

A Shaklee Nutrition Program for Shingles

Shingles is an infection in nerve endings caused by a virus.

#1 Use Stress Relief Nutrients:

- B Complex, at least 3 per day
- Stress Relief Complex, up to 6 per day
- Sustained Release Vitamin C, at least 3 per day
- Energizing Soy Protein, at least one serving per day (easy to absorb amino-acids are the necessary building blocks for tissue repair)
- Cal-Mag Plus Chewables, at least 4 per day, let dissolve in mouth (calcium & magnesium help to relax nerves and muscles)

#2 Use Nerve Nutrients:

- B Complex, same as above, more is OK
- Lecithin, 6 to 10 per day, chew them for better absorption (needed for repair of the sheath that surrounds each nerve ending in the body)

#3 Use Immune System Nutrients: - **NUTRIFERON 2 AM 2 PM**

- Zinc, 3 per day (fights infection)
- B Complex, same as above
- Vita-Lea, 4 per day with meals (for 24 nutrients your body needs each day)
- Sus. Rel. Vitamin C, same as above (fights infection)
- Energizing Soy Protein, 1 or 2 servings per day (a complete protein containing all 22 necessary amino-acids essential for building immune cells)

Other considerations: Do something you love to do at least once a day!

Tips to increase absorption of vitamin supplements:

- take with meals, don't take on an empty stomach, don't take on an over full stomach
- spread them out all during the day
- don't drink lots of water with them, use only enough to get them down