



Healthy Short Stories

Hey Joyce,

I have conducted my own experiment with **NutriFeron**...on my family. Bailey, 6 yrs old, has taken 1 every day for months now. I chose her b/c she's the only one that has been diagnosed with "allergy induced asthma". **She has not shown any allergy symptoms nor has she had that barky cough.** It's now April, so I feel secure in sharing my findings! Yeah! Her worst time has been in the fall and winter months. I love a good success story! And I also enjoy working with the supplements to find what's right for each individual.

Much love, **Christie, FL**

In only 2 Days I Saw Results with Less Pain

I have been a dancer since I was 8 and a competitive gymnast for 8 years. Loved it but injuries happen and while they may not seem crucial at the time, (when we are young we are invincible) they can come back to haunt you! I still teach dance and am very active. 2 years ago at 51 my knees became excruciatingly painful. Stairs became hell and putting on a smile at my job became more difficult. An MRI confirmed "degeneration" in both of my knees. I had been taking the Joint Health Complex faithfully and cannot imagine what I would have felt like without it. When Shaklee chose Bob and I to test the new Joint product they did not have to ask us twice! My hips had been aching as well and getting out of bed was an exercise in itself. **After 2 (!) days on the product I just got out of bed without evaluation and careful positioning! After 5 days I had no twinges in my hips or knees and wanted more of this stuff!** I cannot wait for the big unveiling in D.C. and an endless supply of our **new Joint Health Complex**. I am going to up our product PV amongst a whole new set of people. I thank Shaklee for choosing us to try it out and am so grateful for the wonderful trip to Pleasanton, meeting other Shaklee Biz folks and having the opportunity to be a Shaklee guinea pig! I am SO proud of our company and can't wait till ALL of you get the JHC in your hands. The world will certainly be a more well-oiled and pain free place! *Pam*



The Stiffness in My Fingers Started to Loosen Up in 2 Days !

After many years of playing semi pro tennis I had developed quite a few aches and pains and had also had cartilage damage in my knees. My hips and back also took a beating and my left wrist and fingers also tend to be problem areas. I have been a musician since I was 9 yrs. old.

I'm now 55 and started noticing stiffness in my fingers about a year ago. Since I play bass guitar, guitar & keyboards the stiffness can be very discomfoting while performing. For many years Shaklee products have really helped. The old joint health complex was a God send but time and injuries had made there mark and arthritis started creeping back in. A couple of months ago my wife Pam and I got on a study for a new Shaklee joint health product. This was only a five day study so Shaklee must have been confident that they had developed something special.

They were right, **within 2 days of trying the product my fingers started loosening up and the stiffness was going away.** By day three I was getting out of bed easier and my knees were feeling good. At one point during the study I actually ran up the cellar stairs which I had not been able to do in a long time. The new joint health complex is a great addition to our line and will be a boost for your health and your business. **Bob A**

Thanks to Vivix I no Longer take any Parkinson's Medications



My name is Ed Mangelsen and I have Parkinson's, a neurological disease with no cure and progressive symptoms. I was diagnosed 5 years ago and told I had probably had it for 10 years prior. I've used Shaklee products (the whole line) for a number of years and when Shaklee introduced Vivix, I began using it right away.

A while back my wife, Ann, had a congestion in her chest and the Dr. told me I should tap between her shoulder blades a few times a day. I held up my right hand (which has a pretty significant tremor) and told him "no problem. I come equipped." That tremor is my only symptom right now.

On my last visit to the Neurology Clinic at University of Colorado Medical Center, **the doctor on duty did a double take when she saw I was not taking any medications for Parkinson's.** First she said they try to hold off giving LevaDopa meds to patients until they are in the "older age group". She did another double take when she looked at my birthdate. "Oh, my! You are in that older age group!"

That's when we told her about Vivix. She was very cautious and said she had never heard of Resveratrol and would check it out. UofCMC has great doctors, but you never get a personal relationship with any of them. They do no follow-up or call you personally. But not this time! Two hours after we got home she called us. "I've just researched all the studies being conducted on neurological conditions using Resveratrol. There are lots and lots. **Keep on using it! Don't quit!**"

Believe me – I have not intention of stopping it.

I Will Not Give My Children Any Other Brand of Vitamins, Except Shaklee



I sent out an email listing all the vitamins with Lead in them for children & adults.

This is from an angry daddy after he learned that other nutrition companies do not always tell the truth as to what is in their product, and its not always true what's on the label. They have been giving their child (Sweet) an over-the-counter children's vitamin. Joyce

July 23, this is the email

Daddy to Mommy: FYI. Please be sure you're not giving any of these vitamins w/lead to **Sweet. Gummies?**

Mommy to Daddy: **Yes, her brand was on the list. Guess it'll be Shaklee from now on.**

Daddy: Thanks for sending us this about lead in vitamins. **What we have been giving our little one is on the lead list. Those people need to get sued for failing to disclose that known danger.**

Anyway, it's Shaklee from now on! **Jeff**

Lymes Testimony I had a injury to my knee that would constantly swell. When I went to the doctor I found out that there was osteo – arthritis, presumably due to lymes disease that may have been undetected for many years. My tests came back positive with high numbers for lymes disease. It was suspected at that time that I had the disease for five to seven years. My sugar was perfect. The doctor put me on heavy duty antibiotics for three months and he was told this may or may not help. After three months, I was not any better, so the doctor put me on two months of IV antibiotics. Then, six months of Ceclor, an antibiotic. I would have been prescribed Sulfa, the best antibiotic for this disease, but I was allergic to it. After the six months of Ceclor, I had to stop it because I broke out in hives. In the meantime, the knee was drained four times because it kept getting filled up with fluids. Because of the hives I was put on Predinsone, a steroid for two weeks. The pain in my knee was crippling. I resigned to the fact that I would have to live with this, and was told by the doctor that my age was a factor.

All along I had been taking the foundational Shaklee products. Five years later I developed a type of neuropathy in both my arms, plus I had carpal tunnel. One morning I literally could not lift my arms out of bed. It was getting worse. My Shaklee friend had been sharing with me about a new Shaklee product: Vivix and the results people were getting. After six months I decided to try it. **The first couple weeks I did not notice a difference, but in thirty days I felt 50% better. After the second month the neuropathy was almost totally gone.**

I later included Omega Guard in my program. My knees also improved. In the last two years I have only had to have my knees drained twice, and that was due to over exertion. **Last December I decided not to take the Vivix, and did so for 10 days. My neuropathy came back full force. I am now a "life-er"** *Anthony S.*



I NO LONGER TAKE ANY MEDICATIONS!

Hello, My name is **Leddy Vanderpool**



I have a family history of diabetes - my mother, father and brother are all diabetics. I have always felt good, kept my health in check and got annual checkups with my family physician. It wasn't until August 2007 that I was diagnosed with this disease. I had not been feeling good - mostly just tired all the time, sleepy all the time and I could never get enough water! When I was diagnosed, my blood sugar was over 700 and my A1C was 12. Even my doctor could not believe these numbers!

I immediately started taking a number of medications- insulin, metformin, a diuretic, etc. to try and get my sugars under control. Even with a significant change in my diet (I had an enormous sweet tooth before and ate a lot of red meat), I could not get my daily sugars under 180-200. The "normal" range is anything less than 150 - with numbers closer to 100 being ideal. Worse than this, I felt horrible. I felt more tired than before and depression became a part of my life. I was taking 7 medications daily because after taking many of the diabetes meds, my cholesterol was out of whack too. I was desperate and really looking for anything to help me.

In January 2009, my wife convinced me, begrudgingly, to attend a Shaklee meeting with her. My wife is a 2nd generation Shaklee kid as her family has used Shaklee products for more than 25 years. She had always tried to get me to take my health more seriously - but I was a naysayer and skeptic (which is an understatement) and would never even take a vitamin. We have always used the Shaklee products in our home during our 9 year marriage- but I never thought I needed any supplements or vitamins.

However, it was during this meeting that I was introduced to Vivix. I learned about the mechanism of action and how it was supposed to work at a cellular level in the body. I also had the opportunity to hear from Jim Burke, Presidential Master Coordinator, about Vivix and about Shaklee's science behind the product. Finally, I heard from a 70+ year old lady that was also a diabetic. She had been a diabetic for as long as she could remember and had been on medications for most of her life. She reported that she had been taking Vivix and had seen a dramatic decrease in her blood sugar levels - now to the point that she was actually no longer on ANY medications. My only thought at that point was...if I could just cut my medications and 3 daily injections in half, I would consider it a success.

So - on the ride home that Saturday, I agreed to try Vivix. I was skeptical but desperate. I began taking the product in late January. While taking the product, I began to research resveratrol. I couldn't believe the research and science that had been done on this one ingredient!

I also started listening to more information from Shaklee. I had the opportunity to hear Dr. Jamie McManus here in Phoenix in March 2009. She talked about the state of health today in the US - and diabetes was definitely a topic. Dr. Jamie recommended a high quality protein for diabetics (like Cinch) and also Vitalizer for a healthy balance of nutrients. I decided to add these products to my daily regimen.

I was very dedicated to monitoring my blood sugar daily and noticed, **after about 60 days, that my levels were, in fact coming down. I was consistently below 170 and nearing the 150 mark. I could not believe what I was seeing - or how I was feeling! More energy, better quality of sleep, and better overall health.**

I continued on this regimen and after about 4 months, I started to decrease my injections because my sugars were getting too low! When I went in to see my endocrinologist, my A1C had lowered to 8 and my sugars were definitely within range. Even better, my cholesterol was not just within normal ranges - I was on the low end of the range for LDL and triglycerides. So I continued to wean myself off my meds until my blood sugar levels were consistently normal - with my doctor's help.

I now take NO medications at all - and continue to take my Shaklee vitamins and protein. I added extra B Complex and OmegaGuard as well. After I began telling others my story, it became clear that we needed to start our own business.

Shaklee has given me my life back and I feel better today at 51 than I have felt in many years. Turns out, there really is something to this nutrition stuff! That's my story. [I take the following Shaklee Products:](#)

2 teaspoon VIVIX one morning one night 1-Vitalizer Strip (80 Bio-optimized vitamins and minerals) 10 Tablets Alfalfa (1 to 2 tablets B-Complex 4 soft gels OmegaGuard 2 tablets NutriFeron In addition to the above.....I take the Cinch inch loss-plan 2 meals daily (breakfast and lunch) Cinch Shake Mix: Soy Protein I do mine with water you can use milk or soy milk, coconut milk, (2 capsules Glucose Regulation Complex)

Juvenile Rheumatoid Arthritis

Shaklee has Allowed me to Keep Painting

I started taking Joint Health about a year and half ago. When I first started taking it I was skeptical that it would work but I was willing to try to anything to get away from my constant body aches, swelling and stiffness. I had only been using it for about 3 days when I noticed a difference. I could now move all my fingers somewhat freely in the morning, my knees weren't as achy as they had been the week before and my range of movement in my hands was much greater during the day than it had been in a while. I continued to take the Joint Health and after having used it for an entire 2 weeks I had no pain in my hands, knees or any where else. It was great! **I have had Rheumatoid Arthritis since I was about 15.** I have been achy and stiff everyday since then and to find something that completely gets rid of the pain swelling and stiffness is absolutely amazing. I'm a painter and the mobility that the Joint Health has given me has let me keep up with my love of painting with out having to take something that could cause more problems than it would solve. I recommend this to everyone who has achy stiff joints. Its a definite life changer.

Emily Amell



NO MORE HOT FLASHES!

I can't *begin* to say what an amazing, positive, difference that Shaklee's Menopause Balance Complex has made in my life!

I used to have hot flashes, in which I'd feel very flushed, wake up all through the night, and feel as if my hormones were out of balance.

Menopause balance came very highly recommended from a Post-Partum nurse, and now I'm like her - I won't go a day without it! I no longer have hot flashes, and feel like a new person.

Thanks to you and the folks at Shaklee (my family thanks you too)!

P. Johnson, RN



For More Info Contact:

I Got a Sharpie Pen Mark Off with...

My boyfriend had written a note to me, on our counter: when I removed the piece of paper, the note was still there; he had used a Sharpie Pen it leaked through.... I used full strength Basic H2, just a dab, It wiped right off!!! Just wanted to share our own experience with Sharpie Pens!!!

Have a "Happy and Healthy" day!
Valerie Brown



INSOMNIA PUT TO "SLEEP"

I'm so excited to share with you the HUGE difference the Stress Relief Complex has made in our lives. My

Darlin' Jack has battled with sleeplessness for years. He says he is a light sleeper but I know he is up most

nights, often for hours at a time. His father is the same way so I figured it was genetic and tried Valerian,

Calcium, Melatonin and exercises....some relief with the 1st 2....but still not total relief. FRUSTRATING.

Jack now takes a Stress Relief Complex before bed and sleeps through the night - every night!

May this assist others to have sound, relaxing sleep.

Jude P, Dallas, TX