Triple Defense Boost Immune support

Description

flavored powder mix. Stir in hot or cold water to so you can power your immune system.

Triple Defense has vitamin C, zinc, vitamin D,

plant-based adaptogens, (yeast Beta-Glucan, Reishi Mushroom extract, Ginseng root extract) elderberry, echinacea and Quercetin, all of which support, boost and defend your immunity. These ingredients play a critical role in boosting the Natural Killer cell activity by 3x and increasing lymphocytes by 5.8x. Good news for your immune function.

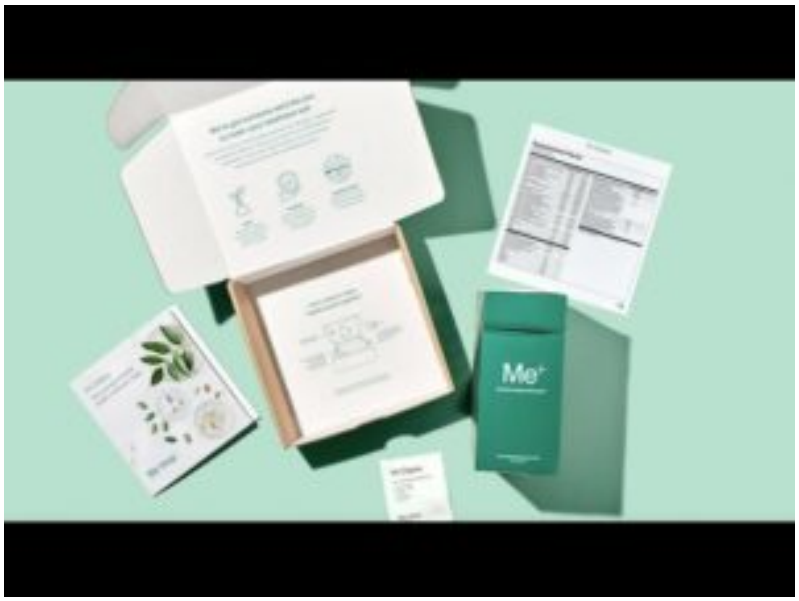
end of Triple Defense Boost and Energy tea. Yum my.

The wonderful energy teas you rely on–Green tea, Pomegranate Green tea–have a new fla gy tea. Delicious.

W hat if you could design a personal supplement plan?

Now, you can.

Me+ology: Design a Daily dose of exactly what you need to thrive so you take the guess work out of your program for a healthier lifestyle. Use the assessment tool Shaklee scientists have developed to reveal what you need and why in the way of supplements. The tool considered over a 1,000+ factors including your age, gender and life stage, your health goals, your diet preferences and sensitivities, your health, your life-style, your medications, your family health history, what you eat, your nutrient needs and how everything mentioned affects each other, so your plan fits you.



Once you have a simple path forward and pick a plan essential to your needs, you order a month's supply of the nutrients and they come pre-packaged in a little pouch with your name on it: Hi, Betsy, Your personalized supplements. *I love it. My assessment was right on.*

Go to my website www.HiHoHealth.com and click on the Meology personal plan.

From the Heart…..

The smoke got to me, even put me to bed. My whole digestive system went haywire. I'm on the mend now, but not without the help of a Gastroenterologist at the Polyclinic and a NAET acupuncturist to help re-balance my system. I'm grateful for both conventional medical and alternative health care. I hope you all are fortunate to live where you can take advantage of both kinds of interventions when you suffer from dis-ease.

How are you doing with the virus and sheltering with your chosen pod of family and friends? What are you missing most? I miss going to music venues like the Opera, the Seattle Symphony, and the theater. The artists are doing what they can to bring entertainment to us, but Zoom can become tiresome, especially if you have many online meetings, appointments, social or work related events. There is nothing like dressing up, going out to dinner and to a show.

My garden has been my solace. Close friends have gathered around the fire pit for food and drink and conversation. Once we sat under individual umbrellas while the logs hissed. It will be harder as the weather drives us indoors. Be well, dear Ones.

If you would like to be in touch with me on a regular basis, please subscribe to my face book page. I do a less-than-ten-minute health tip every Thursday morning live at 8:30 Pacific Time. It can be watched any time after that. I would love to hear from you.
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