

Suggested Amounts

Detox- Adult

Morning

- Optiflora (first thing in the morning)

Mix 1 tsp. Optiflora powder in water and drink it down with

1 Optiflora bead. After about 5-10 minutes follow with the items below.

- Protein – 2 T in water or juice (you can swallow your vitamins with this)
- Alfalfa – 5
- Herb-Lax – 1

Lunch:

- Alfalfa – 5

Mid-Afternoon:

- Protein – 1 T in water or juice (this can be taken before supper if need be)

Supper:

- Fiber – 3 tablets
(this may also be added to the protein if it is taken before supper)
- Alfalfa- 5

Before Bed:

- Herb Lax – 1
- Liver DTX – 3 (Liver cleanses itself between 11:00 p.m & 3:00 a.m.)

**** Do the Liver DTX and the Optiflora set until the bottles are done... then you are finished and don't need to reorder these.**

- *On the 7th day – follow overlap with the REBUILDING program*
- *Lots of water is required while your body is cleansing. Take your weight, divide it by 2, then by 8. This is the number of cups of water your body needs per day.*

Protein – Builds Healthy Cells

Optiflora- Puts healthful bacteria into the colon

Liver DTX - Helps to regenerate damaged liver cells

Herb-Lax - Keeps the colon detoxified

Fiber- Scrubs the colon

Alfalfa - Body Cleanser

Rebuilding – Advanced

Suggested Amounts

Adult

Morning

- Protein – 2 Tbls in water or juice (1st thing in the morning)
- Vitalizer - 1 strip (Take the Pro-biotic with the Pre-biotic in water)
- Nutriferon – 1 tabs
- Alfalfa – 5 tabs
- Vita-D 1

Lunch:

- *Vivix* - 1 tsp
- Alfalfa- 5 tabs

Mid-Afternoon:

- Protein – 1 Tbls in water or juice (this can be taken before supper if need be)

Supper:

- Alfalfa- 5 tabs
- Nutriferon – 1 tabs
- OsteoMatrix (Calcium) – 2 tab
- Vita-D 1

Before Bed:

- Herb Lax – 2 tab
- OsteoMatrix (Calcium) –2 tab

Vita-Lea – Feeds the cells

Vita-C – “Glue” the cells together

Alfalfa - Body Cleanser

Osteomatrix - Bones, muscle relaxation

Protein – Builds Healthy Cells

Herb-Lax - Keeps the colon detoxified

Nutriferon - Immune System

For healing of the body

(General / Fibromyalgia) *Goal 8-9 months*

- Drink 6-8 cups or more of purified water daily to hydrate and flush
- Decrease or completely eliminate WHITE FLOUR, WHITE SUGAR, DAIRY- especially during the detox month

Try to avoid

- Smoking, alcohol, coffee, soda pop, processed juices
- Any and all hydrogenated, trans fats, deep-fried foods, etc.
- Processed, instant, chemical-laden, 'lifeless' foods
- Food Sensitivities/ allergies should be investigated and addressed
- Avoid MSG & artificial sweeteners = neurotoxins

Health habits

- Lots of fresh, raw fruits and veggies
- Better to lightly steam veggies
- 50% raw food diet: lots of fresh, raw fruits and veggies (organic when possible) -Wash all raw with Basic-H to take off the chemicals
- Include fresh juicing
- Fiber rich diet
- Stress and relaxation techniques

***Supplementation- the basics- Vitalizer, Protein, and Herb-Lax
and extremely important is VitalMag & Osteomatrix – to get the
deep muscle relaxation for healing of the body!***

*Heidi & Dave Carlstedt
5011 Hidden Acres Circle
Saint Cloud, MN 56301
320-654-1175
sharing@cloudnet.com
www.sharing.myshaklee.com*

Absolute Basic Daily **Recommended Program**

Protein

Builds Healthy Cells

Vita-Lea

Feeds the cells

Vita – C

“Glue” the cells together

Herb-Lax

Keeps the colon detoxified

OTHER ESSENTIAL PRODUCTS

Alfalfa - Body Cleanser

Nutriferon - Immune System

Osteomatrix - Bones, muscle relaxation

For healing of the body

(Adrenal Exhaustion)

- Drink 6-8 cups or more of purified water daily to hydrate and flush
- Decrease or completely eliminate WHITE FLOUR, WHITE SUGAR, DAIRY-
during the healing process

Try to avoid

- Smoking, alcohol, coffee, soda pop, processed juices
- Any and all hydrogenated, trans fats, deep-fried foods, etc.
- Processed, instant, chemical-laden, 'lifeless' foods
- Food Sensitivities/ allergies should be investigated and addressed
- Avoid MSG & artificial sweeteners = neurotoxins

Health habits

- Lots of fresh, raw fruits and veggies
- Better to lightly steam veggies
- 50% raw food diet: lots of fresh, raw fruits and veggies (organic when possible) -Wash all raw with Basic-H to take off the chemicals
- Include fresh juicing
- Extra Omega-3 essential oil intake – 4-6 daily Omegaguard and 2-4 GLA
- Daily add CorEnergy, **Stress Relief Complex** (very important), VitalMag
- Fiber rich diet
- Stress and relaxation techniques

Goal 7-8 months

Healing of the body - (ADHD/ADD)

Goal 7-8 months

- Drink 6-8 cups or more of purified water daily to hydrate and flush
- **Decrease or completely eliminate WHITE FLOUR, WHITE SUGAR, DAIRY-essential during the healing process**

Try to avoid

- **Smoking, alcohol, coffee, soda pop, processed juices**
- Any and all hydrogenated, trans fats, deep-fried foods, etc.
- Processed, instant, chemical-laden, 'lifeless' foods
- Food Sensitivities/ allergies should be investigated and addressed
- **Avoid MSG & artificial sweeteners** = neurotoxins
- **Toxic cleaning, laundry & personal care products**
- Hydrogenated and / or trans fat containing products

Health habits

- **Increase Essential fats – Olive oil, Omega-3 oils**
- **Lots of fresh, raw fruits and veggies** - 50% raw food diet: lots of fresh, raw fruits and veggies (organic when possible) -*Wash all raw with Basic-H to take off the chemicals*
- Include fresh juicing
- **Important - daily 2-3 bowel movements**
- **Avoid 'unprotected' use of cell phones and other wireless devices**
- Maintain exercise regime, relaxation techniques, etc.
- Stress and relaxation techniques

Essential: Protein 3TBLS, *Vita-Lea (1,1)* B-Complex-(2,2,2) Lecithin (2,2,2)

Omegaguard (2,2,2) & GLA (2,2,2) Osteomatrix (2,2,2), *Optiflora Pre & Probiotic (1 a.m.)*

Important: Mental Acuity (1,1,1) *Vita-C (1)*, **Vita-D (1,1)**, Glucose Regulation Complex - (if hypoglycemic) –one at each meal.

Herb-Lax 1-2 with supper – to ensure daily bowel movements

Liver DTX – for one month

Gentle Sleep Complex – as needed for hyperactivity – helps with muscle tension, twitches, tremors, hyperactivity, anxiety, insomnia, migraines, intestinal cramps, stress

Stress Relief - As needed, would not need as much B-Complex

CANCER

For healing of the body

(Cancer) Goal 6-8 months

- Drink 6-8 cups of purified water daily to hydrate and flush
- Strive to decrease or completely eliminate WHITE FLOUR, WHITE SUGAR (sugar “turns off” the immune system)
- Avoid all DAIRY
- Food Sensitivities/ allergies should be investigated and addressed
- Avoid alcohol, **caffeine** or other stimulants, soda pop, processed products
- Increase Omega-3 essential oil intake
- Lots of fresh, raw fruits and veggies- Wash with Basic-H₂ to remove most of the chemicals
- Better to lightly steam veggies
- Stress and relaxation techniques
- Avoid environmental and food toxins

Suggested Amounts

Detox- Cancer- Adult

Morning

- Optiflora (first thing in the morning)
Mix 1 tsp. Optiflora powder in water and drink it down with
1 Optiflora bead. After about 5-10 minutes follow with the items below.
- Protein – 2 T in water or juice (you can swallow your vitamins with this)
- Alfalfa – 5
- Herb-Lax – 1
- Nutriferon- 4
- Vivix- 1tsp

Lunch:

- Alfalfa – 5

Mid-Afternoon:

- Protein – 1 T in water or juice (this can be taken before supper if need be)

Supper:

- Fiber – 3 tablets
- Alfalfa- 5
- Nutriferon- 4
- Vita D3- 1

Before Bed:

- Herb Lax – 1
- Liver DTX – 3 (Liver cleanses itself between 11:00 p.m & 3:00 a.m.)

**** Do the Liver DTX and the Optiflora set until the bottles are done... then you are finished and don't need to reorder these.**

- *Lots of water is required while your body is cleansing. Take your weight, divide it by 2, then by 8. This is the number of cups of water your body needs per day.*

Protein – Builds Healthy Cells

Optiflora- Puts healthful bacteria into the colon

Herb-Lax - Keeps the colon detoxified

Fiber- Scrubs the colon

For healing of the body

(Diverticulitis/cholesterol) Goal 6-8 months

- Drink 6-8 cups of purified water daily to hydrate and flush
- Decrease or completely eliminate WHITE FLOUR, WHITE SUGAR
- Avoid all DAIRY
- Food Sensitivities/ allergies should be investigated and addressed
- Avoid alcohol, caffeine or other stimulants, soda pop, processed products
- Increase Omega-3 essential oil intake
- 50% raw food diet: lots of fresh, raw fruits and veggies (organic when possible) -Wash all raw with Basic-H to take off the chemicals
- Better to lightly steam veggies
- Fiber rich diet
- Stress and relaxation techniques

Heidi & Dave Carlstedt

5011 Hidden Acres Circle

Saint Cloud, MN 56301

320-654-1175

sharing@cloudnet.com

www.sharing.myshaklee.com

Shaklee's commitment to Science and Quality!



HEALTHY NUTRITION HEALTHY WEIGHT HEALTHY HOME HEALTHY BEAUTY

A LETTER FROM DR. MCMANUS



Shaklee Science Stands Tall

Hello Shaklee Family,

We've just returned from Anaheim and what might have been the most EXCITING Shaklee Global Conference EVER! The new Dream Plan separates Shaklee from the competition by offering the opportunity to earn cash, payments for cars, and travel to unbelievable destinations. We also unveiled four new products at Conference AND 4 new research studies---and for me, nothing represents the Shaklee Difference™ more than our commitment to rigorous scientific integrity and the highest quality standards.

Our four new products:

1. Vita-D3™ (vitamin D dietary supplement)
2. Cholesterol Reduction Complex†
3. Fiber Advantage bar
4. Get Clean® Water pitcher

Our four new studies:

5. Vitamin D/ Vitalizer study
6. VIVIX® polyphenols and oxidative stress study
7. VIVX polyphenols and cellular energy study
8. Cinch® + Vitalizer + exercise study.

Our four new products embody Shaklee's heritage of innovative products that target critical health issues and this year's clinical research continues to cement our leadership role in advancing the state of scientific knowledge in relevant health and nutrition topics. You'll hear more about these studies and products in the coming weeks.

But there's another huge piece of the Shaklee Difference that I want you to know about. It's about the **potentially dangerous ingredients that you**

simply won't find in Shaklee products. The feature story in the September, 2010 issue of **Consumer Reports®** is "*The 12 Most Dangerous Supplements, Which ones to avoid, Why they're on the market,*" published by Consumers Union® (CU), the expert, independent, nonprofit organization working for a fair, just, and safe marketplace for all consumers.

<http://www.consumerreports.org/cro/magazine-archive/2010/september/september-2010-toc.htm>.

Consumer Reports singled out the following "dirty dozen" dietary supplement ingredients due to potential health risks ranging from cardiovascular to liver and kidney problems: **aconite, bitter orange, chaparral, colloidal silver, coltsfoot, comfrey, country mallow, germanium, greater celandine, kava, lobelia, and yohimbe.** And the FDA has warned about at least eight of them, some as long ago as 1993.

It came as no surprise to Shaklee that there are not **any** ingredients on this list that are in our products. In fact, **these ingredients are not and have never been used in any Shaklee dietary supplement.** In addition to researching the ingredients that we use in our Shaklee formulas for their efficacy, we take equal care in determining the safety of each and every ingredient used in our Shaklee products. Over the years we've evaluated many of the ingredients on the CU list and have rejected them for the same safety reasons CU now uses to identify them on their "hit" list.

The "dirty dozen" list is the first update of the original CU list published in 2004. And now it should come as no surprise to you that no Shaklee dietary supplement has ever contained any of the offending ingredients from either the 2004 or the new 2010 Consumer Reports "Most Dangerous Supplements" lists.

Always Safe is more than just a catchphrase at Shaklee, it's a guiding principle. Safety is paramount at Shaklee and our safety standards are unsurpassed in our industry. We conduct hundreds of tests on new ingredients and tens of thousands of quality tests annually to ensure product safety and efficacy. But more importantly, we design safety into each and every one of our products so you can be confident that dangerous ingredients will never find their way into any Shaklee dietary supplement.

Sending warmest regards,

A handwritten signature in black ink, reading "Jamie McManus M.D.", with a stylized flourish at the end.

Dr. Jamie McManus M.D.

**Chairman, Medical Affairs and Health Sciences
Shaklee Corporation**

† Products providing 800 mg or more daily of plant sterols and stanols consumed with two different meals, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Cholesterol Reduction Complex provides 1,000 mg of plant sterols and stanols per serving, and 2,000 mg daily when used as directed.

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This email has been sent to All U.S. Shaklee Family Members

DR. JAMIE MCMANUS, M.D., FAAFP
CHAIRMAN, MEDICAL AFFAIRS, HEALTH SCIENCES & EDUCATION

February 21, 2011

Dr. Chaney on - How to Do Science Right *The Shaklee Difference*

Dr. Stephen Chaney is a frequent spokesman for health and nutrition issues. As a professor of biochemistry, biophysics and nutrition at the University of North Carolina, Chapel Hill, he teaches nutrition to medical students and has conducted a cancer research project for nearly 30 years. His name is on over 80 published studies in peer-reviewed journals.

Another one of Shaklee's clinical studies has been published in a peer-reviewed scientific journal (International Journal of Food Sciences and Nutrition, DOI: 10.3109/09637486.2010.536146, 2011). (As with most scientific publications today this is the online version. The print version will appear latter this year with the more traditional page numbers)

And, like most of Shaklee's clinical studies, it was a completely independent study. It was performed by Dr. Kevin Maki and his colleagues at Provident Clinical Research in Glen Ellyn, Illinois and Kaiser Permanente in Oakland California.

The study consisted of two parts. The first part looked at Shaklee's multivitamin Vita-Lea and the second part looked at Shaklee's Vitalizer supplement. For the sake of clarity I will just focus on the Vita-Lea portion of the study today.

Let me start by saying that I think that this study is a perfect example of how a supplement company should do science. Some companies do no science of their own. They just "borrow" the science from published studies on some of the ingredients in their product. They actually have no idea whether their product works or not!

Some companies decide to market a product and then dream up some studies to try and convince people that their product works. Shaklee does the science first and uses the science to drive the marketing decisions.

To help you understand this better let me take you back a couple of years.

That was when vitamin D was really starting to hit the headlines. Studies showed that most Americans had low blood levels of vitamin D. Everyone was rushing to market with vitamin D supplements. They were "hot".

Shaklee could also have rushed a vitamin D supplement to market and made lots of money.

But, with Shaklee it's not just about the money. They are committed to only making products that people need - and they had reason to believe that people using the Shaklee products might not need a separate vitamin D supplement.

In the Landmark Study (Nutrition Journal, October 24, 2007) people who had used the Shaklee supplements for 20 years or more had adequate levels of vitamin D in their blood at an average intake of 1,200 IU of vitamin D/day - much less than many experts were saying was needed.

In addition, people in the Shaklee group had lower levels of triglycerides and C-reactive protein and higher levels of HDL cholesterol (the good cholesterol). That means that they were at reduced risk for developing metabolic syndrome - a precursor to diabetes, cardiovascular disease and cancer. However, almost everyone in the Shaklee group in that first study had high vitamin D intake and adequate blood levels of vitamin D.

To better gauge how much vitamin D intake was required to give adequate blood levels of D, Shaklee gathered dietary intake information and took blood samples from a second group of Shaklee supplement users and partnered with Dr. Maki and his colleagues to get the same information from non-supplement users in their clinics.

In that study there was a much wider range of vitamin D intakes. Once again 1,200 IU of vitamin D seemed to be sufficient to provide adequate blood levels of D (Maki et al., J. Clin. Lipidol. 3: 289-296, 2009).

And, as the vitamin D intake increased there was a decrease in the triglycerides and an increase in HDL levels.

Thus, it is easy to see why Shaklee felt that the products they already had might be sufficient to give healthy levels of vitamin D in the blood and reduce the risk of metabolic syndrome.

However, the people in the Shaklee group were using more than just vitamin D. So, to Shaklee's credit, they commissioned the ultimate clinical trial. This trial asked the question of whether Vita-Lea alone was sufficient to raise blood levels of vitamin D to the adequate level and reduce markers of metabolic syndrome.

Dr. Maki and his colleagues recruited 60 non-Shaklee using, obese subjects from their patient population. Shaklee created two forms of Vita-Lea - one with no vitamin D (placebo) and one with 1,200 IU of vitamin D3 for this study.

So, what were the results at the end of this 8-week study?

Blood vitamin D levels were significantly increased in the group using the Vita-

Lea with 1,200 IU of vitamin D, but they didn't reach optimal levels.

The reason for the discrepancy between these results and Shaklee's long term studies is not known.

Perhaps 1,200 IU of vitamin D would have been sufficient to give optimal blood levels if the subjects had taken them for a longer period of time. Perhaps some of the other nutrients that the Shaklee group was getting in the previous studies improved their vitamin D status.

However, those types of scientific questions really don't matter. Shaklee did the responsible thing. They introduced a vitamin D3 supplement for people to use along with their other supplements.

Making a vitamin D3 supplement is not a difficult thing to do. Shaklee could have introduced it earlier, but they chose to wait until they could be sure that the vitamin D supplement was both needed and beneficial to their customers.

This is a perfect example of letting science drive marketing, rather than the other way around. This is a very important part of the Shaklee Difference.

To Your Health!

Dr. Stephen G Chaney

Heidi & Dave Carlstedt, 5011 Hidden Acres Circle, Saint Cloud, MN 56301

www.sharing.myshaklee.com Questions - E-mail: sharing@cloudnet.com

www.sharing.myshaklee.com Shaklee's commitment to Science and Quality!

Suggested Amounts

Detox- Nursing or Pregnant

Morning

- Optiflora (first thing in the morning)

Mix 1 tsp. Optiflora powder in water and drink it down with

1 Optiflora bead. After about 5-10 minutes follow with the items below.

- Protein – 2 T in water or juice (you can swallow your vitamins with this)
- Alfalfa – 5
- Herb-Lax – 1

Lunch:

- Alfalfa – 10

Mid-Afternoon:

- Protein – 1 T in water or juice (this can be taken before supper if need be)

Supper:

- Fiber mix – 2 tsp
(this may also be added to the protein if it is taken before supper)
- Alfalfa- 5

Before Bed:

- Herb Lax – 1

**** Do Optiflora set until the bottles are done... then you are finished and don't need to reorder these.**

- *On the 7th day – follow overlap with the REBUILDING program*
- *Extremely important to drink lots of water while your body is cleansing. Take your weight, divide it by 2, then by 8. This is the number of cups of water your body needs per day.*

Protein – Builds Healthy Cells

Optiflora- Puts healthful bacteria into the colon

Alfalfa - Body Cleanser (fie attached)

Herb-Lax - Keeps the colon detoxified

Fiber- Scrubs the colon, soluble & insoluble fiber

4/14

Rebuilding – Advanced

Suggested Amounts

Nursing or Pregnant

Morning

- Protein – 2 Tbls in water or juice (1st thing in the morning)
- Vitalizer - 1 strip (Take the Pro-biotic with the Pre-biotic in water)
- Nutriferon – 1 tabs
- Alfalfa – 5 tabs
- Vita-D 1

Lunch:

- Alfalfa- 10 tabs

Mid-Afternoon:

- Protein – 1 Tbls in water or juice (this can be taken before supper if need be)

Supper:

- Alfalfa- 5 tabs
- Nutriferon – 1 tabs
- OsteoMatrix (Calcium) – 2 tab
- Vita-D 1

Before Bed:

- Herb Lax – 2 tab
- OsteoMatrix (Calcium) –2 tab

**On overlapping days: - follow the above and add the Fiber*

Vita-Lea – Feeds the cells

Vita-C – “Glue” the cells together

Alfalfa - Body Cleanser

Osteomatrix - Bones, muscle relaxation

Protein – Builds Healthy Cells

Herb-Lax - Keeps the colon detoxified

Nutriferon - Immune System

For healing of the body

(Basic healing)

Highly recommended: 1 daily meal of the *Shaklee 180 Smoothie*

- Drink 6-8 cups or more of purified water daily to hydrate and flush
- Decrease or completely eliminate WHITE FLOUR, WHITE SUGAR, DAIRY- during the healing process

Try to avoid/ completely eliminate

- Smoking, alcohol, coffee, soda pop, processed juices
- Any and all hydrogenated, trans fats, deep-fried foods, etc.
- Processed, instant, chemical-laden, 'lifeless' foods
- Food Sensitivities/ allergies should be investigated and addressed
- Avoid MSG & artificial sweeteners = neurotoxins
- Increase Omega-3 essential oil intake

Health habits

- Lots of fresh, raw fruits and veggies
- Better to lightly steam veggies
- 50% raw food diet: lots of fresh, raw fruits and veggies (organic when possible) -Wash all raw with Basic-H to take off the chemicals
- Include fresh juicing
- Fiber rich diet
- Stress and relaxation techniques

Goal 7-8 months

Detox & Rebuilding *overlap days*

Suggested Amounts

Morning

- Protein – 2 Tbls in water or juice (can be Shaklee 180)
- Vitalizer - 1 strip (Take the Pro-biotic with the Pre-biotic in water)
- Nutriferon – 1 tabs
- Alfalfa – 5 tabs
- Vita-D 1

Lunch:

- *Vivix* - 1 tsp
- Alfalfa- 5 tabs

Mid-Afternoon:

- Protein – 1 Tbls in water or juice (this can be taken before supper if need be)

Supper:

- Alfalfa- 5 tabs
- Nutriferon – 1 tabs
- OsteoMatrix (Calcium) – 2 tab
- Vita-D 1
- Fiber – 3 tablets
- Optiflora - Mix 1 tsp. Optiflora powder in water and drink it down with 1 bead

Before Bed:

- Herb Lax – 2 tab
- Liver DTX – 3 (Liver cleanses itself between 11:00 p.m & 3:00 a.m.)
- OsteoMatrix (Calcium) –2 tab

Vita-Lea – Feeds the cells

Vita-C – “Glue” the cells together

Alfalfa - Body Cleanser

Osteomatrix - Bones, muscle relaxation

Protein – Builds Healthy Cells

Herb-Lax - Keeps the colon detoxified

Nutriferon - Immune System

