

Alfalfa / Joint Health Complex

ALFALFA CONTAINS NUTRIENTS THAT WILL RELIEVE THE STRESSES ASSOCIATED WITH SINUS AND ALLERGY PROBLEMS AND ALSO ARTHRITIC PROBLEMS. RECOMMENDED DOSAGES:

SINUS: 18 TABS

ARTHRITIS: 36-40

☐ **ALFALFA CONTAINS 8 ESSENTIAL ENZYMES**

AN ENZYME IS A PROMOTER OF CHEMICAL REACTIONS NECESSARY TO ENABLE FOODS TO BE ASSIMILATED IN THE BODY

1. LIPASE - FAT SPLITTING
2. AMYLASE - ACTS ON STARCHES
3. COAGULASE - COAGULATES OR CLOTS BLOOD
4. EMULSIN- ACTS ON SUGAR
5. INVERTASE - CONVERTS CANE SUGAR TO DEXTROSE
6. PEROXIDATE OXIDIZINE EFFECT OF THE BLOOD
7. PECTINASE FORMS VEGETABLE JELLY
8. PROTASE DIGESTS PROTEINS

☐ **GREAT AID IN DIGESTION**

THE CHOLOROPHYLL, ENZYMES, MINERALS, VITAMINS ALL AID DIGESTION AND HELP STIMULATE LAGGING APPETITIES. IT'S 8 ESSENTIAL ENZYMES ASSIST IN DIGESTING ALL 4 CLASSES OF FOOD(PROTEINS, FATS, STARCHES, SUGARS)

☐ **AIDS IN PEPTIC ULCERS**

CONTAINS VITAMIN U THAT EFFECTIVELY CURED 80% OF THOSE TESTED AT STANFORD UNIVERSITY

☐ **GREAT DIURETIC AND BOWEL REGULATOR**

☐ **AN EFFECITVE BARRIER AGAINST BACTERIAL INVASION**

THE CHOLOROPHYLL IN ALFALFA DEVELOPS AN EFFECTIVE BARRIER AGAINST BACTERIAL INVASION BY TI'S STIMULATION EFFECT ON THE GROWTH OF CONNECTIVE TISSUE AND GRANULATION TISSUE THE ARABS CALLED IT "THE FATHER OF ALL FOODS" - IT IS ONE OF NATURE'S OLDEST LEGUMES

☐ **VITAMINS FOUND IN ALFALFA:**

1. VIT A - FOR NIGHT BLINDNESS; BUILDS RESISTANCE TO INFECTIONS ESP OF THE RESPIRATORY TRACT; PROMOTES GROWTH AND VITATILY; PROMOTES HEALTHY SKIN AND IS ESSENTIAL IN PREGNANCY
2. VIT E - PREVENTS STERILITY; VALUABLE IN THE TREATMENT OF MUSCULAR DYSTROPHY; PREVENTS CALCIUM DEPOSITS IN THE BLOOD VESSELS; USED IN TREATMENT OF HEART CONDITIONS; PROMOTES MUCLES TONE IN THE BODY
3. VIT U - USED IN TREATMENT OF PEPTIC ULCERS
4. VIT B6 - AIDS IN FOOD ASSIMILATION AND IN PROTEIN AND FAT METABOLISM; PREVENTS VARIOUS NERVOUS AND SKIN DISORDERS; PREVENTS NAUSEA
5. VIT K - ESSENTIAL FOR BLOOD CLOTTING; IMPORTATN TO LIVER FUNCTIONS
6. VIT D - REGULATES THE USE OF CALCIUM AND PHOSPHOROUS IN THE BODY AND IS THEREFORE, NECESSARY FOR THE PROPER FORMATION OF TEETH AND BONES

THE MINERALS IN ALFALFA

7. CALCIUM - BUILDS AND MAINTAINS BONE AND TEETH; HELPS CLOT BLOOD; AIDS IN VITALITY AND ENDURANCE; REGULATES HEART FHYTHM, SOOTHES NERVES
8. IRON - REQUIRED IN THE MFG OF HEMOGLOBIN; HELPS CARRY OXYGEN IN THE BLOOD

9. POTASSIUM - NECESSARY FOR NORMAL MUSCLE TONE, HEART ACTIONS AND ENZYME REACTIONS; DIGESTS FATS

10. PHOSPHOROUS - NEEDED FOR NORMAL BONE AND TOOTH STRUCTURE. INTERRELATED WITH ACTION OF CALCIUM AND VIT D. IMPROVES NUTRITION OF NERVE TISSUS

11. CHLORIN - CLEANS AND PURIFIES THE BODY, LOWERS FAT SUGAR AND STARCH METABOLISM

12. SODIUM - REGULATES HEAT IN THE BODY FLUIDS; NEUTRALIZES ACID, PREVENTS CLOTTING OF THE BLOOD; STIMULATES THE SPLEEN, EXCITES THE BOWELS AND STOMACH TO GREATER ACTION

13. SILICON MAGNESIUM - AIDS IN CONSTIPATION, STEADIES THE NERVES; PROTECTIVE TO SKIN AND BODY; STIMUATES THE BRAIN'

☐ **ALFALFA IS HIGH IN PROTEIN** -18.9%(BEEF16.5%,MILK 3.3%, EGGS 13.2)

☐ **ALFALFA ROOTS 20 FT DEEP INTO THE EARTH**

☐ **ALFALFA IS A NATURAL DIURETIC**

☐ **KEY USES;**

- DIURETIC(DOESN'T DEplete K+)
 - ANTI-INFLAMMATORY
 - ANTI-ARTHRITIC
 - HEALS ULCERS(VIT "U" - 6TABS/MEAL)
 - ANTIHISTAMINE(18-20 TABS)
 - AIDS IN DISGESTION, RELIEVES UPSET STOMACH
 - STIMULATES BILE FLOW
 - ANTI CANCER - PROTECTS FROM RADIATION
 - APPETITIE STIMULANT
 - DETOXIFICATION(BINDS WITH HEAVY METALS AND GETS THEM OUT OF THE BODY)
 - LOWERS CHOLESTEROL(SAPONINS)
 - ANTI-BACTERIAL
 - IMPROVES GLUCOSE TOLERANCE
 - IMPROVES HEALTH AND VIGOR
 - WILL SHRINK ATHEROSCHLEROSIS PLAQUE
 - TREATMENT FOR HIATAL HERNIAS
 - HAYFEVER
 - DIMINISHES BODY ODOR, SMELLING FEET, BAD BREATH
- DOSAGE VARIES - EXPERIMENT FOR RELIEF OF SYMPTOMS

ALLERGIES/SINUS = 18-20

ARTHRITIS = 40

BONE SPURS = 30?

FOOD POISONING - 6 ALFALFA/2 HERBLAX EVERY 30 MIN/3 HOURS

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

Phyto-Bytes

by Rusty Ost

RPh & Member of Association of Natural Medicine Pharmacists

ALFALFA

Alfalfa...”the King of the Plant World”. What does that mean? What might differentiate one plant from all others and indicate that it is the king? It turns out that the leaves of the alfalfa plant are rich in minerals and nutrients, including calcium, magnesium, potassium, beta-carotene, and several essential vitamins. Also found in alfalfa are fiber, protein, fats, organic acids, vitamin K, and chlorophyll. The extremely long taproot of the alfalfa plant provides it with access to nutrients that are unavailable to other plants. Some of the effectiveness of alfalfa can be attributed to the enzymes found this plant. Lipase, amylase, coagulase, emulsin, invertase, peroxidase, pectinase, and protease are all present in alfalfa. These enzymes aid in the digestion of foods from all the food groups.

I found it interesting that alfalfa has been used for so long (it has been cultivated for over 2000 years) and is so commonly used that it isn't included in most herbal compendia. The leaves and flowering tops of *Medicago sativa* are not discussed in any of the classic American scientific works on natural drugs. In the Shaklee world, we recognize that Shaklee Alfalfa is one of Dr. Shaklee's Signature Formula Products. Unfortunately most westerners regard alfalfa as cattle fodder, and therefore, rarely take advantage of the beneficial properties of this common plant. Anyone who has driven across Nebraska on I-80 during the summer months has noted the particular green haze and pungent odor of the dust from the dehydrating plants abundant in that area. Because this “king of the plant world” is so rich in such a broad spectrum of nutrients, it has been reported to aid in several areas. Some of the benefits are: good for cystitis or inflammation of the bladder, to boost a sluggish appetite, provide relief from bloating or water retention (especially during PMS), and the reduction of the swelling and inflammation of arthritis.

In summary there are a couple of issues that need to be discussed. First the serving size is somewhat large. This is because the nutrients are present in trace amounts. To maximize the effectiveness, the serving is best eaten at one time. More than one serving per day would be entirely appropriate. Second is the issue of deodorization. Alfalfa acts as if we were opening the windows of our home to air it out. That is what happens to our bodies. If you enjoy the fragrance of your favorite perfume, be certain to apply it to your clothing and not your skin where it will be “deodorized”. What happens to the bad odors also happens to the good ones! Lastly there have been reports (albeit few) that have noted a reaction to alfalfa for persons with lupus. Most reports indicated copious amounts of alfalfa causing the sensitivity.

As a pharmacy student growing up in Nebraska, I spent a few of my summers harvesting alfalfa not knowing that years later my involvement with alfalfa would be of a different kind!

ALFALFA

Guaranteed.

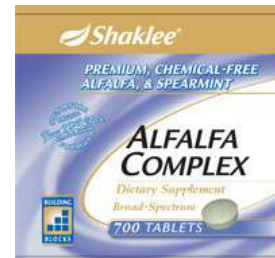
If not 100% satisfied, return for a full refund.

A Truly Marvelous Food -- A Mineral Bouquet!

Our modern western culture has considered alfalfa only as the food of cows and horses, but is now rediscovering the value of alfalfa. It's high mineral density causes it to be referred to as a "mineral bouquet".

Alfalfa has been given many nicknames:

- Nature's Anti-inflammatory
- Nature's Digestive Aid
- Nature's Diuretic
- Nature's Antihistamine
- Nature's Blood Purifier
- King of the Plant World
- Father of All Foods



BENEFITS

- Anti-inflammatory.** Saponins, chlorophyll, and the smorgasbord of minerals present in alfalfa can help reduce inflammation anywhere in the body. Used therapeutically, many have reported wonderful reduction in inflammation.
- Digestive Aid.** Alfalfa contains an abundance of digestive enzymes involved in the digestion of protein, fat and starch (lipase, amylase, protease, coagulase, emulsin, invertase, peroxidase, pectinase, and cellulase). The absence of enzymes is one of the primary causes of indigestion, gas and general abdominal discomfort. Freely used, the alkaline nature of Alfalfa can replace antacids.
- Pain Relief.** Many suffering with rheumatoid arthritis, gout, and rheumatism have experienced relief because alfalfa aids in regulation of the alkaline/acid balance in the body. It helps dissolve uric acid so it passes through the kidneys. Excessive uric acid in joints causes inflammation and pain. It contains an "anti-stiffness factor" which relieves stiff joints.
- Kidney and Bladder Benefits.** Alfalfa increases one's alkaline reserves. It is especially beneficial to the kidney and bladder because it makes the urine less acidic, therefore less irritating to the urinary tract. The average vegetable is from 1 to 10 units alkaline, alfalfa is 130 units alkaline. It increases the kidney's filtration rate.
- Anti-histamine Affect.** The mineral balance and enzymes in alfalfa have offered a natural relief for many with allergy and sinus problems. Many are looking for alternatives to over-the-counter antihistamines (that carry a warning of nerve cell damage and bone marrow damage over time).
- Natural Diuretic.** The high mineral content helps maintain the delicate water balance in the body. The potassium and essential electrolytes help prevent water retention.
- Blood Purifier / Toxin Relief.** Chlorophyll, plentiful in alfalfa, is known as a body cleanser, infection fighter, and nature's deodorizer. Many report reduced odors from the body, breath and feet.
- Stomach Ulcer Relief.** Alfalfa contains Vitamin U, thought to be responsible for remarkable healing to stomach ulcers.
- Improved Skin and Mucosal Health** (including blemishes). Alfalfa contains Vitamin A, important in building healthy skin both inner and outer. Due to its blood purifying ability, it has a mild antibiotic effect toward pathogenic bacteria, and has helped reduce skin blemishes. Mucous membranes such as the linings of the throat, nose, stomach and intestines, are also all improved.
- Reduced Hypertension.** (High blood pressure) is caused by many factors. Alfalfa provides magnesium and potassium, which relaxes arterial muscles, and can therefore provide an important benefit to those who suffer with hypertension.

SHAKLEE QUALITY FIVE ESSENTIAL QUALITY CONTROLS

☐Organically Grown. Most alfalfa crops are heavily sprayed with toxic chemicals for weed and pest control.

Shaklee uses only organically grown alfalfa out of California's fertile Antelope Valley.

☐Highest Chlorophyll Content. For the highest amount of chlorophyll content in the leaves, harvest must occur at peak maturity. **Shaklee only harvests at peak maturity.**

☐Mature Plants Only. Many "green" health drinks are made from the green leaves of young plants. The concentration of nutrients is much less in the green leaves of shallow-rooted, young green plants. **Shaklee uses only mature, 5 to 7 year old alfalfa plants.**

☐Leaves only (No stalk or stems). Once the plants are harvested, and cured/dried, ONLY the leaves should be separated from the less desirable stems and stalk of the plant. **Shaklee uses ONLY the nutrient dense leaves, which they mill into a green colored alfalfa flour and then press it into a tablet form.**

☐Cold Process. If the harvesting, drying, and tableting process is done carefully and without high heat, the tablets will not only contain a nutrient smorgasbord, but also be very rich in essential plant enzymes, which are the organic catalysts that promote chemistry balance in the body. **To protect the delicate plant enzymes, Shaklee GUARANTEES low temperature processes.**

SUGGESTED USE

Alfalfa tablets are much more convenient to swallow, and much less mess than trying to mix green powder (that does not taste very good) into drinks, etc. The recommended amount is 1 tablet per 10 pounds of body weight. This is a great guide for the average healthy person who wants to maintain good health. More can be used based on need.

SUPPLEMENT FACTS

5 tablets = 1 teaspoon Alfalfa Leaf Powder

15 tablets = 1 tablespoon Alfalfa Leaf Powder

NOTES

Alfalfa the "mineral bouquet"

Minerals are elements in our food system that cannot be produced by the body, but are absolutely critical to health. No matter how tiny the amount required, each of the essential trace elements must be provided by the diet. Quite simply, we cannot experience health without them.

Processed foods and foods grown on overworked or depleted soil yield very few of these precious minerals. As a result, our diets are seriously deficient in minerals, which is one of the principle contributing causes of degenerative disease and joint & muscle pain. Alfalfa tablets are inexpensive, so they can be used generously without breaking the budget.

The Great Healer. Why is ALFALFA such an AMAZING TONIC?

Alfalfa roots are "Nature's Miners". Even though the alfalfa plant itself grows only 2 to 3 feet of the soil, the roots of a mature plant (5 to 7 years old) can penetrate and "mine" the soil as deep as 20 to 60 feet, seeking out precious elements including; iron, copper, zinc, iodine, chromium, molybdenum, selenium, manganese, potassium, calcium, phosphorous, magnesium, protein amino acids, Vitamins A, B1, B2, B6, B12, C, D, E, K, U, niacin, pantothenic acid, inositol, biotin, folic acid, etc. The leaves are the storehouses for these nutrients.

"GREEN" drinks made from a variety of leaves of MATURE alfalfa plants have been recognized for centuries as "The King of ALL Plants". This is due to the deep root of the mature alfalfa plants.

People who suffer with lupus should not eat alfalfa sprouts. The stimulatory affect of the sprout can increase this autoimmune disease. **The leaves of a mature plant are beneficial for lupus, because they are anti inflammatory.**

Martha Wilmore 2009 Nutritionist

VITAMINS found in Alfalfa:

- **Vitamin A** - for night vision. Builds resistance to infections, especially in the respiratory tract; promotes growth and vitality; promotes healthy skin and is essential in pregnancy.
- **Vitamin E** - protects cells against damage from sun's radiation and air pollution; promotes heart, cardiovascular and muscle health and improved immune function; promotes muscle tone in the body; helps bring nutrients to cells and helps strengthen blood vessel walls, including capillary walls; helps proper focusing of the eyes.
- **Vitamin U** - promotes health of body to help overcome peptic ulcers.
- **Vitamin B6** - helps food assimilation and protein and fat metabolism; promotes nerve and skin health; helps battle nausea symptoms.
- **Vitamin K** - essential for blood clotting; important in liver functions; may possibly contribute to vitality and longevity.
- **Vitamin D** - regulates the use of calcium and phosphorus in the body and is therefore necessary for the proper formation of strong and healthy teeth and bones.

MINERALS found in Alfalfa:

- **Calcium** - builds and maintains bones and teeth; helps clot blood, aids in vitality and endurance; regulates heart rhythm, soothes nerves.
- **Iron** - required in manufacturing hemoglobin; helps carry oxygen in the blood.
- **Potassium** - necessary for normal muscle tone, nerves, heart action and enzyme reactions; digests fats.
- **Phosphorus** - needed for normal bone and tooth structure. Interrelated with action of calcium and Vitamin D. Improves nourishment of nerve tissue.
- **Chlorine** (chloride) - an essential electrolyte which cleans and purifies the body; regulates fat, sugar and starch metabolism.
- **Sodium** - regulates fluid balance throughout body; neutralizes acids, prevents clotting of blood; activates spleen, bowels and stomach functions.
- **Silicon Magnesium** helps body to deal with constipation; steadies the nerves; has protective effect on skin and body; stimulates brain function.

Other properties of alfalfa:

- **High in protein** - alfalfa has 18.9% as compared to beef at 16.5%, milk at 3.3% and eggs at 13.1%. (Muscles are composed of protein and the lack of it results in fatigue and weakness.)

Alfalfa's deep roots seek out minerals in the subsoil, which are inaccessible to other plants. The average alfalfa plant has roots 10 to 20 feet long or more.

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

Resource materials: Nature's Medicines, by Richard Lucas, Nature's Healing Grasses by H.E. Kirschner, M.D. Vitamin/Mineral Chart by the Redwood City Health Food Center, Diet and Health, by Dr. B.

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From the Shaklee product catalog: Shaklee Alfalfa contains trace amounts of a wide range of vitamins and minerals. It is made from premium quality alfalfa grown in California with NO fungicides, bacteriosides, synthetic hormones, growth regulators, or chemicals. Special harvesting equipment is used to protect the delicate leaves which contain the greatest concentration of nutrients.

Because alfalfa is rich in eight digestive enzymes, Shaklee Alfalfa Tabs can be taken at the beginning of meals to aid digestion. Alfalfa is known to be one of the richest sources of vitamins in the herbal family.

(The statements in this bulletin have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent disease.)

Kidney Dialysis and Alfalfa

My name is Teresa Lepe and I am a registered dietitian. I was introduced to the Shaklee products in 1970. At that time, I was living in Los Angeles and I attended many meetings and learned from Dr. Shaklee himself the Shaklee way. I have known of the healing powers of alfalfa since childhood. My mother used to prepare a green drink for me made with alfalfa whenever I had urinary tract infections. All through the years I have used alfalfa faithfully for my family and me.

I now work as a consulting dietitian at a hemodialysis clinic. Several months ago, I requested permission from the attending physician to recommend alfalfa to a patient for whom dialysis was less effective. He had to be admitted to the emergency room every other day for shortness of breath caused by fluid buildup in the lungs. At that point his prognosis was very poor. He was carried into the clinic by his son. The doctor did not think the patient would make it from dialysis to dialysis. The doctor permitted me to recommend that the patient take 2 Alfalfa with each meal. Improvement was noted after about a week; the patient was able to sleep lying down for the first time in many years. His lungs were no longer filling up with fluid. After two weeks he made such a dramatic entrance that everyone noticed as he cheerfully strutted into the clinic dressed in his cowboy hat and boots. All the other patients demanded to know what magical therapy this 76-year-old man was being given. The patient told them it was the Alfalfa. Since then, most of the patients in the dialysis clinic have been taking the Alfalfa and have shown consistent improvement. Not only in the way they feel, but also in the lab results which have shown improvement in albumin due to increased appetite. The hematocrit has increased, thus eliminating the need for EPO which is a very costly drug used to increase production of red blood cells. These are but a few of the improvements demonstrated by the patients on the Alfalfa therapy. We are not claiming that Alfalfa is a cure for renal failure; however, it has improved the quality of life for the patients at the clinic up to this point. We will continue to monitor their progress. *Teresa Lepe, R.D.*

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ALFALFA – TESTIMONIES

When I started in Shaklee 37 years ago, there was no *Joint Health Complex*. But users all over the field were reporting results using Alfalfa with Arthritis. The only thing was you had to take the full dosage, which today is 10 tablets. Many bad cases would take 2-3 doses per day.

When Dr. Jim Scala was at Shaklee, he began his own investigation of same as he constantly heard this over and over across the field. One interesting thing he told was that Alfalfa was indeed an ancient food--Some ancient writings even suggested it may have been "One of the pulses of Prophet Daniel."

Dr. Shaklee always said Alfalfa just popped out in the world of vegetation. At that time, no plant on earth had roots that went so deep into the earth. As we have depleted our topsoils so vastly, not obeying the rules of nature and overworking the soils; perhaps results are obtained from the abundance of minerals Alfalfa has. I'd always been told in Shaklee if you were exiled to a desert island with only 1 products, take Alfalfa. I'm in my 70's and have no arthritic pain. I have used Alfalfa along with other products faithfully all these years. *Vivian P*

This was one of the first products my mom (now age 75) took 22 years ago. She had arthritis so bad she could barely dress herself. She took 30 per day and still does and is on the go; camping, rafting, and RVing all over the place. *Nancy H & Alice C*

ALFALFA

Alfalfa, called by one eminent biologist, "THE GREAT HEALER", has been enthusiastically backed by many noted doctors, biologists, food and health authorities, who tell us that it contains more of the needed essential elements than almost any other plant or substance. The lack of elements is now considered to be one of the principal contributing causes of most human ailments. Along with its other amazing qualities, it has been found that alfalfa contains Vitamin U. Dr. Garnett Chaney, well-known food scientists of Stanford University, CA, has published his findings on Vitamin U, and asserts that it has great possibilities as an aid for peptic ulcers. In fact, according to the record, 80% of the ulcers so treated were healed.

Alfalfa is the richest land grown source of trace minerals. The roots of this perennial plant burrow deep into the soil and absorb the important trace minerals and elements such as calcium, potassium, magnesium, iron and phosphorous. Combined with chlorophyll and other organic salts, these factors seem to balance the so-called salt system of the body and act as a natural diuretic.

Alfalfa is most important for its Vitamin A and Enzyme content. Vitamin A is important in building healthy skin, both outer and inner skin. The outer skin complexion improves, dryness is prevented and the skin becomes less susceptible to infection. The inner skin, or mucous membrane, is also greatly aided. The lining of the throat, nose, stomach and intestines are all improved with Vitamin A.

Enzymes are organic catalysts which promote chemical changes. Alfalfa contains the following seven enzymes: Protase, which acts in the digestion of proteins: Coagulase, Emulsin and Peroxidase, which have direct action upon the blood: Amylase and Invertase which act in the conversion of starches and sugars: and Lipase, a fat splitting enzyme. Hence, Alfalfa greatly assists digestion both by promoting healthy mucous membrane tissue, and providing enzymes which convert foods into usable form. As many of our enzymes are destroyed by routine cooking and food processing, it is beneficial to take a few alfalfa tabs before each meal.

The use of alfalfa increases one's alkaline reserves and helps to offset the enervating effect of fatigue acids. It is beneficial to who have kidney or bladder trouble because it makes excretion of the kidney less acid and therefore less irritating to the urinary tract. The U.S. Dept. of Agriculture states that while the average fruit or vegetable is from one to ten units alkaline, alfalfa is 130 units alkaline. This alkaline nature makes the use of anti-acid tablets for digestion unnecessary. Chlorophyll is plentiful in alfalfa, and chlorophyll is known as a body cleanser, infection fighter and nature's deodorizer. This wonder of nature possesses the property of breaking down poisonous carbon dioxide, releasing oxygen in turn, thus inhibiting or reducing the action of anaerobic bacteria. Try this experiment. If your dog has bad odor or bad smelling breath try crushing a couple of alfalfa tabs on his food.

Alfalfa is rich in Vitamin K, which helps develop fibrin, which in turn protects against hemorrhaging by helping the blood to clot properly. It contains 20,000 to 40,000 units of Vitamin K for every 100 grams.

Alfalfa is being used as a means of bringing relief to arthritis sufferers and there are approximately 10,000,000 arthritics today. The estimate is that 97% of all individuals over 40 have some form of arthritic disease. These individuals would do their aching joints a blessed favor by consuming some alfalfa in the tablet form. Patients who have had 18 alfalfa tablets, six, three times a day and some extra B-COMPLEX are free from pain and hands are limber.

(taken from Catharyn Elwood's "Feel Like a Million".)

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JOINT HEALTH COMPLEX

fieldcomm@shaklee.com

Why does Shaklee choose to use glucosamine hydrochloride instead of glucosamine sulfate? Is one more effective than the other? Which is better for building cartilage for joints? Thanks for your time. Todd

From: "Field Communications" <fieldcomm@shaklee.com>

Glucosamine, a compound derived from shellfish, has been shown to support the body's natural ability to build and maintain the cartilage which provides cushioning for joints, and helps maintain range of motion.*

The hydrochloride form of glucosamine is more concentrated than the sulfate form, and contains substantially less sodium per serving than the sulfate form. Glucosamine sulfate is stabilized with sodium chloride (table salt) and can contain as much as 30% sodium, which is consideration for individuals who want to reduce their dietary intake of sodium. Glucosamine hydrochloride is salt-free. Research shows that since glucosamine is not absorbed intact with its carrier, the body doesn't care how it gets glucosamine as long as it is bioavailable. A number of studies over the past decade or so have been performed on glucosamine in Europe and Asia using glucosamine sulfate as the active ingredient. In a double-blind, placebo-controlled trial performed in Canada and published in the *Journal of Rheumatology*, however, glucosamine hydrochloride was used and found to be more effective than the placebo.

Other clinical studies

"Pharmacokinetics of glucosamine in man" (Setnikar et.al.), a study referencing the bioavailability of glucosamine, states that after oral administration, glucosamine sulfate is rapidly split into glucosamine and sulfate ions and absorbed. After absorption, the sulfate ions enter the blood stream where a steady level already exists. None of the clinical studies performed with glucosamine sulfate indicate that sulfate contributed to the benefits shown in the study. As a matter of clarification, while this study references glucosamine sulfate, it was actually glucosamine hydrochloride that was radiolabeled and used to prove the bioavailability of glucosamine. We can conclude that since sulfate and hydrochloride are not the key building blocks for the production of joint cartilage, it makes no difference whether glucosamine has a sulfate or hydrochloride carrier.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

JOINT HEALTH TESTIMONIES

I am an aerobic instructor and a personal trainer for more years than I care to mention and have been using Shaklee for many years also. First knees - form is everything, make sure that you check with a reputable trainer that can check your form – Shaklee would definitely work. I was mugged in Florida and my back was injured so badly that I could not even bend over to put my sneakers on or turn to open the door. Shaklee **Joint Health Complex, Osteomatrix, Alfalfa and Omegaguard (fish oil)** worked miracles and I was back to teaching and even doing the Charleston (high leg kicks!) It will definitely work - I have never worked with a client yet that it did not work BUT remember that every BODY is different - I started with 6 **Joint Health Complex** for the first week, 4 **Osteomatrix** at bedtime, 10 **Alfalfa** every time I passed the bottle and 3 **Omegaguard** 2 x per day. This may seem like a lot, but it is only until the body begins healing, I am now back to the recommended amounts. *Connie H*

Tom and Donna are excellent customers in one of my director's organizations. Donna sent me the following e-mail. This is like a double blind study on one person! My best testimonial for that stuff (**Joint Health Complex**) is Tom. He was in an accident 18 years ago plus works construction. He has had trouble with shoulders and knees forever. When I started him on those I didn't tell him what they were. Then after two months I asked if he was feeling any differently aches and pain wise. Then he kind of cocked his head and said "You know my knees aren't hurting any more and just last week my shoulders stopped aching too. What are you giving me?"*Lori K*

TORN ANTERIOR CRUCIATE LIGAMENT HEALED WITH SHAKLEE

Since the time the horse I was riding last July 11th reared up and went over backwards on top of me, I have constantly astounded the doctors who have treated me. We're talking about 800 pounds crashing down on me from about 5-6 feet in the air! The EMT's thought surely I must have broken bones and internal injuries, and flew me to Shock- Trauma in Baltimore. Doctors found it hard to believe that I wasn't hurt worse than I was.

However, I had been taking large numbers of Shaklee supplements for 5 1/2 years to help keep my MS (Multiple Sclerosis) under control, and I credit them with strengthening my bones and tissues, preventing more serious injuries. I also thank the Lord for protecting me in the fall, which could have been another story had we fallen differently. The most serious injuries I had were a severely "crushed" thigh muscle and two torn ligaments in my left knee. I was pretty much bruised all over, plus I also had a broken nose from the horse thrashing around on top of me after the fall, and torn cartilage where a rib met the sternum - from being pulled out from under the horse. I used Borage Oil (*GLA*) to reduce pain and swelling, from about 5 minutes after the accident. Although doctors wanted to give me morphine for the pain, I resisted and was able to control the pain and swelling nicely with 2,000 mg. of Borage oil (*GLA*), taken every 2-3 hours around the clock.

I told my doctors I thought I could heal my knee injuries with supplements, but every doctor that saw me told me that while the Medial Collateral Ligament (MCL) would probably heal on it's own, the torn Anterior Cruciate Ligament (ACL) would have to be surgically repaired. They showed me on the MRI film where the ACL was completely severed, and said it was not possible for it to mend itself. If I didn't have surgery, I would always have problems, they said. Still, I wanted to try to heal it with supplements, and they agreed to wait and let me see what could be done. Through a priesthood blessing, I received counsel from the Lord which gave me direction as I began my recovery program. Keeping that in mind, I proceeded to put nature to work healing my wounds, via Shaklee's top-quality, natural food supplements. The nose and torn rib cartilage were nearly healed in 10 days, and totally healed in three weeks with lots of Shaklee supplements. The crushed thigh muscle took longer, but healed nicely. My knee seemed to me to be healing really well as time went on, and I kept it protected with a brace for 2 1/2 months. As weeks went by, the progress in my knee continued to please my doctor, until on October 19th, after examination, he said that it had healed beyond the point that he would automatically recommend surgery. He said surgery would be optional at that point. I asked for another MRI to see what was going on inside the knee, to help me decide on whether or not to opt for the surgery, and he agreed that it would be a good idea. I had the MRI done and returned to the doctor on October 30th, for his review.

He was amazed and very impressed when he saw the MRI report and viewed the films themselves! The ACL had grown back after all, and after a very "vigorous" examination, he found that my knee had no instability at all! He said he had never seen that happen, and didn't know how to explain it! He said I would not need surgery; my knee should be fine after it finished healing! He wants me to be cautious for the next couple of months as it continues to heal and strengthen the ligaments, so as not to disrupt the healing that has occurred thus far.

I asked him if he wanted some information on the supplements that I had used, and he said he would be very interested in it. I gave him a "Health Care Professional's Packet," to which I added "The Shaklee Difference" and a "Product Guide." He said he would read it and keep it on file for people who were interested in trying supplements. By the way, as many of you may know, stress is a trigger for MS, yet with the additional Shaklee supplements, I was also able to keep my MS under control through all the stress of the accident and injuries. The supplements I took (larger quantities, more often at first, then less often as healing progressed):

Some Physique at the beginning Cinch w/ Instant Protein Soy Mix

Vita Lea, Vita C S-R, Vita E, Zinc, Alfalfa, Joint Health Complex, Mental Acuity, GLA, Omega-3 Complex, Lecithin, Carotomax, Garlic, Osteomatrix

I thank God and Shaklee for my "miraculous" recovery, and I thank God for sending "angels" into my life, to share Shaklee and their knowledge of alternative therapies with me. I also thank God for Shaklee - I truly believe that Dr. Shaklee was inspired as he developed the amazing products and company which have helped so many. They have helped me to overcome tremendous personal health challenges and have enabled me to help others, as well. This information may be passed on to others, in it's entirety and unaltered in any way. I hope this helps someone who may be interested in trying an alternative approach to ligament repair. Please feel free to contact me for more information.....*Pat M*

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### **Joint Health Complex:**

Glucosamine - Contains as its primary ingredient Glucosamine hydrochloride. Glucosamine supports the body's natural ability to build and maintain the cartilage that provides cushioning for joints and

helps maintain a normal range of motion. It also contains extracts of Alfalfa and Devil's claw plant, as well as trace minerals zinc, copper, and manganese that are known to support normal development of cartilage and boron, which plays a role in bone building. It helps reduce pain and stiffness in joints and increases range of motion. (For maximum results try with **Vita-C, Alfalfa, Osteomatrix, and GLA**)

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My husband had a torn rotator cuff, which was confirmed by an MRI. The orthopaedic surgeon recommended surgery, naturally! At the time, my husband, Ron, could not lift his arm to comb his hair, put on a sport coat, or do much or anything. We added the following supplements to his normal daily routine:

Omegaguard 3 a day

GLA 3 a day

Joint Health Complex 2-3 daily

Within one month, he was lifting his arm. Within two months he was combing his hair and putting on clothes normally. Within three months, he was able to do all the manual yard work as before. And a year later, you would never know it had ever been torn. He still takes the above supplements, plus

Vita Lea, Alfalfa, C, Calcium, E, Saw Palmetto,

Mental Acuity, B, Optiflora, CorEnergy.Lyn S

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The following article reports the now scientifically "proven" effects of glucosamine on arthritis, what many have now known and experienced for a few years now. Shaklee's **Joint Health Complex** is also scientifically proven to help rebuild cartilage in joints, and contains not only glucosamine, but it works synergistically with Devil's Claw and Alfalfa, etc., (works better than with chondroitin) to rebuild this joint cartilage. Making sure you're are getting enough **Vitamin C, Calcium, and Omegaguard, and GLA or Lecithin** helps too.

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I have had a fantastic experience with Shaklee's **Joint Health Complex** this year. I injured my already messed up left knee this March--didn't get to a doctor until early May- -he said I would need knee replacement surgery and didn't understand why I had not had lots of pain prior to this new injury--which I didn't. I did have intermittent swelling of both of my knees, though. I had begun taking 3 **Joint Health Complex** when the product first came out--and it did help--my snow skiing was not followed by the swelling I usually had. This doctor scared me to the point that I got on Cinch Shakes and on 9 **Joint Health Complex** per day!! I have lost 29 pounds so far, for which my knees are truly thankful, and when I finally had my left knee surgery in Denver by the Steadman- Hawkins Clinic there, they saw good cartilage growth--and the doctor said, if I kept up my program I would not need knee replacement surgery. I do not need the Hyaluronic Acid shots either!!! .....Linda D

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I received the following email from a member in our group who teaches and trains medical doctors at Wayne State University in Michigan. This is excellent validation of a supplement that we know is proven to work wonders for lots and lots of people. The Shaklee supplement, **Joint Health Complex** is a complex of ingredients that goes way beyond what just a plain Glucosamine supplement offers that most people are purchasing in stores. We have many, many satisfied customers who have told us just how much the Shaklee **Joint Health Complex** has helped them with knees, wrists, elbows, ankles, etc... In fact, I am one of those satisfied customers. I've been using **Joint Health Complex** since it came to market nearly 4 years ago and what it has done for my old football injury knee has been wonderful!

One more important Shaklee difference--- There are different forms of Glucosamine. The article you are about to read mentions Glucosamine Sulfate. There are many people who are sensitive to sulfate

and it also provides sodium which many people do not want. Shaklee uses Glucosamine Hydrochloride, thereby eliminating the sulfate sensitivity and the sodium problems. *Rod*

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

### **Arthritis Testimony by Rosalie B**

Within two weeks of a major stress I developed full-blown arthritis. ... to the point that I couldn't address my newsletters. I picked up my Alfalfa to about 40 per day and could use my hands, but my knuckles still hurt every time I bumped them even slightly..... so I picked my Omegaguard up to 6 per day. That did it. I could wrap my knuckles on a table and experience no pain.

Since Joint health came out, I have added that product.... even though I rarely feel any discomfort at all ... I want to protect my joints.

I have many customers who get results just with the *Joint Health Complex*. If it had been available when my arthritis started, I would have started on it then too. Avoiding acid producing foods is helpful too. Caffeine, red meat in excess, SUGAR, White flour, etc..... Just the *Alfalfa* & the *Omegaguard* worked from 1985 so it is not just temporary relief. I am so grateful for Shaklee because I remember my mom walking the floor in pain, night after night.... in spite of all her doctoring ... she even took gold shots. 2007

### **VIVIX TESTIMONY Arthritis Pain 2009**

I'm a person who has used Shaklee vitamins as well as their business plan to improve all elements of my health profile since 1985. I am now 72 and have been experiencing an elevated amount of joint, muscle and back pain. It has grown and grown over the past several years to very aggravating proportions effecting sleep and most movement.

I was using up to 16 *Pain Complex* tablets a day to control this growing pain. It worked to quench the pain but the pain itself showed no signs of letting up. Then, in early August, Shaklee Corporation introduced *VIVIX*, a fabulous new longevity tonic with resveratrol and super-grape extracts.

I actually began taking Vivix while attending the convention in New Orleans. It is now September 15th and I'm pain free! I take NO *Pain Complex*. I use the Perscription for Health products recommended by Dr. Jamie McManus in addition to *Vivix*...one teaspoon a day. It's great to be able to move again without pain anywhere.  
*Martha M*

### **JOINT HEALTH TESTIMONIES**

I have osteoarthritis and take the **Joint Health Complex** and alfalfa. I recently added **Essential Omega 3 Complex** and that really helped. It works best with **B-complex, Calcium Magnesium and Vita E** (per Carol Dalton's tape on arthritis). Funny, I ordered the EPA for my skin and it got rid of the rest of my "stickiness" in my knee in the morning and after a long drive, etc. My pain is gone!

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Dr. Bruce Miller says that the only research about chondroitin that has some credibility is the type that's

INJECTED. Taking it orally destroys it in the digestive process, yet that's what most people get at health food stores. Hyaluronic acid has been used by SHAKLEE in some skin care products but ON THE OUTSIDE of the body. But this article shows that glucosamine—our **Joint Health Complex**--is getting mainstream recommendations now. Whenever I see an article like this I'm so pleased we have SHAKLEE research to guide us through all the pseudo-science!

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I am a 60-year-old female working in the medical profession, who was injured in an automobile accident in April, 1998. I had severe trauma to both shoulders, pelvis, right hip, and my left broke off the inside door handle of the car door. This was all the result of a 15-year-old boy driving on a permit running a red light. as in physical therapy for several months, had isosporiasis injections as well as Cortisone injections. This helped minimally with my knee. After eight months I was still limping, sometimes not being able to walk more than a block without pain. Being an active walker and go to the gym four times a week, this has really been depressing to me. I get a full body massage every other week and this has helped me tremendously. On one of my visits I saw the Shaklee products and asked for a brochure. On reading about the Joint Health Complex and seeing information in my medical journals regarding cartilage rebuilding, I tried a bottle. The first two weeks I could tell no difference, then within the next couple of days I could tell a tremendous difference. The tendons did not feel as tight, there was less pain when I walked and I was actually able to go up and down my stairs with minimal pain. Also, I had been unable to sleep on either shoulder for very long since the accident, and I noticed a decrease in the symptoms there also. The tenderness has diminished around the patella and inside of my knee. The symptoms with the gastrocnemius that felt swollen and tender have diminished almost completely. I feel the **Joint Health Complex** has definitely begun to help the injury there. I take three of **the Joint Health Complex** along with a Shaklee iron tablet and the Soy Energizing Protein every morning. I can tell a difference in my energy level and my general condition. I asked the distributor to please keep a supply of the Joint Health Complex on hand, I do not want to be without them.

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My father-in-law had a torn rotator cuff and arthritis in his shoulder. I gave him a bottle of **Joint Health Complex** to try. He is the kind of person who "doesn't need vitamins". After about 2 months, he noticed the pain was less. He was having cortisone shots and taking some kind of medication. After being on the v he was able to stop all other treatments. He was even able to go golfing this summer with no ain afterward. He has told anyone he meets that has some type of joint pain about Joint Health Complex - Hope this helps. *Dave and Debbie O*

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To Build Bone Joint Cartilage we recommend **Joint Health Complex** . One of our friends and customers, Drew, shared with us, " I tried the Joint Health Complex and my arthritis pain went away for the first time in years! (Then) one day I was in a Mall and bought a popular brand of glucosamine chondroitin and within three days the pain was back!... There's something different about Shaklee's!" Thank you, Drew, who also impressed his doctor enough to call us and place an order. Why doesn't Shaklee include chondroitin in their glucosamine product called Joint Health Complex ? Here is Shaklee's answer...

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Editor's note: Some of the people in the gym where I work out told me they gained a lot of weight when they took a supplement with chondroitin sulfate (sodium). Shaklee's Osteokinetics contains glucosamine hydrochloride which is more concentrated than other forms of glucosamine, just as bioavailable, and has the benefit of being sodium free (no sulfate). Additional ingredients in **Joint Health Complex** have shown to support the body's natural ability to build and maintain cartilage: Devils Claw to help maintain normal process of inflammation

Alfalfa -- contains large amounts of chlorophyll

Zinc -- required enzymes that are involved in the synthesis of collagen

Copper -- helps an enzyme to form a cross-links in collagen

Manganese -- activates an enzyme critical to the synthesis of proteoglycans

Boron -- plays a role in hormone metabolism. All of the above are included in **Joint Health Complex** another Premium Herbal Blend from Shaklee.

*Jo Ann & Jerry A*

Just want to let you know the **Joint Health Complex** is working better than anything I have ever taken before. I am so accustomed to the chronic knee pain that I forgot how great my

knee feels when it isn't hurting. I rode 23 miles on Tuesday with 30 pounds of Anna on the back of my bike. My knee hurt a little after 18 miles. So I iced it and took three extra Joint Health Complex before I went to bed. On Wednesday, I was pain free! Amazing. Many, many thanks,..... *Becky S*

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### **Comparison Shiff's Pain Free/Shaklee Joint Health Complex**

You have already done some excellent homework on this product yourself!!! You have found out they really "run with" the truth. I have used stomach extract acids and controlled temp. They do not dissolve. Vinegar is acid enough to test anything by the way. The pig and cow cartilage they use for the chondroitin is cow and pig trachea. It is very cheap because it is usually thrown away at the slaughter house. Who wants to buy a pound of cow trachea?? In addition, nothing has ever been proven about chondroitin. See p-66 in "The Arthritis Cure" by Theodosakis. He is the one who wrote the book that unveiled the power of glucosamine: "Several studies testing the combined effectiveness of glucosamine and chondroitin are NOW being conducted. WHEN the results are announced etc etc." It has only been tested by injection into the joint. Never by oral use. Most feel it will be totally ineffective as a pill because it is just bovine trachea. Like any other gristle, we digest it in the stomach. Therefore, it must be injected to by-pass the stomach----hard to sell injections multi-level. *Read this carefully---The uniqueness of Shaklee is that it is a total product completely targeted against the problem. It contains glucosamine----AND zinc, copper, manganese, potassium, boron, devils claw and alfalfa. Each of these has a role in cartilage metabolism. Shaklee is the only product on the market to go this extra mile.....Dr. Bruce Miller*

Thanks for your inquiry and for your continued support. My mother had arthritis when we got into Shaklee and she was so unhealthy that we were looking for something to help her. We found Shaklee, her health improved and we were excited. We ALWAYS start people with an ounce of soy protein (either Instant Protein or Energizing Soy), Vita Lea (minimum of 2 per day), Vita-C ( 2 - 5 grams a day), and as much Alfalfa as it takes to reduce inflammation in the affected areas ( I take about 10 - 15 a day for my arthritis). This may all sound extreme but I sincerely believe that we had my mother around for an additional 20 years because of Shaklee. Most people didn't give her 5 years to live in 1970 and she died in 1993. It was well worth it!! **GLA and Joint Health Complex** came around in the last 3 years so she didn't get the benefit of them. I eat 5 Joint Health Complex a day and 3 GLA and my joints aren't as painful.I hope this all helps, email me if you have more questions.....*Randy*

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A man from my church (Cleve) who is in his late 70's has suffered from Arthritis for the last 10 years. He's been taking lots of Ibuprofen daily for 10 years. When I heard this a year ago, I said "yikes, your insides must be a mess"! I gave him some information regarding Shaklee alternatives for his pain and stiffness. He read it and said "no thanks"!

In the last month, he's no longer able to be a greeter at the door at church. He's not able to stand up when we sing hymns. I started praying for him."Lord, give him the courage to try something new and different (Shaklee)." I also gave his 42-year old daughter literature and said "Please, talk to your Dad. He doesn't have to be in pain all the time. And his insides are going to eventually give him mega trouble." She talked to him. A week ago he said "Give me a month's worth"! So I put him on **Joint Health Complex** (3 per day/ 1 per meal) and **Alfalfa** (3 per meal, gradually going up to 5 per meal - some at bedtime if you are stiff in the a..m). Yesterday at church, Cleve greeted me at the door. He said "I'm pain free. I stopped all my Ibuprofen and other than a little stiffness, I feel great!" Hallelujah! What a blessing that was for me! What did I tell him? "Tell all your friends"! Shaklee - you just keep producing awesome products! But what a blessing Joint Health Complex is for our hurting seniors! Keep up the good work, or should I say research, testing, etc.....*Marie C*

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I wanted to share this with everyone because I am sure you can help someone else. My husband Ken had rotator cuff surgery year ago this month. He had a complete tear all the way through. I would like to share his recovery. First he was back to work within 6 weeks, which is very early for that type of surgery, before the surgery he took double alfalfa, double **Osteokinetics** and double calcium. Right after the surgery he started taking 3 tablespoons of **Physique** twice a day plus the other supplements. He did fine and returned to work early and continued taking all his Shaklee supplements.This past week he went in for his year check up. The Dr. who is very well known for his shoulder surgery and has a excellent reputation was taken aback. He couldn't believe that Ken had such a complete recovery. He again asked his age (which is 55)

and said that he had never seen that much muscle development return in an injury of his kind or the range of motion return to that extent. Ken is a very faithful supplement taker and swears that he never could have made it through without Shaklee. He continues to take all the supplements especially the Alfalfa 20-30 tablets a day and 2 Joint Health Complex twice daily, he also feels the Vita E helped his healing process.

*Jane D*

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Wanted to share a great Shaklee story with you!! My mom's childhood friend Ida, who will be 88 in 2 weeks, has been suffering with painful knees for some time. I saw her in June, she was on crutches and in lots of pain, but smiling and going forth none the less!!!!!! For over one year, on the advice of her doctor, she has been using Fish Oil and Glucosamine from the health food store. She said it was no better, but no worse. Right on the spot I gave her a 2 month supply of **Joint Health Complex, Alfalfa, and Omegaguard**. I figured that if she were that diligent with the brand X and no results, she would be diligent with Shaklee and see results. WELL, it was LESS than 3 weeks later that she called to tell me that, even though she was a bit "afraid" to say it, her pain was nearly gone! I was just amazed!! She got a membership that day and ordered more products. I spoke with her a couple of weeks ago, she is walking over a mile again, without her cane, up and down stairs with no pain, and is thrilled!!! It has been JUST under 2 months now since she started on Shaklee!!

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#### Vitamin K

Individuals on Coumadin may need to restrict their intake of vitamin K (contained in Vita-Lea) or other nutrients or herbs that naturally influence the blood's ability to clot. In particular, it would be prudent for an individual taking Coumadin to discuss with their physician whether dietary supplements like EPA, high doses of vitamin E, and the herb Ginkgo biloba in Shaklee Mental Acuity Plus are appropriate for them. The glucosamine in Joint Health Complex contains alfalfa. A small amount of naturally occurring vitamin K is in alfalfa, which according to The Physician's Desk Reference, individuals on Coumadin should refrain from consuming excessive intakes of vitamin K. Health Sciences suggest that people should consult with their physician first if Joint Health Complex would be an appropriate product because of the vitamin K.

#### Alfalfa- I-canavanine

Some individuals are concerned about the ingestion of the amino acid I-canavanine found in alfalfa seeds and sprouts, and systemic lupus erythematosus, a disease that can adversely affect the vascular and connective tissue of many organs in the body. L-canavanine is found only in alfalfa seeds and young alfalfa plants to nurture the growing plant. When the alfalfa plant reaches maturity and is ready for harvest, this amino acid is no longer present. Our Shaklee Alfalfa Tabs are made from mature alfalfa plant cuttings and do not include alfalfa seeds or sprouts. In addition, our alfalfa has been independently tested in the laboratory and found to be essentially free of this I-canavanine compound with a limit of detection of just a few parts per million. In fact, we recently published our findings in the American Journal of Clinical Nutrition to set the record straight on this matter. .... *Your Friends at Shaklee/ smg*

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The lady is 85 years old, she was suffering from senior-onset diabetes, from osteoporosis, from degenerative arthritis in the back, & suffered greatly as result of the combination of these ailments and the ravages of old age!! She was taking as many as 9 medications to 'make her feel better'!! She called me one



day in August and ordered a bottle of Herb-Lax for a friend and she asked if there were any Shaklee Products which would help her ailments. She was very interested and was a very willing student. Since that day in August until this past Tuesday, this ailing individual has:

- \* Balanced her blood sugar -
- \* Increased her energy level -
- \* Rid all of the pain in her hips and back (caused by osteoporosis & degenerative arthritis)

Her call stating 'I have no pain' brought tears to my eyes! All I had done was reach out to someone 'who was hurting' with the Shaklee Guarantee and the love **which** is always spoken in Shaklee!

This woman is taking the following Shaklee Products (daily):

- 2 TSP Protein** am & pm to balance blood sugar
- 1 TSP of Fiber** am & pm to slow the metabolism of sugar
- 1 Vita-Lea** am & pm to energize the protein & provide nutrients
- 1 B-Complex** am & pm to balance blood sugar & convert food to energy
- 1 Joint Health Complex** am & pm to build cartilage between the joints

Yesterday, I spoke with this lady & she informed me that she was having a difficult time sleeping!! Realizing that she spends a lot of time sitting and not too much time exercising, I asked her if she was still open to a suggestion!! Without hesitation she stated "yes"!! She resides in Assisted Family Housing and lives on the third floor. I asked her if she would get some exercise by walking in the hallways of the third floor. She agreed. I asked her to walk out her door, turn right and walk to the end of the hall, then come back and walk past her door to the other end of the hall. I then asked if she could do that 2 or 3 times in the morning and again in the afternoon. She agreed to do what she could. I spoke with her 10 minutes ago, and she informed me: "I slept real good last night - I was tired. I took three trips down the hall in the morning and two in the afternoon. Also, a man came and helped me decorate my Christmas Tree."

At this writing, I am not sure who is the happier, my willing friend or me??!!  
Age really doesn't matter - Shaklee Products work!!.....*Shirley K*

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I am so excited, I just had to share this with all of you. Many of you know that I have been riding in the Multiple Sclerosis 150 mile Bike-A-thon now for the past nine years. Yesterday (Sun.27th) I completed the 9th ride of 157 miles. Prior to the arrival of Shaklee's **Osteokinetics (Joint Health Complex)**, I was going to continue to raise money for M.S., but I didn't think I'd be able to ride any more because of tremendous pain in my knees, so much so, I contemplated having them operated on. The pain following those rides was so intense that I could hardly walk for three days after. After about a week I would be able to ride my bike again, with a lesser degree of pain. When Joint Health Complex was introduced, I began taking them faithfully (3 per day as suggested.) Then when the bike tour came in the last week in September 1997, I was able to ride the entire distance of 157 miles without a hint of pain. This year, 1998, I again rode 157 miles and my knees DO NOT hurt even a little bit. I did not train with any degree of intensity and my quads and hamstrings paid the price on the second leg of the trip. I must say that three mixtures of Physique saved the day in that department as well a 70 ounce mixture of Performance per 78 miles, kept me from having cramps, since the temperature was in the high nineties with equal humidity and 10 to 23 MPH winds constantly in our face on the return trip. My dependence on these products assures me that no matter what the circumstance, they will ALWAYS WORK !! To me as an individual, that is of utmost importance because, in March of 1999 I will be aged 72 and I want to continue to do this until I am at least 82 years old. With the help of God, determination and these remarkable products, I see no reason why I can't.....*Richard B.(Dick) F.*

Subject: Re: osteo arthritis

I have been on **Joint Health Complex** for a year now and I have Osteo in my toes real bad. It has helped me. I have quit taking my medication for a year now and I feel great. I am now trying to get my Doctor to try it on others. Also, my Aunt has been on it since Jan. of this year and she could hardly get off the couch and walk. She is now doing great with Joint Health Complex . She works at Wal-Mart here in Troy, Ohio and she is getting her co-workers started on Joint Health Complex *Tony*

I'm now 44 and have had very painful spinal osteoarthritis since my early 30's. I refused meds for years until someone told me they hurt just watching me move! The dr. put me on high dose aspirin. This lead to really wierd and fluctuating deafness, but because of major stress and other health problems, I never

associated it with the aspirin until 1 1/2 years later . . . but my hearing returned 24 hrs after stopping the aspirin (spring 1993). Then I began rounds of various NSAIDs: ibuprofen, ketophren (spelling?), voltarin, and many others. Some were completely ineffective, others worked for a few months, but none completely relieved the pain. The other health problems (chronic fatigue syndrome) led me to Shaklee, and I tried high doses of alfalfa and EPA but didn't notice any improvement in the arthritic pain although I definitely improved in overall health. I finally decided to just forget the meds because they weren't helping that much anyhow. My doctor then told me that he would no longer need to monitor my liver enzymes! I hadn't realized that the meds put my liver at risk! The following year Shaklee came out with **Osteokinetics (now Joint Health Complex)**. I was able to get out of bed without taking at least 5 minutes due to severe pain. I have some bad spinal problems that means I will probably never be painfree, but **Joint Health Complex** has helped so much! (I take a bunch of other supplements as well, but I was already taking them and know that the difference in my arthritis came from the Joint Health Complex. I also have osteoarthritis in my wrists and hips. Rainy days used to make me ache all over, but now I don't even think about arthritis on rainy days. My mother really likes Osteokinetics, too, and feels like it works better for her when she also takes 10 alfalfa/day with it.

My sister, who is very skeptical, said only one **Joint Health Complex** a day has helped her foot to quit hurting. She was convinced enough that she encouraged a friend to try it for a knee problem. Personally, I feel it has been helpful to stop general achy bones that I was experiencing.....*Peg*

My quick testimonial for Osteokinetics z(now Joint Health Complex) is that my husband used to have to take two Advil a day for knee pain but within a week of starting he's been pain free!

My husband has bad knees. He has been on **Joint Health Complex** for 1 yr. For the first time in 8 yrs he walked in the MS walkathon with me. He attributes it to the Joint Health Complex only. He changed nothing else in his life, no diet, no exercise. - only Joint Health Complex. He is 39 yrs old.

Carol Bryniarski

Hi my name is Peter--three years I've been trying to get my father on Shaklee nutrition with no luck. Finally I saw blood pressure medication on his kitchen table and I completely lost it and yelled at him about taking care of himself and not trusting his own son. Not the best way to promote Shaklee I know! Well two months ago he started taking **Vita-Lea, B-Complex, and Omegaguard**. His blood pressure went back to normal in just two weeks taking two a day! When he saw this he opened up to me and let me talk to him about his back and shoulder problems as they were in bad shape and giving him a lot of pain, (from all those years of sports up to 61 years). He started taking one *Joint Health Complex* a day and two *Osteomatrix* and within a month he had no pain at all! He goes around to everyone telling them how great his son's Vitamin stuffis! Hope this helps you as it has my Father. P.S. He's still Very active playing on my League volleyball team and Marathon canoe racing at 61 years of age! *Peter*

Not all calciums are created equal. This is how people get rid of bone spurs, too Willa V not only has Osteo-Arthritis but also a calcium deposit on a vertebrae which is closing off 1/2 of the opening that the nerves go through. The nerves are pinched leading to her shoulder and down her arm, creating severe pain. She was taking Motrin several times daily to help control the pain whenever she turned her head. The doctor wanted to surgically remove the calcium deposit and said, "take No calcium" Willa decided to try some Shaklee and she started on the whole program with a special emphasis on calcium to try to dissolve her calcium deposits. Just 4 days later she bubbled, "I don't have any pain in my shoulder or arm -- Oh, a little bit maybe if I turn too quickly, but not enough to bother. In fact, I haven't taken any pain pills recently." Willa works in the pharmacy of the St. James Hospital in Pontiac. Noticing that she was moving better, the pharmacist asked what she was doing. "I'm not going to tell you," she replied. "Because you are a pharmacist and you're just like my doctor. "He persisted in knowing and after promising not to laugh, she told him she was taking Shaklee supplements. When she went back to her doctor for a checkup he wanted to know what she had been doing for he noticed a big improvement. She told him she was taking Shaklee supplements. He reminded her that he had

told her not to take extra calcium. Willa told him Shaklee's was dicalcium phosphate to which he replied, "Oh, that's O.K. then!" She still takes 10 *Osteomatrix* a day and she needs 8 Alfalfa with each meal and at bed time. Willa isn't even considering surgery any more!

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