

COMMON AILMENTS

NOTE: ALL programs should begin with the following three items:

1) Shaklee Vita-Lea 2) Soy Protein 3) Optiflora and or Herb Lax

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

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. CAROTOMAX and FLAVOMAX: nourishes epithelial skin tissue to resist infection
7. VITAMIN C: promotes immune function
8. GARLIC: anti-bacterial
9. NUTRIFERON and IMMUNITY FORMULA I
10. B COMPLEX: improves blood flow to surface of skin
- 10: EPA and GLA: helps repair damaged cells; keeps skin soft & smooth

ALLERGIES: (Purify the air you breathe – AirSource recommended)

1. REMOVE ALL KNOWN FOOD ALLERGIES (??milk, eggs, wheat, corn, sugar, dyes??)
2. ALFALFA: natural anti-inflammatory; natural anti-histamine
3. VITAMIN C: reduces histamine release; anti-inflammatory
4. NUTRIFERON and FORMULA I: strengthens and builds the immune system
5. ZINC: a powerful immune system booster
6. 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)
7. GARLIC: helps normalize & stabilize the immune system
8. CALCIUM MAGNESIUM: helps reduce the body stress from allergies
9. CAROTOMAX and FLAVOMAX: stimulates immune response
10. VITAMIN E + SELENIUM: necessary for proper immune function
11. OPTIFLORA: good bacteria fights battles in the colon - spares the immune system so it can be used to fight allergies

ANEMIA:

1. EXTRA SOY 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
5. OPTIFLORA: increases mineral absorption

ANGINA:

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

ARTHRITIS:

1. ALFALFA: anti-inflammatory; high in chlorophyll; helps reduce uric acid; anti-stiffness factor
2. VITAMIN C: anti-inflammatory; important for strong cartilage; anti-stress; assists mineral absorption
3. JOINT HEALTH COMPLEX: glucosamine hydrochloride to repair cartilage
4. PAIN RELIEF COMPLEX/CREAM: relieves joint pain naturally

5. JOINT AND MUSCLE PAIN CREAM: immediate relief for aching joints and muscles
6. CALCIUM/MAGNESIUM: essential for strong cartilage; anti-stress from arthritic and muscle pain
7. HERBAL LAXATIVE: reduces toxins & inflammation
8. B COMPLEX: helps body deal with the stress from pain
9. EPA and GLA: anti-inflammatory; reduces joint tenderness, swelling & stiffness
10. VITAMIN E + SELENIUM: inhibits formation of free radicals which can damage the joints
11. GARLIC: anti-inflammatory; inhibits formation of free radicals which can damage the joints
12. CAROTOMAX and FLAVOMAX: promotes healing in the epithelial tissue; free radical inhibitor
13. ZINC: promotes healing in connective tissue repair

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

1. CAROTOMAX and FLAVOMAX: essential for tissues repair & immunity
2. EPA and GLA: anti-inflammatory; acts like a natural steroid;
3. VITAMIN C: anti-inflammatory; improves immune system strength; natural anti-histamine effect
4. NUTRIFERON, IMMUNITY FORMULA I: (especially for environmental allergies), strengthens and builds immune system response
5. CAROTMAX and FLAVOMAX: strengthens and protects immune system and cells from damage
6. ZINC: improves healing; strengthens immune system
7. B COMPLEX: anti-stress, healthy nerves
8. VITAMIN E + SELENIUM: strengthens the immune system; promotes healing
9. LECITHIN: soothes the bronchial tubes & lungs
10. GARLIC: anti-inflammatory, strengthens the immune system

BLADDER INFECTIONS:

1. WATER: Drink adequate purified water
2. OPTIFLORA: provides necessary “friendly bacteria”
3. SHAKLEE DR: powerful immune system booster (use for 7 to 15 days only)
4. GARLIC: natural antibiotic
5. VITAMIN C: anti-bacterial; immune system booster
6. NUTRIFERON, IMMUNITY FORMULA I, CAROTOMAX, FLAVOMAX; stimulates and strengthens immune system, heals and builds healthy tissue

BRONCHITIS:

1. VITAMIN C: immune system booster; natural decongestant; thins mucous
2. GARLIC: natural antibiotic; anti-infection; anti-viral; natural decongestant
3. CAROTOMAX and FLAVOMAX: protective to lung tissue; healing of all tissue
4. NUTRIFERON and IMMUNITY FORMULA I, stimulates and builds immune system
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: (purify the air you breathe AirSource is recommended)

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

CANDIDA: avoid sugar, fruit juices, alcohol, caffeine, white flour, “uncultured” dairy products.... (colonic irrigation is good)

1. GARLIC: destroys overgrowth of yeast
2. OPTIFLORA: replaces “friendly” bacteria
3. VITAMIN C: strengthens the immune system
4. B COMPLEX: increases absorption (candida prevents absorption of nutrients)
5. ZINC: strengthens the immune system
6. VITAMIN E + SELENIUM: strengthens the immune system
7. CAROTOMAX and FLAVOMAX: strengthens the immune system, builds healthy tissues
8. NUTRIFERON and IMMUNITY FORMULA I: strengthens and builds the weakened immune system

CANKER SORES:

1. EXTRA SOY PROTEIN SUPPLEMENT: essential to provide amino acid L-Lysine
2. B COMPLEX: immune function & healing
3. OPTIFLORA: provides “friendly” bacteria
4. VITAMIN C: healing, immune function; anti-bacterial
5. GARLIC: natural antibiotic
6. ZINC: healing properties
7. CAROTOMAX, FLAVOMAX: speed healing
8. NUTRIFERON and IMMUNITY FORMULA I, stimulates and builds the immune response

CATARACTS:

1. ZINC: healing & connective tissue repair; immune system booster
2. VITAMIN C: antioxidant properties to prevent tissue damage
3. VITAMIN E + SELENIUM: powerful free radical scavenger
4. CAROTOMAX and FLAVOMAX: antioxidant protection to lens, preventing cataract formation and improves vision
5. SOY PROTEIN SUPPLEMENT: import for lens repair
6. B COMPLEX: essential for intracellular eye metabolism
7. EPA and GLA: tissue membrane health
8. CoQHEART: energize healing

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

1. SOLUBLE FIBER (e.g. Daily Crunch and Fiber Plan): binds with bile acids in colon and flushes them out, using up body’s own cholesterol to replace bile acids, thus lowers cholesterol. Prevents cholesterol absorption; reduces stress on heart by minimizing fat accumulation
2. LECITHIN: converts serum cholesterol to good HDL
3. CHOLESTEROL REGULATING COMPLEX: to reduce cholesterol
4. EPA and GLA: lowers cholesterol and triglycerides, blood pressure, and prevents blood clots
5. CoQHEART: Reduces LDL oxidation
5. GLUCOSE REGULATING COMPLEX: reduce formation of cholesterol, prevents hyperinsulinism
6. ALFALFA: has natural chelating affect in arteries
7. GARLIC: prevents clotting; dilates small blood vessels; dissolves fatty deposits & thins blood
8. OPTIFLORA: helps normalize blood lipids
9. VITAMIN E + SELENIUM: natural blood vessel dilator/ reduces LDL oxidation, aids in circulation
10. DTX: makes a healthier liver (a dirty liver produces excess cholesterol in the bile)
11. EXTRA SOY PROTEIN: clinically tested to aid in cholesterol reduction
12. B COMPLEX: reduces homocysteine level

CHRONIC FATIGUE SYNDROME:

1. B COMPLEX: releases energy from food; increases immune cell activity
2. CAROTOMAX and FLAVOMAX: has a powerful effect on some specific immune system functions
3. CoQHEART: Energizes every cell
4. NUTRIFERON and IMMUNITY FORMULA I: to strengthen and build the immune system
5. VITAMIN C: has as powerful anti-viral effect
6. VITAMIN E + SELENIUM: greatly enhances the ability of the body to produce powerful antibodies
7. ZINC: dramatically promotes all types of T-cell (immune systems) production & aggressiveness
8. GARLIC: immune booster anti-bacterial and anti-viral
9. FITNESS OR PHYSIQUE: excellent for muscle tissue recovery
10. EPA and GLA: essential for tissue membrane recovery

11. CorENERGY (Ginseng/Cordyceps): strengthen and replenish the adrenals
12. STRESS RELIEF COMPLEX: nourishment for a stressed nervous system

COLITIS: (AVOID the foods you are allergic to!)

1. SOLUBLE FIBER (e.g. Daily Crunch and Fiber Plan): to provide soft bulk & reduce frequent stools
2. OPTIFLORA: to repopulate the bowel lining with “friendly” bacteria
3. CAROTOMAX and FLAVOMAX: provides healing to the epithelial bowel tissue
4. ZINC: promotes healing
5. ALFALFA: provides vitamin K - healing; overcomes mineral deficiencies due to frequent elimination; anti-inflammatory
6. GARLIC: anti-inflammatory
7. B COMPLEX: anti-stress
8. CALCIUM/MAGNESIUM: anti-stress; helps reduce risk of bowel cancer
9. VITAMIN C: promotes healing of mucous membranes; strengthens immune system
10. CoQHEART: to enhance healing energy
11. STRESS RECOVERY COMPLEX: nourishment for a stressed nervous system

CROHN'S DISEASE:

1. OPTIFLORA: to repopulate the bowel lining with “friendly bacteria”
2. SOLUBLE FIBER (e.g. Daily Crunch): to provide soft bulk & reduce frequent stools
3. ALFALFA: anti-inflammatory; high mineral content promotes healing; promotes cleansing of bowel irritants
4. ZINC: promotes healing
5. B COMPLEX: anti-stress; increases absorption
6. CAROTOMAX and FLAVOMAX: aids in controlling infection; promotes healing of bowel lining
7. VITAMIN E + SELENIUM: aids healing
8. HERB-LAX
9. EPA and GLA: anti-inflammatory, essential for tissue healing

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. MOODLIFT: stimulates serotonin production
4. RAW PROTEIN SUPPLEMENT: provides amino acids to increase serotonin levels
5. GINKGO BILOBA (Shaklee MENTAL ACUITY): improves oxygen/hormone/nutrient availability to the brain
6. STRESS RELIEF COMPLEX: nourishes the central nervous system
7. CorENERGY (Ginseng/Cordyceps): strengthen & replenish the glands
8. OPTIFLORA: reduce toxin load

DIABETES: (increase fiber in diet to prevent drastic shifts in blood sugar levels & avoid white flour products
Follow the Calorie/Carbohydrate Ratio Diet)

1. GLUCOSE REGULATING COMPLEX: helps manage blood sugar
2. VITAMIN E + SELENIUM: helps reduce risk of retinopathy; neuropathy, gangrene, & circulatory problems
3. B COMPLEX: helps reduce risk of neuropathy; increases glucose utilization; strengthens pancreas
4. ALFALFA: replaces minerals lost by frequent urination; strengthens kidneys
5. ZINC: promotes healing
6. LECITHIN: reduces risk of cardiovascular disease; reduces neuropathy problems; increases circulation
7. VITAMIN C: strengthens pancreas; essential in healing; reduces risk of retinopathy and cardiovascular disease
8. COQHEART: energizes the pancreas
9. EPA and GLA: normalizes blood pressure, prevents clots, healthy heart

DIVERTICULITIS: (soluble fiber like Daily Crunch 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
6. VITAMIN E + SELENIUM: improves circulation
7. EPA and GLA: anti-inflammatory, promotes tissue healing
8. VITAMIN C: promotes healing
9. CAROTOMAX and FLAVOMAX: promotes tissue healing

FLU:

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

ENDOMETRIOSIS:

- a. If candida is one of the causes it must be dealt with – see **candida**
 - b. Caffeine must be avoided
 - c. Natural progesterone hormonal cream is highly recommended
1. VITAMIN E + SELENIUM: reduces hormonal storms
 2. GLA and EPA: 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. VITAMIN C: important for healing process
 6. CALCIUM/MAGNESIUM: reduces vascular & muscular tension
 7. ZINC: essential for healing
 8. CorENERGY: reduces pain; helps bring balance in hormonal system

EPILEPSY:

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

FIBROCYSTIC DISEASE OF THE BREAST:

1. VITAMIN E + SELENIUM: extremely important for antioxidant purposes
2. GLA and EPA: minimizes fluctuations in hormone imbalance
3. DTX: liver detoxification
4. B COMPLEX: important in fluid retention & hormonal regulation
5. APPETITE REDUCTION SPRAY: for detoxification
6. CAROTOMAX and FLAVOMAX: necessary for mucous membranes of the breast's ductal 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:

1. VITAMIN C: strengthens the integrity of connective tissue
2. COQHEART increases cellular energy
3. NUTRIFERON and IMMUNITY FORMULA I: strengthens the immune system
4. LECITHIN/GLA/EPA: insulates the fibrous sheath of the nerve bundles, anti-inflammatory
5. PAIN RELIEF COMPLEX, CREAM, JOINT HEALTH COMPLEX, ALFALFA: reduces pain and inflammation in joints and muscles
6. CALCIUM/MAGNESIUM: muscle relaxant
7. OPTIFLORA: increase good bacteria, strengthens immune system response
8. FITNESS or PHYSIQUE: muscle tissue recovery
9. VITAMIN E + SELENIUM: improves oxygenation of cells
10. GINKGO BILOBA (Shaklee MANTAL ACUITY): improves blood flow throughout the body
11. VALERIAN: 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: 7 days on/4days off for several cycles to boost the body's immunity
4. VITAMIN C: to boost the body's immunity
5. CAROTOMAX and FLAVOMAX: boosts body's immunity; aids in healing of the skin tissue
6. NUTRIFERON, IMMUNITY FORMULA I, VITAMIN E + SELENIUM: to strengthen immune system

GLAUCOMA:

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

GOUT:

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. EPA and GLA: reduces inflammation, PAIN RELIEF COMPLEX/CREAM: pain relief
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. CoQHEART: 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. EPA/GLA/LECITHIN: anti-inflammatory, nerve and brain health
6. VITAMIN E: increases capillary blood flow

HEART DISEASE

1. VITAMIN E + SELENIUM: increases capillary blood flow; vassal dilator; prevents clotting, prevents oxidation of cholesterol, reducing deposits in blood vessels
2. LECITHIN: fat emulsifier; reduces cholesterol
3. CoQHEART: energize heart muscle
4. CHOLESTEROL REGULATING COMPLEX: to regulate cholesterol
5. ALFALFA: high mineral content promotes natural chelating; reduces tissue water retention; provides potassium & magnesium to relax arterial muscles
6. CALCIUM/MAGNESIUM: regulates heart rhythm; relaxes muscle tension
7. GARLIC: anti-hypertensive; dilates small blood vessels; prevents clotting; dissolves fat deposits and thins blood
8. SOLUBLE FIBER (Daily Crunch, Fiber Plan): reduce excessive cholesterol & toxins
9. VITAMIN C: maintains connective tissue integrity; prevents tearing of capillaries
10. B COMPLEX: anti-stress

HEARTBURN: (drink peppermint/ginger tea)

1. OPTIFLORA: aids in digestion and prevents acid reflux
2. CALCIUM/MAGNESIUM: neutralizes stomach acid
3. ALFALFA: possess three classes of enzymes for proteins, fats & carbohydrates to overcome digestive disorders
4. EZ-GEST: digestive enzymes

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

1. EPA/GLA: lowers blood pressure, prevents blood clots, 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: lowers blood pressure, dilates small blood vessels; lowers cholesterol; prevents clotting; dissolves fatty deposits
4. OPTIFLORA: anti-stress: detoxifies neuro-toxins for a healthier nervous system; helps normalize blood lipids
5. HERBAL LAXATIVE: provides for proper elimination of fats before they are reabsorbed
6. LECITHIN: emulsifies blood fats, improves liver function; lower blood pressure
7. ALFALFA: strengthens the kidneys which make a hormone that regulates blood pressure; natural diuretic
8. CALCIUM/MAGNESIUM: a deficiency in calcium has been linked to high blood pressure
9. VITAMIN E + SELENIUM: improves heart function; vassal dilator

HYPERACTIVITY:

1. STRESS RELIEF COMPLEX
2. B COMPLEX: regulates the central nervous system
3. SOY 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: herbal calming remedy; promotes deeper sleep

HYPOGLYCEMIA: (several small meals throughout the day)

1. EXTRA SOY PROTEIN SUPPLEMENT: 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. CorENERGY (Shaklee Ginseng/Cordeceps): glandular benefits
7. CoQHEART: energizes adrenals
8. GLUCOSE REGULATING COMPLEX: critical for glucose metabolism, reduces insulin resistance

INSOMNIA: (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. VALERIAN: restores relaxed state to central nervous system
5. VITAMIN C: deals with stress response-calms nerves
6. OPTIFLORA: displaces many neuro-toxins

LEG PAINS

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

LIVER DISORDERS:

1. DTX: detoxify the liver
2. HERB-LAX: detoxifies & prevents accumulation of metabolic waste products
3. SOLUBLE FIBER (e.g. Daily Crunch, Fiber Plan): helps remove the toxic load on the liver
4. LECITHIN: prevents fat build-up or fatty liver
5. APPETITE REDUCTION SPRAY: to detoxify
6. OPTIFLORA: detoxifies many chemicals
7. VITAMIN C: neutralizes toxic substances & boosts immune system
8. ALFALFA: detoxifies liver by stimulating bile flow
9. VITAMIN E + SELENIUM: prevents oxidized fat accumulation & free radical damage
10. CAROTOMAX and FLAVOMAX: anti-oxidant effect on free radicals
11. GARLIC: speeds liver healing; detoxifier

LUPUS:

1. GLA and EPA: 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. OPTIFLORA: for the immune system
6. ZINC: protects skin & organs; promotes healing
7. VITAMIN E + SELENIUM: helps the body use oxygen more efficiently; promotes healing
8. CAROTOMAX and FLAVOMAX: powerful antioxidant
9. GARLIC/IMMUNITY FORMULA I: healthy immune system enhancer; protects enzyme systems

MANIC-DEPRESSIVE DISORDERS:

1. SOY 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
5. ZINC: protects brain cells
6. LECITHIN: insulates nerve bundles; improves brain circulation
7. ALFALFA: mineral imbalance can cause depression
8. GLA and EPA: important for improved cerebral circulation
9. VITAMIN C: a powerful immunostimulant
10. CoQHEART: energize each cell

MENOPAUSE: (investigate natural progesterone cream)

1. MENOPAUSE REGULATION COMPLEX: for hormonal stability; reduces hot flashes
2. EXTRA SOY PROTEIN: helps balance hormones
3. VITAMIN E + SELENIUM: prevents hormonal storms
4. GLA and EPA: helps balance hormones
5. VITAMIN C: promotes glandular health; assists mineral absorption
6. B-COMPLEX: minimizes water retention, hot flashes & nervous disorders; anti-stress; increases glandular health
7. CALCIUM/MAGNESIUM: maintain bone integrity

8. STRESS RELIEF COMPLEX
9. CAROTOMAX and FLAVOMAX: 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 and EPA: regains hormonal imbalance by minimizing fluctuations due to nutrient deficiency
3. VITAMIN E + SELENIUM: prevents hormonal storms
4. EXTRA SOY PROTEIN: 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. GINKGO BILOBA (Shaklee MENTAL ACUTIY): improves oxygen/hormones/nutrient availability to the brain
4. HERBAL LAXATIVE: detoxifies body toxins
5. DTX: reduce toxin load
6. OPTIFLORA: reduce toxin load
7. CoQHEART: energize every cell
8. ALFALFA: mineral smorgasbord
9. APPETITE REDUCTION SPRAY: to detoxify
10. CorENERGY (Ginseng/Cordeceps): Increase oxygen availability to cells

NERVE PROBLEMS:

1. B COMPLEX: makes a healthy nervous system; nourishes neuro-transmitters
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. OPTIFLORA: reduce toxin load
6. EXTRA SOY PROTEIN: additional amino acids for repair

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

1. CALCIUM/MAGNESIUM with VITAMIN D: necessary for bone integrity
2. SOY PROTEIN SUPPLEMENT: 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. ALFALFA: mineral smorgasbord
6. EZ-GEST: to enhance absorption of nutrients

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

1. GLA and EPA: regains hormonal imbalance by minimizing fluctuations due to nutrient deficiency
2. B COMPLEX: helps regain hormonal imbalance; reduces stress; reduces water retention
3. SOY PROTEIN: stabilizes blood sugar, builds hormones; 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

PROSTATE TROUBLE: (avoid alcohol and caffeine)

1. SAW PALMETTO: herbal remedy which reduces prostate inflammation
2. ZINC: promotes healthy prostate
3. EXTRA SOY PROTEIN: reduces DHT formation
4. VITAMIN C: anti-inflammatory; strengthens gland
5. CAROTOMAX and FLAVOMAX: anti-inflammatory; anti-oxidant effect on free radicals
6. ALFALFA: anti-inflammatory; increases kidney filtration rate
7. VITAMIN E + SELENIUM: reduces degeneration
8. LECITHIN/EPA: for prostate cellular protection
9. B COMPLEX: anti-cancer properties

10. CALCIUM/MAGNESIUM: reduces vascular tension
11. OPTIFLORA and HERB-LAX: reduce toxin load
12. 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 and EPA: IMPORTANT for all skin disorders; anti-inflammatory
3. HERBAL LAXATIVE: detoxifies toxins from the body
4. DTX: reduce toxin load
5. STRESS RELIEF COMPLEX: to relieve stress related root causes
6. CAROTOMAX and FLAVOMAX: reduces effects of UV light from the sun; nourishes epithelium skin tissue
7. VITAMIN C: speeds tissue healing; detoxifies sensitizing substances; boosts immune system
8. VITAMIN E + SELENIUM: promotes healing of skin; increases circulation
9. APPETITE REDUCTION SPRAY: to reduce toxins
10. ZINC: needed for connective tissue repair in scar tissue
11. B COMPLEX: improved nutrient absorption
12. OPTIFLORA: detoxifies many chemicals
13. 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. ZINC: needed for healing of connective tissue
4. NUTRIFERON and IMMUNITY FORMULA I
5. VITAMIN E + SELENIUM: immune support; speeds up healing
6. CAROTOMAX and FLAVOMAX: immune support; heals epithelial tissue
7. CoQHEART: increases healing energy
8. OPTIFLORA: strengthens immune system; reduce toxin load
9. GARLIC: for the immune system
10. 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 and IMMUNITY FORMULA I: to strengthen the immune system
6. CAROTOMAX and FLAVOMAX: 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. GARLIC: anti-stress food
6. LECITHIN: nerve bundle insulator; relaxes nervous system; increase brain function
7. ALFALFA: provides for additional trace mineral needs due to stress
8. NUTRIFERON, IMMUNITY FORMULA I, CAROTOMAX and FLAVOMAX: increased immune protection
9. VITAMIN E + SELENIUM: increased immune protection; for a healthy heart
10. VALERIAN: encourages better sleep patterns; body makes more cortisone during sleep
11. 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. CHOLESTEROL REGULATING COMPLEX

6. HERBAL LAXATIVE: provides for adequate elimination of fats in waste
7. MENTAL ACUITY: increase blood flow, prevents blood clots
8. CALCIUM/MAGNESIUM: relaxes blood vessel walls
9. SOLUBLE FIBRE (e.g. Daily Crunch): absorbs blood fats & takes away in waste
10. EPA/GLA: normalizes blood pressure, prevents blood clots

THYROID: Hypothyroidism (investigate progesterone deficiency)

1. ALFALFA: good source of balanced iodine
2. LECITHIN: essential for thyroid hormone production
3. SOY PROTEIN SUPPLEMENT: essential for the formation of hormones; builds glandular strength
4. VITAMIN C: essential for glandular health; speeds tissue healing & connective tissue integrity
5. APPETITE REDUCITON SPRAY: helps detoxify
6. ZINC: essential for glandular health
7. B COMPLEX: essential for glandular health
8. VITAMIN E + SELENIUM: powerful free radical scavenger
9. CorENERGY (Ginseng/Cordeceps): for energy
10. CoQHEART: energize every cell
11. OPTIFLORA: for immune health

THYROID: Hyperthyroidism

1. SOY PROTEIN SUPPLEMENT: essential for hormonal balance
2. B COMPLEX: essential to nourish the hypothalamus gland
3. VITAMIN C: reduces degeneration of cellular tissue in gland
4. VITAMIN E + SELENIUM: powerful free radical scavenger – reduces degeneration of cellular tissue
5. GARLIC: anti-oxidant for immune support; anti-inflammatory
6. CAROTOMAX, FLAVOMAX, NUTRIFERON, IMMUNITY FORMULA I: immune support
7. GLA, EPA: anti-inflammatory; immune support, aids hormone imbalance
8. OPTIFLORA: for immune health

ULCERS: (check for helicobacter pylori bacterium – if you have it, use Pepto-Bismol, garlic, Optiflora)

1. 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. OPTIFLORA: detoxifies many neuro-toxins to reduce anxiety
8. 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: relaxes blood vessel walls