

# Building a Shaklee Herbal Medicine Cabinet

Sources: Sherrie Attila, Dave Mulvain, and Gemma Gorham, M.P.H..

(This information is specific to Shaklee supplements. Amounts will not be specific to other brands)

## Stuffy Noses and Cough

Smash: 5 Alfalfa and 1 Zinc. Best to use Mortar and Pestle to crush into fine powder.

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. This is also easy to mix into protein shake.

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

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

Stomach Soothing Complex - Great for upset stomachs and even after vomiting stops. Make into a tea or put in 1 Tbsp applesauce.

Performance - Orange or Lemon Lime, great for preventing dehydration, mix with tepid water and encourage child to take small sips

Optiflora - Taken for a healthy intestinal track, recommended as a daily supplement. For Infant: soak pearl in water and mix with rice cereal. Infants as young as 6 months can have the pearl in yogurt- it is so small it just slips right down.

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. Vitamin C is a natural fever reducer.

Most moms scared to death of fever. This fear can actually stop this very important process. Chapter 7 of Dr. Mendolson's book says "Medical professionals have lead moms to believe fever is dangerous. Your child's temperature may rise for different reasons. Fevers to be concerned about are usually from obvious causes - poisoning, heat stroke."

Exception - newborn babies may suffer after birth from instruments used for circumcision.



### **Fever (Continued)**

If baby has a fever, don't overlook overdressing as a cause. Many fevers stem from viral or bacterial that the child will overcome without medical help. No correlation between height of temperature and seriousness of diseases. Untreated fevers will not exceed 105 and do not rise in-exorbitantly.

Measures to reduce temperatures can be WORSE than unnecessary; and are actually counterproductive. Don't be afraid of FEVER. Temperature rise will burn fluids which can lead to dehydration so there is a big need for Performance.

High fevers - don't put that fever reducing medicine in. Too much Tylenol hurts liver, kidneys and stops fever from fighting.

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

### **Sore throat**

Take garlic at the onset of a sore throat, scratchy throat or viral pneumonia. Garlic is known as nature's anti-biotic. 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)

*For adults:* take 9-12 garlic per day to achieve antibiotic effects

*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

*For Non-Nursing Moms:* Crush garlic capsule and pour it in baby's sock and leave in overnight (1 capsule per sock)

Chewable C for sore throat. Feels good on throat. Gets into the blood quicker if you chew it.

### **Viruses**

Take Shaklee DR (Defend & Resist) Contains Echinacea, elderberry, larch tree, and zinc. Provides a short term boost to the immune system. Take 7 days on, 3 days off - not to be taken long term

DOSAGE: 6 months old - ½ tablet once/day. 1 year- 1 tablet, increase one tablet per year up to age 6, totaling six tablets/day. Adult – 6 tablets/day. Helps to stop reproduction of the virus. Reduces the amount of time it takes for your body to heal.

NutriFeron - Promotes natural interferon production. Dosage: 1 year old – 1 tablet/day. Older children and adults – 2 tablets/day.

### **Ear Ache**

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

Onion juice- 2 drops in each ear

Take 1 Organic, white onion. Peel, quarter, and put in blender until mushy. Strain the mush through some thick paper towels so just the juice comes through. Put juice in a small bottle. Onion juice needs to be tepid, not cold, before putting in the ear. Onion juice is most powerful when made up fresh. OR purchase Mullen/Garlic Ear Drops and consider ear candeling provided there are no tubes in ears.

This newsletter couldn't hold everything in the medicine cabinet, for complete list contact [linda@flachassociates.com](mailto:linda@flachassociates.com)