

## Fall 2016

Linda Flach Corl, B.S., H.H.P.  
National Board Certified  
Shaklee Lifestyle Products

6865 Robbins Court, San Diego, CA 92122 858-731-2915

[linda@flachassociates.com](mailto:linda@flachassociates.com) ~ [www.flachassociates.com](http://www.flachassociates.com) ~ [www.lindaflachcorl.com](http://www.lindaflachcorl.com)



Hello My Shaklee Family,

It was August 1980.....a man was at my front door. He had a big box; he was smiling. He seemed happy with rosy cheeks & a sparkle to his eyes. Could this really be the same man? The one I had last seen was ashen grey, too weak to play his beloved game of golf. That was a serious heart attack he had; he was following the Doctor's orders, taking all his meds, but didn't seem to be improving. He decided to take his health into his own hands. He changed his diet and went on a full supplemental program of Shaklee protein and all supplements good for the heart. That was 8 weeks before and now he was back playing golf, smiling, carrying a heavy box and had just driven 3 hours to see us.

Timing is everything. And for me, being so very anemic, I was open to listening but extremely skeptical. You see, I had never taken supplements. Growing most of our own food, canning and freezing, baking bread, shopping at the only food co-op nearly an hour away and taking care of our two little boys at the time, I had worn myself out. All my knowledge of food combining, complimentary proteins etc. and I was my own worst patient. So, I agreed to try this stuff....for 30 days, knowing it couldn't possibly make a difference and then I'd get money back. Was I shocked?

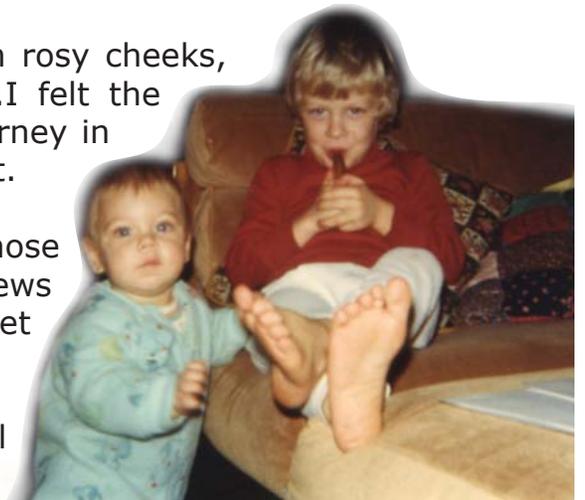
Absolutely to the core....but now I was the one with rosy cheeks, energy streaming with vitality through my body....I felt the difference and thus that was how this wonderful journey in Shaklee began.....thru' skepticism and taking on a bet.

It's fall...time to reboot that immune system, eat those root veggies and make yourself some good, hearty stews for winter. Keep yourself warm, the neck protected, get your sleep and remember to smile often.

In this issue, please find your guide to the Herbal Medicine Chest. And oh, gracious, thank you to all who have taken the Health Print and answered those 20 important questions. I am scheduling 20 min. complimentary phone consults, but please know there is already a waiting list.

To your health & happiness,

 Linda



"I purchased the **Performance** so that I could use your tips on drinking it the day before and then filled an empty Optiflora bottle with the Performance powder to drink more on the plane. I felt like a million bucks!! I was really nervous about traveling/flying with these babes in my belly, but felt so much better going into it knowing I was doing all I could do, and the rest was up to the Lord to keep us healthy!! I popped a few extra **B's**, a **Stress Relief**, and oiled myself up with some Peace & Calming Essential Oil before I got on the plane. I made it there without a panic attack, so I'd call that a success! Thank you so much for your helpful info!! It gave me SUCH a peace of mind!" - *Ang Upright*



Performance  
Lem-Lime #20497  
Orange #20496

"I went to donate blood and was told my iron level was too low so I began taking just 1 **Vita-Lea w/Iron** per day and it brought my iron levels right back to normal." - *Bonnie Klein*



B Complex  
#20194

"Doing well. Mom is still at home and I am with her. Still getting around but slower. She will be 90 in december. I do believe her Shaklee supplements have been good to her." - *Sandy Kowalski*



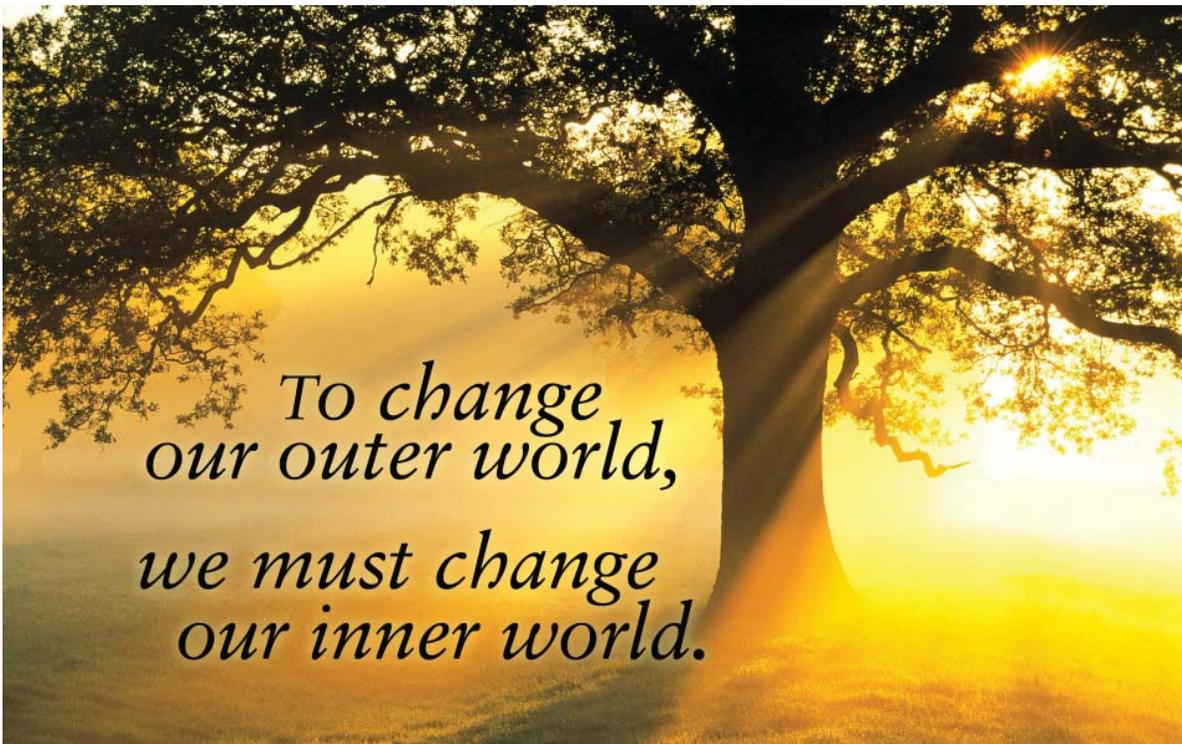
Stress Relief Complex  
#20656

"Thanks so much for the additional information. It's greatly appreciated. My dad is completely off all medication for his MS and all he takes is Shaklee. My adopted dog is now healthy thanks to Shaklee." - *Kelly Kaufman*

*Editor's note: Kelly's daughter Abby is a champion gymnast having earned a collegiate scholarship. The additional information that Kelly is referring to is the information on the efficacy and safety of Shaklee supplements for our athletes, including a letter from Dr. Jamie McManus, Chair, Medical Affairs, Health Sciences and Education and info on our Rio 2016 athletes.*



Vita-Lea w/Iron  
#20289



*To change  
our outer world,  
we must change  
our inner world.*



My sincere apology to Connie Heckman. In our august e-news we had her beautiful picture as you see here but neglected to place her name with the picture.

**Stay tuned for our October e-news on identifying and clearing the root cause of dis-ease.**

This assessment is not intended to diagnose, treat, cure, or prevent any disease. Any persons who suspect that they have a medical problem or disease should consult a physician for guidance and proper medical treatment.

## 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)

# Congratulations to our Pure Performance Team athletes!



**AMANDA ELMORE | AMANDA POLK | ELEANOR LOGAN | EMILY REGAN  
KATELIN SNYDER | KERRY SIMMONDS | LAUREN SCHMETTERLING  
MEGHAN MUSNICKI**

WOMEN'S 8 ROWING TEAM

GOLD MEDAL



# NATURALLY



*Linda Flach Corl, B.S., H.H.P.*

Shaklee Lifestyle Products

6865 Robbins Court

San Diego, CA 92122

Address Service Requested



**RIO** 2016

**37 ATHLETES. 16 MEDALS.**

**PURE PERFORMANCE POWERED BY SHAKLEE**

*Meet our athletes inside...*