

# ALLERGY AND SINUS RELIEF PROGRAM

Most people who suffer with allergy and sinus problems feel they must resort to using medications that have unpleasant and even dangerous side effects. For those who may be interested in safer, more natural alternatives, some of the following premium products by Shaklee may be of interest.

## Relieve Symptoms

### **Premium Garlic Complex**

Retains all the potency of one clove of fresh raw garlic without the odor. Garlic is traditionally used for its anti-bacterial, anti-fungal, anti-viral and anti-inflammatory properties. People often take it to reduce symptoms of allergy, asthma, colds, flu, sinus infections, yeast infections, diarrhea & flatulence. It also has heart protective properties of lowering elevated blood pressure and cholesterol levels.

## Strengthen the Immune System

### **Sustained Release Vita C**

For continuous antioxidant protection against environmental assaults, this unique all-natural sustained formula slowly releases Vitamin C into your blood stream over a 5-hour period and provides nutrients from the entire vitamin C complex including bioflavonoids. Vitamin C has been found to protect against smog, smoke, poor diet, stress, bruising, varicose and spider veins, chronic infection, allergies, asthma, colds, flu, swollen glands, anemia, colon polyps, and slow healing.

### **Nutriferon**

Developed and extensively tested by immunologists in Japan, this proprietary blend of natural plant extracts is derived from pumpkin seeds, safflower flowers, plantago seeds, and Japanese honeysuckle flower buds. Nutriferon supports and stimulates the immune system by increasing the activity of macrophages (white blood cells) and inducing natural interferon production. It optimizes the body's immune response against environmental irritants and airborne substances (as with allergies and asthma). Completely safe - no adverse reactions to these plant extracts recorded.

### **Optiflora, Two-Product Daily Colon Care System**

Scientists now believe 70% of the immune system is located in the gut ... a good place to start to strengthen our immune system against allergic reactions. There appears to be a surprising correlation between symptoms of upper respiratory congestion and sinus discomfort to poor elimination in the lower intestines. This is often associated with an overgrowth of the Candida yeast organisms. An increasing number of Americans suffer from Candida when the essential friendly microbes Nature intended to reside in our intestines get destroyed by medications such as antibiotics, steroid-based drugs (e.g. asthma medications), oral contraceptives, and more. Couple this with a diet culture so entrenched in sweets, breads, baked goods, chips, and snacks that are the favorite foods of the Candida organisms....

**\*Start with just the Optiflora probiotic capsule ...** a patented technology that allows the very fragile probiotics to pass through the highly acidic stomach protected by a triple encapsulation so they arrive exactly at the right location in the lower intestines.

**\*Then Optiflora prebiotic powder formula ...** a specialized food that enhances growth of the friendly microbes. If, however, you do not have many colonies of friendly bacteria, this food will lie in the intestines and eventually ferment and cause gas. *{use probiotic capsule for several weeks before adding the prebiotic.}*

### **Zinc Complex**

Essential for the immune system,, zinc is often deficient in American diets. It is lost with perspiration and stress. Classic zinc deficiency symptoms are loss of taste, smell, and appetite (common after illness or chemotherapy), slow healing, prostate problems, delayed sexual maturity, infertility, cataracts, and acne (one study showed an 85% reduction in acne scars in 4 weeks).

### **Alfalfa**

With deep roots extending 10 to 20 feet into the soil, this amazing plant is rich in trace minerals and protein plus contains 8 digestive enzymes. Recognized as a natural anti-histamine, allergy sufferers report good results from taking 3 or 4 of the little compressed sun-dried leaf tablets ... containing no pesticides, fungicides, growth regulators, or synthetic hormones. Other popular uses for alfalfa are swelling, pain and stiff joints, ulcers, stomach ailments, hiatal hernia, water retention, gout, body odor, and bad breath.

## **Diet**

Emphasize fresh vegetables and avoid sugar, breads, and baked goods.

**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 all staff the 52,000 square foot Forrest C. Shaklee Research Center in Hayward, California. They continue the important research and development that makes each product the world standard for quality. Shaklee is based on pharmaceutical standards.

## **Reduce Exposure to Toxins**

In addressing allergy and sinus problems, a two-fold approach is usually recommended: 1) strengthen the immune system (as discussed above), and 2) avoid products that could aggravate allergy and sinus conditions such as certain foods and cleaning products. Many cleaning products not only irritate the skin, but their odors can aggravate upper respiratory problems.

### **Shaklee Get Clean Starter Kit**

Step one in reducing toxins in and around our living space is to remove all toxic cleaning products from the home ..and replace them with the non-toxic, earth-friendly *Get Clean* Product line. Oprah Winfrey named these remarkable, effective, and yet inexpensive cleaners among her "favorite things". They can be purchased individually or in the most popular *Get Clean Starter Kit*. The kit includes products for the kitchen, the bathroom, and the laundry ... in particular fragrance-free dryer sheets (made from vegetables and biodegradable), a pint of Basic H2 (that makes 48 gallons of all purpose cleaner for about \$10), and Scour Off cleanser for pots, pans, and stove tops in the kitchen and for tile cleaning in the bathroom. Kosher certified.

### **Basic-G Highly Concentrated Germicide**

Disinfectant made without cresol. Cresol is easily absorbed by the skin and causes digestive disturbances, nervous disorders, mental changes, skin eruptions, and jaundice. Basic G kills parvovirus, feline leukemia, distemper virus, and the AIDS virus on surfaces. Note: for allergy and sinus relief in the winter when it's dry, remember to use a humidifier with a few drops of Basic-G to inhibit bacterial growth.

### **Shaklee Enfuselle Nutrition Therapy for the Skin Products**

Combine advanced technology with herbal and botanical extracts and antioxidants ...especially formulated for sensitive skin. Hypoallergenic, pH balanced, no artificial colorants or heavy mineral oils, noncomedogenic (won't clog pores). Plus a comprehensive highly derma-available complex designed to actually break each link in the chain of free radical damage. Literally reverses the accelerated aging of the skin caused by computer screens, fluorescent lights, and the sun.

## **Other Helpful Products**

### **Defend & Resist Complex**

Contains Echinacea ... which activates the immune system, promotes production of white blood cells, enhances resistance to infection (viral and bacterial), anti-inflammatory, promotes wound healing, reduces mucous, relieves boils, gangrene, ulcerations, bites, abscesses, and fights candida. Also contains larchtree extract and elderberry to surround viruses and help prevent their reproduction. Best taken at onset of a virus. Can also be used as a zinc lozenge or made into a tea. Very soothing to sore throats.

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