



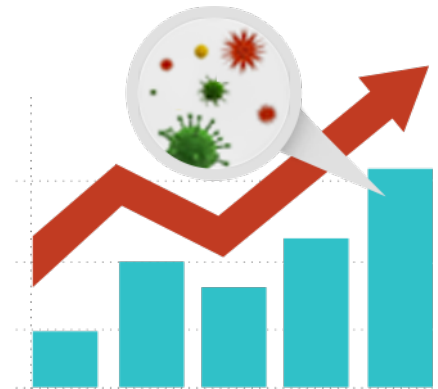
Asthma, Allergies & Natural Solutions

Vitality for Life Monthly

If allergies bother you or someone you know, you may be dreading the month of May as it's the peak season for asthma and allergy sufferers.

Actually the stats are shocking:

- Ten people a day die from asthma.
- Asthma affects 24 million Americans.
- Nearly one in ten children in the US now has asthma.
- More than 50 million Americans have all types of allergies.



And this is the one that worries me.

The rate of allergies is climbing fast. It is now to the point where the majority of us suffer from allergies in some way at some time in our lives.

What's going on?

Why is it that despite all our medical advancements, allergies are getting worse?

Considering whole aisles of pharmacies and supermarkets are devoted to various allergy remedies shouldn't allergies be going down, not sky rocketing?





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Some obvious reasons are things like the increasing levels of pollutants in our air and water and poor ventilation. Others are less obvious like obesity rates, diets high in sugar. Some researchers hypothesize that growing up in homes that are cleaned often and spending less time outdoors, have caused our immune systems to be a bit sluggish.

What are allergies anyway?

Basically allergies are a result of your immune system overreacting to what is actually a harmless substance. A variety of factors can cause an absent or weak response of the T suppressor cells.

The bottom line is, it's an immune malfunction.

What Causes Immune Failure?

For some reason your body's immune system has been programmed to treat a particular substance in food or the environment as an enemy.

- Drinking alcohol
- Too much refined sugar
- Second-hand smoke
- Not enough nutrients in the diet
- Toxins and airborne pollutants
- Stress
- Lack of sleep
- High cholesterol

In non-allergic individuals:	In allergy prone individuals:
Suppressor T cells keep the antibody response under control.	This function of the T cells is not as effective.





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What can you do?

If you read conventional medicine blogs, they tell you there's no cure for allergies.

However in the book written by Fred Pescatore, **The Allergy and Asthma Cure**, he writes:

"In my practice, I have been able to rid or at the very least reduce many of my patients' use of multiple medications they once relied on to treat their allergies and asthma using a complementary approach."

If doctors like him are having success with nutritional medicine, why isn't the mainstream medical community diving all over this? Unfortunately economics are partly to blame.

When you consider that the **annual revenue** from treating allergies is in the billions, it's not hard to see why natural methods to support the immune system are kept quiet.

It's estimated people spend nearly \$17.5 billion dollars a year between doctor visits and prescriptions.

While mainstream medicine snubs the natural nutrition approach, the FDA recently ordered 500 cold, cough and allergy medications off the market because the drugs had not been subjected to complete safety, quality, and efficacy testing.

Now I will say that sometimes medications are needed to provide short term relief. However, I think it's important to focus on natural approaches for prevention.





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Let's discuss some natural and safe solutions that can help if you're suffering or want to prevent allergies from becoming an issue.

Here's a multi layered approach:



1. Start by improving your diet.



3. Add nutritional supplements targeted to support your immune system.



2. Exercise more frequently.



4. Create a healthier home with nontoxic cleaners that won't trigger symptoms.

Shaklee products known to help:

Scientists have now discovered that the gut mucosa connects with the largest population of immune cells in the body. This has led them to conclude that **70-80% of your immune system** is actually located in your digestive system.

You may be surprised to learn that upper respiratory congestion and sinus discomfort have a direct connection with the health of your stomach and digestive flora.

Basically if your good bacteria is out of balance you can have an overgrowth of candida and other nasty bacteria.





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Shaklee's Optiflora helps get your flora in balance

One of the things that makes Optiflora so special is their exclusive technology for guaranteed delivery.

Their state-of-the-art, patented triple encapsulation uses only natural ingredients to protect microflora until they are released in the intestine.

Unlike Optiflora, other products deteriorate rapidly when exposed to stomach acid condition.



Optiflora



Nutriferon

Modulates Immune Response

Nutriferon supports and stimulates the immune system by increasing the activity of macrophages and inducing natural interferon production. It also modulates the immune response which is vital for reducing allergic reactions.



Alfalfa

Natural Anti-histamine

Shaklee's Alfalfa contains a potent phytochemical called phytoalexins which acts as a defensive immune response to bugs, molds, mildews, viruses and bacteria.





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“After 9 years he can breathe through his nose again.”

Eddie, after not being able to get any air through his nose for nine years, is breathing again! He was getting another sinus infection when he began his Shaklee supplement program.

Lori decided NOT to go the antibiotic route and just see what happened while taking Shaklee garlic.

Normally he used two rounds of antibiotics and it lasted a good two to three weeks.

Lori is happy to report Eddie was well in one week and his whole demeanor has changed.

Most people don't think of garlic when it comes to helping with allergies, but it's actually been used for its anti-bacterial, anti-fungal, anti-viral and anti-inflammatory properties for years.

Anti-viral, anti-bacterial...

And remember, one of the causes of a lowered immune system is high cholesterol levels, garlic can also help lower your cholesterol.

What makes Shaklee's garlic unique, is it's cooled to a level that temporarily inactivates the enzyme that forms allicin, and it's only activated when the supplement is digested.

This means it's more effective and you don't get garlic breath.





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Vitamin C 500

Natural Anti-histamine

Vitamin C is a potent antioxidant with natural anti-histamine properties. Shaklee's Vita-C 500's sustained release is like having an orange every few hours.



Immunity Formula

Strengthens Immune System

Immunity Formula's includes B's, C's vitamin E and Beta carotene Immunity Formula which are all essential for healthy immune function.

Other Shaklee products that can help



Protein

Protein is essential for building cells and maintaining a strong immune system



VitalMag

Magnesium has been shown to reduce the histamine response.



Regulation Complex

High cholesterol levels can depress immune function. This product helps lower it.





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“All she changed was her laundry detergent.”

Linda had SINUS problems most of her life.

Night time was a particularly miserable time for her as she couldn't breathe and had to prop herself up on pillows and use nasal sprays and inhalers.

Her doctor told her the problem was a deviated septum's she had it fixed. She had surgery on her nose. Do you know what happened? You probably guessed it - there was absolutely no difference! Yet, Linda now sleeps comfortably and with no congestion.

All she changed was her laundry detergent.

Healthy Home





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Cleaners

Non-toxic cleaners, improves air quality and keeps your home clean without harmful toxins.



Get Clean Laundry

If you have sensitive skin you won't have the reactions you'd get from regular brands full of chemicals.

After reading all of this, you may have a hard time choosing which product to start with first!

I'll suggest Optiflora and work down the list.

Everyone's allergies are different, there's no one-fits-all solution.

I'd be happy to help you with yours.

If you have any questions about Shaklee's safe cleaners, or any of Shaklee's products,

I'd love to hear from you.

Here's to an allergy free May!

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

