



Doing Life Intentionally Together

COMMON AILMENTS

M Wilmore, Nutritionist

NOTE: ALL programs should begin with the following three items:

1) Shaklee Vita-Lea 2) Soy Protein 3) Optiflora

THEN: ADD the three items listed first when dealing with the ailments listed below

MANIC-DEPRESSIVE DISORDERS:

- ❖ RAW PROTEIN SUPPLEMENT: large amounts of essential amino acids
- ❖ B COMPLEX: makes a healthy nervous system; nourishes neuro-transmitters
- ❖ ST. JOHN'S WORT (Shaklee MoodLift): enhance serotonin levels
- ❖ STRESS RELIEF COMPLEX
- ❖ ZINC: protects brain cells
- ❖ LECITHIN: insulates nerve bundles; improves brain circulation
- ❖ ALFALFA: mineral imbalance can cause depression
- ❖ GLA: important for improved cerebral circulation
- ❖ VITAMIN C: a powerful immunostimulant
- ❖ CoQHEART: energize each cell

This information is not intended to replace medical care; to diagnose, cure or treat.