

IMPORTANCE OF OMEGAGUARD

Dear Shaklee friends, A recent presentation at the 64th Annual Scientific Meeting of the American Psychosomatic Society discussed the relationship of blood levels of Omega-3 fatty acids and a person's mood. This may be another reason why you might want to add Shaklee's full-spectrum Omega Guard to your daily supplements list. Here's the scoop! In 2000, the American Heart Association revised its Dietary Guidelines to recommend that people eat at least two servings of fatty fish per week as a means of reducing the risk of cardiovascular disease. While the cardioprotective effects of omega-3 fatty acids are well-established, other studies have demonstrated that omega-3 fatty acids may be linked to a variety of psychological conditions, including major depression and bipolar disorder. Research presented at a recent meeting of the American Psychosomatic Society has strengthened this link, with the results of small trial suggesting that low blood levels of omega-3s may have a negative impact on a person's mood and behavior. In the study, researchers collected blood samples of 106 hypercholesterolemic people who had no history of depression or any other diagnosed mood disorder, and did not take fish oil supplements or psychotropic drugs. In addition to blood tests, all subjects completed a series of tests designed to measure mood, personality and levels of impulsive behavior. Participants with low blood levels docosahexaenoic acid (DHA) were 42 percent more likely to report symptoms of mild to moderate depression, while patients with low levels of eicosapentaenoic acid (EPA) were more likely to be in a negative mood, and were associated with high neuroticism scores. Low levels of alpha-linolenic acid (ALA) were associated with higher levels of impulsive behavior. "In conjunction with published research, these data suggest that dietary intake of omega-3 fatty acids may be a determinant of normative variability in affect regulation, impulse control and personality," the authors wrote in their conclusion. They added, "This study opens the door for future research looking at what effect increasing omega-3 intake - whether by eating omega-3-rich foods like salmon or taking fish oil supplements - has on people's moods." Conklin S, Harris JI, Manuck SB, et al. Plasma fatty acids are associated with normative variation in mood, personality and behavior. Abstract #1411. Presented at the 64th Annual Scientific Meeting of the American Psychosomatic Society, Denver, CO, March 1-4, 2006

Frank M. Painter, D.C.

"The Doc on The Block"

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ADHA & ALLERGY TESTIMONIAL

Wow. Powerful personal testimony about the Shaklee difference. Long, but worth the read. Also attached as a word doc.

ADHD and ALLERGY TESTIMONIAL FROM Heather Cahn

My son Benjamin was born with extreme colic, for the first 3 months of his life. He was a very fussy baby into early childhood. He suffered from chronic ear and respiratory infections, extreme temper tantrums, constant discipline problems and slow learning problems in pre-K. At 4yrs old he had a mandatory surgery for ear tubes, adenoid removal and tonsil removal. This solved the hearing problems and sleep apnea, but all the other problems began to increase to unbearable levels. At the same time we were going through a divorce from a physically abusive situation and Benjamin was lashing out in violent ways.

Everyday was miserable and I suffered from extreme depression and anxiety for years to come. I couldn't seem to find the help I needed and I became too "wiped out" to keep looking or asking for solutions. Living with Benjamin was like walking on eggshells and I began to worry that he had "Borderline Personality Disorder" or "Bi-Polar" (from his Dad's family). His pediatrician said he was too young to determine anything. Over the next 4yrs he got worse. I was forced to a medical leave do to a work injury (lasting 5yrs). The pain and severity were amplified 10 fold by the family stress of Benjamin's problems, divorce and living in a one-bedroom apartment with my 2 sons.

Both sons went through extensive counseling. Benjamin's counselor suggested he be tested for ADHD and "Oppositional Defiant Disorder" He tested high for both. His Pediatrician then wanted to start him on Concerta for his ADHD. This brought him a very minor ability to focus on school (yet still getting "Cs, Ds" and incompletes) & no relief for the anger, depression or violent out bursts. It also made him lose weight and couldn't fall asleep until at least 2hrs after he went to bed! Meanwhile, his brother Nathan was having mini-nervous breakdowns because he hated the way his brother treated him and me, having bed-wetting problems up through 11yrs old.

When Benjamin turned 9, he had the worst violent outburst of wrath ever and I had to call 911, they sent a "PERT" team (Psychiatric Emergency Response Team) and police. The next day he was admitted into the Children's Mental Health Clinic for 7days and was put on Straterra for ADHD and Depacote for violent behavior. He was in a daze and behavioral stupor for 2 months and my hopelessness for any "real" solutions exhausted me. I needed to get work and wanted to get work in the health and wellness field.

I responded to an advertisement and interviewed to work from home with Shaklee. I had taken Shaklee vitamins off and on for 26yrs, yet never thought to do the business or use the nutritional products to get my family well ! So, 2 months after Benjamin's release from the hospital I started in Shaklee. By re-educating myself in the world of nutrition that I already had decades of experience with, I was able to find out a wealth of knowledgeable choices to heal Benjamin, Nathan and myself. The following were the health and wellness measures that worked for Benjamin:

B complex: 2-4/day

Chewable Cal-Mag: 2 tablets/night before bed.

Omegaguard: 3/day

Vita Lea: 2/day

Nutriferon: 2/day

Pre&Probiotic set: 2capsule/day with powder in drink

Soy Protein: 2TBLS/day in juice w/o corn syrup or in a fresh or frozen fruit smoothie.
Air Source 3000: Clarifies the air from toxins & allergens which antagonize his behavior.

Shaklee Cleaning Products Only! : For laundry, house cleaning and dishes. Non-toxic is the only way to go, his behavior also changed for the better when toxic chemical cleaners stopped being used in our home: Bleach, misc. cleaners and deodorizers. For my son Nathan who has had chronic allergies, sinusitis, asthma, bed-wetting, and emotional problems (anger and depression). stemming from his abusive home with his Dad and all the problems his brother Benjamin was going through, had great success with the following Shaklee health product solutions:

Alfalfa: 10/day

Vita Lea: 2/day

Omegaguard: 3/day

B-Complex: 2/day

Vita-C: Prefers 2 chewable twice/day

Air Source 3000: for the above reasons & stopped his & my severe cat allergies from our family cat!

Shaklee Cleaning Products Only: Eliminating his allergy response to household environment.

Special note on dietary changes and eliminations: We minimalized and/or stopped most refined sugars (cane sugar, corn syrup liquid or solids), rather using honey or real maple syrup instead.

Switched to 100 percent whole wheat or soy flour for baking or in-store purchased foods (Beware most breads and refined foods you buy have sugar in them!).

Stopped eating all foods with MSG, which is in hundreds, if not, thousands of foods. Be aware that "Aspartame" (nutisweet) converts to a glutamate when digested and will cause the same allergic reaction in people who are allergic to MSG (both my sons react with emotional and anger problems, as well as, respiratory distress).

Benjamin also suffered from chronic headaches, yet I'm not sure which of the above stopped those, but their gone! However, if he eats sugar in something, a headache will usually occur. This also applies to me, for I suffered from chronic migraines for years and rarely have them anymore with my Shaklee vitamin regiment, though whenever I eat refined sugars or flour I would usually get a bad headache. (I'm thinking the guys who discovered how to refine cane sugar and flour should be brought up on charges for the lives they've made miserable with deteriorating health!)

After we used the Shaklee products regularly for 6mos.+ our lives changed in the following dramatic ways: Benjamin came off of Psych meds, ceased having violent outbursts, has minimal emotional outbursts, started getting A's and B's in school and passed the 5th grade with flying colors, regained a healthy appetite, his headaches stopped, he started falling asleep with in minutes of going to bed, he became stronger and filled out more, his gingivitis went away and his hair and nails became healthier. Nathan's asthma was completely gone, his allergies subsided to minimal (his cat allergies were gone), his chronic sinusitis went away, he stopped bed-wetting, his fatigue issues from his mild depression were gone and he had a lot of energy and less fighting with his brother throughout the day.

I suffered from depression/anxiety, migraine headaches, extreme fatigue, chronic pain (was on pain medicines and anti-inflammatory drugs for 6yrs), high blood pressure, high cholesterol, Peri-menopausal (severe hot flashes, night sweats, weight gain, irregular cycles), 80lbs overweight, candida overgrowth (leading to many of these health problems), memory problems, insomnia, extreme environmental and food allergies, sinusitis, fungal

nails and slow growing hair. The following Shaklee health solutions worked for me:

Vita-Lea, Vita-C, B-Complex, Vita-E complex, nutriferon, alfalfa, lecithin, Osteomatrix, CorEnergy, Carotomax, Stress Relief Complex, Joint Health Complex, Omegaguard, Menopause Balancing Complex, Garlic, Liver DTX, Zinc, HerbLax, Pro&Prebiotic, plain Soy Protein and Slim Plan Gold.

In the last year using these vitamins my health has changed in the following ways: My depression & anxiety is gone, migraines gone, fatigue minimal, chronic pain gone, high blood pressure medicine lowered to half the previous dose, cholesterol lowered 100pts from 1-1/2yrs ago, Peri-Menopausal symptoms minimalized, I lost 20lbs, my candida overgrowth is minimal, memory problems are gone, insomnia minimal, environmental allergies and sinusitis minimal & nearly gone, food allergies gone with diet control and my hair and nails are healthier and stronger.

This is a large-sized chunk of my family's testimony of "The Shaklee Difference". I am truly grateful for Shaklee and their wonderful products. Heather Cahn

IS YOUR HOME HEALTHY? Is your Home Healthy?

From:"Madeleine Trottier"

According to the book, *The Safe Shoppers Bible*, here is a list of common household products that contain known carcinogens and/or neurotoxins. Carcinogens are chemicals that cause cancer. Neurotoxins are chemicals that adversely affect the nervous system reducing emotional well being, mental alertness, coordination and other functions associated with intelligence.

Lysol disinfectant (all scents)
Renuzit Air Deodorizer
Bon Ami Foam Cleaner
Citri-Solv
Fantastik All-Purpose Cleaner
Formula 409
Pine-Sol Multi-Action Spray
Pledge Household Cleaner
Simple Green
Spic & Span Cleaner
Scotts Liquid Gold
Lemon Pledge
Tilex Soap Scum Remover
Glass Plus
Ajax Cleaner
Gillette Foamy Skin Conditioning
Speed Stick Deodorant
Soft Soap
Secret Deodorant
Johnson's Baby Shampoo

S.O.S. Ammonia Glass Cleaner
Dawn Sureshot
S.O.S. Vinegar Cleaner
Joy Dishwashing Liquid
Windex Glass Cleaner
Palmolive Dishwashing Liquid
Shout Aerosol & Stick
Sunlight Dishwashing Liquid
Spray & Wash Stain Remover
Kleen King Aluminum & Copper Cleaner
KR2 Spot Lifter
Behold Furniture Wax
Depend-o Blue Toilet Cleaner
Endust
3M Aerosol Spot Remover
Formby's Lemon & Almond Spray
Most Home & Garden Pesticides

Right Guard Deodorant
Ponds Dry Skin Bar
Palmolive Skin Bar
Lady Speed Stick
Lever 2000
Irish Spring Deodorant
Lifebouy Soap
Jergens Liquid Soap
English Leather
Deodorant
Ban Roll-on
Caress Body Bar
Camay
Ultra Brite Toothpaste
Cepacol Mouthwash
Crest Tartar Control
Listerine Original & Cool Mint
Arm & Hammer Toothpaste
Colgate toothpaste
Scope Mouthwash
Old English Furniture Spray
Dove Soap Bars

Begin by thinking of your home as a toxic waste dump. The average home today contains 62 toxic chemicals more than a chemistry lab at the turn of the century. More than 72,000 synthetic chemicals have been produced since WW II. Less than 2% of synthetic chemicals have been tested for toxicity, mutagenic and carcinogenic effects, or birth defects. The majority of chemicals have never been tested for long-term effects.

In the work place, Material Safety Data Sheets (MSDS) must accompany any product used. The work place and the outdoors are considered "legal environments" while the air in homes is not. So regulations for outdoor air pollution and toxins in the workplace are much more strict than in the home.

Health Effects of Chemical Exposure Chemical exposure presents a real danger to you and your family's health and well-being.

Cancer rates have almost doubled since 1960.

Cancer is the Number ONE cause of death for children.

There has been a 26% increase in breast cancer since 1982. Breast cancer is the Number ONE killer of women between the ages of 35 and 54. Primary suspects are laundry detergents, household cleaners and pesticides.

Since 1980, asthma has increased by 600%. The Canadian Lung Association and the Asthma Society of Canada identify common household cleaners and cosmetics as triggers.

ADD/ADHD is epidemic in schools today. Behavioral problems have long been linked to exposure to toxic chemicals and molds.

Chemicals are attracted to, and stored in fatty tissue. The brain is a prime target for these destructive organics because of its high fat content and very rich blood supply.

Chemical and environmental sensitivities are known to cause all types of headaches.

Fibromyalgia, chronic fatigue syndrome, arthritis, lupus, multiple sclerosis, circulatory disorders, Alzheimer's, Parkinson's disease, irritable bowel syndrome, depression, and hormonal problems are diseases commonly related to chemical exposure.

The National Institute of Occupational Safety and Health has found more than 2500 chemicals in cosmetics that are toxic, cause tumors, reproductive complications, biological mutations and skin and eye irritations.

Chemicals in Household Products There are more than 3 million poisonings every year. Household cleaners are the Number ONE cause of poisoning of children. The top three culprits according to Poison Control: Household cleaners, bleach and medications.

Formaldehyde is one of the largest indoor pollutants in our homes. Symptoms caused by formaldehyde are allergies, cancer, immune system failings, and asthma. Products containing Formaldehyde include: antiperspirants , mouthwash, toothpaste, Tupperware, permanent press clothing, floor waxes, furniture polishes, baggies, coffee, wax paper, and paper money.

Phenols are a major indoor pollutant. Phenols are absorbed by lungs, and skin. Symptoms include caustic burns, kidney and liver damage and hyperactivity. Products containing Phenols include: acne medications, baking powder, computers, TV sets, mouthwash, sugar substitutes, and wallpaper.

Trusted Brands

Do you think the major products are safe? WRONG! Lysol© is even more dangerous than we thought. It contains phenols and dioxin (Agent Orange).

Bleach must be safe because people have been using it for years, right? WRONG! When using bleach, antiseptics or chlorine in industrial areas, OSHA requires you to wear impervious protective clothing, hard hats, boots, gloves, apron or coveralls, chemical goggles or full face shield and use only in well ventilated areas. There has been a call from the U.S. / Canadian Commission to ban bleach in North America . Bleach is being linked to the rising rates of breast cancer in women, reproductive problems in men and learning and behavioral problems in children.

NTAs were banned in 1970. Lobbying by Proctor & Gamble in 1980 put them back into home products although they are extremely cancer causing. What are they for? ONLY to make more suds in detergents to make you think your clothes are getting cleaner.

In the USA the #1 cause of accidental poisoning is Dawn Dishwashing Detergent©. WHY? Because it is the #1 seller. Tide contains Lye and is the #1 polluter. It is also the #1 seller.

Deep Woods and Off have an ingredient called DEET. DEET causes seizures in children and adults.

Doesn't it make sense to investigate Shaklee's alternative?

Get Clean! Safe for you, your home and your planet!

Listen to our Get Clean - 3 Minute Recorded Call - 925-924-3000

SHIRLEY DAVIS, CHN

"Creating Healthier Lives"

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Deb Headworth – Mercury Poisoning Testimony.

Do your eyes glisten when you think about your life in your twenties? Most people remember with mischievous smiles. The emotion I get is dread. **It wasn't only that my body struggled to overcome 13 areas of sickness; it was the amount of energy the struggle took from my life.**

Each area of sickness had its own complications. For example, because I had 37 food allergies, I spent innumerable hours on food preparation. It wasn't just the time, either; it was the comfort factor. Before my strict diet, I didn't realize how much I relied on familiar foods for comfort. Imagine a grown woman crying because of the type of food on her plate. Pitiful, isn't it? Yet, it's true. I had a choice to either avoid the foods or eat them and face days of recovery. This memory hasn't left me yet. We were driving to Mass one early winter morning. I was reading scripture and chomping some nuts when my ears started to buzz and my senses slowed to a drone. My hands shook as the misselette thudded to the ground and my heart beat louder and sweat poured. "Russ, pull over now!" I gasped as I yanked off my coat and sweater. I needed cold air. My throat was swelling shut. Red faced, blotchy and very scared I rolled out of the car. Fear stole any sense of control I had. What could Russ do? I remember his big eyes staring at me as blackness closed in. Then the cold air snapped me back and we rushed home to the Benedryl. Now a new concern was added to my regiment, make sure I have an Epi-pen with me at all times. **I tried to ignore the question, what happens when the Benedril and Epi-pen stop working?**

Do you remember how it hurt when you accidentally broke open a scar on your knee? This is how endometriosis hurts as each of the hundreds of endometrial cells break open every monthly cycle. Add migraine, low blood sugar dizziness, severe muscle cramping and nerve cell pain and you'll get a glimpse of how I felt 25 out of every 28 day cycle. Also add to the mix low thyroid, low progesterone, Crohn's disease, Candida, Insomnia and Osteoporosis and you can see how I went from the energizer bunny to old mother hubbard very quickly. **How many medications does it take to keep me teaching in the eighth grade classroom? How long do you think the medications will mask the symptoms?**

The fact that my body was dying and all 9 of our kids died inside me (9 miscarriages) still hurts me today. I've never seen their smiles. I feared how many more smiles we'd miss. The MDs had no more answers for us, so we looked to holistic health. I was diagnosed with mercury poisoning in 2000. I met Becky in my new doctor's office. She had the same diagnosis one month earlier except my numbers were in the top 5% of the Great Lakes Region. Hers were lower. We helped each other find vitamins, diets and treatments. **Regaining health became a full time job; I had to leave my teaching and leave my art studio creations. What else would I have to leave?**

After three years I decided to stop all vitamins and therapies. My liver had been harmed, my numbers weren't getting better and my hope for recovery was gone.

When my friend, Cindy Patin, introduced me to Shaklee, I was very skeptical; so was Russ.

How could they be different? In fact, I was down-right rude. It takes a lot to put hope back together. Finally, we understood Shaklee had a lot to offer. But could it give me what I needed? We decided to try. We gave my body every chance we could and I began nearly every supplement Shaklee offers. Becky decided to keep doing what we had been doing all along. She didn't want to risk crushing her hopes again. I understood.

Three years later, I'm on no medications, the mercury is gone, the endo, osteoporosis, thyroid, hypoglycemia and liver problems are history. The Crohn's, insomnia and Candida are under control. **A full drawer of Shaklee did for me what a whole pantry of other supplements couldn't do.**

When Becky called me a few months ago, I could barely recognize her voice through all the tears and depression. She used to be an accomplished accountant with a pleasant demeanor. Not anymore. Now she's still sick, without work, and just got released from a mentally challenged 'group home'. **I am no more deserving of a healthy life than she is. The only difference in our treatment was my Shaklee.**

Now, my husband and I get to coach other people to great health. Shaklee has helped restore hope in our future on Earth. Will we gain a living family? Now I have the energy to give live birth and to adopt. **Shaklee gives us wings.**

Do you think we're grateful for Doctor Shaklee and the people who helped us discover his work?

Deb Headworth

Grand Rapids, MI

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Bipolar (Manic Depression), Depression, and How the Brain Works--An Accumulation of Posts

My Mom and Bipolar Illness

My mother was bipolar, so I have a lot of experience in this area. I took care of her in her home for fourteen years--nine years on SHAKLEE exclusively. She went to heaven at age 80. Julie was a very intelligent, creative woman who was highly skilled in a variety of areas and so she was able to cover her inner hell for many years. Her earliest symptoms apparently appeared in her early twenties, but didn't push her into mental hospitals and medications until about age 49. As hard as it is to believe, mental illness was not considered something that ordinary people had in those days. So none of us close to her ever knew she had a mental illness. Instead she talked about her "nerves" and being afraid of a "nervous breakdown." We just knew that sometimes she had super energy, and that when it ran out she'd be in bed for days. A stroke at age 55 complicated things with brain damage to the part of her brain that organizes thought into speech--so she couldn't tell me in words how she felt. I also don't know for certain what behaviors were from the bipolar illness, which were from stroke damage in her brain, and which were related to slight dementia and/or confusion related to her rheumatic heart condition and a lifetime of circulatory problems. I'm not sure what part of our experience will help others.

Because she couldn't say more than 200 words and couldn't organize them into responses, I had to give mom vitamins based on what I observed in her. Ordinarily a person could verbalize the extent to which they're manic or depressed--and also that a "swing" is about to happen. Coming to the right amount of nutrients for an individual who can speak might be a smoother, faster process, with one caution. The person going into mania feels tremendous euphoria which often impairs judgment--and it's at this time that someone with this illness will stop taking meds and/or vits as the activity, speech, and thinking spins out of control. They are certain they need none of that any more because they feel so wonderful. In contrast, in the deep depression part of the illness, the person will not have the energy to take them or even remember that they're on vitamins, so all-consuming is the need to go away in sleep when life is an overwhelming and seemingly meaningless burden. So a person with the illness would do well to have a buddy who will keep the nutrients going even during these times--especially during these times.

First of all, know that MOODLIFT (St. Johns Wort) is not recommended for bipolar because there is not enough research done. When MOODLIFT first came out I tried it with my mother, knowing that anything SHAKLEE makes would not hurt her. But she did not do well on it--it tended to keep her escalating into manic instead of staying in balance.

Secondly, I've discovered over the years that, while all the nutrients are helpful, the key ones are just a handful. One is an abundance of soy protein through the day (because, unlike other proteins, it can get to the brain faster). A good strategy is to take a serving of soy and B-Complex first thing in the morning, and about 30 minutes before other foods, so that the nourishment can cross the blood brain barrier to the brain. Other important nutrients are B-Complex and essential fatty acids (especially Omega-3, which is a long-chain fatty acid). I know the anti-oxidants (C, E, Carotomax, Flavomax) help, too; a curious thing to notice is that the immune system is extremely challenged when moodswings are going on, and it's not unusual for transitory symptoms of a cold to show up. Mom took 1 OPTIFLORA serving daily to help with that. I'll mention some useful herbs later.

My mom took a lot of what SHAKLEE makes, and these are the additional things I think help the brain and body get into balance. We adjusted the amounts over the years, depending on her level of activity and what else she was eating. At the end of her life she spent a lot of the time in bed sleeping and became a very picky eater as her challenging days on earth drew to a close. So at that point she needed lots of SHAKLEE nourishment because it's concentrated and you get more nutrients per mouthful. Her doctor was working with me on keeping her calories up. Our Mealshake recipe was 2-3 scoops of MEALSHAKE in water, or 1/2 C of SLIM PLAN in water, with one TB of soy powder (any of SHAKLEE kinds for taste variety), 1 tsp of unflavored Fiber Plan, 1 tsp of Fiber Daily Mix and a little fructose. I served that with her vits four times a day.

I believe that milk is an issue in brain function, and we avoided dairy as much as possible in our home. Yes, the Meal Shake is dairy-based, so a bipolar person may want to avoid it the way people with ADD/ADHD need to avoid it. A physician in our group calls milk "cow pus" because of the cancers, etc. cows get from growth hormones and all the antibiotics they're given--and he says no one should drink milk. But my mom likes the taste of Meal Shake, even in water, and I know that the dairy in SHAKLEE's product is imported so it will be pure. Meal Shakes are also a little less expensive per serving than SLIM PLAN.

With B-Complex her swings were far less extreme and she seemed more balanced. Unless she was in deep depression (when she took more), mom took only 2 at bedtime and 1 at breakfast because there were Bs in other things she got in every day.

There is a theory that nutrients at bedtime are really useful to the body as it heals overnight. In my mom's case, I found that she woke up earlier and better if she had 2 of the 3 B-Complex a day at bedtime, along with one Vita-Lea and some other things.

Vita-Lea is crucial at two a day (for her, 1 at bedtime and 1 at breakfast). During the deep depression cycles I gave her additional Vita-Lea (with no iron) and/or extra B-Complex. She's took 2 Omega 3 and 1 GLA, but we've had both at higher amounts in the past. Nutritionist Nedra Sahr seems to suggest that a 4 EPA to 1 GLA ratio works best. Mom's doctor wanted her to take 1/2 baby aspirin every other day, so she took only 1 Acuity daily--it used to be three a day to help get more oxygen into her system and to help her mental acuity.

Mom took a good amount of other things every day, too--10 alfalfa, 2 garlic, 5 calcium, 2-4 Vita-C, 1 Joint Health complex, 2 fiber tabs, 1 Carotomax, 2 E, 1 zinc. I think the issue IS GETTING THE BODY INTO BALANCE AND KEEPING IT THERE--so all these help. As she did more sleeping, I tried to cut back some things to see if she could get along okay without them. In every case when I'd done that she let me know that something starts to hurt. I'm so pleased that my SHAKLEE business enabled me to provide the nutrition support she needed. She never hurt and when she was awake she was usually quite peaceful and cheerful.

I'm totally convinced that a lot of people who are hyper at times or super depressed at times are not bipolar at all, but that their systems are terribly out of balance. Stress drains the body of Bs and Cs, among other things, crucial for good mental health. And most people destroy their health with terrible eating habits that prevent them from getting in enough antioxidants let alone the basics to build healthy cells. Their lack of exercise deprives the brain of serotonin levels that would help the sense of wellbeing--and even 10 minutes of exercise first thing every morning would help nutrients from their food digest better as well as get around the body better. Their lack of sleep prevents the body from repairing. Not enough pure water prevents them from ridding their bodies of toxins that then get reabsorbed. (With our RO BestWater system, I made sure that mom got a lot of pure water throughout the day.)

Our experience has been that the depressed side was the hardest to manage--either with meds or with vits. Before SHAKLEE my mom was on 11 meds, some for the bipolar illness, some for the side effects of these meds, some for her heart and blood pressure, and some for arthritis. She went off all of them after we started on SHAKLEE, easing out of them with her two doctors' monitoring. Anyway, you just do the best you can to cope with the deep and extensive sleeping of clinical depression. I'm convinced that upping B-Complex will really help with this. My sister and I, who do not have bipolar illness but who have some of mom's biochemistry, do the best when we take 9-12 B-Complex a day!

Curiously, lecithin acted as a depressant for my mom. If she were in the manic phase, I had to give her what I called the calming dose: 1 Gentle Sleep Complex (valerian) and 1 lecithin. On high mania days I'd often need to give her 4 Gentle Sleep Complex and 4 lecithin at a time, repeating that over the day if the escalation were extreme. What was wonderful was that the dose calmed her within 10-20 minutes if it was the right amount; if it wasn't, then I'd wait awhile and give a second dose and so on until I'd see improvement. Often she would finally calm and enjoy a deep sleep, and wake up in balance and cheerful and sweet again--not the raging and violent being who wanted to hurt me—or even kill me. Mom was so grateful that with SHAKLEE she was having fewer of the bad experiences that come with going out of control in either direction. Our SHAKLEE journey was absolutely amazing!

The answer to whether everyone can get off medications for mental illness is a hard one to answer. Drugs, especially psychotropic ones, have such side effects that I really worked to get mom off everything, and we managed it all with SHAKLEE. But it took a lot of patience, and a lot of trial combinations before finding what worked for her individual chemistry. And I believe that some people need the medications. My mom went toxic on lithium at two separate times, years apart, so what works so well for others didn't work for her. If a bipolar person is considering going on SHAKLEE, I'd suggest they not go off the meds right away. I would gradually add and increase the SHAKLEE nutrition with an eye to getting better balance. When things have stabilized enough (eating better, exercising, drinking plenty of pure water, taking a regular nutrient regimen, getting enough sleep, etc.), then work with the doctor in phasing out the meds. My mom's psychiatrist really balked at this, but she'd tried hospitalization and every med possible on mom over several years without good results, and with debilitating side effects. Her gerontologist was a little more cooperative. On SHAKLEE my mom still cycled constantly, but if we added the right thing at the right time, she did very well. Mom no longer visited the psychiatrist, because there wasn't a need...and she saw the gerontologist once a year just to check in, and get the yearly TB test needed to attend an adult day program when she was up to it.

I hope what we've learned can help others, too... I'd love for everyone to have their own amazing SHAKLEE story to tell!

Shirley Koritnik

ONWARD & UPWARD!!

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Subject: Re: Dr. Miller

From: Dmarhaver@aol.com

I know that it is advised to ask you physician whether you can take Moodlift and also anti-depressants but I am going to ask you the question anyway.

Since SJW acts as a "selective serotonin reuptake inhibitor" and the daughter is already taking Prozac, which does the same thing, it is possible to get "serotonin syndrome" which is, essentially, too much serotonin. Some of the symptoms include dizziness, raised blood pressure, heart palpitations, etc. It is rather dangerous. Please advise her to contact her Dr.

Dr. Bruce Miller

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Exercise causes the brain to produce serotonin

Subj: Exercise the Blues Away - RealAge Tip of the Day

It's no news that exercise can help manage depression, but new evidence indicates that regular workouts may help soothe a sad psyche as effectively as antidepressants.

Researchers at Duke University tested people with major depression and found that a moderate exercise program (30 minutes 3 times per week) reduced depression as much as medication. The medications produced results more quickly, but after 16 weeks, the exercise effect caught up, according to the study. Exercise causes the brain to produce serotonin, a neurotransmitter that can reduce depression.

In addition to giving certain brain chemicals a boost, working out may enhance your body image and may impart a sense of accomplishment, mastery, and pride.

RealAge Benefit: Taking care of your emotional health and well being can make your RealAge up to 16 years younger.

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Press Release on Shaklee's Moodlift (St. John's Wort)

Date: 1/6/99 7:26:10 PM Eastern Standard Time

NEW "MOODLIFT" TM CAPSULES OFFER OPTIMUM COMBINATION OF ST. JOHN'S WORT AND INOSITOL

San Francisco, CA, September 25, 1998 - MoodLift™ capsules may be just what people need for a positive mental outlook*. MoodLift (tm) is a dietary supplement with a unique formula that includes St. John's wort and inositol. This product is now available from Shaklee independent distributors nationwide.

Unique Formula, Effective Combination

MoodLift™, available in convenient easy-to-swallow capsules, assures an accurate concentration of St. John's wort in every serving. Four capsules of MoodLift™ provide 900 mg. of St. John's wort extract standardized to deliver 2.7 mg. of total hypericin and 1,000 mg. of inositol. There is solid clinical evidence that St. John's wort provides dietary support for a positive mental outlook after four to six weeks of use*. Inositol, a normal constituent of the

diet, has been reported in clinical studies to be unusually low in people who are experiencing periods of melancholy. With both St. John's wort and Inositol, plus Siberian ginseng and green oats, MoodLift™ is unique in the marketplace.

St. John's wort (wort is an Old English word for plant) is widely recommended by health care practitioners throughout Europe. One of the most well-researched herbs in the world, St. John's wort has been used for over 2400 years as a safe and natural way to help maintain emotional equilibrium. In Germany, where the herb adheres to strict pre-marketing quality, St. John's wort is the number one herbal preparation chosen for maintaining a positive mental outlook.

Inositol serves as a key building block for "a second messenger" system that picks up nerve signals from various neurotransmitters, including serotonin.

The combined activities of St. John's wort and inositol work together to provide dietary support for the proper transmission of nerve signals and mood regulation. Siberian Ginseng aids the body in responding to environmental stress and green oats are traditionally used to provide nutritional support for a sense of well-being*. Additionally, MoodLift™ capsules are psyllium-free and dextrose-free.

Who might benefit from MoodLift™ ?

One in five women and one in ten men feel "blue" for no apparent reason.

MoodLift™ responds to today's stressful modern lives and promotes a positive mental outlook*.

Shaklee's commitment to quality and 100 % satisfaction

At Shaklee, the standards applied to herbal formulations are rigorous and reliable as a result of ongoing quality tests. Microanalysis of the principal compounds in Shaklee products guarantees that consumers can be assured of accurate label claims. Shaklee is well known for its commitment to scientific integrity and solid clinical research and has sponsored numerous clinical studies. This scrutiny is an ongoing part of Shaklee's high ethical standards and commitment to self-regulation. Shaklee products come with a 100 % money back guarantee.

A leader in the worldwide multilevel marketing industry, Shaklee has produced the finest quality products for over four decades. Shaklee's compensation plan offers a great earning opportunity for people interested in building a home-based business. For more information about Shaklee, call 1-800-SHAKLEE or go directly to www.shaklee.com.

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* 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.

Subj: Bold Herbal Remedy Makes Modern Day Comeback

From: AOL News

SAN FRANCISCO, April 6 /PRNewswire/ -- St. John's wort is a prime example of an age-old herbal treatment finding an even greater audience in today's health conscious consumer market.

"Every day, more and more Americans are realizing that St. John's wort can provide natural support for maintaining emotional equilibrium," explains Jim Whittam, CEO of Shaklee Companies, a leading provider of nutritional and herbal supplements.

The ancient Greeks and medieval Europeans believed that St. John's wort had the power to chase away feelings of sadness. Native Americans in the Pacific Northwest brewed a tea from the plant's leaves to promote well being.

The herb's long folkloric tradition of use has been substantiated in recent years by dozens of clinical studies. In Germany, where the most stringent scientific research on herbs began, St. John's wort is the top herbal preparation chosen to maintain emotional balance.

Emotions are controlled by the complex interaction of chemicals within the brain known as neurotransmitters. Without these crucial chemical connectors, the brain wouldn't be able to process information or send instructions to the rest of the body.

Scientists believe the chemical relay race that sends emotional messages throughout the brain is led by the neurotransmitter serotonin. Whittam, who holds a Ph.D. in biochemistry, explains that "when there is insufficient serotonin to successfully begin the hand-off of information, it appears that a wide range of mental and emotional systems can be affected." Scientists believe that this is where products containing St. John's wort, such as Shaklee's MoodLift(TM), can play a beneficial role.

Whittam suggested some simple tips to increase both physical and mental well being:

* repetitive physical exercise. Regular exercise has been shown to stimulate the release of mood-improving neurotransmitters.

* Stay connected. Establish and maintain regular social contact with

friends and associates.

* Learn to relax. Lighten your load and learn how to pace yourself.

* Eat a healthy diet. Nutritional support provides the biochemical building blocks that help maintain a healthy emotional balance.

For more information about Shaklee products call 800-SHAKLEE or visit Shaklee's Web site at <http://www.shaklee.com>.

SOURCE Shaklee Corporation

04/06/99 05:07 EDT <http://www.prnewswire.com>

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Subj: Evidence suggests DHA-type fish oil helps regulate serotonin

Date: 10/9/2000

Save your brain: Eat fish

Fish oil sharpens the brain at all ages, researchers say

5 WAYS FISH OIL MANAGES THE BRAIN

Fights Depression: Skimping on fish may depress you. Norman Salem Jr., a researcher at the National Institutes of Health, notes that populations consuming large amounts of fish have low rates of major depression. A lack of fish oil is linked to

depression in alcoholics, people with multiple sclerosis and women with postpartum depression. Further, he says, some dieters who reduce overall fat, including fish fat, tend to get depressed.

A recent Australian study of 21 depressed patients confirmed that the most severely depressed had imbalances of fatty acids in their blood and cell membranes. Evidence suggests DHA-type fish oil helps regulate serotonin, a neurotransmitter known for its "feel-good" qualities. Depressed people often have low levels of serotonin.

Reduces Aggression: You are less likely to express stress-induced aggression if your brain is under the influence of fish oil, according to Japanese researchers. In a new double-blind test of 41 adult students, those taking 1.5 to 1.8 daily grams of DHA fish oil for three months did not become more socially aggressive at a time of severe mental stress: final exams. In contrast, students taking a dummy look-alike capsule showed significant jumps in social aggression, as measured by psychological tests. This effect on stress may help explain how fish oil prevents heart disease. Stress hormones triggered by hostility and anger can constrict arteries and accelerate the formation of blockages, research shows; fish oil may suppress the release of those hormones.

Stimulates young minds: Fetuses and infants must get sufficient omega-3 oils for optimal brain development, says William Connor, Oregon Health Sciences University. In one telling study of premature infants, those fed breast milk had 8 points higher IQ at age 8 than those fed standard infant formula. Connor credits breast milk's higher amounts of DHA for that superior intelligence. In infant rhesus monkeys deprived of omega-3-type oils, Connor found severely impaired visual acuity and behavior indicative of a neurological defect. Autopsies revealed abnormalities in brain cells. Connor advises

pregnant women to eat fish a couple of times a week, especially during the last trimester, the time of greatest fetal brain growth. And breast feeding is preferable to infant formula, he says.

Blunts Brain Damage?: Fish oil may eventually be proved to lessen alcohol-induced brain damage, Salem says. He explains that excessive alcohol depletes brain levels of omega-3's -- DHA in particular -- which leads to neurological damage and impaired vision. He put experimental animals on high-alcohol, low omega-3 diets for six months to three years. They suffered severe losses of DHA in brain cells and detrimental changes in brain functioning. Some scientists speculate that fish oil also may have a protective role in degenerative brain diseases leading to memory loss and dementia. The brains of deceased Alzheimer's sufferers, for example, show low levels of omega-3 fats.

Influences Behavior: Children deficient in omega-3 oils may be more likely to have behavioral and learning problems known as attention deficit hyperactivity disorder or ADHD, according to new research at Purdue University. John R. Burgess, assistant professor of foods and nutrition, tested the omega-3 blood levels of 96 boys, ages 6-12; about half had been identified as having ADHD. Clearly, Burgess says, "boys with lower levels of the omega-3 fat scored higher in frequency of behavioral problems," such as hyperactivity, impulsivity, anxiety, temper tantrums and sleep problems.

The big question: Does taking more omega-3 and other appropriate fats cure the deficiency and improve ADHD behavior? That's what Burgess is trying to find out in a follow-up study. He cautions that only 40 percent of kids with ADHD in his study had low omega-3, so obviously it wouldn't work in most cases. Burgess also says it's unclear how much of what type of oils each individual child may need. Whatever you do, he advises

working with health professionals and not stopping other treatments or medications for ADHD without proper medical advice.

A smart tip: Restrict omega-6 oils (corn oil, regular safflower and sunflower seed oils, and most margarines), which tend to negate the benefits of omega-3.

Recommended: canola and olive oils.

A WARNING: Pregnant women should avoid freshwater sports fish, which may be contaminated with environmental chemicals. One of the safest and best for everybody: sardines.

SCIENCE 101

The brain-protective fatty acids in fish are called long-chain omega-3's, the same oil said to fight heart disease.

UNIQUE FAT

Most essential to the brain is one fraction of omega-3, known as DHA or docosahexaenoic acid. The chief polyunsaturated fat in the central nervous system, DHA reportedly has a direct beneficial effect on brain chemistry, development and functioning.

TOP FISH FOR OMEGA-3

Salmon* Tuna**

Herring Sardines

Anchovy Mackerel

Sablefish Bluefish

* Canned pink and red salmon have equal amounts of omega-3.

** Canned albacore tuna has more omega-3 than light canned tuna.

ANGLING FOR OPTIONS -- Don't like fish? You can get the brain-beneficial omega-3 fat by taking one or two fish oil capsules daily.

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Subj: Seizures and Shaklee

Date: 98-05-08 09:20:15 EDT

From: Heartbts

Seizures/Tegretol

I have 2 children 11 and 16 who have severe seizure disorders. We have been able to cut down on the medications for both of them because of Shaklee. One child has several seizures each day, and has a few different types each day. The other has a few seizures each month . The supplements have decreased the severity of the seizures. We used to have to call 911 several times a year for one child. After about 2 years on Shaklee, have not had to call one time. He used to seizure for over an hour. The other child

would have many, many drop seizures that would thrust him into the floor, and hope his protective helmet would do its job. Both of the children have been on high doses of medications, and still experienced the seizures.

After we started on a good Shaklee program we consulted our doctor and he agreed to lower the dosages. We have been satisfied with the outcome. They both lead more productive lives, and can go about their day without being under a cloud. This is what I give both children:

Protein

Vita Lea

CalciumMagnesium--because the seizure medications blocks the absorption of calcium

Gentle Sleep Complex

B-Complex--lots and lots for the nerves All the Bs are important for the central nervous system It also helps normalize the blood sugar which is needed to prevent possible seizures.

Vita C --vital to functioning of the adrenal gland, which is the anti-stress gland.

Zinc--brain function, immunity, valuable in RNA/DNA synthesis

Alfalfa-- digestive enzymes, detoxifier, mineral balance

Lecithin-- for the brain function and nerves

Herb-Lax--body and blood purifier--helps rid the body of toxins

DTX--dietary support for the liver Medications can damage the liver

I try to have the boys eat regular meals, with snacks in between to keep the blood sugar from bouncing, which can bring on seizures. I do not give them much meat products, and substitute the Instant Protein for this. I read somewhere that you should treat an epileptic like someone with hypoglycemia. Smaller more frequent meals. We stay away from artificial food, and eat a lot of raw fruits and veggies washed in Basic H. I have eliminated as many chemicals as possible from the environment. One child did not have a seizure for 2 months, then I was at my sister's house with him and she just got done using a very harsh chemical to clean her bathtub walls (Tilex). It was a very small apartment so the fumes had no where to go. I ended up with a headache, and my son ended up having a seizure. So, for that reason, I stay away from all nasty things in the environment wherever possible. I even sent Basic G and Basic H to school, so they do not have to pollute their environment...

Today we went to church and when taking him to Sunday School in the basement. I detected a bad odor, either chemical disinfectant, or something used for remodeling. I dropped him off in the appropriate room wondering how he would do. Within 10 minutes the teacher came and got me, Jim was having an anxiety attack...so he spent the morning upstairs with his dad in the adult class. We really need to look at the BIG picture here.

One note, I would always consult the doctor before considering a medication change. Seizures can be fatal, and the drugs can damage your liver. It is critical that the diet be looked at when trying to control seizures. The

supplements have been a big plus for the children, but have not eliminated them. We are comfortable with where we are, because we have come so far.

Hope this helps

Kathie Wegner

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Subj: Interesting research on depression

Depression linked to fewer brain cells

October 27, 1998

WASHINGTON (UPI) - Blue moods may be caused by a shortage of gray matter in families where depression is passed on like eye color, say researchers.

In a preliminary study of brain tissues, scientists from Washington University School of Medicine in St. Louis say they found evidence that depressed people who came from families with the mood disorder had smaller amounts of a specific kind of brain cell than to depressed patients who had no known family ties to the disease and to people with sunnier dispositions.

Price says the research suggests that this deficit may relate to the genetic difference that gives people a tendency to become depressed.

The scientists measured cells of a thumbnail-sized, hook-shaped brain structure known as the subgenual prefrontal cortex, which appears to play a role in the body's response to stress.

Dr. Joseph L. Price, who led the research, says a normal person has about nine million glial cells in this brain region, which is located just behind the mid-forehead.

But, in people with inherited depression, they found about seven million glia in the region. In manic depressives, there were even fewer cells, about five to six million.

The study is published in Tuesday's issue of the Proceedings of the National Academy of Sciences.

Glia function as support cells of the brain, controlling the environment for nerve cells, says Price. They also help process some key brain chemicals, including serotonin, the target of some of the major anti-depression drugs, such as Prozac, he says.

Price says he cannot predict whether this study will change the way patients are treated. But, he says it may open a new strategy in the search for depression drugs and alert doctors to subtle differences in their depressed patients.

Price says, "At the moment, psychiatrists do not treat familial depression different from other depression."

The scientists focused on this brain region after seeing results of

Imaging studies on living patients that showed the region was smaller and more sluggish in inherited depression.

The investigators then obtained brain samples from the Harvard Brain Tissue Resource Center and the Stanley Foundation in Bethesda, Md., and estimated the number of cells in each sample.

They looked at tissues from the Harvard collection first, and then confirmed their theory with the Stanley collection.

Price says he was surprised that the difference was in glial cells, instead of neurons, which gets the lion's share of the attention from brain researchers.

He says, "Most neuroscientists tend to ignore the glia. But, these forgotten cells could play an important role in this disorder."

The National Institute of Mental Health, Rockville, Md., estimates that about 19 million adults, nearly 10 percent of the population, suffer from some form of depression each year in the United States.

Neurologist Joel Kleinman of the National Institute of Mental Health calls the research interesting, but he adds, "The study needs to be replicated in another lab. I don't know what to make of it."

Dr. Michael Knable, the medical director of the Stanley Foundation, says

the idea is intriguing, but there are several weaknesses in the design of this particular study that could undermine the finding.

First, he says, brains from the Harvard group come from people of widely varying ages, from the 40s to the 80s. Brains change as people grow older. Also, the numbers of subjects was very small, always a problem where statistical research is involved.

But, he says, the biggest weakness is that there is only sketchy data on the family histories of the people whose brains are in the Stanley collection. From the records, there is no way to confirm whether or not these people came from depression-prone families, which is the key to the study.

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Recommendations for Bipolar

Stan, I have a friend, Kathryn Murray, who has a 20 something son. Gray was born with the cord around his neck and the Drs. say that caused his bi-polar and compulsive behavior. When he takes his medication his parents see an improvement but he does not like it so he has stopped. Got anything in your library of research that speaks to this? Kathryn thinks he might be willing to take vitamins if he could read about it first. Thanks for any help, Catherine

I've had excellent results with bipolar individuals with plenty of soy protein (2-3 servings per day), plenty of Omega-3 (6-9 per day), plenty of Lecithin (6-9 per day), and Vita-E (2-3 per day).

Protein -- All the brain transmitter hormones are proteins, and the brain needs a good abundant supply daily in order to produce them -- acetylcholine, dopamine, glutamate, serotonin, etc.

Omega-3, Lecithin, and GLA -- Essential fatty acids play a very important role in brain function and the proper production, uptake, and balance of brain hormones.

Vita-E -- Glutamate toxicity can play a major role in depression and bipolar emotional instability. Glutamate is a natural major brain hormone that plays a vital role in learning and memory. But when the brain hormones are out of balance, the brain's own glutamate can actually become toxic to the brain and over stimulate it, actually causing damage to brain cells. Vitamin E blocks glutamate toxicity.

Additional herbal helps would be Shaklee MoodLift and Stress Relief Complex.

Calcium is also very important for the brain and nervous system. You have more calcium in your brain and nervous system than you have in your bones. Supplementing with calcium will have a calming effect.

Stan

Hank & Ann Lisowski
Master Coordinators

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WELLNESS TALK on the Web: Testimonials: Nutrition: A-M:

Depression -----

By Robin Robertson (Sheeba) on Wednesday,

Subj: DEPRESSION

From: pennib@pennib.net <<mailto:pennib@pennib.net>>

Here is what I do for depression:

a.. Affirmations twice a day minimum. The most powerful one for me was this: I am a cheerful, joyful, exuberant person, and other people want to spend time with me. This was most decidedly not true when I wrote it, and it was not true for the first week of me saying it. But it became most magnificently true shortly after that! There are lots of books and tapes on how to write effective affirmations.

b.. 10 minutes of exercise every day. This increases the amount of beta-endorphins in your body, leaving you with an overall sense of the world being a good place.

c.. 8 cups of water every day (flushes out toxins and stress chemicals).

d.. 30 grams of protein at every meal - this takes longer to break into blood sugar than simple carbs, and creates a long-running good blood sugar level, making it easy to feel better.

e.. Complex carbohydrate at bedtime - baked potato is good. This calls the other amino acids to the muscles, leaving tryptophan (the runt of the litter) in the brain to become the main ingredient in serotonin. More serotonin is what the serotonin-reuptake-inhibitors are trying to mimic by letting you use your existing serotonin more often. Serotonin also is the impulse-inhibitor, which if you have more of it means you have an easier time giving up the fats and sugars I mention next.

f.. As few animal and dairy fats as possible - these produce prostaglandins (local hormones) that cause inflammation and lower mood)

g.. No sugar or white flour - these produce a sugar high, which the body immediately counteracts by releasing insulin, which takes all that sugar out of the blood plus more, creating a low-blood-sugar problem within 15 minutes, creating a crabby, vulnerable mood.

h.. No soda - this is from the no sugar, but you can't have diet soda either - the phosphorus in the carbonation upsets the phosphorus/calcium balance. I mention calcium later.

i.. Let the sunshine in! Make sure to spend some time each day in natural light. I don't know why this works but it does.

j.. St John's Wort - Shaklee's product is called Moodlift and includes inositol (a B-vitamin, see below), and ginseng (also see below). If I understand this one right, it pretty much does what the other SSRI's like prozac do.

k.. Multivitamin - of course. I take one in the morning and one at night, which is the standard Shaklee dose.

l.. B-Complex - also called the "sunshine vitamin" (TM) because of its positive effect on mood. Some dementias have been cured simply by correcting a b-vitamin deficiency. Consumption of sugar and white flour cause a b-vitamin deficiency because b-vitamins are needed to process carbs, and b-vitamins are not present in sugar and white flour, so your body gets the B's from storage. So that dessert, instead of having no vitamins, actually has negative vitamins. An important thing to know about the B vitamins is that they only work if they are all together (they are found together in nature) and in the correct proportions to each other (also found that way in nature). So if the ratio is 2:50 and your complex has 1:100, you are only getting the use of 25 of the second B vitamin. Shaklee's is taken directly from the natural source, so it is automatically properly proportioned. I take three with each meal for a total of 9.

m.. Acidophilus - the Yogurt Culture. Shaklee's version is called Optiflora. This crowds yeast (candida), e. coli, and other nasty bacteria out of your intestine. These nasty bacteria flourish after use of antibiotics because they grow back faster than the good bacteria do. The bad bacteria release all kinds of unpleasant toxins into the blood, which lower mood and generally keep the liver and the immune system busy on a low level year-round. Crowding out the bad bacteria improves mood, fixes skin problems, reduces gas and bloating, and improves the immune system, lessening colds, ear infections, and so-on. I was taking three a day, but I am working my way down to two.

n.. GLA - gamma linoleic acid. Found in Evening Primrose Oil and in even higher concentrations in Borage Seed Oil. This is an essential fatty acid (a good fat) which is an ingredient in the prostaglandins we all need more of which reduce inflammation and elevate mood. This also is an ingredient in the immune system and an ingredient in the cortisone that the adrenal glands produce (B-5, pantothenic acid, is another ingredient for the cortisone, as is protein). So, in addition to reducing depression, this supplement (and all of the essential fatty acids) will also help with allergies, asthma, eczema, and arthritis. I take two with each meal for a total of 6. This is also good for healing injuries, as are all the fatty acids.

o.. EPA - another of the essential fatty acids. I can't remember off the top of my head what the specifics for this one were - but all of the essential fatty acids are just that - essential. I don't like seafood, and this comes from cold-water fish, so it is a staple in my regimen. I take two with each meal for a total of 6.

p.. Lecithin - another essential fatty acid. This is extremely important in nerve-impulse-transfer. As an added bonus, it breaks down fats in your stomach so they don't get stored in large chunks and are instead more likely to get burned up. This also breaks down cholesterol so it can be used to coat the nerves - all nerves are enclosed in a sheath made of cholesterol.

Lecithin is found in eggs, which is why eggs have been exonerated as now having good cholesterol. I take three with each meal for a total of 9.

q.. Alfalfa - has some essential fatty acids as well, plus, because alfalfa roots grow so deeply, this plant has some trace minerals not found in other plants. Note that this means alfalfa sprouts are not useful for this purpose. I take 10 three times a day for a total of 30.

r.. Calcium Magnesium - calcium helps muscles contract and magnesium helps them release - or was that the other way around? At any rate, it turns out that both are also extremely important in both the central nervous system and in the hormone-regulation system. Every woman I know in Shaklee has reported a reduction in menstrual/PMS problems as a result of taking this supplement. Also ADD kids are found

to be deficient in magnesium, and drinking Soda makes us all deficient in calcium. Did I mention no soda? I can give my kids calcium when they are uncontrollably emotional and see a calming effect in minutes - this has to be seen for the full effect but I think you can guess. Suddenly they are reasonable human beings again. I take two three times a day for a total of 6.

s.. Vitamin C - This is the most universally helpful vitamin known. It works in the water-based systems of the body. It is an antioxidant in the water-based systems in the body, preventing accelerated aging. It binds with histamines, so they can no longer act and can then be flushed out of the body - an anti-histamine with side benefits instead of side effects. It binds with toxins so they can be flushed out of the body - it should be taken with every medicine to reduce side effects from the medicine. It is a major ingredient in collagen, which is responsible for skin elasticity, and thus it helps the skin become more smooth - which results in less places for germs to get through the skin. Because of the collagen, it reduces nosebleeds - in fact getting nosebleeds is a sure sign that you are deficient in vitamin C. For depression I concentrate on the toxin-removal properties. Toxins in the body have strange and unpleasant effects on the brain, and on top of that, they sap your energy, so you feel limp and apathetic. I take two (500 mg each) three times a day for a total of 6.

t.. Vitamin E - This does mostly what vitamin C does, except it does it in the fat-based systems in the body. One thing to be aware of with this vitamin is that it has to be eased into. Sudden high doses cause an increase in blood pressure, which creates a sort of anxiety. However, it is only at the higher doses that the vitamin really starts having its protective effect. Therefore, start with 100 IU daily, wait a while (no I don't know how long a while is - try a week), then add another 100 IU. Your goal is about 800 IU a day. Not only will this vitamin help with mental functioning, but it also has a protective effect on the heart.

u.. Garlic - this is sort of like an anti-fungal and an anti-biotic all wrapped in one. I use it to combat yeast, which as I mentioned before produces toxins which drain your energy. Interestingly, the lots of these toxins are released when the yeast dies, so when you cut off its food source (no sugar), crowd it out (acidophilus), and kill it (garlic), lots of them die at once and you have a sudden peak of toxins in your bloodstream. Expect some acne and some anger/rage/hostility and some sugar cravings during the die-off. This is a good sign that things are changing for the better, and it only lasts a few days. Don't give in to the sugar cravings! The garlic only kills the grown yeast, not the spores, so you don't want to feed them when they hatch. I take two three times a day for a total of 6 per day. We now have Craving Reduction Complex which helps with this fantastically.

v.. Ginseng - I don't know why this works, but it is universally recommended for depression, and I can tell from personal experience that it does work. I had licked most of my PMS and only had a small vestige of it left when Shaklee came out with CorEnergy, which is both ginseng and cordyceps mushroom. It seems that the combination allows your blood/body/something to carry and use more oxygen for longer, which is why it makes you more alert but doesn't have the jittery side-effects of caffeine. Caffeine works by preventing your nervous system from taking any rests. At any rate, that last vestige of PMS disappeared when I started taking CorEnergy and I am generally more cheerful throughout the day because I have more energy to tackle problems. I take three each morning.

w.. Herb-Lax - I take two each night. At first I only did this because it was on the I Love Dieting. They explained that sugar triggers the reflex of the bowel movement, and when you go off sugar cold turkey some people get constipated until their natural reflexes wake up from long disuse. Now I also take it because it is a great way to ensure that those toxins get flushed out instead of re-absorbed through the bowel walls.

x.. Milk Thistle - Shaklee's DTX - EUR" Good for - you guessed it - Detox! It supports the function of the liver, in this case the function to clean toxins out of the bloodstream. I've talked enough about toxins by now that I'm sure

this needs no further explanation. I take one with each meal.

y.. Ginko - Shaklee's Acuity - EUR" dilates tiny capillaries, especially the ones in the brain, allowing more bloodflow and therefore more oxygen to get to more parts of the brain.

This improves the ability to think. It also works great in other parts of the body too. And the other side effect of increased blood flow is - more waste and toxin removal! Enough said? I take one with each meal.

z.. Iron - attaches oxygen to blood molecules. A deficiency can leave you feeling tired and draggy. And if you are avoiding red meat in favor of the lower-fat white meats in order to avoid those bad fats I told you about, you will definitely have a deficiency for as long as you have a menstrual cycle. I take one per day.

aa.. Zinc - I added this to my regimen for skin clarity and for the immune system. However, it is also highly recommended for people with ADD, so I think it has an effect on the brain as well, though I can't remember exactly what at the moment. I take one per day.

This is an expensive regimen, but when I compare my life now to my life then, there is just no comparison. Plus, the fact that I am alive at all, having survived that dark time, is an excellent reason to continue with all the good this has done.

Since the time I wrote this several years ago, I have learned that I am allergic to dairy, and my allergic reaction is depression because it upsets my brain chemistry. I learned this from the "Is This Your Child" book by Doris Rapp and I have had dramatic results by cutting things I'm allergic to out of my diet. In fact, the only time I experience depression now is when I've been naughty and had some cheese or some sugar for several days. It helps that I've cleared some sources of stress out of my life. I will be happy to answer any more questions you or any of your members have - this subject is dear to my heart and I hate for people to have to go through depression for longer than they have to. Hugs!

-Penni

Recommended Reading:

"Potatoes not Prozac", by Kathleen DesMaisons (explains the Blood Sugar / Beta Endorphin / Serotonin balance and explains how to increase your body's production of Serotonin and Beta Endorphins.

"Is this Your Child", by Doris Rapp. Can help diagnose allergies which upset the brain chemistry even when no other common allergic symptoms are present.

+++++AIRSOURCE
TESTIMONIES

Hi everyone,

AirSource 3000

Testimonials

Daily we breathe 3400 gallons of air. How many breaths are tainted with pollutants? .. Shouldn't we be concerned?

The average person spends 90% of their time indoors. Shouldn't we pay attention to the quality of our air?

In 1995 the Environmental Protection Agency declared that Indoor Air Quality was the nation's NUMBER ONE environmental health concern

Poor indoor air quality is now considered to be one of the TOP FIVE HEALTH CONCERNS of all types and is know to cause or aggravate:

- 1.. Asthma
- 2.. Allergies
- 3.. Reduced Immune Function
- 4.. Chronic Headaches
- 5.. Fatigue
- 6.. Reduced Memory Function
- 7.. Reduced Cognitive Function
- 8.. Cancer
- 9.. Sinus Infections
- 10.. Skin Problems
- 11.. Emphysema
- 12.. Depression

According to a report in the journal of Preventive Medicine, data drawn from studies sponsored by the EPA "indicate that the general population is exposed to unexpectedly high levels of carcinogenic substances in their homes." "The results found that the highest personal exposures were 5 to 70 times higher than outdoor levels, with some toxin levels inside the majority of homes greater than the levels that qualify as a chemical waste site for superfund status."

The following Testimonials will cause you to seek a solution to these problems ... by choosing AirSource from a 45-year Leader in the Preventive Health Care Industry, Shaklee!

Severe Asthmatic off Steroids - Very Grateful for AirSource

by Deb Femling

Thank you for letting me try your AirSource last week. I'm just thrilled! My son,

Brandon who has had a runny nose since he was born 3 years ago, hasn't even sniffed in the past 5 days! My 7 month old baby is sleeping better at night - as is my husband and 5 year old! But the person who has seen the biggest change is me . I was diagnosed with severe, sudden asphyctic asthma - the worst kind - when I was 7 years old and have battled with tough breathing for the past 18 years. I've been on every drug available from inhalers to steroids but nothing has worked. I was sent to Colorado to the National Center for Respiratory Disease and was diagnosed with a second serious problem - Vocal Cord Disfunction. I've gone into respiratory arrest twice, had seizures, and have been incubated. I've spent hours in the ER, including the RED Room which is reserved for the most serious of ER patients - and days upon days in the hospital, including Intensive Care. I wheeze when I climb the stairs or when I carry my 7 month old out to the car. I wheeze the most at night and am attached to my nebulizer constantly. I wheeze when I laugh too hard or bag my own groceries. Sometimes I wheeze for what appears to be no reason at all ..UNTIL NOW! My asthma has significantly improved over the past week since I've been running my AirSource. My whole family is in awe! I'm off the steroids and haven't used my nebulizer for a week now. I'm using my inhaler about half as often as usual - even my chronic headaches are gone! I can't thank you enough for sharing the AirSource with me - I'll be sending you lots of referrals ... asthmatics tend to know other asthmatics!

88 year old breathes WITHOUT Respirator:

(by Sue)

My 88 year old mother is breathing on her own (without the respirator she was on two weeks ago). I thank God, Shaklee and AirSource for giving her back to me. I don't understand photo-ionization and electron generation, but I've seen someone I love go from shallow laboured breathing to relaxed deep breathing within two hours of plugging in the unit and placing it on the table a few inches from her hospital bed. A couple of days later while sitting in a chair, she looked over at the AirSource with tears in her eyes and said, "God is so good." He has truly blessed us with a treasure we can use to improve and even save the lives of people we care about. [Editor's comment: I wonder how this story would have ended if the person who told Sue & her mother about AirSource had been too afraid or too shy to share the good news about AirSource?]

Headaches Gone!

by Tom Fowler

In three weeks, I have conducted 16 meetings and traveled over 5,000 miles to introduce AirSource to as many as possible. My oldest son, Tom, came to his first meeting ever. He was sitting near the AirSource 3000. He raised his hand during the meeting and stated, "I have been stuffed up with a headache for days. My sinuses just opened up and my headache just went away. I don't know how this thing works, but I want a piece of this opportunity." He is committed now to building his own AirSource business.

My second oldest son, Craig, experienced similar results. I spent the weekend at their home in Alabama. His family had an opportunity to have AirSource 3000 in their home for two+ days. On Monday morning he was up early working in his office, which is in an area of his home that does not share the air where the AirSource 3000 had been cleaning the air. I visited with him in his office for about twenty minutes when I noticed I was

getting stuffed up and was getting a headache and I mentioned that to Craig. He responded. "I'm always stuffed up and get a headache when I work in here." He stood up and said, "I haven't had this problem all weekend." He went into the house area and brought AirSource 3000 into the office. In less than thirty minutes we were breathing easy with no headaches. Two days later he called to report that he had just looked up at the ceiling and saw that the air conditioner filter he had changed the previous week, was totally covered with what looked like dryer lint. He said this has to be the result of the agglomeration of the millions of microscopic particles that the electron generator in AirSource makes possible, and allows you a means to get this stuff completely out of the air. A prominent business man, Craig is extremely excited about the business opportunity to market these incredible air filters. He immediately started doing his own meetings and has set a goal to be a Director in one month.

Animal smells gone!

(by Lisa)

Thank you so much for the free trial for the AirSource 3000! It works great!!! I will tell you that everytime I come into my house I cannot smell the fact that I have dogs or cats or a ferret in the house.

No Longer on Oxygen!

by Tom Fowler

A gentleman who was victimized by polio had driven hours to attend my meeting to learn about the AirSource unit. He drove his wheelchair into the meeting room, and after my presentation he raised his hand and asked if it would be alright for him to share something. He said that he is now regularly on oxygen, and was using it all the way to the meeting. He stated that he had taken it off to enter the room. As soon as he came through the door, he knew the air in the room was different. "I can breathe this air," he said, and "I want to share this unit with everyone I know. I can do this business from my wheelchair."

Mildewed Furniture Saved!

Clem & Valeria Boatright

Our AirSource air purifier is exceeding our wildest expectations!!! We had to put our furniture into storage for a while. Unfortunately, it became terribly infected with mildew.

When we received our AirSource for a trial, we decided that our smelly, unsightly furniture would be a good test. Frankly, we weren't expecting much, if anything, to happen. To our utter amazement, we found the mildew was GONE .. in just 48 hours!!!

Needless to say, we are thrilled that we can now use our furniture again.

Asthmatic Breathes with Ease! Mouldy Basement Cleared Up!

by Marlene Krohner

Thank you so much for introducing the AirSource 3000 to me. The results have been amazing. I'm asthmatic and when the weather changes, I get horrible headaches and have trouble breathing - UNTIL NOW! These past two weeks it has been raining so much and I

haven't had to use my nebulizer since I've been using AirSource in my home!

I also decided to move it around the house as you suggested and I couldn't believe how well it worked. First, my basement smelled of mould and I couldn't go downstairs without coughing until I left the AirSource there for a day and it cleared it up! Also, my closet and its contents (shoes especially) have never smelled fresher. AND . this may

sound strange, but even my dog, who has been itching for years (we've tried everything from the vet) has stopped itching and sleeps so well through the night. I don't know why, but I am thrilled. I'm usually a very skeptical person and I had my doubts before, but seeing is truly believing. I'm so grateful to you for letting me try the AirSource. Unless a person has asthma like I do, one can't possibly appreciate how wonderful it is to breathe easily ...P.S. My husband was concerned about the cost until we called furnace companies and found out that this is far more cost effective since it does so much more than the UV bulbs in furnace ducts, and best of all, we can move it throughout the house. Believe me, it's worth every penny!

Two Asthmatics Breath Easy:

by Tom Fowler

I did an AirSource presentation, and one couple stated before the meeting started that they were having problems breathing and probably would not be able to stay for the whole presentation. They both had asthma. I had an AirSource unit running in the room, and I suggested they sit as close to it as possible. Early in the meeting they raised their hands and reported they could breath easy again!

Removed Nasty Odours Effectively!

For me, the ultimate test of AirSource was to see how well it performed in removing the smoke and nasty odour created by my self-cleaning oven as it burned away the grease inside. Cleaning the oven during the summer is especially irritating for my family; it is much too hot here in Scottsdale, Arizona, to open the windows to air out the house. I was eager to see how AirSource could solve this problem. One night before I went to bed, I set my oven to clean from 3:00 a.m. to 5:00 a.m. and turned on the AirSource unit near the kitchen. When I awoke the next morning, there was absolutely no trace of the usual smoke or odour. I thought I must have set the oven cleaning timer incorrectly the night before; I couldn't believe there was no smell. When I went to check the oven, I was surprised to see that it was still hot - and now clean .. and no nasty odours!

Musty Smell .. GONE!

by Tom Fowler

I booked an AirSource meeting in a hotel that had changed hands since the last time we used their meeting room, and when we arrived we found the conditions deplorable. The meeting room was in the basement, and the air conditioning was not working. It was hot, humid, and very musty. Several guests said they would not be able to stay. I plugged in my AirSource unit and asked everyone to stand in a semi-circle as close to it as possible. One person was very troubled with asthma. In minutes, everyone said they could tell the air was changing dramatically, and we obviously had a very successful presentation.

Incredible Results:

by Jacque & Ray Fisher

My husband Ray could not wait to get the AirSource unit in the house to try it out. As a rule, Ray can not breathe in our house unless he has the HEPA filter we already own right under his nose. One half hour after turning the AirSource on, Ray could already notice a difference in the air of our 1700 square foot home .. The AirSource 3000 WORKED THAT QUICKLY! Up until tonight, Ray has had to unplug the HEPA filter and roll it to whichever room he is going into (I have frequently referred to it as his 'iron lung'). Well, not so with the AirSource 3000. He can now go to the opposite end of the house and breathe comfortably with the AirSource working. With the AirSource unit in our home, Ray is able now to go to sleep (for the first time in years) without an air filter right by his side of the bed - with a tent to blow the air directly on him. We have been grateful for the HEPA filter - but boy is it LOUD! From what I understand, it also draws a lot of electricity, unlike the AirSource unit which is virtually silent. The AirSource unit is so much more effective!

Mould Spores Gone!

by Grace Gall

From June 2000 until April 2001, we lived in a rental house that was contaminated with mould. Right away I started having allergic reactions, including nasal congestion, post-nasal drip, and eventually bronchial congestion and uncontrollable coughing. Eventually I had to wear a safety mask like Darth Vader's whenever I was in the house. When we moved to our new home, we brought our bedroom furniture and bed with us. Within a week, I was having allergic reactions again, so we purchased new furniture and a bed. This helped somewhat, but then my symptoms returned. I would fall asleep and wake up choking and coughing. (Apparently the mould spores remained behind in the room, after we removed the old mattress.) So I have been sleeping in other parts of the house since then. Our AirSource unit arrived at noon on Saturday, October 6th. We plugged it in right away in our bedroom. That night I slept in my own bed and woke up in the morning with no congestion. The next day my husband noticed that the house air definitely smelled cleaner. We are so thankful to have our normal life back! (Certification testing on the AirSource unit demonstrates that dangerous mould is reduced 70% in 7 hours!)

Solvent & Paint Fumes Reduced!

by Bonnie Edkin, Environmental Chemist

I loaned my AirSource to a friend. Did she ever fall in love with it! She and her husband work for a company that paints designs and company logos on cars, vans, etc. They frequently drive one of the company's vans back and forth to work. There are all sorts of solvents and chemicals in the van and she gets sick from the fumes in it. So, while she had the unit, she placed it in the van overnight. The next morning, all the chemical odours were completely gone! She was thrilled! She ordered a unit, but before it came in, she contacted me again to ask if she could borrow my unit again. We had just experienced a day of heavy rain and when she arrived at work, she discovered the office ceiling had collapsed. The insulation in the ceiling was soaked! The whole place smelled terrible - the odour of mould was quite strong. All the employees were complaining. She set up the unit on Saturday evening, and on Monday morning I received an email from her saying that everyone said the office smelled fresh! As each employee arrived at work that day they would look at the unit and ask all kinds of questions and were all quite impressed with the difference in the air quality. She has now received her own unit. Solvent and paint fumes seep from the shop area into the office and she says that the AirSource helps reduce the fumes in the office.

Skunk Smell Gone!

By Bonnie Edkin, Environmental Chemist

A friend's dog was sprayed by a skunk and ran into the house immediately and began rolling on the carpet. The overpowering aroma of skunk filled the house. The family tried to remove the smell - they used tomato paste on the dog, they cleaned the carpet where the dog had rolled, and cleaned it some more, they opened the windows in the house, etc. When I heard what happened I called to offer the use of my AirSource. When I arrived, he had the windows open in the living room/dining room area in an effort to air out the house. The smell of skunk wafted through the open windows as I approached the home. I encouraged him to place the unit in one room at a time and close the doors and windows in that room. This would intensify the effect of the purifier and speed up the process. What was the result? ... They had the unit for four days. They moved the unit around to different rooms as I suggested. They had it on the main level of the home for two days. Their clothes in the closets no longer smelled like skunk. The main floor of the home no longer smelled. They moved the purifier to the basement, which had been the worst area, for two days. The basement had just a slight odour left. They were very pleased with the results!

No More Swollen Eyes in AM!

by KatieMae

WOW! I received my AirSource 3000, plugged it in .. AND ... within just a few hours there was a very fresh smell in my home that I only remember smelling when I used to hang clothes out on a clothes line to dry! The unit had been running for about 14-15 hours when a friend spent about 2 hours at my house. Kris came in with a stuffed nose and by the time she left, she noticed she was not talking nasal anymore. For me, the first morning waking up, with the AirSource running for about 17 hours, I noticed that my eyes were not swollen as they normally are. And I now wake up with a clear head, instead of waking with a very plugged up head (almost sinus headache feeling). We really need to get these out to people!

No Coughing, No Chest Tightness, and No Snoring!

By Kathy Hunt

The second night with the AirSource unit, my husband's chest tightness started clearing up, as well as his tickle cough. This cough always comes on in the fall and winter. We've had the AirSource for about a week, and he is experiencing no coughing, tightness and no snoring. My son has environmental allergies, and in the fall and winter his fingers and toes swell up. He told me the other day that the swelling has gone down since we have had the AirSource. The air smells like it's been scrubbed. My dog also had an encounter with a skunk. After we bathed her, nobody wanted to use the bathroom for a shower. We left the AirSource in overnight and it smells skunk-free. I keep the AirSource with me everywhere I go. My office is in the basement and the AirSource has made the air lighter and fresh smelling.

Daughter can Breathe again thru the Night!

by Dawn

I love my AirSource .. my daughter, Brandi, is now sleeping through the night without any

breathing episodes!! I'm amazed! Usually she has two or more attacks each night that wake her up gasping for air. I'm so happy .. I'm convinced the AirSource has made a difference - she has slept through the night for three straight nights without any attacks!

Hacking and Coughing in the Night has Stopped

by Rosalie Blood

I am excited. We got our AirSource yesterday. My granddaughter slept through the night without hacking and coughing . and woke up with a clear head. Rachael has always had a problem with allergies. She is 10 years old and ALWAYS hacks and coughs .. especially during the school year. Her school room is in the basement of a church and I am sure it is a mould problem that increases her allergies. My daughter also reports that her nose was clear this morning. I think this unit is phenomenal.

Medicinal/Dental Office Smells Gone

by Anthea

My dental friend purchased an AirSource for his office. The medicinal/dental office smells are gone. He is very satisfied, and has raved about the unit to others who are now

purchasing as well.

Massage Therapist Purchases Unit for His Office:

by Anthea

My massage therapist took home an AirSource for a weekend trial. He was totally satisfied because it removed the smell of cat urine in a closet overnight. He purchased a unit and is now promoting them in his office to all patients.

Perm Fumes Reduced!

by Anthea

I sold an AirSource unit to a Hair Stylist. I was there for only 15 minutes. Before I left the shop, she commented that the perm smell already was less noticeable. She is delighted and is sending referrals from her clients

Doctor Ordered 36 units! - First Order

by Tom Fowler

We had a Doctor attend an AirSource meeting. He ordered 36 units at the end of the meeting to sell to needy patients.

No More Headaches!

by Karen Rouch

A referral, who happens to be the owner of two large Orlando hotels, claims after having the unit in the bedroom of his 5,000 sq. ft. home for 1 night, that he went to bed for the FIRST time in a long time without a headache. He said every single night he goes to bed that he has a headache and has to take Motrin to sleep. (Apparently something in his bedroom is causing allergies.) He is so impressed with AirSource that he has ordered two units for his home and is talking about a unit for his office ... and with two hotels, who knows what could happen next.

All Three Daughters Breath Easier:

by Tom Fowler

I met with a couple to share with them Shaklee's wonderful products. When I started to tell them about the AirSource, the father called for their three daughters to join in. A few minutes later the first one, then another, and then the third daughter said this air is easier to breathe. The couple decided instantly to start their own AirSource business.

No more Filters to Change or Replace!

by Jeanne McGowan, Environmental Specialist

For the past ten years, I have had three air filters in my home. I had to buy and replace filters for all three of these air filter systems every year for ten years. Living in California, and anywhere near the freeways, it makes it difficult to determine how long the filters are efficient. The worst of it was trying to keep track of when to change air filters and wondering if they were still effective. None of the air filters I had, nor the ones I have seen, will purify the air in a two-story home like AirSource does. What money I would have saved on filter replacements over the past ten years! Better still, what money I WILL SAVE over the coming years with AirSource, which will purify the air throughout my entire 3000 square foot home. I will never have to wonder if AirSource is truly working throughout my home, and I will never have to wonder if it is time to buy filters again.

Emphysema & AirSource:

by Rosa Wilford

I placed an AirSource unit with a gentleman who has emphysema and is dependent on oxygen. He gladly agreed to keep the unit for a three-day trial and agreed to write me a testimonial of his experience. Here are his words: "I had a six breed mould infestation in my vent system. This was verified by a Biochemist and tests. Only after that would a carpet cleaning company come in and clean my vents. When they finished the cleaning of the vents they also cleaned the carpet and the upholstery. Between the mould and the chemicals used, I've been a complete mess physically. Within one hour after I plugged in the AirSource, the air started to smell fresher, drier, and warmer. For the first time in a long, long time I slept for eight straight hours." At the end of the three-day trial, the gentleman did not fully decide to invest in an AirSource unit because he was expecting delivery of another purifying unit he had ordered and wanted to compare the two units. After three more days he called me and said he was returning the other unit and wanted to buy himself an AirSource 3000, and that he also wanted to sell the units himself.

Couple with Emphysema Thrilled!

by Tom Fowler

I did a large in-home meeting where there were only two seats left when the last two guests arrived. The vacant seats were right next to AirSource 3000. I believe in miracles and the Lord had saved those seats for them. You see, they both suffer with emphysema. They greeted me with voices that were almost inaudible. During my presentation, the gentleman raised his hand. He said he could breathe. Someone from the back said, "Have him say it again. He can speak!" He then raised his voice and said, "I can breathe and speak!" His wife responded, "I can too!"

Ragweed Allergies Gone!

by Michelle Pappas

I want to thank you for allowing me to borrow your AirSource 3000 for a week. The unit arrived in the midst of the worst part of ragweed season. The day that I picked up the unit, I was at my "all time" worst! I barely could take a breath outside without feeling that I was turning into an asthmatic! It is scary to not be able to catch your breath! I placed the unit in my kitchen at noon on Thursday. I moved it to my bedroom at noon on Friday. I also went to the doctors on Friday to rule out any infection-bronchitis, etc. I was told .. "No infection, just allergy reactions." My doctor wanted me to take drugs. I refused, and simply bought some over the counter saline spray for my nose. It helped slightly, but it tasted so gross that I gagged. Friday, I was so bad, that I thought that I was in for a long haul of misery. I woke up Saturday morning totally symptom free. The AirSource unit really did the trick! I continued to move it around my 2700 sq. ft. home all weekend. I was so excited by Monday morning that I unplugged the unit and took it over to show a friend. When I went outside, I stuffed up all over again. When I got to her house 20 minutes away, I was hurting! I plugged in the unit the minute I got there, but the two of us went down to her basement to watch the AirSource video. I was pretty stuffy down there, but when we returned upstairs where the unit was, I could feel myself clearing up again! I was so excited when I left there, but I was also very sad - as my next stop was to return the unit back to you on my way home. When I got to your house I could tell that there was a lot of ragweed close. Do you remember the attack I had when I was in your driveway leaving to go home? It's amazing to me that I was totally fine in the house with the unit, yet when I went outside I was in distress in just a matter of minutes. I have a lot of acquaintances who suffer from allergies all year long, who will definitely want an AirSource. I intend to talk to every single one of them - I can't wait to get the units that I have ordered.

AirSource . an Anti-Aging Unit?

by Bennie Schmidt

I show people a most interesting test with an apple or pear. Cut the apple or pear and place it next to AirSource ...it will not oxidize. We let an apple set for two days and it didn't oxidize. A friend tried this for 12 hours and her cut pear did not turn brown. That means the free radicals in the air are gone using AirSource. I wonder how that affects your skin .. I'm going to promote AirSource as anti-aging! What a deal.

AirSource ... Is Cost a Factor?

by Marlene Nelson, Registered Nurse

Recently a friend told me that her sister-in-law really liked the AirSource (she was a Registered Nurse who suffers with a lot of allergies and takes Claritin daily) .. but complained about the cost. After thinking for a minute, then she commented .."Oh my,

I guess that is only a 10 month supply of Claritin." I thought surely she was joking, so today I called a local pharmacy and confirmed the cost. I gasped and asked the lady in pharmacy who was quoting me the cost if she was sure. She said, "Oh, yes, it is expensive - I would not even take it if my insurance did not pay for it." One of the first benefits of having an AirSource unit for many with allergies and nasal congestion is that they notice an immediate relief in breathing without the need for medications like Claritin. So when pondering over the cost of an AirSource 3000 unit, there are MANY things to consider. (Editor's Note: Drug books that list the effects of medications

show bone marrow damage and nerve cell damage as common side effects of prolonged use of antihistamines. The bone marrow is the area of the body that manufactures our blood cells ..and who wants nerve cell damage? Most people are totally oblivious to the warnings, precautions and side effects of drugs that bring only temporary relief to the symptoms of allergies!)

AirSource is Changing my Life!

by Jesi

My friend let me take an AirSource home on a trial basis last Friday. I plugged it in and was seeing results within 3 hours! My house is very dusty from a woodstove, animals and we live on a dirt road. I have also suffered for years with allergies, hives, sinus problems, and headaches. It has been so amazing that I have been able to breathe and not take anything for relief since Friday morning. When I picked up the AirSource I had had a sinus headache for two days that was not relieved by anything I took. Within 20 minutes of breathing the clean air in my friend's home, the headache was totally gone and has not returned. My insomnia has subsided and I have enjoyed a restful sleep each night since. I have had no hives, sinus trouble, or headaches since! Usually when I clean the house the dust is reappearing within 3 hours, and now it has been 3 days and there is almost no dust accumulation. I am told this will even get better the longer I use it. I am not one to solicit anyone, but this product is changing my life. I am alert, energetic and symptom free.

Asthma Greatly Reduced!

by Parke

For several years, my husband and I have both suffered with mild adult asthma, which our doctor believes could have developed from exposure to mould in our house, or possibly allergies. My condition, however, became much more severe in September after the collapse of the World Trade Center. My office was lost in the attack, and I was subsequently placed in my company's disaster recovery site just four blocks from "Ground Zero". As you can well imagine, this proximity to the fumes and debris did not help my asthma, and it made breathing at night more difficult on the days I spent in the office. As the suggestion of Karen Burrows, I tried the AirSource 3000 air purifier, which we placed in our bedroom. Within 2 days, I stopped waking up with a cough in the middle of the night, and after several more days, I stopped waking up with morning congestion. Both my husband and I agree that it has made a huge difference in the severity of our asthma and the air quality of our home. I can recommend this unit highly to prospective buyers. [You are free to use my name and our New York City apartment address (1623 Third #19KW, New York City 10128) when you share this with others.]

Mildew Gone!

by Mary Cardinale

I am "splendiforously" excited about something and want to pass it on. I placed my AirSource unit overnight in the bathroom to see if it would kill the mildew that has built up in the shower!!! Viola, all that awful looking black stuff between my tiles is gone! Do you realize what this means? I just spoke to a contractor. He told me that when he goes into most homes to remodel or repair, that mildew and mould are a tough problem to eliminate. But AirSource will wipe out mildew without harsh chemicals and prevent future growth if each homeowner makes a wise investment in AirSource!

Snoring & AirSource:

by Sandy Oakley

For over 25 years I have slept in my home where a freight train ran through it on a nightly basis. Sleep was impossible for me. My husband's snoring was sooooo loud that he had the windows rattling. My sister suggested that I try the Shaklee Air Source. The very first night I plugged it in the snoring stopped. Now I keep waking up during the night to check to make sure he is OK. Thank you Shaklee. It is a miracle!

Allergies Relieved with AirSource:

by Dave DeSloover

I am allergic to almost everything according to my doctor. We did the \$350 allergy test, the 2 shots per week, the multitude of pills, etc. Donna and I planned to go to Florida for three weeks and visit our daughter Maria. She invited us to her house, but because of my allergies, her three cats and the Florida mould getting to me, we booked a motel room instead. Well, a couple of days before we left for Florida, my sister-in-law, Dianne, loaned us an AirSource 3000 so we could try it at my daughter's house. We plugged it in and within a couple of hours I could feel the difference already. I usually breathe through my mouth because of my deviated septum and my plugged sinuses, but my wife noticed I became a nose breather! We went to bed and I slept like a baby, the best night's sleep I've had in a long time! My throat wasn't dry like usual when I woke up, so I must have been NOSE BREATHING instead of mouth breathing while I slept soundly also. The first thing I told my wife was, Dianne was not getting this one back no matter what it cost me! We brought it to Florida and we stayed three weeks at my daughter's house with the three cats, two crabs, and our dog. I slept good, and I didn't notice the cats. My daughter also has allergies. She is pregnant with twins and had to stop her allergy shots. She hacked and coughed a lot because of her cats, but after a few days, that almost quit. She ended up keeping that unit and immediately I told my wife to call and order another unit so we had it when I got home. The AirSource 3000 is more like an AirSource 3 MILLION as far as I am concerned! I don't know how or why it works, but it sure works great!!!!!! THANK YOU for my AirSource 3000!

Nursing Home Testimonial

by Tom Widney

I love the new AirSource unit so much I've bought three of them for work. I am the Director of Westerville Center for Rehabilitation and Nursing Care, in Westerville, Ohio. Recently Natural Choice Associates approached me about trailing the AirSource unit

in my nursing home. Like all nursing homes I've been in, there are challenging residents who, due to disease or habits, have foul smells that can't be washed away. I thought I'd try out the AirSource 3000 on one such resident. We have used other cleaners and sprays but they either don't work or we are just masking the odour with another smell, and putting chemicals into the air. This resident has a foul smelling body odour that permeates the room and hallway. We bathe her frequently, but because of her persistent sweating, she puts off this odour. This is very embarrassing to her and to us too! When I trailed the unit, it removed the odour in the room and even more important it eliminated the odour from reaching the hallway. We still bathe her frequently to remove the odourous sweat, but the room smells clean now. After this experience alone I decided to keep the AirSource 3000. The resident even loved it and when I tried it in another room she was upset I had taken it out. Even she could tell the benefits of the unit! Next, I decided to use it in our smoking room. Many families have complained about the smell which goes into the hallway. Again, it worked well, especially when I kept the door closed and allowed the unit to remove the smoke odour. Even though they smoke about three packs of cigarettes a day in the room, there is very little, if any smoke smell after 30 minutes of the last smoking time. Because of the results from the AirSource unit, I purchased three of them, two for my smoking areas, and the one for the resident's room. I think the AirSource unit is a well-designed unit that delivers top performance in removing smoke and odours. I would definitely recommend that you try it for yourself. (Tom Widney has been a nursing home administrator for 15 years. If you plan to contact nursing homes regarding AirSource, he recommends you contact either the Administrator or the Director of Maintenance or Housekeeping)

Allergies & Ear Infections Improved!

Martha Kirklin

For many years, Martha battled with allergies and ear infections always resulting in bronchial problems and the use of antibiotics. This occurred at least five times per year!

When her AirSource arrived in early October, that all began to change! After 3 months of improved health, Martha decided to discontinue the Zyrtec she took daily. Since the Zyrtec cost her \$63 a month, she said she has saved over \$180 since then! Not to mention how much healthier she feels! Martha is 69 years of age. (Testimony submitted by Judy Klinect)

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Exciting Shaklee Product Testimonials

· Lots of Calcium, Vita-Lea for Children, and Chewable Vita-C has made remarkable differences in bedwetters

· Multiple sclerosis disease drains the body of calcium. Take Ostomatrix and VitalMag to combat the effects. Physique and Performance Sports Drink also helps.

· Chronic fatigue also needs Physique and Performance

· Manic depressants should take lots of Zinc & Alfalfa. Performance Sports Drink helps the depression and helps assimilation of minerals.

For heart palpitation, drink Performance and take Zinc.

Some people have found that the taking of 6 Shaklee Premium Garlic tablets a day, their blood pressure can go down 30 points in one month. No bad breathe either!

Take Zinc for throat infections.

Physique contains, chromium, which produces insulin. It is great for diabetics because they have a carbohydrate craving. Drink 1 scoop of Physique in the morning and evening.

A drink of Instant Protein and Physique is a "TURBO BOOST"

Eating sugar long enough guarantees diabetes, hypoglycemia, arthritis and/or allergies. If you eat a lot of sugar, you're likely to be protein deficient.

If a person has or is prone to skin cancer, they need to bathe with only Shaklee products. Regular products leave a soap and chemical residue on the skin.

Shirley stopped her asthma attacks within 30 minutes with alfalfa and chewable vita C.

When you are sick, you require much more nutrition than when you are well.

Carbonated drinks interfere with calcium absorption.

Lecithin cleans the liver, which is the body filter for toxins and pollutants.

Garlic kills fungus, virus, bacteria and yeast!!

Genistein found in soybeans blocks cancer tumors; Instant Soy Protein is a superior soy source.

Vitamin C is the most neglected nutrient. Nobody takes enough.

Shaklee Fiber Plan is now being recommended by doctors because of outstanding results in lowering cholesterol and favorable clinical studies.

Fitness and Physique heal muscle injuries. Fitness after exercise energizes and helps repair, rebuild and strengthen muscles. It's lo-calorie and prevents muscle soreness.

Shaklee food supplements are food; balanced, complete and "alive".

Shaklee spends more on RESEARCH every year than the US government. Other companies spend large amounts of money on advertising and promotion. Shaklee spends none. In Shaklee, people like you and me promote the products extolling the benefits we see. We also earn bonuses, promoting the products we love!! If you keep tryi9ng companies that come and go, you lose your integrity.

Why use Shaklee? 50 years of product and business integrity; Shaklee is the market leader, yet spends nothing on advertising. Shaklee scientific excellence and Shaklee does blind and double blind studies.

Labels don't give enough information about a product. The integrity of a company is paramount. Shaklee routinely submits product research to outside investigation with results open to public scrutiny.

From Master Coordinators Don & Shirley Fike, R.N. & Chuck & Joyce Hoffman, R.N.

Thanks to Sr. Master Coordinator DeDe Shaw

Optiflora - Migraines

I have had migraines since I was a teenager. I know I have also had Candida for several years. I have tried all the remedies. Nothing helped until Optiflora. Thank God that Shaklee now produces Optiflora. Since starting it about a month ago, I have not had one migraine. It seems obvious to me that the Candida was causing my migraines and Optiflora is working on that problem. Thank you Shaklee and to the gal that introduced me to this great Company! Suzi Colclessner

7/27/2007 sent all the above testimonies to Justin in Houston

Emily Giuffre, and Luciann Meyerhoefer