

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



Team Villandry

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NutriFeron: <http://ashleyvillandry.myshaklee.com/us/en/products.php?sku=20962>

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screening at his work place. R excitedly texted me  
That's amazing! And it was all done naturally! Yea Sh  
are this!

the HDL's. Her cardiologist felt that her HDL increase was the most  
raise their HDL levels to this degree... ever." Remember the main func  
in the walls of the blood vessels and transport them to the liver where  
places where they are bound with bile and removed from the body. Then  
Complex- it has to do with the LDL cholesterol. Ruth's LDL levels dro  
sterol Reduction Complex keep the cholesterol in the intestines so  
and from the body. Ruth is so excited she said she'd like to go out on  
(can help)

have the energy to do it (such as squats holding 1.5" while we play, going up and down my  
in my house 20 times while watching the doc). I can truly say, I am ENJOYING this weight

or anyone you know is interested in Choc, just let me know and I will have my sister over in  
so you can learn all about it and get extra inches off WITH energy and a smile (no joke - it  
is totally improved) and WITHOUT being hungry. My goal is to enter a Miss on the beach in  
1st birthday. What's your goal? It could be easier and healthier than you ever imagined!

asking "Who I had diarrhea, bloody stools, and mucus discharge to the point I didn't  
eat for a short time. I was basically living on toast and yogurt and drinking only w  
as energy. Now I watch my diet but I eat all most things and I still drink mostly wat  
really have tea or a soda. I am now able to do my regular activities.

I thank for that call from A in 2010.

Chat