

Arthritis

Naturally

DIALYSIS AND RHEUMATOID ARTHRITIS

I can remember being very sick when I was 2 years old. My kidney infections were so bad and I had such severe hives that my mother would put me on a little pallet in front of the door to keep me cool.

When I was 30, the doctor informed me that I had Rheumatoid Arthritis throughout my body, he prescribed Indocin. My fingers were full of nodules and stiff. Herb, my husband, had to pull me out of bed each morning to get me on my feet, I was so stiff, and I couldn't do it myself.

I have been using Shaklee for 35 years. I have been retested for Rheumatoid Arthritis and the doctor said I do not have it anymore. I don't have trouble with my blood sugar like I did either. I just thank the Lord for leading me to the doctor who was responsible for introducing me to the Shaklee Food Supplements, because it has resulted in restoring my health.

In 2010, my doctor wanted to put me on dialysis, because my body kept creating kidney stones/infections, my creatinine level was over 4. I didn't want to go there three times a week. So I said 'NO.'

He said I would die if I didn't and I told him that was OK because I was a Christian and I was ready anytime the Lord wanted me. I **increased my Vivix from one teaspoon to two Tablespoons daily and after six months**, to my doctor's surprise, my creatinine level dropped to 1.0 which falls in the normal range for women of 0.5 to 1.1. Now I go to the Nephrologist only once a month

Alice Johnson, St. Petersburg



I woke up without any pain

for the first time in 35 years

I was told when Joint Health first came out to start with 3 and then add on 3 until I found what my body needed. I think it was Roland Osterhouse who said he took 18 a day. Anyway, an elderly (late 80's) gentleman who had been told he needed to have BOTH hips and knees replaced and wanted to know what I used. I started him on the Basics (before Vitalizer), Joint Health and Pain Relief. He started with 3, called me the next day and said he didn't see any difference. He increased to 6, again didn't see any difference. He increased to 9 and called to say he 'thought' he could see a little difference. Three weeks later I got a call at 8:15 am and he said, "**Girl, I've been praising God, you and Shaklee all morning!** I woke up without any pain for the first time in 35 years. I'm staying with 9 a day." So he stayed at 9 Joint Health and within 3 more weeks went from his walker to a cane and 3 weeks after that walked as normal as I did. He continued to walk without pain for the next 4 years and died in his 90's from something totally unrelated. He found he didn't even need the Pain Relief but keep a bottle on hand -- just in case.

I would certainly recommend OsteoMatrix. I take 6 per day. I started giving my mother our old CalMag (along with Basics) when she was around 82. She was never sick a day for the next 11 years, on NO prescriptions, meds AND her bone density increased rather than decreasing over those years as well. She fell 4 times during that time and never broke a bone. When she had her last bone density just a few months before she died, her osteoporosis had also completely reversed and she only showed signs of"Maybe a little arthritis."

Ella and Bob McBride



The Pain was Gone from My Hands



I am a piano teacher and play the organ at church so my hands are very important in my life. It was a concern to me when I developed arthritis in my hands which caused a great deal of discomfort and pain. I decided to try **Vivix** and much to my surprise, it relieved the pain. I was so excited after seeing what Vivix did for my hands. I shared the information with my daughter and she found the Vivix controlled a severe skin problem that doctors did not have a solution for. My husband felt like a new person with **Vivix**. **What a blessing this product has been for our family.**

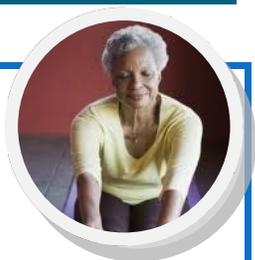
Pam F

My Husband Has RA and Skis, Hikes . . .



Yes, my husband has that. He does great with all the Shaklee products and the Pain Relief, Joint Health Complex (6 when he is active) and Omega-3. He uses all the other products, physique, protein, Cinch etc. He plays tennis, hikes, skis. He is 64 years old. *Janet D*

I Couldn't Move Or Flex Any Joints with RA



I was diagnosed with RA 5 years ago, as well as CREST. I was in very bad shape. I couldn't move or flex any of my joints. My advice is to see a good rheumatologist and take the medication that is prescribed with the attitude that you will one day wean off of them. But, with that in mind you should also take control and have a big voice in your recovery. I refused the shots directly into the joints when they were really bad and I insisted that they get me off of prednisone as soon as possible. If you have any contracture of your arms or legs you should get physical therapy because if you don't at a certain point it is irreversible. I had an arm that began to contracture and the physical therapy worked. I also saw a chiropractor who used her 'clicker' on my joints, especially my wrists and fingers. I still see her. Then the important thing is to build up the rest of the system with your Shaklee. I have my Protein shake every morning with yogurt, water 100% juice, ¼ cup grape nuts for extra fiber or the Fiber Plan, banana, blended. That is about the extent of my dairy and I stay away from red meat. I take the Basics (Before Vitalizer) alfalfa, garlic, Optiflora, Flavomax, Carotomax, Zinc, Omega-3, Mental Acuity, (for Reynaud's) and CalMag. It is also very important that if you need hormones from a hysterectomy NOT to take the usual prescription. They trigger RA. Take GLA and Menopause Balance Complex. Joint Health Complex helps, Pain Relief Complex, Joint and Muscle Pain Cream Depending on how severe you have it as to how long it will take to control it. Whatever it takes and however long it takes, it isn't the doctor or Shaklee that will heal you, but our God through much prayer, will. *Joni Sue*

I Won't Have to Rely on Naproxin Again

I suffer from osteoarthritis myself and I know how painful it can be at times. I have used the Joint and Muscle Pain Cream for quick relief when the inflammation in the joints occurs. I also use the Joint Health Complex on a daily basis to keep those cognitive tissues as healthy as they can be. Recently, I had a problematic episode and tremendous pain the shoulder and I started to increase my Alfalfa intake from 9 to 15 tablets a day and that has really made a difference. It decreases the inflammation and a result the chronic pain has also diminished. I knew that it hadn't cleared up yet, so I continued my research and I read in Dr. Brouse's book, Build A Better You, that taking 9 caplets per day of Pain Relief Complex would help. I had tried with 3 caplets, the way it says on the bottle, but Dr. Brouse recommended 9 so I tried it and wow! Did it ever help? I will never have to rely on Naproxen again in my whole life. Thanks to Shaklee and Dr. Brouse's 30 years of experience using the Shaklee products. I was able to function normally again! *Lester B*

My Mother's Death Triggered My RA

My mother was killed in a tornado in 1985. Two weeks later it was time to send my newsletters and I had arthritis in my fingers so bad that I could not address my newsletters. Rheumatoid Arthritis is most often triggered by stress. It hit and hard.

I knew that I had to increase my alfalfa and I did that. I guess I was taking about 40 a day. That got rid of the pain and stiffness, but, when I bumped the knuckles.which I seemed to do constantly...I could feel that they were inflamed.

I knew I had to increase my Omega-3 fatty acids. I went from 3 to 6 and I have been fine every since. The only time I have any stiffness at all is if I eat too much sugar.. I have had NO actual pain.

That is thrilling to me because even when I was a little girl, I remember my mother walking the floor at night because of arthritis pain. It amazes me that my arthritis has never progressed and it's been over 18 years – That is phenomenal to me. *Rosalie Blood*



I Didn't Have to Sell My Two Story Home

Almost eleven years ago, when I was introduced to Shaklee, I had arthritis in my knees so bad it was very painful going up stairs. We were in the process of getting the house ready to see and buy a one-story house. Then I started on the Vita-Lea and Soy Protein and Alfalfa. I increased the Alfalfa every other day and arrived at 10 tablets 3 times a day (30 a day) and that is the amount I need to reduce the inflammation. When I reduce the amount of Alfalfa the pain returns. Since then I have added Joint Health Complex, very important – and just about everything else Shaklee makes. I feel that the Essential Omega-3 and GLA are also beneficial for my arthritis. I have no Osteoarthritis pain as long as I stay 'on the program.' (Didn't have to sell our house for another 10 years.) *Shirley Davis*



My husband has rheumatoid arthritis really bad, he couldn't turn a wrench...

for the past 2 years, couldn't sleep through the night his pain was soooooo bad, needless to say not much got done around the yard, and we have a wood stove so usually it was me bringing in the wood. I got him started on the Joint Health Complex and Pain Relief Complex, 3 of each every morning and at night I would put the Joint Cream on him, also he's on the Basic's (Before Vitalizer) and Performance Drink. After 3 weeks he noticed that his pain had really started to diminish and 6 weeks later he's totally pain free!! He works all day as a Colour Tech on heavy duty equipment for mills and when he comes home he's outside working on the yard shoveling gravel, working on the addition, his big 4 x 4 truck (which sat for 2 years cause he couldn't climb on it to do the work) has been totally re-done from the frame up! And he is sleeping all night long, waking up with no pain. **DEE**

For More Information Contact:

PATIENT REFUSES PAIN MEDICATION!

My husband Ed was a manager at AT&T when offered an early retirement package with locked in health benefits at age 50. He had been having more frequent bouts of pain attacks which he thought were the result of his high-stress job, so he took the package, retired early and began looking at second career options.



THEN, Ed came down hard with horrible debilitating pain as his arthritis became very active and all the doctors gave him were drugs that had such horrible side effects, he stopped taking them. I had major worry and fear, and would have been more so if he had told me then that there were days when he was so bad, that if there had been a fire, he could not have gotten out of his chair to get out. THEN, some Angel Lady (wish I had her name) came up to me at a local event where I had a Shaklee booth and said, "Get your husband to this Shaklee nutritionist..... she helped my upline with Cancer." God obviously heard our prayers as that lady was in Austin soon after and I made Edward an appointment with Diane Petoskey without even asking him if I could! Thank goodness she was a Drill Sergeant type who told him he could get well, but HE would be responsible for HIS program. He not only had to juice, but give up red meat, caffeine, sugar, etc.

AND takes mega doses of Shaklee supplements – plus some things we have never heard of! We grew up in West Texas on chicken fried steak and gravy, so you can just imagine the challenge we faced... our first juicer was from a department store, but we soon graduated to a heavy duty Champion juicer. Because Ed's hands hurt so badly, I did the juicing.... With ORGANIC veggies and fruit only.... As a true novice, I was stunned when Diane Petoskey said using anything but organic concentrates the toxins and pesticides into the juice! Because I wanted to support Edward 100%, I did the juicing too.... That was the skinniest I had been in years and we both began to feel like different people. I think I need to do that again! Ed had two of those Vitamin containers that looked like a Thermos and it was indeed a lot of supplements that went into those ... his health was completely turned around and he also became drug-free the Rheumatologist was not happy when Ed refused the drugs, but he could Not argue with the results of this program! IF Edward had seen Diane Petoskey first, he would probably still have his original knees, but the cartilage was already heavily damaged. We did not have a Joint Health yet and I always thought "WHAT IF WE HAD?" as he did have a double knee replacement which is STILL ANOTHER wonderful story....

One of our best friends, Lynda Moon, an Orthomolecular Nutritionist who studied everything Diane Petoskey did, designed a before and after surgery program that, to this day, I am still sharing..... I won't go into details here, but can you imagine 6000 mg of Vitamin C being one of the most important things he took before and after surgery ?..... He was practically healing behind the knife! When he woke up, I was there with Physique, Performance and Protein AND all of his supplements.

He came off of the surgery morphine with no pain and they wrote on his chart:

PATIENT REFUSES PAIN MEDICATION! In 30 days he was walking normally and the doctor said his knee mobility was so good, he'd be playing golf in no time. My husband, a character just like me, Said, "Well, that's interesting since I never played golf before!" Note: He took as many as 112 supplements a day to battle the RA full force but over 20 years later, he is on a lesser but consistent program including a lot of Alfalfa and OmegaGuard. **Fredda**