Hi again - sorry a couple of things I failed to mention: from now until an indefinite date (but the sooner the better, as I don't know when this offer expires) you can get a FREE membership (giving you a 15% discount on all Shaklee products and if you put your Vitalizer and/or anti-aging Vivix on autoship, you get a 25% discount - that's a huge savings per year and is the plan I'm on. ) with Shaklee if you simply purchase one Vitalizer - that's a one month supply of this powerful and complete vitamin/mineral formula that's been helpful to me and so many clients. You'll see there are various formulas depending on gender and age, until you are 50+ and then it's the Gold formula for everyone. Clicking on any formula box, will give you details on the formula.

Go here to get your Vitalizer and the free membership: <http://strc.myshaklee.com/us/en/category.php?main_cat=Nutrition&sub_cat=Foundation>

Shaklee has so many natural, non-toxic, safe and absolutely great products - for health, household cleaning, body and bath, etc. One of my favorites is their Basic H2. It's highly concentrated cleaner - 2 drops in 16 oz. water cleans all glass and windows - 1/4 tsp. to 16 oz. of water for floors, countertops, etc. (similar to 409 cleaner which is toxic) It's so safe you could drink it. Put the dirty water on your plants - they love Basic H! Look here for more info. <http://strc.myshaklee.com/us/en/products.php?sku=00015> Remember how vital it is for ANYONE with a neurological disorder to eliminate all toxins from their environment!! We don't need to be spending good money on products from the store that do neurological damage as so many do!

Item #2. Full disclosure - after trying so many things for sleep that helped a little but still left me with several nights a week of 4 hours at best of sleep, I gave up, gave in and am back on Unisom. I use the generic (store brand that says "compare to the ingredients in Unisom") - take one tablet at bedtime and now get a predictable 7 t 8 hours a night. True it has trace amounts of Benadryl but I haven't honestly experienced any downside - whereas 4 hours of sleep a night was horrible and making my muscles ache. I feel so much better now getting 7 to 8 a night. So I pass this on for your information.

Item. #3 I wanted to remind you that a former client Henk, who's short video is on our homepage, used to wear his Obusforme. It was a trick he used to keep his head straight. As long as he had his Obus on with the pillow, his head would straighten out - when he took the Obus off, his head would twist. He's now in recovery mode. The more we can somehow trigger our head to be straight, the more we build muscle memory for normal. So it's just an idea, but here are a couple of photos. He'd secure the cords in front with a small bungie cord. Maybe this will help someone. Cheers, Abbie

 