

## Testimonies re: Shaklee's Pain Management Products

**RELIEF FOR PAINFUL ARTHRITIC FOOT:** "The Joint & Muscle Pain Cream is one of my favorite Shaklee products. I have personally seen some quick results, but one of the best things that happened was for my mother-in-law. She has a lot of problems with arthritis in her feet. She also has an area on her ankle that gives her the most problems and it creates constant discomfort. Before she left my house the other night I rubbed some of the cream on her ankle. When she got home 15 minutes later, she called me up and said she was coming back to get some Joint & Muscle Cream because it worked so well and so fast. She was going hiking for the weekend and didn't want to be in pain." Julia

**RELIEF FROM FIBROMYALGIA PAIN:** "I HAVE HAD LYMES DISEASE AND FIBROMYALGIA FOR YEARS, BUT THANKS TO Shaklee I have been able to lead a full and pretty normal life. I have my limitations and when I go past them, I pay! I recently started the Pain Relief Complex and am thrilled with the results. I slept through the night for the first time in probably 25+ years, and I can go on long trips and hop out of the car pain free.

Also I had an emergency root canal. Having a problem with inflammation anyway, it was horrible. Nothing was helping and the dentist was preparing me for the worst ... losing the tooth. Within less than an hour after taking two of the Pain Relief Complex I realized that the pain was gone. My dentist ordered six to start some of his patients on." Karen Burrows

**KNEE INJURY PAIN GONE!** "On Saturday I could hardly walk because of the pain in my knee. I had injured it in a car accident many year's ago and sometimes it really plays up. I had to cut short my shopping trip as I could barely walk. When I arrived home I rubbed Shaklee's Joint and Muscle Pain Cream into my knee and in less than 10 minutes the pain was gone. I could hardly believe it. It was exciting to be pain free." Merle

**CHIROPRACTOR WITH SEVERE TENDONITIS REPORTS:** "I developed severe tendonitis in my right shoulder and was not responding to anything because I was constantly working. I was getting very concerned because I was in so much pain it was making it very difficult to offer proper care to my patients .... I prayed for help. I was selected to test trial Shaklee's NEW Pain Management products and immediately saw about 30% improvement. I did an experiment and purposely stopped the products to see if the pain would come back . It didn't. So I continued again, and after 30 days, I can honestly tell you that I had full function back and the PAIN WAS GONE!! These products are so needed in our profession. Everyone has had some pain in their life. I have seen so much pain in the 22 years I have been practicing. So go out and try to spread the news to everyone, especially doctors who are out there who can help numerous amounts of people. I am thanking Shaklee for these wonderful products, and more importantly, I am thanking God for Shaklee Corporation." Dr. Joy Buscemi, Chiropractor, Master's Degree in Nutrition

**HAIRDRESSER'S STIFF FINGERS BECOME FLEXIBLE!** "I decided to carry the Pain Relief Cream with me and have people try it. I went to the beauty shop yesterday and told my operator, Jane, about it. In a few minutes the operator across from us was heard saying that she was having a terrible time because her little finger on her right hand was so painful she couldn't bend it. She was having a problem working with scissors, etc. Jane suggested she try some of the cream on her finger which she immediately did. Nothing was said for about 15 minutes until I said, `Weeta, can you see any difference in your finger?' She turned to me wide-eyed and said, `It's a miracle! Look, I can bend my finger all the way down, and it doesn't hurt!' With that, Jane took the tube and went all over the shop putting it on people's aches and pains. It was downright exciting! This morning I am taking the tube to bowling and plan to share it with all of the women who have bad knees!" JoAnn

**PAIN FROM SHINGLES GONE:** "A friend came by who has a bad case of shingles! She was hurting so bad she was almost in tears. We applied the pain cream and it literally "put out the fire" and stopped the pain. That night she woke up in pain again ... it only lasts about 4 hours, so she was at my doorstep next morning. I gave her my bottle and let her go home with it. Today when she came to purchase her own bottle, she said it had pretty much stopped the pain for good! She was off to a ballgame after having her first good night's rest in weeks!" Greta H.

**RELIEF FROM SEVERE BACK PAIN:** "My son has had severe back pain for several weeks and even with strong pain medication (Percoset) still felt pain and discomfort. He applied Shaklee's Pain Relief Cream and after 20 minutes called to tell me he could feel a difference and could tell it was working." Celeste Edwards

**SHOULDER PAIN GONE!** "I'm in a wheelchair, so I use my shoulders the way others use their hips .... and my shoulders ached! When I started using Shaklee's Joint Health Complex and Pain Relief Complex, the pain went away. It is very exciting." Marlene Egerer

**PAIN FROM BROKEN ANKLE GONE!** "The first time I used Shaklee's Pain Relief Cream on my ankle (broken 15 years ago) the pain I have lived with 24 hours a day went COMPLETELY AWAY!: Irene Churlik

RELIEF FROM FOOTBALL INJURY, BACK PAIN & TENNIS ELBOW: " I have three temporary/intermittent pain issues I have had to deal with for years. I am 46 and very active.

1. I blew out my knee playing football in high school and had major surgery on it 30 years ago. By the early 1990's, I was experiencing a lot of problems with my knee and I was looking at probable surgery again. I began to use Shaklee's Joint Health Complex in 1997, and most of my knee problems have disappeared. When I do experience pain in my knee from any type of strenuous activity, I now apply Shaklee's new Pain Relief Cream and the pain disappears within minutes. Over the years, I have used several different types of topical pain relief creams, rubs, or ointments for sore muscles and joints. Shaklee's NEW Pain Relief Cream works the best of any that I have used, and that's the honest truth!
2. I also have occasional problems with intense lower backache, again usually after strenuous activity. I stained my deck last week, and after hours of bending over, the next morning I woke up with INTENSE lower back pain. I reached for the Pain Relief Cream, rubbed it in for at least a minute (that's a real key ... massaging it in stimulates the blood circulation and the product penetrates deeper & faster), and the pain was gone totally in about 2-3 minutes, and it did not return that day!
3. And lastly, I've had intermittent pain problems in my right elbow (tennis elbow) for years. Now when I'm at my cabin for example and crank up the chain saw to cut wood for the campfire, I apply the Pain Relief Cream before I start and again, after I shower up, and ....NO MORE PAIN where there ALWAYS used to be!
4. I also have been using the Pain Relief Complex tablets (1 tablet 3 times a day), again, before, during and after times when I'm doing strenuous, physical activities. All I can say is that FINALLY I have pain relief products that work for me, and best of all, they are natural products with no drug side effects whatsoever! Shaklee's pain relief products are WONDER PRODUCTS!" Rod

WEIGHT LIFTER PAIN FREE! "My son had injured his arm in weight lifting so he tried Shaklee's Joint and Muscle Pain cream. When he went to lift tonight, he didn't have any pain for the first time. His trainer asked him about it and now he wants to try it. This product is a WINNER!" Merle

HEADACHE and LOWER BACK PAIN GONE! "When I developed a headache while flying in a plane, I immediately rubbed Shaklee's Pain Relief Cream on my neck and it went away. After the long sit on the plane, my lower back started hurting, so I applied the cream on my lower back and took one of Shaklee's Pain Relief Complex tablets. My back pain went away. These products are incredible!" Betsy

SCIATICA PAIN GONE! "After riding over 12 hours on a bus, my sciatica flared up as a result of inflammation. After using Shaklee's Pain Relief Cream and Pain Relief Tablets, the pain completely disappeared! This is incredible, because inflammation that puts pressure on the sciatica causes excruciating pain to radiate down your entire leg. These products are wonderful!"

I CAN GARDEN AGAIN! "Shaklee's Pain Cream is so effective at relieving the arthritis pain in my right thumb that I'm able to work again in the garden .... And I can even sleep through the night. I'm thrilled."

GOOD-BYE TENDONITIS: " I have a friend who is a professional pianist who had severe tendonitis in the elbow. After applying Shaklee's Pain Cream five times in only one day, she had DRAMATIC improvement!" Barb

FOOT PAIN IMPROVED: "I had a severe foot problem from over-indulging in sports. I have tried many other pain creams, but I was flabbergasted with the results when I tried Shaklee's Pain Cream. It was very helpful to me." Les

PAIN FROM KNEE REPLACEMENT IMPROVED: "I was experiencing pain after a knee replacement surgery. After only one week of using Shaklee's Pain Management products, I noticed reduction in pain. After three weeks of use, I experienced significant benefit." Loretta

I FEEL NO PAIN! "I am a registered nurse and suffer with thrombophlebitis (inflammation in the walls of the veins). Shaklee's Pain Cream really works! I've used it two days ... I used it in the morning, and throughout the day I feel no pain." Ann C.

MARATHONERS LOVE SHAKLEE PAIN CREAM: "We took the Shaklee Pain Cream to a marathon weekend. Many marathoners were pleased .... their muscle pain subsided almost instantly."

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## My Testimony

Last Friday night, I played cards and when I do, I put my elbows on the table. This aggravates the chronic problem I have with my neck and shoulders. When I got up on Saturday morning, I had some pain in my neck and shoulders and thought it would go away after a while. It did not. It got worse -- much worse. By early evening, it was bad and I put the Pain Cream on it. It subsided somewhat, but not completely and then by the time I was ready to go to bed, it was getting excruciating. At 10 p.m., I took the Pain Relief Complex and the Joint Health Complex and used the cream. Went to bed and in 30 minutes, the pain had subsided and I went to sleep. I slept until about 3:30 a.m., at which time the pain came back. I did the same thing and went back to bed and in 30 minutes it had subsided and I was able to go back to sleep. When I got up on Sunday morning, there was a little bit of pain, but not nearly as bad. I continued to take the Pain Relief Complex and Joint Health Complex (each 1 three times a day) and by late afternoon, it was completely gone. I was amazed.

I was also privileged to be one of the ones in Shaklee picked to trial the program for 30 days in July. At that time, what I had noticed was that within just a few days, my knees did not hurt when I went up and down the steps. I thought it was the Joint Health Complex and questioned Shaklee as to whether it was stronger than the product we had at that time. I found out later that it was stronger, but that it was the combination of Joint Health Complex and the Pain Relief Complex that gave me the quick results. It was just amazing. These products work so well and, really, so fast.

Listen to people when they say they have pain. Let them know about these products and remember, they are always 100% Guaranteed -- No Questions Asked. If they don't work, they will get their money back. But, trust me, they will work.

Ellen

## Ultra Marathoner finds Joint Health Complex!

Editor's note: This marvelous testimonial was passed along through Chuck and Anthea Tripp's organization

Twenty years ago I began running as a way to stay in shape after years of team sports. This life experience led me to believe that I could use running to make a personal statement about my concern for children's issues.

Ten years ago I began a decade of charity ultra Distance runs based and driven by faith. While I have done many smaller runs, the three longest being:

91 Huntington Beach to Atlantic City N.J. 3000 Mi (150 Mi/wk, 19 wks)  
95 Orange, CA to Sacramento 630 Mi  
97 Orange Ca, to Sioux City, Iowa 1700 Mi

I have had the experience of these distances without any consistent approach to diet. I don't have a coach, trainer or any outside assistance. I train by running to and from work and on weekends. This amounts to about 50 MI a wk, year round and increases when training for a run.

Planning a Run from Canada to Mexico (1700 Mi) along the western United States coast I became concerned about my age (49) and the difficulty the coastal run would be physically. Introduced to Shaklee representative Judy Clark, by mutual a friend, we decided to try a daily vitamin supplement and Joint Health Complex to help joint problems. Leaving Blaine, WA on July 30, 2000 I began running south averaging 25 Mi a day. Having run for so many years I had developed deterioration in my right knee and had not run pain free for several years. **I was surprised and pleased, beyond words, to finally experience comfortable painless running under incredibly stressful conditions. The Joint Health Complex repaired cartilage and reduced inflammation taking the distraction of pain away, leaving me with an incurably beautiful running experience.**

The Vita-Lea stabilized my diet and I had no cravings for specific foods and ran stronger than I thought I would. I have to believe this performance was directly related to Shaklee products. Turning 50 years old this year I have plans to continue my charity runs, and Shaklee (along with family and friends) will run with me.

Tim Young

## Joint Health Complex Helps!

A couple years ago my husband had frozen shoulder, or adhesive capsulitis.

If the symptoms are similar to tennis elbow, just in a different joint, our experience may be helpful. In short, he had lost cartilage in his shoulder/arm joint. His arm was "frozen" so that he could not move his arm very far. He could not, for instance, brush his hair, touch under the left arm, or play guitar. His arm just wouldn't go that far. It was terribly inflamed and very sensitive to touch. He tried 4-6 weeks of anti-inflammatories from the doctor--none of them worked. At that point, he was willing to try the Shaklee. After one week of taking 20-30 Alfalfa a day, the inflammation was gone. Then, he went through two rounds of physical therapy. About the time that therapy was over, Joint Health Complex came out. The therapist said he would not gain any more range of motion (he was at about 80%) but he would lose it if he did not keep up the exercises. At this point, we began him on Joint Health Complex. He did none of the exercises. Two to three months later, he tried the exercises again and found that he had gained 10-15% range of motion. This was all due to Joint Health Complex, since he had not kept up the exercises. Once he was willing to try the Shaklee, he began a program of Alfalfa (20-30 a day), GLA (6-8), EPA (6-8), Vita Lea, Protein, and then Joint Health Complex (3). After 4 months of Joint Health Complex, we began tapering off on the quantity. He began with 3, then took 2 for about a month, then 1 for about a month, then stopped. When he didn't see the need for it, he stopped altogether.

By the way, our son had a broken ankle. He had lost bone and cartilage at his ankle. This had happened several years before this experience with his dad. The doctors had told him that nothing would help his ankle. He would always have arthritis in it and he would always have a slight limp. When he saw how the Joint Health Complex had helped his dad, he was willing to try it. At about the one month point, he saw slight improvement. He wasn't as stiff when he first got up in the morning. Then, at two months, he saw even better improvement. Now he wouldn't be without it. He barely limps, unless he has been on his feet for a long period of time or has carried a lot of weight that day (church work day, etc.). He can actually run on his ankle without throbbing afterward, as was the case before.

Hope this relates to your friend with tennis elbow.

Donna ([dannawkr@earthlink.net](mailto:dannawkr@earthlink.net))

## Joint Health Complex Testimonials

Hi! Just a note to let you know we have a fabulous product that is bringing good/great relief to many people suffering from Arthritis. Here is what a few satisfied Joint Health Complex users have to say.

"I am 82 years old and **Joint Health Complex** helps meet my need for **relief** of pain and walking **stability**; I just can't do without it. L. Wieters Charleston, SC

"My knees hurt so bad I could hardly walk or stand and my job is on my feet! After beginning to take **Joint Health Complex** in less than a month it was somewhat better; after 2 months I have experienced excellent **relief**. Most days there is absolutely **no pain** at least 50% of the time; if I notice anything now it is at worst a **mild** annoyance. **It's wonderful.**" S. Dempsey Charleston, SC

"I had severe left knee pain; I could hardly get up or down from/to a seated position, not yet mentioning a serious hard time to get down on my knees or squat!!! After just 2 weeks of taking **Joint Health Complex**, I experienced such **relief** that I **had to share** this news with my brother who also suffers with arthritis. After he experienced **relief** we **shared** it with our other brother. Guess you could call it a family affair of **Relief.**" R. Turner Summerville, SC

Subject: Joint Health Complex Testimony

Date: Tue, 21 December 1999 12:27 AM EST

From: SanbornJWA@aol.com

Dr. Miller,

Thank you again for answering my question in Dayton, OH about a year ago. I had begun taking 3 Joint Health Complex per day for my sore hands. The result had been a worsening of the pain in my middle finger joints on both hands. (A major worsening!) I stopped taking the Joint Health Complex and the pain lessened to its former level. I took

it again, and again the pain became severe; I stopped again and the pain lessened to the former level again. (An ABAB research design!) I was very disappointed because I had such high hopes for the Joint Health Complex

When I relayed my experience to you, you explained that the pain may be due to the rapid growth of the cartilage at that site in each hand, and that the rapid growth was pushing the bones further apart to make room for all that new cartilage. This adjustment might be causing the pain.

Armed with this theory, I began again using the Joint Health Complex - just one per day for a couple of months. Then I gradually increased the amount. Now I am up to 6 per day and the severe pain never reoccurred.

Best of all, I got good results. Although I still have sore hands about one day out of 4 or 5, this is better than having sore hands virtually every day.

Sometimes my hands were so sore that it felt like someone had whacked my hands with a rod, especially my pinky fingers. Now, my occasional pain is rarely more than a nuisance. I type a LOT, so this is important to me. (And my typing speed is a little faster, too! I have made the first increase in my typing speed in years. Not a major jump, but it just feels easier to type anymore.)

It is difficult to put into words, but I can move my hands rapidly and they feel like they are well-oiled. They just move well. It is analogous to how your body feels on a good day when it is warmed up compared to how the body feels the day AFTER I have just gone running when I haven't done it for a while.

I had to stop running because of pain in my knees. I had been up to 4.5 miles every couple of days. I am going to start running again now that I am armed with the Joint Health Complex.

So, yes, Dr. Miller... You passed the test. Thank you for taking the time to learn what you have learned and thank you for sharing with me and others.

Jeff Sanborn

## **Joint Health Complex Works In One Week**

A man from my church (Cleve) who is in his late 70's has suffered from Arthritis for the last 10 years. He's been taking lots of Ibuprofen daily for 10 years. When I heard this a year ago, I said "yikes, your insides must be a mess"! I gave him some information regarding Shaklee alternatives for his pain and stiffness. He read it and said "no thanks"!

In the last month, he's no longer able to be a greeter at the door at church. He's not able to stand up when we sing hymns. I started praying for him "Lord, give him the courage to try something new and different (Shaklee). I also gave his 42-year old daughter literature and said "Please, talk to your Dad. He doesn't have to be in pain all the time. And his insides are going to eventually give him mega trouble." She talked to him. A week ago he said "Give me a month's worth"! So I put him on Joint Health Complex (3 per day/ 1 per meal) and Alfalfa (3 per meal, gradually going up to 5 per meal - some at bedtime if you are stiff in the morning).

Yesterday at church, Cleve greeted me at the door. He said "I'm pain free". I stopped all my Ibuprofen and other than a little stiffness, I feel great!" Hallelujah! What a blessing that was for me! What did I tell him? "Tell all your friends"! (ha)!

Shaklee - you just keep producing awesome products! But what a blessing Joint Health Complex is for our hurting seniors! Keep up the good work, or should I say research, testing, etc.

Marie Cress  
thinkit@gis.net

Last Wednesday (11/26) I under went "walk in" and "limp out" surgery to my left knee. Apparently, the meniscus developed a tear and needed to be trimmed up a little. Without going into the details, the doctor made two really small cuts, one on each side of my knee and through the wonders of new techniques was able to do his job in about 45 minutes.

When it was time for me to leave they offered me a prescription for powerful pain relief. I declined, saying I would rather try a more natural approach by using Shaklee's Pain Relief Complex. Of course they thought I was slightly wacky. Given the next day was Thanksgiving and where the prescription would be available wasn't going to be open.

I got home around 4:30 and the medications they had used to operate hadn't completely worn off yet, so I wasn't in much discomfort. By 6 I was really starting to hurt. I took one Pain Relief. By 7 I decided to take one more. I told our grandson that it felt like I had an elephant standing on my knee. By 8 it was doing much better. When I went to bed I was doing pretty good. Around 2 AM the pain really kicked up and I was hurting. I took another Pain Relief and supplemented it with one aspirin. I did the same thing again about 5 and again at 10 the next morning. After that I took another Relief around 2 and 6. By that evening I was feeling much better. I started the day barely walking even with a cane. By the end of the day I was still using the cane but to a significantly lesser degree.

By the next day I only needed two Relief, all day. The next two days only one at night. Even walked around the flea market for a couple of hours unassisted.

WOW! No drug hangovers, no sleepiness and no upset stomach. (Didn't have a problem joining the rest of you in overeating on T-day.) I am not sure the aspirin were necessary but I wanted you to know the details.

One other neat thing I found out. Where they stuck me with the IV, on the back of my hand, was hurting so I rubbed a little of the Pain Relief Cream on it and within minutes no more pain. Never had to apply it again.

Today I am doing very well and will return to work tomorrow.

One other neat thing that I am sure is the result of many years of using Shaklee products. The doctor told me I was his Star patient for the day. When we asked what that meant he told me that my knee was the best he had seen all day. No degeneration of the bone and no arthritis.

Have a great evening and enjoy great health.

Sincerely, Brian