

Life Changing Short Stories

Migraine Headaches

I'd suffered from headaches since I was a child. As I got older my headaches progressed and I've been suffering from migraines since 1992. I've had Ctscans and MRI's taken and have taken different medications which didn't work. When a migraine strikes, I go to the hospital to receive injections. I would start to dehydrate, feel nauseous and dizzy, have blurred vision, and my blood pressure would drop. I'd go to the hospital when I couldn't take the pain anymore, and aspirin would no longer help and would be there for eight to ten hours until the pain subsided.

Doctor's suggested that I write a diary because they thought the migraines could be food related. I knew they weren't, but kept the diary anyway. I would go to work and would have to leave because the migraine was so bad. I was afraid I wouldn't be able to drive home. I'd even tried going to a headache research clinic and have taken so many different medications, for example, Zomig, Imitrex, etc. **The doctors suggested that I be on medication for the rest of my life, taking a preventative medication which could damage my liver in the future. (how many times have we heard that?)**

I became so depressed. I couldn't go anywhere and was always tired. I was afraid to do anything strenuous for fear of getting a headache and I missed so many special occasions. I would take an aspirin every day but that didn't always help. **I even made the decision to not have children because it was so hard to deal with my pain that I was afraid I wouldn't be able to take care of them. I felt my migraines were actually taking over my life.**

In March 2000, I was introduced to Shaklee products through a friend, Barbara, who also had suffered from migraines. I started taking **Shaklee Vita-Lea, B-Complex, Vitamin E, Vitamin C and Energizing Soy Protein**. In just a matter of days I felt great! I wasn't tired anymore. I actually felt like a totally different person. It's a miracle!

I can't believe how great I feel and I would like to thank Barbara for introducing me to Shaklee and Shaklee for the great products. I have my life back!

Eileen Adorno, Yonkers, NY

Migraines Eliminated

Shaklee has changed my life. I started taking a variety of the Shaklee food and herbal supplements and the Energizing Soy Protein in November 1999. From that time to the present my health has changed **DRAMATICALLY** for the better.

In August of 1998, I suffered **a "mini-stroke" due to complicated migraines**. At the onset of this "mini-stroke" my right leg went numb. I had to hobble down the stairs. After a few minutes I had trouble speaking. I knew what I wanted to say but all of the words came out wrong. This episode lasted for several minutes and then suddenly I could speak normally again and my leg returned to normal. I went to see my physician the next day. After weeks of extensive testing, I was told that this was a result of complicated migraines. For over one year, each day I experienced numbness, pain and weakness in my legs and arms and intermittent nausea. I also had periods of severe forgetfulness and fatigue. I could recognize people but not know their names. My doctor had put me on two medications. These medications helped but I was still very sick. **I did NOT want to be on medications my entire life. I was only 34 years old at the time. I wanted to find a natural way to help myself.**

At this point there was some debate as to the actual cause of my numbness and tingling and pain in my arms and legs. I was sent to three different neurologists. These three doctors could not agree. They my symptoms were due to my migraines and stress.

In November 1999, I was introduced to Shaklee through a friend. It was a miracle. I started with **Vita-Lea, B-Complex, Vitamin E, Vitamin C and Energizing Soy Protein**.

Within a short period of time, I HAD NO SYMPTOMS! I was no longer tired, I felt so much better. Later, I added Acuity Plus for the forgetfulness. At my next doctor visit, I told my doctor about my Shaklee regimen. I continued with it. **Later, I phoned my doctor to ask permission to be removed from my medications. He agreed. I have been medication free since January 2000.**

My doctor is so pleased with my recovery that he will be reviewing information about Shaklee. And I can fulfill my dream with Shaklee.

Shaklee has truly changed my life
Barbara Devine, New Fairfield, CT