



## Your Health, Your Well Being

Food and ADHD  
Healthy Laundry

June 2015

### Do Foods Make Them Fidget?

#### Could the Foods Our Children Eat Cause ADHD?

**Author: Dr. Stephen Chaney**



When I was a kid we didn't have all of these fancy words like hyperactivity, ADD and ADHD. If a kid had trouble sitting still and trouble focusing on the task at hand, they were just considered "fidgety". Now that I've dated myself once again, let's get to the real topic which is: "Can the foods that your kids eat have any relationship to ADD and ADHD symptoms?"

To put things into perspective, the CDC just announced that 11% of all school age children in the US have been diagnosed with ADHD. That is a 41% increase in the last decade alone. I am not going to discuss the controversy about why the incidence of ADHD is rising so rapidly in this country. That is another story for another time.

My concern is that two thirds of those children are being given stimulant medications like Ritalin and Adderall. While those medications can help reduce the symptoms, they can also cause serious side effects such as addiction, anxiety and psychosis. So it might be time to stop and ask, is there a better way? Could the foods those children are eating cause ADHD? If so, could something as simple as changing their diet control the symptoms of ADHD without any side effects?

The question that I'm posing today is whether sensitivities to foods that we would otherwise consider to be healthy

could also trigger ADHD symptoms? [READ MORE....](#)

*These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease.*



## **Live In A Healthy Home and Save Money!**

### **Fresh Laundry Concentrate Liquid HE**

This two-for-one concentrate outperforms leading detergents and big-name spot removes with its enzyme-activated natural cleansers. Because [Fresh Laundry Concentrate Liquid](#) is super-concentrated, one small 32-oz. bottle cleans 32 loads-the same amount as a 100-oz. bottle of Tide Liquid. This powerful formula also outperforms Shout and Spray 'n Wash in stain removal and is 30% better at removing dirt and stains than All Small and Mighty. Also available in 64-oz. size.

### **Fresh Laundry Concentrate Powder**

This super-concentrated powder uses enzyme-activated natural ingredients to get your clothes really clean. [Fresh Laundry Concentrate Powder](#) is a hypoallergenic formula that won't irritate sensitive skin. It is effective in hard or soft water and safe on all washable fabrics. The 5.5 lb box cleans 88 loads (or more - see below), 43% more loads than the same amount of Tide Original. Also available in a 14 lb box that cleans 224 loads. A [fragrance-free formula](#) is available in a 5.5 lb box.

### **Save Even More Money on Laundry Products Than Shaklee Claims!**

These laundry products save even more money than Shaklee says! For example, Shaklee estimates that a 5.5-pound container cleans 88 full loads of laundry (224 loads with the 14-pound container). But I have found that clothes get perfectly clean with just a little over 1/8 C for a full load, and I have a high capacity washing machine that I fill. That's slightly over half of the 1/4 C per load recommended in the directions, so I estimate that a 5.5-pound box will do between 150 and 170 full loads, and the 14-pounder will do about 400 or so (about 2 years' worth, for me). Also, when store brands (Tide, for example) state on their boxes how many loads their box (or bottle) will do, it's important to be aware of their definition of a "load." Stan and JoAnn Pulliam (Athens, GA) called the phone number on the Tide box and found out that their definition of a load was 5.5 pounds of laundry. Nearly all washing machines are made for at least a 15 - 20 pound capacity. Five and a half pounds would be

equal to maybe 3 or 4 towels. For me to do that small of a load, I'd probably use a little more than 2 tablespoons! So when, in the Product Guide, Shaklee says that the little 5.5-pound box of Fresh Laundry Concentrate does 43% more loads than the same amount of Tide Original, Shaklee is, as usual, being overly modest. It really does probably about 200% more loads! And it is hypoallergenic, free of all toxins (for you and the environment), and even kosher certified!

### **Soak the Impossible**

My daughter, Sara, wants to wear my 35 year old wedding dress for her September wedding. I had my doubts, as the dress has been sitting in a trunk moved from place to place and was covered with big brown spots. I thought I needed a specialist who restores old gowns. After some internet research I sent the gown to a specialist about 90 miles from my home in Greenville, SC. I talked with her when the dress arrived and she thought she would be able to clean it.

After two months I called again and she had bad news for me. The spots were not coming out and she was afraid she would damage the fabric if she tried other methods. So I paid her \$100 and got the gown back in the same shape I sent it to her. I have used the "Soak the Impossible" solution many times and decided to give it a try. I had nothing to lose. I soaked the dress in sections as there is a lot of fabric in a wedding dress. After two days of soaking each section, all of the spots came out and the dress was completely clean although wrinkled. I took it to my local dry cleaner. They steamed it and the dress is like new. It fits beautifully and Sara is thrilled.

#### **SOAK THE IMPOSSIBLE**

*1/4 cup Shaklee's [Fresh Laundry Concentrate Liquid](#)*

*1/4 cup [Nature Bright Laundry Booster](#)*

*Mix in a pail of hot water. Add your soiled items and let soak up to 5 days!*

*Try it. It is amazing and completely safe even for fabrics which are not supposed to be washed like the wedding gown.*

*--Thanks! to Nancy Dykes, Greenville, SC*

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## **Continuing the 100 Year Anniversary Celebration**

We are continuing the celebration of 100 Years of Innovation this month. In 1915, Dr. Shaklee developed what was very likely the first multivitamin supplement in history, and that was just the beginning. Innovation has been a hallmark of Shaklee's legacy (the company's as well as the man's), and if you're receiving this newsletter, you've benefited from that legacy.

One of the major areas of innovation over the years has been Shaklee's commitment to environmentally-friendly household products. Phosphate-free, biodegradable, toxin-free, no fillers or harsh chemicals... not just any company can do that. And when you add in the fact that these products are among the best ever tested-not just among "green" products, but including major

brands-and that they cost less to use than just about any other product... well, that's Shaklee innovation. It's what gives us access to the highest-value products of their kind. It makes us proud to be a part of Shaklee.

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## Laundry Dangers

Think about what you are doing when you wash your clothes with toxic chemicals. Of course, all of the chemicals don't wash out-so as you wear your clothing all day you are absorbing them in small amounts through your skin. Then you sleep on sheets and pillowcases all night and absorb more toxins and breathe in the fumes and particles they continue to give off.

Phosphorus, enzymes, ammonia, naphthalene and phenol are just a few of the chemicals found in your favorite store brands. Many people get rashes and itch from some laundry detergents-and allergies and sinus problems are a frequent consequence.

A hazardous ingredient used in laundry detergents called NTA or sodium nitrilotriacetate was found to be a cancer-causing agent by the National Cancer Institute. Although it was voluntarily withdrawn from the market in 1970, because of pressure from one of the biggest manufacturers of household and laundry products in 1980, there resulted a little-publicized decision by the EPA not to block NTA in products, except "those designed to have direct dermal or oral contact." NTA is again being found in leading laundry detergents. Why is this being allowed? Aren't our clothes coming into "dermal contact" with us?

(Excerpted from *Why Are You Poisoning Your Family*, by Kare Possick)

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## Save Money on What you Wash and What you Wash It In

When marveling about how much money Shaklee's home care products save, it's fun to consider the less noticeable savings. Because these products aren't caustic, they don't wear away and damage dishwashers, washing machines, and pipes--so lower repair and replacement costs, and also fewer drain clogs. In addition, clothes, towels, and linens last longer. While those of you who really enjoy retail therapy may not be super excited about your clothes lasting longer, it doesn't mean you can't replace them, just that you don't have to.



And because of the lack of junk stuff in their formulations, Shaklee products don't clog drains so much, so you don't have to use those super-toxic drain-opener products in your living (and breathing) space.

As the beloved Kay Ferguson says (paraphrased): "Let's see... **Shaklee's home care products are safe for the environment, safe for your health, save money, and really work! Which of those do you have a problem with?**"

### Spot Remover - for Pre-Treating Tough Stains

Mix in a 16-oz. Spray bottle:  
1/8 C. [Basic H2](#) (1/8 C. = 2 T.)  
1/8 C. [Fresh Laundry Concentrate Liquid](#)  
Then fill the rest of the bottle with water.

Spray on spot and rub, and let it sit for as long as possible. It's OK to let it dry and throw into the clothes hamper-then wet and rub it again before washing. Note: you can also use the Fresh Laundry Concentrate Liquid alone as a pre-spotter.

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## Home, Safe Home

*Every time I go near our condo's laundry area, I have to hold my breath as I go by, because I have severe allergies. I'm so thankful to have Shaklee's unscented pure laundry stuff and their cleaning supplies. When I do laundry, no one even knows-no smell. Even if John (my husband) did laundry, those chemicals would be in my clothes and rubbing against my skin. But I never worry with Shaklee!*

*--Thanks! to Mary Anne Quinn, Skokie, IL*

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### Closing Thoughts

**"Sow the seeds of happiness in others, and you will reap a joyful harvest."**

~Dr. Forrest C. Shaklee Sr., Thoughtsmanship

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