

Help, Allergy Season is Here!

Allergic disorders affect an estimated 1 in 5 adults and children (40 to 50 million people) and are the sixth leading cause of chronic illness in the United States, according to the Allergy Report from the American Academy of Allergy, Asthma and Immunology (AAAAI).

What Are Allergies?

Allergies are the immune system's inappropriate response to a foreign substance, called an allergen. Exposure to what is normally a harmless substance, such as pollen, causes the immune system to react as if the substance were harmful. Being exposed to allergens when the body's defenses are low or weak, may also contribute to the development of allergic rhinitis (hay fever) symptoms. Sneezing, congestion, itchy, watery nose and eyes and/or asthma symptoms such as wheezing, chest tightness, difficulty breathing and coughing, are no fun. We've all seen the many commercials for various prescription drugs, but is that the only answer?

Are there Natural Solutions to Allergies?

Yes. By strengthening your immune system, you can replenish your body's own arsenal of defenses.

Probiotics can help.

Things that Weaken your Immune System:

Stress (emotional, physical)

Sugar/Alcohol

Over exposure to toxins

Poor diet

Lack of rest

Aging

Genetics

Things that Strengthen your Immune System:

Exercise

Avoid sugar, baked goods

Reduce toxic exposure

Diet rich in veggies, fruits, low

Adequate rest, 8 hours/day

Water

fat protein, whole grains

Nutritional supplements

FACT: In 2000, US sugar consumption was 160 pounds per capita per year.

In 1985 it was 124 pounds.

In 1900 it was 10 pounds.

FACT: Sugar is the anti-nutrient. It depletes vitamins and minerals essential for the immune system (B vitamins, antioxidants, iron, zinc,). It also displaces natural nutritious foods in the diet like fruits, vegetables, water, or milk (with soft drinks). **Did you know that 70% of the body's immune cells are located in the intestinal tract?**

Did you know that antibiotics often kill off your beneficial bacteria along with the harmful ones? After taking an antibiotic, most doctors will recommend that you take a probiotic to replenish the beneficial bacteria that reside in your intestinal tract. Vitamin C Boosts the Immune System

Vitamin C is depleted by stress such as infections, illness, fatigue, surgery, anxiety, pollution, and extremes in temperatures. Birth control pills, smoking and alcohol deplete vitamin C. As we age, there is a greater need to regenerate collagen, which requires more vitamin C.

Vitamin C is a natural antihistamine, helps the body absorb iron and calcium, and is frequently used in the prevention and treatment of colds. Vitamin C is a powerful antioxidant that reduces risk of cancer, heart disease, and cataracts. Vitamin C also increases resistance to ligament and tendon injury.

Other Natural Solutions to Allergies and allergy symptoms:

1. Don't wear your shoes in the house. They track in allergens.
2. When pets come in from outside, wipe fur with a damp cloth.
3. Try a netti pot or a saline solution to flush your nasal passage.
4. Sleep with your head elevated.
5. Natural, chemical free cleaners that work.

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 standard for quality.

Next 6 pages are TESTIMONIES on what helped people with allergies...

ALLERGIES - Environmental

For the first time in my life, I have been suffering greatly from allergies. I've been receiving many a smarty-pants comment here and there from people who tell me "isn't there a vitamin for that?" Many others have told me to take Allegra or Claritin, etc. the list is long, but not my preference since the side effects from those antihistamines is not really up my alley. OK, so being an inquisitive person, I've been researching this stuff and trying very hard to rid myself of the scratchy eyes, constant sneezing and middle of the night blowing of the nose! I think I have found a solution.

Since allergies are the result of an abnormal immune system response, I decided to work on strengthening my immune system. I was taking Shaklee's Nutriferon and my regular multivitamin and that didn't seem to do it. However, once I increased my dosage of Optiflora from 1x/day to 2x/day, the allergies went away immediately. Yippee! I even experimented and tried a day with just one Optiflora and those sneezing attacks were back. So, I highly recommend it. Anne

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

Allergy Story (Environmental)

There are many types of allergies. Both environmental and genetic factors play a role. I have mainly a grass and tree pollen allergy. Had them since I was 17 years old. My bad sneezing season is May thru June with some minor symptoms in September. The symptoms I get are uncontrollable sneezing and itchy eyes... The main goal is to build the immune system to combat the allergens that affect your immunoactive responses: Here are my top 10 things I did that reduced my allergy symptoms from grass and tree mold.

1. Close the windows in your office and house.
2. Get an AirSource 3000 to rid the indoor air of pollen. The air purifier allows the body to maintain a stress free immune system while you're indoors.
3. Place AirSource in bedroom(s) during the day. The ultra violet light in AirSource kills the dustmite feces that cause allergic responses.
4. Get new pillows for your beds if your pillows are over two years old because of the dustmite excretions. Wash and change pillow cases, regularly.
5. Switch from toxic to non-toxic cleaners - toxic chemicals (Get Clean) have found to cause asthma and allergies in some cases.
6. Start an Anti-Allergy Shaklee Supplement program: Mine is...
7. I take 3-4 capsules of Immunity Formula I every morning. On a bad day, I have to take a second serving in the afternoon.
- 8 I also take a full serving of Alfalfa once or twice a day before Immunity I was available, I had to take 3-4 servings per day.
9. I carry a baggie of Alfalfa in allergy season, when I travel, play golf or go boating. I take 3-4 tablets any time I sneeze.
10. Another Shaklee supplement, Optiflora, the pre-biotic and post-biotic seem to help me with my allergies, also. Optiflora works in the GI tract.

Many people are getting good results with Shaklee's new NutriFeron instead of Immunity Formula I. Nutriferon is a blend of four Asian herbs. Immunity Formula I, on the other hand, is a blend of 10 immunoactive nutrients, vitamins and minerals. I personally, get great results with Immunity I so I haven't switched. Everyone is different. So, it's best to experiment to find out what works best for you. Nutritional therapies usually work. (Be sure to consult your allergist doctor if necessary.)

Good luck this allergy season!

Jerry

ALLERGIES SUFFERS WINS WITH NUTRITION

ENVIRONMENTAL AND FOOD ALLERGIES/ ASTHMA

I'm allergic to pollen, dust, grass, weeds, trees, feathers, fur, certain scents, dogs, cats, and certain foods (citrus, fish, cashews or anything processed in a plant with tree nuts). I also have asthma. I suffered oozy itchy rashes on my hands so bad I could hardly bend my fingers and couldn't work as a nail tech. for years I would break out all over my body every time the wind blew. I was always getting nose bleeds. I was constantly sick with bronchitis, and pretty much had no voice for 4-6 months out of the year. I tried over-the-counter, and every prescription med, inhalers, nose sprays, you name it. Zyrtec worked the best but made me absolutely crazy and I had to quit taking it. I was getting allergy shots for a while and they helped a lot, but the series were sporadic, due to red tape in the Medical system, and a couple times I had anaphylactic reactions to the shots. That is really scary! The last time Medical stopped my shots was when the NutriFeron first came out. I was freaking about the shots because if I didn't get them every week I'd be back to the same symptoms and end up with bronchitis and losing my voice, etc.

I was a non committed Shaklee user, but decided to give the NutriFeron a try at the urging of my sponsor, Julie Colegrove. My God, what a difference! I doubled up on it the first few days, and then took two a day regularly for a long time. I did go without it for about a week at one point, and that is where I really saw the difference because the symptoms came back! Other than that, I've been basically symptom free since I started taking the NutriFeron, and I've gotten friends who were distributors for other companies taking it for their allergies and asthma because they saw the difference in me and how much better I was since I started taking the NutriFeron.

I've only been taking one a day for a while now, along with the foundation vitamins, alfalfa, and calcium. I have seven children, one with severe allergies who also takes NutriFeron. My oldest daughter who is in college in Santa Cruz, takes it every day and she was the only one in school that didn't get sick the whole year, except once, and that time she recovered real fast when she doubled up on the NutriFeron. The other kids take it when others around them are getting sick at school and work. It feels good to be able to go outside on a beautiful day and not be afraid of breaking out in a rash. I even go outside when it is windy and still have my voice! Recently I went on a five-mile hike when everything was blooming and didn't even sneeze or get wheezy! NutriFeron is amazing stuff-I can't help but be excited about it! God bless the doctor who developed it! Tara Colvin

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ALLERGY TESTIMONY – Tim B **Environmental, Bee sting**

I have been using Shaklee products since I was very young. I'd say I was around 8 or 9 when my folks started as Shaklee Distributors. Even back then I remember the quality of Shaklee products making a difference. There was a time I got stung by bees in three spots. When I was bit my face swelled up. I can remember my parents giving me Alfalfa and the swelling went down pretty quickly. As I got older I sort of drifted away from the Shaklee products. Convenience replaced quality and I fell into the trap so many of us can from time to time. I had also been told by allergists that it was easier to tell me what I was NOT allergic to than what I was. So I resigned a life to taking prescription medications, allergy shots that would make me sick, and nasal sprays that were awful. I forgot how awesome Shaklee products were... and still are. Then not too long ago I decided to get cats. Now.. I know what your thinking, "He's allergic to everything... surely cats are on the list!", and you'd be right. But this time I remembered the alfalfa. And I remembered reading info about Nutriferon. So.. I went online. Ordered my stuff. I got the cats. I got my product and started taking it. Then I waited to see what would happen. And here's the best part.... Nothing happened!!

No sneezing... no runny nose... no feeling miserable because cats are around. No more prescription medications that had nasty side effects!

Nothing. I can actually live in a house with cats and not have an allergic reaction. It's amazing to say the least. I don't get that lethargic feeling the medications would cause. I have more energy. I sleep better. I'll never drift away from my Shaklee supplements again. They mean too much to me now that I am remembering how incredible they are. Get this.. the only times I feel my allergies kick back up is when I forget to take my **Alfalfa and Nutriferon!** I also wanted to let you know I have chosen to re-commit myself to building a business.

After years of working crazy schedules and stressful jobs I decided to take control of my life. At the moment I am doing freelance work here and there and it has given me time to relax and see my family and friends again. In fact it was at a family reunion that my brother Jeff sparked my interest in getting Shaklee going again. It's tight financially, but it's worth it not to have the stress I was dealing with. And I know in my soul that I made the right choice. Just as Dr. Shaklee said years ago, "Your future will be exactly what you decide to make it.", I have decided to make a different future for myself. One that includes helping people live better lives. One that allows me to be with my family and friends. One that lets me be myself. Tim B

TESTIMONIES – ALLERGIES/SINUS

At the age of 17, I was overcome by a grass pollen allergy that was so severe, I couldn't stop sneezing and scratching my eyes. My vision was blurred for four weeks due to the fluids in my eyes. And each year my allergy symptoms would reappear. Through my adult years, to control the symptoms, I took allergy medicines and nasal sprays like most people did. I never took allergy shots. I had to give up golf, unfortunately, between May 15 and June 15th and rarely went outdoors in the spring--- the prettiest time of the year!

In 1990, a friend, Joan Ayers, told me about her 7-year-old child's recovery from the same symptoms that I had. She had taken her son, Taylor, off of allergy shots thanks to Shaklee. She advised me to take more Shaklee Alfalfa supplements than I was taking! She suggested that I take the recommended serving size (10 tablets, which is on the label) three times a day---like her son, Taylor, did. Well, I tried it, and the **Alfalfa worked!** The only thing was, on a real bad pollen day, I had to take the Alfalfa servings (about a teaspoon of tablets) 4-5 times a day to stop the sneezing. Fortunately, there weren't too many days like that---maybe three or four a season. Sometimes I made a tea out of the Alfalfa, but mostly woofed them down. At a Promise Keepers meeting at JFK Stadium on Memorial Day one year, I sucked on the Alfalfa all day! It was a brutal pollen day! I should have stayed indoors! More help came several years ago when a friend circulated an email about allergies which said that **Shaklee's Formula I (now replaced by Nutriferon)** was miraculously alleviating allergy symptoms ---even cat and dog allergies! By taking four in the morning, I wouldn't sneeze for the rest of the day, he said! I could hardly believe it. So, I asked Dr. Bruce Miller about this recommendation and he confirmed that **enhancing your immune system could rid you of allergy symptoms.** Since then, I've been taking four daily during my allergy season and it's worked beautifully for me! On those bad days, I take 4 more at dinnertime and cut down to one serving of Alfalfa per day. No more sneezing! No more itchy eyes! I don't get drowsy from medicines. And I don't have to pay a lot of money to see doctors!!! I'm out playing springtime golf again! *Jerry A*

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Eddie was four years old when his parents, Lori and Lyle A. started noticing his swollen eyes, inability to get any air flow through his nostrils, sinus infections and asthma allergies. It was the beginning of his roller coaster ride with sinusitis. After five years of allergy shots, his doctors concluded the shots were not doing any good. Eddie was taken to Children's Hospital and given a CAT scan which determined he had "ETHMOID DISEASE," (The Ethmoid bone is a sieve-like bone between the nose and sinus close to the brain.) He had polyps in his sinus and a deviated septum. At ten years old Eddie had surgery which rerouted his sinus, removed the polyps and corrected his septum. He could breathe again for three months. Then it started all over again. The polyps were back.

They tried "vacuuming" his sinus. Nothing. He got Prednisone shots INTO his nose. Nothing. He never got over the infections. He has been using antibiotics "forever" according to Lori. Sometimes everyday, for long periods of time. Now at 13 years old, Eddie has lived most of his life with his immune system fighting, fighting, fighting. Four weeks ago, Lori and Kyle completed a health questionnaire for Eddie that pinpoints where the nutritional deficiencies lie. There were several areas that jumped off the page at them and that is where they started. After several days, Lori decided to be extremely aggressive with Eddie's vitamin program. IT'S WORKING!!!

We have all been amazed at what is happening! Eddie, after not being able to get any air through his nose for nine years, is breathing again! He was getting another sinus infection when he began his Shaklee supplement program. Lori decided NOT to go the antibiotic route and just see what happened while taking Shaklee garlic. Normally he used two rounds of antibiotics and it lasted a good two to three weeks. Lori is happy to report Eddie was well in one week and his whole demeanor has changed. He insists on taking his garlic to school. He has more energy and is more enthusiastic. Eddie swims on Mill Creek Swim Team six days a week, completing 15 -20 miles a week. As one of Eddie's coaches, I have noticed a major difference in his workouts. He is turning into a top notch athlete with a lot of focus.

**Vita Lea** Covers the basics

**Protein** To rebuild immune system cells that had broken down.

**Carotomax** Mucus membrane healer

**Garlic** Bug Killer started with 8/day now 6

**B Complex** Fights fatigue, energy booster

**Vitamin C** Nature's antibiotic--antihistamine, fights infection.

**Calcim Magnesium** Builds and relaxes muscles, stabilizes nervous system

**Opti-flora** Two servings per day-to reestablish the healthy flora that long term antibiotics destroyed

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Linda had SINUS problems most of her life. Nighttime was a particularly miserable time for her as she couldn't breathe and had to prop herself up on pillows and use nasal sprays and inhalers. her doctor told her the problem was a deviated septum's she had it fixed. She had surgery on her nose. Do you know what happened? You probably guessed it---there was absolutely no difference! Yet, Linda now sleeps comfortably and with no congestion. All she changed was her laundry detergent. She changed from the toxic grocery store brands to one that was environmentally sensitive. (**Shaklee Laundry Care Products**) It made all the difference in the world for her. Interestingly enough, her children's allergies improved, too!

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TESTIMONY ALLERGY, SINUS - HHP

I had allergy/hay fever/sinus infections every 6-8 weeks for years.and had another one coming on. Then a co-worker gave me 20 Alfalfa and said to take them ALL before leaving work that afternoon. I was stunned that anyone in their right mind would suggest Alfalfa to someone with hay fever, let alone the idea of taking that many pills in just one day, but I trusted him enough to do it. Anyway, I did manage to take them all, and felt a little better the next day (even though I refused to admit it to my friend). I took 20 more the second day, and was breathing clear and free the next morning! I bought a bottle, and continued to take 20 per day for at least 3 months. (I took no other vitamin or herb of any kind at that time.) Eventually I began reducing the quantity of Alfalfa as I increased other Shaklee supplements until I found that my body seems to need only about 12 Alfalfa per day for maintenance. I take the full shelf of products now, and my annual physical lab test results have improved dramatically. It is now 10 years later, I am a Shaklee Coordinator, and have not had a single episode of allergies/sinus issues since that day in the office! *HHP*