



Your Health, Your Well Being

Alfalfa - A Perfect Food?
Herb-Lax

July 2015

A Perfect Food?

What if there were a food that contained protein, the major minerals (calcium, phosphorus, magnesium, etc.), trace minerals (including iron and zinc), vitamins A, B, C, D, E, and K, fiber, flavonoids, and an array of enzymes to help digest it all? What if it could be consumed in a number of different forms-tea, sprouts, tablets? What if it were shown to be beneficial for about a gazillion (that's a bit of an exaggeration, but not as much as you might think) different body problems, from bad breath to liver disorders, indigestion to infections, allergies to diabetes? And what if it were really inexpensive to consume? Sound almost too good to be true? Fortunately, the key word there is "almost," because such a food really does exist.



Alfalfa, which means "father of all foods" in Arabic, has held a valued place in the ancient herbal traditions of India, China, Spain, and the Middle East. What ancient healers learned through centuries of observation, and what we confirm today through science, is that alfalfa is a storehouse of nutrients. Its tap root reaches down as deep as 20 feet, searching out nutrients and minerals from deposits in the soil, while its leaves gather large amounts of chlorophyll through the natural process of photosynthesis. And all this is from a plant that stands only 2-3 feet high. So kind of like an iceberg, the biggest and most significant part of it can't be seen.

We tend to have a pretty good sense of what the major minerals do, but alfalfa also contains a bunch of the trace minerals, which are increasingly difficult to get in our diet today. Processed foods and foods grown on overworked soil yield little, if any, of these vital nutrients. Trace minerals are needed (critically) by the body in amounts less than 1/10 of a gram per day. Because its roots go so deep, alfalfa can collect these minerals from the soil that has not been overworked. These minerals include iron and zinc, as mentioned above, as well as copper and iodine. Daily amounts have been established for all four by the FDA. But in addition, alfalfa contains chromium, molybdenum, selenium, manganese, tin, and nickel—all of which are also critically needed by the body for things like bone health, thyroid hormones, insulin production and utilization, enzyme production, red blood cell creation, and on and on.

Alfalfa is also very valuable for its mineral content. [Read More...](#)

Shaklee's Herb-Lax - Much More Than a Laxative

Let's face it-it's tough to talk about bowel issues. That part of our bodies can be, well... embarrassing to discuss, as well as the fodder for lots of sophomoric humor. But it's a part of our bodies that-for us all collectively-has some major issues. It works too much, too slow, too painfully, too unpredictably-there are a lot of ways it can make life uncomfortable, or worse. And now, as we are coming to understand the link between the colon and our immune system (a huge % of our immune cells are found in the colon), the old-time saying that health begins in the colon is really being proven true.



[Herb-Lax](#) is, these days, a hidden gem in Shaklee's line of products. Back in the day, it got a lot of attention and was often one of the first products a new Shaklee user consumed. These days, with a broader product line and a huge array of phenomenal supplements (think Vivix, MindWorks, Vitalizer, etc.), it's easy for Herb-Lax to get lost-especially when we don't like to talk about that part of our bodies. But maybe we should, at least a little bit.

Originally formulated in the early 60's by Dr. Shaklee himself, [Herb-Lax](#) is a blend of 9 herbs that work synergistically: senna leaf, licorice root, anise seed, rhubarb root, culver root, buckthorn bark, alfalfa, fennel seed, and blue malva flower. Each of them individually, and all of them collectively, work gently and safely, without damaging the sensitive colon or the cilia (little hairlike structures) that line it.

The primary function of [Herb-Lax](#) is to bring health to the colon. While that often means exerting a gentle laxative effect, it can also be effective at dealing with diarrhea. (re-read that sentence... let it sink in) More than just a laxative, it is actually more accurately termed a bowel regulator. But since it contains senna, it legally has to be called a laxative, even though the mixture of herbs makes it so much more than that. But at either extreme, our bodies can benefit from [Herb-Lax](#). It's also an anti-flatulant.

The regular, smooth elimination that a healthy bowel produces provides not only intestinal (and therefore, full-body) comfort, but also provides a toxin-cleansing effect that can have health benefits far beyond simple comfort. Toxicity is something everyone-EVERYONE-has to deal with. Our environment is filled with dangerous compounds that, barring some intervention, will harm us. Babies enter the world with a horrendous number of toxins already present in their bodies-we used to think the placenta created a barrier through which toxins could not pass, but that has been proven to be quite a false belief. Every breath we take contains things that, in greater concentration, would be fatal, and there is nowhere on the planet to escape that reality. The food we eat, the water we drink, the things we wash ourselves and our dishes and our clothes and our house with all contribute to this toxic effect (unless we're using Shaklee household and personal care products, of course-if we are we can eliminate some of those sources of toxins).

Healthy elimination provides a great way for the body to get rid of many of these toxins before they are absorbed into our tissues. If our elimination system is working slowly, however, many of those

toxins have time to be absorbed into the blood and deposited somewhere we don't want them, where they can disrupt cells and corrupt DNA and cause very serious health consequences.

When our colons are healthy and largely detoxified, our blood is more efficiently able to dump the toxins it carries into the colon, which produces cleaner, healthier blood. The benefits to the body as a result are varied and significant. So Herb-Lax can also be called a blood detoxifier.

Unlike a lot of products-both drugs and herbal-that deal with elimination issues, [Herb-Lax](#) is completely non-habit-forming. Some of you have heard about Shirley Fike, who got rid of breast cancer without traditional medical treatment approximately 40 years ago. Since detoxifying is an important part of such a battle, she built up to LOTS every night. Once she had it medically verified that the cancer was gone (and yes, she also had medical verification that she had it in the first place), she stopped using the [Herb-Lax](#), "cold turkey," to see what would happen (before then she was more focused on living than on whether it was habit forming). Know what happened? She had normal bowel movements! Don't try that with other products!

Because detoxification can be a bit unpleasant at first if we're significantly toxic, we recommend that anyone starting on [Herb-Lax](#) begin with ONLY ONE the first time, until you see how you respond. Take them at bedtime, because your body detoxifies overnight. Then, if you find you need more, add another and see how that goes.

100 Years of Innovation - Alfalfa and Herb Lax

Continuing our year-long celebration commemorating some of the amazing innovations that have come from Dr. Shaklee and the Shaklee Corporation, beginning with Dr. Shaklee's Vitalized Minerals-the first multi-vitamin supplement-back in 1915, let's take a look at these two amazing herbal formulations.

When the Shaklee Corporation first began in 1956, it was exclusively a nutrient product company, with Vita Lea and Instant Protein being the centerpieces of their offerings. But in the early 1960's, Dr. Shaklee decided to expand the offerings to include herbal products. It is staggering to realize that the first two that he formulated were [Alfalfa](#) and [Herb-Lax](#).

Let's word that another way: in the last 50+ years, with all of the advancement in nutritional and herbal science, with all of the studies that have been published, with all of the technology that has been brought to bear in this arena, nothing has been found to improve these two formulations. Dr. Shaklee was so innovative that the very first two herbal products he released are still being produced today in the form he first created. As I said-staggering. What else has remained unchanged, unable to be improved, for over 50 years? Seriously-is there any other product that you purchase today that you could have purchased in the same form in 1965-and that is still the leading product of its kind today?

The care with which alfalfa has been raised, harvested, and processed to become Shaklee's Alfalfa Complex, and the foresight and scientific understanding with which it was created have combined to provide Shaklee users with decades of the "perfect food."

With [Herb-Lax](#), the biological acumen and the technological know-how that allowed Dr. Shaklee to combine just the right 9 herbs in exactly the right proportions to produce a product that both detoxifies and regulates both human blood and digestive tracts, combined to create the product that was, for many years, the #1 selling product in the Shaklee line (Vivix holds that distinction today, fyi), for a very good reason-it really works.

Let's be clear, these are not out-of-date products. Shaklee doesn't keep marketing them out of some sense of nostalgia. After over 50 years, they are still the best products of their kind available anywhere. That's staggering. That's innovation. That's commitment to quality. That's Shaklee.

Avoiding Dryer Sheets Can Help Dry Nose

Fragrances in dryer sheets might trigger allergies and dry nose; avoiding them offers a simple solution to the dry nose problem. Here's a quick testimony.

"About 34 years ago I was having trouble breathing at night. I kept a glass of water by my bed that I would dip my finger into and moisten my nostril so that I could breathe. One morning I woke up and realized that I hadn't woken to do that even once! I searched my mind through the previous day to see what was different. I realized I had washed our sheets and forgotten to bring dryer sheets with me to the Laundromat. That was the last time I used dryer sheets. I have not had a problem with dry nose since. I also started using fragrance-free laundry detergent, and my husband's "athlete's foot" and "jock itch" cleared up."

-from The People's Pharmacy April 20, 2015

Shaklee Does It Again...

"I've been taking my vitamins faithfully since I received them, and they are great! I feel much better and do not crave any sweets AT ALL! I have always taken vitamins, but I never got the results I am experiencing from the Shaklee products. My hair and nails are strong and growing twice as fast as they normally do. I am also noticing a considerable difference in my skin. I have had fewer blemishes. Also, in the past month I have lost six pounds!

I had been taking 15-16 laxatives per night and was miserable. I tried every brand out there. My mom suggested Herb Lax, and two did the trick! What a relief! I try to be very sure not to run out of Herb Lax!"

--Thanks! to Melissa Clark, Lehigh, FL

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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