



Doing Life Intentionally Together

## DEPRESSION TESTIMONIES

My finance has problems with asthma so I have been hounding him to take alfalfa along with vita lea. Carol, your testimonials helped, but sometimes he would remember to take the alfalfa, often times he wouldn't. His breathing is the least of our issues. When we started dating he told me that he was on medication for depression. He had, for lack of a better term, a severe anxiety attack, which a psychologist has been prescribing Wellbutrin for the past four years. Now I don't know much about this medication, but when someone prescribes a mood-altering med, that is a serious matter.

Three months ago, Jason stopped taking his prescription saying he didn't need it anymore. Well! I have never seen such mood swings in my life! ....He never saw a change..... I was walking on eggshells. I didn't know what kind of mood I was walking into when we would see each other. Not only are we planning our wedding, we are paying for it, and both of us had our positions eliminated at the companies we were working for. This was probably the highest stress time ever. If there was ever a time when he should have stayed on him medication...that was the time. He lost all energy, complained about everything and I was at my wit's end. I explained to Jason one evening the results that Shaklee has proved over the years for others. I must have caught him at the right time, because he told me to put out the vitamins for him for each day and he would take them. I told him not to expect overnight results, but to give it four to six weeks and I guaranteed he would see an improvement in his health.

Here is the breakdown of Jason's daily supplements;

### **Morning:**

Vita Lea  
B-Complex  
Mood Lift  
5 Alfalfa  
Calcium/Magnesium  
Vita E  
Fomula I

**Afternoon** (Jason suggested he WANTED to take more alfalfa so we added this afternoon dose)

5 alfalfa

### **Early Evening**

Vita Lea  
B Complex  
Moodlift  
5 Alfalfa  
Vita E  
Formula I

WHAT A CHANGE!!!!!! He is the happiest, easy going person! He is happier and more pleasant now than when I met him! We have started drinking Japanese Green Tea and I have only purchased decaffeinated soda (this is the first

step-the next is to eliminate diet soda all together) This is only the second week. He is not going to bed at 9:00 every night, he is staying up until 12:30! He feels the extra energy and doesn't even realize what a nicer, even-keeled person he has become. I am hoping the ongoing use of Formula 1 and the alfalfa will help his allergies and asthma so he will stop using Afrin(that is next to go)

Thanks Shaklee. Once again, I am grateful! .....Gretchen

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My daughter, who is 15, has used Moodlift ever since it has come out in the capsule form. Unfortunately, the females in our family have a hard time with depression, so I've been using it when it first came out, then my daughter was able to take when it came out in capsules. Unbelievable difference in her when she is using it. She missed a week while I was out of town awhile back, and I had not seen her so down in months. It's beengreat for her! I have mentioned to the dr. that she uses it, and he justsmirks - well, if she thinks it helps her, that's all that matters, he says. OH BROTHER!

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Serotonin is a neurotransmitter in the brain that controls a lot of things including your mood. Shaklee's Moodlift contains St. John's Wort that is believed to act like a Selective Serotonin Reuptake Inhibitor (SSRI). Drugs such as Prozac, Paxil and Zoloft are believed to work this way. Serotonin is taken back into the cells (reuptake). St. John's Wort is believed to slow the reuptake, thereby leaving more of it in the synapse (the space between the nerve cells) where it does its job. Shaklee's Moodlift also contains Inositol which was found to be low in the spinal fluid of depressed persons. I have had great results using Moodlift. Remember, it takes 4 to 6 weeks to have an effect. (For me it took 3-1/2 weeks and suddenly it just "kicked in.")

Try 4 capsules per day. If you get no results, try 6 and give it another 2 weeks. Increase by 2 every 2 weeks until you get results. Once you get results, stay with that dose. More is not better with this herb, unlike most of our supplements. Too much serotonin will make you feel bad. If you are already on an antidepressant, you should consult your doctor regarding how to get off the drug and how to incorporate the Moodlift into your regimen. ....Jeff S

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One of my customers had mentioned a couple of months ago that her father (in his late 70's) had lost interest in his grandchildren and his zest for life. I told her that possibly he was depressed and to give Moodlift a try. I was notified today that she was so grateful for my suggestion, because Moodlift has made a huge difference in his behavior. She now feels that she has her "old" father back, and his wife has her husband back. Thank you Shaklee..... Susan O

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I'm not prescribing, just sharing what has worked for me and others I know. Just the B-Complex will help, but we always have someone start on Vita-Lea and Soy Protein as the base because trace minerals and essential fatty acids--and thus brain and hormone function--are usually missing in a stressed-out person. Gemma Gorham suggests V-L and soy, but also calcium and B-Complex, (and fiber) as the Energy and Stress Relief package. I've been recommending that to lots of folks with great results. As a fulltime caregiver (with an apparent genetic inability to metabolise Bs) I take 18 B-Complex a day, by the way! I'm very mellow now that I've found SHAKLEE...I use Valerian with my mother, who has bipolar illness. Yes, it works wonderfully to bring back to balance

excessive behavior, mania, panic, and/or high anxiety . I've even seen 1/2 tabs safely recommended for children of even young age (with sugar highs, ADHD, etc.). Your customer will have to see what works for him/her. Our experience is that the right amount for that person kicks in within 20 minutes, although each person is different. Drinking it dissolved in water as a tea would get it into the system faster, since otherwise the digestive system has to break it down before it can get used. (Maybe drop and dissolve 1+ tab in some other herbal tea for taste? Valerian has a terrible natural odor--like sweaty gym sox, someone commented. In water the odor diminishes. S/he might need to acquire a taste for it as tea--so doctoring the taste might help.) For my mom's manic highs I use 4 valerian and 4 lecithin (which acts as a depressor for her) and give that over a day up to four times, depending on how high her high is. Four tabs generally give "normal" people a good night's deep sleep--so that much at a time in the day might make your customer sleepy--but fewer really could "take the edge off". My mother will safely sleep back into balance if she gets too much.....NCS

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