

## Shaklee Nutritional Programs for many different

# **COMMON AILMENTS**

### Keep This Information Handy.

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

- 1) Shaklee Vita-Lea
- 2) Soy Protein
- 3) Optiflora

**THEN:** Add these three items to each of the programs 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:** nourishes epithelial skin tissue to resist infection
7. **VITAMIN C:** promotes immune function
8. **GARLIC:** anti-bacterial
9. **B COMPLEX:** improves blood flow to surface of skin
10. **FLAXSEED OIL CAPSULES:** 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. **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:**

2. **EXTRA RAW PROTEIN SUPPLEMENT:** hemoglobin is 95% protein
3. **B COMPLEX:** essential in red blood cell production
4. **IRON:** an essential component of red blood cells
5. **VITAMIN C:** enhances the body's use of iron
6. **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. **GLA OR EPA:** improves circulation; reduces work demand on heart
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' 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. **CALCIUM/MAGNESIUM:** essential for strong cartilage; anti-stress from arthritic pain
5. **HERBAL LAXATIVE:** reduces toxins & inflammation
6. **B COMPLEX:** helps body deal with the stress from pain
7. **GLA:** anti-inflammatory; reduces joint tenderness, swelling & stiffness
8. **VITAMIN E + SELENIUM:** inhibits formation of free radicals which can damage the joints
9. **GARLIC:** anti-inflammatory; inhibits formation of free radicals which can damage the joints
10. **CAROTOMAX:** promotes healing in the epithelial tissue; free radical inhibitor
11. **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. **IMMUNE BUILDING COMPLEX:** (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:**

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

**BRONCHITIS:**

1. **VITAMIN C:** immune system booster; natural decongestant; thins mucous
2. **GARLIC:** natural antibiotic; anti-infection; anti-viral; natural decongestant
3. **CAROTOMAX:** protective to lung tissue; healing of all tissue
4. **HERBAL LAXATIVE:** reduces body bacterial count
5. **VITAMIN E + SELENIUM:** improved breathing; healing for tissue; powerful free radical scavenger
6. **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. **CARAOTOMAX:** strengthens immune system; greatly reduces risk of epithelial tissue cancer
3. **VITAMIN E + SELENIUM:** powerful free radical scavenger
4. **IMMUNE BUILDING COMPLEX:** 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:** 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:** Reduce the toxin load in the body
14. **ALFALFA:** blood purifier and mineral smorgasbord
15. **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. **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 :** strengthens the immune system
8. **IMMUNE BUILDING COMPLEX:** to strengthen the weakened immune system

### CANKER SORES:

1. **RAW 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:** speed healing

### 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:** deficiency has been linked to poor vision & cataract formation
5. **RAW PROTEIN SUPPLEMENT:** import for lens repair
6. **B COMPLEX:** essential for intracellular eye metabolism
7. **FLAXSEED OIL CAPSULES:** tissue membrane health
8. **CoQHEART:** energize healing

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

1. **SOLUBLE FIBER (ex.. Daily Crunch):** prevents fat 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. **CoQHEART:** Reduces LDL oxidation
5. **GLUCOSE REGULATING COMPLEX:** reduce formation of cholesterol
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
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:** has a powerful effect on some specific immune system functions
3. **CoQHEART:** Energizes every cell
4. **IMMUNE BUILDING COMPLEX:** to strengthen 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
9. **FITNESS OR PHYSIQUE:** excellent for muscle tissue recovery
10. **FLAXSEED OIL CAPSULES:** 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 (eg. Daily Crunch):** to provide soft bulk & reduce frequent stools
2. **OPTIFLORA:** to repopulate the bowel lining with "friendly" bacteria

3. **CAROTOMAX**: provides healing to the epithelial bowel tissue
4. **ZINC**: promotes healing
5. **ALFALFA**: provides vitamin K for 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 (ex.. 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**: aids in controlling infection; promotes healing of bowel lining
7. **VITAMIN E + SELENIUM**: aids healing
8. **FLAXSEED OIL CAPSULES**: 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; reduces risk of cardiovascular disease
8. **COQHEART**: energizes the pancreas

#### 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. **FLAXSEED OIL CAPSULES:** for tissue healing
8. **VITAMIN C:** promotes healing
9. **CAROTOMAX:** 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
5. **LECITHIN:** coats red blood cells, thereby providing protection against invasion of virus or bacteria
6. **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.) **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:

2. **RAW PROTEIN SUPPLEMENT:** to provide essential amino acids for brain function
3. **LECITHIN/GLA:** improves brain circulation
4. **B COMPLEX:** nourishes the central nervous system
5. **CALCIUM/MAGNESIUM:** important for proper nerve transmission
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:

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. **APPETITE REDUCTION SPRAY:** for detoxification
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:

1. **VITAMIN C:** strengthens the integrity of connective tissue
2. **COQHEART** increases cellular energy
3. **IMMUNE BUILDING COMPLEX:** strengthens the immune system
4. **LECITHIN/GLA:** insulates the fibrous sheath of the nerve bundles
5. **CALCIUM/MAGNESIUM:** muscle relaxant
6. **OPTIFLORA:** increase good bacteria
7. **FITNESS or PHYSIQUE:** muscle tissue recovery

8. **VITAMIN E + SELENIUM:** improves oxygenation of cells
9. **GINKGO BILOBA (Shaklee M E NTAL ACUITY):** improves blood flow throughout the body
10. **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. **CARATOMAX:** boosts body's immunity; aids in healing of the skin tissue
6. **VITAMIN E + SELENIUM:** to strengthen immune system
7. **GLAUCOMA:**
8. **VITAMIN E + SELENIUM:** increases circulation to the eye; powerful free radical scavenger
9. **CAROTOMAX:** necessary to heal & remove pressure from behind the eye
10. **GLA:** involved in the regulation of circulation to the eye; anti-inflammatory
11. **VITAMIN C:** prevents tearing of capillaries; detoxifies free radicals; anti-inflammatory
12. **OPTIFLORA:** reduce toxin load
13. **ALFALFA:** mineral content relaxes arterial muscles; anti-inflammatory
14. **HERBAL LAXATIVE:** detoxifies body tissues
15. **DTX:** reduce toxin load
16. **CoQHEART:** powerful antioxidant
17. **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. **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. **LECITHIN:** absorptive aid for all fat soluble nutrients
6. **VITAMIN E:** increases capillary blood flow

### HEART DISEASE

1. **VITAMIN E + SELENIUM:** increases capillary blood flow; vassal dilator; prevents clotting
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)**: 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. **BIFIDUS**: deduces reflux reaction(in Canada) We would use OPTIFLORA
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. **FLAXSEED OIL CAPSULES**: 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 & thins blood
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. **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**: herbal calming remedy; promotes deeper sleep

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

1. **EXTRA RAW 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. **CHROMIUM**: critical for glucose metabolism

**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 waster products
3. **SOLUBLE FIBER (eg. Daily Crunch)**: 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**: anti-oxidant effect on free radicals
11. **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. **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**: powerful antioxidant
9. **GARLIC**: immune system enhancer; protects enzyme systems

#### **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**
5. **ZINC**: protects brain cells
6. **LECITHIN**: insulates nerve bundles; improves brain circulation
7. **ALFALFA**: mineral imbalance can cause depression
8. **GLA**: 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**: 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**: 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**: 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. **RAW 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:** 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

**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:** anti-inflammatory; anti-oxidant effect on free radicals
6. **ALFALFA:** anti-inflammatory; increases kidney filtration rate
7. **VITAMIN E + SELENIUM:** reduces degeneration
8. **LECITHIN/FLAXSEED OIL CAPSULES:** for prostate cellular protection
9. **B COMPLEX:** anti-cancer properties
10. **CALCIUM/MAGNESIUM:** reduces vascular tension
11. **OPTIFLORA:** 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:** 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. **CAROTOMAX:** 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. **IMMUNE BUILDING COMPLEX**
5. **VITAMIN E + SELENIUM:** immune support; speeds up healing
6. **CAROTOMAX:** 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. **IMMUNE BUILDING COMPLEX:** 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. **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. **CAROTOMAX:** 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
8. **CALCIUM/MAGNESIUM:** relaxes blood vessel walls
9. **SOLUBLE FIBER (ex.. Daily Crunch):** absorbs blood fats & takes away in waste

#### **THYROID:** Hypothyroidism (investigate progesterone deficiency)

1. **ALFALFA:** good source of balanced iodine
2. **LECITHIN:** essential for thyroid hormone production

3. **RAW 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 REDUCTION 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. **RAW 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:** immune support
7. **GLA:** 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