Below are recommended programs.

The **\*** supplements are the essential part of the program. For special health needs, other supplements may be needed – for example: bedwetting – more Calcium is needed. Feel free to give me a call if the children have more health issues. *Heidi Carlstedt 320-654-1175 / 320-292-0634 8.2014*

**Healthy Infants? MUST HAVE A HEALTHY MOM**

**Pregnancy**

**Protein – Builds healthy cells, help eliminate the “cravings” – *absolutely essential for health babies***

**Vitalizer feeds the cells and is the “Cadillac” with 12 patents or *Vita-Lea with Iron feeds the cells (basic Multivitamin)***

**OmegaGuard – for smart babies**

**Alfalfa – fantastic for elimination of excess fluid!**

**Lecithin – Healthy Brain**

**Osteomatrix – for strong skeletal muscles**

**Herb-Lax – keeps the toxins moving out, strengthens the muscles of the colon**

**B-Complex – 2 extra for the Folic Acid And helps with STRESS**

**Eat food as close to nature as possible and eliminate the “bads” from the diet.**

**Infants and Toddlers As soon as weaned:**

**\*Meal Shakes or Protein – Keeps blood sugar and brain levels stable / Cuts the snacking habits – *essential for normal growth***

**\*1 Incredivites – (Children’s multivitamin) When 4 years of age, give 2 Incredivites**

**\*Vita-C – anti oxidant**

**\*Optiflora – Supports Immunity and digestion**

**(Herb-Lax – if need it)**

**Calcium Mg Chewables – Strong Bones, anti-anxiety**

**B-Complex – For brain and nervous system “calmer”**

**MightySmarts (DHA-*Omega-3*) – for optimal brain function, reduces impulsive behavior,**

***Formula I and extra* Zinc-If immune system is low**

***Lots of water (use Performance) and sunshine!***

**4-12 Year Olds**

**\*Meal Shakes or Protein – Keeps blood sugar and brain levels stable / Cuts the snacking habits**

**\*Incredivites – multi-vitamin**

**\*Vita-C – anti oxidant**

**\*Optiflora – Supports Immunity and digestion**

**Herb-Lax - Colon Detoxifier**

**OsteoMatrix or Calcium Mg Chewable – Strong Bones, anti-anxiety, “calmer”**

**B-Complex – For brain and nervous system “calmer”**

**OmegaGuard – for optimal brain function, reduces impulsive behavior**

**Nutriferon and extra Zinc-If immune system is low**

***Lots of water (use Performance) and sunshine!***

**ADD/ADHD, Skin issues, other “Normal physical problems” will not crop up or will clear up!**

**Asthma/Allergies:** besides the above, add Alfalfa and use only Shaklee’s cleaners and personal care…

***You will have Healthy, thus Happy kids – guaranteed! Heidi Carlstedt , CN Independent Shaklee Distributor***

**TEENAGERS**

**\*Meal Shakes or Protein or Shaklee 180 shakes– Keeps blood sugar and brain levels stable / Cuts the snacking habits/ helps cut moodiness/ beautiful skin**

**\*Vitalizer-Feeds healthy cells (or 2 Vita-Lea with iron)**

**\*Vita-C – anti oxidant**

**\*Herb-Lax – keeps body open**

**\*OsteoMatrix - Strong Bones, anti-anxiety**

**OmegaGuard – for optimal brain function, reduces impulsive behavior/ beautiful skin**

**B-Complex – For brain and nervous system “calmer”, natural anti-depressant**

**Vitamin-D – helps with the depression**

**Zinc and Alfalfa – keep acne-free and will help clear up facial problems very quickly**

**NutriFeron – immune system**

***Lots of water (use Performance) and sunshine!***

***ABSOLUTE BASIC for everyone:***

**\**Protein- helps to build cells***

**\**Vita-Lea – feeds the cells***

**\**Vita-C – “glues” cell together***

**\**Herb-Lax – keeps your bowels open***

***Teenagers and Women- add the following***

***Osteomatrix – Strong bones***

***B-Complex–The“happy”Vitamin***

***Omegaguard- Beautiful skin and is an anti-inflammatory***

***The #1 Natural Nutrition Company in the United States***



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