

TAKING CARE OF ALLERGIES NATURALLY



No More Allergy Shots!

I'm allergic to pollen, dust, grass, weeds, trees, feathers, fur, certain scents, dogs, cats, and certain foods (citrus, fish, cashews or anything processed in a plant with tree nuts). I also have asthma. I suffered itchy rashes on my hands so bad I could hardly bend my fingers.

For years I would break out all over my body every time the wind blew. I was always getting nosebleeds. I was constantly sick with bronchitis, and pretty much had no voice for 4-6 months of the year. I tried over-the-counter, and every prescription med, inhaler, or nose spray. Zyrtec worked best but made me absolutely crazy and I had to quit taking it. I was getting allergy shots for a while and they helped a lot, but the series were sporadic and a couple times I had anaphylactic reactions to the shots. That is really scary! The last time MediCal stopped my shots was when the Nutriferon first came out. I was freaking about the shots because if I didn't get them every week ... I'd end up with bronchitis and lose my voice, etc.

I was a non-committed Shaklee user, but decided to give the **Nutriferon** a try at the urging of Julie Colegrove. What a difference! I doubled up on it the first few days, then took two a day regularly for a long time. I did go without it for about a week at one point, and that is where I really noticed the difference because the symptoms came back! Other than that, I've been basically symptom free since I started taking the **Nutriferon**, and I've gotten friends who were distributors for other companies taking it for their allergies and asthma because they saw the difference in me and how much better I was since I started taking the Nutriferon.

I have seven children, one with severe allergies who also takes Nutriferon. My oldest daughter who is in college in Santa Cruz, takes it every day and she was the only one in school that didn't get sick the whole year, except once, and that time she recovered real fast when she doubled up on the Nutriferon. The other kids take it when others around them are getting sick at school and work. It feels good to be able to go outside on a beautiful day and not be afraid of breaking out in a rash. I even go outside when it is windy and still have my voice!

Recently I went on a five-mile hike when everything was blooming and didn't even sneeze or get wheezy! **Nutriferon is amazing stuff ... I can't help but be excited about it!** **Tara C**

ALLERGIES/SINUS *At the age of 17, I was overcome by a grass pollen allergy* that was so severe, I couldn't stop sneezing and scratching my eyes. My vision was blurred for four weeks due to the fluids in my eyes. And each year my allergy symptoms would reappear. Through my adult years, to control the symptoms, I took allergy medicines and nasal sprays like most people did. I never took allergy shots. I had to give up golf, unfortunately, between May 15 and June 15th and rarely went outdoors in the spring--the prettiest time of the year!

In 1990, a friend, Joan Ayers, told me about her 7-year-old child's recovery from the same symptoms that I had. She had taken her son, Taylor, off of allergy shots thanks to Shaklee. She advised me to take more Shaklee Alfalfa Supplements than I was taking!

She suggested that I take the recommended serving size (10 tablets, which is on the label) three times a day---like her son, Taylor, did. Well, I tried it, and the **Alfalfa worked!** The only thing was, on a real bad pollen day, I had to take the Alfalfa servings (about a teaspoon of tablets) 4-5 times a day to stop the sneezing. Fortunately, there weren't too many days like that---maybe three or four a season. Sometimes I made a tea out of the Alfalfa, but mostly woofed them down. At a Promise Keepers meeting at JFK Stadium on Memorial Day one year, I sucked on the Alfalfa all day! It was a brutal pollen day! I should have stayed indoors! More help came several years ago when a friend circulated an email about allergies which said that some people take the New Shaklee **Nutriferon** was miraculously alleviating allergy symptoms ---even cat and dog allergies! By taking four in the morning, I wouldn't sneeze for the rest of the day, he said! I could hardly believe it. So, I asked Dr. Bruce Miller about this recommendation and he confirmed that **enhancing your immune system could rid you of allergy symptoms**. Since then, I've been taking four daily during my allergy season and it's worked beautifully for me! On those bad days, I take 4 more at dinnertime and cut down to one serving of Alfalfa per day. **No more sneezing! No more** **Jerry A**



Laundry Detergent Causing

Stuffy Nose Linda had SINUS problems most of her life. Nighttime 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.** She changed from the toxic grocery store brands to one that was environmentally sensitive. (**Shaklee Laundry Care Products**) It made all the difference in the world for her. **Interestingly enough, her children's allergies improved, too!**



Even Allergy Shots Made Me Sick

I resigned a life to taking prescription medications, allergy shots that would make me sick, and nasal sprays that were awful. I forgot how awesome Shaklee products were... And still are. Then not too long ago I decided to get cats. Now.. I know what your thinking, "He's allergic to everything... surely cats are on the list!", and you'd be right. But this time I remembered the alfalfa. And I remembered reading info about Nutriferon. So.. I went online. Ordered my stuff. I got the cats. I got my product and started taking it. Then I waited to see what would happen. And here's the best part.... Nothing happened!!

[No sneezing... no runny nose... no feeling miserable because cats are around. No more prescription medications that had nasty side effects!](#) Nothing. I can actually live in a house with cats and not have an allergic reaction. It's amazing to say the least. I don't get that lethargic feeling the medications would cause. I have more energy. I sleep better. I'll **never drift away from my Shaklee supplements again.** They mean too much to me now that I am remembering how incredible they are. Get this.. the only times I feel my allergies kick back up is when I forget to take my **Alfalfa and Nutriferon!**

Tim B

This information is not intended to replace medical care. This information is not intended to diagnose, treatment or cure. This report is not to be used as a substitute for appropriate medical care and consultation, nor should any information in it be interpreted as prescriptive. Any persons who suspect they have a medical challenge should consult their physicians/pediatricians for guidance and proper treatment

Friendly Bacteria Key for My Allergy Relief

For the first time in my life, I have been suffering recently from allergies. I've been receiving many a smarty-pants comment here and there from people who tell me "isn't there a vitamin for that?"

Many others have told me to take Allegra or Claritin, etc. the list is long, but not my preference since the side effects from those antihistamines is not really up my alley.

OK, so being an inquisitive person, I've been researching this stuff and trying very hard to rid myself of the scratchy eyes, constant sneezing and middle of the night blowing of the nose! **I think I have found a solution.**

Since allergies are the result of an abnormal immune system response, I decided to work on strengthening my immune system. I was taking Shaklee's Nutriferon and my regular multivitamin and that didn't seem to do it. However, once I increased my dosage of **Optiflora from 1x/day to 2x/day, the allergies went away immediately. Yippee!** I even experimented and tried a day with just one Optiflora and those sneezing attacks were back. So, I highly recommend it. *Anne*

Hay Fever and Alfalfa

I had allergy/hay fever/sinus infections every 6-8 weeks for years and had another one coming on. Then a co-worker gave me 20 Alfalfa and said to take them ALL before leaving work that afternoon. **I was stunned that anyone in their right mind would suggest Alfalfa to someone with hay fever,** let alone the idea of taking that many pills in just one day, but I trusted him enough to do it. Anyway, I did manage to take them all, and felt a little better the next day (even though I refused to admit it to my friend). I took 20 more the second day, and was breathing clear and free the next morning! I bought a bottle, and continued to take 20 per day for at least 3 months. (I took no other vitamin or herb of any kind at that time.) **Eventually I began reducing the quantity of Alfalfa as I increased other Shaklee supplements until I found that my body seems to need only about 12 Alfalfa per day since I take other Shaklee of products now, HHP**