-300 mg of calcium.
- Some women require supplementary iron during pregnancy. A blood test by your doctor can determine if this applies to you. Shaklee **Iron plus Vitamin C** serves as an excellent source of additional iron for those in need.
- **Protein** needs during pregnancy increase only slightly, and most Americans get plenty of protein. Therefore, supplementary protein is usually not required. *[According to The Anarem Report, 21,5— people were surveyed and not one consumed the 100% of the DV from their diet for any one of the following 10 nutrients: Protein, Calcium, Iron, Vitamin A, Vitamin C, Thiamin, Riboflavin, Vitamin B-6, Vitamin B-12, Magnesium] However, most Americans could benefit from healthier sources of protein. **Shaklee Energizing Soy Protein** can be used as a high quality, low-fat, cholesterol-free alternative to traditional high-fat, high-cholesterol protein sources. For example, many people enjoy **Energizing Soy Protein** in the morning as a part of breakfast in place of the more traditional protein sources such as eggs and bacon. (Correction – Heidi was on a weight loss program and found what most people are very surprised at – he had a very difficult time getting enough daily protein. If you are fatigued throughout the day, that is a good indication that your body needs more protein.)*
- A diet rich in vitamin C helps promote absorption of iron. **Vitamin C** with each meal makes good sense. As indicated by the information above, a basic supplementation regimen is fine during pregnancy and lactation.
- On the other hand, as a general rule, use of medicinal herbs, over-the-counter (OTC) medications, and prescription medicines is not recommended during pregnancy and lactation unless you have first cleared this with your physician. Herbs like **garlic** and **alfalfa** should not pose a problem.
- Finally, **Optiflora** is a safe product that you can feel confident in recommending. As for young children, they can take **Optiflora** if they can safely consume the capsule. We hope this is helpful.

Pregnancy and Lactation Nutrition Program

By Barb Lagoni – Nutritionist

The gift of good health is the greatest gift you can give your child!

♥ **Vita-Lea with Iron:** A well-balanced highly absorbable multivitamin/mineral... more complete than typical pre-natal vitamins, without the side effects of constipation or stomach upset. Excellent tablet disintegration time.

♥ **B-Complex:** - B vitamins, especially folic acid, have been shown to help prevent birth defects and morning sickness (if possible supplement before becoming pregnant). Classic B vitamin deficiencies are: fatigue, mood swings, cravings for sweets and junk food, dry skin and lack of concentration.

♥ **Iron Plus C Complex** - Your need for iron increases dramatically especially in the ninth month when the baby is storing iron for future immunity. RDI's for iron during pregnancy are 25 mg/day (one tablet plus the Vita Lea) unless higher levels are recommended by your doctor if you are anemic.

♥ **Energizing Soy Protein,** (Creamy Vanilla/ Creamy Cocoa) Instant Protein Soy Mix(No carbs) or Meal Shake (Bavarian Cocoa and French Vanilla) or Cinch Shakes - Because your protein requirements rise dramatically to 70-80 grams per day these convenient and good-tasting protein supplements help you reach your target without excessive fat, cholesterol, and calories

♥ **OmegaGuard Omega-3 Complex:** Important for baby's brain and visual development. Supplementing EPA/DHA is necessary since dietary sources are limited and 95% of Americans are deficient. Breast-fed babies of mothers who supplemented with Omega-3's, years later ,scored higher on standardized tests of reading, visual interpretation, nonverbal skills and math. Researchers found that boys with ADHD have significantly lower levels of both EPA and DHA than those without the disorder. Mayo Clinic investigators state: "The mental apparatus of the coming generation is developed in (the womb) and the time to begin supplementation is *before conception*. A normal brain cannot be made without an adequate supply of omega-3 fatty acids and there may be no later opportunity to repair the effects of an Omega-3 fatty acid deficiency once the nervous system is formed." It's important for mom to continue supplementing after delivery to reduce postpartum depression. Continue supplementing with Omega-3 during breast-feeding or add one capsule to the day's supply of formula. Add to baby's food and give one to baby to chew when teeth appear. Anti-viral, anti-fungal, anti-inflammatory. Reduces the occurrence of ear infections, colds and viruses.

♥ **OsteoMatrix-** Extra calcium is required for baby's healthy bones - AND little known fact...Mom's blood level rises 50% during pregnancy. Calcium along with iron is responsible for producing the extra blood that nourishes the fetus.

♥ **Fiber Tabs:** Increased progesterone decreases the tone and motility of the gastrointestinal tract often leading to constipation. Drink extra water and choose one or more servings of fiber as a natural means of achieving regularity.

♥ **Optiflora:** Optiflora builds the mother's stores of friendly bacteria that are picked up by the baby as it moves through the birth canal. This process reduces the risk of *Candida Albicans*, yeast infection and begins building baby's immunity during that first critical year.

♥ **Vita E Complex:** Oxygenates the blood supply which increases 50%, protects cell membranes during development, and softens the lining of the cervix prior to delivery.

♥ **Sustained Release Vita C:** Boosts the immune system naturally, helps prevent colds and infections.

♥ **Zinc:** Important in the synthesis of DNA and RNA, essential for normal cell development.

♥ **Carotomax:** Excellent antioxidant important for the health of the eyes, respiratory system and heart.

♥ **Stomach Soothing Complex:** Reduces nausea (morning sickness), helps maintain a calm stomach, it makes a soothing drink when added to hot water. NOTE: Choose the products with one star to duplicate traditional pregnancy supplementation recommendations by physicians. Add the products with two stars to build a healthier baby. Use all the products- one, two and three stars to provide optimal nutrition for yourself and your child. During pregnancy a woman's nutritional needs rise enormously while her calorie intake need only increase by 200-300 calories a day. Increasing one's consumption of fresh fruits and vegetables, choosing low-fat, high quality protein sources such as chicken, fish, beans, and legumes and enriching one's diet by adding high quality supplements can insure the health of both mother and child.

Why supplement with Shaklee? The answer is scientific integrity. That means that each supplement is bioavailable—it breaks down, enters your blood stream and ultimately goes to the cell where life's



energy processes begin. It means that Shaklee sets *extraordinary standards* for raw materials and finished products. Shaklee tests every incoming raw material batch to confirm that its stringent product specifications have been met and it does numerous tests on its finished product to insure that what is listed on the label is actually in the tablet or capsule. It means that Shaklee is the industry leader in conducting and publishing clinical research.

Shaklee's mission is *Creating Healthier Lives*. Choose Shaklee.

Do Consider Starting Today For Your Baby's Good Health!

Lagoni Health Associates

TESTIMONIES... Thank you, moms, for sharing!!!

Testimony – 8 children and a super healthy family!

I have had 8 children, all Shaklee kids from the "womb to the table" and have had the following results with all of them. 2014 – my oldest is 24 and my youngest is 9. Not one has ever had an ear infection, strep throat, or needed anti-biotics at any time in their lives. These are the fantastic "side effects" of Shaklee kids! **Heidi** [I love the **Herb-Lax**, especially during the last stages of pregnancy and after the birth! It kept me open and going normally- what a blessing! *Heidi*]

PREGNANCY AND SHAKLEE TESTIMONY – NANCY M

I began trusting and using Shaklee products first with my children, one who has asthma and allergies, and the other is suspected ADHD and had severe eczema. That's 2 other long successful stories in themselves. At any rate, I saw and experienced the way 2 little bodies were able to heal and restore health naturally. After beginning my third pregnancy, I quickly realized that I was back in the same boat as the first two, with nausea, fatigue, constipation, and water retention, and my allergies were out of control- I relied on Claritin daily.

After pitching the Dr's prescribed prenatal vitamins and starting **Vita Lea** (3 a day), **B-Complex**(2-6 daily), **Mealshake** (didn't like the soy at first), **Osteomatrix**, **Alfalfa** (20 per day), and the antioxidants, my energy level and pregnancy took a turn for the better. This pregnancy was fantastic from that point forward. It was the first time I did not test positive for gestational diabetes, my blood pressure remained normal throughout, and my naps were no longer a necessity. Also I gained 10 pounds less than I had with either of the first two, and my 3rd baby was a full pound heavier at delivery. He has by far been the healthiest infant, and nursing has been easy and fun- still. Synthetic "prenatals" cram all the nutrients into 1 tablet that doesn't even breakdown most of the time. If we choose to have another baby it will be Shakleeized from the womb, I wish I knew about these incredible products sooner. The new Vitalizer packages will be great to offer expecting moms a prenatal supplement pack, with all the folic acid they need. We need to get them into the OB offices, so people know there are alternatives.

Nancy M

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**This is the direct statement from Shaklee. -----**

**Pre-natal nutrition All the nutrients needed to meet the U.S. RDA for pregnant and lactating women are available in existing Shaklee supplements.** With the approval of the obstetrician, **Vita-Lea, Iron Plus C, B-Complex, and Osteomatrix** – (Shaklee Calcium) can offer an excellent prenatal supplement program for pregnant women. Moreover, **Meal Shakes and Meal Bars, snack bars** could be added as convenient snacks (not meal replacements) to make sure the extra calories needed during pregnancy are packed with good health and nutrition. We suggest a basic plan that includes **2 Vita-Lea tablets, 1 Osteomatrix-Calcium supplement, 1 Iron Plus C, 1 B-Complex**, and of course, a balanced diet to help support a healthy pregnancy. The herbal products, **Optiflora, Garlic, Soothing Stomach Complex, Defend & Resist Complex** should be fine for women to take during pregnancy. Our Health Sciences personnel recommend these products be taken with the approval of the attending physician. In the case of **Moodlift**, again we recommend expectant mothers seek the advice of a obstetrician also, before using these products.

Your Friends at Shaklee -----

## Shaklee- fantastic for Pregnancy

As an Enthusiastic Shaklee user and distributor, **I decided to use Shaklee Nutritional products instead of the prescribed pre-natal vitamins during my pregnancy. I did research and found that what I was all ready taking on a daily basis was more complete than ones doctors prescribe.** Aside from providing pre-natal nutritional support, I also used many of the Shaklee products as remedies for some common "discomforts" that occur at different points of a normal pregnancy. I hope that these hints help other mothers to be! Daily I used the **Vitalizer with Iron** with extra **2 B-Complex** for the needed folic acid along with the **Protein**. *(If cost is a factor, then 2 Vita-Lea with iron along with the 2 extra B-Complex is the required prenatal nutrients.)*

I found in early pregnancy (first trimester) that I would have emotional swings and tearful moments. One or two **GLA** capsules, (3) **B-Complex** and (2) **Osteomatrix** would calm and soothe my nerves. I also used **Osteomatrix (Calcium)**- (3 or 4) before bedtime to help me sleep better and prevent leg cramps. The only leg cramps I got (and they were VERY painfully intense) were on the evenings when I skimped on the calcium.

At various times throughout the pregnancy, I had some minor nausea, queasiness, and even acid reflux , just like all the books and magazines will warn you. I found relief by using **Shaklee EZ-Gest** in teas (cooled for a refreshing drink) [**Soothing Stomach Complex** is excellent for nausea], and 5 or 6 Alfalfa tablets. At one point, just for a few weeks, I could not stand the smell or taste of my favorite Shaklee **Energizing Soy Protein**. I did not want to go without, so I opted for the delicious Shaklee **Meal Shakes** (which tasted great to me) and I would add one scoop of the soy protein. I also used the new Shaklee Instant Protein when I made hot cereal for breakfast. **Herb-Lax** was incredible before and after to keep me regular without any constipation.

I found that my skin got much drier and just using more lotion did not help. I then discovered that the **Enfuselle Calming Complex** sealed in with **Enfuselle Hand and Body Lotion** would soothe and heal any dry patches or rashes. I also made sure to use the **Hand and Body Lotion**- all over-- after every bath or shower to prevent stretch marks with excellent results.

I also have had no swelling and only the minimal healthy weight gain. I attribute that to drinking a lot of **GetClean Water** and using **Alfalfa** ( to minimize water retention) and using the Shaklee supplements to give me and the baby the nutrients we both need to be healthy and happy! I thank Shaklee for helping me enjoy a wonderful pregnancy and birth of my baby girl. ... *Melissa A-D.*

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Mom-to-Mom tips...

*(Nursing moms)

It is so important to give the little developing brain the Omegaguard which studies have shown to have a significant higher IQs in children (study done in Finland where children were followed until elementary school)

The best program for a nursing mother is the following:

1st thing in the morning (on an empty stomach) 2 TBLS of Protein in water (best) or juice

Breakfast: Vitalizer + 2 extra B-Complex

3 Omegaguards

1 Nutriferon

5 Alfalfa

1 tsp of the Optiflora prebiotic (powder)

(if needed, extra Iron+C)

Before supper (on an empty stomach) 1 or 2 TBLS of Protein

Supper: 1-2 Herb-Lax (or as many as you need for your body to be having 3 normal bowel movements per day- very important to remove the toxins from your body)

3 Omegaguards

4 Osteomatrix

2 B-Complex (can be taken at noon)

5 Alfalfa

1 Nutriferon

1 Zinc

Colicky baby: make a tea of the ***Soothing Stomach Complex*** Most of the times it is because they are constipated.

Fever: Start the ***Performance*** in water and give to the child. It will keep them hydrated and the fever will never spike. Over in a day.

Ear Infection: Soften the ***Optiflora Probiotic*** bead and put the paste you find inside the little baby's mouth. Enough will get to the baby's stomach and help replenish the microflora.

Breathing problems: Use only Shaklee cleaners on anything that surround the baby- clothes, bedding, etc. Can crush up ***Alfalfa***

Constipated: ***Herb-Lax*** until going normally, then the ***Optiflora Probiotic*** should continue until all cleared up

Eczema: Give the child **Optiflora, Omegaguard** inside, and outside wash child in water with the **Shaklee Baby Gentle Wash** or a squirt of **Basic-H2** in the bath water is wonderful.

Some Unusual “uses”

Shaklee has very wonderful baby products but if they are NOT available here are some “old fashion” recipes that we used before the baby products:

Diaper Rash: Our **Cream Deodorant** works beautiful! (so does the *Diaper Cream* when available)

Baby Wash: can use the **Basic-H2** (no scent), **Hand Wash** (scent is light a natural), **Shower Gel**. Need just a small amount of any of Shaklee’s washes.

Teething: Have the chew the **Chewable Calcium Mag Plus**

Any other problem – give me a call and there is a “Shaklee recipe” for it!
Popsicles? Freeze **Performance!**

Dr. Lawrence Gould, Obstetrician/Gynecologist 2007 NOTES

Prenatal Nutrition-

Became interested in nutritional products

- o Learned in medical school a pregnant woman needed iron only
- o Found that menopausal symptoms – when couldn't use HRT for medical reasons
 - Found a multiple vitamin and gave beneficial results
- o Found study in journal where they were using Omega 3 fish oils for girls with irregular cycles and painful periods
 - 85% improvement – spurred interest
- o For women with polycystic ovaries – difficulty conceiving – thought they might benefit from fish oil – Omegeguard/GLA/V-C/V-E – used Shaklee – to his amazement his patients had success – now using Vitalizer
- o Uses Shaklee because of dissolution of vitamins, crystallized in oven – Shaklee dissolved readily
- o Met with Dr Chaney (12 yr ago) – showed comparative studies on Shaklee and Prenatals – felt Shaklee was an alternative for prenatal – added iron with C – indeed his patients had little nausea or vomiting, normal bowel activity, during delivery they had significant increase in weight of baby & increase in blood counts and apgar scores were higher

o Dr Gould has delivered babies for 43 years – now he is building a Shaklee business and stop delivering babies - These are his notes:

- o VITALIZER – can take the place of prenatals – what I have seen it is even better
- o Has carotenoids and bioflavonoids and all 7 of essential 3 fatty acids Omega 3's are important for babies
 - B Vitamins/folic acid
- o USG has mandated to have 400 mcg of folic acid –
- o supplement with another B Complex is helpful –
- o some infertility guys recommending up to 10 fold ---
- o Can go up to 4 grams for women with history of spina bifida or muscular dystrophy – decreases repeat defects by 82% -
- o 1st pregnancy - decreases risk of neural tube defects by 35%
- o Shaklee's **B Complex – has folic acid outside tablet – so absorb it without competition with other B vitamins.** In the Vita Lea – the folic acid is now on the outside – increases absorption
- o Major role for infertility, prenatal care, menopausal women

QUESTIONS and ANSWERS

TWIN PREGNANCY – severe heartburn

- o Heartburn is due physical – uterus pressing on stomach
- o Calcium (chewable) will help reduce acid
- o Vitalizer – with calcium

MENOPAUSE

- o Vitalizer Gold – usually enough but may need to add Menopausal Complex

WOMAN – INFERTILITY

- o Vitalizer *because of Omega 3*
- o Soy protein –
- o Omega Guard – 6-9 day
- o B Complex 2 day

PREGNANCY & Shaklee 180

o Safe and help pregnancy especially if obese

5MONTHS PREGNANT - What should I take

- o Vitalizer –
- o 1 B Complex
- o Omega Guard 3 BID
- o Will give you everything you need
- o Energizing Soy Protein – if blood sugar problems do Instant Protein

UTERINE FIBROIDS - PREMENOPAUSAL

o Menopause Balance Complex for menopausal symptoms – probably will help with fibroids

POLYCYSTIC OVARY DISEASE

- o Vitalizer
- o Omega Guard – 3-6 daily

MENSTRUAL CRAMPS

- o Omega Guard 6 daily –divide into 2 doses
- o Vital Mag– helps with muscle cramps - 1

NURSING

- o Vitalizer
- o Soy Protein
- o Nutriferon
- o B Complex 2 to 4 daily as needed

MORNING SICKNESS

- o B Complex 1 in am 1 at night
- o Stomach Soothing Complex

PREECLAMPSIA

- o Calcium/Magnesium 4-6 daily
- o Omega Guard
- o Switch to Vitalizer

Nutriferon is okay to take while pregnant

DIABETES in PREGNANT

- o Soy protein – natural modulator
- o Glucose Regulation Complex (glucose modulator)

The Shaklee Difference - The principle of "Products in Harmony with Nature and Good Health" guides Shaklee science. Experts in nutrition, public health, food science, analytical chemistry, biochemistry, herbology, microbiology and engineering staff the 52,000 square feet Forrest C. Shaklee Research Center in Hayward, California. They continue the important research and development that makes each product the world stand for quality.

Pregnancy formula

Joyce Hoffman's daughter-in-law and son tried for 10 years to get pregnant. They spent \$50,000 on invitro treatments and had a little girl. They wanted a sibling for their first so asked Joyce for the formula (the wife, having Crohn's had had a difficult time). Joyce, who is an RN, told them that they had to do it faithfully, every day, and give it 6 months. They went on the formula below and conceived in four and a half months. They have a very healthy baby boy.

With the 1st baby, the wife had to take hormone shots to maintain the pregnancy. With the Shaklee baby, she maintained normal hormone levels throughout the pregnancy without hormone treatment.

It is recommended to also being with the detox program (third last page of this file), along with the supplements below in order to open up the body to enable it to work better.

It is recommended to take your supplements and protein for breakfast and again at dinner time. That way you keep a better balance in your body.

Original formula- is an option

Female:

*Energizing Soy Protein - 2T twice a day / Vita Lea (2 tabs) 1 twice a day
B-Complex (2 tablets) 1 twice a day / Vitamin-E (2 capsules) 1 twice a day
Vitamin C (2 tabs) 1 twice a day / Carotomax (2 caps.) 1 twice a day
GLA (3 caps) 1 caps. 3 times a day / Zinc (2 tabs) 1 tablet twice a day
Omega Guard (2 caps) 1 twice a day / Nutriferon - 1 tab. per day*

Male:

*Energizing Soy Protein - 2T twice a day / Vita Lea (2 tabs) 1 twice a day
B-Complex (2 tablets) 1 twice a day / Vitamin-E (2 capsules) 1 twice a day
Vitamin C (4 tabs) 2 twice a day / Carotomax (2 caps.) 1 twice a day
Zinc (4 tabs) 2 twice a day / OmegaGuard (2 caps) 1 twice a day / Nutriferon - 1 tab. per day*

Recommended now with the Vitalizer..

Female:

Energizing Soy Protein – 3 Tbls besides 1 - Shaklee 180 meal

Vitalizer – that has the B-Complex, Vita-E, and Vita-C and CarotoMax in but she suggested that you take 1 each again for supper

Then for supper 1 **B-Complex**, 1 **Vita-E capsules**, 1 **Vita-C**, 2-**Omegaguard**, 1 **CarotoMax**

GLA (3 capsules) 1 cap. 3 times a day

Zinc (2 tabs) 1 tablet twice a day

Nutriferon 2 tablets per day

Male:

Energizing Soy Protein – 3 Tbls besides a Shaklee 180 meal

Vitalizer – that has the B-Complex, Vita-E, and Vita-C and CarotoMax in but she suggested that you take 1 each again for supper

Then for supper 1 **B-Complex**, 2 **Vita-E capsules**, 1 **Vita-C**, 2-**Omegaguard**, 1 **CarotoMax**

Zinc (4 tabs) 2 twice a day

Nutriferon 2 tablets per day

Most of the above is what is recommended for the PCOS and for prostate/ sperm health.

You are working on getting your body back in balance and working properly.

I would add one last thing and that is 1 Herb-Lax every evening to keep the colon tip-top and working properly thus better absorption of the nutrients and immune system.

Other Information:

Raise Sperm count? by Dr. Miller

Qu: my husband's sperm count is very low

A: Stay off bicycles, the pressure on the prostate reduces viability

Also, stay out of hot tubs, take extra **Vita C**, **Vita E** – both protect sperm from oxidative kill off, increase Zinc to 30-40 mg a day, **B-Complex**, **Mental Acuity** helps with circulation, drinks lots of water and get exercise.

Dr. Frank Painter: Studies conducted at the All India Institute of Medical Sciences in New Delhi have shown lycopene, an antioxidant found in **CarotoMax**, has a significantly positive effect on the concentration, activity and shape of sperm.

Antioxidant Said to Help Fight Infertility in Men

Lycopene, a naturally occurring antioxidant found in watermelon, grapes, tomatoes and some shellfish, seems to help improve fertility in men, studies conducted at the All India Institute of Medical Sciences in New Delhi suggest.

Researchers Rajeev Kumar and N. P. Gupta orally administered 2 milligrams of lycopene twice daily for 3 months to 30 infertile men aged 23 to 45, and measured the concentration, activity and shape of their sperm.

"We found that improvement in sperm concentration and (activity) was statistically significant," Gupta said. Sperm concentration improved in 20 patients. Almost three in four patients displayed improved sperm activity and 63% showed improvement in sperm cell shape.

There were six pregnancies after the trial, he added. "Lycopene...is found in high concentrations in male testes and lower levels of lycopene are found in infertile males," Gupta told Reuters Health.

"Oral lycopene therapy does seem to have a positive role in the management of infertility of unknown causes," he added. "However, larger randomized controlled trials are essential before definitive therapeutic guidelines can be laid down."

The results were first announced at the Nagpur meeting of the Indian Association of Urologists held in January. The trials were sponsored by the Indian drug company Jagsonpal Pharmaceuticals, Ltd.

Note: Lycopene is one of the carotenoids included in Shaklee's outstanding product, CarotoMax, which provides 5 mg in each serving.

This information is not intended to replace medical care. This information is not intended to diagnose, treat or cure.

TESTIMONY MISCARRIAGE Shawn & Carmen - Fargo, ND 4-9-06

Carmen and I had always planned on having a family. However by January of 2005 we had gone through 2 miscarriages in the previous 3 year period. After talking with quite a few people, it's amazing how many people have either gone through a miscarriage or infertility OR KNOW SOMEONE who has gone through similar trials. It is an emotionally difficult thing to experience.

After our second miscarriage our Doctor tested different hormone levels. We found out that Carmen's progesterone level was low. Progesterone is a hormone that is CRITICAL during pregnancy....ESPECIALLY the first trimester. Once pregnant, a women's progesterone level needs to go UP to support the baby. Our Doctor explained that a "normal" level of progesterone is around 20. After Carmen's second miscarriage we had her progesterone level tested and it was only at 2! No wonder we were having problems. Our Doctor said that we needed to take prescription progesterone supplement RIGHT AFTER CONCEPTION.

In February of 2005 we found out we were pregnant again. We were obviously very excited, but scared at the same time. When we found out, we were 4 weeks along and HAD NOT BEEN SUPPLEMENTING with progesterone because the pregnancy was a surprise. We went into the Hospital trying not to think the worst. When Carmen's levels were tested we found out that her Progesterone level was at a 32!! It went from a 2 to a 32! The ONLY difference was 3 1/2 months of *Shaklee supplements!!* Both Carmen and I had been taking the Essential Foundation (Vitamin Strips and Protein) plus Omega.

We are believers that prayers from family and friends made a difference as well. But physically the ONLY thing different from our miscarriages to having our son was taking Shaklee's vitamins and protein. We thank God and Shaklee!! Our son, London Gray, was born November 2nd, 2005 and is in PERFECT health!! Below is a picture of London at 5 days old and one at 4 months. He's wonderful and an amazing blessing!! We believe that Shaklee has figured out what the human body needs. We view Shaklee as our life-long PARTNER for Health, Wellness, and Financial Independence. Trust them. We do.

This information is educational in context and is not to be used to diagnose, treat or cure any disease. Please consult your licensed health care practitioner before using this or any medical information

1/14/2003

DHA and possible effects on the IQ of children. (this is in the Omegaguard)

Source: Pediatrics

Date Added:1/14/2003

Date to be Archived:2/4/2003

DHA is a member of the omega-3 group of fatty acids. DHA is also one of the most abundant fatty acids in the brain. In the fetus and young infants, DHA is essential for proper growth and development of the brain, nervous system and the retina of the eye. Because DHA is present in breast milk and not in cow's milk, many physicians recommend breast-feeding or the use of infant formula that contains DHA. The richest dietary sources of DHA are the oils from cold water fish such as salmon, mackerel, herring, sardines and other marine animals. DHA is also produced in the body, but it must be derived from alpha-linolenic acid, which is found in flaxseed oil. A study recently published in the journal Pediatrics, examined the possible cognitive effects of supplementing mothers with very-long-chain omega 3 fatty acids during pregnancy. 341 pregnant women were recruited during the 18th week of pregnancy. Women were to receive either 10-mL of cod liver oil (high in DHA) or corn oil. These women were required to continue this regimen 3 months after giving birth. 135 children were asked to return at 4 years of age to undergo intelligence testing. 76 infants were breastfed during the 3 months after birth while supplementation continued. The results of this study showed that children born to mothers supplementing with the cod liver oil had higher intelligence test scores when compared to those whose intake included the corn oil. At 4 years of age, this association persisted. The authors concluded that, "Maternal intake of very-long-chain n-3 PUFAs during pregnancy and lactation may be favorable for later mental development of children."¹

1. Helland IB, et al. Maternal supplementation with very-long-chain n-3 fatty acids during pregnancy and lactation augments children's IQ at 4 years of age. Pediatrics 2003 Jan;111(1):e39-44..

This information is not intended to replace medical care. This information is not intended to diagnose, treat or cure.

Enfutox vs. Stretch Marks Testimony!

With my first pregnancy I did not have any of the typical problems that most women have-- gestational diabetes, varicose veins, cramps, stretch marks, etc. I took 3 rounds of Shaklee a day--Vita-Lea, C, E (lots of E!!), B-Complex, Calcium, Herb-Lax, Omega 3, Carato Max, Alfalfa, Lecithin, Zinc, lot and lots of Soy Protein and Formula I.

With my second pregnancy I took pretty much the same things (with the addition of FlavoMax) but not enough Vitamin E. My 2nd daughter was two pounds bigger, and I carried her all out in front of me. Because of how I carried and her size, I ended up with stretch marks on my stomach. I was upset since I had tried so hard to do everything right. I really prayed about it and asked the Lord to show me what I could do to make them go away. He brought to my mind to use the **Enfutox** on my stomach since it reduces fine lines and wrinkles.

I used it every night and sometimes morning as well, and within a month they were completely gone. My stomach is back to the way it was before I ever had children. Praise the Lord and thank you Shaklee! I think they should use the same Enfutox product but rename it as a Stretch Mark reducer! I would be interested to see if it would work on someone who had these marks for years instead of just months. I began applying Enfutox a few months after our daughter, Eden Grace, was born. I don't know if that had something to do with it or not, but they are gone, nonetheless!!!

Jenni O

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APNEA/ BREAST MILK TESTIMONY

15 years ago I gave birth to the loveliest little girl. My labor was the very best of all my Labors and her Apgars were 9 and five minutes later 10. Our family was complete. We had our boy and now our precious daughter. Whitney was so pretty and I was instantly in love.

That long ago I had to demand "rooming in" and boy am I glad I did. In her first night I heard "agonal breathing." That is a nursing word as I was an ICU nurse. I was used to hearing this breathing in the last stages before a person died. I woke up terrified and shook the baby. She started breathing normally for a few hours then we started over.

This scenario went on for 6 months. She wore an apnea monitor and if she forgot to breath for more than 20 seconds it would alarm. The first six months of her life the monitor went off so many times of the day I became frantic. I would rush to the bed and blow in her face or shake her or pick her up (for baby resuscitation all of these are the first treatments to get the babies to breath.) Talk about nerve racking. What is the balance between shaking the baby to get her to breath and shaking the baby too hard (shaken baby syndrome-you kill your precious child). I did not know what to do and it was awful.

One night when she was 4 months old we had to do this for hours. The pediatrician said at some point we would become exhausted and she would go see Jesus. That is when we prayed and released her to go home. She made it through the night and we continued to have our bedside rush to blow, shake or rub her chest for another month. Then one day I asked someone in my church if they had anything for stress. (I had a 4 foot long shelf full of vitamins and didn't believe the Shaklee vitamins could be different.) I started with the Vita-Lea Multi and B-Complex.

It took 3 days before my urine turned yellow taking my one **B-Complex and 2 Vita-Lea**. But 2 days later my baby over slept. We didn't resuscitate her all night. I was sure the machine was broken, and it was terrifying to walk close to the crib. She was peaceful and her breathing was perfect.

That morning as I pumped my breast milk it was a different color. It looked like it had with my first child thick and creamy and white. I had earlier questioned my pediatrician about my milk and we tested it. My breast milk was textbook milk, thin and bluish in color. My baby was thriving weight wise. She developmentally looked perfect, so why had my milk changed; my ONLY change was adding Shaklee vitamins.

The story is long but gets better. I as a nurse spent every extra moment trying to disprove Shaklee. I went to the pharmacy and the health food store and did label checking. I couldn't believe the other brands of vitamins were so bad until 4 months later. I had bought the big sizes of product for the price guarantee. We got rid of the apnea monitor because Whitney was fine. When we ran out of Shaklee, no problem. Then about 6 weeks to 2 months after we ran out she started in again. She was fretful and breathed funny. I was taking my prenatal and found one busted open inside its bottle. I threw it in the toilet and it never dissolved. (3 days later it had still never dissolved.)

The nurse in me tried other experiments. We used pure vinegar and the prenatal never dissolved. I was so grossed out so I bought more Shaklee and 3 days later Whitney was healthy again. What a mind blower! Over the next several months I began to learn about Shaklee and tried going off the Shaklee vitamins again. The same exact thing happened to Whitney. It took about 2 months before she got sick again...That is when I began to think of SIDS. Could SIDS or a portion of the SIDS deaths be a nutritional deficiency instead of a positioning problem? Could it be that the babies could sleep on their tummies or backs or sides or what ever and it could be nutrition?

I don't know. I know of NO way to test my theory. My next 2 children I used Shaklee as my prenatal and we had no apnea problems. My kids were healthy. I did find a great article in the ***Journal of the American Pharmaceutical Association*** which stated the 6 out of 9 prenats never even dissolve. (Do the others absorb? It doesn't say.) I don't know if this will help, but my beautiful daughter Whitney is still beautiful and has NO breathing problems at age 15.

Debi Schroeder, RN

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Natural Labor Induction Methods

by Jessica Hudson

(Contributed by Leticia Blommel – Master Herbalist 4/2012)

Labor Inducing Eggplant Parmesan

One of the methods of self-inducing labor that's been sweeping the internet in recent years is the myth that eggplant will start labor. This maternity myth started when a news story began circulating about a restaurant in Georgia named Scalini's. Apparently the mothers of over 300 babies have gone into labor in the past 23 years, within 48 hours of eating the eggplant parmegiana.

The funny part is, it may just be that the dish causes the women to go into labor, but it's not the eggplant. The herbs Oregano and Basil have properties that may cause contractions, though it is not yet known how or in what quantities. This is why, in aromatherapy circles, these herbs and essential oils are to be avoided whenever possible during pregnancy.

Sex to Induce Labor

Semen contains prostaglandins. Prostaglandins cause the cervix to "ripen", or soften and prepare to open. While it is debatable whether there are enough prostaglandins in semen to have any real effect, it is not a terrible way to keep hope alive and while away the last weeks of your pregnancy. Another great side effect is the fact that orgasms produce oxytocin, the hormone that causes contractions. So, between the two, there is a pretty good case for the cure for pregnancy.

Evening Primrose Oil and Red Raspberry Leaf Tea

Neither will actually induce labor. While some lay midwives will argue that statement about the Evening Primrose, which is the reason it is not recommended until 36 weeks or "full term", almost all sources with experience agree that it does nothing that the body was not ready to do on its own. I will repeat this at the end of this section, to make sure you understand this, as there is a lot of confusion and misconception surrounding these two substances.

Evening primrose oil is an excellent source of prostaglandins, which we already determined readies your cervix for labor. It can be taken orally as soon as 34 weeks, and can be applied directly to the cervix at full term (36 weeks). The general recommendation is two 500mg capsules per day until week 38, at which time you increase to 3-4 per day. The entire capsule can be inserted vaginally (inserted just before bed, it will dissolve before the first time you wake to use the bathroom), or you can use the oil on your fingers for your perineal massage, then also rub on your cervix (assuming you can reach it). Applying directly to the cervix is optimal, but the beneficial ingredients are absorbed through the external skin or the stomach also.

Red raspberry leaf tea is a uterine tonic used by Native Americans for thousands of years. It tones your uterus by helping to "focus" your Braxton Hicks contractions. Think of its job as helping your uterus do more effective exercising while you are pregnant. It does not "cause" contractions and can be safely used throughout pregnancy. It is contraindicated for those having complications "just in case", however, by most doctors who do not understand its use. Many women safely use it from the moment they learn they are pregnant at six weeks until months after delivery. (It helps to tone the uterus after delivery as well, shrinking it back to size more quickly and reducing bleeding.)

Again, neither of these actually causes labor to start!

Castor Oil to Bring on Labor

First let me just say that I do not recommend this method. That is because I used it with my second child and it was just about the most horrible mistake I could have made (other than maybe getting another epidural, anyway).

The theory behind this induction method is that the castor oil causes diarrhea and the diarrheal cramps cause sympathetic cramping in your uterus, another smooth muscle. This is another of the methods that "won't work if you're not already ready anyway", as the sympathetic cramping will be ineffectual if all conditions are not already optimal for labor. In my case, my contractions began 10 minutes after my first dose of oil, hours before the diarrhea began. Therefore, it could not have been the castor oil that brought on labor in my case, and I caused myself all that trouble for nothing.

There has been much debate over whether taking castor oil to induce labor will cause the baby to have its first bowel movement in the womb before birth. This pre-birth bowel movement, called meconium, can be dangerous, because if baby inhales some of it it can cause pneumonia in the lungs. Meconium is also a widely-held signal that the baby is in some sort of distress. Most professionals with any experience with castor oil inductions agree that this is untrue. They have found that there is no increased occurrence of meconium in castor oil induced labors over spontaneous labors.

The real danger lies in the mother when using castor oil for labor induction. With the severity of the diarrhea, a laboring woman can quickly become dehydrated. Especially in a typically highly managed hospital birth where a woman is allowed few fluids. Dehydration makes one tired and less able to endure through physical activity. Plus, not only does this endanger breastfeeding (proper hydration is necessary to make adequate milk), but a dehydrated uterus is an aggravated uterus, and an aggravated uterus causes more pain for the mother. More pain makes a woman less able to handle natural child birth and puts her and the baby at increased risk for a snowball of interventions.

Nipple Stimulation to Self-induce

This is a practice often recommended by midwives when a woman is long past due or when labor is stalled. Nipple stimulation causes the release of oxytocin, the same hormone that causes uterine contractions. Many women report, however, that the contractions produced from this method are much stronger and more painful than natural labor, but are not any more effective. Please note: In order to use this method for induction, you must stimulate the nipples for long periods of time. The usual recommendation is 15 minutes of continual stimulation on each nipple each hour for several hours. So, the amount of stimulation you may experience during intimacy, while nursing an older child, or while pumping your breasts while pregnant will not cause you to go into labor. The general recommendation on these activities is to abstain from them when your condition warrants doctor recommended pelvic rest. Please check with your practitioner before trying this.

Acupressure/Acupuncture for Inducing or Augmenting Labor

There are two points on your body that will cause uterine contractions. They are always warned against during pregnancy, though they are widely believed to be another labor inducing method that will not work if you are not already ready to deliver. These points are about four finger-widths above the inner ankle on your calf, and in the webbing between your thumb and forefinger. You will know when you've found the spot because it will be very sore. You rub your calf, or pinch the webbing on your hand, in a circular motion for 30-60 second at a time, taking 1-2 minute breaks in between.

Stripping Membranes

There is a procedure your doctor or midwife can perform called "stripping" or "sweeping" your membranes. The healthcare professional will insert their finger(s) into your cervix and sweep from side to side, pulling the membranes (bag of water) away from the mouth of the cervix and the lower uterus, and in the process stretching and irritating your cervix. Sometimes this will generate local production of prostaglandins and enough of the necessary hormones to start labor. Sometimes it takes 3 or 4 attempts to begin labor. Many women find this to be a very uncomfortable, if not painful, procedure. This is a medical intervention and should be taken as seriously as any medical induction method.

Herbs and Homeopathic Remedies

All substances that would fall in this category, such as Blue and Black Cohosh are general considered to be as unsafe as medical interventions, and if they are to be used must be used only under the recommendation and supervision of your doctor or midwife.

Jessica Hudson is owner of Eva Lillian Maternity & Nursing Boutique. She is not medically trained and is not recommending any of the above. She has compiled this information from many different authoritative sources, and provides the above for informational purposes only. To read more such articles, please visit <http://www.evalillian.com/articles.html>

Suggested Amounts

Detox

Morning

- **Optiflora** (first thing in the morning)

Mix 1 tsp. Optiflora powder in water and drink it down with

- 1 Optiflora bead. After about 5-10 minutes follow with the items below.
- Protein – 2 T in water or juice (you can swallow your vitamins with this)
 - Alfalfa – 5
 - Herb-Lax – 1

Lunch:

- Alfalfa – 5

Mid-Afternoon:

- Protein – 1 T in water or juice (this can be taken before supper if need be)

Supper:

- Fiber – 2tsp In juice or sprinkled on food
(this may also be added to the protein if it is taken before supper)
- Alfalfa- 5

Before Bed:

- Herb Lax – 1
- Liver DTX – 3 (Liver cleanses itself between 11:00 p.m & 3:00 a.m.)

**** Do the Liver DTX and the Optiflora set until the bottles are done... then you are finished and don't need to reorder these.**

- *On the 7th day – follow overlap with the REBUILDING program*
- *Lots of water is required while your body is cleansing. Take your weight, divide it by 2, then by 8. This is the number of cups of water your body needs per day.*

Protein – Builds Healthy Cells

Optiflora- Puts healthful bacteria into the colon

Liver DTX - Helps to regenerate damaged liver cells

Herb-Lax - Keeps the colon detoxified

Fiber- Scrubs the colon

Alfalfa - Body Cleanser

6/12

Rebuilding – Advanced **Suggested Amounts**

Morning

- Protein – 2 Tbls in water or juice
- Vitalizer - 1 strip (Take the Pro-biotic with the Pre-biotic in water)

- Nutriferon – 1 tabs
- Alfalfa – 5 tabs
- Vita-D 1

Lunch:

- Alfalfa- 5 tabs

Mid-Afternoon:

- Protein – 1 Tbls in water or juice (this can be taken before supper if need be)

Supper:

- Alfalfa- 5 tabs
- Nutriferon – 1 tabs
- OsteoMatrix (Calcium) – 2 tab
- Vita-D 1

Before Bed:

- Herb Lax – 2 tab
- OsteoMatrix (Calcium) –2 tab

Vita-Lea – Feeds the cells

Vita-C – “Glue” the cells together

Alfalfa - Body Cleanser

Osteomatrix - Bones, muscle relaxation

Protein – Builds Healthy Cells

Herb-Lax - Keeps the colon detoxified

Nutriferon - Immune System

For healing of the body

- Drink 6-8 cups or more of purified water daily to hydrate and flush
- Decrease or completely eliminate WHITE FLOUR, WHITE SUGAR, DAIRY- especially during the detox month

Try to avoid

- Smoking, alcohol, coffee, soda pop, processed juices
- Any and all hydrogenated, trans fats, deep-fried foods, etc.
- Processed, instant, chemical-laden, 'lifeless' foods
- Food Sensitivities/ allergies should be investigated and addressed
- Avoid MSG & artificial sweeteners = neurotoxins

Health habits

- Lots of fresh, raw fruits and veggies
- Better to lightly steam veggies
- 50% raw food diet: lots of fresh, raw fruits and veggies (organic when possible) -Wash all raw with Basic-H to take off the chemicals
- Include fresh juicing
- Fiber rich diet
- Stress and relaxation techniques

***Supplementation- the basics- Vitalizer, Protein, and Herb-Lax
and extremely important is VitalMag & Osteomatrix – to get the
deep muscle relaxation for healing of the body!***

Goal 8-9 months