



SUNSHINE

The Publication for Nature's Sunshine Managers & Associates

Dec 03/Jan 2004

TODAY



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NSP: The Ideal Business Teachers



In the last issue of *Sunshine Today* I set out some reasons why a Nature's Sunshine business is ideal for traditional healthcare professionals. This month, I would like us to consider another group who are ideally suited for success in this business—teachers. Let's look at twelve reasons for this...

1. You will make use of your professional training and years of experience. Industry statistics indicate that teaching is one of the most successful occupational backgrounds for people in our business. What we do is primarily a matter of "teaching and sharing" rather than selling. As a result, your professional background has equipped you ideally for success in NSP.
2. Notwithstanding the previous point, you will want to continue to study and advance your knowledge of alternate healthcare. NSP offers multiple opportunities for professional development, most at very low or no cost to you. So you can continue to learn while you earn from an NSP business of your own.
3. Do you remember how, when you entered the teaching profession, you had visions of changing lives? Most former teachers can look back and point to specific examples of positively impacted lives from their classrooms. With NSP, you can continue to play an important role in changing lives. You will be able to effect lifestyle changes, health improvements, financial gains, and professional growth. And you can be the catalyst who makes them a reality for many people.
4. If you consider yourself a good teacher—and who doesn't?—you may

have been frustrated by an arbitrary cap on your earnings. In other words, the most inferior and mediocre of your colleagues earned the same as you if they had the same education and the same number of years of service. With NSP you earn on a performance basis. Superior efforts result in superior earnings. Many NSP Managers earn incomes equal to the top 3% of Canadians. You can achieve this too, depending on your commitment and performance. And when you retire from teaching, your standard of living may stay the same—or even improve.

5. Did you ever feel that politics kept you from advancing up the career ladder? With NSP that will not happen. Everyone has an equal opportunity to climb the ladder of success and to enjoy the many perks of leadership in this company. Should someone in your group become a super star performer, they will only add to your advancement, never leap ahead of you if you are sincerely building your business.

6. One of the perks of successful leadership is the opportunity for all expense paid international travel. Each qualified participant receives transportation, accommodation, meals, sight-seeing, and other benefits for two people on each trip for which they qualify. Recent trips have included an Alaskan cruise, Paris, Hawaii, and a Caribbean cruise. Upcoming trips are scheduled for the Dominican Republic and London, England. You can, through superior effort, qualify to participate in these dream vacations annually.

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SUNSHINE TODAY is published bi-monthly as an educational and professional newsletter for Nature's Sunshine Associates.

Please direct your submissions or comments to: Jeff Harmon, Communications 1-877-257-HERB

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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.

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News & Tools

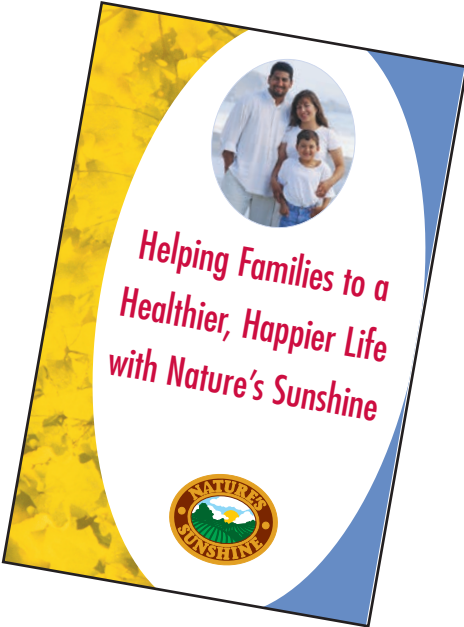
Hours of operation

- Wednesday, December 17th, 2003. Last order date for guaranteed delivery before Christmas.
- Wednesday, December 24th, 2003 closing at 12:00 pm E.S.T.
- Thursday, December 25th, 2003 closed for Christmas.
- Friday, December 26th, 2003 closed for Boxing Day.
- Monday, December 29th, 2003. Customer Service open until 7:00 pm E.S.T for your ordering convenience.
- Tuesday, December 30th, 2003. Regular operating hours.
- Wednesday, December 31st, 2003. order entry and PV cut off is closed as of 3:00 pm E.S.T.
- Thursday, January 1st, 2004 closed for New Year's.
- Friday, January 2nd, 2004 regular operating hours.

Mini health guide now available

New NSP mini Guide is great for introducing others to your business

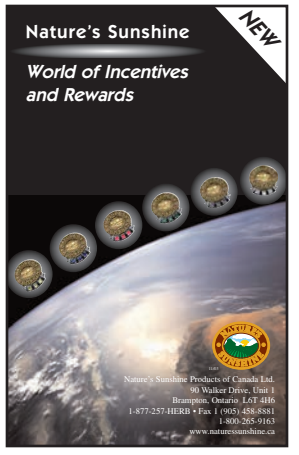
This tool is an effective way to introduce others to NSP's top-selling products. It contains 12 attractive pages of health and product information in a format small enough to mail or carry in a handbag.



Stock #15421-4 (English)
\$5.00 (15)

Marketing Plan changes a hit with Managers

Effective January 1st, 2004 the new marketing plan makes qualifying for Manager and building a successline more achievable. Top Managers who have reviewed the changes expressed excitement over how these changes will impact their business in 2004.



Stock #150106-9
\$5.00 (15)

New sign up opportunity for Preferred Customers: FREE with \$60.00 product order

The new sign up opportunity allows Preferred Customers (PCs) the option to sign up for free with a \$60.00 products order.

Stock #15036-7 (English)
\$5.00 (25)

NSP OPPORTUNITY		<input type="checkbox"/>	
<small>90 Walker Drive, Unit 1, Brampton, Ontario L6T 4H6 (905) 458-6100 Fax (905) 458-8881 Customer Service: 1-877-257-HERB 1-800-265-9163 www.naturesunshine.ca</small>			
Open an Account for FREE			
Place your \$60.00 product order* and join Nature's Sunshine FREE!			
<small>*Based on a minimum \$60.00 order. Offer applies to preferred customers only. See Terms and Conditions on page 10 of your FREE Account.</small>			
Cash Name: _____		First Name: _____	
Last Name: _____		Home Phone: _____	
Address: _____		Business Phone: _____	
City: _____		Fax: _____	
Province: _____		E-mail: _____	
Country: _____		Cell Phone: _____	
ORDER FORM			
Stock #	Description	Qty	Retail Cost
Total			
<small>Note: Please consult the current Master Price List for Pricing, Stock #'s, and Handling charges.</small>			
<input type="checkbox"/> Handling Charge		<input type="checkbox"/> Subtotal	
<input type="checkbox"/> GST 7% / HST 15%		<input type="checkbox"/> Total	
<input type="checkbox"/> GST/Subtotal + GST 7.25%		<input type="checkbox"/> Total	
<input type="checkbox"/> PST		<input type="checkbox"/> Total	
Method of Payment (Please indicate payment method and include Network/Company):			
<input type="checkbox"/> Visa	<input type="checkbox"/> MasterCard	<input type="checkbox"/> AMEX	<input type="checkbox"/> Other (specify)
Card No. _____	Cardholder's Signature _____	Cardholder's Name _____	Exp. Date _____
<small>Please keep my credit card number on file</small>			
<input type="checkbox"/> Yes <input type="checkbox"/> No			
<small>*THE SPECIAL OFFER FORM MUST ACCOMPANY YOUR QUALIFYING ORDER TO QUALIFY FOR THIS PROMOTION.</small>			

QUALITY, SERVICE, INTEGRITY

A message from Daren Hogge, President, International Division



As we all know, December is a month that is known throughout the world for its gift giving and celebration. It is also the last month of the year—the month before we begin again and set new goals to reach new aspirations.

This reminds me of a special gift that hundreds of thousands of people have received throughout the world during the last 32 years. It is the gift of success that can come from sharing a simple message of health and wealth and helping others to achieve a better lifestyle through selling Nature's Sunshine Products.

I am truly amazed as I read stories sent by children who are so willing to share their experiences with Nature's Sunshine Products. Many of them tell how their mother or father's lives have been changed through being a part of Nature's Sunshine Products. In turn, their own lives have been blessed. That truly is the benefit of sharing this great company with others.

At this time, I ask that you think of someone you love more than life itself. Picture that someone striving for something they have desired for a long time. Because it is an item that is so difficult to find, they have not yet received it. Then one day, as you

are walking down a small street, you look around and see the item tucked away and hidden from others. You are able to purchase the long sought after item for your loved one. Excitedly, you take that special gift, wrap it, then rush home and give it to that person. Just before they open it,

President's Message

you have an incredible feeling of excitement and joy because you know that gift will bring love and complete joy into their life. You know what that gift will do for them; yet, they do not because they have not opened it yet.

That feeling you have is the same feeling I have for 2004. We have a very special gift in store for all of us as we share the message of health and wealth with others. If you pass on this gift to others, that same joy and excitement will be felt by hundreds of thousands of people throughout the world. Their lives will be changed and you will be rewarded because of your efforts and thoughts on behalf of them.

For 32 years, Nature's Sunshine

Products has been putting together a foundation of quality, service and integrity on which a beautiful mansion is being built. This mansion is not completed—it is only in the beginning stages. The year 2004 will be critical in determining what our mansion will look like in years to come.

I am challenging us all to get out there and give the gift of Nature's Sunshine—to give the gift of life, so that we can build our futures together. I encourage all of us to set goals, to have dreams. Keep your dreams

huge because Nature's Sunshine Products will be there to support you as you achieve the impossible. Dream for yourself and your loved ones, so that when you give that gift, it will be something that is beyond their expectations.

I wish you all well during the remainder of 2003. Thank you for making this one of the best years in the history of Nature's Sunshine Products International Division. We truly are setting new records in helping more people than ever before live a healthier and wealthier lifestyle.

Sincerely,
Daren G. Hogge
President—International
Nature's Sunshine Products, Inc.

Dream With Confidence

Canmore Award Recipients

Canmore, AB Conference

Top Personal Sales
Behrooz & Elaine Tahririha

Top Personal Group Volume
Howard & Judith Cobb

Top Total Group Volume
Carol & Doug Nilsson

Top Recruiter
Cindy & Al Scott

Top New Managers Breakouts
Eugene & Lei Orr

Rank Advancement
Cheryl & Gerard LoCicero (Bronze)

TAC Achievers
Eugene & Lei Orr
Carol & Dr. Doug Nilsson
Joan Emery
June & Charlie Cobb
Joan Johnson

Leadership Conference Achievers
Rick & Deanna Burgess
Judith & Howard Cobb
Jean Dansereau



'6 Steps to Manager' Recognition

Congratulations...September winners on the **6-Steps to Becoming an NSP Manager** program. Congratulations to the following for earning \$100.00 by completing Step 3 of the "6-Steps to Becoming an NSP Manager" 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 consecutively. These Associates and their sponsors have also qualified to attend a training seminar with Steven Horne, one of the world's leading herbalists.

Name	Sponsor
Ilene Peterson	Terry Bell
Jeannie Fox	Kathy Deane
Dawn Kitching	Terri Morrisseau
Doug & Lee Anne Andriessen	Rob Tomilson
Bunny Denton	Diane McLaren

The following have won \$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.

Name	Sponsor
Karyn Ciccone	Lily Dingwall
Mary Ann Palmer	Lei & Eugene Orr
Cheryl Verstraete	Lei & Eugene Orr
Yolanda Hume	Donna Roth
Mary Brickell	Daphne Houlton
Brenda Ball	Laurena Wakelin
Cindy & Al Scott	Sheila Wajsen
Donna Roth	For Yolanda Hume completing 6 steps
Lily Dingwall	For Karyn Ciccone completing 6 steps
Lei & Eugene Orr	For Mary Ann Palmer completing 6 steps
Daphne Houlton	For Mary Brickell completing 6 steps
Laurena Wakelin	For Brenda Ball completing 6 steps

Congratulations...October winners on the **6-Steps to Becoming an NSP Manager** program. Congratulations to the following for earning \$100.00 by completing Step 3 of the "6-Steps to Becoming an NSP Manager" 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 consecutively. These Associates and their sponsors have also qualified to attend a training seminar with Steven Horne, one of the world's leading herbalists.

Name	Sponsor
Merinda Reid	Lynn Clark
Cori Grieve	Blair Hunter
Alan Potter	Ron Collins
Jeannie Warleworth	Donna Marie Gowland
Judy Smith	Kathy Deane
April Bayer-Murchison	Tracy & Brad James-Hockin
Gary Card	Joan Vankoughnett
Mary-Siew Yap	Chris Kasulke

The following have won \$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.

Name	Sponsor
Dorothy & John Turner	Vivian & Rob O'Neill
Irene Wells	Diane McLaren
Jennifer Hough & G. Millage	Heather & Ken Shaw
Diane McLaren	For Irene Wells completing 6 steps
Vivian & Rob O'Neill	For Dorothy & John Turner completing 6 steps



Diamond Dinners Congratulates our two Diamond Managers *Betsy Vourantoni & Rhéa Goudreau*

Special Diamond Dinners were held recently to congratulate our top most Managers, Rhéa Goudreau and Betsy Vourantoni. Daren Hogge, President—International, Bob Shaffer, Vice President—International, and Garry Ford, General Manager, Canada, presented each with a gift for their truly outstanding achievement.



Testimonies

Real-life stories from Nature's Sunshine Managers and Associates of life-changing events.

Natria improves look and feel of hair and skin



I love the Natria Restoring Shampoo and Restructuring Conditioner. It has a very balancing effect. My clients that have fine, fly-away hair say it makes their hair more manageable, and those with dry hair say it leaves their hair soft. I also love the Moisture Full Body Wash and don't need lotion as it doesn't leave my skin dried out!

Evelyn



My very red hair had faded into a pale something with nearly all grey. I loved my sample of the Natria Restoring Shampoo so much that I bought a bottle. Before I finished the first bottle, people began to notice that my hair colour was changing.

They actually think that I coloured my hair! It is subtle, but a definite increase in colour. I don't suppose I'll ever get all that red back, but I think it is amazing that restoring pH balance to your hair and scalp can affect the colour of your hair. Also, my skin doesn't itch with the Natria Moisture Full Body Wash like it does even with other "natural" shower gels.

Stormie Freimarck

Natria products are wonderful. At the age of 56 I have grey hair and have since my 30's. My hair was always dry and brittle, too. Since using the Natria hair care products I receive constant compliments about the softness and shine of my hair. I also like the skin care products. My skin stays very supple and the dryness that usually plagued my skin is no longer there. What wonderful products.

Janice McComb



Girl overcomes viral infection with HRP-C

My 11-year old daughter has been suffering since June 2003 with some very uncommon symptoms. She has been hospitalized three times and has seen approximately 20 specialists here in

Vernon and at the Children's hospital in Calgary. Doctors in Vancouver also reviewed her file. Her symptoms were sore throat and high fever for approximately four days and then she would break out in vaginal ulcers and some mouth sores, which were very painful, including smelling and discharge to the point of having difficulty in walking and in needing catheterization four times since June. She would miss an average of two weeks per month of school and one month she attended only five days.

After five outbreaks and no answers we were referred by a friend to NSP Manager, Kathy Deane. We came to see her while our daughter was sick for the fifth time. Through a great deal of thought and prayer the decision was made to build up her immune system so that her body could battle the virus within. She took several herbs, and in particular a Chinese combination called HRP-C (eight per day for four weeks). After four weeks she was starting the same cycle, indicating that she may have an outbreak of sores again, accompanied by a sore throat and high fever. This was typical for her around a full moon. We then increased the number of HRP-C to 12 capsules per day until her fever broke, then reduced the number to eight per day again. Her body had indicated that it needed more "ammunition to fight harder." Much to our families' relief she was



like a regular child this month—very active and healthy and most importantly no ulcers and no catheter. Follow up visits confirmed that she is fighting the virus more effectively and we will continue to arm her body with the herbs required to improve her immune system.

Marlene Segeren

Focus ATN and Evening Primrose improve mood and concentration in ADD

A 12-year-old boy diagnosed as having ADD and being dyslexic started a program of Focus ATN and Evening Primrose Oil. He wasn't learning at school, was disruptive and couldn't concentrate. As a result, he had to be removed from school and his mother has been home schooling him, and finding it very difficult. Within 1 week of taking Focus ATN and Evening Primrose Oil he

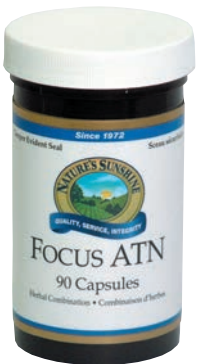


was able to concentrate better and is able to complete his homework.

From the office of Hugo Stiller

Eight-year-old Ryan was diagnosed with ADD and recently prescribed Ritalin, despite concerns about its side effects. He was having a hard time concentrating on his schoolwork and couldn't focus. Each day he had to bring home a report from his teachers regarding his behaviour. All that changed when NSP Manager, Rose Stroud gave Ryan's parents Focus ATN to try. After only two days Ryan's parents could see a change in his behaviour. He was bringing home good reports from school and there was less fighting with his older brother. After 10 days improvement continued—Ryan was doing homework, receiving good reports from school and fighting less. He has been on Focus ATN for one month now and his parents report that he is a changed boy!

From the office of Hugo Stiller



Maca makes for better lovers

Arizona physician Gary Gordon, MD, former president of the American College for Advancement in Medicine, and maca user, enjoys the Peruvian plant's benefits: "We all hear rumors about various products like Maca, I personally experienced a significant improvement in erectile tissue response. I call it nature's answer to Viagra." Dr. Gordon believes Maca forestalls the hormonal changes of aging by normalizing steroid hormone levels (testosterone, progesterone and estrogen) in both men and women.

Source: Discovery Health, Chris Kilham



Slim and Trim Promotion winners

By Linda Fordyce

October 27, 2003 truly was a night to remember. We were picked up at the door by a beautiful big white limousine, presented with roses and wine and dined by none other than Garry Ford. We were treated like royalty and all we had to do was lose some weight. Not easy but certainly doable!

We started out last January as a group of individuals who wanted to lose weight or adopt a better eating style or both. We chose the NSP products that we felt would help us the most: Bod-E-Klenz or Tiao He Pak, Super Oil, Fat Grabbers, Carbo Grabbers and Pink Grapefruit Essential Oil.

We committed to attend weekly meetings during which we weighed in, measured in, and discussed various reasons why a balanced diet of approximately 2/3 vegetables and 1/3 protein was beneficial to our health and would facilitate both a healthier and slimmer body. We also exchanged ideas on fitting exercise into our daily routine, on cooking for the family, on "car seat lunching," on high carb/fat situation survival tactics, and of course we learned which other of the NSP line of products could help us reach our goals: i.e., Collatrim, Tiao He Pak, Master G Formula, Garcinia Combination, and Chromium.

Our "losers" are Denise Lachaine, Lola O'Connell, Karen Hyland, Paula Hilman, Christine Schaftrick, Beris Andrews, and Linda Fordyce. Between us we lost 183 pounds and 108 inches. Some of us reached our goal weight, others still have a way to go but everyone of us agrees that we can continue to lose or maintain our weight because of our increased food awareness and with the help of Nature's Sunshine Products.

183 lbs & 108 inches later



Recipe

Breakfast, Lunch or Dinner Frittata

1 teaspoon butter	8 eggs, beaten
1 small onion, halved and sliced	1/4 cup light cream, (half and half)
1 cup fresh sliced mushrooms	1/2 teaspoon Dijon mustard
1 cup cooked fresh spinach, chopped	1/2 teaspoon fresh ground pepper
1 tablespoon fresh chopped parsley	1/2 cup shredded cheddar cheese
1/8 teaspoon Cayenne	1 tablespoon toasted pine nuts

Preheat oven to 375 degrees. Lightly grease a 9 inch glass pie plate. Melt butter in a non-stick frying pan over medium heat. Add onion and mushrooms and sauté until soft, approximately 5 minutes. Remove from heat and add the cooked chopped spinach, parsley and Cayenne.

In a bowl, whisk the eggs, half & half, mustard, salt and pepper. Stir in the vegetable mixture and cheese. Pour mixture into the pie plate and sprinkle with pine nuts.

Bake for 25 to 30 minutes until top is nicely browned. Remove from oven and serve immediately. Makes 6 servings.

Note: This is a gorgeous looking, browned egg and vegetable dish, reminiscent of a quiche without the pastry.

From "Easy Low Carb Cooking" by Patricia Haakonson

The Ideal Business Teachers cont'd from page 2

7. Studies indicate that one of the strongest motivations for people to become entrepreneurs in Canada is the freedom to be your own boss. No more principals or senior administration officials breathing down your neck. In NSP we say that you are in business for yourself but not by yourself. There will always be others there to support and encourage your efforts.

In addition, the tax laws in Canada are very favorable towards self-employed individuals. They allow you to retain more of your hard earned income even if your business is only a part-time one. Many people with regular jobs who start NSP businesses receive tax rebates at the end of the year because of the legitimate deductions earned from their part time business.

8. An NSP business lets you set your own goals and schedules. Work as much or as little as you wish. Your income is the measure of your success. Once you have established a successful business, you may go on vacation and the earnings will continue to accrue to your account in your absence. You set your goals and create a business plan to achieve them.

9. At NSP we are big on recognition. From tangible rewards such trips to intangible ones such as public recognition at conferences and other events, we want you to know that we appreciate your efforts. By acknowledging your success in front of your peers, you will receive accolades publicly for your accomplishments.

10. As a classroom teacher, did you ever wish that your students were more motivated to learn? Because your students in NSP are all adults who have volunteered to participate in this business, you will discover a level of motivation to learn that is unheard of in the typical classroom. What a

sense of accomplishment, when you have taught a lesson, to have students compliment you on your work! Even better, what a reward you will experience when you see your students helping to build your business by applying what they have learned from you.

11. Most good teachers have plenty of creativity in their classroom. In NSP we welcome your creativity. In fact, we invite you to share your creative ideas with us and with others. As someone has said, the letters in the word TEAM, mean Together Everyone Achieves More.

12. When all is said and done and you decide to retire for good, you will have built a legitimate business entity with real value. You may sell your business, subject to some very reasonable guidelines, or bequeath it to your offspring. You could say "an NSP business is a gift that keeps on giving."

I trust that you will consider the above twelve reasons why you as an educator and NSP as a home-based business could be the perfect fit for each other. Then, speak to the person who gave you this article to learn the next step.

I wish you all the best as a successful homepreneur!

Sincerely,

Garry Ford
General Manager
Nature's Sunshine Products, Canada



New Feature 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 Jan 15, 2004.

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: _____

Syndrome X

THE SILENT KILLER

One in three North Americans have syndrome X, yet most don't know they do. Many of the diseases we normally associate with aging — weight gain, diabetes, cardiovascular disease and loss of mental clarity — are in many cases the result of the ever-growing epidemic, syndrome X.

“Not to worry,” you’re told. “Just watch what you eat and try to lose those few extra pounds—your cholesterol and blood pressure are starting to creep up.”

As you leave your doctor’s office you feel quite satisfied that all is well for someone in his early 40s. After all, you’re getting older now; maybe you won’t have that second piece of pie tonight after your steak-and-baked potato dinner.

What you’re not told is that a cluster of conditions is threatening to derail your health in the not-to-distant future. The conditions are collectively known as syndrome X, and include abnormal levels of LDL cholesterol and triglycerides, being overweight, high blood pressure, and insulin resistance.

At the very heart of syndrome X is the insulin resistance—the inability of the body to properly metabolize glucose (sugars) and an increased amount of insulin in the blood. The result is a condition that wrecks havoc throughout the body, causing many of the degenerative diseases we now have come to associate with aging.

S yndrome X is best describe as a lifestyle condition resulting form the typical Western diet. Today in North America and Europe the typical individual eats lots of simple carbohydrates (sugars), plenty of saturated and trans fats, receives little quality nutrition from the food, and is physically inactive. Thirty years of this lifestyle places the body under great stress that it finally starts to fail. It’s system overload. In the case of syndrome X, cells begin to resist the uptake of sugar causing energy short-ages and high levels of insulin in the blood. It is the insulin resistance and sugar intolerance that basically sets the stage for all the other health problems that are part of syndrome X—weight problems, heart disease, diabetes, high blood pressure, high triglycerides and cholesterol, and the rapid advance of aging.

Since syndrome X is a lifestyle condition, reducing the risk and eliminating syndrome X will require lifestyle changes.



First the diet

Next time you’re in the grocery store take a good look around. Far too many products are made from simple, processed carbohydrates that add sugar but very little nutrition to the diet. These include all white flour products, baked goods, pastas, snacks, and packaged cereals.

Then there are the so called “low fat” processed foods and dressings. In most cases fat is removed only to be substituted with simple carbohydrates.

Replace these foods with fresh produce, whole grains and unprocessed cereals. If you can’t pronounce what’s on the label, don’t buy it. Purchasing complex carbohydrates will help control your blood sugar and insulin levels.

Also, reduce the amount of saturated fat and eliminate, if possible, the deadly trans fats that have poisoned much of our food. Saturated and especially trans fats, harden cell membranes, thus making cells more resistant to insulin. Instead, increase the amount of omega 3 fatty acids and monounsaturated fats in the diet.



Do the X test

If you answer yes to two or more of these questions you are at risk of syndrome X.

- Y N Are you over 35?
- Y N Do you carry extra weight, predominately around the abdomen?
- Y N Do you often feel sluggish or tired?
- Y N Do you experience “brain fog”?
- Y N Do you have higher than normal LDL cholesterol, triglycerides or blood pressure?
- Y N Are you diabetic (type II) or have elevated blood sugar or insulin levels?
- Y N Did you experience pre-natal diabetes (women only)?
- Y N Do you eat products containing white flour and other processed carbohydrates on a regular basis?
- Y N Do you regularly consume soft drinks or concentrated fruit juices?
- Y N Do you consume more than two alcoholic beverages per day?
- Y N Do you spend most of your day being inactive (ie sitting, driving, office work)?
- Y N Are you a stressed individual?
- Y N Do you get less than seven to eight hours of sleep most nights?



These healthful fats actually increase the cells response to insulin, lower blood sugar, and increase the burning of fat for fuel. You can find these oils in cold water fish and flaxseed (omega 3) and extra virgin olive oil (monounsaturated).

Eat meals that balance blood sugar levels and provide a high level of nutrition and fibre. Make sure your plate always contains vegetables, good fats and lean protein. Add fruits and yogurt for snacks.

Eating a healthy diet doesn't have to be boring and there are plenty of resources available to help you make it a permanent part of you life.

Exercise is vital

An important factor in reducing risk and eliminating syndrome X is the power of exercise.

The body's cells use fat and sugar

from carbohydrates for fuel. Exercise is like adding oxygen to fire—it causes it to burn more fuel.

Under a regular exercise regimen the body uses sugar and fat for fuel, thus forcing sugar out of the blood stream and with it insulin. Fat is reduced, excess carbohydrates are burned up, and cells become more sensitive to insulin.

Researchers have long known that people who regularly exercise live longer. This is due, in part, to the fact that exercise reduces insulin intolerance and the diseases it contributes to.

For best results exercise needs to be on a regular basis and should include both weight bearing and cardiovascular workouts.

Added Nutritional Support

When part of a healthy lifestyle, a sound nutritional supplement program can reduce the risk of syndrome X. Supplements help make up for dietary shortfalls that are inevitable today. Some also exert a direct influence on how the body metabolizes carbohydrates.

Chromium

The mineral chromium is a component of the “glucose tolerance factor” (GTF), making it essential for normal

insulin function and glucose metabolism. Although chromium is considered an essential mineral, low soil levels of chromium make this nutrient hard to get from diet alone.

The “Good Fats”

Contrary to the food industry advertising, all fats are not bad. Some are essential and others have huge health benefits. I'm talking about essential fatty acids from cold water fish and flaxseeds and the unsaturated vegetable fats like olive oil. These fats help regulate hormones, preserve the cardiovascular system, reduce “bad” cholesterol and raise the “good” cholesterol, help burn fat for energy and so many other things. They also make your cells' membranes more permeable, and thus more receptive to insulin and sugar (glucose) metabolism. These fats can be easily added to the diet by using them in cooking or by supplementing.

Magnesium

Recent research is pointing to magnesium as a helpful mineral in controlling blood sugar levels. The research concludes that magnesium deficiencies are at the root of syndrome X for some individuals. Once magnesium is supplemented in the diet and lifestyle changes occur, blood sugar is brought under control.

Milk Thistle Extract

The extract of silymarin from Milk Thistle has a strengthening effect on the liver which in turn helps normalize the metabolism of sugar.

Low glycemic (sugar) whole-food green drinks and protein mixes

Whole-food green drinks and protein mixes, on their own or together as a shake, have a normalizing effect on blood sugar. They provide low glycemic carbohydrates for energy, protein for stamina and a stable release of insulin. Use them as a healthful snack or a nutrient-dense meal.

Protect against A.G.E.s with network antioxidants

Advanced Glycation Endproducts (AGE) are rogue molecules developed when excess sugars in the body reacts with proteins. The result is a destructive molecule which causes accelerated aging and stiffening of body tissue. It's the same process that browns meat when cooking; in a sense excessive blood sugar causes us to cook from the inside out.

A.G.E.s also greatly increase the number of free radicals produced in the body, further contributing to disease and aging.

The antioxidant vitamins C, E, beta carotene, and the minerals zinc and selenium help neutralize free radical destruction to cells and tissues.

References:

Robert C. Atkins, M.D., *Dr. Atkins Age-Defying Diet*, St. Martin's Griffin, New York, 2001.
 Mildred S. Seelig, M.D., MPH, Andrea Rosanoff, Ph.D., *The Magnesium Factor*, Avery, New York, 2003.
 Brad J. King, *Bio-Age*, MacMillan, Canada, Toronto, 2001.
 Brad J. King, *Fat Wars Action Planner*, Wiley, Canada, Toronto, 2003.
 Jack Challem, Burt Berkson, M.D., Ph.D., Melissa Diane Smith, *Syndrome X*, Wiley, Canada, Toronto, 2000.
 Jack Challem, *The Inflammation Syndrome*, Wiley, Canada, Toronto, 2003.

What would you do with a 20% increase in strength and stamina?

The International Olympic Committee has banned Colostrum for use by athletes because it provides a “competitive advantage.”

In trials at the University of South Australia, using colostrum with athletes, researchers concluded that colostrum increases strength and stamina by up to 20 percent. The reason for this is that colostrum contains IgF-1 insulin-like growth factors, which is recognized as nature's most powerful performance enhancer!

Source: Centre for Nutritional Research.

Other benefits:

- Immune system enhancer
- Tissue repair and recovery
- Antibacterial/Antiviral
- Weight management
- Antiaging

Have you had your Colostrum today?

Discover your true potential



Monthly Meetings January 2004



Topic: How to lose weight with NSP

- | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Belleville, ON
Wed. Jan. 7 7pm
Loyalist College
376 Wallbridge
613-473-2395
\$2.00
*Hans Pietschmann</p> | <p>Vernon, BC
Wed. Jan. 14 7pm
Schubert Centre
3505-30th Ave
250-547-2281
\$3.00
*Kathy Deane</p> | <p>Coquitlam, BC
Tues. Jan. 20 7pm
Best Western Coquitlam Inn
319 North Road
604-850-6746
\$3.00
*Speaker: TBA</p> |
| <p>Ottawa, ON
Thurs. Jan. 8 7pm
Best Western Barons Hotel
3700 Richmond Rd
Call Ramila at
613-829-0427</p> | <p>Kelwona, BC
Thurs. Jan. 8 7pm
Kelowna Library
Ellis Street
250-764-2852
\$3.00
*Donna Roth</p> | <p>Montreal, PQ
Wed. Jan. 21 7:30pm
Rotisserie St. Hubert
6225, rue Sherbrooke Est.
Free of charge
1-888-325-4372
*Robert Levert</p> |
| <p>Bomanville, ON
Mon. Jan. 12 7pm
Clarington Comm Ctr
132 Church Street
905-987-3778
\$2.00
*April Bayer-Murchison</p> | <p>Sudbury, ON
Date: TBA 7pm
Holiday Inn
50 Brady Street
705-692-1970
\$5.00
*Joanne Thaxter</p> | <p>Quebec, PQ
Fri. Jan. 23 7:30pm
1500, boul. Wilfred-Hamel
Ouest, Free of charge
1-888-325-4372
*Robert Levert</p> |
| <p>Scarborough, ON
Thurs. Jan. 8 7:30pm
Curves-880 Ellesmere
Unit 301 (Upstairs)
Free of Charge
905-985-7657
*Hugo Stiller</p> | <p>London, ON
Thurs. Jan. 15 7:30pm
St. Jude's Hall
Corner of Bradshaw &
Adelaide, 519-720-6969
\$5.00
*Russ Heffering</p> | <p>Hanover, ON
Mon. Jan. 26 7pm
Lutheran Church Basement
(Beside Firehall)
425-10th Ave
519-364-7092
\$3.00
*Christine Lennips</p> |
| <p>Barrie, ON
Mon. Jan. 12 7pm
High Point Apt. Mtg. Rm
2 Kozlov Street
705-722-5896
\$2.00
*Sharon Johnstone</p> | <p>Oakwood, ON
Fri. Jan. 16 7pm
Oakwood Fire Hall
West of Lindsay
South of Lights on Hwy#7
705-953-9937
\$2.00
*Speaker: TBA</p> | <p>St. Catharines, ON
Mon. Jan. 26 7:30pm
Four Points Hotel
3530 Schmon Pkwy
\$5.00
Call Audrey at
905-646-2754
*Joanne Thaxter</p> |
| <p>New Market, ON
Tues. Jan. 13 7:30pm
38 Centennial Ave
(Holland Landing)
Free of charge
905-836-1897
*Debbie Philp</p> | <p>Duncan, BC
Date: TBA 7 pm
St. John's Hall
Jubilee and 1st St.
250-748-6802
\$3.00
*Lorene Benoit</p> | <p>Sherbrooke, PQ
Fri. Jan. 30 7:30pm
Auberge Elite
4206, rue King Ouest
Free of Charge
1-888-325-4372
*Robert Levert</p> |
| <p>Edmonton, AB
Wed. Jan. 14 7:30pm
St. Albert Inn
156 St. Albert Trail
780-459-5551
\$3.00
*Speaker: TBA</p> | <p>Black Water, ON
Sat. Jan. 17 10 to 12pm
Hwy 12-RR#4
Free of Charge
705-357-2321
*Heather Shaw</p> | |
| <p>Moncton, NB
Date: TBA 7pm
Wedgewood Hall
1201 Mountain Road
506-859-0383
\$2.00
*Deborah Legere</p> | <p>Kitchener, ON
Mon. Jan. 19 7:30pm
16 Wellington St. N
Free of Charge
519-568-8731
*Ginette Ethier</p> | |

Please Note:
*Speakers are subject to change without notice. Please contact Customer Service at 1-800-265-9163 Mon. to Fri. 8:30am to 5pm EST for the most current information.



Circle of Excellence Promotion

Qualification Period: Jan 1st - Dec 31st 2004

- 1 Initial Membership:**
 - Achieve a minimum of \$1500 (retail sales) in one month from Personal Presentations
- 2 Permanent Membership (1 year)**
 - 3 consecutive months achieving a minimum of \$1500 (retail sales) per month from Personal Presentations

Note: Must re-qualify each year for membership

Membership Privileges

- Certificate (after first month) with seals for each additional month
- Pin (after 3 months in one calendar year)
- Conference call for training, sharing and recognition
- Special Promotions
- Personal recognition each month Circle of Excellence is achieved
- Personal coaching
- Special workshops
- Special recognition: Sunshine Today, Conference and website
- Private web forum for training info, etc



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 2003)

September 2003

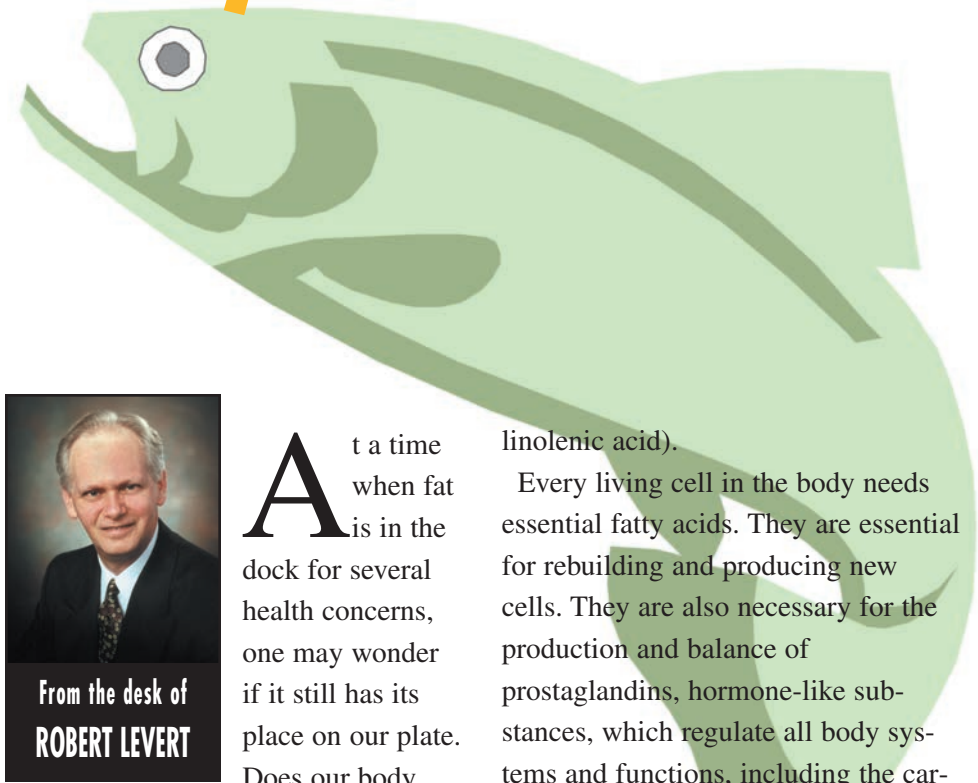
- Sherri Judd
- Eike Ahlorn
- Helga Lambrecht
- Denise Johnson
- Marlene Pietschmann

October 2003

- Denise Johnson
- Judith Cobb
- Margaret Voth
- Marlene Pietschmann
- Shirley Brink



Why Essential Fatty Acids?



From the desk of
ROBERT LEVERT

At a time when fat is in the dock for several health concerns, one may wonder if it still has its place on our plate. Does our body

really need fat?

Our body does need fat, but not just any fat. The fatty acids necessary for health that cannot be produced by the body are called essential fatty acids; they are sometimes referred to as vitamin F or polyunsaturates.

Essential fatty acids, required for a healthy body and mind, are divided in two basic categories, omega-3 and omega-6. Omega-3 is a classification of certain fatty acids and their names are EPA (eicosapentaenoic acid), DHA (docosahexaenoic acid), and ALA (alpha linolenic acid). Omega-6 is another classification of certain fatty acids and their names are LA (linoleic acid) and GLA (gamma-

linolenic acid).

Every living cell in the body needs essential fatty acids. They are essential for rebuilding and producing new cells. They are also necessary for the production and balance of prostaglandins, hormone-like substances, which regulate all body systems and functions, including the cardiovascular, immune, reproductive, and central nervous systems. Essential fatty acids are found in high amounts in the brain where they assist in the transmission of nerve impulses; they are necessary for normal brain function. Japanese researchers have verified that a deficiency of EFAs can result in an impaired ability to learn and recall information.

To better understand why omega-3 and omega-6 fatty acids are so vital to health, let's focus on each individual fatty acid and their functions. EPA, an omega-3 fatty acid, plays a critical role in cell membranes and in other body functions and structures. DHA, an omega-3 fatty acid, is found in

high concentration in the grey matter of the brain and the retina of the eyes, and is instrumental in the function of brain cell membranes, which are important for the transmission of brain signals. ALA, another omega-3 fatty acid, is metabolized into EPA and DHA in the body. Fish oils and flaxseed oil are the best sources of omega-3 fatty acids.

LA is classified as an omega-6 fatty acid. Magnesium, selenium, zinc, vitamins B6, A, C, and E are necessary for the conversion of LA to other omega-6 fatty acids, namely GLA. GLA, the most active omega-6 fatty acid, is converted by the body to a hormone-like substance called prostaglandin E1 (PGE1). It aids immune function, protects against heart disease and vascular disease, reduces inflammatory conditions, regulates brain function and nerve impulses, balances the action of insulin, increases metabolism and is highly effective for weight loss. Evening Primrose Oil is the best source of LA and GLA.

Numerous studies have reported that diets rich in EPA and DHA reduce the risk of cardiovascular disease and various forms of cancer. Fish oil has also been reported to be helpful in reducing the signs and symptoms of many diseases, especially those associated with inflammation and allergies such as psoriasis, eczema, and rheumatoid arthritis.

GLA supplementation in diabetics has been proven to enhance nerve function and prevent diabetic nerve disease. GLA-rich oils may be helpful for treating hyperactivity and schizophrenia.

If you are concerned about the fact

that certain prostaglandins generate inflammation, you should know that our body makes them from meat, dairy products or vegetable oils that contain omega-6 fatty acids, but never from fish oils, flaxseed and evening primrose oils.

By now, you probably better understand why supplementing with essential fatty acids is so important to your health. For that purpose, Nature's Sunshine provides us with three essential fatty acids supplements that cover all our needs. Evening Primrose Oil is mainly used to help lower high blood pressure, reduce platelet aggregation, and relieve symptoms of premenstrual syndrome (PMS). Flaxseed Oil is especially helpful with allergies, intestinal problems, and autoimmune diseases. Super Oil, which contains a full range of the essential fatty acids, is most effective in reducing

cholesterol and triglycerides, pain and inflammation associated with arthritis, alleviating various skin conditions, and regenerating the myelin sheath, which is essential to healthy nerve functions.

Lack of essential fatty acids can cause a number of symptoms including mood swings, abnormal clotting of blood platelets, growth retardation, immune weakness, gastrointestinal problems, heart and circulatory problems, skin problems, hair loss, menstrual problems, fibrocystic breast disease, sterility, allergies, mental problems, inflammatory conditions, ringing in the ears, decreased fertility, dry eyes, prostate enlargement and obesity. Prolonged deficiencies can lead to serious autoimmune diseases.

As you can see, the type of fat you eat is of enormous consequence to your overall health.

EFA Supplements	Classification	Fatty Acids
Super oil (contains Flaxseed oil, fish oil [cold water], soya lecithin, evening primrose oil and vitamin E [as a preservative] Stock #8235-8 (90))	Omega-3	<ul style="list-style-type: none"> • EPA • DHA • ALA converted by the body to DHA and EPA.
	Omega-6	<ul style="list-style-type: none"> • LA converted by the body to GLA. • GLA converted by the body to PGE1.
Fish Oil (not available as a single product).	Omega-3	<ul style="list-style-type: none"> • EPA (18%) • DHA (12%)
Flaxseed Oil (available as a single product). Stock #1770-3 (60))	Omega-3	<ul style="list-style-type: none"> • ALA (58%) converted by the body to DHA and EPA.
	Omega-6	<ul style="list-style-type: none"> • LA (14%) converted by the body to GLA.
Evening Primrose Oil (available as a single product). Stock #1787-7 (90))	Omega-6	<ul style="list-style-type: none"> • LA (72%) converted by the body to GLA. • GLA (9%) converted by the body to PGE1.

EFA Dietary Fats



Make EFAs a part of your healthy lifestyle

CONFERENCE 2004

MONTREAL

OCTOBER 14TH-16TH 2004

2004 CONFERENCE PROMOTION

Qualification Period: October 1st, 2003 to August 31st, 2004.

Earn the Complete Conference Package: 3 nights accommodation *Plus* 2 Registration packages.

To earn the Complete Conference Package:
Accumulate 12,500 PGV during the qualification period and you will earn 3 nights PLUS registration for 2 FREE.

Earn up to \$400 in Travel Allowance

To earn travel allowance:

- Every 5 sign-ups with 300 Accumulated PV within 3 months=2 Travel Credits
- Breakout a NEW Manager that maintains for 3 consecutive months=2 Travel Credits
- Personally rank advance (must be NEW rank at the end of the qualification period)=2 Travel Credits

Maximum credits to be accumulated=6 per account.

2 Travel Credits=\$100

4 Travel Credits=\$250

6 Travel Credits=\$400

PV transfers do not count towards this promotion.

Conference accommodations and facilities provided by the luxurious downtown Delta Montreal Hotel.

