



## Life Changing Shaklee Testimonials

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### Short Stories

#### Allergies

I had been told by allergists that it was easier to tell me what I was NOT allergic to than what I was. So I resigned to a life of taking prescription medications, allergy shots that would make me sick and nasal sprays that were awful. Then, I decided to get cats. Now... I know what you're thinking, "He's allergic to everything ... surely cats are on the list!", and you'd be right. But this time I remembered the Shaklee Alfalfa from my youth and I remembered reading info about Shaklee's NutriFeron. I went online and ordered these two products. I got the cats. I got my product and started taking it. Then I waited to see what would happen. And here's the best part - Nothing happened!

No sneezing, No runny nose, No feeling miserable, and No more prescription medications with nasty side effects. NOTHING!

I can actually live in a house with cats and not have an allergic reaction. It's amazing, to say the least. I don't get that lethargic feeling the medications would cause. I have more energy. I sleep better. Get this... the only times I feel my allergies kick back up is when I forget to take my Alfalfa and NutriFeron!

I also wanted to let you know I have chosen to build a Shaklee business. After years of working crazy schedules and stressful jobs, I decided to take control of my life. I know in my soul that I made the right choice. Just as Dr. Shaklee said years ago, "Your future will be exactly what you decide to make it", I have decided to make a different future for myself. One that includes helping people live better lives. One that allows me to be with my family and friends. One that lets me be myself.

-Tim Bowden

#### Brandon Ball - Extensive Nerve Damage - Completely healed!

Some of you will remember that my grandson, Brandon fell through a glass table and severed his sciatic nerve when he was 8 years old. All five of the nerves that make up the sciatic were severed and some crushed. Doctors did not think he would ever walk...much less actually run or play football! (Football was his love and he was playing in the Pop Warner league at the time of his injury). With help and advice from Dr. Jamie and other Shaklee health professionals, we designed a very extensive supplement program in the hopes that we could alleviate some of the pain and promote re-growth and healing of the damaged nerves. It was a long process...and he went through months of terrible pain and therapy...but the results are truly miraculous.

Not only does he walk...he surfs...the muscles in the atrophied leg are totally back to normal. AND not only does he still play football...but he is a star quarterback. The attached photo was taken in March at a football "combine" (or whatever it is called)...where high school players are invited to come be tested and ranked so college scouts can put them on the radar. There was even a team there from New York...so I don't know where all they came from. **Brandon quarterbacked the team that won the whole deal.**



He was the only 8<sup>th</sup> grader playing on Sunday...the rest were 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> graders. Brandon will be 14 on March 22. Afterwards one of the scouts asked him if he was a Sophomore...and was astounded when Brandon told him he was in the 8<sup>th</sup> grade. He truly is an amazing athlete, especially considering the seriousness of his injury five years ago. I don't think there is any explanation except for God's healing touch...and massive intake of Shaklee vitamins to rebuild those nerves! Most important of all, he is a really good kid...a good student, serious about his relationship with the Lord...goes to church every Sunday...of course, you can tell...I am very proud of him and constantly praising God and thanking Him for Shaklee! Jenny Williams

This is the program that was recommended for Brandon (age 8). We probably did MORE than this...but this was the minimum!

Morning:

- Vivix - ½ tsp (five days/wk)
- Cinch Shake
- Vitalizer strip (minus one Vita Lea)
- Flavomax - 2
- EZ Gest
- Performance
- B Complex - 2
- Lecithin - 2

Lunch:

- Focus on protein choices like turkey breast lean meats, bean soups, milk and/or yogurt

Afternoon snack:

- Physique shake (or Cinch Whey shake) or a Cinch Meal bar
- B Complex - 2
- Lecithin - 2

Dinner:

- Vita Lea
- Omegaguard - 2
- Flavomax - 1
- Vita C - 1
- Carotomax - 1
- Osteomatrix - 2
- Performance

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Categories

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#### Take A Look At The System I Use To Profit In Shaklee

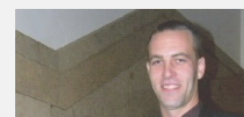
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### Joan's Testimony – Results with the new Joint Health Complex

I have had incredible results with the new Joint Health Complex. I had hurt myself in the garden just before I left to go to DC. On the Tuesday before the conference, we took a tour of Arlington National Cemetery and the Pentagon. There was an incredible amount of walking involved. By the time we managed to walk back to the service center, my knee was hurting so bad the limping was very noticeable. As a matter of fact, Kathy told me that if I didn't improve she was going to put me in a wheelchair when we arrived at the airport to go home. I iced it every night, put joint pain cream on it, took pain relief complex and did it again every morning. I was able to function for the rest of the week but it was still very painful. It just wasn't as noticeable to everyone else.

When I arrived home, I went to the chiropractor and he basically said that if what he did to it didn't help to go see a bone doctor. Well he didn't help it either, however, our new Joint Health Complex came in that week so I started taking that as well. By the end of the first week I was using less and less of the joint pain cream and I was taking fewer pain pills. By the 2nd week, I wasn't taking any joint pain cream or pain relief complex and I was finally completely pain free. It took a little longer than the 5 days – more like 2 weeks but it was terrific.

I love it. Since I am 73 you can bet I will continue to take it every single day. I have to keep my legs in decent condition so I can continue to mow the grass, dig my garden, get on my hands and knees to weed it as well!!!!!!!!!!!!!!!!!!!!!! Joan

### NEW Cholesterol Reduction Complex

Hello Ginny

I am so excited!

I finally got my doctor off my back regarding my cholesterol. As you know it is in my genes and have been fighting this for years. My doctor kept telling me to increase my medicine and I wanted to get off it. I refused to use more than 40 mg and told her to give me a year and would get it down. Last March my numbers were high.

Cholesterol was 271

HDL 80

LDL 169.

Past years the numbers were not much better. I was excited when they came out with the NEW Cholesterol Reduction Complex last year and thought that would help. Unfortunately it dropped numbers a little but still not enough. After we talked I was kicking myself. Shaklee is not medication and I could take more than the recommended dosage.

So, I increased my Cholesterol to two 15 minutes before each meal. [I learned from Barb's email that she was told taking 15 min before meal was ok and set my alarm on my phone so would remember]. I continued the lecithin and added two stress tabs and increased my fiber and exercise. [all as you recommended] In the past I was eating really good and exercising 5-6 times a week and my numbers were still not great.

Well it all worked because I just got my new numbers.

Cholesterol went from 271 to 191

HDL Cholesterol went from 80 to 70 and

LDL Cholesterol went from 169 to 97.

I understand my doctor being worried knowing my little sister had a heart attack 2 years ago. She also has the high Cholesterol issue. This worries my doctor thinking this will happen to me. Difference is I am taking Shaklee and she is not.

### Cancer

In October 2006, I was diagnosed with Breast Cancer. I had 2 lumpectomies, went through chemotherapy, herceptin, radiation and I had a partial hysterectomy. When I finished chemo, I restarted Shaklee's NutriFeron, Vita-Lea, OsteoMatrix, and Sustained Release Vita-C.... PLUS 6 months prior to my last check up I started on VIVIX. My physician, who is the Head Surgical Oncologist in the Breast department at Moffitt Cancer Center, in Tampa, Florida, said my blood work and exam were excellent!

I asked if they were any closer to a cure for breast cancer. The doctor said "No", but that a substance has been found to treat the individualized expression of breast cancer, for nonhormonal breast cancer. They feel it will prevent the re-occurrence of breast cancer and prostate cancer. Moffitt has just put in for a one-million dollar grant for a clinical trial of this substance. When I asked, "What is the substance?" the doctor said it was **RESVERATROL**.

I said I have been taking Shaklee's Vivix (Resveratrol) for 6 months. The doctor looked surprised, and said, "You're the first person that we have ever seen that had such great results with Resveratrol. I will request for you be a patient advocate during the testing".

If the grant is approved, I would be thrilled that I will be helping the Susan B. Komen Foundation in this study. Taking Vivix, NutriFeron and the other supplements takes the edge off my cancer fears, knowing that they may prevent the re-occurrence of cancer.

-Barbara W. Seminole, FL 9/17/2009

### Diabetes Neuropathy

I have been diabetic since 1996. I have neuropathy in my legs and feet. On the days at work when I have to be on my feet for 5 hours or more I would leave here limping because my feet were so swollen I could barely walk. I would have to go home and elevate my feet and legs for an hour or two just to be able to function in the evening. I started taking VIVIX in 2008 and within about 3-4 months I noticed that when I left work – I did not have to go straight home – I could go grocery shopping or run errands and the pain and swelling was no longer in my feet. I can't say that the VIVIX gave me more energy per se but rather I describe it as more endurance. I won't go a day without it!

-Mike F, July, 2010, CT

### Skin Problem That Had Lasted 10 Years Clears Up in 7 Months!

When I was 13 years old, my face started breaking out. My sisters had peaches and cream complexions. My mom felt badly for me, so she started taking me to dermatologists. Within a 10-year span, I went to 14 different doctors.

Each doctor had his own solution; and all of them included some type of antibiotic. I had salves (that burned), shots in my arm, and cortisone shots in my face, dry ice therapy, sun lamp treatments, etc. Each time my skin would clear up, but then after stopping the treatments, my skin would break out again and get worse. My few pimples turned into acne and I was eventually referred to the head of dermatology at Johns Hopkins. There, they put me on 6 tetracycline tablets a day for 2 years.

Can you imagine taking antibiotics for 2 years – and at such high levels? I moved to New York when I was 23 years old. One day at my new job, my mom called to say she had made an appointment for me with the head of Columbia Hospital. I started crying and said that I was done. I couldn't take the ups and downs, the disappointments anymore – I would rather have the acne!

When I got off the phone, Helen, one of the secretaries in the office heard me on the phone. She said, "I have something that will clear up your skin for good. It may take a year, but it will get to the root of the problem." She was a beautiful woman – beautiful hair and skin, but she was always taking pills and I thought she must be sick! There was something so genuine and caring about what she said and how she said it that I was willing to give it a try. She was very honest and said that my skin might get worse before it could get better because of all the medications I had taken. That it all had to come out so I could get better. And, that made sense to me.

Well, the products she was talking about were Shaklee. I took ONLY 3 products – Energizing Soy Protein, Vita-Lea, and Herb-Lax. At first my skin did start breaking out – but at the same time a lot of other things started happening. I started sleeping better, my PMS symptoms went away, the skin around my eyes started looking healthier – no more circles, and I had more energy. I started experiencing a feeling of well being that I had NEVER experienced before. Well, true to Helen's word, my skin was clear within 7 months.

-Barbara Mulin



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#### Tag Cloud

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cellular anti-aging cholesterol Choosing A  
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common ailments natural immune  
booster natural immune boosters natural  
vitamins probiotics benefits prozac  
psychotropic drugs resveratrol  
**shaklee products**  
stress sugar Vivix



## Baby diarrhea

I had to pass this great testimony on to you from an inactive customer of mine. She is a young mom whose 21-month-old son had been experiencing terrible diarrhea for about a month. She got him started on antibiotics at first, but due to the diarrhea not subsiding and with the presence now of a yeast infection (due to the antibiotics), she was seeking further help. She proceeded to call the nurse helpline to see what else she might try, and the nurse immediately asked her if she knew of a Shaklee representative that she might call and get her son started on Shaklee's OptiFlora product. She called me and she purchased OptiFlora, the Children's Multi and Performance (rehydration product) I followed-up with her and she told me that it took **only 2 days and the diarrhea cleared up** — YEAH! Shaklee comes through again!

-Amber Bernhardt

## Digestion and Gluten Intolerance

Rick Hill never had good health as a child. He had daily headaches and missed one school day out of four. At age 23, he developed stage 3 cancer and nearly died. Fortunately, he found Shaklee Products and other alternative help. Conquering cancer, he still had headaches, frequent diarrhea, gas, and bloating. No matter how organic his diet was, or how much he exercised, he still felt lousy most of the time. His brother, sister and father all died young. At age 54, Rick's feet and legs were beginning to swell and he figured it was the "Hill" curse. In 2004, he visited a specialist in Rhode Island who told him he had Celiac Disease (gluten intolerance) and to stop eating anything with flour or grains. After six weeks on this diet, he felt a little better. In 2009, Rick started using Shaklee Vivix and Vitalizer. In less than two weeks, his whole digestive system reorganized (Rick's words). He says, **"I have regular digestion and elimination for the first time in my entire life!"**

## PMS, Mood Swings, Great In-Home Business

About 15 years ago, my lifestyle was one that many would consider healthy – running, swimming, & triathlons were not unusual. But neither were horrific PMS and frequent colds. I remember being on the phone with my sister-in-law after a swim meet & her words ... "are you sick? Again??" I figured I was "normal" because I knew lots of people with those same problems. I accepted my mother's invitation to try Shaklee. Once whole food supplementation was integrated into my life, many things changed.

Even things I didn't think about like more restful night's sleep or mood swings or junk food cravings. I learned that one thing is connected to a hundred and I honestly never knew that. I'm not one who thinks that taking vitamins replaces common sense. Health is affected by many things ... stress, exercise, sleep, but primarily diet. Shaklee supplements made it much simpler for me to increase my nutrition on a regular daily basis and the quality of Shaklee products gave me the real results I needed.

But that's not all! Shaklee is now my main source of income. While my health story is good news – my career story comes from a great passion. And why shouldn't it? Few people who earn a living today actually LIKE what they do, much less love it. I love working from home – I love helping people – I love the flexible hours – I love the generous spirit from others in Shaklee.

-Sherry Hooper

## Migraines

My name is Gayle McBurney, and thanks to VIVIX, I have my life back. All my life I have had migraines. I never knew when they would happen, but when they did my day was gone .... days too numerous to mention curled up in bed with the curtains drawn (the darker the better), no radio and no noise of any kind, a bucket beside my bed, and a cold compress to help ease the pain. The next day, when my migraine finally subsided I felt like I had been hit by a truck. My head would still hurt where the pain was. I visited my family doctor to see if she could help me so I could function, as the headaches were starting to interfere with my job. She gave me a prescription for medication that, if I didn't have a drug plan, I would not be able to afford. The medication helped my headaches, providing I took them at the onset of a migraine. I carried the medication with me everywhere I went. My brother introduced me to Shaklee VIVIX and I started taking it on a regular basis, not knowing that it would affect my life in such a dramatic way. I have not had a headache or a migraine in over three months. I can't even begin to tell you what life is like without a headache ... something I have never experienced before, and it's great!" **"Thank you VIVIX, thank you Shaklee, and thank you brother!"**

## Cholesterol

In late July, my husband's cardiologist was beginning to talk "statins" which are not even an option for us because of all the side effects, so James began taking the Cholesterol Reduction Complex in late July. In 3 ½ months, after taking the Cholesterol Reduction Complex, James' LDL (bad) dropped from 145 to 116. His HDL (good) increased from 63 to 78. His Cardiologist is amazed. James is on no medication, only vitamins and his Doctor is wanting information on what he has been taking. His overall ratio went from 3.5 to 1.49! These are stunning ranges and in only 3 ½ months.

-Lilli Hetherington

## COPD

Roy has been on VIVIX, Vitalizer, NutriFeron, extra OptiFlora, and Cinch a little over 4 months. His lung capacity has increased to the point that he no longer needs supplemental oxygen, nor does he need a nebulizer. All that equipment has been removed from his home. His three Doctors have demanded to talk with me. Also his macular degeneration has improved dramatically ....he went from not being able to see anything out of one eye, and had to use magnification to see anything out of the other eye, to being able to see out of both eyes, able to read the TV screen, & read books in normal print. Needless to say, this 82 year old man is very excited about

Shaklee.

The other COPD customer has improved so much in three weeks on VIVIX, Vitalizer and NutriFeron that his wife called me yesterday — so excited because for the first time in years he is climbing stairs, running errands for her, cooking on the grill (despite the smoke), and agreeing to go to parties and be with people again. His sense of humor has come back. He got on a ladder and put up her FLAG for 9/11. She was ecstatic. You see, she is 68 and she married a younger man of 58 and was watching him slowly disappear.

-COPD customers by Debbie Garrison!

## DOCTOR TALK – Joint Health

Dr. Tom Hendrickson shares the following

"I am a Chiropractor who has had a successful private practice for twenty years. I specialize in soft tissue injuries (muscles, tendons, ligaments, etc.) My patients look to me not only for relief from their pain, but for guidance with their overall health.

As a health provider, I am inundated with catalogs from companies that offer a myriad of products for every known health deficit or challenge. I researched supplement companies that could provide my patients with the extra nutrition support they needed. My personal experience with Shaklee supplements convinced me that Shaklee was the product to carry in my office. I personally experienced a dramatic increase in vitality when I changed brands and started taking Shaklee supplements two years ago.

Time and time again, my patients thank me for introducing them to Shaklee supplements. My patients tell me that Shaklee Joint Health Complex is the **BEST GLUCOSAMINE PRODUCT** they have ever tried. **I know this is true, as I can literally feel their cartilage becoming healthier as they use this product.**

Incorporation of Shaklee has been a tremendous adjunct to my practice. It has given me the confidence to counsel my patients in a supplement program that I completely trust will improve their health. I strongly recommend Shaklee products for all health professionals."

## Autistic Granddaughter Improves!

I have an autistic granddaughter who just turned 7 years old. She, until recently, was not very responsive or verbal. She would answer in one or two words to a question. She would choose not to look a person in the eye most of the time, and would not follow most requests, seeming to ignore any request. After a couple weeks on the Shaklee Mighty Smarts, Incredivites, Meal Shakes, and OptiFlora Capsules, along with a diet where her sugar was greatly decreased ... **something phenomenal happened!**

One day while I was babysitting her, she was coloring and I said, "Why don't you use the green crayon." She put her crayon down, looked right at me, and said, "I like the purple crayon better." My mouth dropped open in amazement. Then I asked her to take her lunch plate into the kitchen and put it on the counter near the sink. She followed directions and did exactly what I asked. She had less "fits" and they were less severe. Then I noticed throughout the rest of the afternoon that she was speaking in full sentences and looking right at me when she spoke. WOW! I asked her mother if she noticed any changes. She said, "Oh, yes, and so has her teacher." Since most Autistic children are deficient in digestive enzymes, we introduced her to EZGest as well. I know Shaklee and diet changes together, can make a real difference for

-Autistic children PJ Myers