

Nutritional Deficiency Symptoms in Women

Splitting nails	Mental confusion	Ridges in nails
Blue nails	White spots on nails	Paleness of skin
Skin problems	Headaches	Dull, lifeless hair
Hair loss	Premature aging	Sores at corner of mouth
Poor muscle tone	Fatigue	Mood swings
Irritability	Nervousness	Depression
Faintness, dizziness	Bleeding gums	Bruise easily
Low resistance	Cold hands & feet	Muscle twitching
Fluid retention	Digestive distress	Constipation
Cravings for junk food	Menstrual disorders	PMS
Anxiety attacks	Headaches	Insomnia
Cramps	Dry hands (bleeding, cracking)	

Nutritional Deficiency Symptoms in Children

Bedwetting	Persistent colds	Hyperactivity
Recurring nose bleeds	Mouth breathing	Headaches
Fatigue	Recurring ear problems	Irritability
Chronic winter coughs	Dark circles under eyes	Leg/muscle aches
Paleness of skin	Allergies	Puffiness in face
Constipation	Diarrhea	Poor school performance
Wheezing	Spots on tongue	Twitchiness
Stomach aches	Excessive sweating	Stuffy nose
Poor attention span	Picky eater	

Basic Shaklee nutrition program for women –

Vita-Lea Multi-vitamin, B-Complex, Vita-C, Energizing Soy Protein, Osteomatrix (Calcium)

Advanced Program: Vitalizer, B-Complex, Nutriferon, Osteomatrix

Basic Shaklee nutrition program for children –

Vita-Lea (for Children or Infants and Toddlers), Chewable Vita-C, Chewable Cal Mag, Premium Garlic and/or Alfalfa, Meal Shakes or Energizing Soy Protein

If dealing with anti-biotics- when completed give the Optiflora to put the healthful bacteria back into the colon and stop the cycle of anti-biotic use

Nutriferon for the Immune system

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

Compiled from Health Files 5/2011

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