Hi.

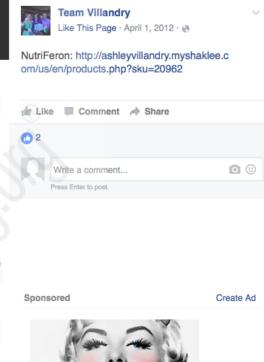
Last week for the first time in at least a decade, I got sick with a nasty cold and congestive flu. I was shocked! And this was so awful it put me in bed! I think I caught it at my grandson's state basketball tournament. He was sick and playing with a 101 degree temperature! I thought I'd let you know what I did to get over it and maybe this will help others, too.

When NutriFeron came out several years ago, I took it to keep my immune system strong while teaching. That happened, but I was surprised when taking it also eliminated the seasonal allergies and sinus problems I'd suffered from for many years. Since then I've faithfully taken two a day and have never had any more problems with either of those conditions. Plus, I haven't had any colds, and that's been a blessing, but I did catch one last week. So, as I was in bed, miserable and emptying a kleenex box, I thought that if a person can take two Tylenol every four hours when sick, then I could surely take two NutriFeron every four hours. That's what I did and by the next morning all of the symptoms were totally gone! I was really amazed and so happy that I could get up and get going again!

I was sharing this with you this morning, and you both told similar stories of how NutriFeron has helped you and others you know with different health conditions. I think the immune system, just like any part of the body, benefits from being fed what it needs, and when it's overtaxed, it just needs more help. Sometimes, for me, it's been a matter of experimenting a bit to discover which Shaklee products and what amounts of those products are needed.

I hope this is encouraging to anyone who reads it - that the power to give the body what it needs to sustain and build health is within our Shaklee grasp.

J C Shaklee Coordinator Minnesota



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screening at his work place. R excitedly texted me ! the HDL's. Her card

That's amazing! And it was all done naturally! Yea Sha in the walls of the blood vessels and transport them to the liver where the Complex- it has to do with the LDL cholesterol. Ruth's LDL levels drot ed from the body. Ruth is so excited she said she'd like to go out or