



Natural News!

From **natural solutions**
by Anke, LLC

Volume 1, Issue 9

Have Your Healthiest Cold and Flu Season Ever!

With winter only a few months away, arm yourself with immune system building power instead of a box of Kleenex! By taking a few simple steps now to stimulate and strengthen your immune system, you'll sidestep more bugs—and if you do end up getting sick, you'll recover more quickly.



Mom's good advice is often overlooked (I know this to be true as I'm a mom now and watch how my good advice is unwisely ignored)! You can start with a good germ-fighting foundation by using three basic techniques that, most likely, you already know:

- **Wash your hands.** Scrub with cleanser for a good 20 seconds—especially after using the bathroom, before eating, or after being around someone who is ill. A great one is Shaklee's new Hand Wash Concentrate in a 32 oz refill (order #00304) and a beautiful decorative dispenser (order #50408).
- **Keep mucous membranes moist**, so they can

better block viruses from entering the nose, eyes, and mouth. Drink plenty of water, wear lip balm (Shaklee's Soothing Lip Treatment SPF 15 order #32517), and use a humidifier during cold, dry weather.

Get enough sleep. Most people need seven to nine hours a night. You'll know you're well rested if you don't need an alarm to wake up in the morning.

For a few tips your mother may not have told you about to help keep you cold and flu free, turn to page 3

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Immunity Foods for Healthy Folks!

Would you like to have an arsenal of yummy immune building recipes at your fingertips? Then I strongly urge you to look into getting this book, especially if you have kids! "Immunity Foods for Healthy Kids" ISBN 0-00-769582-9 is a wonderful resource that has simple, quick

and good tasting recipes even your kids will eat! And better yet, they all support the immune system. For example, a **hot Ginger Toddy for kids or adults with asthma;**

Makes 1 mug

1 Slice Gingerroot

Juice of 1 lime

8 oz boiling water

1 tsp honey

Place the slice of gingerroot in the bottom of a mug. Squeeze in the lime juice and pour over the boiling water. Stir in the honey and allow the toddy to infuse for 5 minutes before drinking. Enjoy!

Common Herbs Pack a Powerful Antioxidant Punch!

More immune building power!

If you picture bland, tasteless, colorless meals when you think “health food”, you’re making a mistake. Researchers from the U.S. Department of Agriculture in Beltsville, Maryland found that many common herbs used in cooking are full of antioxidants—natural chemicals that protect cells from harmful molecules produced during metabolism. Often referred to as “free radicals”, these destructive forces have been linked to the development of chronic and age-related disease.

High on their list of healthy herbs were

oregano, rose geranium, sweet bay, purple amaranth, dill, winter savory, and Vietnamese coriander. For maximum benefit, buy fresh herbs. Better yet, grow them yourself—and toss in a few whenever you’re preparing a salad, vegetables, fish chicken or meat. Most plants give the greatest benefit when eaten raw.



(resource: Journal of Agricultural and Food Chemistry)

Asthma Epidemic

Three times as many Americans—20 million—suffer asthma now than did 25 years ago. One in every eight children now has the disease, which leads to an estimated 21 million missed school days every year. “There is no cure for asthma,” says U.S. Surgeon General Richmond Carmona, MD, MPH, “but it is a very manageable disease if you understand the triggers in your life.” Cockroaches, dust mites, mold, ozone (so prevalent this time of year), pollen, second hand smoke, and even thunderstorms are common triggers.

In addition to prescription medications

to prevent and relieve symptoms, by building your immune system you may prevent further attacks. Because children with asthma are often deficient in the B vitamins (especially B6), C, magnesium and selenium, they need a daily multiple formula. Picky eaters are especially prone to attacks as their nutrient needs are rarely met.

Providing a toxin-free environment is also vital, especially for those suffering from asthma. An easy and great start is to clean up your home with toxin free cleaning products. Shaklee’s new Get Clean starter kit (order #80431) is ideal

The “Get Clean” starter kit is on sale in November! Get \$10.00 off with each kit purchased. Purchase between the 1st and 10th of the month and get free shipping too!

to start your home in the right direction. You’ll also save over \$3400.00 and substantially decrease our land fills by “getting clean”. Using Get Clean is the environmental equivalent of planting 10 trees!

Got an Itch, Baby?

Atopic dermatitis, or eczema, is an inflammatory skin condition characterized by an allergic rash common in infants and young children. Often linked to a protein in cow’s milk (found in most infant formula’s), eczema can be both widespread and severe. While many children outgrow this condition, some develop asthma as the rash fades away. Corticosteroids (such as hydrocortisone) are prescribed for eczema but, because of he side effects, are best used only

briefly. Natural practitioners believe that conventional treatments like steroids only drive the allergic reaction deeper into the body, where different kinds of reactions may result. Children with atopic dermatitis have been shown to have fewer beneficial bacteria in their gastrointestinal tracts than those who didn’t develop eczema. Several studies find that by providing the beneficial probiotic bacteria helps to activate anti-



inflammatory cells innate in the human immune system. *Source; Janet Zand, ND, Lac, Smart Medicine for a healthier child.*

Try Shaklee’s Probiotic system, an excellent

source of beneficial live bacteria!

Healthiest Cold and Flu Season...continued from page 1

Give gargling a go

· Gargling daily with plain water cuts your chances of coming down with a cold—and if you do get sick, the symptoms will be milder. Gargling thrice daily reduced common colds by 36 percent in one clinical trial of 300-plus garglers, presumably because the gargling action thwarts the ability of viruses to take hold and multiply (*American Journal of Preventive Medicine*, 2005, vol. 29, no. 4).

Switch to green tea

· Green tea (*Camellia sinensis*) stimulates the immune system to fight off germ invaders. The polyphenols in green tea also damage bacteria's cell membranes and interfere with the ability of viruses to enter human cells.

Check out supplemental immune builders

· If you're someone who doesn't want to get a flu shot, but wants to stay healthy (even in high risk flu situations like teachers, child care workers, etc) why not strengthen your immune system to naturally help fend off foreign invaders! Shaklee's NutriFeron (order #20960) is a phenomenal product that helps boost your immune system naturally. The scientific and medical communities have identified **interferon** as *critical* to healthy immune function. **Dr. Kojima**, the world renowned immunologist who discovered interferon in 1954, spent 40 years searching for a natural interferon booster. The result of Dr. Kojima's work is the proprietary botanical blend in **NutriFeron**, the **ONLY** dietary supplement in the U.S. created by the discoverer of interferon that naturally increases the production of interferon in the body. The formula for **NutriFeron** is proven by 4 published human clinical studies.

Try contrast hydrotherapy

· This simple morning-shower technique can strengthen your qi (or vital force) by stimulating circulation, says Laurie Steelsmith, ND, LAc, author of *Natural Choices for Women's Health* (Three Rivers Press, 2005). First, get the water as hot as you can tolerate. Let it splash down your spine while counting to eight. Then quickly turn the shower to cold and count to eight again. Alternate hot and cold at least three times, ending on cold.

De-stress

· Stress—whether physical, emotional, or mental—is a major drain on immune power. Stress management options range from yoga and tai chi to moderate exercise or writing in a journal. Even

ten minutes of daily meditation can be a powerful tool to calm nerves and promote health.

Take American ginseng

· American ginseng (*Panax quinquefolius*) provides a one-two punch: It boosts immunity and helps fight off viruses. In one recent study, 323 healthy people took 200 mg daily of an American ginseng extract (or a placebo) from November through February (*Canadian Medical Association Journal*, 2005, vol. 173, no. 9). Compared with placebo takers, ginseng users had fewer colds and reported fewer "sick" days. Try taking capsules or tablets providing about 2 grams of dried root powder daily or 3–5 ml of tincture three times a day. Benefits should kick in within a week or two; continuous use is safe. Try Shaklee's Ginseng product Cor-Energy (order #20632). CorEnergy provides you with clinically proven, traditional Chinese remedies - cordyceps, ginseng, and green tea - to help you resist fatigue, replenish energy, and encourage more efficient oxygen utilization through your 50,000 miles of blood vessels. It's not a quick fix or a stressful stimulant. CorEnergy uses herbs and antioxidant phytonutrients to replenish and increase your energy naturally, as well as supplying immune building support!

Balance your workout

· Regular, moderate exercise is another cornerstone of a well-running immune system. Even a daily brisk walk could dramatically cut your number of sick days during an average winter season (*Current Sports Medicine Reports*, 2003, vol. 2, no. 5). On the other hand, you can get too much of a good thing. Prolonged and intense exertion (training associated with marathon preparation, for example) can impair immunity for up to three days after an especially strenuous bout. So if you're in training, aim to get minimally 1,000 mg of vitamin C and 400 IU of vitamin E, to help your body recover as quickly as possible. Better yet, by taking the Shaklee Basics (order #'s vary with package options) and Physique (order #20306), you'll be retaining lean muscle mass, recovering faster and building a stronger immune system!

Don't forget your multi

· A high-quality multivitamin/mineral supplement provides a great base for boosting immunity. According to the Journal of the American Medical Association (JAMA), every adult should supplement their diet with a multivitamin to help maintain good health. According to the USDA, almost 90% of Americans have diets that are poor or need improvement. Busy schedules cause many to rely on high-fat fast foods or skip meals altogether. Finding a multi is easy. Finding one of the highest quality is where Shaklee comes in. Check out the multi's that Shaklee offers and find the best one that suits your life style.

Get the giggles

· Funnily enough, humor and laughter actually bolster immune function (*Journal of Psychosocial Nursing and Mental Health Services*, 2004, vol. 42, no. 3). Laughter clubs are sprouting up everywhere—more than 5,000 in 40 countries (www.laughtervoga.org). Why not find one near you? Or just rent a silly movie and laugh yourself healthy. My personal favorites; the Peter Seller's Pink Panther series.

First Symptom Strategies from the Experts.

- Grab a bottle of vitamin C. Take 3–5 grams daily for a few days; it usually does the trick. Shaklee's Sustained Release Vitamin C (order #200950 is a great source.
- Take pure arabinogalactans (an immune-boosting nutrient from the larch tree) at the very first sign of a cold. Start with 1 1/2 teaspoons and follow label directions for subsequent doses until you feel better.
- Ginger tea works wonders. Boil organic ginger root in water for 15 minutes to make a strong tea. Dilute and sip throughout the day. You can also try Shaklee's Peppermint Ginger (order #20601) in their Stomach Soothing Complex; it's great as a tea.

Try elderberry tincture and the patented homeopathic remedy Oscilloccinum. Both have been shown to shorten the flu's duration and intensity when taken at the first symptom. Elderberry is found in both Shaklee Defend and Resist (order #20613) as well as Flavomax (order #20654).

Sources: Jill Place, RD, alternative medicine dietitian and author based in Los Angeles; Elena Michaels, PhD, CCH, LMFT, a traditional naturopathic clinician based in Santa Clarita, California; Molly Punzo, MD, Easton, Maryland-based naturopath; Anke Johnson, Professional Health Coach.

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**Protecting the Body, the Home, and
the Environment...Naturally!**

Allergy and Optiflora testimonial

For the first time in my life, I have been suffering greatly from allergies. I've been receiving many a smarty-pants comment here and there from people who tell me "isn't there a vitamin for that?". Ha Ha.

Many others have told me to take Allegra or Claritin, etc.. the list is long, but not my preference since the side effects from those antihistamines is not really up my alley. OK, so being an inquisitive person, I've been researching this stuff and trying very hard to rid myself of the scratchy eyes, constant sneezing and middle of the night blowing of the nose! I think I have found a solution. Since allergies are the result of an abnormal immune system response, I decided to work on strengthening my immune system. I was taking Shaklee's NutriFeron and my regular multivitamin and that didn't seem to do it. However, once **I increased my dosage of Optiflora from 1x/day to 2x/day**, the allergies went away immediately. Yippee! I even experimented and tried a day with just one Optiflora and those sneezing attacks were back. So, I highly recommend it. Try it yourself and see if it helps. Thought I'd share...

Take Care All, *Anne*
PS Your intestinal flora (which is what Optiflora builds) is YOUR FIRST LINE TO IMMUNE SYSTEM DEFENSE. Whole Health MD also recommends Quercetin for Allergies and Asthma. Shaklee has

Quercetin in its FlavoMax supplement, which I would also recommend if you have really severe allergies or asthma.

'Forward and Happy' -Product specials for the month of November!

- Get Clean Starter kit
\$10.00 off***
- Shaklee Foundation 10%
off***
- Defend and Resist 10% off***
- NutriFeron 10% off***
- Flavomax 10%off***

