



SUNSHINE

The Publication for Nature's Sunshine Managers & Associates

March/April 2007

TODAY

Be Kind To Your Liver

*Helping your liver stay
healthy and functional*

Liver Health And Weight Loss

Is there a link?

3 Amigos

Win, Place & Show

*Plus NSP's Top 20
Products for 2006*

Breathe Deep Respiratory Health



**ASK SUNNY
& Find Sunny**
See page 11

Conference Promo • Smoothie Recipes • AromaPlus Spring Cleaning



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Please direct your submissions or comments to: Jeff Harmon, Editor 1-800-265-9163.

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Nature's Sunshine Products of Canada Ltd.
90 Walker Drive, Unit 1
Brampton, Ontario
L6T 4H6
(905) 458-6100 • Fax (905) 458-8881
Administration: 1-800-265-9163
www.naturesunshine.ca

Customer Service:
1-800-265-9163
Fax 1-800-822-4884
canadacustomerservice@natr.com

Medical Disclaimer

Nothing written or portrayed in this publication should be taken as prescription, diagnoses or a substitute for consultation with a competent health professional. It is advisable to seek the advice of your doctor concerning any ailment or when starting a supplement program.

Management Staff

Garry Ford	General Manager	Ext 3901
Spence Masson	Director of Science and Technology	Ext 3903
Jennifer Cole	Director of Marketing	Ext 3902
Sohil Mansuri	Director of Finance and Administration	Ext 3905
Connie Jefferson	Operations Manager	Ext 3904
Stasha Rowsell	Sales Support Manager	Ext 3910
Santina Mandarino-Zordan	Product Admin. Assistant	Ext 3918
Morenike Marcus-Jones	Field & Customer Service Coordinator	Ext 3906
Milly Deaken	Marketing Assistant	Ext 3919
Robert Levert	Quebec Liaison	1-888-325-4372



MEMBER
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2007 unfolds with promise and excitement



By the time you read this edition of *Sunshine Today* we will already be into the middle of March. Time sure flies, doesn't it? (I actually wrote this article to you on January 25th.) By now, you will probably be aware of some of the investments we have made to help you further build your business this year. Let me give you some examples:

For a start, we have engaged the services of two highly qualified and professional consultants to create new training programs and material for your use. Jennifer Beale has been providing some great training regarding public relations and securing media attention for your business. Already we have had positive feedback from the very first conference call with Jennifer.

Sheila Hercules, on the other hand, has been working to upgrade and enhance our Sunshine Hours and Slimming Club programs. A number of you have already benefited from her training calls and personal coaching. We plan to increase this support throughout 2007. Home presentations are one of the best and most cost-effective ways to introduce new people to NSP.

In addition to our investment in the services of these two experts, we are

also working to develop the best leadership development program available in Canada today. Wait till we launch it and then tell us what you think. We are aiming for a conference launch (the Mike and Garry show).

In April we are testing a great business-building weekend in Ontario. Once we are sure we have it perfected, we will offer it to other parts of the country. All of my staff and local Managers who are involved are very enthusiastic about the concept and its potential for helping their business.

All of these initiatives are in addition to ongoing programs such as the Producers, Rising Star, Bronze Academy, Leadership trip and TAC.

So, as you can see, 2007 is going to be a fabulous and very busy year in NSP Canada. I hope that you can see yourself in this picture of a successful company on the move. We value your partnership to date and pledge ourselves to keep on doing our best to help you succeed in all your endeavors in 2007. Can we count on your continuing partnership too?

See you at the top!

Garry Ford
Garry Ford
General Manager
NSP Canada

News & Tools

What's new for the web



The following forms are now downloadable from the Member Services section of the website:

- Autoship Form
- Lifestyle Analysis (NEW)
- Sunshine Bucks redemption Form
- Sunshine Bucks Rewards Brochure
- Sunshine Direct Price List
- Sunshine Direct Order Form

Also, available for download in the Member Services Section is the Public Relations information from Jennifer Beale's conference calls.

Hour of operation

Friday, April 6th closed for Good Friday
Monday, May 21st closed for Victoria Day



Natural Earth Racing team rides again in 2007 with NSP sponsorship



Nature's Sunshine, Canada is once again sponsoring the Natural Earth Racing Team of BC as it competes on the world cross-country cycling stage. With the help of NSP nutritional supplements, the 2006 season was the best in Natural Earth Racing's 10-year history. Congratulations!

This year the team is expanding its roster of riders with the addition of four new cyclists. Two hold world championships and two are national and provincial champions.

We wish the Natural Earth Racing Team all the best in 2007.

MADD Dufferin chapter receives a New Year's donation from NSP

Over the Holiday Season Nature's Sunshine, Canada ran a fund raising program in support of Dufferin County Mother's Against Drunk Driving (MADD) organization. During December, 50 cents was donated from every bottle sold of large Liquid Chlorophyll. In the end we donated \$672.50 to the cause of impaired driving awareness. Congratulations and thank-you to all who purchased the large Liquid Chlorophyll during this program.



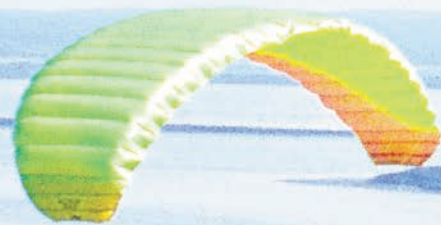
Photo: Connie Jefferson, Operations Manager at NSP and committee member of MADD Dufferin, presents a cheque for \$672.50 to MADD with Orangeville police and Dufferin County OPP.

Congratulations to the following who earned the Leadership Cruise 2006 to Mexico

Garry & Carol Ford, Jennifer Cole & Jane Harmon, Burke & Christina Hedges, Ramila & Megs Padiachy, Carla-Lynn, Heather & Angela Brown, Hans & Marlene Pietschmann, Lynne Kildaw & Ean Langille, Tracy & Brent Arnholtz, Deanna Burgess & Cheryn McInnes, Behrooz, Elaine & Theodore Tahrirha, Penny & Powell Slimmon, Rhea Goudreau & Marilene Perreault and Eugene Orr.

2007 Location

Rise to
New
Heights



Château
Mont·Sainte·Anne
Resort Hotel & Spa · Quebec



Announcing:
CONFERENCE 2007 QUALIFICATIONS

Begin earning qualifications as soon as October 2006

Conference Dates: September 20th-22nd 2007

Qualification Period: October 1st, 2006 to July 31st, 2007

Attend for FREE

Earn 3 nights accommodations plus FREE Conference registration for 2 by accumulating 12,500 PGV over the promotion period.

Travel for LESS

Earn 2 Credits towards a Travel Allowance when you accomplish any of the following (to a maximum of 6 credits per account):

- A. Every 5 sign ups with 300 Accumulated PV within 3 months= 2 credits
- B. Breakout a NEW Manager that maintains for 3 consecutive months= 2 credits
- C. Personally rank advance (by the end of the qualification period)= 2 credits

Earn to a total of 6 credits and receive a \$400 travel allowance.

2 Credits = \$100
 4 Credits = \$250
 6 Credits = \$400

PV transfers do not count towards this promotion. Travel allowance only redeemable if attending Conference.

Join us for some
4-Star Luxury



Attitude is everything

People who say that, "attitude is everything" are right. Your attitude toward your business, your goals, and your personal life has a lot to do with the outcome you will achieve. Think of someone whom you admire. Did this person overcome adversity in his or her life? What is his or her attitude toward difficult situations? Those people we respect and admire are usually people with positive attitudes. Even when there are obstacles in the way of success, these people find a way to overcome adversity and thrive. There is incredible power in having a positive attitude. When you are positive, you inspire those around you to be positive as well. A positive attitude motivates everyone you come in contact with to accomplish more and believe in him or her self.

That is why positive attitude is such an important quality of a great leader. Leaders who have this trait are able to inspire their teams to achieve incredible goals and create success. As we begin this New Year, I would like to encourage each of you to cultivate a positive attitude. Make attainable goals, write them down and do whatever it takes each day to achieve them.

Here are 6 simple but powerful strategies to help you become a more positive person:

1. Wake Up Happy. We begin each day with a "clean slate" in front of us. Even if you didn't get as much accomplished as you wanted to yesterday, you can still make today one of your best days yet. Wake up with a positive attitude. Now get out there and "Make it Happen!"
2. Be Healthy. You represent a line of high quality health supplements. Use them each day. When you feel energized and healthy, your attitude will be more positive, plus you'll



enjoy life that much more.

3. Use positive language. Make sure that your thoughts and words are optimistic and encouraging. The language you use, whether spoken or not must be positive if you want to maintain a positive attitude. Whatever language you use affects those around you either for bad or for good.

4. Look For The Good. There is something good in almost every situation you find yourself in or person you meet. Let people know when they



Bryant J. Yates
President, International

do something helpful or good.

5. Expect The Best Of Yourself And Others. Believe that you can achieve the goals you set for yourself. Let others know that you believe in them as well. Encourage those around you to strive for greatness.

6. Associate with positive people. Have lunch with someone who inspires you or read an inspiring book. Limit your interactions with negative people. Negative people will drain you of your energy and optimism.

You can alter the course of your life by altering your attitude. Nothing can stop a person with a positive mental attitude from achieving their goals. On the flipside, nothing can help a person with a negative attitude. Commit yourself to starting off each day with a positive attitude.

All the best,

Bryant J. Yates
President, International

Bryant Yates: New President of NSP International

Nature's Sunshine, Utah, has announced the appointment of Bryant Yates to the position of President, NSP International. From 1999, Bryant managed the Russian market, and then in 2005 was given responsibility for all of the European markets plus Israel. In 2006 Bryant was made Executive Director of the International Division. Due to his success in overseeing these markets, in January 2007, he was promoted to the position of President, International. We in Canada appreciate Bryant's leadership and are committed to his vision of keeping NSP a global leader in nutritional supplements. As you get to know Bryant through Conferences and his occasional visits to Canada, we are sure that you will appreciate his leadership and genuine personal qualities. Bryant resides in Utah with wife, Kina, and their three children.

12 Steps to Leadership Recognition

Congratulations... December 2006 winners of the 12 Steps to NSP

Leadership program. Congratulations to the following people for earning \$100.00 by completing Step 3 of the "12 Steps to NSP Leadership" program. This was earned by meeting or exceeding the given PGV goals for month 1 – 350 PGV, month 2 – 550 PGV and month 3 – 750 PGV:

Name	Sponsor
Rose Evans	Heather & Ken Shaw
Linda Breceovich	Betsy Vourantoni
Christiane Lee	Diane McLaren
Kathryn Eveson	Dryden Grieve
Nicola Brown	Heather & Ken Shaw
Deborah Robichaud	Lorena Golke & Terry Lefor
Kathy Terpstra & Kym Riley	Fergus Millar & Sandra King
Diane & Bruce Edwards	Marie & Levi Marchand
Robyn Service	Vivian & Rob O'Neill
Michelle Bigelow	Daniel Drost
John Fair	Vivian & Rob O'Neill
Carol & Jake Braun	Abe & Anna Fehr
Gayla Kaufman	Vickie Jane Coatsworth

The following have earned \$300.00 for completing Step 6 by meeting or exceeding the given PGV goals for month 4 – 950 PGV, month 5 – 1150 PGV and month 6 – 1350 PGV and the sponsor for their successline completing the 6 steps:

Name	Sponsor
Carolyn Goodfellow	Sheila Boese
Sarah Green	Ramila & Megs Padiachy
Jackie Gutz	Lynn & Peter De Bruyn
Marie Sperling	Lynne Kildaw & Ean Langille
Lorraine Thomson	Hans & Marlene Pietschmann
Diane Jendrick	Anne Irwin
Eva Welska	Barbara Bednarczyk
Elsie & Carl Johnston	Marie & Levi Marchand

The following have earned the "Dr. Mom – Dr. Dad" course by Steven Horne and Kim Balas for completing Step 9 by meeting or exceeding the given PGV goals for month 7 – 1450 PGV, month 8 – 1550 PGV and month 9 – 1650 PGV.

Name	Sponsor
Fergus Millar & Sandra King	Brenda Whan
Kim Collins	Laurie Meddings

The following have earned the **2007 Conference Package** (Registration for 2 and 3 nights accommodation) for completing the 12 steps to NSP Leadership program:

Name	Sponsor
Marilyn Jansen	Heather & Ken Shaw

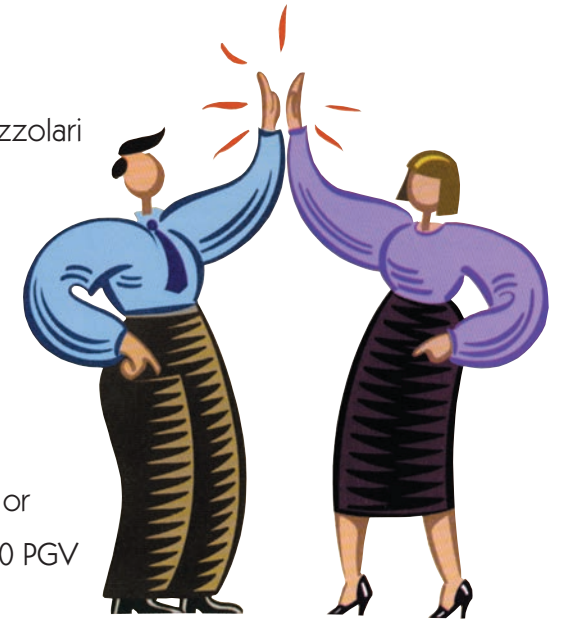
Congratulations... January 2007 winners of the 12 Steps to NSP

Leadership program. Congratulations to the following people for earning \$100.00 by completing Step 3 of the "12 Steps to NSP Leadership" program. This was earned by meeting or exceeding the given PGV goals for month 1 – 350 PGV, month 2 – 550 PGV and month 3 – 750 PGV:

Name	Sponsor
Christine Ng	Rob Tomilson & Silvana Fazzolari
Keith Bergerson	Donna & Burt Gaynor
Judith & Douglas Barr	Helen & Ron Biffert
Sabrina Sibio	Diane McLaren
Francine Lewis	Lise Harbeck
Francine Jean	Nicole Bellerive

The following have earned \$300.00 for completing Step 6 by meeting or exceeding the given PGV goals for month 4 – 950 PGV, month 5 – 1150 PGV and month 6 – 1350 PGV and the sponsor for their successline completing the 6 steps:

Name	Sponsor
Lorah Breeuwsma	Carol Nilsson
Marge & Abe Krahn	Florence & Brian Dyck
Kimberly Edmundson	Rob Tomilson & Silvana Fazzolari
Marie Desjardins	Lise Harbeck



Be kind to your liver

And it will last you a lifetime

Weighing in at almost three pounds the liver is our largest internal organ. It's also a workhorse, performing over 500 chemical functions. Without it we would die in 24 hours.

Yet for all the liver does and must do to keep us living and healthy, it remains overlooked and largely abused by our modern diet and lifestyle practices.

As science learns more about the liver it is becoming apparent that it is a highly metabolic organ largely responsible for our overall health and longevity. To illustrate, here is a short list of liver functions:

- Converts food into stored energy (glycogen) for fuel
- Converts food into chemicals necessary for the functioning of the entire body
- Detoxifies medications, environmental pollutants, toxins, poisons, xenoestrogens, and alcohol and then processes them for removal
- Regulates blood sugar levels
- Breaks down ammonia and creates urea for elimination by the kidneys
- Creates bile to metabolize fats and allow the absorption of fat-soluble nutrients
- Manufactures more than 1000 different enzymes, blood, clotting factors, and proteins
- Hormone regulation and metabolism
- Hormone conversions (ie, thyroid hormone)
- Manufacturing approximately 50 percent of the body's cholesterol

As you can see by the list of functions, the liver is no slouch. However, all this activity makes it highly susceptible to damage. For this reason, liver tissue has the amazing ability to regenerate itself to keep functioning. But like anything, work it too hard and eventually it will wear out. And this is what we are seeing today: more and more, seemingly healthy people have the signs of poor liver health.

At the root of this is poor diet and a sedentary lifestyle. Next, sheer abuse of the liver by alcohol, medications, processed food and environmental pollution. Eventually, the older we get the less the liver is able to rejuvenate itself, and we become more susceptible to liver disease.

A seriously damaged liver develops a condition called cirrhosis. Cirrhosis develops when normal liver tissue is replaced by scar tissue. Scar tissue distorts the functioning of the liver and restricts the flow of blood. Aside from liver abuse, diseases such as hepatitis B, C and D, autoimmune liver disease and genetic/inherited conditions can also result in cirrhosis.

Another liver condition is called fatty liver. Unlike its name, fatty liver has nothing to do with eating too much fat. The condition involves excess fat inside the liver cells. Leading causes include low protein diets, poor nutrition, starvation, hormone disorders, obesity and alcoholism. Fatty liver is associated with large amounts of free radical formation, inflammation of the liver, and if not corrected, eventually serious life-threatening liver disease.

Being kind to your liver means understanding how it works, avoiding those activities that harm it, and supplying it with the right nutrients for optimum

The 4 Stages of Detoxification

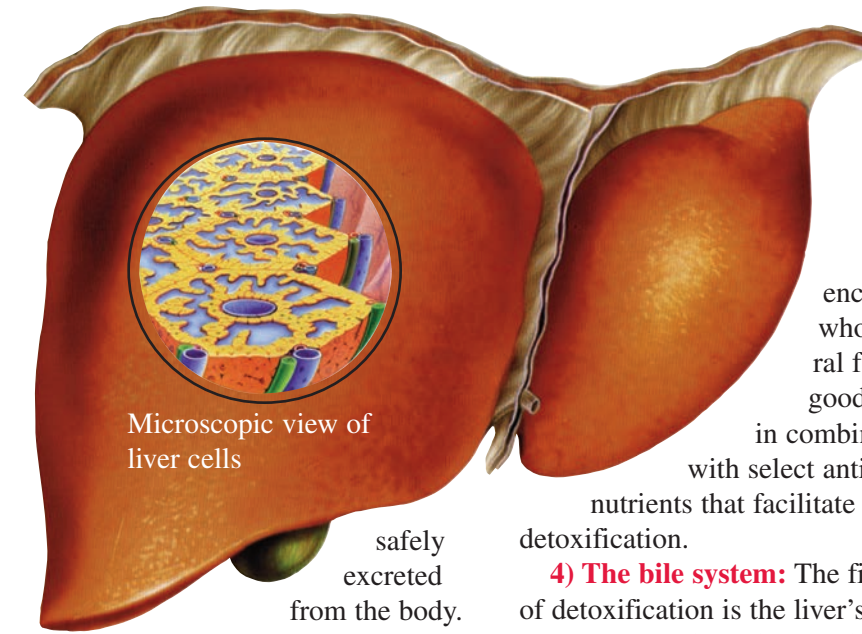
Every moment your liver is busy working like a chemical factory and filtration/removal plant for the body. Removing both internal and external toxins and cleaning the blood involves a four step process. Each step is highly dependent on diet and lifestyle factors:

1) Filtration: Approximately two quarts of blood are passed through the liver for cleaning every minute. This important filtration process removes toxic substances and bacteria that enter the blood. Once all these substances are removed, the filtered blood returns to general circulation.

2) Phase I detoxification: The liver uses a two-step enzymatic process (Phase I and II) to neutralize undesirable substances (i.e. medications, pesticides, herbicides, fertilizer, hormones, artificial sweeteners, MSG, birth control pills, alcohol, etc.). First, the Phase I enzymes (known as the cytochrome P450 system) either directly neutralize the toxins or prepares them for neutralization by Phase II.

However, according to nutrition researcher Brad King, if the liver is not healthy this process can do more harm than good. "The drawback to this first system is that in order for Phase II enzymes to be able to render the original toxins harmless to the body, the Phase I enzymes must first convert them into highly reactive chemicals—including destructive free radicals—that are even more damaging to the body than the original toxins."

3) Phase II detoxification: In order to neutralize the newly formed toxins from Phase I, the Phase II enzymes, with the help of the antioxidant/enzyme glutathione, bind to the toxins and render them harmless. Once neutralized they can be



safely excreted from the body. "If the liver can't use the Phase II pathways," says Dr. Marianne Lablanc, M.D., of Optimal Health Solutions in Vancouver, "bioactivated intermediates can accumulate and be more harmful to the body than if no detoxification had taken place at all."

If the diet is high in phytonutrients, Phase II can efficiently neutralize toxins and eliminate them. It is the pres-

ence of whole natural foods and good protein in combination with select antioxidant nutrients that facilitate efficient detoxification.

4) The bile system: The final phase of detoxification is the liver's production and secretion of bile. Bile detoxifies the body by literally carrying excess toxins through the intestines for elimination. Bile is also responsible for emulsifying dietary fats and fat-soluble vitamins for proper digestion and absorption in the small intestine.

Don't neglect the health of your liver With the overwhelming amount of

toxins the liver has to process every day it's easy to see how it can become overwhelmed. When your liver becomes over-stressed, it affects every organ in the body.

But there is a lot you can do to strengthen and protect the liver. Turn to page 10 for a description of food and supplements that will keep your liver functioning properly and your friend for a lifetime.

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The link between liver health and weight loss

A healthy liver not overloaded with toxins can be the body's most efficient fat burning organ because it is so highly metabolic. Many studies have demonstrated a direct link between obesity, liver health and weight loss. To determine liver health researchers measure the levels of certain enzymes within the liver. Elevated liver enzymes are usually taken to indicate poor liver function and in many cases are associated with excess body fat. Here's a round up of some of the research:

- In an assessment of liver health in 534 moderately obese (30-50 percent over their ideal weight) non-drinkers 24 percent had abnormal liver enzyme levels and 47 percent had fatty livers (hepatic steatosis). This study clearly indicates that moderately obese people frequently suffer from liver dysfunction and don't know it.
- At the Occupational and Environmental Health Research Group at Stirling University in Scotland researchers found evidence that the body's metabolism does not function properly in obese people. They went on to conclude that human exposure to synthetic, organic and inorganic chemicals were damaging many of the body's weight-control mechanisms, especially the liver.
- Research from the University of Occupational and Environmental Health in Kitakyshu, Japan studied liver function and obesity in 1,591 people over a 10-year period. Their conclusion was that "obesity is more closely related to liver dysfunction than to any other abnormalities."
- Researchers from the University of Rochester School of Medicine and Dentistry in New York discovered that elevated liver enzymes are frequently found in healthy obese people.
- Russian researchers demonstrated that when people lose a considerable amount of weight their liver health and function improves. Patients who lost 54 percent of their excess body weight by following a high protein diet showed the most improvement. (Source: Fat Wars Chronicle, November 16, 2004, info@fatwars.com, by Brad J. King)

Healthy Liver Supplement Guide

Water: Water carries toxins and detoxification byproducts through the system and out of the body. Drink at least eight glasses of filtered or pure water a day. Avoid chlorinated and fluorinated water as these chemicals are a burden on the liver.

Cruciferous vegetables: (The SynerPro supplement line contains a plant-based concentrate that includes cruciferous vegetables.)



To strengthen your production of detoxifying enzymes, include plentiful amounts of cruciferous vegetables such as broccoli, cauliflower, kale, Brussels sprouts, cabbage, etc. They are high in a substance called sulforaphane which is important for converting toxins into nontoxic substances in Phase I and II of the detoxification process.

Spice it up: (The SynerPro supplement line contains the spice turmeric. LIV-A contains turmeric plus the liver-supporting herbs dandelion, artichoke and more.)



Include spices in your cooking or take in supplement form such as ginger, garlic, and turmeric. All these contain compounds that protect liver cells from damage and are potent antioxidants. For example, turmeric is an effective regenerative liver tonic. It boosts the synthesis of glutathione, a primary liver antioxidant/enzyme. Ginger has been found to be protective against alcohol-induced damage to liver tissue. And garlic has a powerful antioxidant effect that protects liver cells from free radical damage due to its high selenium content.

Heavy Metal Detox:



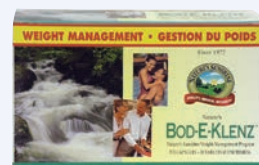
This is a primary herbal/vitamin combination for liver health. All its ingredients work synergistically to protect liver cells and help in regenerative processes. Of note is N-acetyl cysteine and L-methionine—both amino acids necessary for the production of glutathione, the body's master antioxidant/enzyme that is vital to detoxification and protection of the liver. Next is alpha lipoic acid which effectively strengthens the liver's antioxidant defenses and stimulates the production of new liver cells. Only use for a limited period of time with rest periods.

Milk Thistle:



In alternative health, milk thistle (silymarin) is used extensively to support, protect and regenerate the liver. The success of milk thistle is partly due to its antioxidant protective potency and partly because it stimulates the regeneration of liver tissue. In a review of clinical studies using milk thistle, Dr. Daniel B. Mowrey, Ph.D. writes: "Not only will milk thistle arrest the course of the disease, but it will stimulate individual liver cells to become sites for local regeneration of liver tissue. Over time, complete restoration of the liver is possible."

Herbal cleanse (Bod-E-Klenz):



Bod-E-Klenz accelerates weight-loss by stimulating the body's own digestion and elimination processes to begin ridding itself of unwanted buildup, and activates body systems for efficient metabolism of proteins and carbohydrates. It's an ideal cleanse to rid the liver of fatty buildup. This 30-day cleansing program includes herbs, vitamins and minerals that are time-honoured in supporting liver health—which includes: dandelion, ginger, turmeric, blessed thistle, goldenrod, and the mineral selenium, to name only a few.

Chlorophyll:



Chlorophyll is the green pigment in plants that is a result of the energy-producing process known as photosynthesis. Reported health benefits of this green substance include liver health, elimination of body odour, cleansing of the digestive tract and neutralizing of toxins. Because chlorophyll from green plants has the ability to directly neutralize toxins, it reduces the detoxification load on the liver and has a general mild strengthening effect.

Liver and Gallbladder Flush

An at-home, 3-day liver and gallbladder flush

Adapted from *Age Defying Diet* by Dr. Robert C. Atkins, M.D.

Do not perform if you have known liver disease

1. From Monday until noon on Saturday, eat your normal diet and take your usual supplements. In addition, drink as much fresh lemon juice as your appetite permits. Dilute it with pure water to taste and sweeten it with stevia.
2. Eat a normal lunch at noon on Saturday.
3. Three hours later, dissolve 2 teaspoons of sodium diphosphate (milk of magnesia) as a laxative in one ounce of warm water. You may substitute the milk of magnesia for two serving of the NSP's herbal laxative LBS II.
4. Repeat step 3 two hours later.
5. For your evening meal, have only fresh grapefruit, grapefruit juice, or other citrus fruits or juices.
6. At bedtime, have either 4 ounces of unrefined olive oil followed by 6 ounces of grapefruit juice, or 4 ounces of unrefined olive oil blended with 4 ounces of lemon juice.
7. Follow step 6, go immediately to bed and lie on your right side with your right knee pulled up close to your chest. Maintain that position for 30 minutes, then go to sleep.
8. The next morning, before breakfast, take 2 teaspoons of milk of magnesia or LBS II in 2 ounces of warm water. From now on, continue with your normal diet and supplements.

To know if the cleanse worked you should notice small, light-green, irregular shaped objects in your stool the next day. Don't be alarmed as this is normal.



ASK SUNNY!

Got a question or a comment? Submit your questions or comments to **ASK SUNNY** and we'll answer them. They might even end up in *Sunshine Today!*

Find Sunny

Win your way to a FREE gift.

This issue of the *SUNSHINE TODAY* contains a hidden picture of **Sunny**, the *Sunshine Today* mascot!

When you spot **Sunny**, fill out the ballot and return it to Nature's Sunshine. Each correct ballot will be placed in a draw where 20 winners will receive free shipping of one order. The draw will take place on April 15th 2007.

Don't miss your chance to WIN!



I Found Sunny

Name: _____

Address: _____

City: _____

Province: _____ Postal Code: _____

Telephone: _____

Account #: _____

email: _____

Fax#: _____

I found Sunny on page: _____

March/April 2007

Join the Whole Superfood Lifestyle

Begin incorporating whole superfoods into your diet and enjoy radiant health. When you make whole superfoods one of your daily meals, you ensure you're receiving the very best in nutrition. Since breakfast is the most important meal of the day, make it a whole superfood meal.

Nature's Gold Weight-Loss & Detox Program

A 2-3 month program to release the toxins and eliminate unwanted fat.

First, you will need to be on the Nature's Gold Level I for at least 2-3 months and up to 2 heaping tablespoons per day. This helps with releasing the toxins and starts the healing process.

Next, move on to the Nature's Gold Fast program. Increase the Nature's Gold intake to three heaping tablespoons (Level I) three times per day and only eat if hungry (raw vegetables and fruit preferably). Drink at least 8 glasses of filtered water, with lemon. Try to stay on this for about two weeks.

Then add to Nature's Gold a smoothie drink:

- 1 tablespoon of raw flax seed (ground before mixing)
- 8 ounces of soy milk or yogurt
- 1/2 a cup of berries or fruit of your choice or Zambroza
- 1 Tablespoon of raw unpasteurized honey
- A serving of NutriBurn Whey Protein

Blend all the ingredients for about 10 seconds. This smoothie can then be added to the daily routine and be taken three times a day until your weight stabilizes (about another three to four weeks).

Again, only eat if you are feeling hungry. After this time the addition of other foods can be incorporated into the diet and reduce the smoothie down to once or twice a day. You should notice mild allergic reactions when you start to consume other foods. You may also notice that some of the foods you previously enjoyed now don't appeal to you. This is simply your body telling you you don't need these foods.

An adaptation from a program developed by the inventor of Nature's Gold, Ken Campbell.

Morning Protein Power Shake

"Let us get one thing established right from the beginning. A great day depends upon a great breakfast and high-octane fuel as healthy food all day long."

—Sam Graci, nutrition researcher

Here is a protein breakfast smoothie that is a variation of one developed by nutrition researcher, Sam Graci, for gold-metal olympic athletes:

- 8 oz water, soy milk, hemp milk or rice milk
- 2-4 heaping tablespoons of low-fat yogurt
- 1 complete serving of NutriBurn Whey Protein
- 1 full cup of blueberries, blackberries, raspberries or a serving of Zambroza
- 1 serving of LOCLO fibre supplement, GreenZone or ground flax seeds
- 1 tablespoon of organic extra virgin olive oil

Add Super Oil supplements to provide your body with the necessary essential fatty acids for cell membrane health, reduced inflammation and improved mood. Also, take whatever other supplements you are currently taking. You've just started your day off with a highly nutritious, low glycemic, low calorie, energy breakfast.



Spring Cleaning Nature's Way

Two simple cleaning recipes for your Spring cleaning



Bathroom and Kitchen tile cleaner/disinfectant

- 2 capfuls of NSP Concentrate
- 10 drops of Lemon essential oil
- 7 drops of Grapefruit essential oil
- 15 drops of Tea tree essential oil
- 2 gallon of hot water

Instructions: Pour the NSP Concentrate into a large bucket. Begin adding hot water from the faucet, and then drop in the essential oils. This recipe is effective for tile and linoleum floors, and tile and solid surface countertops. For laminate countertops, reduce the amount of essential oils.

Antiseptic Spray for Surfaces

- 15 drops of Pine Needle essential oils
- 10 drops of Peppermint essential oil
- 5 drops of wild Oregano essential oil
- 2 tablespoons of vodka, witch hazel, or vinegar
- 3 oz of distilled water

Instructions: Dissolve essential oils in vodka, witch hazel, or vinegar in a spray bottle. Add water. Shake well before using. Keep out of reach of children.

AromaPlus Circle of Excellence

(AromaPlus Presenters attain Circle of Excellence Membership by holding a minimum of five personal Sunshine Hours with at least \$1500 average per month in retail sales from parties beginning in January 2007)

December 2006

- Chase Wong
- Dee Johnson
- Donna Roth
- Ean Langille
- Elaine Palchinski
- Helga Lambrecht
- Jennifer Penner
- Marilene Perreault
- Nancy Giesbrecht

January 2007

- Dee Johnson
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- Susan Roth



Science Talk

with Spence Masson B.Sc., Director of Science and Technology



While I'm usually writing about heart health and cancer at this time of year (February is Heart Health Month and March is Cancer Awareness Month), I wanted to focus on something positive and share some good news with you this time. I have just completed an analysis of our product sales for calendar year 2006, and find myself quite pleasantly surprised at the results.

Many of you ask what our top sellers are. For the year 2006, I am pleased to report that Zambroza is #1, Large Chlorophyll is #2 and Nature's Gold is #3. These are based on dollar figures, and also considering Nature's Gold Levels I and II together.

What is so pleasing to me with this result is that it illustrates what a little focus can do. We only started with the idea of The 3 Amigos in the spring of 2006, and to increase the focus on

these key products, we developed two packs that combine them — the 3 Amigos Pak #1 (with Nature's Gold Level I) and the 3 Amigos Pak #2 (with Nature's Gold Level II). As you know, the two packs are offered at a 10% discount over the regular purchase price of the three individual products in each pack. So, with the focus that many of you in the Field have put on these three products, and with the additional home office support of the discounted packs, sales aids, written articles, and talks at guest appearances, Super Saturdays and other events, together we have achieved a sales breakthrough and

made The 3 Amigos our top three selling products!

It would also be appropriate at this time to focus on the health benefits

of these three products. If you think a little bit about Zambroza, Chlorophyll and Nature's Gold, you'll see that they are all really just foods. Granted, they are foods with some particular health benefits, and in the case of Nature's Gold, can be considered a SuperFood, but they are still foods at the core of their essence. This means these products are safe to take each and every day. When people ask you how long can these products be taken, the best answer is another question—How long do you want to stay healthy?

To help your focus, I'll draw your attention to the most basic level of health benefits of The 3 Amigos:

Zambroza—a blend of several dif-

ferent fruit juices, offering you a wide range of protective compounds from plants, as opposed to the major competitive brands in this category, which are all based on a single fruit.

Zambroza is a potent antioxidant, a strong anti-inflammatory, and a powerful immune booster.

Chlorophyll—the liquid essence of plants; we've also referred to it as "Nature's Green Sunshine." An overall health tonic and internal cleanser.

Nature's Gold—a 97% digestible super food chock full of live enzymes and vital nutrients from plants. It starts to work right away by aiding the intestine in repairing and regenerating its internal lining, thereby improving your absorption of nutrients from

foods and herbs. Over time, the increased nutritional status within the body has the effect of aiding bodily repair processes.

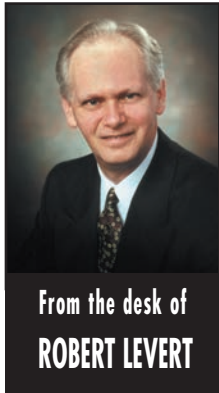
I heard a question the other day that I feel compelled to share with you because it is based on complete misinformation. Someone stated they had heard that people with blood type O cannot take Nature's Gold. This is absolutely NOT the case. We have never said that. What we have always said is that Nature's Gold is suitable for everyone, and that everyone should start slowly on Level I, but that those with blood type O seem to be able to tolerate the higher protein in Level II, and they can start (at low doses) right away on Level II. Please share this information with your clients and customers, so that this erroneous myth is dispelled right away.

In closing, I'd like to present to you the Top 20 products at Nature's Sunshine for the calendar year 2006. Remember that the order of these changes from month to month, but this is the result for all of last year:

1. Zambroza
2. Liquid Chlorophyll 946 mL
3. Nature's Gold (Levels I plus II)
4. Stress Formula
5. Digestive Enzymes
6. MC
7. Acidophilus Bifidus
8. Adrenal Support
9. Super Oil
10. Garden Essence
11. Super Vitamins and Minerals
12. Bod-E-Klenz
13. Psyllium Hulls Combination
14. LBS II
15. Cal-Mag plus Vitamin D
16. Paw Paw
17. Essential Liquid Minerals
18. SynerPro Cal-Mag
19. CoQ10
20. Bifidophilus Flora Force

2006 Top 20 Products





From the desk of
ROBERT LEVERT

There's nothing like a good breath of fresh air! But do you really appreciate your respiratory system for doing such a fine job?

Do you know how your respiratory system works? Do you know what it

needs for optimal health and efficiency?

The respiratory system supplies the body with oxygen, enabling the body to produce energy. The body's upper respiratory system (nose, sinuses, larynx, trachea) is responsible for filtering, humidifying and warming the incoming air to facilitate the exchange of gases in the lungs. Inside the lungs,

surround the chest cavity to protect the lungs and the heart, and assist in the motions of breathing.

When blood travels around the body, the oxygenated blood is in the arteries, and the deoxygenated blood is carried back to the lungs to pick up more oxygen and release carbon dioxide in the veins. Every cell in your body needs oxygen to produce energy.

The health and vitality of the lungs is not only important for the body to obtain oxygen, but the lungs are also a channel of elimination. If you have a respiratory problem there will be extra pressure on the other organs of elimination, namely the kidneys, the colon and the skin. By promoting respiratory health, you will notice less kidney, intestinal and skin problems.

Being the link between the outside world and the body, the respiratory

in water. It is important to eat foods rich in antioxidants, especially beta-carotene and vitamins C and E, all of which reduce lung damage from a wide variety of free radical producers. Plant foods that are rich in antioxidants, especially leafy green vegetables, are very healing to the lungs. You can also keep your lungs in good shape by engaging in regular aerobic exercise. Anticatarrhal, antimicrobial, antispasmodic, decongestant, expectorant, nervine, and pectoral herbs are also very helpful in supporting the respiratory system.

Some of the most common respiratory complaints are asthma, bronchitis, colds, coughs, emphysema, pneumonia, snoring, and whooping cough.

Asthma is a common condition in which constricted bronchial tubes cause wheezing and difficult breath-

bring on attacks. In testing the vitamin and mineral levels of asthma patients, doctors have found that quite a few were deficient in vitamin C, as well as other antioxidant nutrients, and magnesium. Chinese medicine, rather than focusing exclusively on the lungs and bronchial passages, also treats the kidneys, which tend to be weak in asthmatics.

Bronchitis is an inflammation of the respiratory passages resulting most of the time from viral infections. Acute bronchitis, most prevalent in winter, often develops after a cold or the flu. The body's effort to fight these infections often leaves the bronchial tubes sensitive, irritated, and inflamed. This impairs the ability of the cilia that line the bronchial tubes to sweep mucus and other debris out of your respiratory system. That's why your body resorts to its coughing mechanism to keep those bronchi clear. Allergies to pollen, grasses, mold, food, and dust may trigger respiratory inflammation, and chronic bronchitis is very common in smokers. Traditional forms of medicine maintain that the main causes of bronchitis are poor diet, especially excess sugar, lack of exercise (which prevent adequate movement of the lymph), and the accumulation of toxins in the lungs and bronchial passages that irritate the tissues and cause inflammation.

The common cold is an upper-respiratory infection that can be caused by any of several viruses and bacteria and may be aggravated by excessive fatigue, emotional stress, and allergies. Traditional medicine considers the common cold as a normal and healthful form of cleansing the body. It is one of the mechanisms by which the body eliminates mucus, airborne pollutants, and other waste products from the lungs. These waste products weaken the immune system and create the conditions for viruses and bacteria to gain a foothold within the body and flourish. As a general rule, a cold, or any other respiratory condition, with

clear watery sputum is due to viral infections or allergies, while greenish or yellow sputum is usually a sign of bacterial infections.

Colds and other respiratory ailments cause an accumulation of thick mucus in the respiratory tract, which makes breathing difficult and triggers coughing. A persistent cough could be due to chronic bronchitis, whooping cough, or tuberculosis. A high fever and a cough that produces yellow or greenish sputum are possible signs of pneumonia. An annoying hacking cough is very common in long-term smokers, who also tend to get chronic bronchitis. Productive coughing, which produces sputum or phlegm, is one of the body's mechanisms for elimination of mucus, cigarette tar and other toxins, air pollutants, viruses, and bacteria. Consequently, suppressants should be avoided since they can do more harm than good.

Shortness of breath is the main symptom of emphysema. As described earlier, inside your lungs are tiny air sacs called alveoli, where oxygen enters the blood and carbon dioxide leaves it. The alveoli are naturally elastic. When healthy, they expand each time you inhale and contract every time you exhale. But if you have emphysema, the alveoli lose their elasticity and become stretched. As a result, they no longer move oxygen and carbon dioxide into and out of the blood as they are supposed to. The entire body literally becomes starved for oxygen, and you end up gasping for breath. This condition is mainly related to cigarette smoking. Chronic bronchitis often coexists with emphysema. A supplement high in antioxidants is recommended to prevent further damage caused by free radicals.

Pneumonia is a serious infection deep in the lungs, as opposed to bronchitis which is an infection in the bronchial tubes. Pneumonia may be caused by bacteria, fungi, protozoa or viruses, often preceded by an upper respiratory infection such as a cold,

influenza, or measles. The infection causes the alveoli to become inflamed and filled with mucus and pus, inhibiting oxygen from reaching the blood. Pneumonia tends to strike those with poor resistance to disease, especially if the lungs are not well supplied with fresh air and blood. Heavy smokers and those with long-term respiratory problems, such as asthma, emphysema and chronic bronchitis, are also more likely to develop pneumonia. Childhood pneumonia may be caused by the same bacteria that causes whooping cough. Pneumonia can be life-threatening and should be closely monitored by a professional.

Whooping cough is an acute infection, highly contagious bacterial disease characterized by a rapid series of spasmodic coughing fits that usually end in a prolonged, high-pitched, crowing inspiration. A common pattern might be 5 to 15 rapidly consecutive spasmodic coughs followed by a whoop. A person may develop whooping cough at any age, but half of the cases occur in children under age 4. Ear infections develop frequently as a result of whooping cough.

Snoring is not usually considered a serious problem unless it is caused by obstructive sleep apnea, a condition in which the snorer stops breathing for anywhere from several seconds to two minutes. Men are 50 percent more likely to snore than women. Chronic snorers tend to be overweight and middle-aged. Snoring is caused by the vibration of the soft palate as the lungs strain to inhale oxygen through obstructed airways. Typically this happens when the muscles that keep these airways open become too lax. Any condition or substance that promotes muscle relaxation (including alcohol, medications, sleeping on one's back, poor muscle tone, or obesity) can have this effect. Any ailment that makes bronchial airways constrict, such as asthma, can lead to obstruction and snoring. Smoking, which irritates the passageways, can also make snoring

Breathe Deep: Respiratory Health

the trachea branches off into bronchi which branches off into bronchioles. Air is drawn in and out of the lungs by the contraction and relaxation of the diaphragm muscle lying underneath the lungs. When you inhale (breathe in), air enters through the nostrils and flows through the nasal cavity. Inside the nasal cavity, cilia (microscopic waving hairs) and mucus trap dust and dirt particles, purifying the air that enters the lungs. Oxygen is extracted and passes into the blood through the thin walls of microscopic air sacs (over 300 million) called alveoli. It is exchanged for the body's waste product, carbon dioxide, which is exhaled (breathed out). The ribs

system encounters several enemies including cigarette smoke, airborne pollutants, harmful microorganisms, and climate changes. Cigarette smoke irritates the lungs and enters the bloodstream. Linked with 90 percent of all cancers, smoking also increases the risk of high blood pressure, strokes, and other circulatory problems. As with other organs, the formation of free radicals is a great threat to the health and capacity of the lungs. Exposure to free radical producers can be controlled by limiting the source of free radicals such as cigarettes and other airborne pollutants, which are prevalent in cities, foods high in fats and cholesterol, and toxic chemicals

ing. A history of chronic colds and bronchitis often precedes the onset of asthma. The airways that lead into the lungs become inflamed. The inflammation leads to the narrowing of the bronchial tubes, which in turn triggers asthma symptoms. Among the most common culprits are inhalant allergies caused by airborne substances such as pollen, molds, pet dander, cigarette smoke, air pollution, as well as cold weather, strenuous exercise, and sensitivities to chemicals such as food preservatives and additives, aspirin and medications. Some people with allergies to foods such as wheat, dairy products, nuts, shellfish, citrus fruits, and corn find that these foods can

worse. If snoring is due to allergies, asthma, bronchitis, or emphysema, there are a number of alternative remedies that may help you open up your airways and sleep more peacefully.

In Chinese Traditional Medicine the lungs are associated with the large intestine. Consequently, the drainage performed by the large intestine has a positive effect on the lungs. On the other hand, the lungs have a profound influence on the skin. Any skin disorder,

including blemishes and dry skin, is aided by balancing the lung function and improving breathing. And finally, as mentioned earlier, supporting the kidneys helps alleviate asthma.

In short, a healthy respiratory system will help you avoid all of the above-mentioned respiratory complaints. Make sure you provide your respiratory system with all that it needs to achieve peak performance, thus enabling you to enjoy life thoroughly.

Glossary of Terms:

Anticatarrhal: helps break up bronchial mucus, thinning it so it is easier to cough up.

Antimicrobial: helps destroy or resist pathogenic microorganisms.

Antioxidant: helps neutralize free radicals causing cellular damage and inflammation.

Antispasmodic: relaxes the bronchial muscle resulting in expansion of the bronchial passages.

Decongestant: helps relieve congestion in the mucous membranes.

Expectorant: helps loosen and remove mucus from the lungs.

Nervine: has a beneficial effect on the nervous system.

Pectoral: helps strengthen and tone the lungs.

PRODUCTS

Echinacea & Golden Seal

Fenugreek & Thyme

Ginger

Ginkgo Biloba

High Potency Garlic

HistaBlock

KB-C

LH-C

Licorice

Lobelia

Magnesium

MSM

Mullein

Oregon Grape

Peppermint Oil (external use only)

SN-X

Super Oil

Tei Fu Oil (external use only)

Vitamins A&D

Vitamin C with Bioflavonoids

Vitamin E

Zambroza

Zinc

Zinc & Vitamin C Lozenges

BENEFITS

Antimicrobial. Can help fight off bacterial and viral infections. Effective for bronchitis, colds, croup, flu, sore throat, and pneumonia.

Antimicrobial. Antispasmodic. Expectorant. Helps remove allergens, infections and toxins from the respiratory system. Effective for allergies, asthma, bronchitis, chronic coughs, colds, excess mucus, fever, respiratory tract infections, sinus/lung congestion, and whooping cough.

Anticatarrhal. Effective for congestion, dry cough, fever, whitish mucus.

Antioxidant. Antispasmodic. Increases circulation to the lungs, heart and brain. Effective for asthma and emphysema.

Anticatarrhal. Antimicrobial. Antispasmodic. Expectorant. Effective for allergies, bronchitis, sinusitis, pneumonia, whooping cough.

Effective for allergies, asthma, emphysema, and snoring,

Strengthens the kidneys which tend to be weak in asthmatics.

Antimicrobial. Antispasmodic. Pectoral. Effective for asthma, emphysema, pneumonia, and weakened lung condition.

Antispasmodic. Expectorant. Soothing to lungs. Effective for chronic coughs, and emphysema. Warning: Licorice should not be used by individuals with high blood pressure.

Anticatarrhal. Antispasmodic. Expectorant. Nervine. Pectoral. Effective for asthma, chronic coughs, earaches, emphysema, and whooping cough.

Experts recommend that asthma sufferers take 500 mg of the mineral a day, in addition to eating more magnesium-rich foods. Effective for asthma and emphysema.

Can assist in the treatment of lung dysfunction and other respiratory diseases. Effective for allergies, asthma, emphysema, and snoring.

Antispasmodic. Expectorant. Pectoral. Effective for bronchitis, chronic coughs, colds, croup, emphysema, sore throat, and whooping cough.

Antimicrobial. Helps reduce inflammation. Effective for bronchitis, colds, coughs, and fever.

Antispasmodic. Decongestant. Effective for chronic bronchitis, dry cough, flu, and sinus congestion.

Decongestant. Expectorant. Effective for allergies, asthma, bronchitis, colds, coughs, pleurisy, sinus infection, and sinusitis.

Rich in omega-3 essential fatty acids. Helps reduce inflammation. Effective for allergies, asthma, and emphysema.

Decongestant. Effective for sinus congestion, and sore throat.

Vitamin A is used to form the cells lining the respiratory system; it produces positive effects in fighting respiratory syncytial virus (RSV), a common cause of severe respiratory disease in young children. Both vitamins A and D help reduce the number and severity of common colds.

Antioxidant. Helps protect against chronic obstructive pulmonary disease (CPOD), such as asthma, bronchitis, and emphysema. Helps clear up the lungs. Effective for allergies, asthma, colds, emphysema, and pneumonia.

Antioxidant. Helps protect against chronic obstructive pulmonary disease (CPOD), such as asthma, bronchitis, and emphysema.

Antioxidant. Helps protect against chronic obstructive pulmonary disease (CPOD), such as asthma, bronchitis, and emphysema.

Antioxidant. Helps protect against chronic obstructive pulmonary disease (CPOD), such as asthma, bronchitis, and emphysema. Effective for bronchitis, common cold, pneumonia.

Helps protect and strengthen the body's defenses against respiratory infection. Effective for common cold, dry, hacking cough, sore throat, and whooping cough.

Product Guide To A Healthy Respiratory System

PRODUCTS

BENEFITS

AL-C

Decongestant. Expectorant. Effective for asthma, bronchitis, chronic coughs, common colds, croup, emphysema, respiratory/sinus congestion, stressed lung condition, thick yellow-green mucus.

AL-J

Helps relieve sinus and upper respiratory congestion associated with allergies. Effective for allergies, asthma, bronchitis, coughs, nasal drainage, respiratory tract infection, and sinus congestion.

CBG

Antimicrobial. Nervine. Helps reduce inflammation and irritation of the mucous membranes. Effective for colds, ear infections and earaches (internally and externally), and whooping cough.

Capsicum

Anticatarrhal. Antioxidant. Antispasmodic. Desensitizes the respiratory system to irritants and is helpful in stopping an asthma attack. Effective for asthma, emphysema, and pleurisy.

Catnip & Fennel

Antispasmodic. Expectorant. Nervine. Promotes deeper breathing. Effective for chronic coughs, colds, flu and whooping cough.

Still trying to get all your fibre out of a loaf of bread?



Then you need more fibre.

Health professionals recommend that individuals consume diets that are high in fibre, especially soluble fibre. Diets of this type have been linked to reduced blood cholesterol levels, and reduced risk of heart disease and colon cancer.

LOCLO provides a high level of fibre (3.0 grams of soluble fibre and 0.7 grams of insoluble fibre per serving) from five sources: Psyllium seed hulls, apple fibre, oat bran, acacia gum, and guar gum. Plus it contains a unique SynerPro blend of cruciferous and other vegetables and potent herbs for antioxidant protection and nutritional support.

So take your need for fibre seriously and make LOCLO part of your healthy lifestyle.



Stock #1347-6