

Building a Shaklee Herbal Medicine Cabinet

Sources: Annette Reeder CNC, Sherrie Attila, Dave Mulvain,
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(This information is specific to Shaklee supplements.
Amounts and results will not be specific to other brands)

**To order any of these products call
Annette:804-864-9222 or go on line
www.shaklee.net/reeder for FREE shipping**

**What is an herb? Of plant origin whose
leaves or stems are used for medicine,
seasoning, food or perfume.**

Stuffy Noses and Cough

Smash: 5 Alfalfa and 1 Zinc

For Infant or Young Child: Mix it
with tepid (lukewarm) water and pure maple
syrup,

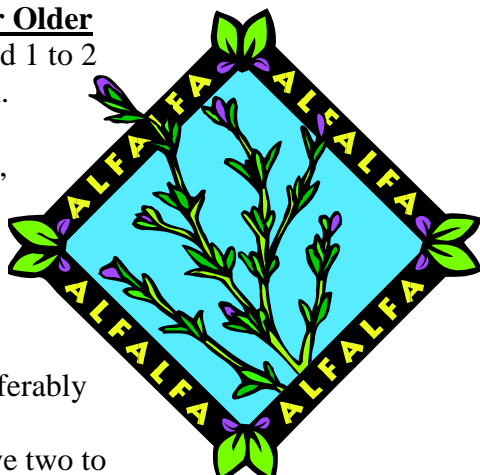
put in eye-dropper (like a tea formula)

For Older

Child: Add 1 to 2

NutriFeron.

Mix with
applesauce,



preferably
organic.

Give two to
three times a day for a couple days to
break up the mucous

For Adults: 5 Alfalfa, 1 Zinc and 2
NutriFeron

Cough: Liquid Lea and chewable Vitamin C

Diarrhea/ Vomiting

1. NutriFeron

- Most powerful front line of
defense for the immune system
- Safe, natural immune stimulant
- Can be crushed or taken as a pill

2. **Stomach Soothing Complex**

- Great for upset stomachs and
even after vomiting stops
 - Make into a tea or put in 1 Tbsp
applesauce
3. **Performance** - Orange or Lemon Lime
- Great for preventing dehydration
 - Mix with tepid water and
encourage child to take small sips
4. **Optiflora**
- Taken for a healthy intestinal
track
 - Recommended as a daily
supplement
 - For Infant:** soak in water and mix
with rice cereal
5. **Zinc**
- Great for severe diarrhea
 - For children up to one year- take
½ tablet
 - Increase 5 mg. for every age until
you reach 2 tablets total

Fever (can be due to stomach flu, ear ache, sore
throat)

Reference: *How to Raise a Healthy Child in
Spite of your Doctor* by Dr. Mendelson

1. Sore throat

- Take garlic at the onset of a
sore throat, scratchy throat or
viral pneumonia
 - Garlic is known as
nature's antibiotic
 - One mg of allicin (a
component of garlic) has
the potency of 15 standard
units of penicillin
 - Garlic is effective against
toxic bacteria, viruses,
and fungus
- For children:** take one



garlic, 3 times per day (Crush 2 alfalfa with 3 garlic to help prevent upset stomach)

- c. **For adults:** take 9-12 garlic per day to achieve antibiotic effects
- d. **For Nursing Moms:** if you take the garlic and alfalfa, it will get to the baby through the milk. It is also encouraged that you take EZ-Gest, an enzyme that will help break down the garlic for the stomach and the breast milk
- e. **For Non-Nursing Moms:** Crush garlic capsule and pour it in baby's sock and leave in overnight (1 capsule per sock)
- f. **Additional Ideas:** Mashed potatoes w/ crushed garlic, hummus w/ added garlic, onion soup w/ added garlic, etc.
- g. Chewable C for sore throat. Feels good on throat. Gets into the blood quicker if you chew it.

2. Viruses

a. Take Shaklee DR (Defend & Resist)

- 1. Contains Echinacea, elderberry, larch tree, and zinc
- 2. Provides a short term boost to the immune system
- 3. Take 7 days on, 3 days off - not to be taken long term



4. **DOSAGE:**
6 months old - ½ capsule once/day

1 year- 1 tablet, increase one tablet per year up to age 6, totaling six tablets/day

Adult – 6 tablets/day

- 5. Helps to stop reproduction of the virus
- 6. **Other Uses:** Suck on it or crush it up and make into a tea
- 7. Reduces the amount of time it takes for your body to heal

b. NutriFeron

1. Promotes natural interferon production

2. Dosage:

1 year old – 1 tablet/day

Older children and adults

– 2 tablets/day

3. Ear Ache

a. Take

NutriFeron, Garlic, Vitamin C, DR (Defend and Resist) and alfalfa 3 times per day (see recommended dosages in above notes)



b. Onion juice- 2 drops in each ear

- 1. Peel onion and put in blender
- 2. Strain the mush off and put juice in a small bottle.
- 3. Onion juice needs to be tepid, not cold, before putting in the ear

Headaches -Alternative to Over-the-Counter Drugs

1. Options:

a. **Adults** - 5 Calcium, 6 garlic,

- 3 Pain Relief Complex
- b. **Children** – 3-4 chew. Calcium, 3 smashed garlic, 1 Pain Relief Complex

to help stimulate the immune system

- d. **For Younger Children,** prick the capsule and squeeze into applesauce and liquid of Formula I

Other Helpful Products

1. Gentle Sleep Complex

- a. Use when a child has a hard time getting to sleep
- b. Put in eye dropper or tea
- c. Herb used as a natural calming agent
- d. Especially good for traveling or when schedule is changed (i.e. company visiting)



2. EZ-Gest

- a. Complete complex that breaks down dairy, legumes, proteins, carbohydrates, and fats
- b. For lactose intolerance
- c. Also use when introducing new foods - Mix ½ capsule in applesauce

3. HerbLax

- a. For constipation
- b. Especially for traveling
- c. Take with GLA, increased water, and increased fiber

4. Immunity Formula I

- a. Immune stimulating product that stimulates cells to produce antibodies
- b. Taken when you are extremely ill
- c. **If Nursing**, the mother can take a maximum of 4 per day

Daily Plan

Goal: To help build your family's health when they are NOT sick

1. **NutriFeron** – This herbal formulation is key for any wellness program.
2. **Optiflora- Prebiotic and Probiotic-** a healthy digestive tract is the basis of all health. It is the first line of defense.
3. **Vita-Lea or Ocean Wonders-** Kid's Vita Lea contains xylitol, a sweetener that helps prevent tooth decay and may help prevent ear infections (Finnish Study)
4. **Vitamin C** – Sustained Release or chewable
5. **Calcium** - chewable or swallow
6. **Protein drink-** used for energy w/out raising insulin, contains amino acids, the Building blocks of all cells



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