

BUILDING A SHAKLEE MEDICINE CABINET BY SHERI ATTILA

“There will grow all kinds of trees for food – and their fruit will be for food and their leaves for healing

Ezekial 47:12

BOOKS TO OWN:

“How to raise a healthy child in spite of your doctor” Dr Mendelsohn

“The How to Herb Book”

SHAKLEE IS NOT A MEDICINE CABINET BUT YOU MUST HAVE A BASIC SUPPLEMENTAL PROGRAM IS ESSENTIAL. Protein, Vitalizer is the minimum.

What can Shaklee treat? Recommendations – not rx

1. Acid reflux –
 - a. indigestion
stomach soothing complex – relief of basic indigestion
 - b. Constant reflux or indigestion –
 - i. EZ Gest
 - ii. Optiflora

***Don't use antacids – acid is needed by the body – if you kill it off your body is going to save the energy to protect your esophagus from your stomach – weakens your valve

***if you have a history of using antacids- you will probably rebuild their hydrochloric acid – apple cider vinegar daily

- c. Ulcers –
 - i. alfalfa tea (5 alfalfa with zinc crushed) plus 20 alfalfa –
 - ii. then 6 carotomax to heal mucosa membranes.
 - iii. EZGest 2 per day at biggest meal.
 - iv. Stomach soothing complex 2 at end of meal and
 - v. optiflora daily. -

If you don't get raw veggies and fruits – you may be creating free radical problem = creating gastric acid ---supplement with Carotomax and Flavomax

2. Bee Stings, wasp stings, mosquito and spider bites
 - a. Basic H can prevent bites – use as an insect repellent
 - b. Bite or sting –
 - i. vitamin C is an anti histamine – 10,000 mg in 1st hour,
 - ii. calcium magnesium chewable will help with sting (histamine reaction)
 - iii. Herbal Cream – soothes insect bites

3. Bronchitis
 - a. Garlic 9-12 day – natural antibiotic
 - b. Vitamin c 3000-10,000 mg - helps WBC
 - c. D&R 2 every hour boost immune system, help stop viral production
 - d. Carotomax 6 daily bronchial tubes & Lungs
 - e. CoQHeart 2 heals bronchial tissue
 - f. Vitamin E 4 antioxidant
 - g. Immunity formula 4 food for immune cells
 - h. Nutriferon 2 stimulate more macrophages that eat virus' and stimulate interferon

4. Burns
 - a. 1st degree – basic H
 - b. 2 or 3rd degree – medical attention
 - i. Healing regimin
 1. Vitamin E 600 slowly increase to 1600 units
 2. C& E repair
 3. Zinc 30 mg 3x daily until healed – wound healing
 4. Carotomax 6/day – tissue repair
 5. Vitamin c 10,000 mg healing skin
 6. Protein 6-9 tbsp daily rebuilding

5. Cold sores
 - a. Acids from food (ie pineapple picked green- unripened /acid content too hi)
 - i. Alfalfa tea with zinc (5 in tea) and 28swallowed
 - ii. Carotomax 4 daily
 - iii. Protein 3tbls
 - iv. Zinc 2 day
 - b. Lysine deficiency
 - i. Ez gest 2 daily helps digestion
 - ii. Lysine tablets 500 mg 3x day
 - iii. Up soy protein
 - iv. Alfalfa tea and tablets 5 in tea/28 swallowed
 - v. Citriboost 1 scoop on the mouth with the optiflora in it
 - vi. Enfuselle lip conditioner
 - vii. Optiflora 1 serving

6. Diarrhea – caused by food poisoning, bacterial or viral infection, unripe fruit//Dehydration is the major concern/lose trace minerals
 - a. Performance – drink throughout the day – reestablished trace mineral balance
 - b. Optiflora 2 daily (no powder)
 - c. Zinc 3 day one then 2 daily
 - d. Calcium magnesium 6 chewable immediately– acts like milk of magnesia
 - e. Stomach soothing complex 3-6 daily

- f. Garlic and alfalfa 2-4 every hour once no nausea and vomiting and performance is staying down
7. Earaches
- a. Onion juice in the ear /antimicrobial 2-3 drops of strained onion juice in the ear (Reese Onion Juice)several times a day
 - b. DR for child under 1 yr ½ tab 2 qhour for 1st day - 6 yr old and up gets 6/day
 - c. Garlic crush and mix in food or put in infants socks
 - d. Vitamin C chewable or crush 35 SR C with ½ c purified water/store in light resistant bottle use dropper – 3-4 x day
 - e. Optiflora for infant – soak pearl in warm water. Mash and mix in food
Recurrent earaches – get child off dairy
Ocean Wonders
8. Colds & flus viral infections
- a. Immunity formula 1 4 day
 - b. Nutriferon 2 day
 - c. DR 6 day
 - d. Garlic 9-12 day
 - e. Vitamin C 10,000 mg day
 - f. Joint & muscle cream stuffy nose – breathe it in/rub in for aches
 - g. Alfalfa tea 2 cups a day
 - h. Zinc
9. Growing pains/leg cramps
- a. Dehydration causes cramping
 - b. Calcium Magnesium chewable 8-10 immediately at cramp
 - c. Performance drink at first sign of cramp
 - d. Threshold of a growth spurt
 - e. Alfalfa 10-15
 - f. Protein 3-6 tbsp daily
 - g. Joint & Muscle pain where it hurts
10. Bad Breath – often an indicator of poor digestion/toxic waste
- a. Alfalfa natural body deodorizer 30
 - b. Herblax cleans colon 4-6
 - c. EZ Gest digest food 2
 - d. Purified Water drink 80 oz
 - e. Optiflora 1
 - f. DTX liver better job cleaning blood 3
 - g. Citriboost 1
 - h. Use NuConcept Dentifrice xylitol inhibits bacterial growth
 - i. Chew Peelu Peppermint gum

11. Mononucleosis

- a. Overstressed, junk food – can be in bed for many weeks or develop other problems – boost their immune system – working at a deficit
- b. For 2 weeks
- c. Vitamin C – 20 daily for 1st week
- d. DR 9
- e. DTX 2-3 daily
- f. Garlic 6 day
- g. VitaLea 6 per day
- h. Protein 3 shakes a day – 2 tbsp in each shake
- i. Carotomax 4
- j. Vitamin E 2
- k. B Complex 6
- l. Performance throughout the day
- m. Nutriferon 2 daily

12. Morning or Motion Sickness

- a. Stomach Soothing Complex 3-6
- b. Optiflora 1
- c. Stress Relief Complex 1-2
- d. Sea Bands – acupressure bands
- e. Chew peppermint gum (Peelu)

13. Poison Ivy

- a. Immediately soak exposed area with a weak solution of Basic G then wash all other bare areas with Meadow Blend or Basic H then blot (don't rub) dry with paper towels
- b. Healing Paste: make a saline solution for healing and drying by mixing 1 tsp salt into ½ purified water – stir to dissolve. Into a small container put 1 tsp of saline solution and add 1 tsp spearmint Enfuselle C&E (heal), 1 tsp Mineral Masque (draw, heal, dry), 1 tsp Spearmint Nu Concept dentifrice (soothes) – apply the paste with a QTip to area of rash. Discard applicator between each solution. Apply paste daily for a healing and drying remedy – do not rub or scratch
- c. Vitamin C, SR 8 daily for healing and antihistamine
- d. Zinc 3 daily for healing
- e. DR
- f. Calcium Magnesium calms & relieves pain & itching
- g. Protein strengthens cells

14. Sinus infections

- a. Alfalfa tea and zinc 3 cups daily
- b. DR 6
- c. Garlic up to 12 day
- d. Vitamin C up to 10,000

- e. Joint & Muscle Pain cream breathe in
 - f. If chronic infections – answer Candida Questionnaire
 - g. Optiflora 2 pearls/no powder
 - h. Candex 4 daily (Pure Essentials)
 - i. Get off dairy products
15. Sore Throat, Strep, Tonsillitis
- a. Garlic - 3 crushed, 3 times a day swallow 6 more a day
 - i. Mix in applesauce, potatoes
 - ii. Get garlic on throat
 - b. Alfalfa mix with garlic with 3 crushed 3 times day
 - c. DR mix with garlic – 3 crushed 3 times a day
 - d. Immunity Formula 4 day
 - e. Vitamin c 10,000
 - f. Performance
16. Thrush and other yeast infections
- a. Citriboost 2 servings a day
 - b. Optiflora 2 pearls no powder
 - c. Candex 4 daily
 - d. Carotomax 4 daily
 - e. Alfalfa tea and zinc 5/1 3 x day
 - f. Vaginal yeast infections – garlic douche
 - i. Crush 3 garlic tabs with 1 c purified water – let sit for 3-5 minutes then strain through paper towel and add this mix to enough water to make 1 quart. Douche once per day for 5-7 days
 - ii. Nail infections – use Basic G QTip straight G on nail
 - 1. Candex
 - 2. Garlic daily
 - iii. Use garlic daily to prevent further infections
17. Tummy aches
- a. Nausea dehydration is the major concern
 - b. Performance – drink until vomiting is done – then add
 - i. Stomach soothing complex 4-12 make as a tea
 - ii. Optiflora 2
 - iii. Calcium magnesium – chewable 6-12 for cramping
 - iv. Garlic & alfalfa 2 -4/ 4 hours
 - v. DR 6 fights the flu

SHOPPING LIST

- mortar and pestle
- performance
- DR
- Optiflora
- Vitamin C - SR and Chewable
- Stomach soothing
- Joint & muscle
- Garlic
- Alfalfa
- Zinc
- Basic H
- Herbal Multi Purpose Cream
- Immunity formula 1
- Chewable calcium magnesium