

Dear Holly,

After talking over everything with my mom she said, fortunately your mother may still be young enough to recover. For her health issues, the program below is **the basics**.

In order to strengthen the kidneys it is very beneficial for your mother to drink 6-8 cups of purified water daily to cleanse and flush the toxins out of the body. Drinking pure, sugar free only, organic cranberry juice is also extremely beneficial. The Cranberry juice cleanses & inhibits bacterial growth. Maintain an alkaline diet-eating as close as possible to nature- which means avoiding all processed foods, alcohol, caffeine, soda pop, white sugar, white flour, and cow's milk. Consume plenty of raw foods. Avoid toxic cleaners and personal care products!

Essential nutrition for your mother would be Alfalfa, Herblax, Optiflora, B-Complex, NutriFeron, Garlic, Shaklee Soy Protein, and Citriboost.

To strengthen the kidneys and to increase your mother's energy it is recommended that she take 3 tbs of protein every day and being on a dialysis, it is highly recommended to tsp of protein in half a glass of water 6 times a day or ½ tsp 12x per day. *This would go towards the daily recommended 6-8 glasses of water.*

On pg 80 of the online Shaklee catalog there is more information on Nutriferon and a video showing why we need Nutriferon to help boost our immune systems. A recent laboratory study showed that NutriFeron ingredients impact natural Killer (NK) cells, which is an important part of our frontline immune system defense. *This is the Shaklee difference.*

Vitamin E for her circulation is very important. Elasticity of the skin will come when her body is going towards optimal health. The skin is the largest organ of the body, thus shows what is happening inside.

Below is the **best program** to help your mother heal as quickly as possible with nature. The program below with time, (7-8 months) is essential since she has had her health issues for so many years.

Vitalizer          Protein

Vivix              Vita E (extra)

Nutriferon        Herblax

Alfalfa

When your mom gives her body what it needs, it will **heal** itself. Like a car, when you are going up a hill, you need more gas than when you are coasting.

Take care, Holly, and please feel free to give me a call if you have any questions.

Theresa

## Kidney Dialysis and Alfalfa

My name is Teresa Lepe and I am a registered dietitian. I was introduced to the Shaklee products in 1970. At that time, I was living in Los Angeles and I attended many meetings and learned from Dr. Shaklee himself the Shaklee way. I have known of the healing powers of alfalfa since childhood. My mother used to prepare a green drink for me made with alfalfa whenever I had urinary tract infections. All through the years I have used alfalfa faithfully for my family and me.

I now work as a consulting dietitian at a hemodialysis clinic. Several months ago, I requested permission from the attending physician to recommend alfalfa to a patient for whom dialysis was less effective. He had to be admitted to the emergency room every other day for shortness of breath caused by fluid buildup in the lungs. At that point his prognosis was very poor. He was carried into the clinic by his son. The doctor did not think the patient would make it from dialysis to dialysis. The doctor permitted me to recommend that the patient take 2 Alfalfa with each meal. Improvement was noted after about a week; the patient was able to sleep lying down for the first time in many years. His lungs were no longer filling up with fluid. After two weeks he made such a dramatic entrance that everyone noticed as he cheerfully strutted into the clinic dressed in his cowboy hat and boots. All the other patients demanded to know what magical therapy this 76-year-old man was being given. The patient told them it was the Alfalfa.

Since then, most of the patients in the dialysis clinic have been taking the Alfalfa and have shown consistent improvement. Not only in the way they feel, but also in the lab results which have shown improvement in albumin due to increased appetite. The hematocrit has increased, thus eliminating the need for EPO which is a very costly drug used to increase production of red blood cells. These are but a few of the improvements demonstrated by the patients on the Alfalfa therapy.

We are not claiming that Alfalfa is a cure for renal failure; however, it has improved the quality of life for the patients at the clinic up to this point. We will continue to monitor their progress.

Teresa Lepe, R.D.

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

# COMMON AILMENTS- Bladder Infections

M Wilmore, Nutritionist

ALL programs should begin with the following three items:

Shaklee Vita-Lea  
Soy Protein  
Optiflora

THEN: ADD the three items listed first when dealing with the ailments listed below

1. WATER: Drink adequate purified water
2. OPTIFLORA: provides necessary “friendly bacteria”
3. DEFEND & RESIST: powerful immune system booster (use for 7 to 15 days only)
4. GARLIC: natural antibiotic
5. VITAMIN C: anti-bacterial; immune system booster

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