

## May/ June Nutritional information

### Conference Calls

*You are all invited  
to listen and learn!*

**Time: TUESDAY at  
8 p.m. CST**  
call: 1-712-432-1699

**Access Code:  
766232#**

**May 21 Reducing  
Diabetes  
Risk Factor**  
*by Dr. Chaney*

**May 28 Wellness  
Dilemma** *by Barb  
Lagoni, Nutritionist*

**June 4 Herbal  
Remedies #1** *by  
June & Rusty  
Ost Pharmacists*

**June 11 Shaklee  
for Professionals**  
*Dr. Richard Brouse*

**June 18 Herbal  
Remedies #2** *by  
June & Rusty Ost*

**June 25 Shaklee  
Pain Management**  
*by Dr. Steve Chaney*

**July 2 Herbal  
Remedies #3** *by  
June & Rusty Ost*

## Help! Allergy season is here

Allergic disorders affect an estimated 1 in 5 adults and children (40 to 50 million people) and are the sixth leading cause of chronic illness in the United States, according to the Allergy Report from the American Academy of Allergy, Asthma and Immunology (AAAI).

### What Are Allergies?

Allergies are the immune system's inappropriate response to a foreign substance, called an allergen. Exposure to what is normally a harmless substance, such

as pollen, causes the immune system to react as if the substance were harmful. Being exposed to allergens when the body's defenses are low or weak, may also contribute to the development of allergic rhinitis (hay fever) symptoms. Sneezing, congestion, itchy, watery nose and eyes and/or asthma symptoms such as wheezing, chest tightness, difficulty breathing and coughing, are no fun. We've

the many commercials for various prescription drugs, but is that the only answer?

### Are there Natural Solutions to Allergies?

Yes. By strengthening your immune system, you can replenish your bod arsenal of defenses.

**Probiotics** can help.

### **Things that Weaken your Immune System:**

Stress (emotional, physical)  
Sugar/Alcohol, over exposure to toxins, Poor diet, Lack of rest, aging, Genetics.

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## Nutrients that Support the Immune System

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.

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• Preliminary laboratory studies suggest that in as little as three days, NutriFeron can unleash the full potential of the immune system.

Ushiroyama T, Yoshida S, Tadaki K, Ikeda A, Ueki M. Clinical efficacy of EH0202, a Kampo formula, on the

health of middle-aged women. *Am J Chin Med.* 2004;32(5):755-70.

Ushiroyama T, Yoshida S, Tadaki K, Ikeda A, Ueki M. A pilot study of a Kampo formula, EH0202, with intriguing results for menopausal symptoms. *J Altern Complement Med.*

2004 Apr;10 (2):397-9. Kaji K, Yoshida S, Nagata N, Yamashita T, Mizukoshi E, Honda M, Kojima Y, Kaneko S. An open-label study of administration of EH0202, a health-food additive, to patients with chronic hepatitis C. *J Gastroenterol.* 2004

Sep;39(9):873-8. Kubo M, Hashimoto Y, Yoshida S. The effect of health food containing EH0202 on physical and mental symptoms accompanying menstruation in women with premenstrual syndrome (PMS). *Clin Pharm Ther.* 2004;14(2):129-142.

### Things that Strengthen your Immune System:

Exercise, Avoid sugar, baked goods, Reduce toxic exposure, Diet rich in veggies, fruits, low fat protein, Adequate rest, 8 hours/day, Water, whole grains, Nutritional supplements.

FACT: In 2000, US sugar consumption was 160 pounds per capita per year.

In 1985 it was 124 pounds. In 1900 it was 10 pounds.

FACT: Sugar is the anti-nutrient. It depletes vitamins and minerals essential for the immune system (B vitamins, antioxidants, iron, zinc,). It also displaces natural nutritious foods in the diet like fruits, vegetables, water, or milk (with soft drinks).

\*Did you know that 70% of the body's immune cells are in the intestinal tract?

## Allergies continued from page 1

\*Did you know that antibiotics often kill off your beneficial bacteria along with the harmful ones? After taking an antibiotic, most doctors will recommend that you take a Probiotic to replenish the beneficial bacteria that reside in your intestinal tract.

### Vitamin C Boosts the Immune System

\*Vitamin C is depleted by stress such as infections, illness, fatigue, surgery, anxiety, pollution, and extremes in temperatures. Birth control pills, smoking and alcohol deplete vitamin C. As we age, there is a greater need to regenerate collagen, which requires more vitamin C.

\*Vitamin C is a natural antihistamine, helps the body absorb iron and calcium, and is frequently used in the prevention and treatment of

colds. \*Vitamin C is a powerful antioxidant that reduces risk of cancer, heart disease, and cataracts. \*Vitamin C also increases resistance to ligament and tendon injury. *Other Natural Solutions to Allergies and allergy symptoms:*

1. Don't wear shoes in the house. They track in allergens.
2. When pets come in from outside, wipe fur with a damp cloth.
3. Try a netti pot or a saline solution to flush your nasal passage.
4. Sleep with your head elevated.
5. Use only natural, chemical free cleaners – (Shaklee has always been *Green and always works!*)

## Nutrients that Support the Immune System Continued

### • 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 that protects these essential

bacteria from the acidity of the stomach.

### • 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 strongest natural antibiotic).

### • Nutriferon

Developed and extensively tested by immunologists in Japan, an exclusive, proprietary blend of

natural plant extracts from pumpkin seeds, safflower flowers, plantago seeds, and Japanese honeysuckle flower buds, which has been clinically proven 1) to support and stimulate the natural immune response process at the cellular level. 2) Supports and stimulates the immune system, by increasing the activity of macrophages and inducing natural interferon production. 3) Optimizes immune response against environmental irritants and airborne substances (as with allergies and asthma).

**Completely safe – no adverse reactions to these plant extracts used in the Shaklee Nutriferon have ever been recorded.**

## Allergy Testimony

I had been told by allergists that it was easier to tell me what I was NOT allergic to than what I was. So I resigned myself to a life of taking prescription medications, allergy shots that would make me sick, and nasal sprays that were awful. Then, I decided to get cats.

Now ..

I know what you're thinking, "He's allergic to everything ... surely cats are on the list!", and you'd be right. But this time I remembered the Shaklee **Alfalfa** from my youth and I remembered reading info about Shaklee's **NutriFeron**.

I went online and ordered these two products. I got the cats. I got my product and started taking it. Then

I waited to see what would happen. And here's the best part - Nothing happened! No sneezing. No runny nose. No feeling miserable, and No more prescription medications with nasty side effects. NOTHING!

I can actually live in a house with cats and not have an allergic reaction. It's amazing, to say the least. I don't get that lethargic feeling the medications would cause. I have more energy. I sleep better.

Get this.. **the only times I feel my allergies kick back up is when I forget to take my Alfalfa and NutriFeron!** I also wanted to let you know I have chosen to build a Shaklee

business. After years of working crazy schedules and stressful jobs I decided to take control of my life. I know in my soul that I made the right choice. Just as Dr. Shaklee said years ago, "Your future will be exactly what you decide to make it", I have decided to make a different future for myself. One that includes helping people live better lives. One that allows me to be with my family and friends. One that lets me be myself. *Tim Bowden*



## Asthmatic and With that came ADD / Kidney Disease

You asked us to give you health testimonies regarding how Shaklee has changed our lives. We have used Shaklee successfully for our family to do several things.

Timothy, now 15, had very severe allergies from the time he was two weeks old. The doctors told us there was no way he would not be asthmatic and with that came ADD because of the disruption to his system and the continual medications he was on for 2 years. We began working with him at 2.5 years nutritionally but not with Shaklee, and we made progress but had not achieved a real balance.

He was seen by a chiropractor regularly and we were on our way to resolving the allergy problem, but really struggled with the ADD. Every teacher from kindergarten to

fifth grade pushed for him to be on Ritalin which we were against and refused to do. We introduced him to Shaklee in the summer before fifth grade and began to see big improvements in his behavior.

**The biggest change came from switching laundry products** shortly after we had Tim. During the school year in fifth grade, we fed him a good breakfast, and mid-morning one of us would run a protein shake over to him to sustain his blood sugar until lunch. The teacher stopped pushing for drugs and saw the change take place. We were thrilled! Now, no one ever thinks of Timothy as an ADD child. He is an honor roll student in the 10th grade and doing well.

Our second major victory came with Elizabeth, our daughter, who at birth was diagnosed with a kidney disease. She was transferred

from the hospital of birth in Grand Rapids to the U of M for a kidney transplant at 6 days of age. At this point she had no kidney function. After long conversations with the doctors regarding our options they said they wanted to begin with nutrition, of which I knew I could handle. We got her stable enough to come home in two weeks and four pounds, but the daily blood draws and visiting nurses were overwhelming. She was on prescription formula and they added a prescription to that.

This route caused her potassium levels to be very high. At seven weeks she had heart surgery to correct an opening in her heart, and at eight weeks she was diagnosed with an immature digestive system.

*Continued on page 4...*



## Asthmatic and With that came ADD / Kidney Disease *continued*

**We started her on Shaklee after she started eating table foods, and what a difference it made!** By the time she was three we had achieved 50% kidney function, which is enough to sustain life.

She was very strong and healthy but still had to be watched closely. The doctors told us that she could not potty train until maybe she was in kindergarten and night time control would not happen until

she was a teenager. With regular chiropractic adjustments and supplementation, and doing nothing the doctors wanted (they were totally against us using any Shaklee product), **she was potty trained at 2.5 years and had night time control just after age three.**

We purchased Shaklee's *Get Clean Water Carafe* to put her on and instantly she gained 30% more kidney function, now at 80% kidney function and doing well. Her weight continued to be a problem through all of this, she was very tiny. The purified water not

only gave us results with no bed wetting, she began eating better and her weight finally started going up. We are currently enjoying very stable health. She is 8 now and in 2nd grade and for the last two years she has been so stable that the doctors have not even drawing blood. She stays on a regular Shaklee regiment and we carry *Get Clean* water pitcher with us wherever we go. We are very grateful for the Shaklee Difference in our lives. *Diana B*

## Allergies and Optiflora



For the first time in my life, I have been suffering greatly from allergies. I've been receiving many a smarty-pants comment here and there from people who tell me "isn't there a vitamin for that?"

Many others have told me to take Allegra or Claritin, etc. the list is long, but not my preference since the side effects from those antihistamines is not really up my alley. OK, so being an

inquisitive person, I've been researching this stuff and trying very hard to rid myself of the scratchy eyes, constant sneezing and middle of the night blowing of the nose! I think I have found a solution.

Since allergies are the result of an abnormal immune system response, I decided to work on strengthening my immune

system. I was taking Shaklee's Nutriferon and my regular multivitamin and that didn't seem to do it. However, once I increased my dosage of Optiflora from 1x/day to 2x/day, the allergies went away immediately. Yippee! I even experimented and tried a day with just one Optiflora and those sneezing attacks were back. So, I highly recommend it. *Anne*

## Bonuses/ Savings

**National Convention is in Nashville TN, July 31 through August 3, 2013. We have a couple of special priced tickets available. Let us know if you are interested in attending. The convention is very informative and you will be happy you attended!**

Think of it this way. We all work hard to retire and most of us are finding it hard to make ends meet. **If you continue to do what you are doing today Where will you be in five years from now??**

**Let us show how we can build Your residual income over time.**

### Maximize your

**Bonus.** When you are a Distributor and above, **know where your PV is (point Value for every product).** When you reach 100 PV and the members in your group have a combined 250 PV you receive a 4% bonus. When you achieve 500 PV in your group you receive an 8% bonus plus we have always given back the difference of Distributor (DP Pricing) when you reach this level and maximize your bonus.

This difference is another 15%. Shaklee says we should do this at 2,000 PV but we do it when you reach 500PV.

By sharing Shaklee with just a few friends you could come close to getting your Shaklee for free. Remember you yourself need 100 PV in a calendar month- which will be around \$130 - and your bonus will be over \$115 dollars. So for \$15 dollars you can have the very best food supplementation on the market.

### Half off Shipping

The 1<sup>st</sup> through the 7th of every month we offer half off shipping on online orders.

**Would you like to Share Shaklee with a friend but do not know what to say?**

Let us help - ask if it would be OK if a friend would contact them. We will sign them up under you and you get credit for all of their purchases. **Plus you give your friend the gift of health.**

***Call your Upline for more details.***

