

These files were compiled from and on-line Shaklee source called Healthy Files. The products are what are recommended. They are not intended to diagnose 12/12/2010

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NATURAL APPROACH PROGRAM

COMMON AILMENTS FIBROMYALGIA By Martha Wilmore 2009

NOTE:

1. To reduce toxin exposure, eliminate ALL AVOIDABLE TOXINS by choosing Shaklee toxin-free cleaners and personal care products.
2. To support more optimal fibre and raw essential oils, it is recommended to eat 3 tablespoons of fresh ground flaxseed daily
3. With every ailment listed below, use the three items listed FIRST for support to one of the Starter Programs

4. ALL programs should begin with ONE of the following three STARTER PROGRAM OPTIONS:

A. Bare Essentials

1. 3 tablespoons of **Soy Protein** or 2 scoops of **Cinch Shakes**
2. 2 **Vita Lea**
3. 1 **Optiflora Pro Biotic PLUS** 1/8th to 1 teaspoon **Optiflora Powder** – Prebiotic

B. Basic Program for Prevention

1. 3 tablespoons of **Soy Protein** or 2 scoops of **Cinch Shakes**
2. 1 **Vitalizer Strip** (with or without iron) **PLUS** 1/8th to 1 teaspoon **Optiflora Pre & Pro biotic**

C. Better Program for Prevention and Symptoms

1. 3 tablespoons of **Soy Protein** or 2 scoops of **Cinch Shakes**
2. 1 **Vitalizer Strip** (with or without iron or Gold for +50) **PLUS** 1/8th to 1 teaspoon **Optiflora Pre & Pro biotic**
3. 1 teaspoon of **Vivix**
4. 2 **NutriFeron**

FIBROMYALGIA: (for muscle tissue recovery optimize protein intake: **Cinch Shakes** and **Shaklee Physique**)

1. **VIVIX:** to support cellular energy and detoxification
2. **VITAMIN C:** strengthens the integrity of connective tissue
3. **CoEnzymeQ10:** increases cellular energy
4. **NUTRIFERON:** strengthens the immune system
5. **LECITHIN/GLA:** insulates the fibrous sheath of the nerve bundles
6. **OSTIOMATRIX** and **VITALMAG:** muscle relaxant
7. **OPTIFLORA:** increase good bacteria
8. **VITAMIN E + SELENIUM:** improves oxygenation of cells
9. **Mental Acuity Complex Ginkgo Biloba:** improves blood flow throughout the body
10. **VALERIAN:** relaxes muscles so they can heal; encourages body to make more cortisone for healing

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. This information is not intended to replace medical care. This information is not intended to diagnose, treat or cure. The recommendations are geared towards the prevention of disease and the descriptions of individual products in this report are not meant to indicate that they can significantly reduce the risk of disease by themselves; rather the descriptions are meant to indicate the role that they may play as part of a holistic approach to optimal health. This report is not to be used as a substitute for appropriate medical care and consultation, nor should any information in it be interpreted as prescriptive. Any persons who suspect they have a medical challenge should consult their physicians/pediatricians for guidance and proper treatment. Any testimonials herein do not represent Shaklee's position on their products. It comes entirely from the experiences of a satisfied consumer. www.healthyfiles.com Information to help you make an intelligent decision about your health & future

Nutritional Support for FIBROMYALGIA Sufferers Steffen S. Cameron, MD

BACKGROUND Demographics:

70% Women ages 23-47

Accumulation of Stresses i.e. Physical or Emotional Trauma

Symptoms:

- 100% PAIN 90% FATIGUE
- Exercise Intolerance
- Intermittent INSOMNIA
- HEADACHES

Associated Dx's:

- Anxiety
- Depression
- Irritable Bowel Syndrome
- Chronic Fatigue Syndrome

Diagnostics:

- Normal LAB & X-rays Diffuse Myalgias for 3 mo.
- 11 of 18 Trigger points tender to palpation

Traditional Treatment:

- PRESCRIPTIONS; Antidepressants, Sedatives, NSAID's, Muscle Relaxants
- PHYSICAL THERAPY

COMPLIMENTARY Medical Treatments

- Chiropractic Manipulation, Massage Therapy, Acupuncture, Counseling,
- PRAYER & Meditation

10 Recovery Power Principles

1. OPTIMAL NUTRITION
2. POSITIVE FEELING > Thinking
3. STRESS REDUCTION (Don't Sweat the small stuff)
4. POSITIVE SELF TALK.be transformed by the renewing of your minds
5. REST & SLEEP to Regenerate
6. EXERCISE - Speeding the Immune System
7. HUMOR is the best Medicine to Produce Beneficial Hormones
8. JOURNAL - Write off your Negative feelings
9. REACH OUT & TOUCH SOMEONE - Physically & Emotionally
10. PRAYER

OPTIMAL NUTRITION

AVOID:

- Saturated Fats, Fried Food, High Cholesterol Foods, Red Meats, Smoked Meats
- Processed or Refined Sugars, Foods with High Sugar Content
- Food Additives, Processed Meats i.e. lunch meats, Frozen Dinners,
- Reconstructed Foods
- FAST FOOD RESTAURANTS.Nothing there for you except TEMPTATION
- If it doesn't ROT.DON'T BUY IT!

FOCUS: Simple basic diet including Veggies, Grains, Legumes & Fresh Fruit One Meal each day should contain SKINNED FOWL or CLEAN FISH SUPPLEMENTS:

- FIBER - The average American gets 5 - 10 grams per day. The recommendation is 25 gm/d & OPTIMAL is 30 - 40 gm/d. The Food Pyramid suggests 6 - 9 servings of Fruits & Vegetables & 10 servings of WHOLE GRAINS!

- Vitamins & Minerals

MultiVitamin/Mineral [Organic multi-dosing is preferred. **Vita-Lea** 1 twice a day

Soy Protein - FDA recommends 25 grams each day [**Energizing Soy** Powder 2 shakes a day]

Caroteins (30,000 IU/day) - Previtamin A (5,000 IU/day) [**Carotomax**]

B Complex 1 each meal

Vit C natural, sustained release dosed 3-4 times each day [3,000 - 6,000 mg/day

Vit E multi-tocopherol [400-800 IU/day] Toxic dose is > 3,000/day

IRON no more than RDA [Men & Post-Menopausal women don't need it]

SELENIUM - Potentiates the effect of Vit E [100 - 300 mcg/day] Vit E Plus has 130 mcg of Selenium for each 800 IU serving of Vit E, Vita-Lea has 70 mcg per serving. **COPPER** [in the Multivitamin at 100% RDA]
ZINC [60mg/day is max suggested, don't forget to include the amount in your MultiVitamin]
MAGNESIUM - BALANCED w/ CALCIUM [1200 - 1500mg/day]
OMEGAGUARD - EPA [Eicosapentaenoic Acid] Omega 3 fatty acids - Fish Oil
GLA [Gamma Linoleic Acid] Borage seed is a better source than Evening Primrose
VIVIX- Helps with inflammation

HERBS

SHAKLEE DR - Defend and Resist - (Echinacea +Elderberry, Lach tree and Zinc)- Boosts the Immune System use 10 days on & 5 days off (1000mg 3 times/day).

GARLIC - Boosts the Immune System. [Odorless formulas delete an active ingredient. When using fresh garlic, cloves should be crushed or cut to release the active ingredient]

LIVER DTX COMPLEX – (Milk Thistle) - Liver Detoxifier which helps the body recover from the chemical insults received from Medications, & Environmental contaminants.

MENTAL ACUITY – *Gingko Biloba* - Increases blood flow to the brain.

CORENGERY – *Panax Ginsent, Green Tea, Cordyceps Sinensis* - Fights daily fatigue, energizes, promotes sustained vitality.

GENTLE SLEEP COMPLEX - *Valarian* - Helps with relaxation, sleep, & muscle spasms.

MOODLIFT – *St. John's Wort* - helps with MILD - Moderate Depression, Anxiety, & Chronic Pain.

OPTIFLORA - *Acidophilous* - Boosts the Immune System by improving the health of the COLON (where 50% of the Immune cells in the body are found - "Peyer's Patches") especially important for those suffering from IBS (Irritable Bowel Syndrome), Candida, or recurrent infections particularly when requiring use of antibiotics.

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

Nutritional Recommendations for Chronic Fatigue Syndrome and Fibromyalgia

Barb Lagoni Nutritionist/ RD

Chronic Fatigue Syndrome and Fibromyalgia are auto-immune diseases that seem to be on the rise. Though separate illnesses, they are often related.

Symptoms usually include:

- ♥ Sleep problems
- ♥ Intestinal distress – resulting in poor digestion, poor absorption, irritable bowel syndrome, diarrhea, constipation and nausea
- ♥ Muscle twitches and spasms
- ♥ Cognitive and memory difficulties
- ♥ Joint Pain – which can move around
- ♥ Tenderness to touch
- ♥ Visual changes
- ♥ Pain in teeth
- ♥ Sinusitis
- ♥ Tenderness and sensitivity to heat

Recommendations from Mary Moeller, R.N. and former fibromyalgia sufferer, involves addressing 4 areas – **dietary changes, exercise, massage therapy** and **nutritional supplementation**.

♥ Eliminate everything in the diet that does not support good health -- colas, caffeine, alcohol, white sugar, white flour, junk food, artificial dyes, preservatives, etc.

♥ Eat lots of fresh fruits and vegetables... raw as much as possible.

♥ Exercise starting gently with stretching and yoga.

♥ Schedule massages to eliminate toxins and improve circulation.

♥ Begin a rigorous vitamin and mineral regime – Because people who have Chronic Fatigue Syndrome and / or Fibromyalgia have such poor absorption, many of the symptoms they experience are classic nutritional deficiency symptoms.

♥ And she reminds us to be patient. It takes time to restore the organs... perhaps, a year or more.

(For more details, see Mary Moeller's books *The Fibromyalgia Nutrition Guide* \$12.95 and *The Fibromyalgia Cookbook* \$14.95).

She tried many vitamin products before settling on Shaklee products for herself and her patients. Many upset her stomach. (Kay Klinepeter reported the same thing and found that other vitamins passed through her system undigested.)

She switched to Shaklee because

1. She absorbed the vitamins much better and felt stronger and more energy and found her symptoms beginning to subside.
2. She was impressed with the clinical trials Shaklee conducts since clinical research is not required by the Food and Drug Administration.
3. Shaklee's exceptionally high standards of excellence meant that she could trust that she was getting exactly what was stated on the label, all manufactured at pharmaceutical standards (very unusual for the vitamin and herbal industry, in which there is very little federal regulation).
4. And she loved Shaklee's philosophy of living in harmony with Nature which meant that she could begin incorporating all the other Shaklee products into her home ...personal care products that were natural, and cleaning products that were organic with no toxic fumes and were amazingly effective. And Best Water ...helping her to create the most toxic-free environment she could. She even began washing her fresh produce with Basic H to remove pesticides and herbicides on the outer parts of fruits and vegetables.

Supplementation Recommendations

Optiflora—Pre & Probiotic - This phenomenal acidophilus and bifidus product restores the essential friendly flora to the lower intestines. It helps the body restore a healthy environment so it can begin to eliminate yeast overgrowths, constipation and diarrhea, and prevent the migration of toxins from the intestines to other parts of the body. Begin with only ½ teaspoon of the prebiotic powder (the food that feeds the acidophilus colonies) for the first week.

Vita Lea Multi Vitamin/Mineral – One of the most complete multi's, but also one of the best absorbed.

B Complex – B vitamins are essential for energy, for stress, for the brain and the nervous system, for healthy skin, to prevent heart disease, hormonal imbalance, and prevent cravings for junk food.

Osteomatrix – Natural muscle relaxants and nature's tranquilizer, these essential minerals are critical to prevent muscle twitches and spasms and to promote deep healthy sleep. Begin with 2 before bed. If muscle stiffness occurs during the day, take as needed.

Omegaguard – Omega 3 fatty acids are natural anti-inflammatories and essential to restoring the chemical and hormonal balance to the body. They are found in anchovies, sardines, salmon, and the oily-tasting fish from northern colder ocean waters.

GLA Complex– Another essential fatty acid and natural anti-inflammatory.

Liver DTX Complex – To detoxify the liver. People with CFS and Fibro usually have weakened livers. This special Shaklee formulation contains milk thistle, rheishi mushroom and shizandra.

Energizing Soy Protein – Rebuilds cells, sustains blood sugar and energy. Easily digested and absorbed.

Gentle Sleep Complex –Contains Valerian, a gentle and safe herb, can be very helpful for sleeping and relaxing muscles and nerves.

Mental Acuity Complex - This Shaklee proprietary formula of Ginkgo biloba along with hawthorn, bilberry. Gotu Kola & B Vitamins increases oxygen and nutrients to the brain

CarotoMax – Important to prevent visual changes, and support good eye health, which often are issues with CFS and Fibro.

Vitamin C – To support the immune system.

Mary reminds her patients that in the process of healing autoimmune diseases, there will be detoxifying times and die-off of the yeasts occasionally. Do not be discouraged by periodic setbacks. That is all a part of the healing process.

Lagoni Health Associates 2005

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SHAKLEE INFORMATION

What should I know about Fibromyalgia? From Shaklee.com

If you find yourself confused about fibromyalgia, you are not alone. Patients, physicians, and researchers alike have been perplexed by this complex condition. Even as few as ten years ago, there was little discussion about this syndrome within the medical community. With the wide array of symptoms associated with it, fibromyalgia was often confused with the symptoms which accompanied it, and consequently was misdiagnosed or thought to be "in the mind." Today science has recognized fibromyalgia as a rheumatic autoimmune disorder affecting between 3 and 6 million Americans each year. What was once thought of a psychosomatic complaint has turned out to be a complex disorder which is only now beginning to be understood.

Your health care professional may use other names for this condition including fibromyositis, fibrositis, periarticular fibrositis, muscular rheumatism, chronic muscle pain syndrome, musculoskeletal pain syndrome, and tension myalgia. However, fibromyalgia, which means pain of the muscles and other fibrous tissue, is now the acknowledged term. It is now accepted that the following two criteria must be met for a diagnosis of fibromyalgia: widespread musculoskeletal pain in all four quadrants of the body for at least three months duration, in combination with tenderness at 11 or more of the 18 specific "tender point" sites.(1) What causes this disorder? We simply do not know yet. However, the medical community has begun to develop theories about how certain life events can act as triggers which somehow relate to its onset. While these triggers do not necessarily cause fibromyalgia, it is thought that they might somehow awaken some underlying abnormality which then leads to the onset of the disorder. Some of these triggers include such things as infections and physical traumas like an automobile accident. Illnesses such as lupus, "leaky gut" syndrome, and rheumatoid arthritis are being looked at as possible triggers as well.

Part of the confusion over fibromyalgia is that it mimics, or looks like, many other diseases or conditions. That is why, in the past, it was so often misdiagnosed. For years, the diagnosis of fibromyalgia was difficult because objective signs, such as inflammation and joint deformity, are not associated with the condition. In fact, many clinicians initially thought that fibromyalgia was a psychiatric illness. Today, several well-designed studies have disproved this theory.(2, 3) Fibromyalgia is now accepted as a physical illness. Other conditions that may commonly mimic, or look like, fibromyalgia include hypothyroidism, lupus, Lyme disease, rheumatoid arthritis, and infections. We now know that there is a very close relationship between fibromyalgia and chronic fatigue syndrome.(4) Still again, some patients have absolutely no underlying or related disorder. No wonder this condition is so difficult to diagnose with absolute certainty!

The good news is that medical science is taking this disorder seriously now. That means that there will be more studies conducted which will give us some of the answers to the complexity of this condition. Studies published in medical journals offer information to the healthcare professional which assist them in making diagnostic and treatment decisions. In the meantime, there are lifestyle and nutritional changes that patients with fibromyalgia may make which may help with the many symptoms associated with FM. Listed below is information which covers what has been reported in these journals about how to treat FM. This information is useful for the patient and healthcare professional alike and covers both conventional and alternative treatments.

Connection to "Leaky Gut" Syndrome: Epidemiological studies have confirmed that patients with functional gastrointestinal disorders such as irritable bowel syndrome (IBS) frequently overlap with fibromyalgia (FM). Fibromyalgia occurs in up to 60 percent of patients with functional bowel disorders. Up to 50 percent of patients with a diagnosis of FM syndrome complain of symptoms characteristic of functional dyspepsia, and 70 percent have symptoms of IBS.(5) These digestive problems can cause a leaky gut, which can cause multiple food allergies, weakened immunity, increased toxicity, psychological disturbances, nutrient depletions, and low energy.

Statistics

American College of Rheumatology, 2000.

- Fibromyalgia is common, affecting approximately two percent of the U.S. population.
- It occurs seven times more frequently in women than in men.
- It occurs most frequently in women of childbearing age.

National Institute of Arthritis and Musculoskeletal and Skin Diseases, 1999.

• Fibromyalgia primarily occurs in women of childbearing age, but children, the elderly, and men can also be affected.

Fibromyalgia Network, 1999.

• 90% of fibromyalgia patients have jaw and facial tenderness that could produce symptoms of TMJD.
• 50% of all fibromyalgia patients suffer from sensitivities to odors, noise, bright lights, medications, and various foods.

Signs and Symptoms

Several symptoms must be present in order to confirm a fibromyalgia diagnosis. The first is widespread muscle and skeletal pain. Widespread is defined as pain occurring on the right and left sides of the body, above and below the waist, and along the spine. Localized pain also must occur in a majority of identified "tender points" all over the surface of the body.

Other general, common symptoms include aching, disturbed sleep patterns, fatigue, morning stiffness, depression, recurrent headaches, tender lymph nodes, bowel or bladder disturbances, sensitivity to heat or cold, anxiety, gastrointestinal disturbances, dizziness, occasional racing heart beats, decreased coordination, and environmental allergies. The presence of certain diseases is also common with a fibromyalgia diagnosis. Three of the most common diseases are irritable bowel syndrome (IBS), Raynaud's disease, and temporal mandibular joint dysfunction (TMJ).

The following list does not insure the presence of this health condition. Please see the text and your healthcare professional for more information.

General

Whole body muscle and skeletal pain
Aching
Disturbed sleep patterns
Fatigue
Morning stiffness
Specific tender and painful areas of the body when pressure is applied
Depression
Recurrent headaches
Tender lymph nodes
Bowel or bladder disturbances
Sensitivity to heat or cold
Anxiety
Gastrointestinal disturbances
Dizziness
Occasional racing heart beats
Decreased coordination
Allergies
Irritable bowel syndrome
Raynaud's syndrome
Temporal mandibular joint dysfunction

Footnotes

¹ Wolfe F, Smythe HA, Yunus MB, Bennett RM, Bombardier C, Goldenberg DL, et al. The American College of Rheumatology 1990 Criteria for the Classification of Fibromyalgia. Report of the Multicenter Criteria Committee. Arthritis Rheum. Feb1990;33(2):160-72.

[View Abstract](#)

² Kirmayer LJ, et al. Somatization and depression in fibromyalgia syndrome. Am J Psychiatry. Aug1988;145(8):950-4.

[View Abstract](#)

³ Yunus MB, et al. Relationship of clinical features with psychological status in primary fibromyalgia. Arthritis Rheum. Jan1991;34(1):15-21.

[View Abstract](#)

⁴ Goldenberg DL. Fibromyalgia and chronic fatigue syndrome: are they the same? J Musculoskel Med. 1990;7:19.

⁵ Chang L. The association of functional gastrointestinal disorders and fibromyalgia. Eur J Surg Suppl. 1998;(583):32-6.

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NUTRIENTS THAT SUPPORT THE IMMUNE SYSTEM 9/02

The Center for Disease Control has issued a strong warning to stop over-using antibiotics. This push comes in the form of guidelines from the federal Centers for Disease Control and Prevention, which now believes that the overuse of antibiotics is contributing to an alarming rise in the number of diseases that are impervious to drugs.

The CDC recommended improvements in basic housekeeping, focusing on phones, dirty walls and patient charts, and suggested that physicians should not prescribe antibiotics for the treatment of colds, where they have little value. The guidelines said that doctors should not prescribe antibiotics in low doses or for short periods

Scientifically Advanced Vita-Lea (with and w/out iron)

Provides a comprehensive balance of essential nutrients. Vita-Lea's bioavailability has been proven through independent clinical research. Contains gentler, better-tolerated forms of zinc and protein-bound trace minerals for easier digestion.

Vita-C, 500 mg. Sustained Release

Antioxidant property protects the body against free radicals. Boosts the immune system, infection fighter, natural antihistamine, increases the resistance to ligament and tendon injury. Vitamin C is depleted by stress such as infections, illness, fatigue, surgery, anxiety, pollution and extremes in temperature. As we age, there is a greater need to regenerate collagen which requires more vitamin C.

Immunity Formula I

The American diet is low in immunoactive nutrients which are known to help nourish the immune system. Immunity Formula I contains the key vitamins and minerals that support the immune system. Reduces frequency, severity, and duration of illness. Speeds wound healing and may reduce allergy symptoms.

Garlic Complex

Two-way odor control with a gentle, temperature-controlled drying process and with a pleasant blend of spearmint and rosemary extracts. Historically, has been used for congestion, asthma, sinusitis and allergies, colds, flu and pneumonia, sore throat and bronchitis. Has anti-bacterial and anti-fungal properties and is effective against yeast infections (Candida). Nature's strongest natural antibiotic.

Optiflora

This advanced colon care system contains Acidophilus and Bifidus, essential friendly bacteria that ideally live in our lower intestines. Research shows, however, that most adult Americans only retain about 15% of these microflora, rendering our bodies (and especially our immune systems) vulnerable to toxic build-up. The Optiflora system also includes the prebiotic FOS and inulin to provide nutrients that selectively feed the good microflora for rapid colonization. It is the only product of its kind to guarantee delivery of live beneficial microflora to the intestines, due to its unique triple encapsulation which protects these essential bacteria from the acidity of the stomach.

Immune System *cont.*

Defend & Resist Complex (Echinacea)

Has become the most prominent herb used both in the United States and in Europe. Activates the immune system, promotes production of white blood cells, enhances resistance to infection, viral and bacterial, especially flu and herpes; reduces mucus. Works best when started at the onset on cold or flu symptoms. Can be used effectively for up to 10 days at a time.

Other nutrients to consider:

CarotoMax

Essential for healthy mucosal membranes in the digestive, respiratory and reproductive tracts. Reduces susceptibility to infection, allergies, bronchitis, asthma, ear infection and skin disorders. Contains other naturally occurring carotenoids such as alpha carotene and other types of beta carotene.

Vita-E 400 IU and Vita-E Complex

Anti-oxidant that protects against cell damage. Helps to prevent heart disease, Parkinson's; protects lungs from air pollution, protects cells from premature aging, helps cystic breast disease, improves circulation, promotes healing. Our immune systems decline with age. Vitamin E enhances immune responsiveness in the elderly. Shaklee's Vita-E is in a natural d-alpha form and is more biologically active than synthetic vitamin E. Provides the full spectrum of tocopherols found in nature.

Basic-G Germicidal Cleaner

Cleans, disinfects and deodorizes in one step. Basic-G kills 33 different types of germs, including feline leukemia and canine parvovirus. In laboratory conditions using E Coli, a resistant bacteria that contaminates meats, Basic-G killed the

organism and continued to work for three days after the initial use. Household bleaches lose their effectiveness within one hour. Spray on kitchen counters after preparing meats to prevent risk of E Coli contamination.

The Shaklee Difference -

Although not required by FCA regulation, all Shaklee products are formulated at the 52,000 sq. ft. Forrest C. Shaklee Research Center in Hayward, California, after rigorous clinical research and review by a prestigious Scientific Advisory Board. Shaklee Corporation's commitment to excellence is reflected in its continuing to invest more than \$100 million in clinical research at some of the more respected universities in the country (Harvard, Yale, MIT, Georgetown, U of Texas, Stanford, U of California at Berkeley, etc.). 63,000 quality tests are performed on the nutritional products alone and their ingredients every year. This is particularly important in producing herbal products. The proper plant genus and species must be used and grown with no pesticides or herbicides. The active ingredients in each herb are measured to be sure the herb is fresh and properly harvested, dried and prepared to insure its safety and effectiveness.

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TESTIMONIES

CHRONIC FATIGUE AND FIBROMYALGIA TESTIMONY – Blanche

For years I have had some severe health problems. It started with migraine headaches while I was pregnant with my 2nd child. Three years later I had my first cancer operation and put on chemotherapy. 6 months after the 1st surgery I had my 2nd cancer operation and resumed chemotherapy for several years. I knew that one of the side effects of the chemo was arthritis but somehow that seemed a small price to pay for living. The arthritis did manifest and because of the chemicals used for the cancer my stomach couldn't tolerate the medicines used for arthritis. Another side effect was osteoarthritis. I got tired of the bone scans and put a stop to them. I had reentered the work force and was active in my church and raising my children – then one morning I got an emergency ride to the hospital and microsurgery was performed on my spine. After 2 weeks I went back to work. Three years later I was diagnosed with rheumatoid arthritis and the Rheumatologist put me on a strict diet and injections into the affected areas. Now I was told that medications would have to be used and that they would change them until they found one I could tolerate. There were times my stomach pain was worse than the arthritis pain and the side effects were equally awful. In a short time I was diagnosed with fibromyalgia. Then came the braces for my hands, the anti-swelling gloves and dressings. Then after falling several times because the ankle was in such pain it wouldn't support me – I was casted. This was my life. A nice Orthopaedic doctor told me "it is only going to get worse". Some of the drugs used in my treatment: Tolectrin, Skelaxin, Voltaren, Prednisone, Didronel, Methotrexate, Azathioprine, Sinequan, Flexeril, Elavil, Zantac, Prilosec, Ultram...

On August 2, 1997 I exited my Rheumatologist's office with 3 new prescriptions and 1 to counter the side effects. I was totally frustrated and I knew there had to be something better – more natural – to help myself. I had always taken vitamins and calcium –but not Shaklee. Something was missing. A doctor advised us that if we wanted to spend our money on vitamins then we needed to use Shaklee because Shaklee had the scientific testing and research to support their product – something the other companies did not have. We were at this point, taking some Shaklee. I placed a phone call – explained my medical circumstances – asked for direction on my condition – and followed that advice. On December 24, 1997 my Rheumatologist made me come in for a check up and after a very thorough exam was delighted with my improved progress and proceed to ask me to relate exactly what medication I was taking to get these results. He was completely amazed when I said "no medications – the results are from nutrition and taking Shaklee supplements". The doctor asked me to make a list of what I was taking and doing for my file and to "keep it up" because it was working.

It is wonderful to know that there is a better and natural way to control fibromyalgia and RA without dangerous chemicals and their side effects. My orthopedic braces are stored away nice and neat in my closet.
Blanche V., Ohio – 1998

CHRONIC FATIGUE AND FIBROMYALGIA TESTIMONY – L SCHOECK

4th of July, 1990 – I was sitting at the church picnic on a very hot July 4th – I had my youngest son (3) sitting on my lap when I suddenly felt short of breath – like an asthmatic shortness of breath – except I wasn't asthmatic. Actually my first thought was that I was having a heart attack, and being a nurse, I didn't want to run to a hospital with a false alarm so I left my children with my husband and parents and went to my parents home which was very close by. I rationalized that it was the heat, we were in the process of moving etc....and there was the thought that if I died I didn't want to do it in front of anyone and I had had a good life. I thought a little air conditioning and a nap would help. I had seen enough reactions to people who go to the ER with "false alarms" to know I didn't want that. It took me 3 days before I went to see a doctor because the shortness of breath continued. I had not felt "great" for several years but chalked it up to 2 C sections 1 ½ years apart, 2 young boys, working as a nurse, husband that was occasionally out of work due to his industry, moving, etc. We had moved into a home that had had a cat living there and as my mother said "I think the cat is still here" – we had cleaned out more cat hair that you can imagine. My mother who is known as "Mrs Clean" said it was the dirtiest houses she had ever seen – and since I am allergic to cats we figured I just was over-reacting to cat hair. Well – it didn't go away and it got bad enough that I made my husband take me to the ER. They did many tests – particularly lung tests – and couldn't find anything to explain my shortness of breath. The respiratory specialist asked me if there was "trouble in paradise". The internet said it must be a chemical imbalance – "take Xanax (tranquilizer) and come see me in 4 weeks"

The family practice doc said "you probably are stressed – depressed" I knew in my heart of hearts that these "diagnoses" were not what was wrong – but now I really did not want to go back to see a doctor – they all thought it was in my head. And I worked with them! To decrease my stress – I opted to work as a nurse on a weekend program. 7 pm – 7 am Friday and Saturday. Home all week – sounded good. And I got paid almost full time wages which was a big help. I partnered with a very good friend – and together for 2 years we worked this shift. Hazel would tell me all about the things she did from Sunday night til we met again. I couldn't see straight til Thursday and then it was time to go back to work.

I began experiencing migraine headaches, body aches, mood swings (my personal nickname for myself was Mommy Monster), fatigue that felt like when I stood up all my energy pooled on the floor. My mind felt like it was in a fog, I felt forgetful as if my memory was not working, had a hard time concentrating, occasional chest pain, allergy symptoms, weight gain.

In 1992 I ended up in the hospital again with a migraine/flu that had me vomiting for 4 days. CT scan ruled out brain tumors – I felt it had ruled out my brain. When all was said and done again the diagnosis was "depression" . For four years, through 4 different doctors I continued to spiral down in health. My Mom and husband finally took matters into their own hands and took me to a doctor who was more wholistic in approach and definitely not main stream. He took listened to my story and put his arm around me and said "I think you have chronic fatigue immune disorder".

With a simple blood test we found out that I was infected with Epstein Barr virus, oxasackie, Shigella, Cytomegliovirus. Eptstein Barr is what causes mono – my levels were 4-5 times higher than normal. Cocksackie is known to like the heart, Shigella is the virus that causes shingles or chicken pox. In those 4 years I developed mitral valve prolapse, pericarditis, high blood pressure, allergies – and Chronic Fatigue Immune Disorder with Fibromyalgia. At least I had something I could fight – with someone who was willing to take on the challenge.

Chronic Fatigue Immune disorder came onto the health scene at about the same time as AIDS. It affects women more than men. There is not cure. There is a lot of gray area still. It is a crippling syndrome and a serious disease of the immune system. It respects neither person or position and it crosses all socio-economic barriers. It is a complex illness charactorized by incapacitating fatigue that is unrelieved with rest. Unfortunately naming it "chronic fatigue" was a mistake – it is more than fatigue – the equivalent would have been calling AIDS "gay cancer". It minimizes it. Other names for chronic fatigue at the time were "yuppie flu", "chronic epstein barr", 'myalgic encephalomyelitis". It mimics many other illnesses – fibromyalgia, lupus, MS, AIDS related complex, post polio syndrome, Lymes. And just so you can feel "my pain" – the following year I was diagnosed with Lymes disease.....having contracted it a year after CFIDS. At the time of my diagnosis CFIDS was controversial. It was thought to be viral but never was there one virus that was isolated. Epstein Barr was frequently found in patients with CFIDS but did it cause it or was it activated because of the illness?

To be diagnosed with CFIDS back in the 90's one had to have "persistent or relapsing debilitating fatigue or easy fatiguability in a person who had been active. This fatigue did not resolve with rest or sleep and left the person impaired in taking part in the activities of daily living". All other causes must be ruled out.

Symptoms are individual and fluctuate in severity: Exhaustion Headaches Shortness of breath Swollen glands
Light sensitivity Forgetfulness Short term memory impairment
Irritability and mood swings
Irritable bowel syndrome
Allergies Sensitivities to food and chemicals
Personality changes
Weight loss or weight gain
Night sweats Sleep disorders – can fall asleep but can't stay asleep
Chest pain
Myalgia Sore throat Poor concentration Decreased mental acuity
Mental fog Premenstrual syndrome
Panic attacks Dizziness
Candida overgrowth Cold extremities Muscular weakness
This list of symptoms – if taken to a doctor would have labeled you a hypochondriac, a depressive personality or maybe even normal. These symptoms though leave an active person devastated. Can you see how you could easily think you were being neurotic, crazy or maybe just lazy.

Fibromyalgia is a syndrome where one has pain in the connective tissues (joints, muscles, tendons) – I call it “arthritis of the muscles”. Traditional medicine treats the symptoms. There is no cure. The physician I worked with believed that nutritional therapy would “cure” me. No caffeine, white sugar, white flour, no dairy, no red meat, no wheat products, no processed food, no chemical additives – all these stress out the body. And of course massive amounts of supplements – he told me to “go home and find someone who sold Shaklee and get those Shaklee supplements right away”. I also had to detox my home by getting rid of any dangerous cleaning supplies etc.

As fate would have it I was buying Shaklee Children's Vitamins for my 2 sons. So now I was to begin a journey of recovery – in 6 months I had my life back. 6 months of intense nutritional supplementation and life changes – after 4 years of thinking I was crazy. What did I take – EVERYTHING SHAKLEE made. I can't tell you exactly what I took but I took handfulls of everything Shaklee made. I took Protein, Fiber, Osteomatrix (Calcium), Vita Lea, B Complex, C, E, Omegaguard & GLA, Lecithin, Alfalfa, Valerian, CorEnergy (Ginseng), Garlic, Formula I. I still had fibromyalgia but the Shaklee seemed to keep me from being incapacitated with it – you only knew I had it if you “touched” me and felt the knots or watched me try and get out of bed in the morning. But I was fully functional. Now I can say that I am fibromyalgia free also. There is always hope. Chronic illness changes people – offer them hope. Not a cure or a promise of a cure. But a chance to take their life back – it's a choice. If you don't tell them who will?

Carol Dalton and Diane Petosky have good tapes on CFIDS Laurie Schoeck RN

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

Testimonies – Fibromyalgia

In 1987 Brian came down with a mysterious two week-long illness that totally debilitated him. After a long struggle he was finally diagnosed with Fibromyalgia. His doctor was not helpful and told him that it was something he would have to learn to live with. Brian came up with his own treatment program to help himself be able to function from day to day, but that was all it was able to do. He left advertising for a less stressful position with a photo lab. He found that exercise and healthier food choices relieved some symptoms. But there was still a missing piece. We married in November of 1991 and I had to accepted that Brian would have good days and bad days. Soon his condition worsened. He began to have constant nausea and stomach upset. Brian was unable to keep food down and his pain was out of control.

In April of 1992, we attended an Earth Day Celebration. Brian saw a Shaklee booth and shared with me how he was familiar with Shaklee - as his aunt's doctor had recommended Shaklee **Mealshakes** when she was going through chemothearapy. Brian knew how wonderful the **Mealshakes** were and thought they might help him as well. The Shaklee **Mealshakes** were such a blessing. After Brian began to see his health improve from the shakes alone, he learned about their other vitamins and supplements. Brian' s health began to improve rapidly. The Fibromyalgia Symptoms he always experienced were less frequent and severe. In the January of 2000, Brian began a specific Shaklee program for Fibromyalgia sufferers. On this program, he remained headache free for over a year! The other symptoms he experienced almost completely went away. For the first time in years, he has been feeling great and finally beginning to remember what he use to feel like years ago, before the Fibromyalgia took over his life.

Shirley A.

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In the fall of 1986, I was plagued with frequent flu episodes that lasted for months, turning into chronic flu. I had headaches all of the time, a sore throat and my muscles hurt. I digressed to the point where I couldn't even get out of bed. At that time, my husband took me to the Mayo Clinic. For one week, they put me through all kinds of tests to find out what I had, but couldn't find anything. After one week, I left in the same condition without a diagnosis. Yet, I had to continue to spend more and more time in bed. This was at a time in my life where I had little ones to take care, but just breathing came hard. Finally I was diagnosed with Chronic Fatigue Syndrome. For the next 5-6 years, I spent 90% of my time in bed and 10% up, which was just awful. I felt like I was living in a body that was already dead. I went to several clinics in Massachusetts, Ohio and Florida. I tried organic foods and vitamins fed into me intravenously. In all, I had 75 treatments. This helped some. I would say that by doing this I was about 50% well; now I spent only half of my time in bed and half of my time up. But I never felt normal or good. During this time, I developed fibromyalgia. Some of my symptoms were chronic pain in muscles, brain fog, and inflamed joint pain. I always had a sore abdomen because my liver and spleen were in pain. At one point my liver would not function. The muscle pain was as bad as the fatigue. One of the things I learned about fibromyalgia was that my food didn't metabolize correctly, and therefore, it was hard for my system to absorb all the vitamins. I could even feel the pills moving through me, and a lot of them passed right through me. I also learned not to push my body too much, because that would send me back to bed quickly. I was introduced to Shaklee products in the summer of '99. I was all ready looking for some answers, so when I was approached, I was happy to try anything that would make a difference. I started with the **Optiflora** capsule for the first couple of weeks just to build up my immune system and help me absorb the vitamins better. To my amazement, I could tell a difference within 2-3 days. I had had morning nausea for 14 years, and after 3 days on the **Optiflora**, I had no more nausea!! The second week I started with 1 **Vita-Lea**, 1 **Sustained Release C** and 1 **E Plus**. At night I would take 3 **Calcium Magnesium** because I had chronic sleep difficulties. It was not unusual for me to wake up 13 or 14 times a night. I also chewed on **Vita-Cal** during the day to help relieve the muscle pain. At the end of one month, I could see a

significant difference and could all ready feel my health improving! I had heard on a Shaklee tape that the sports drink, **Performance**, would help break up the lactic acid that causes the muscle pain. Usually people with fibromyalgia cannot tolerate exercise. I found out that if you double and triple dilute the **Performance**, and sip on it during the day (and after exercise). It would reduce my muscle pain and flush out the lactic acid! I could now walk for 20-30 minutes at night and be pain free the next morning! I then started adding other products. Next came the **Energizing Soy Protein**. I started with 1 scant teaspoon, and was surprised to find that my body immediately assimilated it. Within 20 minutes after taking it, I could already feel more energized. I kept adding more and continued to see weekly progress. I was worried about the **B-Complex**, because all other B's had left me nauseated. I was surprised to find that I didn't feel nauseated at all. I went from working 3-4 hours a week to 5-6 hours a week, and then in the winter, started working 7 hours a week. I also learned from one of the tapes that if I took the B's at night with a little bit of the protein, it would give me more energy in the morning. Mornings had always been a terrible time for me. So I started taking 2 B's at night and a glass of juice with the protein mixed in, and found I had more energy in the morning! Now my regular regime includes the full amount of soy in the morning and a soy drink at night. Last winter I also started adding in **Liver DTX**, because it helped detoxify the liver. I started with one every other day. I also added **Valerian** (now **Gentle Sleep Complex**) at night to help me sleep better. I was able to wean myself off all of my medications; the antibiotics, the anti-seizure and the antidepressants. I also started on **Menopause Balancing Complex** and weaned myself off hormone replacement therapy. I take nothing but Shaklee now! For 14 years, I had no answers. Now because of Shaklee, I have seen a vast improvement in my health in the last 7-8 months. I would encourage anyone with fibromyalgia to try this program, but please start slowly. I now take daily:

2-3 **Vita-Lea 2-3 Sustained Release C**

2 **E Plus** 4-6 **B Complex**

A lot of **Osteomatrix (Calcium)** - 6 at bedtime (the magnesium helps me tremendously)

And chew on **Calcium Mg** during the day

I hope this helps you and you find health again through Shaklee!

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Over the last thirty years, I can't remember a day when I felt well. As a young adult, I experienced nausea, dizziness, constant headaches and extreme fatigue and weakness. After my children were born, the symptoms seemed to increase. Since I felt that way every day, I gradually came to think that was just the way my body was, and I tried to cope the best I could. As the years went by, my list of symptoms seemed to grow. Every two or three years, I would visit our family doctor, who would dismiss my symptoms as "that's just life". Finally, eight years ago in 1990, I was diagnosed with Fibromyalgia. At that time, my doctor said there wasn't anything that could be done for me, and suggested that a lot of my problem was in my head. I would leave the doctor's office feeling discouraged and frustrated. While my kids were in college, I worked as a graphics designer for a local automotive company. Because the hours were long and I was under a lot of stress, I tried to excuse the increasing symptoms. They became harder and harder to ignore. I was experiencing a lot of joint pain and swelling, painful sores in my mouth and throat, pain in my heart and lungs, and of course, the ever present fatigue. I felt as though I had a severe case of the flu all of the time. One night as I left work, the pain and fatigue were so great I could hardly drive. Somehow, I arrived home, and managed to crawl up the stairs to our bedroom. Not able to remove my clothing, I collapsed onto the bed in tears. The next day I was taken to the doctor who dismissed my complaints and sent me home with some pain killers. By this time, I had the butterfly rash across my face and was experiencing hair loss, chills, fever, and intense pain. I was taken back to the doctor who referred me to a rheumatologist. In the two weeks that followed until my appointment, I could hardly move, and had to be fed, bathed, and cared for in every way. The time for my appointment finally arrived, and that day my sedimentation rate was 140. The doctor was concerned that my blood vessels would burst. After several hours of testing, he diagnosed me as having Lupus; and sent me home

with an assortment of drugs, including prednisone and methatrexate. I later learned that he had not expected me to live through the week. With my condition improving slightly, the drugs enabled me to function on a limited basis. I tried to return to work, but was unable to keep pace. My days were filled with pain and extreme fatigue along with feelings of hopelessness and frustration. Having read several articles on nutrition, I began taking supplements from GNC. Two years later, I could feel little difference in my health. At that time, I was introduced to Shaklee. I began taking Shaklee supplements, and at the end of two months, started to feel just a slight difference. This encouraged me to continue, and each week I felt a little stronger. It has now been six months since I began taking Shaklee supplements; and the doctor has taken me off prednisone, methatrexate, and the other drugs. My blood pressure has gone down 47 points, and I have renewed strength and energy. Now I have lists of projects to do with no need for a nap. My husband teases that he is going to reduce my supplements so he can keep up with me. I never dreamed that nutrition could change my life so much. My friends and family had been praying that God would heal me; we didn't expect that our prayers would be answered in this way. I am so thankful I have a second chance at life. ....Donna A

Shaklee products used each day:

- 3 Vita-lea**
- 10-12 tablespoons Instant Protein**
- 15-18 B-Complex,**
- 12 Osteomatrix (Calcium)**
- 6 Lecithin,**
- 4 Omegaguard**
- 3 GLA,**
- 8 Vita-E,**
- 9 Vita-C,**
- 4 Zinc,**
- 3 Fiber Tablets,**
- 3 Garlic,**
- 4 CorEnergy,**
- 4 Carotomax**
- 3 Joint Health Complex,**
- 20 Alfalfa**
- 4 Herb-Lax.**

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NUTRIFERON and AUTO-IMMUNE ILLNESS

I have Fibromyalgia (FMS) and Chronic Fatigue (CFS) Syndromes and these are both considered to be auto-immune disorders (actually two sides to the same coin even). I have faithfully used the **Nutriferon** ever since it came out under its original name of Immune Building Complex. I cannot and would not EVER be without it! I would give up anything else but I have to have my Nutriferon.

I have not gotten sick with a single cold or flu since after consistently taking 2 per day for the first three months. During that first three month period though, I occasionally had to employ the 6-6-6 tablet method stretched over a 24 hr period to stop a bug from taking hold but have not had to do so for quite some time now as I I just have not felt the need. This is one product that has made a world of difference for me! By the way, it does NOT stimulate the immune system AT ALL!!!! The **Defend & Resist** (DR), which contains echinacea, does that but Nutriferon does not! **Nutriferon** is an immune system MODULATOR meaning it modulates or smooths out the immune system - calming it down if it is hyper (over) active (as in allergies) or bringing it back up to par if it is hypo (under) active (as in someone who has little to no resistance to more prevalent and common illnesses such as colds and flus).

In the archives is a GREAT testimony from an MS sufferer who took part in Shaklee's original clinical trials of the product with no problem! I'm sorry but I don't remember her name just at the moment but I'm sure if you search you'll find it. Mare

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Lupus & Fibromyalgia Testimonial – Lisa

My mother has always worn a necklace with three little words on it, Live, Love, and Laugh. These three words have always been important to me, but I was unable to fully enjoy any of this for a long time. I was achy, painful, stiff and uncomfortable most everyday since I was young. My mom tells me that I used to get the BenGay out and wrap sweaters and leg warmers around my knees to help the pain. In 4/02 that I began taking Shaklee products and slowly but surely I began seeing a difference in my life. I no longer say I have daily pain or stiffness. I write this story to share with others the benefits I have received since joining the Shaklee Family.

When I was 24 I was diagnosed with Systemic Lupus Erythematosus (SLE) and Fibromyalgia. I began the medication for the disease as well as the many prescriptions for the symptoms of SLE that I was having. These symptoms included headaches, joint pain, muscle pain, mental cloudiness, fatigue and an overall feeling of being worn out. The side effects of the medications were also wearing me down.

2 years later in March of this year I received an e-mail from another woman with SLE and she mentioned the relief she received from Shaklee products. I immediately enrolled online. I remembered Shaklee products from when I was a kid and my Mom was involved with the company. I knew Shaklee could be trusted. I started with the Basics and the Soy Energizing Protein Shakes. I then added Optiflora, Herb Lax and Alfalfa. Pretty soon I added Omegaguard, GLA Complex, StressRelief and began feeling the effects, I had never felt better. With my Doctors help I began decreasing the medications I was taking for joint pain, headaches and mental cloudiness. That meant stopping 2 medications. I did so and within 2 weeks I was free from 2 prescription medications. I feel wonderful and my body has thanked me and repaid my kindness by providing me with more energy and an overall feeling of clarity as well as a gradual weight loss. To date I have dropped 30#s and am continuing to feel better and better every day.

And never forget to Live, Love and Laugh.Lisa - 2002

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 feet Forrest C. Shaklee Research Center in Hayward, California. They continue the important research and development that makes each product the world stand for quality.*

www.healthyfiles.com

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GENERAL INFORMATION

Fibromyalgia & St. John's Wort

According to Dr. M.T. Murray, Naturopathic Physician, fibromyalgia pain is greatly exaggerated by chronic LOW levels of the hormone serotonin. In his practice, he finds the use of St. John's Wort very beneficial for fibromyalgia sufferers, because it increases the production of serotonin by improving REM sleep quality. It does not act as a sedative, nor does it change total sleep duration. It simply improves sleep quality. (He suggests 3 to 4 tablets taken throughout the day for best results.)

Dr. Murray also recommends substantial levels of calcium/magnesium as well to further reduce pain from fibromyalgia. **Shaklee's St. John's Wort** formula is a complex of four herbs and nutrients, including **St. John's Wort, Inositol, Siberian Ginseng and Green Oats.**

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FIBROMYALGIA RELIEF Sandra J. Bevacqua Ph.D. & Nancy L Williams

A program for those with fibromyalgia, myofascial pain syndrome, polymyalgia and chronic fatigue syndrome.

World Integrated Systems in Health

Welcome to the Fibromyalgia Relief program. Using this program you will learn how to make yourself well. Yes, this means symptom free! Consistency is the name of the game. If you can make these changes a regular part of your life, you are guaranteed to feel better. Our basic program addresses five important elements necessary for achieving health in several stages. Your Fibromyalgia Relief Counselor will help guide you through the program. The first two stages are outlined for you and should be followed carefully. The later stages you design for yourself using the program guidelines. Some people may be able to complete each stage in two weeks. Others may need to take 3 months or more. Choose your own pace at working through this program.

FIRST STAGE Commitment to the First Stage of the Basic Program includes:

- G Drink 8 cups (8 oz. each) of water each day.
- G Take the Shaklee Vitalizer with Energizing Soy Protein and Calcium Magnesium daily. Your Fibromyalgia Relief Counselor will help you obtain these products. (Fibromyalgia Relief uses these food supplements because of the rapid, consistent results they produce. These products are certified free of many common chemical and bacterial contaminants.)
- G Replace 3 servings of foods containing sugar or flour with fresh fruits or vegetables in your daily diet. (One serving of fruits or vegetables = one whole fruit or one cup.)
- G Walk or stretch for a minimum of 10 minutes per day.
- G Spend time with an uplifting person or engage in an uplifting activity daily.
- G Make daily entries in your Food and Health Diary: a simple diary in which you make daily entries of what you eat and how you feel.

SECOND STAGE Graduate to the Second Stage between two and four weeks after starting the program. Commitment to the Second Stage of the Basic Program includes:

- G Drink a minimum of 10 cups of water each day.
- G Continue using the Shaklee Vitalizer, Energizing Soy Protein and Calcium Magnesium with one serving of Optiflora and Herb-Lax added daily. This step is critical to your recovery. Begin Herb-Lax with one tablet each night. This serving will likely change. Discuss with your Fibromyalgia Relief Counselor how to determine the optimal number of servings for you.
- G Include a minimum of 2 servings of fruits and 3 servings of vegetables in your daily diet. Limit foods containing sugar or flour to 2 servings per day.
- G Walk or exercise 10 minutes per day (min.) and stretch 10 minutes per day (min.).
- G Add an additional uplifting activity each day. Suggestions or ideas are listed below under Element V., Mental Well-being.
- G Expand the use of your Food and Health Diary by including observations of trends, patterns or changes.

Although you may be feeling much better now, there is still more to do. To achieve optimal health and relief from your fibromyalgia symptoms, advance to Stage Three and Beyond.

STAGE THREE AND BEYOND

When you feel confident at having mastered the second stage for at least two weeks, choose and commit to making 5 or more points worth of lifestyle changes from the lists below. As you move from stage to stage, balance the points among the 5 elements of the basic program. Each stage is completed when you can maintain and are comfortable with the lifestyle changes you have made. Move through Stage Three and Beyond at your own pace. It is recommended to spend at least two weeks at each stage in order for these new habits to become comfortable, permanent and a part of who you are. Your success is measured by the regaining of your good health and not by the length of time it takes to move through the stages. Each time you notice a symptom that has gone away for a week or more, record the date in your Food and Health Diary. Don't be discouraged if the symptom returns. It is normal to have temporary regressions during the healing process. Be patient, the only way to fail is to quit.

Element I. Diet

- ___ Include a minimum of 3 servings of protein daily. Good sources of protein are soy, fish, eggs, chicken and turkey. Sources of more fatty proteins that are allowable are: lean pork, lean beef, bison, venison, elk, almonds, cashews, filberts, macadamias, and pistachios. Limit fatty proteins to 1 serving per day. (2 pts)
- ___ Add 1 point if you increase to 4 to 5 servings of protein daily. (1 pt)
- ___ Include 1/4 cup per day of whole nuts or seeds (no peanuts or soy nuts). (1pt)
- ___ Include 2 to 3 servings of fresh fruit each day, limiting to 1 banana, peach, OR 1 cup of grapes. (2 pts)
- ___ Include 3 to 4 servings of vegetables each day. (2 pts)
- ___ Make 2 servings of your vegetables raw each day. (2 pts)
- ___ Maintain a diet that includes 35 grams of fiber daily. (4 pts)
- ___ Eliminate artificial sweeteners. (2 pts)
- ___ Eliminate preservatives and food additives. (3 pts)
- ___ Eliminate flour, semolina, and durum. (4 pts)
- ___ Eliminate fried snack foods. (2 pts)
- ___ Eliminate peanuts and peanut oil. (1 pt)
- ___ Eliminate all foods that have any of these sugars in the first 5 ingredients: barley malt, cane juice, concentrated fruit juice, corn syrup, date sugar, dextrose, fructose, galactose, glycogen, glucose, honey, invert sugar, lactose, maltodextrin, maltose, mannitol, maple syrup, molasses, rice syrup, sorbitol, sorghum, sucanat, sucrose, sugar, turbinato, washed cane crystals, xylitol. Acceptable replacements are stevia powder, and or 100% vegetable glycerine. For each ¼ cup sugar in recipes, use 1 to 2 tablespoons glycerine, ¼ teaspoon stevia rebaudiana (green) powder, or 1/8 teaspoon stevia extract (white) powder. (4 pts)
- ___ Eliminate corn, corn syrup, and corn starch. (1 pt)
- ___ Eliminate potatoes. (1 pt)
- ___ Eliminate fruit juices. (You can add back one 4 oz. serving 2 times per week, one month after you reach 25 to 35 grams of fiber daily and take 1 Optiflora serving daily (1 pt)

Element II. Hydration

- ___ Increase your water intake to 1/2 of your body weight in ounces/day. (If you weigh 150 lbs, you would drink 75 oz. of water/day.) (2pts) Carry a water bottle with you everywhere and drink from it regularly. (1 pt)
- ___ Eliminate beverages with caffeine from your diet. (2 pts)
- ___ Eliminate carbonated beverages. (2 pts)
- ___ Eliminate artificially sweetened beverages. (2 pts)

Element III. Nutritional Supplementation

- ___ Take 2 servings of Optiflora* per day. (4 pts)
- ___ Add Alfalfa* to your daily supplementation. The supplement must be free of all flower parts and pollen (Shaklee only). (3 pts)
- ___ Add Liver DTX* to your daily supplementation. (3 pts)
- ___ Add 1-2 servings of GLA Complex* to your daily supplementation. (3 pts)
- ___ Add 1-2 servings of Omegaguard to your daily supplementation. (2 pts)
- ___ Add 2 raw cloves of garlic or 2-4 Garlic Complex* (not odorless or aged). (2 pts)
- ___ Add B-Complex to your daily supplementation * (2-3 servings/day). (3 pts)
- ___ Add one serving of a mixed carotenoid supplement such as CarotoMax* to your daily supplementation. (2 pts)
- ___ Add 1-2 servings of Vitamin E Complex* to your daily supplementation. (1 pt./serving)
- ___ Add 2-4 grams of Sustained Release Vitamin C Complex* to your daily supplementation. (1 pt./2 grams)
- ___ Add 1 serving of CoQHeart & 1 tsp Vivix to your daily supplementation. (1 pt.)

Element IV. Exercise

- ___ Do assisted stretching 15 minutes per day. (2 pts)
- ___ Increase individual stretching to 30 minutes 5 days per week. (3 pts)
- ___ Walk 15 minutes per day. (2 pts)
- ___ Add activities such as Yoga, Quigong, or Tai Chi classes 1 time per week. (2 pt)
- ___ Add 2 extra points for every 2 days of added Yoga, Quigong or Tai Chi practiced each week. (1 pt)
- ___ Add swimming a minimum of 1 time per week. (2 pts)
- ___ Add 2 extra points for swimming 3 times per week. (2 pts)

- ___ Use the jacuzzi, whirlpool, or get a gentle massage 1 time per week. (1 pt)
- ___ Add 2 extra points or using the jacuzzi, whirlpool or gentle massage if 3 times per week. (2 pts)
- ___ Add a sport activity of your choice 1 to 3 times per week. (2 pts)
- ___ Ride a gentle horse at a walk at least once per week. (2 pts)

Element V. Mental Well-being

- ___ Practice meditation for 20 minutes a minimum of 2 times per week. (1 pt)
- ___ Add 1 extra point if your meditation includes visualization of free, joyful movement and happy, healthy living. (1 pt)
- ___ Eliminate reading the newspaper. (1 pt)
- ___ Add 1 extra point if the newspaper is replaced with uplifting reading material. (1 pt)
- ___ Eliminate watching the TV news. (1 pt)
- ___ Add 1 extra point for each addition of reading uplifting material or activity such as funny movies, fun activities, or fun social activity. (1 pt each)
- ___ Engage in a new creative activity a minimum of once per week. Some possible ideas are: writing, sewing, quilting, drawing, painting, building bird houses, stenciling furniture, decorating flower pots, redesigning your landscaping, making hand made gifts or cards, etc., etc., etc. (2 pts)
- ___ Engage in an activity involving animals such as walking, riding or grooming a horse, walking, grooming or petting a dog or cat, etc. (1 pt)
- ___ Travel or have a change of scenery. (1 pt)
- ___ Select one extra project per week and complete it. Some ideas are: wash or detail your car, clean out a junk drawer, catch up on filing, write a letter, clean a closet, rearrange the furniture, etc., etc. This can be anything you've wanted to do and haven't gotten to or you have been avoiding. (1 pt)
- ___ Spend a minimum of 1 hour per week gardening. (1 pt)
- ___ Add an extra point if your gardening includes growing and eating green, leafy vegetables. (1 pt)
- ___ Eliminate soap operas. Replace them with uplifting materials or activity. (1 pt)
- ___ Limit interaction with the most negative people you know. (2 pt)
- ___ Practice your faith or engage in spiritual growth activities. (2 pt)
- ___ Get an average of 6 hours of sleep per 24-hour day. (2 pts) Some aids that may help you sleep if it is difficult may include sit in jacuzzi or warm bath before bed; listen to soothing music when you go to bed; have a cup of hot tea before bed (chamomile, Sleepy Time, etc.); take herb valerian (Gentle Sleep Complex*) as a sleep aid; take naps.
- ___ Add 2 extra points if you average 9 or more hours of sleep per 24-hour day. (2 pts)
- ___ Add to your Food and Health Diary a list of what you accomplished each day. This includes small accomplishments as well as large. (1 pt)
- ___ Add 1 extra point for consistently making entries in your Food and Health Diary each day. (1pt)
- ___ Make new goals for your life and affirm and visualize them daily. (3 pts)
- ___ Write positive affirmations about your health; read and visualize them daily. This is something that your Fibromyalgia Relief counselor can help you achieve. (3 pts)

*** All Shaklee products meet the demands set forth by the Fibromyalgia Relief Program. Dr. Bevacqua recommends using Shaklee products because care has been taken in the processing to support (and not interfere with) the healing process in those with fibromyalgia, myomyalgia, polymyalgia, and Chronic Fatigue Syndrome. Dr. Bevacqua finds that clients using Shaklee products heal more rapidly and have fewer set-backs throughout their healing process.**

3/4/2002

Exercise may help fibromyalgia sufferers.

Source: Arthritis Care and Research

Date Added:3/4/2002

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If you find yourself confused about fibromyalgia, you are not alone. Patients, physicians, and researchers alike have been perplexed by this complex condition. Even as few as ten years ago, there was little discussion about this syndrome within the medical community. Today science has recognized fibromyalgia as a rheumatic autoimmune disorder affecting between 3 and 6 million Americans each year. What was once thought of a psychosomatic complaint has turned out to be a complex disorder which is only now beginning to be understood.

Several symptoms must be present in order to confirm a fibromyalgia diagnosis. The first is widespread muscle and skeletal pain. Widespread is defined as pain occurring on the right and left sides of the body, above and below the waist, and along the spine. Localized pain also must occur in a majority of identified "tender points" all over the surface of the body.

Other general, common symptoms include aching, disturbed sleep patterns, fatigue, morning stiffness, depression, recurrent headaches, tender lymph nodes, bowel or bladder disturbances, sensitivity to heat or cold, anxiety, gastrointestinal disturbances, dizziness, occasional racing heart beats, decreased coordination, and environmental allergies. The presence of certain diseases is also common with a fibromyalgia diagnosis. Three of the most common diseases are irritable bowel syndrome (IBS), Raynaud's disease, and temporal mandibular joint dysfunction (TMJ).

In a recent issue of Arthritis Care and Research a small pilot study assessed the benefits of exercise on a small group of women. Muscle strength, injury, and endurance were observed in 15 women diagnosed with fibromyalgia syndrome (FSM). The status of these women was recorded before and after a 20-week exercise regimen. Following the 20 weeks, there was significant improvement in strength in both the lower and upper body, timed walking distance, and improved Fibromyalgia Impact Questionnaire scores. Concluding, the researchers stated that, "progressive strength training and cardiovascular exercise can be safe, well tolerated, and effective at improving muscle strength, cardiovascular endurance and functional status in women with FMS without exacerbating symptoms. This program may also contribute to a reduction in the severity of several symptoms."¹

1. Rooks DS. The effects of progressive strength training and aerobic exercise on muscle strength and cardiovascular fitness in women with fibromyalgia: A pilot study. Arthritis Care and Research. Feb 2002;47:22-28.

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