

TESTIMONY - DOWNS SYNDROME

Jodi was born in Jan. of 1977. She was 6 wks.early and a real surprise. She was born tiny but fighting for everything. Since Jodi was the Doctor's first Downs Syndrome child, he wasn't sure, but told us right away of his thoughts. Jodi was the first grandchild on my side of the family and the first girl on my husband's side. She was our first child, and we were 23 years old. I searched for any information I could find at the local library. 1977 was just before the time for all of the information that is available today. I was lucky enough to find the name of a doctor out east who had done vitamin research with Downs Syndrome children. His son was 35 at the time and was Downs. It seemed that the Downs children's needs were more as he could tell, so he sent me a letter of his findings. I put that letter away for quite awhile and didn't think of it a lot. As Jodi got older and started with the ear infections, bronchitis, pneumonias, I thought about it more. If I could strengthen her immune system, then maybe, just maybe, she would stay healthy.

So, Jodi took vitamins. Whatever I could find, I never really noticed much difference. When Jodi was 5, I met a lady who shared her information on Shaklee. I knew that this was for Jodi (little did I know how much I needed it!). So we started! Jodi took **Protein** in her juice, **Vita Lea**, first childrens then adult as soon as possible, **Herb Lax, B-complex, Zinc, Vita C, Lecithin and Calcium Magnesium**. When she got old enough, I set our vitamin box out and let her take what she wanted. Funny how they take what they need it seems.

Jodi started schooling in a town 25 miles from where we lived when she was 2 1/2 years old. She rode the bus every day both ways. She continued school until May 1997 when she graduated from our local school. She was in the Special Ed program and integrated into Science, Math, PE (in middle school), and was in the moderate program in High School. She did some Math and Science there also but not a lot. She sang in the H.S. Chorus all four years.

Jodi moved away from our house a week after she graduated, into a wonderful program in the town 25 miles away. She works outside of the "workshop" on jobs in the community and is taking some classes in conjunction with the local Jr. College for the people in her program. She does computer and 20 is very social. She hardly ever forgets anyone, especially her high school friends. She writes her own Christmas letter to share with friends and family. She is still on all of her Shaklee. That was one of my biggest concerns. Fortunately, we live in a rural area and the Doctors know us personally and know Jodi well. When she went in for her physical to move into the group home, they asked what all she took and she rattled it all off to them. I thought the PA would fall over with the list, but she didn't. She just said, "This has worked well for Jodi for years, we aren't changing anything now!. I was thrilled!

We have added **Optiflora** to Jodi's list of things to take. I wouldn't hesitate to get it into anyone possible! She doesn't take it all of the time but does when she gets challenged with something. It has worked wonders when sinus colds come up, as do the **Echinacea (Defend and Resist Complex)** and **Garlic**..... *Dee & Greg S*

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

What is Lactoferrin? Shaklee's Increditives- Children's Multivitamin?

by Dr. Steven Chaney, Ph.D. North Carolina Medical School

Many of you have been asking me "What is lactoferrin and why did Shaklee add it to Shaklee's Increditives- multivitamin.

Simply put, lactoferrin is an iron-containing protein found in mother's milk that is very important in developing and strengthening the infant's immune system.

Let's look at the science behind lactoferrin and why it strengthens the immune system:

1) Iron is an absolutely essential nutrient for your child's immune system. In fact a weakened immune system is one of the first signs of an iron deficiency. It turns out that lactoferrin is an easily absorbed form of iron. In fact there is a special transport system in the intestine for lactoferrin. Because the iron in lactoferrin is much more bioavailable than other forms of iron, the lactoferrin in Increditives assures that your child's immune systems gets the iron that it needs to function optimally.

2) Lactoferrin also increases the number of nutrient- absorbing cells in the intestine, so it enhances the absorption of the other nutrients your child needs for a healthy immune system.

3) Finally, lactoferrin suppresses the growth of bad bacteria in your child's intestine. That's important because 80% of your immune system originates in the intestine.

Simply put, when those immune cells in the intestine have to spend their time fighting off bad bacteria in the intestine, they are unavailable to fight off bacteria and viruses elsewhere in the body.

So lactoferrin helps strengthen your child's immune system in several different ways and Shaklee's Increditives is the first children's multivitamin to contain this important immune-enhancing ingredient.

The other two questions that I frequently get are:

(Q): If lactoferrin is only found in mother's milk is it really needed by anyone beside infants?

(A): Lactoferrin is, indeed, very important in helping infants develop a healthy immune system. I suppose in an ideal world once the immune system was developed we wouldn't have to worry about it again. But we don't live in an ideal world. We live in a world of Happy Meals, french fries & soft drinks. We live in a world of artificially colored, flavored & preserved snack foods. We live in a world where antibiotics are used at the drop of hat!

Several clinical studies have shown that lactoferrin can play an important role in strengthening the immune systems of children who are no longer breast feeding.

(Q): My child is allergic to milk. Can they use a supplement containing lactoferrin?

(A): Most milk allergies are caused by an allergy to whey protein, the most abundant milk protein, or lactose, the most abundant milk sugar. Lactoferrin, on the other hand, is a very minor component of milk, and it is very unlikely that your child will be allergic to lactoferrin. However, if your child has a very severe milk allergy, it is always a good idea to check with your pediatrician before giving them any food containing an ingredient derived from milk. I hope that this is helpful.

This week I'm going to talk about Oligofructose- Enriched Inulin and why Shaklee added it to their Multivitamin & Multimineral Powder for infants and toddlers.

But first let's talk about your child's immune system and why it is so important to keep it strong. The immune system is just developing in young children. That's why they are so susceptible to colds and allergies.

To a certain extent all of those colds are a good things. They create the "immune memory" that they will need to fight off colds and infections in the future.

But it also means that children are particularly susceptible when something really nasty comes along. It is no coincidence that many of the recent victims of the "swine flu" were small children.

When we talk about immunity we need to also talk about intestinal health. It turns out that 80% of the immune system originates in cells lining the intestine.

And when bad bacteria populate the intestine, those intestinal immune cells are so busy fending off the bad bacteria that the rest of the immune system can't function optimally. That's why it is important to make sure that our intestines are populated by friendly bacteria.

And that's not easy with kids. They put things that they really shouldn't not put in their mouths - dirty things with "who knows what" on them.

Not only that, but if they have frequent colds or infections they are often given lots of antibiotics.

Unfortunately, antibiotics wipe out the good guys in their intestines and leave the door wide open for bad guys like yeast.

Now that we understand why your child's immune system is so important and the role that friendly intestinal bacteria play in keeping their immune system operating optimally, it's time to turn our attention to oligofructose-enriched inulin.

A name like that sounds downright scary, so let's take it apart bit by bit.

We'll start with inulin, which is a complex carbohydrate that comes from foods like the Jerusalem artichoke and chickory root. It is poorly digested - so foods that are rich in inulin tend to be low in calories and high in fiber.

Oligofructose-enriched inulin is simply obtained by a partial enzymatic digestion of the inulin. So now you know what oligofructose-enriched inulin is. But you may be asking why is it an important ingredient for Shaklee's Multivitamin & Multimineral Powder.

That's because it is the perfect food for friendly intestinal bacteria! And if we can keep the friendly bacteria happy they'll fight off the bad guys and that helps keep our child's immune system operating the way it should!

It turns out that oligofructose-enriched inulin also enhances the absorption of calcium - but that's just a nice side benefit.

The other two questions that I frequently get are:

(Q):If lactoferrin is so good at enhancing the immune system why didn't Shaklee put lactoferrin in their Multivitamin & Multimineral powder?

(A): The answer is simple. Lactoferrin isn't stable as a powder at room temperature.

(Q): Oligofructose-enriched inulin just supports the growth of friendly bacteria. Should I also be

giving my kids some of the friendly bacteria?

(A): Most children start out with a mixture of friendly bacteria and bad bacteria in their intestines. If you preferentially support the growth of the friendly bacteria, they will eventually crowd out the bad guys.

However, if your child has been on antibiotics recently they may not have many friendly bacteria to begin with. In that case you may want to use Shaklee's Optiflora as a source of the friendly bacteria that your child needs. Many Shaklee moms have told me that when they put an Optiflora pearl in hot water it becomes soft and pliable - and can easily be given with a spoonful of apple sauce or something similar.

Stephen Chaney

The Shaklee Difference - The principle of "Products in Harmony with Nature and Good Health" guides Shaklee science. Experts in nutrition, public health, food science, analytical chemistry, biochemistry, herbology, microbiology and engineering staff the 52,000 square foot Forrest C. Shaklee Research Center in Hayward, California. They continue the important research and development that makes each product the world standard for quality.

SHAKLEE CHANGED MY FAMILY'S LIFE!!!

I am a young mom with two children. My son who is three has been very healthy until this year when he started preschool. He became very sick this past winter and for about four months he was on a lot of medicines and non-stop antibiotic. He had the flu, strep throat, numerous colds and ear infections. We were at the point that the doctors were saying that our only option was to put tubes in his ears to see if this would help. We didn't even know for sure that the tubes would help our issue. My husband and I decided that we were not going to let them do surgery to put tubes in our son's ears. So I was so blessed that I have many other family members who use Shaklee and I was willing to try them. We started Shaklee nutrition products, cleaning products, air purifiers, and water purifiers and we saw results quick. Now going on six months our son has not been on one medicine and has only had one runny nose that lasted two days. Also, I have an eighteen-month-old daughter who had RSV (Respiratory Syncytial Virus which is a virus that can be very dangerous) ...this past winter where we had to do many breathing treatments on her. This was the most difficult winter I have ever had to endure. I do not want to do this ever again so I have also started my daughter on the Shaklee products.

So far she is doing wonderful and my husband and I also use these products. The only regret that I have is not starting these products earlier to prevent having to go through all of these health issues. Hopefully, by using them now we will be fortunate enough not to be faced with any major illnesses this next school year. I would love to share this information with anyone who is interested. Shaklee has changed our life drastically and I would love to help improve anyone else's that I can.

My three-year-old son started on the supplements below and we also changed his diet. We took him off of wheat, dairy, and peanuts. He did not have wheat for about 12 weeks and peanuts for about 18 weeks. He still is not having any dairy so we use soy products. We plan to do this for about a year. When we began the supplements we started them slow not all at once. This is what he started on, but we have lowered what he is taking and the amounts of some of the vitamins per day.

1 Tablespoon of Energizing Soy Protein mixed with Soy Milk

½ Vita Lea with iron (adult) 2 times per day
½ B Complex 2 times per day
2 Vita C (Sustained C) per day
½ Zinc per day
½ Osteomatrix 2 times per day
3 Nutriferon per day
1 Optiflora capsule per day
Garlic

My son swallows the optiflora capsule and I crush the other vitamins and put them in applesauce or soy yogurt mixed with fruit. He has just recently begun to start swallowing some of his vitamins. Once my son's body became stronger and his immune system was built up we lowered him to ½ Vita C 2 times per day, 2 Nutriferon per day, stopped the zinc, garlic, and otitis drops. However, he continues to take the rest of the supplements.

My eighteen-month-old daughter started on the supplements below and we also changed her diet. She is on the same diet as my son. When we began the supplements we also started her slow.

1 Tablespoon of Energizing Soy Protein mixed with 8oz Soy Milk
½ Vita Lea with iron (adult) 2 times per day
½ Vita C (Sustained C) 2 times per day
½ Zinc per day
1 Carotomax per day
½ Osteomatrix 2 times per day
2 Nutriferon per day
Optiflora
Garlic

I also crush my daughter's vitamins and put them in applesauce, soy yogurt, and sometimes she will eat them on foods; such as oatmeal, mashed potatoes, etc.

As a mom with two young children I have to keep lots of energy myself and stay healthy also. Therefore, I also take Shaklee supplements. I do the Basic Vita Strips, Energizing Soy Protein, Osteomatrix, Nutriferon, Corenergy, and Stress Relief Complex. I blend the Energizing Soy Protein with water or light Soy Milk with ice and a fruit (bananas, strawberries, etc) as my breakfast. I have been taking the monthly Vitalizer. All of these have contributed to me staying healthy and having the energy that I need to raise my two children. Take care and keep healthy,
Melissa M 2007

Treadmills help children with Down Syndrome.

Source: Journal of Pediatrics 11/17/2001

Down Syndrome is caused by an error in cell division in the chromosomes during fetal

development. The cells in the human body contain pairs of chromosomes. Half of these chromosomes are inherited from each parent. When the reproductive cells combine at fertilization, the egg that results contains 23 chromosomes. When this egg contains an extra chromosome from chromosome number 21, the result is a condition known as Down Syndrome, the most common cause of mild to moderate retardation.¹ As the age of the mother increases, the chances of having a child with Down Syndrome also increases. There are several prenatal tests that can reveal if the child will be born with Down Syndrome which are usually recommended if the mother becomes pregnant over the age of 35.

Children that have Down Syndrome usually have significant hearing loss in at least one ear. Other health problems associated with this disorder are seizures, vision problems, heart disease, and an increased risk of leukemia. These children often have slow developmental skills and take more time learning to sit, respond, and walk than children who are not disabled. A recent study published in the Journal of Pediatrics examined the use of treadmills to help children learn to walk faster and with less difficulty.

A group of 30 families with infants with Down Syndrome were assigned to either an intervention or control group. Infants were enrolled into the study when they were able to sit alone for 30 seconds and upon enrollment, began receiving physical therapy at least every other week. At this point, the intervention group began to practice stepping on a small treadmill 5 times a week, 8 minutes each day with the parents help. Progress was documented every two weeks by comparing the two groups based on the length of time between sitting and standing, walking with help, and walking independently. The results illustrated that the group who used the treadmills learned significantly faster to walk with help and to walk independently than the control group. There was not a drastic difference in time of the child learning to stand between the two groups. The authors concluded that training, support of the parents, and the use of treadmills could help children with Down Syndrome to learn to walk earlier than they would without these supports.²

1. National Institute of Child Health & Development, Nation Institute of Health. Facts about Down Syndrome. Aug 2001.

2. Ulrich D. Treadmill Training of Infants With Down Syndrome: Evidence-Based Developmental Outcomes. Pediatrics. Nov 2001;108(5):84.

TESTIMONY - RETARDATION

I received this wonderful Message from Carol Ciortan who's new grandson had an MRI done at six months old since his head had not developed properly. They found that the frontal lobes of the brain had not developed and the diagnosis was Mental Retardation and Cerebral Palsy. Carol called me and asked if there was anything in Shaklee that could help, and I sent her the tape "My Retarded Child" from our 21 tape program and other letters about Retarded children who were on Shaklee, and a few others of moms who had put their Infants on Shaklee for various problems and the results they got. The baby on the tape was said to be retarded at two years old and he wasn't walking or talking, but his mother put him on a Shaklee supplement program and at six years old her son started in a regular school and not in an Institution, as had been told to her when he was originally diagnosed.

After hearing the tape, the diagnosis was exactly the same as Ethan's, so Kelly put her baby on Soy Protein 3 times a day and **Infant Vita Lea, B-Complex, Chewable Vitamin C, Chewable Vita E, Calcium-Mag, GLA, Essential Omega-3 Complex, Zinc & Lecithin**, one of each twice a day crushed up in food and Lecithin 7 or 8 times a day squeezed in everything eaten or drank. In just a short time there was a noticeable improvement since he stopped jerking in his sleep which constantly woke him up all night, and he was No longer constipated and his eyes were brighter, all within the first week. The Doctors were amazed at his improvement when he went in two weeks later for a follow-up, and told Kelly to keep doing whatever she was doing with the baby. I'm sure Ethan will have an even better chance than the baby on the tape, since he is only six months old when the supplements were started instead of two as the other baby was. Since that time Kelly also put him on the Shaklee Slim Plan Formula (doubling the water) with Soy Protein added, along with GLA & Lecithin squeezed in his bottles. We are all very grateful for Shaklee. Thank you Carol for sending me this following message.
.....*Love Dolores*
This information