

A LETTER FROM DR. MCMANUS



Hello, Shaklee Family!

Back to school shopping, anxiety over who your child's teacher will be this year, sending your oldest (or youngest) child off to college – all very exciting activities, but not without a bit of stress for all involved. And to add to all these very typical types of activities and concerns, we have some new and additional threats to staying healthy. So it's never been more important to focus on doing all you can to protect your family's health – beginning with arming yourself with the latest information.

Your ability to stay well and not fall prey to circulating pathogens rests upon the vibrant functioning of your immune system, and an optimally healthy immune system occurs when you're a few simple things:

- 1) **Eat a healthy diet** full of antioxidants and immune-supporting nutrients. This means avoiding fast food (generally empty calories) and committing to eating at least **five servings** of fresh fruit and vegetables every day: salads, stir-fry vegetables with chicken breast or salmon, or hearty stews or soups made with plenty of colourful vegetables!
- 2) **Be sure you're taking supplementation to support immune health.** Your favourite version of **Shaklee Vitalizer™** plus **NutriFeron®** provides a solid nutritional foundation for immune function. **Vita-C 500 Sustained Release** (or **Vita-C 100 Chewables**), **Optiflora® Probiotic**, and **Shaklee DR™** can be added for additional support on an as-needed basis. For children choose **Vita-Lea® Ocean Wonders®** and **Vita-C 100 Chewables**.
- 3) **Get plenty of rest.** Your immune system can be very negatively impacted by inadequate sleep. Your school-aged children require at least nine hours of sleep each night, so be sure that becomes a routine as the school year gets started. And, moms and dads, you need seven-and-a-half to eight hours yourself!

4) Talk to your doctor about immunization. We encourage everyone to speak with your doctor to determine if vaccination is right for you, especially if any member of your family falls into one of these target groups at higher risk, as identified by Health Canada:

- People under the age of 65 with chronic medical conditions
- Pregnant women (20 weeks or more gestation)
- Healthy children six months to under five years of age
- Health care workers involved in the pandemic response or who deliver essential health services
- Household contacts and caregivers of persons who are at high risk who cannot be immunized (such as infants under six months of age or people with weakened immune systems)
- Residents of remote or isolated communities

Click this link to learn more:

<http://www.phac-aspc.gc.ca/alert-alerte/h1n1/index-eng.php>

5) Wash your hands frequently. You don't need antibacterial soaps; in fact, many experts are concerned that the widespread use of antibacterial products may contribute to the increasing prevalence of resistant bacteria that antibiotics don't work against! So, use plain, ordinary soap and warm water; wash your arms and wrists too; and lather up for 30 to 60 seconds before rinsing off. When hand washing is not possible, hand sanitizers are sometimes recommended.

Sending warmest regards,

A handwritten signature in black ink, appearing to read "Jamie McManus MD". The signature is fluid and cursive, with a large initial "J" and "M".

Jamie McManus, MD, FAAFP
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