

# Concerned about Colds and Flu?

Here are some powerful tips and strategies that we have used successfully for years to protect and defend our body's natural immune system all year long. **They really work!**

## REDUCE YOUR EXPOSURE

- 1. Regular Hand Washing.** Keep hands away from the eyes and wash hands regularly. Don't use anti-bacterial soaps as they can destroy your skin's natural protective system. Use Shaklee's wonderful **Meadow Blend** soap-free bar or **Get Clean Hand Wash** instead.
- 2. Disinfect.** Use Shaklee **Basic-G** to disinfect the laundry, bathrooms, doorknobs, phones, computer keyboards, etc. **Basic-G** kills germs much longer than bleach and kills 4 times as many pathogens as Lysol. *Basic G is approved for hospital use, and is economical too. Use it with confidence.*

## BOOST YOUR IMMUNE SYSTEM

- 1. Use Shaklee's proven Nutrition Foundation daily.** Shaklee's **Rx For A Healthier Life (Vitalizer, Vivix, NutriFeron and 180 Energizing Smoothie)** is the best program available anywhere. Nothing else even comes close!  
  
*Says Janet Witte, RN: In my experience, as previous owner of two health food stores, there is **nothing** like Shaklee nutritional science to help boost the immune system. It wasn't until I found Shaklee products that we were able to truly build our immune systems. For the past 14 years, I can say, we are almost never sick; and we used to take handfuls of regular vitamins from our health food store and were sick A LOT!*
- 2. Watch for the signs.** As soon as you start to feel rundown, a "tickle" or are exposed to others who are sick (or before you get on an airplane), take Shaklee's ultra-powerful **Defend & Resist Complex** to NIP IT IN THE BUD. This product is AMAZING! Always have some on hand, just in case!
- 3. Take Additional Nutrients.** Weather, stress & illness increase your need for nutrients. Many people find that doubling up on **Vitalizer** as well as increasing their intake of **Carotomax** and **Flavomax**, **Vita-C**, **B-Complex**, **Soy Protein** and **Zinc Complex** can be extremely helpful.
- 4. Replace lost electrolytes.** Prepare **Shaklee Performance** in a cup (2-3 tablespoons of powder) and **2 Defend & Resist Complex**. Add boiling water, stir and sip. Keep drinking this till you are better.
- 5. Alkalize, Cleanse & Detox.** Nutritionists often recommend cleansing on a regular basis. **Herb-Lax**, **Alfalfa Complex**, **Fiber Advantage Bars**, **Optiflora**, and **Shaklee Garlic Complex** all help cleanse the body and support the immune system in different ways.



**NutriFeron** - Natural immunity breakthrough from the discoverer of Interferon

## ADOPT HEALTHY LIFESTYLE HABITS

- 1. Get Adequate sleep.** 8-10 hours for adults is best. The body regenerates and heals during sleep. A good old-fashioned nap is good for everyone.
- 2. Avoid Sugar!** Sugar is one of the biggest culprits of a depressed immune system. If you do eat sugar, take extra **B-Complex** and **Glucose Regulation Complex** or **180 Metabolic Boost** to help stabilize your blood sugar.
- 3. Eat plenty of healthy fresh fruits and veggies.** 5-9 servings daily! During the flu season especially, make pots of homemade vegetable or chicken soup with plenty of garlic, and organic chicken/beef stock. Shaklee's powerful **Antioxidant Solutions Pack (FlavoMax & CarotoMax)** helps provide extra antioxidant protection.
- 4. Stay Hydrated.** Water keeps the toxins flushed out of our systems. The #1 cause of daytime fatigue and fuzzy thinking is dehydration. **Get Clean Water** provides inexpensive, clean, delicious water & removes 9X the contaminants of Brita (including lead!).
- 5. Regular Exercise** is important, but don't overdo it if you're feeling under the weather. Too much exercise can sometimes cause stress on the body and deplete the immune system so to recover, eat adequate protein and use **Shaklee Physique**.

## REDUCE STRESS

- 1. Simplify your life.** It's OK to do less!!! Prioritize. What's really important? Say NO! Avoid violence--on TV, in video games, etc. Even the nightly news is often too much of an assault on a healthy spirit. Extra **Vita C**, **B-Complex**, and **Stress Relief Complex** help if you're under a lot of stress.
- 2. Routine.** Don't underestimate the value of routine. Constant change and disruption creates stress, and stress weakens our immune system. Regular times for meals, bedtimes, bath time, etc., create structure that helps create a peaceful home.
- 3. Take time to rejuvenate.** Get a massage, meditate, take a nice long bath, go for a relaxing walk, rest, commune with nature, etc.

For more info, contact:  
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[www.PartnersForHealthyLiving.com/immunity](http://www.PartnersForHealthyLiving.com/immunity)