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Hello,

We were told that you suffered from Fibromyalgia. Being involved in the health field for over 30 years, we have found and truly believe that if you give your body what it needs, it WILL heal itself. We have seen it in the health of our family, our health and many other people who have chosen an alternative way of healing the body.

Many times the body is telling you what it needs. If you have pain, there is usually inflammation; if your muscles hurt, it is Calcium Magnesium; Allergies, Arthritis, depression- we have seen so many people helped to a better life with better nutrition and nutrients. Having a biology research background, we understand that to be very healthy in our society today it is absolutely necessary to supplement due to all the processed foods with the additives, preservatives, chemicals, and pollutants! There have been many clinical studies that have shown this to be true. Our goal was to find which company could prove, with published papers and reports that their supplements will be 100% absorbed. I have researched for over 7 years and have only found one company who backs their products up with research and that is Shaklee. The company was started in 1956 and has had the philosophy to make products whether taken on the inside or out would NEVER injure one human cell and would deliver the promised nutrients, into the human body.

I will look at testimonies of a company only if that company has clinical research and Shaklee does. I have included testimonies for your information only. We have met some of the people and they continue to live very healthy lives, now that they don't have the constant pain, are able to sleep at night, are NOT tired, and can think clearly since their body is back in balance!

The following summarizes why your body has the capability of healing itself. This is from a nutritionist and MD in Canada who only recommends Shaklee supplements due to their clinical research. This is why, given time, you can repair may be out of balance in the body.

What Difference Does 7 days, 7 weeks, 7 months & 7 years make? We can become healthier in the next 7 years or we can become unhealthier in the next 7 years based on our everyday decisions and choices ... WHY? The bloodstream is the "smorgasbord table" from which every cell self-feeds. By choosing to incorporate a full Shaklee supplement program into your daily diet routine ... you make your bloodstream an optimal smorgasbord of the nutrients, essential fats, amino acids, etc.

- In 7 days ... you can change the chemistry of your blood, In 7 weeks ... you can change the composition of your cells, In 7 months ... you will have made changes in major body organs, In 7 years ... there is a whole new you (every cell in the body has died and replaced itself in a healthier environment)
 - What feeds and nourishes a healthy cell? ... Excellent, unprocessed diet choices, unheated, whole-food vitamin/mineral supplements, quality protein, purified good fats, & pure water
 - What does not feed & nourish a healthy cell? ... Processed food, synthetic supplements OR fragmented or isolated vitamin/mineral supplements, and prescription drugs *****

My quest in the last 7 years was to find what could help my daughter, as I told you, to be as good as she could be. As a Biochemist researcher, I have called any company that I came in contact with to ask if they have the published bioavailability research for me to see. After all these years, Shaklee and only Shaklee has ongoing published research and will follow the science, not the hype. One case in point is that one of my friends is studying to be a Master Herbalist - on a spectrum of herbs, a Master herbalist has the knowledge of all the herbs whereas a homeopathy or naturopathy are part of the spectrum. As she is going through the exact potency level for the different herbs and what they are to do in the body, she has compared Shaklee and found that everything was exactly to the research of the potency levels that is required for the body to utilize every bit of it.

The wonderful thing is the Shaklee guarantee that if you don't feel better in 30 days, you will get your money back.

If you are interested or have any questions, you can give us a call. Have a wonderful day!

Dave & Heidi Carlstedt

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FIBROMYALGIA

May, 2009

Wellness Programs for Lupus, Rheumatoid Arthritis, and other Auto-Immune Disorders

The object of this suggested program is to help one to have a normally functioning Immune System rather than a broken one. With that in mind, realize that 70% of the functioning cells of the Immune system are in the Large Intestines and must have an optimal habitat in order to work properly. The Thymus Gland, located under the Sternum in your chest also needs to be functioning at its best.

I have learned that auto-immune disorders have different names because of the parts of the body that are attacked when the immune system malfunctions: Lupus attacks the liver, lungs, skin and kidneys; Grave's Disease attacks the thyroid tissues, Rheumatoid Arthritis attacks the joints, Fibromyalgia attacks the muscles, Sjogren's syndrome attacks the tear ducts, Scleroderma attacks the skin—stretching like drying leather-.

I learned that by changing my eating habits to get away from processed foods, empty calories, soft drinks, saturated fats and other foodless foods that my body began to detoxify all by itself. By feeding my body the nutrients I needed more of than the average person, Vita Lea, B, C, Zinc, Protein, Alfalfa, Herb Lax, and finally Optiflora—the Lupus reversed itself—and since that day I have been able to help others reverse their auto-immune disorders—especially if we were able to get them going on the road to optimal health early in their diagnosis—it takes 6-8 years to rebuild an organ system in the body—by replace bad cells with all good ones—the earlier one begins the better the rest of their lives will be. It's a choice. We Shakleeized our lives from top to bottom—inside and out—and it paid off for us in a hundred ways.

We recommend that everyone begin a supplement program with:

Vita Lea or Vitalizer

Energizing Soy Protein and/or **Cinch Shakes**

Extra **B-Complex, Vita C Sustained Release, Vita E + Selenium tablets, and Zinc**—to help with symptoms of neuropathy and the physical stresses the dis-ease brings.

OsteoMatrix—to relax muscles and to keep bones and teeth healthy.

VitalMag – 1 before bed- relaxes the muscles

Alfalfa – 10 a meal and 10 before bed-to balance out blood chemistry and make sure that you have all of the trace minerals you need.

Vivix- Anti-Aging supplement- known to help with inflammation

Herb Lax – 1-2 before bed every night.

Optiflora—to replace bad bacteria and fungi with good bacteria to encourage the Immune System to be at it's best—and not kill off cells that are “Self”.

Other supplements bring down inflammation and relieve the damage that stress causes in our bodies:

Optiflora—to replace bad bacteria and fungi with good bacteria to encourage the Immune System to be at it's best—and not kill off cells that are “Self”.

OmegaGuard—to lower inflammation—Alfalfa also helps with this.

Stress Relief Complex—calms naturally within—people say they can handle any emergency with calmness and thought—rather than simply reacting.

For Pain Relief—especially in the early stages of your Shaklee supplementation program:

Pain Relief Complex – helps with inflammation

GLA – helps with inflammation

2005 (before Vivix and Pain Relief Complex)

February 23, 2005

Subject: Chronic Fatigue & Mono

CHRONIC FATIGUE SYNDROME HRNichols

Chronic Fatigue Syndrome symptoms include: aching muscles and joints, anxiety, depression, difficulty concentrating, fever, headaches, intestinal problems, irritability, jaundice, loss of appetite, mood swings, muscle spasms, recurrent upper respiratory tract infections, sensitivity to light and heat, sleep disturbances, sore throat, swollen glands (lymph nodes), temporary memory loss and most of all, extreme and often disabling fatigue.

The cause or causes of chronic fatigue syndrome are not well understood. Some experts believe it is linked to infection with the Epstein Barr virus, a member of the herpesvirus family that is also the cause of mononucleosis. Some suspect immune system problems or a defect in the mechanisms that regulate blood pressure. Other causes of chronic fatigue syndrome include anemia, chronic mercury poisoning, hypoglycemia, hypothyroidism, infection with Candida Albicans and sleep problems.

Nutrients to take:

Protein - 3-6 Tbsp daily

Optiflora - as directed on label

CoQHeart - for the CoQ10 - 75mg daily

Lecithin - 1,200 mg 3 times daily

CarotoMax - 25,000 IU daily for 1 month then slowly reduce to 10,000 IU daily.

Vitamin E - 800 IU daily

Sustained Release C - 5,000 - 10,000 mg daily

Garlic - 6 daily

B-Complex - 16 daily

GLA - as directed on label

Vita Lea - as directed on label

Cal Mag Plus - 4 daily

Zinc - 2-4 daily

DTX - as directed on label

Recommendations:

Eat a well balanced diet of 50% raw foods and fresh "live" juices. A diet consisting mostly of fruits, vegetables, whole grains, raw nuts, seeds, skinless turkey and deep water fish.

Consume plenty of water - drink a full glass every 2 - 3 hours

Do not eat shellfish, fried foods, junk foods, processed foods; coffee, tea, soft drinks, sugar, and white flour products.

Take plenty of fiber.

Get plenty of rest

Testimonies

The Lord's intervention and Shaklee products have changed my life. In 1988, at the age of 28, I was diagnosed with Chronic Epstein Barr Virus Disease, also known as CFS. This is classified as a degenerative disease, which slowly depleted my immune system and brought me to a point of being bedridden for one year. The diagnosis was made by exclusion of more common, treatable ailments, such as anemia, cancer, chronic disease of any kind and hidden infection.

The syndrome began with a viral illness, and it seemed as though I never recovered from that. From that point on, my body started to collapse day by day. It sapped both my physical and intellectual reserves, producing

symptoms that included swollen glands and fever. Its most devastating physical effect was extreme exhaustion, tender lymph glands, muscle and joint aches, inability to concentrate, headaches daily, sore throat and strep at least once a month. I also struggled with chest pains, heart palpitations, numbness in hands, fingers and arms, weak knees and legs, depression, emotional swings, rashes, acne, diarrhea, constipation, ear and nose inflammation, liver inflammation, cyst on ovary, shortness of breath, extreme insomnia, confusion, irritability, forgetfulness, chills, hot flashes, and allergies.

I kept going in for more blood work, allergy testing, a series of tests on my heart, ultrasounds, a CAT scan, and all of these to no avail, not to mention the fact that the extreme cost was out of my pocket. I also received B-12 injections and Gamma Globulin injections weekly for 8 months. They didn't help.

At points in my life, I thought I was dying. Finally, one day as I was praying and literally crying out to the Lord, I told Him to take me home or heal me. The Lord put on my heart to call Carol Mach, who is now my Sales Leader. She introduced me to Shaklee and started me on a program for Epstein-Barr virus, and I have had great results.

It is very exciting to now feel well and live a normal life again. The Lord has used Shaklee as a tool towards my healing. Ever since I started on Shaklee (1 year ago), I haven't had to see any physicians for treatment. I am thankful! It has been a privilege to share this with you, and I pray it will be helpful to you or someone you know.

Shaklee Products used:

- 3-6 Tbsp of Energizing Soy Protein
- 3 Vita Lea
- 3-4 Herblax
- 3-5 Tbsp or more of Daily Fiber Blend
- 27-30 Sustained Released C (now taking 15/day)
- 21 Alfalfa
- 10 B-Complex
- 9 Cal Mag Plus
- 4 Vita E 400 IU
- 6 Zinc (now taking 4/day)
- 6 EPA
- 6 Formula I (now taking 2/day)
- 6 CarotoMax
- 6 Garlic
- 2 Optiflora

Kelly Pratscher, IL

Chronic Fatigue and Fibromyalgia Testimony

At age 32, I became sick with a viral illness and my body started to collapse day by day. Symptoms included swollen glands and fever. The most devastating physical symptoms were extreme exhaustion, tender lymph glands, muscle and joint aches, inability to concentrate, headaches daily, and sore throat. I also struggled with chest pains, heart palpitations, shortness of breath, numbness in hands, fingers, and toes, weak legs, depression, forgetfulness, and extreme insomnia.

I had tests from MRI's to CAT scans, received B-12 injections and had acupuncture. Through a process of elimination, I was finally diagnosed with Chronic Fatigue Syndrome and Fibromyalgia.

My doctor said that there was no cure for CFS or Fibro; all I could do was eat well, get plenty of rest and take vitamins. I asked which ones, and he said they are all the same; get the cheapest ones at the super market.

This began my wellness research. I became my own health advocate, learning that most medicine and most prescriptions are not intended to prevent disease. I tried supplements at the supermarket, they didn't work.

I bought them at the health food store and ordered them from health magazines with limited results. It wasn't until I was ready to give up that a friend introduced me to Shaklee. I was skeptical, but her insistence on how Shaklee had over 40 years of clinical research, with published proof in peer-reviewed journals, won me over. Within three days, I noticed my health change for the better.

Two weeks after starting my Shaklee supplements, I saw my doctor. After seeing what I had gone through and my marked improvement, he encouraged me to keep taking my Shaklee supplements. Here is what I took for the first 3 months; I slowly cut back to less and still maintain optimal health. I was told by taking my supplements with my protein, they would be absorbed better.

I took the following 3 times each day with protein:

- 3 Tbsp Protein
- 2 Vita Lea With Iron
- 4 Sustained Released C
- 3 B-Complex
- 1 Vita E Plus
- 1 CarotoMax
- 4 Cal Mag Plus
- 4 Alfalfa
- 2 Garlic
- 1 Optiflora
- 2 EPA
- 1 Zinc
- 2 Lecithin
- 1 DTX
- 1 Acuity Plus

It is very exciting to feel well and to live a normal life again. Since starting Shaklee, I hardly see a doctor anymore. Thank you, Shaklee. It has been a privilege to share this with you and hope it will be helpful to you or someone you know. Kelly Huber, IL

Mononucleosis

Mono affects the respiratory system, the lymphatic tissues and glands in the neck, groin, armpits, bronchial tubes, spleen, and liver. Symptoms include: depression, fatigue, fever, generalized aching, headache, jaundice, sore throat, swollen glands, and sometimes a bumpy red rash. The spleen may become enlarged, and liver function may be affected.

The virus that causes mono is contagious and can be transmitted from person to person by close contact such as kissing or sharing food or utensils, although it can also spread during sexual contact or through the air like the common cold. The incubation period is about ten days in children and 30 to 50 days in adults. This disorder is most common among children and adolescents. A few individuals may experience a more chronic form in which symptoms persist for months or even years.

Nutrients:

- Optiflora - as directed on label
- CarotoMax - 50,000 IU daily for 2 weeks to slowly reduce to 15,000 IU daily
- Vitamin E - 400 - 800 IU daily
- Sustained Released C - 5,000 to 10,000 mg daily
- Garlic - 6 daily
- B-Complex - 4 daily
- Vita Lea - as directed
- Cal Mag Plus - 4 daily

Recommendations:

Eat a diet composed of at least 50% raw foods. Consume as much of your food as possible raw. Also emphasize wholesome soups, root vegetables, and whole grains, including brown rice. Drink 8 oz of water plus fresh juice daily

Do not consume coffee, fried foods, processed foods, soft drinks, stimulants, sugar, tea, and white flour products.

Eat four to six small meals daily. Avoid overeating at any meal.
Get plenty of rest. Round the clock bed rest is a good idea during the acute phase of the disorder.

Do not strain when having a bowel movement, as this may injure an enlarged spleen.
Avoid close physical contact with others as much as possible. Flush all tissues after use, and do not share food, eating utensils, or towels. Wash your hands frequently.

Testimony

I had been feeling run down and weak. I thought I was coming down with the flu. After a week I still didn't feel much better. It hurt when I swallowed. After white spots appeared on my tonsils, a blood test confirmed I **had mononucleosis (mono)**. My liver and spleen were enlarged and my liver enzymes were highly elevated, which concerned the doctor. The treatment for mono is plenty of rest and fluids. I was too run down and weak to even sit up in bed to eat.

My mom had a can of the Shaklee Performance drink mix. She made up a glass of it for me, because I was so dehydrated. Within hours of drinking it, I felt a lot better. I was even able to get up and walk around the house. My appetite returned and I was finally able to fall into a deep sleep and get the rest that I needed. I was also taking DTX for my liver. From that point on, I continued drinking several glasses of Performance a day and recovered quickly.

The doctor had expected me to be out of school for at least 2-3 more weeks. I returned after only one week. I was not expected to be able to make it through a whole day of school for the first week back, but I made it through a whole day my second day back. I came home from school, felt fine and didn't need to rest. I was busy all weekend. Every time I started to feel tired or weak, I had a glass of Performance and was able to keep going. It really helped with the deep fatigue. The next blood test showed that my liver enzymes were back to normal, which amazed the doctor. She couldn't believe how quickly they came down. I am confident that if it weren't for the Shaklee Performance, DTX and the other Shaklee vitamins (Vita Lea, Formula I, Vita C and Garlic), my recovery would not have been so surprisingly quick.

Shaklee Products used:
Performance, DTX, Vita Lea, Formula I
Vita C SR, Garlic

Tiffany Miller, OH

Editor's Note: Mononucleosis is caused by a virus that remains in the body in a dormant state until resistance is low. **It can reactivate and cause a recurrence of symptoms or in some cases, become chronic. About 40% of the cases of fibromyalgia and chronic fatigue syndrome are thought to be caused by the mononucleosis (Epstein-Barr) virus.**

Shaklee DR, Garlic and the St. John's wort in MoodLift all have powerful anti-viral properties. The editor recommends putting 2 SDR tablets in hot water to make a tea and drinking it (sip) three times a day at the first sign of any viral infection. Protein, Vita Lea, Liqui-Lea, Formula I, Vita C and Garlic are all immune builders. Garlic is especially powerful and fast acting immune builder.