

WHAT YOUR DOCTOR WASN'T TAUGHT IN MED SCHOOL

ABOUT NUTRITION THAT YOU NEED TO KNOW



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This book is intended to provide helpful guidance and information on the subject of wellness and relevant supplement programs. It is not meant to be taken as medical advice or to replace the diagnostic expertise of a physician.

Any relevant medical treatment, questions and concerns to be taken must be referred to a trusted medical professional, particularly if you are pregnant, lactating, or suffering from any medical condition or symptom.



PHYSICIANS ARE DISEASE ORIENTED...

Doctors have my utmost respect, but as important and helpful as physicians are, the truth is, they're disease oriented.

They study disease. They look for disease.

They're pharmaceutically trained to treat disease. And in order to do so, they know their drugs. They are well trained on the side effects of drugs and unfortunately drugs and surgery have become at times their only tools for helping their patients.

A study estimates that in 1997, pharmacies filled more than 2.5 billion retail prescriptions in the United States alone.

The sale of prescription drugs has more than doubled in just the past eight years!

The goal of this report is to help you focus on building health so you have more options than drugs and surgery alone.

Instead of fighting disease, why not build health?

Remember that the PRESENCE of health means the ABSENCE of disease.



WHO DO YOU TURN TO WHEN YOU WANT TO *PROTECT* YOUR HEALTH?

If drugs were the answer, why is our population experiencing such an epidemic of chronic degenerative diseases?

The problem lies in the fact that the current philosophy in medicine is to ***Attack Disease.***

Yet it makes perfect sense to simply prevent disease and maintain our health rather than to try to regain it after it has been lost.

Prevention of disease should be the first order of business for any physician. But it's not.

And this leaves you in a situation where you need to become educated on how to build health and AVOID disease. Because doctors weren't taught how to build health using natural nutrition, it means you have to learn it yourself.

But where do you go when you want to learn about the best way to prevent disease and protect your health?

Is your doctor providing you with this information?

Prevention of disease should be the first order of business for any physician. But it's not.





LESS THAN 6 % OF DOCTORS GET FORMAL TRAINING IN NUTRITION

It may shock you to discover that less than 6 percent of graduating physicians receive any formal training in nutrition!

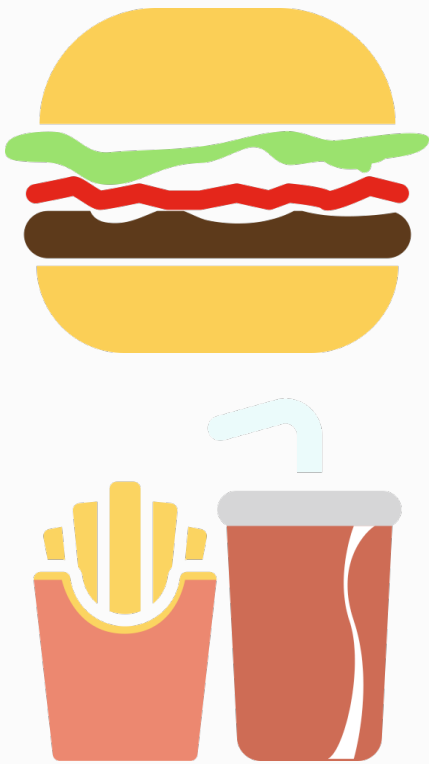
And few physicians receive training in regard to nutritional supplementation as Dr. Ray Strand the author of the book, ***What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You***, experienced during his schooling.

Until recently, modern medicine has ignored the link between diet and disease. Scientists focused on finding the magic bullets that would wipe disease off the planet.

There is no doubt that the incredible advancements in science have vastly improved our health. Unfortunately, these created a false sense of security that no matter how serious the disease, the cure could be found through drugs and medical intervention.



By the end of World War II, people who were concerned about nutrition and health were considered to be health nuts.



Fast-food restaurants offering highly processed, high-fat fare were the rage. Hamburgers, chicken nuggets, and french fries were in, fresh fruits and vegetables were out.

Diet was considered so unimportant that few medical schools even offered courses in nutrition. Although doctors offered lip service to eating a well-balanced diet, few understood what that actually meant.

If you've ever watched old movies, you've noticed doctors were just as likely to engage in unhealthy habits such as smoking cigarettes as their patients.

At the same time, despite our superior medical knowledge, heart disease and cancer were dramatically increasing in the developed world, and a small group of researchers began to wonder why.

What they found so odd was that people who lived in poorer countries where the diet was rich in whole grains and unprocessed fruits and vegetables had measurably lower rates of cancer and heart disease than in the wealthier countries.



In the beginning, many mainstream scientists dismissed these findings as pure coincidence or that some populations may be genetically prone to develop different diseases.

But when more thoughtful scientists began to take a closer look at these studies, they found that certain foods appeared to be protective against disease.

There was no denying that people who ate an abundance of plant foods were healthier and lived longer than people who ate the traditional Western diet.

Unfortunately, even today, economics took priority over science or people's well-being and this has kept the focus on cures and not prevention.



Conventional, drug-oriented medicine may help us live longer, but it may not help us live better.



YOU WANT TO LEARN THE *BASICS* OF BUILDING HEALTH THROUGH NUTRITION

This is why this report is so important.

Having a basic knowledge of building and maintaining health through natural nutrition can have amazing life-changing results.

And the fact is, your doctor is unlikely to be able to help you with this.

Unfortunately nutrition is a massive subject and you could easily spend years trying to study the many facets of it. But let's face it, you don't have time to wait that long.

This report has been distilled down to give you a core understanding of what you need to know about vitamins and supplementation so you can become proactive in preserving the health you have.

Here are some important points to keep in mind:



1. Drugs and surgery alone don't cure many of the diseases that kill most Americans.



2. Your body can repair and renew its cells almost perfectly if it is given the nutrients it needs to do so.



3. Genes do not determine disease on their own.



A CONVERTED DOCTOR...

Dr. Strand used to curl his toes when his patients would ask if they should be taking nutritional supplements.

He'd used all the patented answers in the past:

"They're just snake oil."

"Vitamins just make expensive urine."

"You can get all the required nutrients by eating the right foods."

If his patients persisted, he told them nutritional supplements probably would not hurt them, but they should take the cheapest ones they could find because vitamins most likely wouldn't help much either.

Maybe you have heard some of these same comments from your physician.

For the first twenty-three years of his clinical practice, Dr. Strand simply did not believe in nutritional supplements.

During the past seven years, however, he has reconsidered his position based on recent studies published in the medical literature. What he found was so astonishing, it has changed the course of his medical practice.

You could say he has converted.





WHY AREN'T MORE DOCTORS RESPONDING THIS WAY?

To start, physicians need to be skeptical in order to protect their patients against any schemes or products that could be harmful to their health.

Another important reason is...

Physicians must rely on scientific research studies conducted through double-blind, placebo-controlled clinical trials (the standard in clinical medicine).

Because it's the most effective evidence available.

Physicians seem content to allow the pharmaceutical companies to determine new therapies as they develop new drugs.

But, if we are talking about prevention, it is our own bodies that are the best defense against developing disease, not drugs.

The unfortunate reality is that public health is notoriously unprofitable.

People don't make a profit preventing disease.

They make a profit through medicine - treating critical, advanced stages of disease.





IF DRUGS AREN'T THE SOLUTION, WHAT IS?

When Dr. Strand's wife, Liz, became chronically ill with what they later learned was Fibromyalgia, he became frustrated that here he was a medical professional and yet he couldn't help his own wife.

He was just another husband looking on helplessly as his wife wasted away.

When Liz's friend brought a collection of vitamin supplements to their house the next day, with nutrients like vitamin E, vitamin C, and beta-carotene that protect the body against the harmful effects of oxidation, Liz eagerly swallowed them and downed a few health drinks as well.

To his amazement, within three days it was obvious she was better. He was happy for her but confused.

As days passed, Liz gained more energy and strength and even stayed up later in the evenings. After three weeks of faithfully swallowing many pills and consuming those strange-looking drinks, Liz felt so good that she stopped taking the steroids and nebulizer treatments.

Three months passed, all bringing gradual improvement, and Liz never looked back.

What had happened?

Dr. Strand was dumbfounded. If he had not been an eyewitness to this transformation, he would have never believed it. Was it possible that some "weird vitamins" had restored his wife's health when all the medical expertise and medications could not help?



HE DECIDED TO RUN HIS OWN CLINICAL TRIAL

Dr. Strand was excited, amazed but still optimistically cautious. So he went through his records to find five of his worst fibromyalgia patients and asked them to visit his office.

He shared Liz's story with all of them and suggested they consider taking nutritional supplements. He told each patient that he had no idea whether this "alternative treatment" would help, but it was worth a try.

Typical fibromyalgia sufferers are despondent, so each of his five subjects was very eager.

After a period of time ranging from three to six months, without exception, each patient reported improvement after taking the vitamin supplements.



HE BEGAN TO RESEARCH SUPPLEMENTATION

Dr. Strand was excited, but still optimistically cautious. While browsing through a bookstore, he saw a book by Dr. Kenneth Cooper titled ***The Antioxidant Revolution***.

Dr. Cooper explained a process called “oxidative stress,” which he indicated was the underlying cause of chronic degenerative diseases.

Dr. Strand devoured the book. We all know that oxygen is essential for life itself. Yet oxygen is also inherently dangerous to our existence.

This is known as the oxygen paradox. Scientific research has established beyond a shadow of doubt that oxidative stress, or cell damage by free radicals, is the root cause of more than seventy chronic degenerative diseases.

The same process that causes iron to rust or a cut apple to turn brown is the underlying initiator of diseases like coronary artery disease, cancer, strokes, arthritis, multiple sclerosis, Alzheimer’s dementia, and macular degeneration.

That is right: **we are actually rusting on the inside.**



When you understand the tremendous damage that oxidative stress inflicts on the human body during normal daily life, you realize

how important it is to optimize your own natural defense system.

Your health and life depend on it.




Through his research, Dr. Strand learned that the strongest defense against disease is our body's own natural antioxidant and immune systems.

The body's own defenses are far superior to any drugs he could prescribe.

He concluded after much study that prescribing nutritional supplementation for patients is not alternative medicine, but rather complementary medicine.

Nutritional supplementation are not about eradicating disease; they are about promoting vibrant health.





Today, Dr. Strand believes strongly that there are **significant benefits with taking high-quality nutritional supplements**, even if you are in excellent health.

Put simply, the basic health benefits of nutritional supplements are:

- ✓ an enhanced immune system
- ✓ an enhanced antioxidant defense system
- ✓ a decreased risk of coronary artery disease
- ✓ a decreased risk of stroke
- ✓ a decreased risk of cancer
- ✓ a decreased risk of arthritis, macular degeneration, and cataracts
- ✓ the potential for a decreased risk of Alzheimer's dementia and Parkinson's disease
- ✓ the potential for improving the clinical course of several chronic degenerative diseases



PART OF THE REASON DR. STRAND CHANGED HIS MIND IS THE POOR QUALITY OF OUR DIET

As Dr. Strand reflected on his first years of medical practice, he clearly remembered his own bias against nutritional supplements.

He even remembers telling his patients that they could get everything they need from their food, if they would just eat a healthy diet.


“You just go down to your local grocery store and buy the right kind of foods, and you don’t have to take any of those supplements,” he would insist.

“Taking vitamins is a waste of money.”

If that didn’t convince them, he would share a study or two that showed a vitamin to be harmful. He even remembers that the negative studies were really the only ones on vitamins of which he was aware.

After all, when negative studies were publicized in the lay media or medical journals, he would tell himself, “See, you were right all along about those vitamins. It’s a shame that these charlatans have played such scams on my patients.”





HERE ARE THE SHOCKING STATISTICS THAT MADE HIM REALIZE THE NEED FOR SUPPLEMENTATION:

- Approximately 40% of our calories in the typical American diet come from fat
- Seventeen percent of the population do not eat any vegetables.
- Only 10% of the population meet the USDA guideline of eating a minimum of 5 servings of fruits and vegetables a day.

Did you know that most of us today maintain diets dangerously low in certain nutrients because we're eating foods grown in minerally depleted and unbalanced soil??



“WE’RE STARVING NO MATTER HOW MUCH WE EAT!”

The alarming fact is that foods - fruits and vegetables and grains - now being raised on millions of acres of land that no longer contain enough of certain essential, We are starving no matter how much we eat.



Plants cannot create minerals.

They must absorb them from the soil.

And if our soils do not contain these minerals, our plants will not have them either. It is a fact that our food is significantly deficient in vital nutrients.

This is why eating a healthy diet make sense, so does shoring up your diet with nutritional supplements.



**WHAT YOUR DOCTOR WASN'T TAUGHT
ABOUT NUTRITION THAT YOU NEED TO KNOW:**

THE IMPORTANCE OF SUPPLEMENTING WITH PROTEIN AND ESSENTIAL AMINO-ACIDS.

Protein, the most sacred of all nutrients, is a vital component of our bodies. It functions as enzymes, hormones, structural tissue and transports molecules, all of which make life possible.

Nine amino acids are needed for making our tissue proteins and they must be provided by the food we eat. They are called "essential" because our bodies cannot make them.

Ninety-five percent of your cell structure is protein, and it requires a good supply to make, repair and build new cells. Without protein, there would be no cells. Without protein, there would be no body.

A major challenge is getting a quality protein without too much fat while still having some enzymatic activity.

In his book, *"A Study Course in Nutrition"*, Dr. Forrest C. Shaklee, Sr., a leading pioneer in the study of nutrition and dietary supplementation, felt we should all be interested in our supply of protein, for there are many ways to weaken and alter the protein content of your food.

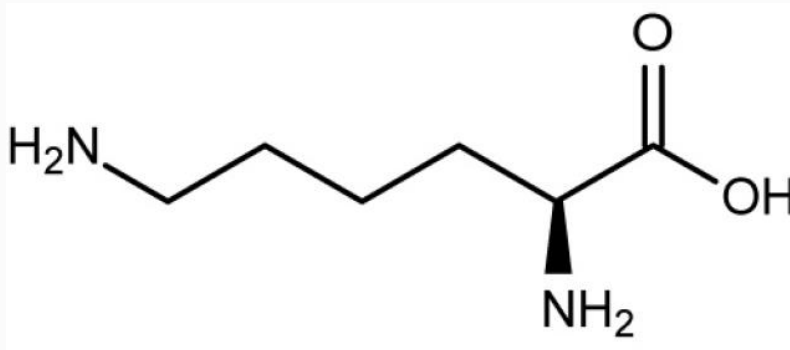
He went on to say that you must not only consider the QUANTITY of protein you eat - you must give careful consideration to its QUALITY.



Protein that does not provide all of the essential amino acids may weaken your body structure by failing to do the complete job.

What are amino acids?

They're really the building blocks of nature.



This is why the ancient Greeks gave this substance the name “Protos”, meaning “takes first place”!

It really does take first place in the construction of body tissue.

There are actually 9 Essential Amino Acids and 12 Nonessential Amino Acids

Unfortunately, most of our diets are designed by taste, only, without much thought given to our need for natural, unaltered protein.

Cooking, processing and refining may improve the taste for some people, but the end result can be (and usually is) nutritionally detrimental.





This is a key reason using a high quality protein supplement makes sense.

You may not realize this, but we lose a lot of the quality in our protein from processing, refining, chemicalization or over-cooking.

Once food has been altered to the point which “coagulates, hydrolyzes, or otherwise induces chemical change in the protein matter”, the enzymatic activity is lost!

We get the full impact of such a statement when we realize that the enzymatic activity is completely destroyed at a temperature of about 130 degrees, which is far below the boiling point.

Your life depends upon enzymatic activity!

This point cannot be overemphasized.

Your life depends upon enzymatic activity!

How much pure, unaltered, raw protein do you eat each day?



WHAT YOUR DOCTOR WASN'T TAUGHT ABOUT NUTRITION THAT YOU NEED TO KNOW:

THE IMPORTANCE OF A HEALTHY FLORA FOR DIGESTION AND HEALTH.

You have more bacteria in your body than you have cells.

Nearly 100 trillion bacteria, fungi, viruses, and other microorganisms compose your body's microflora, and advancing science has made it quite clear that these organisms play a major role in both your physical and mental health.

All these intestinal microflora are part of your immune system and about 80 percent of it originates in your gut. With such a large concentration of bacteria in our bodies, it's logical that we depend on them for health.

Microorganisms living within our bodies may be either:

- Probiotic
- Pathobiotic
- Eubiotic

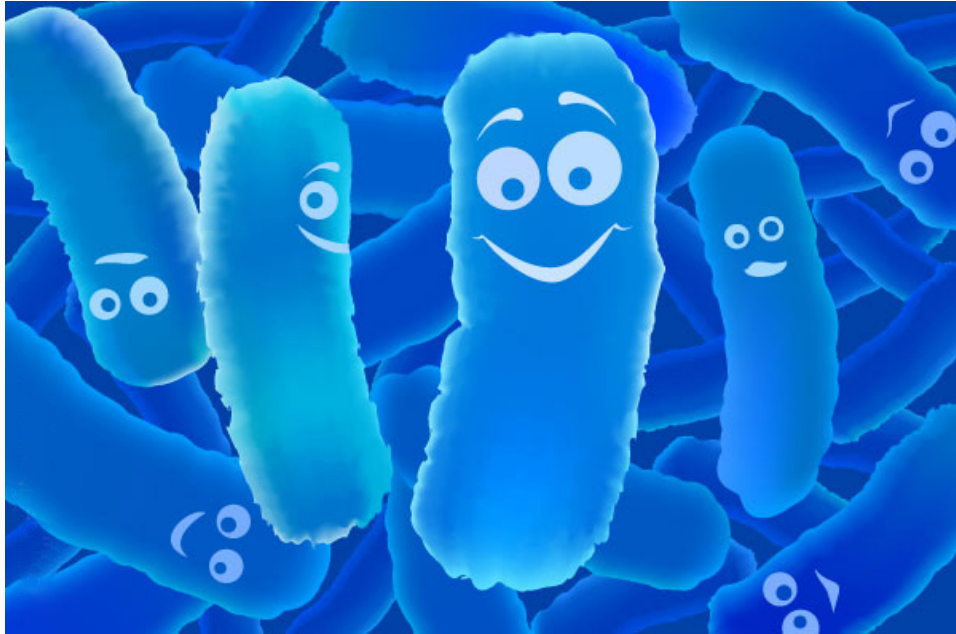
A probiotic is a microorganism living within the body while contributing positively to the body's health. These friendly bacteria are also called intestinal flora — meaning “healthful.”

The pathobiotic is a microorganism that harms or impedes the body in one way or another.

Eubiotics can be either harmful or helpful to the body depending upon their colony size and location.



Probiotics were first discovered in the early 1900' s by a scientist named Metchnikoff. **Probiotic means “for life”.**



In 1908 Ilya Ilyich Mechnikov, a Nobel Prize-winning microbiologist, associated the longevity of the Bulgarian and Balkan peoples, and others, with the drinking of fermented milks of cows, buffalos and even reindeers.

After years of research, he proposed that there were tiny microorganisms that were living in the fermented milks, and these were somehow stimulating the immune system.

Probiotic colonies work with the body's internal immune system to organize strategies that prevent toxins and pathogenic microorganisms from harming the body.

The right quantity and content of our probiotic populations can make the difference for those who are easily sickened and overwhelmed by viral, bacterial or fungal infections. Probiotics can also quickly identify harmful bacteria or fungal overgrowths and work directly to eradicate them.



Within the intestines, probiotics attach to and dwell in between the villi and microvilli. This allows them to not only keep pathogenic bacteria from infecting those cells, it also allows them to monitor the size of food molecules going to the intestinal wall for absorption.

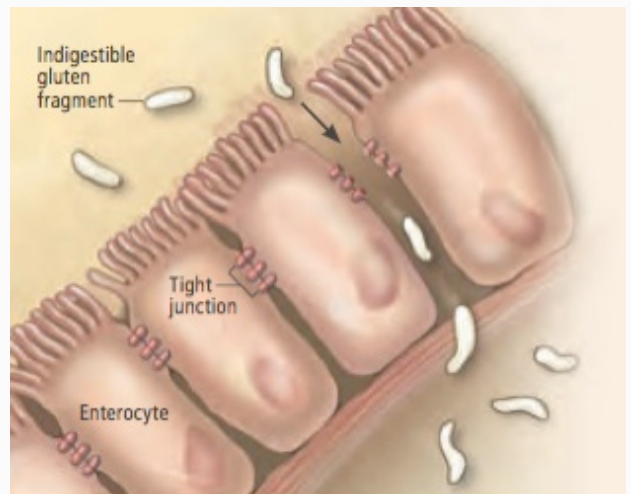
This helps prevent the body from absorbing molecules that are too large or haven't broken down sufficiently.



For many people, they will be able to drink milk or eat nuts or breads for many years. **Then suddenly they become allergic or sensitive to the food.** Why? Larger proteins from these foods are being allowed into the bloodstream. Studies have confirmed that probiotics can reverse the problem— **effectively reducing allergies** and intestinal permeability.

Probiotics are also called 'friendly' because they help us digest food and they secrete beneficial nutritional products. Amazingly, probiotics are also a good source of a number of essential nutrients.

They can manufacture biotin, thiamin (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), cobalamine (B12), folic acid, vitamin A and vitamin K.



Probiotics are also critical to nutrient absorption.

Probiotics assist in peristalsis which is the rhythmic motion of the digestive tract. **They also produce antifungal substances** which counteract the growth of not-so-friendly yeasts.



Probiotics can create compounds that scavenge free radicals helping with oxidative stress. We'll cover what oxidative stress is and the importance of reducing it in the next chapter.

If all this wasn't enough, **Probiotics are instrumental in slowing cellular degeneration** and the diseases associated with it and they'll also prevent LDL-cholesterol from being released back into the bloodstream.

With all the concern about bacteria and cleanliness, it turns out certain bacterial strains are beneficial to our health.

One common question is if our body maintains its own resident strains, do we need to take supplemental probiotics?

Fermented foods have been part of alternative medicine for several thousand years.

Traditional probiotic foods include:

- Sauerkraut
- Pickles
- Kefir, miso, tempeh
- Yogurt
- Kim chi
- Cheese
- Kombucha tea



While some of these foods were cultured for taste or preservation, many were found to have substantial benefits for digestive illness.

When Nobel laureate Ilya Mechnikov researched these foods, he suggested many of these benefits were derived from supplementing with tiny Lactobacillus bacteria that would ferment within a number of probiotic foods.



During the next 100 years, **researchers have discovered numerous benefits of probiotic supplementation.**

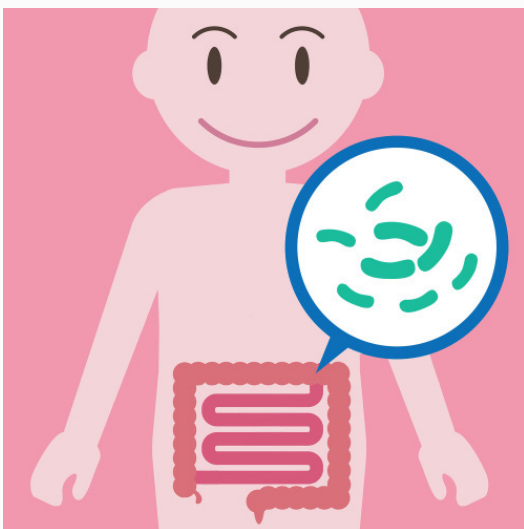
Intestinal infections from Salmonella, E. coli, Listeria and other infections have been treated successfully with probiotics.

Unfortunately **most diets don't include enough fermented foods.**

This is why it's recommended to take a probiotic supplement.

Good bacteria, also known as probiotics, have been shown to:

- ✓ Improve and aid in digestion
- ✓ Calm irritable bowel syndrome
- ✓ Help heal a leaky gut (Intestinal permeability)
- ✓ Boost immune system
- ✓ Improve brain function
- ✓ Counteract inflammation and control the growth of disease-causing bacteria
- ✓ Produce vitamins, absorb minerals, and eliminate toxins
- ✓ Control asthma and reduce risk of allergies
- ✓ Benefit your mood and mental health
- ✓ Normalize your weight



Optimizing your digestive flora could be one of your most important disease prevention strategies.



WHAT YOUR DOCTOR WASN'T TAUGHT ABOUT NUTRITION THAT YOU NEED TO KNOW:

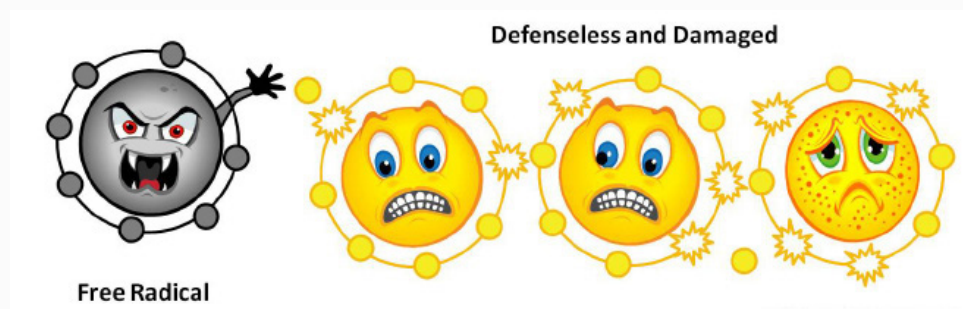
THE IMPORTANCE OF ANTIOXIDANTS AND THE PREVENTION OF FREE RADICAL DAMAGE.

Are you getting sick more often than you used to?
Do you feel that you're not as sharp as you used to be?
Do you have a child with attention deficit disorder (ADD),
or do you have ADD yourself?
Do you wake up with aches and pains?
Do you have brown spots and other signs of sun-damaged skin?

Scientists now believe that **free radicals are factors in not only these ailments** but also in nearly every known disease, from heart disease to arthritis to cancer to cataracts.

In fact, free radicals are a major culprit in the aging process itself.

In 1954, while researching an explanation for aging, Bio-gerontologist Denham Harman discovered the concept of free radicals. Free radicals are unstable molecules and in our bodies, they can damage cell structures when they steal electrons from healthy atoms and can ultimately lead to cancer, heart disease, and numerous other illnesses.



Have you noticed that at the end of a meal if you don't wrap up leftovers, they'll spoil? And why is this? Is it simply from bacteria? No, it's a result of oxidation.

Your food is actually rusting.



One reason wrapping food works is that it keeps oxygen from attacking that uneaten chicken wing or apple slice. **Oxygen and other elements aren't just attacking food, they're also attacking your cells on a daily basis.**

Yet as deadly as oxygen can be, it's necessary for life.

Oxygen is the fuel that turns on energy production. Without oxygen, we could not make energy.

So we're in a bit of a conundrum. We need oxygen, but it's also slowly rusting us to death. The job of defending the body against free radicals falls to the antioxidant defense system.

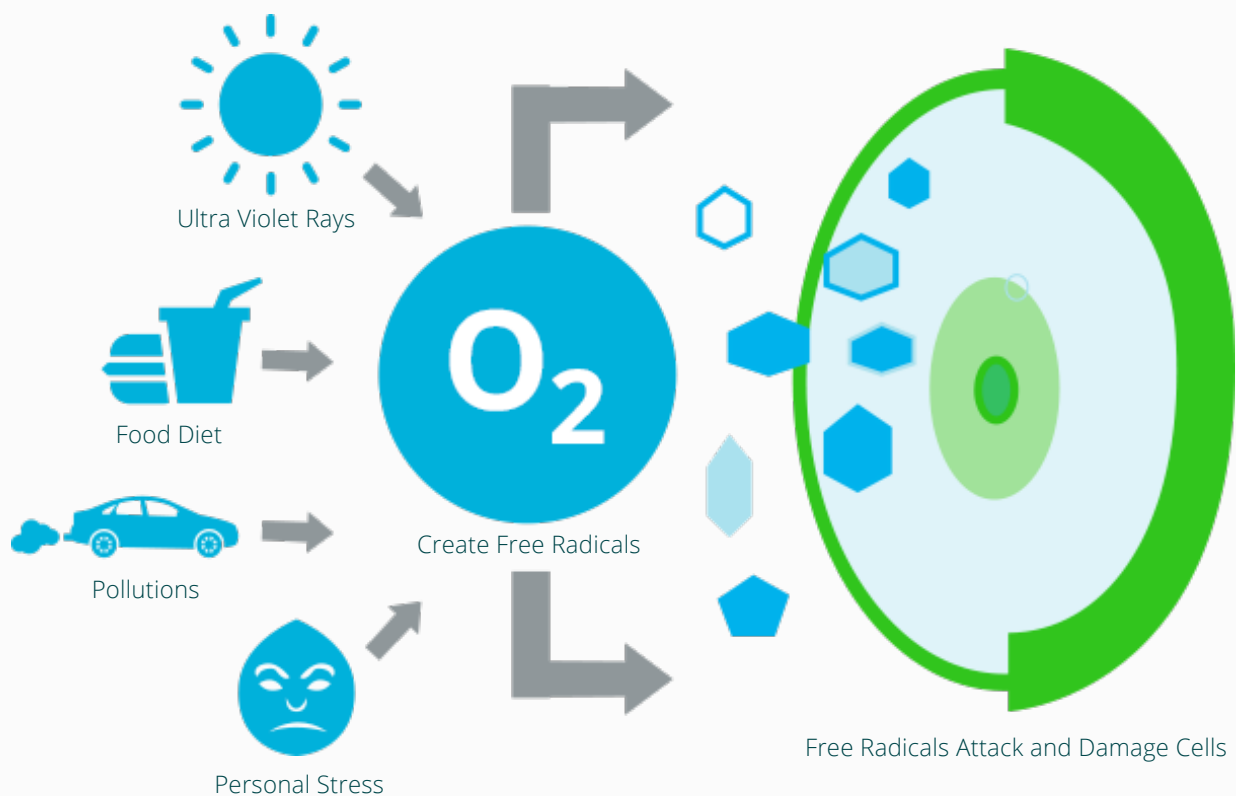


What are Antioxidants?

Antioxidants are vitamins and minerals that are produced by the body and occur naturally in many foods. These cell protectors are uniquely qualified to disarm free radicals before they can attack your tissue and cells.

The body also produces free radicals in the normal course of energy production, but there are also substances in our surrounding environment such as certain chemicals, smoke, pollutants, solar radiation and more.

All of these trigger the production of free radicals.



Discovered by chance...

In the late 19th and early 20th centuries, extensive studies were done to find ways to prevent things like metal corrosion. Food chemists were also looking for ways to extend the life of foods and prevent the oxidation of fats.

This is the cause for fats and oils going rancid.

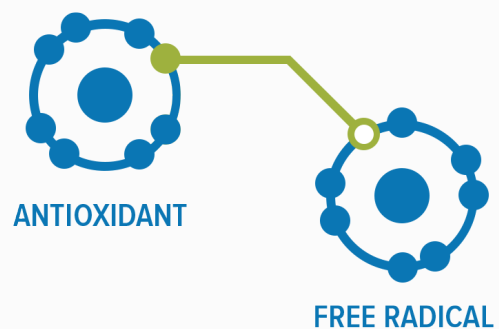
They figured out that certain vitamins protected food from this oxidation process, and so they began to refer to them as antioxidants. At first biologists didn't think what food scientists had discovered related to them. Luckily they soon figured out that if food was being destroyed by free radicals so were our cells.

And if antioxidants would help food, it would also help us.

Antioxidants are really the free radical police of the body, on call whenever necessary to "arrest" these nasty free radicals wherever they may be.


Stopping these electron thieves early is important so that they can't spread their destruction to other cells.

**But again free radicals have their place.
They help your cells function and ensure
cells die when they should.**



The antioxidant donates an electron to the free radical's unpaired electron.





The key to good health is to maintain the right balance between antioxidants and free radicals.

The more you understand the power of antioxidants and how they work, the more you will truly appreciate the profound role they play in keeping you healthy and building vitality.

There is overwhelming scientific evidence demonstrating that those of us who eat a diet rich in antioxidants and take antioxidant supplements will live longer, healthier lives.

In the early 1900's, the average life span was a meager forty-seven years. Today, no one bats an eye when we live into our eighties or nineties, and some scientists think that within a few generations, many of us will live well into our hundreds.

But what's sad is that despite our modern medicine, better sanitation, and improved nutrition, too many of us are plagued by chronic diseases that not only hinder our ability to make the most of our golden years, but sometimes even seem to make them a curse.

A longer life doesn't have to be full of disease and discomfort.

Thanks to our new understanding of antioxidants, we can live not just longer, but live well, in bodies that stay healthy, strong, and vigorous, with minds that are alert and memories that are intact.



What Are Polyphenols?

Polyphenols are the most abundant antioxidants in our diet, and they promote health through a variety of gene activating mechanisms. Polyphenols give the red to red wine, the dark brown to chocolate, and the green to green tea. Grapes, apples, onions, soy, peanuts, berries, and many other fruits and vegetables are loaded with polyphenols.

Joseph Maroon notes in his book, *The Longevity Factor: How Resveratrol and Red Wine Activate Genes for a Longer and Healthier Life*, that resveratrol, which is a highly active polyphenol found in high concentrations in the skin of stressed red grapes, is now playing a major role in the anti-aging revolution.

Foods high in Anti-oxidants:

- Apples
- Berries
- Carrots
- Citrus fruits
- Dried Fruit
- Garlic and Onions
- Greens
- Red grapes and Wine
- Sesame oil and Seeds
- Soy Foods
- Spinach
- Sweet Potatoes
- Tomatoes
- Tea
- Tumeric
- Walnuts
- Winter Squash



Can you get enough antioxidant protection from food alone?

Since all the main antioxidants can be found in food, you may wonder why it is recommended that you supplement your diet with antioxidants.

Eating an antioxidant-rich diet is an important part of great health, but it is virtually impossible to get the optimal amount of antioxidants through food alone.

For example, Dr. Packer, author of the book, *The Antioxidant Miracle: Your Complete Plan for Total Health and Healing*, recommends taking 500 I.U. of vitamin E daily.


In order to get 500 I.U. of vitamin E from food alone, **you would have to eat more than 100 pounds of broiled liver** or 125 tablespoons of peanut oil— or you could take a vitamin E supplement as he advises. Did you know that more than 70 percent of Americans will die prematurely from diseases caused by or compounded by deficiencies of antioxidants?

Until recently, scientists believed that each antioxidant worked separately in the body, independently of the others. We now know this isn't true— there is a dynamic interplay among certain key antioxidants.

Although there are literally hundreds of antioxidants, only five appear to be core antioxidants:

Vitamin A, C and E, Beta Carotene, and Coenzyme Q10 (Co Q10).





It's exciting to note that people who take even one antioxidant supplement daily can significantly reduce their risk of heart disease and prostate cancer.

Can you imagine the benefits that result from supplementing your diet with all the core antioxidants?

As our understanding and use of antioxidants improves, its more possible than ever for each of us to have greater control over our health and our lives than we ever had before.

It seems too good to be true, but we're coming to an age where we have the power to prevent and perhaps even eradicate many of the degenerative diseases that were once considered an inevitable part of aging.

Anti-oxidants have been known to help with:

- ✓ Immune function
- ✓ Memory and mental issues
- ✓ Heart disease
- ✓ Arthritis and other inflammatory conditions
- ✓ Protecting against skin cancer
- ✓ Protecting us from Alzheimer's disease



MATT'S STORY

Matt is a successful lawyer in the Chicago area, which basically means he has worked long, hard hours to build his practice while working equally hard to balance his priorities of wife and family. His health had always been good, so he never thought much about it until the fall of 1996.

Matt was attending a wedding when he began to feel some significant abdominal discomfort. He had been extremely busy the two weeks prior to the wedding, so he thought he might be coming down with a flu bug. A day or so later, he felt like he'd been *"hit by a Mack truck,"* as he put it, he was so fatigued with body aches. When his symptoms worsened, Matt decided to go to the doctor.

By this point he was experiencing waves of severe abdominal pain. **Desperate for relief,** he asked the doctor to take out whatever was causing the pain. He underwent all kinds of tests, including CT scans, ultrasounds, x-rays, and numerous blood tests. So you can imagine Matt's shock when no diagnosis became apparent. **He was sent home with only a painkiller.**



Matt had recently been reading about nutritional supplementation and decided to start an aggressive supplement program. But he did not improve very much.

He still felt miserable. He felt achy all over, and he remained extremely fatigued.

He finally saw a specialist who ordered a blood test called ANA (antinuclear antibody). Matt's ANA came back positive at a level of 1:640 (normal is 1:40 or less).

His specialist told him that he had systemic lupus erythematosus, or what most people simply refer to as lupus. The ANA was an indicator of an autoimmune process gone amuck.

His body's immune system was actually attacking itself.

Once Matt heard this, **he increased his antioxidant and mineral supplements and found he was slowly improving and required less and less pain medication**, even though he still had intermittent bouts of pain.



The process was long and hard as Matt continued to fight fatigue and the flu-like symptoms. By January Matt was feeling much better and was able to make up for lost time by getting back to working ten-hour days. He was thrilled because he had not been able to work at all for about four months.



Being able to support his family financially was something Matt was not sure would ever be possible again. When he went back for a follow-up visit several months later, his specialist wanted to start him on some chemotherapeutic drugs, a standard treatment for lupus. Needless to say, **Matt insisted that he felt great and was not having any problems.**

When his specialist looked at his repeat ANA report, his jaw dropped. He couldn't believe it. "Matt, your ANA has crashed!" he exclaimed. "It's now only 1:40 and is basically normal." He congratulated Matt and encouraged him to just keep taking whatever medication his doctor had put him on. When Matt informed him that he wasn't taking any medication, the specialist replied, "I don't know what you are doing, but keep it up." Matt continues to do well.



He's not been sick for more than five years now and his ANA tests remain negative.

In fact he claims that he feels better now than he felt before he contracted lupus. Though he realizes it's not true, Matt doesn't feel like he has lupus anymore.



The symptoms may return, and they might not. No one can say for sure. But one thing is certain: Matt will never take his health for granted again.

The important aspect in Matt's story was the fact that he started this aggressive nutritional supplement program early in the course of his disease.

It seems like a logical approach to supplement your diet before you become ill, and then get more aggressive with optimizers as soon as you realize a health issue is coming on.

A supplement program can't hurt—it can only help.



**WHAT YOUR DOCTOR WASN'T TAUGHT
ABOUT NUTRITION THAT YOU NEED TO KNOW:**

THE IMPORTANCE OF SUPPLEMENTING WITH OMEGA FATTY ACIDS.

For twenty-three years, the swings of bipolar disorder wreaked havoc on one of Dr. Andrew Stoll's patients. She was a forty-five-year-old woman who worked as a research scientist. Despite her expert knowledge of science and medicine, she was unable to find adequate treatment for her condition, marked by dangerous peaks of mania and dark valleys of depression.


Her wild swings, especially manic episodes and uncontrolled bouts of anger, could be quelled by two conventional medications effective against bipolar disorder, or manic depression: lithium and depakote.

But for this patient, the cure was almost as devastating as the disease.

Dull and depressed and perpetually overweight, she had trouble focusing on her work, enjoying her life, and maintaining relationships with friends.

Anxious for a treatment that might balance her mood swings without the cloud of depression, she was fascinated to hear they were testing a natural therapy based on fish oil at Brigham and Women's Hospital in Boston, Massachusetts.





Just two weeks into the trial, not only was her mania gone, but for the first time in decades, the depression had lifted too. She kept taking fish oil— consisting of fatty acids in the omega-3 category— long after the study was complete.

She's now been in full remission for years.

Almost half a century ago, scientists noticed that the Inuit populations of Greenland and Northern Canada, and the Japanese, had much lower incidences of cardiovascular disease than would have been predicted. It was found that in these populations, they ate large quantities of fish and their blood was particularly rich in the omega-3 fatty acids.

Omega 3 fatty acids are the good fats in our healthy diets.

They are the fats our body needs to properly function. They help keep our heart functioning at a healthy rate and our brains functioning as we age, and help infants with brain development.

Omega fatty acids also help keep our joints functioning. You may have heard it's recommended that you limit your oil and fat consumption, but not all fats are bad. We do need them.



The omega 3 fatty acids have three different varieties.

EPA and **DHA** are found primarily in fish, while the **ALA** fatty acid is found primarily in nuts and seeds. The Omega 3 fatty acids are not produced within our bodies.

It is recommended to get a large variety of all three of the acids within a healthy diet.

It is also recommended that you get at least five servings from these sources weekly which can be very difficult to do. This is why supplementing your diet with essential fatty acids makes sense.



EPA (EICOSPENTAENOIC ACID)

This is the fatty acid adults and teenagers need.

This fatty acid helps to maintain the brain function, without it we risk losing brain elasticity. Meaning our thinking will slow down and become clouded.


Brains functioning this way also lack the ability to retain information.

DHA (DOCOSAHEXAENOIC ACID)

This is essential to the building blocks of brain and body function.

This is why this fatty acid is in all infant and toddler formulas.

As our brain grows during childhood, we still need this essential fatty acid.




The clinical and healing power of the omega-3s are backed by hundreds of research studies in well-regarded scientific journals yet there has been some controversy about Omega fatty acid supplementation recently.

However in many of these recent trials, the patients already had relatively high levels of circulating EPA and DHA in their blood and were also being treated with a pharmaceutical cocktail for their condition.

In such circumstances, it is hardly surprising that fish oil supplementation shows negligible effect. Furthermore, many trials did not enroll enough participants and thus lacked statistical power to detect reduction in risk.

While the Omega 3 fatty acids are essential to our bodies, we do not produce them on our own. We can only get these acids by food or supplement sources. And it's important to note, that our bodies absorb the natural sources much easier.





With omega fatty acid supplements, you want to be sure to choose one that was derived from a source that does not have heavy metal residues.

You want one that *provides a full spectrum of seven ultra-pure, pharmaceutical-grade* omega 3 essential fatty acids.

Omega fatty acids have been known to help with:

- ✓ Asthma
- ✓ Brain health
- ✓ Memory and concentration
- ✓ Rheumatoid arthritis
- ✓ Lupus
- ✓ Heart disease
- ✓ Hyperglycemia
- ✓ Inflammatory bowel disease
- ✓ Multiple sclerosis
- ✓ Almost any disease that involves inflammation



**WHAT YOUR DOCTOR WASN'T TAUGHT
ABOUT NUTRITION THAT YOU NEED TO KNOW:**

THE IMPORTANCE OF SUPPLEMENTING WITH B-VITAMINS.



Ronald, a lawyer from New York City, became interested in an attractive co-worker his law office.

He knew her name was Robin, but that was all he knew about her.

He decided he wanted to get to know her better, so one evening, he introduced himself and asked her to join him for a bite to eat. She accepted.

They drove to an uptown restaurant and had a delicious dinner of prime rib with grilled wild spring mushrooms. Later that evening, on their way up to Robin's apartment, Ronald became extremely nauseated in the elevator.

Once they got into her apartment, he ran straight for the bathroom and started vomiting profusely and had a terrible case of diarrhea.

Shortly thereafter, Robin also became sick with similar symptoms.



They decided to get themselves to the nearest emergency room.
The attending physician asked if they'd eaten anything unusual that night.

When he heard about the wild spring mushrooms, he immediately called the Centers for Disease Control in Atlanta, Georgia, and spoke with Dr. Burt Berkson.

He told the ER doctor to call the restaurant for the source of the mushrooms.
It turned out that the mushrooms were an imported handpicked variety from Asia.

It was clear to Dr. Berkson that the hand pickers had inadvertently gathered some poisonous mushrooms along with the harmless ones.

He then recommended an intravenous infusion of vitamin B6 for Ronald and Robin.
The infusion was administered, and Ronald and Robin survived the mushroom poisoning, if not their first date.



How did a simple *B-complex* vitamin save their lives?

In this case, the mushroom poisoning had depleted their storehouse of vitamin B6 (pyridoxine), an essential nutrient.

There are actually eight B vitamins and together they play an important role in keeping our bodies healthy and they're also known to greatly affect our moods.

This is one reason they're called the happy vitamins.

To be clear, a vitamin is a nutrient that is necessary for the normal functioning of the body but is not produced by the body and must be obtained from food.



Each B-complex vitamin has a fundamentally different function and a very distinct chemical structure from the others. Your body needs them all in the proper amounts and in the correct balance to stay healthy.

These essential nutrients help convert our food into fuel, help form healthy red blood cells, reduce the risk of heart disease and allow us to stay energized throughout the day.



The vitamin B-complex actually refers to all of the known essential water-soluble vitamins except for vitamin C and as with all other water soluble vitamins, is not stored in the body.

A daily supply, therefore, is a necessity.

“Vitamin B” was once thought to be a single nutrient that existed in extracts of rice, liver, or yeast. Researchers later discovered these extracts contained several vitamins, which were given distinguishing numbers.



Over the past century or so, food manufacturers have been producing cereal products and breads that are highly palatable and clean looking. Disappointingly, these foods have been stripped of their bran and germ. As a result, they are also almost devoid of B-complex vitamins.

Due to this process, naturally occurring B-complex vitamins are almost absent from most white breads, pastas, breakfast cereals, and other foods made of simple, highly processed carbohydrates.

While most manufacturers add exogenous B vitamins (B vitamins from other sources) to their products, these are not in the perfect balance as nature intended.



Are You Getting Enough B Vitamins?

Doctors have often said you can get enough from your daily food intake, But if this were true, then why does an estimated 16% of the US population suffer from a deficiency in vitamin B12?

Burt Berkson writes in his book, *User's Guide to the B-Complex Vitamins*, that most adults could probably benefit from taking up to three or more times the recommended daily allowance (RDA) of many of the B vitamins.



The RDA values were calculated more than sixty years ago during World War II.

Their original purpose was not to maximize health and nutrition, but to provide the minimum amounts necessary to avoid flagrant diseases of vitamin deficiency such as pellagra (niacin deficiency) and beriberi (thiamine deficiency).

One way in which B vitamins protect you from heart disease is tied to the amino acid homocysteine, which is produced by the body during the breakdown of protein.

Research has repeatedly shown that an increased level of homocysteine in the blood is an important risk factor for serious damage to arteries, which can lead to heart disease and strokes. B vitamins restore homocysteine to its original amino acid, methionine, thereby removing this risk.




The B-Family is very closely united throughout Nature.

So closely are they associated that many of them will not function properly without the presence of the others, and what is equally important, *they must be in proper chemical balance.*

This is why your food supplements should be from NATURAL sources. Only in this way can you assure a complete and balanced nutritional supply.

Deficiency of a B vitamin may give rise to symptoms which your doctor may diagnose as one or a dozen different diseases.





When people are deficient, they are almost never deficient in just one of the B vitamins. And since the B vitamins work best as a team, it's important to take a B-complex supplement.

B Complex has been known to help with:

- ✓ Wound Healing
- ✓ Canker Sores
- ✓ Acne
- ✓ Anxiety
- ✓ Athletic performance
- ✓ ADD
- ✓ Hives
- ✓ Indigestion, Heartburn, and Low Stomach Acidity
- ✓ Osteoporosis
- ✓ Premenstrual Syndrome
- ✓ Vitiligo



**WHAT YOUR DOCTOR WASN'T TAUGHT
ABOUT NUTRITION THAT YOU NEED TO KNOW:**

THE IMPORTANCE OF SUPPLEMENTING WITH VITAMIN C.

Just about everything doctors have been telling us about vitamin C is wrong. Current medical opinion says that people can fulfill all their vitamin C requirements from a healthy diet.

We are told to make sure we get five, or perhaps even nine, helpings of fruits and vegetables each day, and that we do not need dietary supplements.

The book written by Steve Hickey, *Vitamin C: The Real Story, the Remarkable and Controversial Healing Factor*, explains why eating more vegetables and fruit alone, while good advice, **will not provide the benefits of vitamin C supplementation.**

Government recommended daily allowances considers that the intake of vitamin C should be just enough to prevent acute deficiency symptoms, such as scurvy.

In 1932, nutritional researchers discovered that citrus fruits contained a substance that, when extracted and fed to laboratory animals, would prevent scurvy. This substance was, of course, what we call Vitamin C.



V I T A M I N





According to the conventional view, intakes above this minimum level are considered unnecessary. But let's face it. Who wants to aspire to a health level just above not getting scurvy.

Optimal health is miles above what traditional recommendations consider to be optimal. Furthermore, there is substantial evidence that the intake of vitamin C needed to prevent chronic illness is much greater than the RDA.

Hickey even contends that someday, medicine without vitamin C therapy will be compared to childbirth without sanitation or surgery without anesthetic.

Irwin Stone, Ph.D. (1907-1984), was one of the earliest scientists to realize vitamin C's potential. Dr. Stone used vitamin C to prevent oxidation in food, a purpose for which it is still commonly employed. He also began supplementing his diet with large amounts of vitamin C.

He proposed that humans had inherited a genetic trait to need, but not manufacture, ascorbic acid. This innate dependency may be satisfied from our diets, but not easily.



According to Dr. Stone, the present recommendations for vitamin C are far less than what we really need based on the amount produced each day by other mammals.



Marilynn Solley

Years ago, my nephew was very ill with something that took forever to diagnose. He had a smart doctor who gave him mega doses of Vitamin C. My nephew survived and has been well ever since. I should get all the details from my sister. This happened about 35 years ago and I've always told people how beneficial Vitamin C is for all of us.

Humans for an unknown reason in our evolution lost the ability to synthesize Vitamin C and, therefore, it must be obtained through food or supplements. Remember, water-soluble vitamins dissolve in water. Leftover amounts of the vitamin leave the body through the urine. That means you need an ongoing supply of such vitamins in your diet.

Due to the fact that it is water-soluble, vitamin C is highly perishable. *Soaking of vegetables in water will weaken their Vitamin C values* in a very short time, so wash your vegetable quickly and NEVER allow them to remain in the water longer than is absolutely necessary.

Vitamin C deficiency is a major cause of much of our common aches and pains.

The functions of ALL body cells are affected by this vitamin.



The most prominent role of vitamin C is its immune-stimulating effect. This is why it's important for defense against infections such as common colds. It also acts as an inhibitor of histamine, a compound that is released during allergic reactions.



Diane Partenza

I have so many good stories using vitamin C, starting with my son when he was a toddler riddled with eczema. I Added Vita-C and it was gone. He later tested allergic to trees, bushes, flowers and cats. As a teen he got a job helping an older couple with gardening and planting. Twenty minutes before he would take 2 Vita-C's, 2 garlics, b complex; no runny nose or eyes. I could go on, but it would take a lot of writing.

As a powerful antioxidant, it can neutralize harmful free radicals and it aids in neutralizing pollutants and toxins. Thus it is able to prevent the formation of potentially carcinogenic nitrosamines in the stomach (due to consumption of nitrite-containing foods, such as smoked meat).

A recent study published in Seminars in Preventive and Alternative Medicine that looked at over 100 studies over 10 years revealed a growing list of benefits of vitamin C.



Vitamin C is actually a Complex.

The loss of any one of its basic substances will weaken the whole.

This is why Dr. Shaklee writes in his book, *"A Study Course in Nutrition"*, that a synthetic, man-made substance can never take the place of the vitamin C, that Nature produces.

Aside from its best-known role in the prevention and clearing of the common cold, vitamin C also performs a most important function in general metabolism.





And it greatly influences the coagulation of blood in case of accident or surgery, strengthens the teeth and bones and aids in the production of collagen which is like **“tissue cell cement”**.

This cement binds the tissue cells together.

Linus Pauling, Ph.D., (1901-1994) was arguably the most highly qualified, and certainly the best known, critic of the vitamin C-dismissive medical establishment.

He also reassessed many of the “vitamins are useless” studies, explaining how researchers had misinterpreted their own data or presented biased opinions, thus showing that vitamin therapy did indeed have statistically significant value.

Vitamin C has been known to help with:

- Anemia
- Bleeding gums
- Decreased ability to fight infection
- Decreased wound-healing rate
- Dry and splitting hair
- Easy bruising
- Gingivitis (inflammation of the gums)
- Nosebleeds
- Possible weight gain because of slowed metabolism
- Rough, dry, scaly skin
- Swollen and painful joints
- Weakened tooth enamel



WHAT YOUR DOCTOR WASN'T TAUGHT ABOUT NUTRITION THAT YOU NEED TO KNOW:

WHAT TO LOOK FOR IN A HIGH QUALITY SUPPLEMENT:

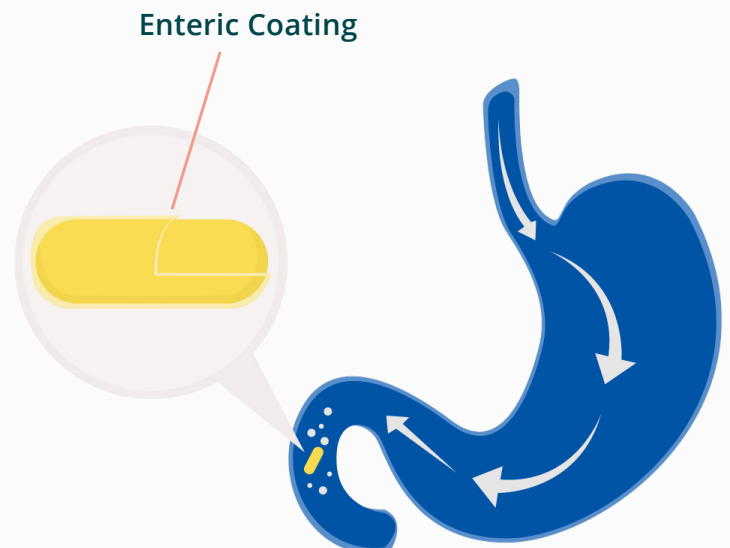
LET'S REVIEW WHAT TO LOOK FOR IN A HIGH QUALITY SUPPLEMENT:


Vitamins need to be enteric coated.

Anything we consume by mouth goes through a rigorous and harsh digestive process. However, when you subject the essential compounds contained in multivitamins to this condition, they are rendered useless and ineffective.

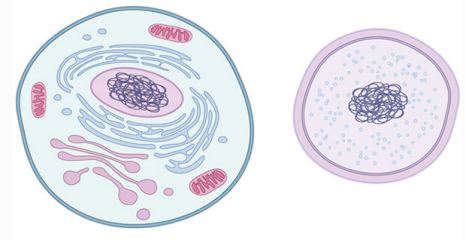
Supplement compounds should be coated in a hard, unbreakable shell called enteric coating to keep them nicely contained and undissolved in acid.

The coating keeps the nutrients safe, released only where it's best absorbed: in the small intestines.




 **Vitamins have to be extracted and preserved in its live form as found in nature.**

*Cells do not pair well with synthetic substances.
Cells require natural substances to thrive.*



When you consume something that's not found in nature, the body becomes combative and either makes it ineffective or produces adverse reactions to the substance.

Not only should all nutrient factors be natural, but also, the processing should maintain its value.

 **Vitamins need to be broad spectrum, that is, responsive to the unique needs of each organ and cell.**

There isn't a single cookie cutter vitamin out there that could very well respond to all the unique requirements of each vital organ and cell in your body.

That's because cells are created to be unequal, smart and unique. Your brain cells have different nutritional demands than your kidneys. So does your skin and your liver. This is called nutritional design. When the full spectrum of the nutritional design is met, only then can you say that a nutrition supplementation regimen has truly fulfilled your needs.





 **The final product, not just the raw materials, has to be scientifically tested and approved.**

Actual testing of the finished product is the most crucial part of clinical testing because it's where you're able to evaluate if the vitamins and its components actually work as a whole.

It is also the most expensive part; companies need to go through protocols for that, and then have their studies published in scientific peer-reviewed journals to demonstrate their validity.



The sad thing though is that most manufacturers that produce multivitamins do not conduct valid scientific studies. They might test the raw materials individually, but not the actual finished product.

Further, many don't conduct independent testing, but instead use their own chemists and pharmacists, and borrow from claims from previously reported studies done by others.

But do you know why thousands of them can get away with it?

It's because supplements are not regulated by the FDA!

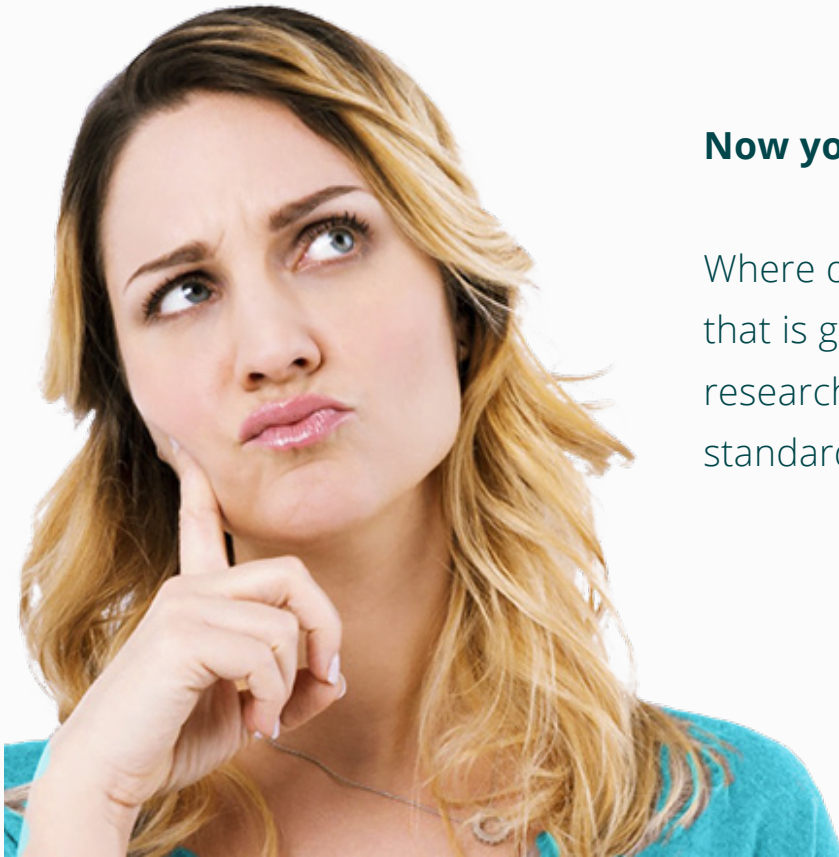
If the FDA regulated supplements, it would be easier to tell apart what works from what doesn't (moreover, what's synthetic from natural).

I want to reveal important information some vitamin manufacturers don't want you to know.

Most people aren't aware of it, but the ingredients of most vitamins and supplements are **produced with little or no supervision.**

You have no guarantee about the purity or quality of the raw ingredients.





Now you may be wondering...

Where do you find a product that is guaranteed, uses gold standard research and fits these stringent standards?

I'm happy to report there is a natural line of nutritional supplements that fits this criteria made by a company called Shaklee.

Let's review some of their most popular food supplement regimes.



**WHAT YOUR DOCTOR WASN'T TAUGHT
ABOUT NUTRITION THAT YOU NEED TO KNOW:**

THE NUTRITIONAL SYSTEMS I RECOMMEND

Shaklee is an incredible company.

They created one of the first food supplement over 100 years ago and put their products through an incredibly stringent screening process that surpasses even the pharmaceutical standards of the United States Pharmacopeia (USP).

The food supplement industry has actually come a long way in the last 50 years.

In fact ***there are several manufacturers who make great food supplements,*** however ***I couldn't find any that had the science*** to back up their claims or the stringent standards to ensure purity and potency.



What I love about Shaklee is that their purity standards are some of the toughest in the nutrition industry and Shaklee scientists have published 125 scientific papers, which is unmatched from what I found.

Here are a few of their most popular regimens.



SHAKLEE LIFE PLAN

The best, most comprehensive nutritional system in the world.



Combining the Shaklee Life Energizing Shake and the Shaklee Life-Strip, the plan promotes every aspect of your health—with nutrients clinically proven to help provide the foundation for a longer, healthier life.

LIFE PLAN INCLUDES 30 DAYS OF THE SHAKLEE LIFE ENERGIZING SHAKE AND THE LIFE-STRIP FEATURING:

Vivix®



OmegaGuard®



Vita-Lea® Life advanced multivitamin



B+C vitamins



Increase energy. Achieve healthy weight.
Incredible digestive and immune support.

FEEL YOUNGER, LONGER FOR THE REST OF YOUR LIFE.

From now on, you don't have to accept being too tired to do the things you love to do.

"Shaklee exceeds industry standards and are meticulous about quality control."



In my research, teaching and practicing as a healthcare provider since 1972, I have not discovered any other company that adheres to the same level of scientific and ethical standards as those Shaklee demands of itself.

Public record states that Shaklee exceeds industry standards in everything that carries its name.

Several companies manufacture good quality food supplements. Few, however, begin to approach the level of scientific proof of performance for their products or are as meticulous about quality control from the farm to the consumer as Shaklee.

- Dr. Richard Brouse



LET'S VIEW WHAT'S IN SHAKLEE'S LIFE STRIP

Shaklee
Life | Strip



SHAKLEE LIFE - STRIP LIVE YOUNGER, LONGER

Every serving of Shaklee Life is the culmination of years of research and quality testing to guarantee every Life-Strip delivers pure and potent vitamins, minerals, omega-3 fatty acids, polyphenols, antioxidants, and phytonutrients to help create the foundation for a longer, healthier life.

Vivix® Liquigels to Slow Aging at the Cellular Level

Patented blend of a broad spectrum of polyphenols with key ingredients shown in laboratory studies to protect and repair DNA and combat free radicals.

OmegaGuard® Plus for Heart Health; Brain Health

1,000 mg of pure, ultra-concentrated DHA/EPA omega-3 fatty acids sourced from wild Alaskan Pollock and combined with heart-healthy CoQ10 and vitamin E in an enteric-coated softgel to eliminate fishy aftertaste.

Vita-Lea Life for Complete Nutrition; Bone and Joint Health

Dissolves in less than 30 minutes in the stomach and is designed to enhance absorption of folic acid from the patented microcoating.

B+C Complex for Immune Health; Energy

Shown in a clinical study to provide up to 198% greater absorption of B-vitamins over 12 hours.



PROVEN BY SCIENCE

THE LANDMARK STUDY

UC Berkeley conducted one of the largest studies of long-term supplementation and found that Shaklee supplement users had markedly better health than non-supplement users as well as:

11% lower cholesterol ratios

a key marker for cardiovascular health

33% lower levels of triglycerides

a critical biomarker for heart health

36% lower levels of homocysteine

indicator of brain and cognitive health

59% lower levels of c-reactive protein

a key biomarker for long term biological stress

Substantially higher levels of nutrients in the blood



TELOMERE STUDY

Dr. Elizabeth Blackburn, Shaklee Scientific Board Advisor, was awarded the 2009 Nobel Prize for Medicine for the discovery of an enzyme that lengthens telomeres and protects chromosomes.

Over time, our telomeres gradually become shorter and telomere length is thought to be a marker of overall health.

Shaklee conducted a telomere study that compared people using Shaklee supplements for at least 5 years to healthy nonsmokers living in the San Francisco Bay Area, and showed that the rate of telomere shortening in Shaklee users was 40% lower than the healthy control group.



A statistical analysis projects that an 80-year-old Shaklee user would have the same telomere length as a 41-year-old.

Cross-Sectional Analysis of Telomere Length in People 33-80 Years of Age:

Effects of Dietary Supplementation. Harley CB et al. (2014) 55th Annual Conference, JACN, Vol. 33(5), p414



HOW SHAKLEE'S PRODUCTS ARE CHANGING LIVES...

PROVEN BY PEOPLE



Hundreds of thousands of people in the US use Shaklee to improve their health.

Many Shaklee users have been customers for decades and tell inspiring stories of their life transformations. Our Shaklee athletes, who have already won a combined total of 121 gold, silver, and bronze medals, use Shaklee to get the performance and efficacy they need to compete.

**Of course, it comes with a 100%
money-back guarantee.**



HERE ARE SOME OTHER AMAZING OPTIONS IF YOU'RE NOT READY FOR LIFE PLAN JUST YET...

VITALIZING PLAN

The Vitalizing Plan combines the Shaklee Life Energizing Shake with Vitalizer, giving you the essential vitamins and minerals your body needs along with added nutritional benefits.

The plan includes:

- 30 servings of protein
- Sustained-release B & C vitamins
- Carotenoids
- Additional Probiotics within Vitalizer™



Shaklee Life Energizing Shake - available in soy and non-soy formulas

Helps you:

- Increase energy
- Help you achieve a healthier weight
- Provide digestive and immune support

[BUY THIS](#)



ESSENTIALS PLAN

The Essentials Plan covers your basic nutritional needs by combining the Shaklee Life Energizing Shake, Vita-Lea® and OmegaGuard®.

The plan includes:

- 15 servings of protein
- 23 essential vitamins and minerals
- Omega-3 fatty acids

Helps you:

- Increase energy
- Help you achieve a healthier weight
- Provide digestive and immune support



Shaklee Life Energizing Shake - available in soy and non-soy formulas

[BUY THIS](#)



LET'S RECAP WHAT YOUR DOCTOR WASN'T TAUGHT ABOUT NUTRITION THAT YOU NEED TO KNOW:

1. That nutrition can not only halt but reverse disease.
2. The importance of a healthy flora for digestion.
3. The importance of anti-oxidants and the prevention of free radical damage.
4. The importance of Omega fatty acids.
5. How to use nutritional medicine for building health.

Everyone knows about the health benefits of a good exercise program and a healthy diet. Few, however (especially physicians), have any knowledge of the health benefits of taking high-quality nutritional supplements.

By combining a healthy diet, a modest exercise program, and feeding your cells with the best nutrition possible, you are giving yourself the absolute best chance to protect your health or to regain it after it's been lost.

I hope the stories and the details presented in this ebook help you realize the amazing healing power of your body when given the right cellular nutrition.

You do not need to be at the mercy of a health care system that focuses mainly on cures through drugs and surgery when you can focus on building great health through natural nutrition.



I want to thank you for taking the time to read this special report and I sincerely hope the information within helps you protect or regain your health so you can add years to your life, but more importantly life to your years.

If you'd like to learn more about the food supplement program I'm using to build my health, I'd love to hear from you.

Feel free to call me, or friend me on [Facebook](#).

Cranes Natural Health

jcrane67024.whatyourdoctorwasnttaught.com

606-682-3535

Are you looking for the best food supplement money can buy?
You can find my favorite wellness products here:



[Online Health Shop](#)



RESOURCES

You can learn more about Dr. Ray Strand's conversion from food supplement skeptic to believer in his book:

[What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You](#)

Learn more about Life Plan



Part 1



Part 2



Part 3

Amino Acids

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