**COMMON AILMENTS**

**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 Shaklee 180 Smoothees
2. 2 Vita Lea
3. 1 Optiflora Pearl **PLUS** 1/8th to 1 teaspoon Optiflora Powder

* **B. Basic Program for Prevention**

1. 3 tablespoons of Soy Protein or 2 scoops of Shaklee 180 Smoothees
2. 1 Vitalizer Strip (with or without iron) **PLUS** 1/8th to 1 teaspoon Optiflora Powder

* **C. Better Program for Prevention and Symptoms**

1. 3 tablespoons of Soy Protein or 2 scoops of Shaklee 180 Smothees
2. 1 Vitalizer Strip (with or without iron) **PLUS** 1/8th to 1 teaspoon Optiflora Powder
3. 1 teaspoon of Vivix
4. 2 NutriFeron

**ACNE:**

1. WATER: drink adequate purified water for proper internal fluid exchange
2. ALFALFA: aids in cleansing the blood; mild antibiotic effect toward pathogenic bacteria
3. ZINC: promotes infection prevention & decreases acne scars
4. HERBAL LAXATIVE: reduces body bacterial count
5. LECITHIN: accommodates better absorption of fatty acids
6. GARLIC: anti-bacterial
7. CAROTOMAX: nourishes epithelial skin tissue to resist infection
8. VITAMIN C: promotes immune function
9. B COMPLEX: improves blood flow to surface of skin
10. FLAXSEED OIL CAPSULES or OMEGAGUARD: helps repair damaged cells; keeps skin soft & smooth

**ALLERGIES:**

NOTE: Purify the air you breathe – AirSource recommended

REMOVE ALL KNOWN FOOD ALLERGIES (??milk, eggs, wheat, corn, sugar, dyes??)

1. ALFALFA: natural anti-inflammatory; natural anti-histamine
2. VITAMIN C: reduces histamine release; anti-inflammatory
3. NUTRIFERON: especially for environmental allergies
4. ZINC: a powerful immune system booster
5. SHAKLEE DR: a powerful herbal immune booster. Use only on a rotation basis – 4 days on/3 days off (use Monday through Thursday – then stay off for the weekend: Friday through Sunday)
6. GARLIC: helps normalize & stabilize the immune system
7. CALCIUM/MAGNESIUM: helps reduce the body stress from allergies
8. CAROTOMAX: stimulates immune response
9. VITAMIN E + SELENIUM: necessary for proper immune function

**ANEMIA:**

1. EXTRA RAW PROTEIN SUPPLEMENT: hemoglobin is 95% protein
2. B COMPLEX: essential in red blood cell production
3. IRON: an essential component of red blood cells
4. VITAMIN C: enhances the body’s use of iron

**ANGINA:**

1. LECITHIN: emulsifies fat & lowers cholesterol
2. CoQHeart: Energizes heart muscle and relaxes/dilates blood vessels
3. VIVIX: supports total circulatory health
4. GLA & OmegaGuard: improves circulation; reduces work demand on heart
5. CHOLESTEROL REDUCTION COMPLEX: to reduce cholesterol
6. CALCIUM/MAGNESIUM: muscle relaxant
7. B COMPLEX: helps prevent clotting; dilates or opens blood vessels; regulates heartbeat & heart elasticity; improves electrical conduction in the heart
8. VITAMIN E + SELENIUM: increases blood flow; helps prevent blood clotting; increases oxygen available to all tissue
9. VITAMIN C: helps lower serum cholesterol; essential for formation & repair of connective tissue
10. GARLIC: dilates small blood vessels’ prevents clotting

**ARTHRITIS:**

NOTE: Use Shaklee JOINT & MUSCLE PAIN CREAM: for instant relief

1. JOINT HEALTH COMPLEX: glucosamine hydrochloride to repair cartilage
2. ALFALFA: anti-inflammatory; high in chlorophyll; helps reduce uric acid; anti-stiffness factor
3. VIVIX: anti-inflammatory, and natural Cox-2 blocker
4. GLA: anti-inflammatory: reduces joint tenderness, swelling & stiffness
5. VITAMIN C: anti-inflammatory; important for strong cartilage; anti-stress; assists mineral absorption
6. NUTRIFERON: reduces inflammation
7. PAIN RELIEF COMPLEX: for pain relief (available only in the US)
8. CALCIUM/MAGNESIUM: essential for strong cartilage; anti-stress from arthritic pain
9. HERBAL LAXATIVE: reduces toxins & inflammation
10. B COMPLEX: helps body deal with the stress from pain
11. VITAMIN E + SELENIUM: inhibits formation of free radicals which can damage the joints
12. GARLIC: anti-inflammatory; inhibits formation of free radicals which can damage the joints
13. CAROTOMAX: promotes healing in the epithelial tissue; free radical inhibitor
14. ZINC: promotes healing in connective tissue repair

**ASTHMA:** (remove all known food allergies & purify the air you breathe – choose AirSource)

1. CAROTOMAX: essential for tissues repair & immunity
2. GLA: acts like a natural steroid
3. VITAMIN C: anti-inflammatory; improves immune system strength; natural anti-histamine effect
4. NUTRIFERON: (especially for environmental allergies)
5. ZINC: improves healing; strengthens immune system
6. B COMPLEX: strengthens the immune system; anti-stress
7. VITAMIN E + SELENIUM: strengthens the immune system; promotes healing
8. LECITHIN: soothes the bronchial tubes & lungs
9. GARLIC: anti-inflammatory, strengthens the immune system

**BLADDER INFECTIONS:** (Drink adequate purified water)

1. SHAKLEE DR: powerful immune system booster (use for 7 to 15 days only) … if you need continued support to keep the infection at bay, follow a rotation of 4 days on and 3 days off
2. GARLIC: natural antibiotic
3. VIVIX: has anti-bacterial properties
4. VITAMIN C: anti-bacterial; immune system booster

**BRONCHITIS:**

1. VITAMIN C: immune system booster; natural decongestant; thins mucous
2. GARLIC: natural antibiotic; anti-infection; anti-viral; natural decongestant
3. NUTRIFERON: strengthens the immune system
4. CAROTOMAX: protective to lung tissue; healing of all tissue
5. HERBAL LAXATIVE: reduces body bacterial count
6. VITAMIN E + SELENIUM: improved breathing; healing for tissue; powerful free radical scavenger
7. ZINC: healing for tissues; immune system strengthener

**CANCER:** Drink Cinch Tea for extra polyphenols.)

1. VIVIX: anti-cancer properties
2. NUTRIFERON: strengthens the immune system
3. VITAMIN C: increases production & stimulation of T-killer cells which destroy cancer cells
4. CAROTOMAX: strengthens immune system; greatly reduces risk of epithelial tissue cancer
5. VITAMIN E + SELENIUM: powerful free radical scavenger
6. ZINC: strengthens the thymus gland for a stronger immune system
7. GARLIC: enhances the immune system: causes T-killer cells to be more active
8. GLA: immune system strengthener / slows down cellular multiplication
9. B COMPLEX: increases speed of the immune system response
10. HERBAL LAXATIVE: reduces body toxins
11. OPTIFLORA: increases “friendly” bacteria
12. CoQHeart: energizes the healing power in each cell
13. LECITHIN: strengthens neurotransmitters which allows communication to the nervous system
14. DTX: Reduce the toxin load in the body
15. ALFALFA: blood purifier and mineral smorgasbord
16. EXTRA SOY PROTEIN: contains anti-cancer components

**CANDIDA:** (avoid sugar, fruit juices, alcohol, caffeine, white flour, “uncultured” dairy products …… also colonic irrigation is a good idea)

1. GARLIC: destroys overgrowth of yeast
2. OPTIFLORA: replaces “friendly” bacteria
3. VIVIX: has anti-bacterial properties
4. VITAMIN C: strengthens the immune system
5. B COMPLEX: increases absorption (candida prevents absorption of nutrients)
6. ZINC: strengthens the immune system
7. VITAMIN E + SELENIUM: strengthens the immune system
8. CAROTOMAX: strengthens the immune system
9. NUTRIFERON: to strengthen the weakened immune system

**CANKER SORES:** (apply Enfuselle C+E Cream on the canker sore)

1. B COMPLEX: immune function & healing
2. VITAMIN C: healing, immune function; anti-bacterial
3. Extra RAW PROTEIN SUPPLEMENT: essential to provide amino acid L-Lysine
4. GARLIC: natural antibiotic
5. ALFALFA: helps alkalize the system
6. ZINC: healing properties
7. CAROTOMAX: speed healing

**CATARACTS:**

1. VIVIX: contains powerful polyphenols
2. ZINC: healing & connective tissue repair; immune system booster
3. VITAMIN C: antioxidant properties to prevent tissue damage
4. VITAMIN E + SELENIUM: powerful free radical scavenger
5. CAROTOMAX: deficiency has been linked to poor vision & cataract formation
6. NUTRIFERON: to support the immune system’s scavenger mechanisms
7. Extra RAW PROTEIN SUPPLEMENTShaklee 180 Smoothees: import for lens repair
8. CINCH TEA: powerful polyphenols to protect the fragile eye tissue
9. B COMPLEX: essential for intracellular eye metabolism
10. FLAXSEED OIL CAPSULES/OMEGAGUARD: tissue membrane health
11. CoQHeart: energize healing

**CHOLESTEROL (HIGH)** (eat cabbage, oatmeal, apples, etc. for soluble fibre)

1. SOLUBLE FIBRE (Choose Shaklee 180 Smoothees): prevents fat absorption; reduces stress on heart by minimizing fat accumulation
2. LECITHIN: converts serum cholesterol to good HDL
3. VIVIX: reduces LDL Cholesterol
4. CHOLESTEROL REDUCTION COMPLEX: to reduce cholesterol
5. CoQHeart: Reduces LDL oxidation
6. GLUCOSE REGULATING COMPLEX: reduces formation of cholesterol
7. ALFALFA: has natural chelating affect in arteries
8. GARLIC: prevents clotting; dilates small blood vessels; dissolves fatty deposits & thins blood
9. OPTIFLORA: helps normalize blood lipids
10. VITAMIN E + SELENIUM: natural blood vessel dilator/ reduces LDL oxidation
11. DTX: makes a healthier liver (a dirty liver produces excess cholesterol in the bile)
12. EXTRA SOY PROTEIN: clinically tested to aid in cholesterol reduction
13. B COMPLEX: reduces homocysteine level

**CHRONIC FATIGUE SYNDROME:**

1. VIVIX: supports energy production in every cell
2. B COMPLEX: releases energy from food; increases immune cell activity
3. CoQHeart: Energizes every cell
4. NUTRIFERON: to strengthen the immune system
5. VITAMIN C: has as powerful anti-viral effect
6. CAROTOMAX: has a powerful effect on some specific immune system functions
7. VITAMIN E + SELENIUM: greatly enhances the ability of the body to produce powerful antibodies
8. ZINC: dramatically promotes all types of T-cell (immune systems) production & aggressiveness
9. GARLIC: immune booster
10. PHYSIQUE: excellent for muscle tissue recovery
11. FLAXSEED OIL CAPSULES: essential for tissue membrane recovery
12. CorENERGY (Ginseng/Cordyceps): strengthen and replenish the adrenals
13. STRESS RELIEF COMPLEX: support & nourishment for a stressed nervous system

**COLITIS:** (AVOID the foods you are allergic to! … and OPTIFLORA IS ESSENTIAL!)

1. GLA: acts as natural steroid
2. VIVIX: supports healing
3. CAROTOMAX: provides healing to the epithelial bowel tissue
4. NUTRIFERON: reduces inflammation
5. SOLUBLE FIBRE (Choose Shaklee 180 Smoothees): to provide soft bulk & reduce frequent stools
6. ZINC: promotes healing
7. ALFALFA: provides vitamin K for healing; overcomes mineral deficiencies due to frequent elimination; anti-inflammatory
8. STRESS RECOVERY COMPLEX: nourishment for a stressed nervous system
9. GARLIC: anti-inflammatory
10. B COMPLEX: anti-stress
11. CALCIUM/MAGNESIUM: anti-stress; helps reduce risk of bowel cancer
12. VITAMIN C: promotes healing of mucous membranes; strengthens immune system
13. CoQHeart: to enhance healing energy

**CROHN’S DISEASE:** (AVOID the foods you are allergic to! … and OPTIFLORA IS ESSENTIAL!)

1. GLA: acts as natural steroid
2. ALFALFA: anti-inflammatory; high mineral content promotes healing; promotes cleansing of bowel irritants
3. VIVIX: supports healing and reduces inflammation
4. ZINC: promotes healing
5. B COMPLEX: anti-stress; increases absorption
6. CarotoMax: aids in controlling infection; promotes healing of bowel lining
7. SOLUBLE FIBRE (Choose Shaklee 180 Smoothees): to provide soft bulk & reduce frequent stools)
8. VITAMIN E + SELENIUM: aids healing
9. FLAXSEED OIL CAPSULES: essential for tissue healing
10. NUTRIFERON: supports repair and reduces inflammation

**DEPRESSION:** (investigate hormonal imbalance – estrogen dominance? progesterone deficiency?, etc.)

1. B COMPLEX: nourishes the central nervous system
2. LECITHIN: insulates the central nervous system; nourishes brain cells; essential for nerve transmission
3. ST. JOHN’S WORT COMPLEX (Shaklee MoodLift): stimulates serotonin production
4. VIVIX: acts as an MAO enzyme inhibitor
5. Extra RAW PROTEIN SUPPLEMENT: provides amino acids to increase serotonin levels
6. GINKGO BILOBA (Shaklee Mental Acuity): improves oxygen/hormone/nutrient availability to the brain
7. STRESS RELIEF COMPLEX: nourishes the central nervous system
8. CorENERGY (Ginseng/Cordyceps): strengthen & replenish the glands

**DIABETES:**

* increase fibre in diet to prevent drastic shifts in blood sugar levels (Cinch Shakes are a great choice)
* avoid white flour products
* Follow the Calorie/Carbohydrate Ratio Diet
* include 1 teaspoon of cinnamon in your diet each day

1. VIVIX: supports reduction of blood sugar
2. GLUCOSE REGULATING COMPLEX: helps manage blood sugar
3. LECITHIN: reduces risk of cardiovascular disease; reduces neuropathy problems; increases circulation
4. VITAMIN E + SELENIUM: helps reduce risk of retinopathy; neuropathy, gangrene, & circulatory problems
5. B COMPLEX: helps reduce risk of neuropathy; increases glucose utilization; strengthens pancreas
6. ALFALFA: replaces minerals lost by frequent urination; strengthens kidneys
7. ZINC: promotes healing
8. VITAMIN C: strengthens pancreas; essential in healing; reduces risk of retinopathy; reduces risk of cardiovascular disease
9. CoQHeart: energizes the pancreas
10. GARLIC: reduces risk of infections which are common in extremedies in diabetics

**DIVERTICULITIS:** (soluble fibre in Cinch Shakes is advantageous; oatmeal recommended)

1. HERBAL LAXATIVE: promotes cleansing of bowel irritants; stool softening
2. ALFALFA: bowel cleanser; promotes healing
3. OPTIFLORA: repopulate bowel with “friendly” bacteria
4. LECITHIN: lubricates & heals bowel lining
5. ZINC: promotes healing
6. B COMPLEX: anti-stress
7. CAROTOMAX: strengthens bowel muscles & mucous membranes

**ECZEMA:**

1. HERBAL LAXATIVE: promotes detoxification
2. ALFALFA: promotes cleansing of the blood; strengthens the elimination ability of kidneys; contain chlorophyll which aids in skin healing
3. OPTIFLORA: increase good bacteria levels
4. ZINC: promotes healing
5. STRESS RELIEF COMPLEX: to calm the hypersensitive response
6. VITAMIN E + SELENIUM: improves circulation
7. FLAXSEED OIL CAPSULES/OMEGAGUARD: for tissue healing
8. VITAMIN C: promotes healing
9. CAROTOMAX: promotes tissue healing

**FLU:** drink SHAKLEE PERFORMANCE (an electrolyte drink) to prevent dehydration

1. SHAKLEE DR: natural antibiotic; powerful immune system booster
2. NUTRIFERON: increases the power of the immune system
3. GARLIC: natural antibiotic; anti-inflammatory; anti-viral, anti-bacterial
4. VITAMIN C: fights viral infections by increasing blood interferons; reduces length of fever
5. OPTIFLORA: increase good bacteria
6. LECITHIN: coats red blood cells, thereby providing protection against invasion of virus or bacteria
7. VITAMIN E + SELENIUM: protects red blood cell membranes; increases circulation

**ENDOMETRIOSIS:**

* If candida is one of the causes it must be dealt with – see candida
* Caffeine must be avoided
* Natural progesterone hormonal cream is highly recommended

1. VITAMIN E + SELENIUM: reduces hormonal storms
2. GLA: minimizes fluctuations in hormonal imbalance
3. B COMPLEX: promotes hormonal balance; promotes blood cell productivity; assists in water balance
4. OPTIFLORA: reduces yeast proliferation
5. VIVIX: to support cellular healing and hormonal balance
6. VITAMIN C: important for healing process
7. CALCIUM/MAGNESIUM: reduces vascular & muscular tension
8. ZINC: essential for healing
9. CorENERGY: reduces pain; helps bring balance in hormonal system

**EPILEPSY:**

1. RAW PROTEIN SUPPLEMENT: to provide essential amino acids for brain function
2. LECITHIN/GLA: improves brain circulation
3. B COMPLEX: nourishes the central nervous system
4. CALCIUM/MAGNESIUM: important for proper nerve transmission
5. STRESS RELIEF COMPLEX: to support brain-wave regulation
6. ZINC: needed for connective tissue repair
7. ALFALFA: for necessary mineral balance
8. CAROTOMAX: an important antioxidant that aids in protecting brain function
9. VITAMIN C: vital to functioning of the adrenal gland
10. VITAMIN E + SELENIUM: aids circulation & immunity

**FIBROCYSTIC DISEASE OF THE BREAST:** (address estrogen dominance)

1. VITAMIN E + SELENIUM: extremely important for antioxidant purposes
2. GLA: minimizes fluctuations in hormone imbalance
3. DTX: liver detoxification
4. B COMPLEX: important in fluid retention & hormonal regulation
5. VIVIX: to support improved hormonal balance and cellular cleansing
6. CAROTOMAX: necessary for mucous membranes of the breast’s ductual system
7. VITAMIN C: strengthens the adrenal glands, necessary for hormone production & balance
8. CorENERGY: acts as an adaptogen to bring about hormonal balance
9. OPTIFLORA: reduces toxin load
10. HERB LAX: reduces toxin load

**FIBROMYALGIA:** (for muscle tissue recovery optimize protein intake: Shaklee 180 Smoothees and Shaklee Physique)

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

**FUNGUS:**

1. OPTIFLORA: supplies “friendly” bacteria that are deficient in fungus in infections
2. GARLIC: neutralizes most fungi
3. SHAKLEE DR: 4 days on/3 days off … for several cycles to boost the body’s immunity
4. VIVIX: to support the immune system
5. NUTRIFERON: to support the immune system
6. VITAMIN C: to boost the body’s immunity
7. CAROTOMAX: boosts body’s immunity; aids in healing of the skin tissue
8. VITAMIN E + SELENIUM: to strengthen immune system

**GLAUCOMA:**

1. VITAMIN E + SELENIUM: increases circulation to the eye; powerful free radical scavenger
2. CAROTOMAX: necessary to heal & remove pressure from behind the eye
3. GLA: helps reduce pressure & involved in the regulation of circulation to the eye; anti-inflammatory
4. VIVIX: to support healing in the eye tissue
5. VITAMIN C: prevents tearing of capillaries; detoxifies free radicals; anti-inflammatory
6. OPTIFLORA: reduce toxin load
7. ALFALFA: mineral content relaxes arterial muscles; anti-inflammatory
8. HERBAL LAXATIVE: detoxifies body tissues
9. DTX: reduce toxin load
10. CoQHeart: powerful antioxidant
11. GINKGO BILOBA (Shaklee Mental Acuity): increase blood flow to the eyes

**GOUT:** (avoid red meat, dairy, white sugar / eat lots of green vegetables … to help alkalize the diet)

1. ALFALFA: produces alkaline reaction in the blood; excellent source of potassium
2. VITAMIN C: lowers serum uric acid
3. DTX: reduce toxin load
4. B COMPLEX: essential for improved metabolism
5. HERB-LAX: reduce toxin load
6. ZINC: critical for protein metabolism & tissue repair
7. VITAMIN E + SELENIUM: improves circulation & neutralizes free radicals

**HAIR (Loss of):** (use Shaklee’s ProSanté hair products)

1. B COMPLEX: nourishes the hair shaft
2. ZINC: critically important in rapid cell growth
3. ALFALFA: overcome trace mineral deficiencies
4. LECITHIN: absorptive aid for all fat soluble nutrients essential for health hair shaft
5. CoEnzymeQ10: increase cellular energy
6. OPTIFLORA: reduce toxin load
7. Vitamin C: improve scalp circulation/antioxidant for hair follicle
8. PERFORMANCE: increase potassium levels
9. GINKGO BILOBA (Shaklee Mental Acuity): increases blood flow to brain

**HEADACHES** (see headache manual for specific details on treating the 5 main types of headaches ….. investigate hormonal deficiencies …… enhance toxin elimination from body)

1. ALFALFA: overcome trace mineral deficiencies; anti-inflammatory especially for sinus pressure
2. B COMPLEX: brings balance to hormonal fluctuations
3. STRESS RELIEF COMPLEX
4. CALCIUM/MAGNESIUM: reduces vascular tension
5. CoQHeart: enhances proper blood circulation to head
6. LECITHIN: absorptive aid for all fat soluble nutrients
7. VITAMIN E: increases capillary blood flow
8. VIVIX: to support reduction of cellular sludge

# HEART DISEASE (support strength of heart muscle & provide fibre by optimizing Shaklee Cinch Shakes)

1. VITAMIN E + SELENIUM: increases capillary blood flow; vassal dilator; prevents clotting
2. LECITHIN: fat emulsifier; reduces cholesterol
3. CoQHeart: energize heart muscle
4. VIVIX: to help regulate cholesterol, and strengthen the heart
5. CHOLESTEROL REDUCTION COMPLEX: to regulate cholesterol
6. ALFALFA: high mineral content promotes natural chelating; reduces tissue water retention; provides potassium & magnesium to relax arterial muscles
7. CALCIUM/MAGNESIUM: regulates heart rhythm; relaxes muscle tension
8. GARLIC: anti-hypertensive; dilates small blood vessels; prevents clotting; dissolves fat deposits and thins blood
9. VITAMIN C: maintains connective tissue integrity; prevents tearing of capillaries
10. B COMPLEX: anti-stress

**HEARTBURN:** (drink 16 oz of water every morning on an empty stomach, and do 15 “Heel Thuds” every morning to jerk stomach down below diaphram)

1. CitriBoost or BIFIDUS (Canadian Product): deduces reflux reaction
2. STOMACH SOOTHING COMPLEX: Peppermint, ginger, fennel and anise are all beneficial
3. CALCIUM/MAGNESIUM: neutralizes stomach acid
4. ALFALFA: possess three classes of enzymes for proteins, fats & carbohydrates to overcome digestive disorders
5. EZ-GEST: digestive enzymes

**HIGH BLOOD PRESSURE:** (drink adequate water for kidney health)

1. FLAXSEED OIL CAPSULES/ OMEGAGUARD: reduces work demand on heart; increases HDL; improves liver metabolism of fats; increase flow rate in small blood vessels
2. CoQHeart: regulates circulatory system
3. GARLIC: dilates small blood vessels; prevents clotting; dissolves fatty deposits & thinks blood
4. VITALMAG: magnesium relaxes the arteries & potassium helps regulate chemistry imbalance
5. STRESS RELIEF COMPLEX: reduces tension in the arteries
6. OPTIFLORA: anti-stress: detoxifies neuro-toxins for a healthier nervous system; helps normalize blood lipids
7. HERBAL LAXATIVE: provides from proper elimination of fats before they are reabsorbed
8. LECITHIN: emulsifies blood fats, improves liver function; lower blood pressure
9. ALFALFA: strengthens the kidneys which make a hormone that regulates blood pressure; natural diuretic
10. CALCIUM/MAGNESIUM: a deficiency in calcium has been linked to high blood pressure
11. VITAMIN E + SELENIUM: improves heart function; vassal dilator

**HYPERACTIVITY:** make sure the Essential Fatty Acids are abundant in diet or supplements DAILY!

1. STRESS RELIEF COMPLEX
2. B COMPLEX: regulates the central nervous system
3. RAW PROTEIN SUPPLEMENT: provides essential amino acids for appropriate serotonin production
4. CALCIUM/MAGNESIUM: nature’s tranquilizer, calming effect
5. HERBAL LAXATIVE: detoxifies body poisons
6. LECITHIN: insulates nerve bundles
7. ALFALFA: overcomes mineral deficiencies
8. VALERIAN: (Shaklee Gentle Sleep Complex) herbal calming remedy; promotes deeper sleep

**HYPOGLYCEMIA:** (several small meals throughout the day)

1. EXTRA RAW PROTEIN SUPPLEMENT/CINCH SHAKES: regulates blood sugar; strengthens glandular functions
2. ALFALFA: helps regulate glandular functions
3. B COMPLEX: allows adrenal-pancreas-liver balance of blood sugar
4. ZINC: strengthens glandular functions; hair analyses reveals that most hypoglycemics are deficient
5. VITAMIN C: for adrenal glandular insufficiency
6. VIVIX: supports glandular repair
7. CorENERGY (Shaklee Ginseng/Cordeceps): glandular benefits
8. CoQHeart: energizes adrenals
9. CHROMIUM: critical for glucose metabolism

**HYPERTHYROIDISM:** (overactive thyroid) – avoid stimulants such as coffee, soft drinks, aspartame, nicotine, etc.

1. DTX: to support detoxification
2. HERB-LAX: to support detoxification
3. VIVIX: to support detoxification
4. OMEGAGUARD/FLAXSEED OIL CAPSULES: for glandular support
5. ALFALFA: supports calming of the system
6. VIVIX: to glandular support & detoxification
7. CAROTOMAX: for glandular support
8. VITAMIN C: for glandular support
9. GARLIC: to support detoxification
10. CALCIUM/MAGNESIUM: to help calm system
11. ZINC: for glandular support

**HYPOTHYROIDISM:** (underactive thyroid) – avoid all foods you are allergic to … if environmental allergies are an issue, get a Shaklee AirSource

1. VIVIX: for glandular support
2. ALFALFA: for mineral smorgasbord (including iodine)
3. CoQHeart: for energy support
4. ZINC: for glandular support
5. SHAKLEE 180 TEA: power polyphenols / for energy
6. VITAMIN C: for glandular support
7. B COMPLEX: for glandular support and energy
8. OPTIMIZE PROTEIN: for repair … Cinch Shakes are the best choice (due to leucine)
9. OMEGAGUARD: to optimize essential fatty acid intake

**INSOMINIA:** (investigate estrogen dominance AND/OR hypoglycemia)

1. LECITHIN: assist neuro-transmitter production in brain
2. CALCIUM/MAGNESIUM: nature’s tranquilizers; muscle relaxant
3. STRESS RELIEF COMPLEX
4. VIVIX: supports detoxification and hormonal balance
5. VALERIAN: restores relaxed state to central nervous system
6. VITAMIN C: deals with stress response-calms nerves
7. OPTIFLORA: displaces many neuro-toxins

**KIDNEY STONES:** (optimize water intake)

1. HERBAL LAXATIVE immediately … this expands the urethra and helps kidney stones to pass … do not be afraid to use too many temporarily … the bowels may move more frequently temporarily
2. ALFALFA: to support kidney function
3. VITAMIN C: to support kidney function
4. VIVIX: for cellular support and repair
5. ZINC: to support cellular repair
6. CAROTOMAX: to support cellular repair

# LEG PAINS

1. GINKGO BILOBA (Shaklee Mental Acuity): improves blood flow
2. VITAMIN E + SELENIUM: improves limb circulation by increasing capillary blood flow
3. VIVIX: for cellular energy
4. CoQHeart: for cellular energy
5. CALCIUM/MAGNESIUM: provides proper building blocks for bones
6. OPTIFLORA: reduces nutrient malabsorption
7. ALFALFA: overcomes trace mineral deficiency

**LIVER DISORDERS:**

1. DTX: detoxify the liver
2. HERB-LAX: detoxifies & prevents accumulation of metabolic waster products
3. NUTRIFERON: to support cellular repair
4. OPTIFLORA: detoxifies many chemicals
5. VIVIX: for cellular repair
6. SOLUBLE FIBRE (eg. Shaklee 180 Smoothees): helps remove the toxic load on the liver
7. LECITHIN: prevents fat build-up or fatty liver
8. VITAMIN C: neutralizes toxic substances & boosts immune system
9. ALFALFA: detoxifies liver by stimulating bile flow
10. VITAMIN E + SELENIUM: prevents oxidized fat accumulation & free radical damage
11. CAROTOMAX: anti-oxidant effect on free radicals
12. GARLIC: speeds liver healing; detoxifier

**LUPUS:**

1. GLA: nature’s steroid – VERY IMPORTANT FOR LUPUS
2. VITAMIN C: antioxidant; also anti-inflammatory
3. B COMPLEX: strengthens glandular functions; reduces malabsorption; nourishes nervous system
4. ALFALFA: anti-inflammatory; strengthens kidneys (alfalfa leaf powder tablets …NOT SPROUTS)
5. VIVIX: to support chemistry balance
6. OPTIFLORA: for the immune system
7. ZINC: protects skin & organs; promotes healing
8. VITAMIN E + SELENIUM: helps the body use oxygen more efficiently; promotes healing
9. CAROTOMAX: powerful antioxidant
10. GARLIC: immune system enhancer; protects enzyme systems
11. NUTRIFERON: to modulate the immune system

**MANIC-DEPRESSIVE DISORDERS:**

1. RAW PROTEIN SUPPLEMENT: large amounts of essential amino acids
2. B COMPLEX: makes a healthy nervous system; nourishes neuro-transmitters
3. ST. JOHN’S WORT (Shaklee MoodLift): enhance serotonin levels
4. STRESS RELIEF COMPLEX: to help balance brain chemistry
5. ZINC: protects brain cells
6. LECITHIN: insulates nerve bundles; improves brain circulation
7. VIVIX: for brain health & function
8. ALFALFA: mineral imbalance can cause depression
9. GLA: important for improved cerebral circulation
10. VITAMIN C: a powerful immunostimulant
11. CoQHeart: energize each cell

**MENOPAUSE:** (investigate natural bioidentical hormone support options)

1. MENOPAUSE BALANCING COMPLEX: for hormonal stability; reduces hot flashes
2. EXTRA SOY PROTEIN: helps balance hormones
3. VITAMIN E + SELENIUM: prevents hormonal storms
4. GLA: helps balance hormones
5. VIVIX: supports hormone balancing
6. VITAMIN C: promotes glandular health; assists mineral absorption
7. B-COMPLEX: minimizes water retention, hot flashes & nervous disorders; anti-stress; increases glandular health
8. CALCIUM/MAGNESIUM: maintain bone integrity
9. STRESS RELIEF COMPLEX
10. CAROTOMAX: promotes healthy mucous membranes in the vaginal area; anti-oxidant

**MENSTRUAL DIFFICULTIES:** (investigate estrogen dominance/progesterone deficiency)

1. B COMPLEX: reduces stress; helps regain hormonal imbalance; reduces water retention
2. GLA: regains hormonal imbalance by minimizing fluctuations due to nutrient deficiency
3. VITAMIN E + SELENIUM: prevents hormonal storms
4. EXTRA SOY PROTEIN/SHAKLEE 180: manufactures hormones
5. ALFALFA: reduces tissue water retention
6. CALCIUM/MAGNESIUM: reduces cramping by providing for proper muscle relaxation

**MEMORY IMPROVEMENT:** (investigate estrogen dominance)

1. LECITHIN/FLAXSEED OIL CAPSULES: improves brain circulation; nourishes brain cells
2. B COMPLEX: nourishes neuro-transmitters
3. ROTATE … one day Shaklee Mental Acuity and the next day Memory Optimizer: improves oxygen/hormones/nutrient availability to the brain and stimulates activity in the brain
4. VIVIX: for brain cell health and function
5. HERBAL LAXATIVE: detoxifies body toxins
6. DTX: reduce toxin load
7. OPTIFLORA: reduce toxin load
8. CoQHEART: energize every cell
9. ALFALFA: mineral smorgasbord
10. CorENERGY (Ginseng/Cordeceps): Increase oxygen availability to cells

**NERVE PROBLEMS:**

1. B COMPLEX: makes a healthy nervous system; nourishes neuro-transmiters
2. LECITHIN/FLAXSEED OIL CAPSULES: insulates nerve bundles; improves brain circulation
3. STRESS RELIEF COMPLEX: detoxifies many neuro-toxins
4. CALCIUM/MAGNESIUM: nature’s calmer
5. VIVIX: to support central nervous system function & health
6. OPTIFLORA: reduce toxin load
7. EXTRA SOY PROTEIN: additional amino acids for repair

**OSTEOPOROSIS:** (make sure progesterone levels & Vitamin D levels are optimal & do weight-bearing exercise)

1. CALCIUM/MAGNESIUM with VITAMIN D: necessary for bone integrity
2. RAW PROTEIN SUPPLEMENT/CINCH SHAKES: bones are 65% protein
3. VITAMIN C: necessary to build adequate connective tissue; assists mineral absorption
4. OPTIFLORA: increases availability of many trace nutrients
5. VIVIX: supports proper cellular function
6. ALFALFA: mineral smorgasbord
7. EZ-GEST: to enhance absorption of nutrients

**PREMENSTRUAL SYNDROME (PMS)** (investigate estrogen dominance/progesterone deficiency – natural progesterone creams are often required)

1. GLA: regains hormonal imbalance by minimizing fluctuations due to nutrient deficiency
2. B COMPLEX: helps regain hormonal imbalance; reduces stress; reduces water retention
3. PERFORMANCE: helps regulate electrolytes
4. ALFALFA: reduce trace mineral deficiencies; reduces water retention
5. LECITHIN: insulates nerve bundles
6. VITAMIN C: increase glandular health
7. CALCIUM/MAGNESIUM: reduces cramps; reduces insomnia

**PROSTRATE TROUBLE:** (avoid alcohol and caffeine)

1. SAW PALMETTO: herbal remedy which reduces prostate inflammation
2. ZINC: promotes healthy prostate
3. EXTRA SOY PROTEIN/CINCH SHAKES: reduces DHT formation
4. VITAMIN C: anti-inflammatory; strengthens gland
5. CAROTOMAX: anti-inflammatory; anti-oxidant effect on free radicals
6. ALFALFA: anti-inflammatory; increases kidney filtration rate
7. VIVIX: to support cellular function
8. VITAMIN E + SELENIUM: reduces degeneration
9. LECITHIN/FLAXSEED OIL CAPSULES: for prostate cellular protection
10. B COMPLEX: anti-cancer properties
11. CALCIUM/MAGNESIUM: reduces vascular tension
12. OPTIFLORA: reduce toxin load
13. DTX: reduce toxin load

**PSORIASIS:** (drink adequate water for proper detoxification of skin, bowels & kidneys)

1. ALFALFA: blood purifier & cleanser; strengthens & cleanses kidneys
2. GLA: IMPORTANT for all skin disorders
3. HERBAL LAXATIVE: detoxifies toxins from the body
4. DTX: reduce toxin load
5. STRESS RELIEF COMPLEX: to relieve stress related root causes
6. VIVIX: to support optimal cellular function
7. CAROTOMAX: reduces effects of UV light from the sun; nourishes epithelium skin tissue
8. VITAMIN C: speeds tissue healing; detoxifies sensitizing substances; boosts immune system
9. VITAMIN E + SELENIUM: promotes healing of skin; increases circulation
10. B COMPLEX: improved nutrient absorption
11. OPTIFLORA: detoxifies many chemicals
12. GARLIC: detoxification; increases capillary circulation; speeds tissue healing

**SHINGLES:**

1. VITAMIN C: immune support; speeds up healing
2. B COMPLEX: provides nutrients needed for healing the nerve damage
3. NUTRIFERON: to support the immune system
4. ZINC: needed for healing of connective tissue
5. VIVIX: for immune support
6. VITAMIN E + SELENIUM: immune support; speeds up healing
7. CAROTOMAX: immune support; heals epithelial tissue
8. CoQHEART: increases healing energy
9. OPTIFLORA: strengthens immune system; reduce toxin load
10. GARLIC: for the immune system
11. DTX: reduce toxin load

**SINUSITIS:** (purify the air you breathe … AirSource is recommended)

1. VITAMIN C: anti-inflammatory; thins mucous; decongestant; reduces histamine release
2. ALFALFA: reduces the effect of inflammatory endorphins; natural anti-histamine
3. GARLIC: reduces inflammation; natural sinus & nasal decongestant
4. OPTIFLORA: build the immune system
5. NUTRIFERON: to strengthen the immune system
6. CAROTOMAX: promotes healing of mucous membranes after infection
7. ZINC: promotes healing of mucous lining

**STRESS:**

1. STRESS RECOVERY COMPLEX: works in 20 to 30 minutes
2. B COMPLEX: nourishes the central nervous system; builds the adrenal glands
3. VITAMIN C: boosts body energy; calms nerves as a result of a stress response, builds adrenal glands
4. CALCIUM/MAGNESIUM: calcium needs increase 5x under stress
5. VIVIX: for brain cell support
6. GARLIC: anti-stress food
7. LECITHIN: nerve bundle insulator; relaxes nervous system; increase brain function
8. ST. JOHN’S WORT (Shaklee MoodLift): to support serotonin production
9. ALFALFA: provides for additional trace mineral needs due to stress
10. CAROTOMAX: increased immune protection
11. VITAMIN E + SELENIUM: increased immune protection; for a healthy heart
12. VALERIAN: encourages better sleep patterns; body makes more cortisone during sleep
13. EXTRA SOY PROTEIN: protein levels increase when stressed

**STROKE:**

1. VITAMIN E + SELENIUM: prevents clot formation; increases capillary blood flow; vassal dilator
2. LECITHIN: emulsifies fat; reduces cholesterol
3. GARLIC: prevents clot formation; thins blood; dissolves fatty deposits; dilates small blood vessels
4. CoQHEART: reduces blood clotting, relaxes blood vessel walls
5. VIVIX: supports cholesterol regulation
6. CHOLESTEROL REDUCTION COMPLEX
7. HERBAL LAXATIVE: provides for adequate elimination of fats in waste
8. GINKGO BILOBA (Shaklee Mental Acuity): increase blood flow
9. CALCIUM/MAGNESIUM: relaxes blood vessel walls
10. SOLUBLE FIBRE (eg. SHAKLEE 180 SMOOTHEES): absorbs blood fats & takes away in waste

**ULCERS:** (check for helicobacter pylori bacterium – if you have it, use pepto-bismol, Garlic, Optiflora)

1. BETA CAROTENE/CAROTOMAX: needed for healing; protects the mucous membranes of the stomach & intestine
2. ZINC: needed for healing
3. ALFALFA: heals damaged mucous forming cells in stomach
4. VITAMIN E + SELENIUM: aids in reducing stomach acid
5. B COMPLEX: reduces the effects of stress; increases nutrient metabolism
6. GARLIC: reduces the effects of stress; speeds tissue healing
7. STRESS RECOVERY COMPLEX: many ulcers are due to stress

**VARICOSE VEINS:** (use Epic Boots)

1. HERBAL LAXATIVE: reduces back pressure in the portals of the circulatory system
2. VITAMIN E + SELENIUM: improves the efficiency of heart muscle; vassal dilator
3. DTX: detoxify the liver to reduce pressure in arteries
4. GARLIC: dilates blood vessels; increases circulation
5. VITAMIN C: increases capillary strength; reduces blood clotting; promotes healing; prevents bruising
6. B COMPLEX: increases nutrient metabolism
7. GINKGO BILOBA (Shaklee Mental Acuity): increases blood flow
8. CoQHEART: supports proper blood flow