



SUNSHINE

The Publication for Nature's Sunshine Managers & Associates

March/April 2010 **TODAY**

**Probiotics for
Your Health**

**Liquid Herbal
Extracts**

**Here's to Your
Digestion!**

**Part 2 of
Dr. Hugo Rodier's
Editorial Feature**



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

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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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Training that Counts

If you ask outsiders what they know about Nature's Sunshine Products, the two most frequent answers you will hear, besides "nothing" are that we have unique products and that we offer unparalleled training. These have been two of the pillars of our growth and success over the past 38 years. A few years ago we significantly increased our investment and involvement in training through technology such as conference calls, webinars, CD's, DVD's etc. Many of the resulting products can be found on our new resource centre. The URL is www.nsprc.ca . (or.com; or .net). We covered all our bases. This is a powerful resource centre where you can go in with your Associate number and access many conference calls, webinars, speeches, articles, documents, etc. that you can use in training your own successlines and customers. I would encourage you to explore and take advantage of this valuable resource. The material contained therein is virtually priceless and it is absolutely free to you as NSP Business Associates. I have asked that, wherever possible, subject to legal agreements with speakers, that we post all future trainings there for your use. By the way, when I have mentioned to people who lead other network marketing companies in Canada that we do not charge for these resources, they are amazed. Many of them perceive these as an additional source of revenue for their company. We, on the other hand, believe that the more we can do to help you, our Partners, succeed, the more we as a company will also succeed. This is just one more benefit of your NSP membership.

Another resource I would like to mention to you is offered by the Direct Sellers Association. A committee which I have been privileged to lead for the past three years has developed a "DSA Affiliate Program" which offers you, as an independent

business person, many of the benefits that a corporate employee might enjoy. These include group rates for various insurance programs, business supplies from Staples at discounted rates, travel, gasoline savings, long distance savings and more. In addition, there are a number of generic educational modules which are available to Affiliate Members (like you), which are created by the authors of books on the topics about which they are training. These are all intended to sharpen and enhance your skills as direct sellers. The final piece of the program is an optional examination which you may take online and which will give you a certificate which we are promoting to various levels of government in Canada to demonstrate that those who pass the test are able to operate at a higher level of ethics and credibility than many others in Canada. Any government officials who have been introduced to the program to date have been very impressed and supportive of our efforts to raise the standards in the direct selling industry.

So your question, I bet, is "How do I learn more and maybe even sign up?" The answer is very simple. Go to www.dsa.ca and in the top left corner of the opening page you will see a button to click on that says "Affiliates." That will take you to the site and introduce you to all of the features and benefits.

The cost of the program is \$29.95 in the first year and upon satisfactory completion of the test, \$19.95 per year thereafter. This is one of the best investments you can make in your business and I believe it will save you hundreds if not thousands of dollars in expenses that you will be making anyways.

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Congratulations to our two latest Managers to reach Diamond rank: Bob and Helen Pauls, and Florence and Brian Dyck, both of Winkler, Manitoba

An overwhelming passion to educate and help others leads to personal and business success

It was over 26 years ago that Bob Pauls was encouraged to go to a herb talk. Skeptical, but since he was studying the health effects of foods and nutritional supplements, Bob went opened minded, needing a solution to some nagging health problems.



He and his wife Helen now have one of NSP's largest success lines. His passion for herbs was a drawing card for others, who have themselves built successful businesses with NSP.

"It all began when I went to a meeting on herbs. I had been studying nutrition and supplements for about three years, trying to get answers to some health problems. The first words out of the speaker's mouth were that 'herbs are super nutrition,' so I thought, this must be the missing component, and decided to try it.

"Right away the herbs became part of my life. When I wasn't at work, I was studying herbs. The herbs were life changing for me, and if someone mentioned a health problem, I felt obligated to tell them what they could do. My intentions were never to make this a business, but I did."

When asked what is the secret to his success, Bob credits much of it to his successline, most of which were his original customers that he learnt together with and to the clients who shared the information with their friends. Unknowing to him at the time, he feels very fortunate that he was working with a herb company that would stand the test of time. The early people who came aboard with him and NSP remain the ones much of his downline success is still built on, according to Bob.

For Bob, an early business-building activity was simply the handing out of educational material to those he felt would benefit from it. His own passion for herbal remedies was a draw for others searching for solutions.

After 26 years, Bob says, he's seen the attitude of people change in regards to herbs. Most people, including himself, did not "believe" in herbs. He realized the only thing preventing people from using, wasn't about belief, but rather a lack of knowledge about how they work. Today it's just a matter of helping them choose the best herbs for their needs and with the tools we have today this is rather easy.

For Bob, "the herbs are just as exciting as they were when I started; I still feel the same way about them, because they are still changing people's lives. The idea of using potent nutritional supplements to build and maintain health is growing. Many of the products NSP has developed recently reflects this. Products that are solely for building better overall health have become number 1 sellers " he says.

At 47 years of age, Bob and wife Helen are thinking only of what direction to take with NSP in the future, and not of slowing down.

A simple philosophy of sharing with others results in unimaginable success

If you attended the Annual Health Conference in 2009 at Niagara Falls last year, then the names Florence and Brian Dyck will be familiar to your ears. The couple walked away with four major achievement awards including the coveted Award of Excellence. To Conference onlookers, success this grand probably seems unachievable. However, to hear Florence's story you'll soon understand that business success was never the goal when she started with NSP—and it isn't today. To the Dyck's, success comes when you give of yourself to others.



Over 26 years ago, Florence was struggling to find medical solutions to treat her Lupus. Having found no help in modern medicine, she turned to herbs. This eventually lead her to a man named Bob Pauls (see story on the left), who introduced her to NSP.

And that was the beginning. With other like-minded individuals she explored the health possibilities of herbs and found solutions to treat her own Lupus.

"I thought to myself, I gotta find out what's going on here (with herbs) and take care of myself because I wasn't getting any help anywhere else."

After working with Bob Pauls and having helped many family members, Florence decided to start a business out of her home. "One thing after another just happened and it took off," says Florence. "We ended up getting a really good business going."

The foundation to her early success was home meetings. 'Women's Night Out' is what she called them at first. Later, meetings became about specific topics and the people just kept coming, says Florence.

Through taking courses she expanded her knowledge of herbs, which allowed her to help more people. "The more I could learn the happier I was," she says. "Then we would share the information with others. It was always done by word of mouth and I have rarely ever advertised."

Florence now works with her husband, Brian, and daughter, Jennifer. However, the philosophy of simply sharing with others is what remains the same.

Solstic ENERGY



Beat the Cold And Boost Your Body

Solstic Energy's refreshing, energy-boosting blend of natural ingredients is perfect any time of the year. For a delightful wintertime treat, mix your Solstic with a cup of hot water for an energizing beverage that will warm you from the inside out. Solstic's unique formula promotes your body's natural energy-producing mechanisms, including boosting metabolism which helps to invigorate the body by burning calories.



After 35 years we continue to lead in quality



Bryant J. Yates
President, International

Although I know you've heard it before, I want to reiterate the fact that Nature's Sunshine has led the nutritional supplement industry in the quality, potency and efficacy of its products for over 35 years. Such success is no accident. Consistent quality cannot come by accident; it comes by design. From our founding, Nature's Sunshine has been dedicated to providing the world with the most powerful, most effective products possible; and we've taken appropriate steps throughout our history to ensure that you receive the best that we have to offer.

In 1978, just six years after Nature's Sunshine formed—and at a time when the nutritional supplement industry was largely unregulated—Nature's Sunshine decided to build its own manufacturing plant so that it could better control the quality of our products. One year later, QA (Quality Assurance) and R&D (Research and Development) departments were formed. And even though we built our manufacturing plant with the future in mind, our rapid growth meant that we had to expand our plant again just five

years later.

In 2002, we took a monumental leap forward to ensure that we would stay at the head of the industry by performing a \$21 million renovation on our manufacturing plant. In this expansion, we more than doubled our



production capacity, vastly increased our warehousing potential, purchased and installed pharmaceutical-grade manufacturing equipment, and implemented a host of GMP training and policies. The industry took note, and Nature's Sunshine was named Manufacturer of the Year by *Nutritional Outlook* magazine.

Today, we continue to go beyond the industry standard in quality. Our R&D staff consistently develops powerful

formulas and testing methods to verify their efficacy. QA routinely runs over 600 different tests to ensure that only the best, most potent ingredients are ever used in our formulas. They also test every batch of finished product to guarantee that each capsule and tablet is just as powerful and just as effective as we claim it to be. Our manufacturing policies have earned recognition within the industry and from third-party entities such as NSF for their quality and efficiency.

So I say again that Nature's Sunshine does not lead the industry by accident. We lead the industry by design. We lead because we want what's best for you and because you deserve nothing less.

Sincerely,

Bryant J. Yates
President, International
Nature's Sunshine Products, Inc.

Training that Counts, continued

I trust you will like the program and decide to make it a part of your business. (The other neat thing about it is that as a legitimate business deduction, you either invest the money in it or else pay the same amount to the tax man as part of your contribution to our country's revenue collection. Which do you think will do more for your business?)

In the last quarter of 2009 and again in the first quarter of 2010 we conducted Education Weeks, a one-week series of webinars with speakers on

various health and business-building topics. We are planning another such week in April 19th to the 23rd. Block those five evenings in your calendar and plan to join us for another great learning experience. Attendance at these events has been awesome and I trust that you will be part of the next series. Five great presentations from five knowledgeable presenters! And the price is right—FREE!

I hope that you can see that we are completely dedicated to providing you with excellent training resources and

we do invite your suggestions regarding topics you would like us to consider offering in the future. Forward your suggestions to Aleks Gusta at aleksg@natr.com and she will bring them to our planning sessions as we move forward. Good luck and good growing!

Garry Ford
General Manager
Nature's Sunshine Canada

More on Drugs...



Dr. Hugo Rodier, M.D.

The same issue of the JAMA I quoted for the previous article also had related articles on how clinical practice “guidelines” are influenced by marketing¹ more than hard evidence and how the “FDA exerts too little oversight of researchers’ conflicts of interest.”² The article on the controversy surrounding the cholesterol lowering drug exetimibe/simvastatin³ is a good example of how prevention and nutrition are seldom part of serious discussions on treating heart disease.

The *New England Journal of Medicine* had an article along the same lines, “The Neurontin Legacy: marketing through misinformation and manipulation.”⁴ Before tackling the well-known drug neurontin/gabapentin, the article opens up by reminding us of the shady deals that allowed synthroid-makers to hide evidence that the generic levothyroxine is just as good. Then, it gives pointed examples and direct quotes from pharmaceutical executives who pushed their representatives to drive up sales by hyping neurontin to doctors. The

drug reps claimed the drug had benefits that were never shown in their internal research.

The author feels that “drastic action is essential to preserve the integrity of medical science and practice and to justify public trust” and that the public and doctors need “public funding of peer-reviewed pharmaceutical research through a National Institute for Pharmaceutical Research that might be funded by a tax on all drug sales.”

I am sure you will agree with his final conclusion:

“Will our profession soon feel compelled to advocate for such actions to preserve our integrity, our social contract and ultimately our privileges?”

Perhaps the article in the same issue of the NEJM may help us shed some light on the “man behind the curtain:” “Money and the Changing Culture of Medicine.”⁵ Again, the article’s implications are so enormous that I choose to only quote from it:

This is the title of a remarkable article in the top medical journal in the world. Here are its main points:

- “Assigning a monetary value to every aspect of a physician’s time and effort may actually reduce productivity, impair the quality of performance and thereby increase costs.”

- “Even the suggestion of money promotes behavior marked by selfishness and lack of collegiality.”

- “Medicine has marketplace elements that are inherent in any business—a physician receives payment for services. But there is also a communal relationship, an expectation and obligation to help when assistance is needed. In the current environment, the balance has tipped toward market exchanges at the expense of medicine’s communal dimension. Many

physicians we know are so alienated and angered by the relentless pricing of their day that they wind up having no desire to do more than the minimum required for the financial bottom line.”

The journal feels that the answer is “**Patient-centered medical home,**” or a “*compassionate partnership.... [where] the insurer would pay a set fee for each patient cared for in the medical home to cover what is now not reimbursed time.*” In my opinion this means that doctors would now have an incentive to learn about nutrition and motivational techniques to help patients change their toxic lifestyle. This would lead to more emphasis on prevention and a significant reduction in the cost of health care.

“Caregivers should be appropriately reimbursed but should not be constantly primed by money. Success in such a model will require collegiality, cooperation and teamwork—precisely the behaviors that are predictably eroded by a marketplace environment.”

This is one of the reasons why I enjoy associating with companies like NSP.

They clearly understand that the best way to deal with chronic disease is to empower patients to heal themselves. This is accomplished through education that highlights sound nutritional concepts, prevention, exercise, maintaining good relationships and clean environments. NSP’s commitment to educational conferences is an example to any health-related company.

The bottom line is money

As the economy continues its downward

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Testimonials

Real-life experiences of NSP Associates

Silver Shield Gel kills infection and prevents scarring

Female client in her late 40s had a lump break out on her nose after visiting her father in a nursing home. (A few days later her father informed her that he had MRSA infection on the inside of his nose from going to the hospital the week prior.) The small lump on the outside of her nose continued to grow, becoming red and very sore. I sent her a bottle of Silver Shield to take internally, one teaspoon three times a day, until finished. I also had her apply the Silver Shield Gel topically to the sore on her nose three to five times a day. Within 48 hours the redness had disappeared. Her dermatologist took a skin culture leaving her with two stitches in her nose. I let her know the Silver Shield Gel works amazing on scars and not to worry. After three weeks her nose cleared up with no scarring where the stitches were. What an amazing product!

Mississauga, ON

Pets benefit from herbs too

While I was at conference in Niagara Falls my husband decided to stay home and look after the kennel himself. At the time we had a mom with a litter of pups. I decided to make life simple for him and his mom by waiting until I would come home to start the pups on food. This way Dusty the mom could nurse the pups and my mother-in-law would have it easy by just putting Dusty in with the pups regularly throughout the day. My Dusty decided to slip on our stairs and hurt her front shoulder so bad that she was unable to put weight on it. My puppy room is down stairs and Dusty needed to go down 16 stairs to get to the pups. My husband now had to carry her many times a day down to them and she is a 55lb dog. Needless to say they had to start the pups on food ASAP as my husband’s back and legs were starting to feel the brunt of this. Most people would take their dog to the vet with a series of x-rays = \$250.00 plus vet exam another \$65.00 and of course the medication on top approx \$150.00 for a total of \$465.00 if you are lucky

with this cost. Knowing she pulled her shoulder muscles she was started on a program of 4 Collatrim and 4- ART-A with Devil’s Claw twice a day and by the time I came home a few days later she was still limping but able to put weight on it but still unable to do the stairs. When I came home I bumped her dosage up to 3 x a day and a few days later she did the stairs for the first time. She is going up and down on her own and you would have to look real hard to see her limp as she is walking good now. So for all of you who are skeptics about herbs for animals this is a testimonial on herbs for pets and I have many more where this is concerned. Animals respond very well to herbal products and I would be hard pressed to remember when I last used conventional meds for my kennel of boxers. Herbs keep my dogs healthy as well as my pocket book.

Eldorado, ON

Headache pain vanishes with ancient Chinese herbal lotion

I was having a real problem with headaches until I started using Tei Fu Lotion, and now I don’t go away without it. As soon as a headache starts I put some Tei Fu lotion on my temple and within minutes it disappears. It is so relaxing I even use it sometimes if I can’t sleep—just rub some on your forehead and feel the difference. You can have a throbbing headache and it just disappears like that!

Alymer, ON

Eye returns to normal with Silver Shield

I wanted to share my testimonial about Silver Shield. My spouse developed a small lump on his eye accompanied with blurred vision. He went to the doctor and was supposed to be operated on the eye. Upon hearing that the doctor wanted to operate on his eye, we started applying Silver Shield Gel on his eyelid, and Liquid Silver Shield in his eye. In just two weeks everything was back to normal. His eyes now work perfectly. Thanks for this product.

St. Pauls d’Abbotsford, PQ

Herbal combination helps overcome childbirth health issues

When I became pregnant with my fourth child I knew there would be some health issues and I did not want a repeat of previous pregnancies — constipation (got really bad and very painful as the fetus was pressing directly on the rectum), chronic fatigue with absolutely no energy, anemia, and urinary tract infections. And because I was prone to urinary tract infections, my doctor would automatically do a culture and prescribe antibiotics only to have the infection return three weeks later. Furthermore, after delivery I was loaded with candida and thrush. So imagine my sheer delight in discovering I-X — a solution to all my problems: anemia, constipation, fatigue and yes urinary infections. What an awesome product!

Broisbriand, PQ

My Cancer Story

I was enjoying my 66th year like I had the several previous years; tending my lakefront garden, baking a variety of goodies, traveling around the island visiting friends and family, volunteering on various committees and overall, filling my life full of time with family and friends in the most beautiful part of the world. But then things began to change.

It all started with a nagging pain in my side. Over time things gradually got worse and pretty soon, I was extremely uncomfortable. My back hurt, my side hurt, my breathing was laboured and my heart was racing. Trying desperately to find relief from my discomfort, my husband and I made many trips to the emergency ward. The quest for answers included five scans and eight x-rays. Each time a possible diagnosis was offered; costio canda nerve, wet pleurisy, kidney stones, bowel obstructions, irritated bowel, blood clot, arthritis, lupus, polymyalgia rhemaitia, and so on. And then in February 2006, an x-ray showed a shadow on the lower lobe of my left lung.

Tests continued until on November 16, 2006, Dr. Dewer, a cancer specialist, did a biopsy and diagnosed mesothelioma. The lung and pleura were fused together. I was informed that the cancer was inoperable. I was too weak for chemotherapy or radiation. The doctors told my family and I that I had possibly six months to live.

I tried to be strong and count my blessings but, as I began tying up loose strings, I found myself thinking with dismay, "I am not going to make our fiftieth wedding anniversary, seven months away!" But then, as the

weeks passed, I became aware of a deep resolve, "I AM going to make it!" I didn't know that things would get much worse before they got better.

With the message from the doctors that there was nothing they could do, our family began looking for alternatives. Upon the advice of our oldest son Ron, I started a program with a Chinese medical doctor. The program kept me alive and I even improved slightly. The regime was intense and at first required that I travel to Victoria regularly. Things were not looking good so my husband and I had a notary come to our home and make out our wills and living wills. While I was fighting for my life, I was continually being faced with my death.

Through the Christmas holidays, birthdays, the changes in the seasons, I continued to struggle — each breath was a chore. I spent most of each day in my reclining chair but little by little I regained some strength and by June 2007 we celebrated our fiftieth wedding anniversary with about two hundred family and friends. I was still very ill and incredibly weak.

I continued with a variety of alternative programs over the next two years and made very gradual improvements. Eventually I hit a plateau. I remember thinking, "If this is as good as it gets, I'd rather be dead." But then I started a program that changed my life.

In September of 2009, a friend gave me a book about a herb called Paw Paw by Nature's Sunshine and we started consultations with a herbalist, Lorene Benoit of Duncan. The first thing she said was, "No sugar, wheat nor yeast, all organic food and no chlorine in the water." She started me on a program including herbs to support my health and Paw Paw to kill the cancer.

Within a month my health was showing significant improvement.

About six months after starting the herbal program I went to the cancer specialist and when I told her I still had a lot of pain on my left side she replied, "Oh, the cancer could have metastasized to the bone." I felt totally deflated. The doctor wanted me to start chemo and radiation, stop taking the herbs and have a scan. I agreed to have the scan and with hesitation accepted future appointments with the chemo and radiation technicians. After the scan we were elated to see that my lymph nodes were clear, the pancreas, liver and spleen were clear and it appeared that the cancer was receding. I called the chemo and radiation offices, cancelled my appointments and told them that I would call if I needed them in the future.

Since that day my health has continued to improve. I continue my regular consultations with Lorene Benoit so that the herbal program can be adjusted as my body continues to heal. I am improving every day, one foot in front of the other and now one year later I am walking

over one and one half miles every day, tending our lakefront garden, traveling around the island visiting family and friends in the most beautiful place on earth. I am off to Hawaii soon, something I never dreamed possible one year ago. Thank you Nature's Sunshine for giving me my life back.

Lake Cowichan, BC

Solstic Energy reduces daily exhaustion

I have only been taking the new Nature's Sunshine's product SOLSTIC ENERGY for a short time but I found the benefits do take effect almost immediately. I noticed a change in my energy levels within a week of taking this energy drink. I wake up at 7:00 in the morning without an alarm clock. I stopped drinking caffeinated beverages such as coffee and tea to help me get through the day. I have more energy during the day. SOLSTIC reduces my exhaustion and also improves concentration. SOLSTIC ENERGY is wonderful and it tastes great.

Mississauga, ON

Send Us Your Stories...

(Please only 3 stories per month.) Receive a FREE product gift with your submission. (\$30.00 Associate value)
Send story submissions to:
MillyD@NATR.com

Congratulations to new Platinum



Congratulations to Élise Fontaine who recently celebrated reaching Platinum rank. She gathered with her successline and NSP officials for a special recognition dinner. (L to R) Henri-Paul Bolduc, Hélène Corbin, Robert Levert, Francine Lemay, Garry Ford, Meriette Bolduc, Louise Gagnon, Élise Fontaine, Diane Girard, and Adrien Girard

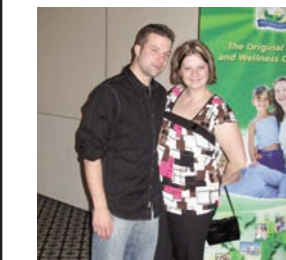
Rising Star attendees find inspiration to grow with NSP after trip to Utah

Carol and Branko Vrbanek: After our "Rising Star" trip, we decided to share the "NSP opportunity" with our family in Europe. In December 2009 our new Associate from Slovenia placed her first order with NSP UK. Despite some minor challenges, we are excited and we look forward to new partnerships in the EU.



Our mantra has always been a great partnership is like a great marriage. Both partners have to invest time and effort, celebrate achievements and continue growing individually and as a team.

We have new goals for the future and with NSP as our partner, the sky is the limit!



Jen and Kevin Penner: What an amazing experience Rising Star was. From start to finish it was a five star event. This event truly changed our lives as part of the NSP family. We went from Silver to MasterGold in just a few short months. Rising star truly motivat-

ed us, and gave us the tools to put our business into high gear. My absolute favorite parts about Rising Star were the informational sessions and the plant tour. We had so much fun, and we were able to take home a whole new understanding of NSP products to our eager to learn downline. I am truly a better teacher to others about the fantastic line of products we sell from this experience.



Yvonne Dollard Perc: I would like to thank Nature's Sunshine for the fabulous time that my husband Ben and I had at Rising Star.

Rising Star has been an AMAZING motivator.

My business has increased substantially since my return.

I have always loved the product line, but meeting the people that put so much love and professionalism into Nature's Sunshine, and seeing what goes into Nature's Sunshine products makes me feel very privileged and proud to be part of a company like Nature's Sunshine.

I would recommend to anyone that they strive to become a Rising Star Guest! Thank you for helping me to help others.

Here's to your good digestion

Is your body experiencing *eupepsia*? It's in short supply these days. *Eupepsia* is just the medical term for good digestion. So, if you're one who is in a state of *eupepsia* then congratulations, your prospects of a disease-free life are greatly enhanced.

As vast and exciting as the discoveries of nutrition science and alternative medicine have been in the past three decades—superfoods, designer formulas promising longevity and super-human performance—good digestion has stood the test of time as the solid fountain of good health. Talk to any practitioner or alternative health professional, and you'll find a consensus that good health begins in the digestive system. With the use of over-the-counter and prescription antacids and laxatives steadily on the rise, it's evident that *eupepsia* is in short supply among Canadians.

"In the fifty years I've spent helping people to overcome disability and disease, it has become crystal clear that poor bowel management lies at the root of most people's health problems. In treating over 300,000 patients, it is the bowel that invariably has to be cared for first before effective healing can take place," writes renowned health pioneer Dr. Bernard Jensen.

In this feature we discuss the workings of the digestive system and highlight several nutritional supplements and lifestyle/dietary practices that can keep this magnificent system in prime shape.

The Stomach

Food is swallowed and travels down the esophagus and into the stomach. In the stomach it encounters gastric juices of various enzymes and hydrochloric acid. The process of breaking down fat and protein begins in the stomach with the enzymes protease, pepsin and lipase. The stomach's gastric juices also contain a substance called intrinsic factor, which makes possible the absorption of vitamin B12 in the small intestine. Ultimately, food is turned into a paste-like substance called chyme, which is released at timed intervals into the small intestine.

It All Starts In The Mouth

Digestion begins the moment food enters the mouth. The mechanical action of the teeth and tongue grind food into small pieces while salivary glands secrete the enzyme amylase. Amylase is the enzyme responsible for the breakdown of carbohydrates. Amylase is also responsible for releasing the flavour from food.

The Small Intestine

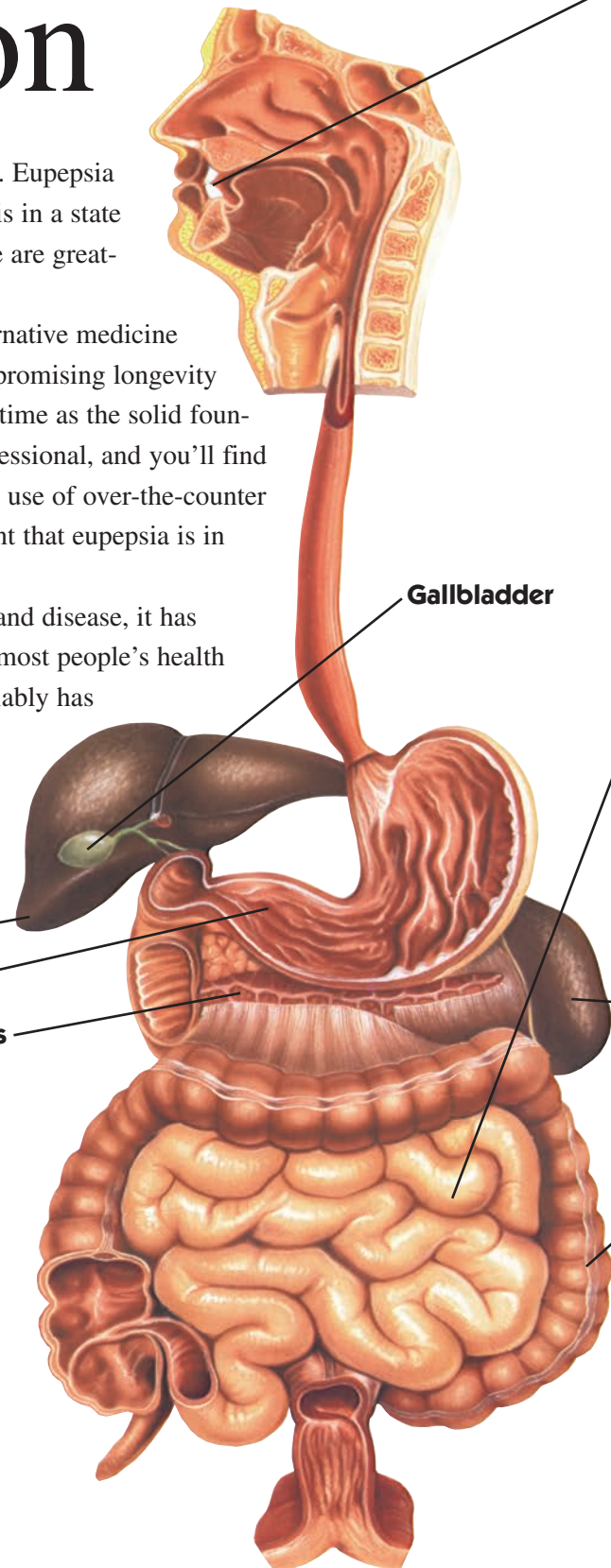
When chyme enters the small intestine it is ready for more digestion by secretions from the pancreas, gallbladder, and intestinal glands. The gallbladder secretes bile it receives from the liver for continued protein digestion. The pancreas secretes several enzymes including amylase and lipase. Glands in the intestine secrete peptidase, lactase, maltase, to name a few, to complete the digestion of protein, carbohydrates, fats, and dairy.

Tiny vacuum-like tentacles called villi on the intestinal wall absorb the nutrients, protein, fats and sugars and pass them into the blood for distribution throughout the body.

Spleen

The Large Intestine (Colon)

The large intestine is a large muscular tube about 1.8 meters in length. It includes several different sections ending in the rectum. A muscular contraction called peristalsis moves waste (mostly fibre, water, and stomach secretions) from the small intestine along the length of the colon towards the rectum for elimination. During this travel, trace amounts of nutrients continue to be absorbed and water is removed and sent to the kidneys. The result is final elimination in the form of a bowel movement.



The Digestive System: Is It Your Second Brain?

"Have you ever wondered why people get butterflies in the stomach before going on stage? Or why an impending job interview can cause an attack of intestinal cramps? And why do antidepressants targeted for the brain cause nausea or abdominal upset in millions of people who take such drugs? The reason for these common experiences is because each of us literally has two brains—the familiar one encased in our skulls and the lesser-known but vitally important one found in the human gut. Like Siamese twins, the two brains are interconnected; when one gets upset, the other does, too."

—Sandra Blakeslee, "Complex and Hidden Brain in Gut Makes Stomachaches and Butterflies." *New York Times*, January 23, 1996.

During fetal development two separate nervous systems develop as "thinking machines" independent of each other (central nervous system and enteric nervous system). Only later in fetal development do they link through the vagus nerve. The vagus nerve winds from the brain stem down through the spine to terminate in the abdomen, joining these two brains and forming the brain-gut connection. The implications are profound to how we view the digestive system and its importance. Does the digestive system function as a second brain? And what does it mean to our health?

According to Dr. Michael Gershon, author of *The Second Brain* and professor of anatomy and cell biology at Columbia Presbyterian Medical Center, New York, the second brain is vitally important: "The brain is not the only place in the body that's full of neurotransmitters. A hundred million neurotransmitters line the length of the gut, approximately the same number that is found in the brain...The brain in the bowel has got to work right or no one will have the luxury to think at all."

As science has progressed in this area we are finding that the enteric nervous system (digestive system) and the central nervous system (brain) mirror one another. An example: the major neurotransmitters found in the brain are also plentiful in the gut. These include serotonin, dopamine, glutamate, norepinephrine, and nitric oxide, to name a few. Not surprising, many of these neurotransmitters are mood-controllers. If serotonin is in short supply the brain and the gut suffer. It is becoming apparent that the digestive system plays a major role in mental and emotional health as well as sleep habits and our sense of well-being.

Alternative health practitioners have long recognized the connection between brain fog, irritability, low self-esteem, addictions, depression, etc., with liver and bowel congestion. Science is validating this with evidence that the digestive system is more than a tube for elimination: it is a brain, too.

Most people would say the brain determines whether you are happy or sad, but they have their facts skewed. It seems the gut is more responsible than we ever imagined for mental well-being and how we feel.

—Dr. Jordan Rubin, N.M.D., Ph. D., author of *The Maker's Diet*

Cleanse, Build & Maintain

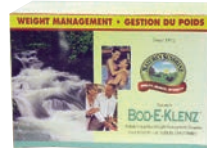
Supplement strategies for restoring, improving and maintaining digestive health

1 #1 Out with the old

Most health professionals agree that to restore health to the digestive system cleansing should come first. When we say to ‘cleanse,’ we mean more than just taking a laxative. A full cleanse should enliven sluggish, toxic-ridden digestive organs and stir up pockets of waste that, in some cases, may have sat for years. After some initial discomfort (affectionately called a ‘healing crisis’), it’s amazing the energy and vitality most feel after cleansing their digestive tract. Following a cleanse, individuals also commonly experience relief from symptoms of joint pain, breathing issues, headaches, constipation, fatigue and trouble concentrating. Weight loss is another common benefit.

It’s recommended that while cleansing, the diet be kept light and as nutritious as possible. Try replacing a solid meal with a liquid, nutrient-packed smoothie of Nutri-Burn, GreenZone or Nature’s Gold, LOCLO, Zambroza, Chlorophyll, and Essential Liquid Minerals. By replacing a solid meal with a superfood smoothie, you’ll be getting maximum nutrition while taking a load off your digestive system. And don’t neglect your daily supplement of SuperTrio vitamins and minerals.

Cleansing of the digestive system may be safely performed a couple times a year.



Excellent herbal cleansing formulas include: Tiao He Pak for a gentle cleanse or Bod-E-Klenz for a more aggressive approach. Other choices are All Cell Detox, and UC-C Chinese Combination.

2 Rebuilding the house

Building up and strengthening the digestive system can begin during the cleansing period and continue or start immediately after and may last for months. While no two digestive system programs need be the same, certain supplemental approaches come to mind and address some major areas in need of improvement.

Candida Clear: This is a supplement program to reestablish the predominance of friendly bacteria (probiotics) in the digestive tract. Neglect of the digestive system, poor diet, and commonly-used drugs promote the overgrowth of candida (a form of yeast) and other pathogenic organisms in the digestive tract and throughout the body, at the expense of the good bacteria we need for digestive and overall good health.

Safe to say the health of the digestive system cannot be maintained without a healthy population of friendly bacteria (probiotics). Candida Clear is a complete program to restore the balance between good bacteria (probiotics) and not-so-good bacteria, and to rid the system of other pathogens. For more complete information on probiotics see page 14.



Colostrum: Colostrum’s unique components are especially beneficial to the mucosal lining of the digestive system, particularly when it comes to repairing Leaky Gut Syndrome and damage to the intestinal wall.

Writes Dr. Zoltan Rona, M.D., M.Sc. in the *American Journal of Natural Medicine*: “One of the major benefits of colostrum supplementation is enhanced gut efficiency due to the many immune enhancers that control clinical and subclinical GI infections. Colostrum growth factors also play a role by keeping the intestinal mucosa sealed and impermeable to toxins. This is evidenced by colostrum’s ability to control chronic diarrhea caused by gut inflammation related to dysbiosis (*microbial imbalance in the body*). Healing leaky gut syndrome reduces toxic load and helps in the reversal of many allergic and autoimmune conditions.”

Colostrum is best taken away from meals. To help digestive disorder start with 3000 mg per day until results are achieved, then go on a maintenance dose. For a pleasant tasting beverage, open capsules into water, shake vigorously until dissolved, then drink.

BWL-BLD: Bowel Build (BWL-BLD) has been formulated to do just as its name suggests—build the bowel. BWL-BLD carries on from where the initial cleanse left off, but in a much gentler fashion and with the purpose of promoting proper function of the small and large intestine. The formula includes certain vitamins and minerals in a herbal/enzyme base. The herbs



used here help soothe the intestinal lining, prevent spasms in the colon muscle, promote peristalsis, and have a mild laxative effect. The presence of enzymes is to help digest food and break down waste buildup in the colon.



3 Maintenance for peak performance

Finally, with the digestive system working efficiently again, give it what it needs to stay in peak shape.

1. Diet: Eat a diet rich in whole foods and avoid processed foods, excessive alcohol, and sugar in all its forms. Always take a multivitamin/mineral supplement that includes antioxidant and omega 3 fatty acids, to ensure adequate daily nutrition (Super Trio is recommended).

2. Probiotics: Continue taking probiotics daily to replenish the much needed friendly bacteria required for a healthy intestinal environment, immune system function, and assimilation of nutrients. Aside from the initial Candida Clear cleanse, NSP offers Probiotic 11, Bifidophilus Flora Force and Acidophilus-Bifidobacterium to choose from. See page 14 for more on the importance of probiotics.

3. Enzymes: Enzymes are essential for digestion and nutrient assimilation in the body. Unfortunately, as we age we produce less of these vital enzymes. Always take an enzyme supplement with meals to ensure proper digestion and



assimilation. Broad-based enzyme formulas include Garden Essence and Digestive Enzymes. For protein digestion only, use Protein Digestive Aid, Protease Plus, and Papaya Mints.

4. Colostrum: Continue to make this whole food a daily part of your diet and you will assimilate more nutrients and preserve the integrity of your intestinal tract. Writes Dr. Zoltan Rona, M.D., “For healthy individuals or athletes in training, colostrum supplementation enhances the efficiency of amino acid and carbohydrate fuel uptake by the intestines...One of the reasons for the energy boost seen in most healthy individuals who use colostrum as a food supplement, is this ability of colostrum to improve nutrient availability and the correction of subclinical leaky gut syndrome.”

Make colostrum a daily part of your diet to improve all aspects of digestion, nutrient assimilation, and intestinal health.

5. Fibre: Fibre adds bulk to stools and acts like a broom on the intestinal walls. Fibre also traps undigested fat, cholesterol, hormones, and other byproducts of the digestive process and ushers them out of the digestive system. In addition to high-fibre

foods, use NSP’s LOCLO fibre supplement or Psyllium Hulls to increase fibre in your daily diet.



6. For acute digestive upsets: In those times when the digestive system is experiencing upsets such as constipation, heartburn/acid reflux and stomach upsets use the following and have them in your medicine cabinet at all times.

Constipation: Mild herbal laxatives include LB Extract (good for kids, too) and LBS II capsules.

Stomach upset and cramping: LB-X capsules, Catnip & Fennel Liquid, and CBG Liquid (good for kids, too).

Heartburn/Acid Reflux: Use Stomach Comfort to relieve periodic symptoms as an alternative to over-the-counter antacids.



Do you have symptoms of poor digestion?

The famous Dr. Bernard Jensen puts it well: “the result of faulty bowel functioning which produces undesirable consequences in the body and is the root cause of many of today’s diseases and illnesses.”

Here are symptoms that may indicate a weakened digestive system (some symptoms are less obvious than others):

- heartburn/acid reflux
- gas and bloating
- constipation or diarrhea
- diverticulitis
- appendicitis
- gallstones
- ulcers
- food intolerances/allergies
- irritable bowel syndrome
- Crohn’s disease
- colitis
- arthritis/joint pain
- yeast infestation
- abdominal pain
- hiatal hernias
- hemorrhoids
- adult acne
- eczema/psoriasis
- sleep disruptions
- headaches
- fatigue
- brain fog

Science Talk

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



Probiotics for a Healthy Life

The question is no longer should you take probiotics; the only question is which combination of probiotics is best for you. NSP offers a comprehensive line of probiotic supplements scientifically formulated upon the most up-to-date information.

Many of you reading this will have been aware of the benefits of probiotics for a long time. To others, it might be news, although the general public is starting to catch up with what alternative health practitioners have known for years. As proof, the amount of advertising seen in the last couple of years for foods containing probiotic bacteria has dwarfed what you would have seen in the previous 10 years.

So, many people seem to be getting the message that probiotics are healthy. But what exactly are probiotics? The World Health Organization uses the following definition: Probiotics for Food Use are “Live microorganisms which when administered in adequate amounts confer a health benefit on the host.” Probiotics can either be bacteria such as Lactobacilli or Bifidobacteria, or yeast such as Saccharomyces boulardii. To understand why these things are healthy, we have to understand what their function is.

Babies are born with a gastrointestinal tract (GIT) free of bacteria. Within a few days, a specific microflora colonizes their GIT through breastfeeding and the environment. This microflora

is organized in populations that remain balanced along the GIT and is divided into 3 categories :

- The main flora composed of *Bifidobacteria* along with other species of bacteria
- The secondary flora composed of *Lactobacilli*, *Streptococci* and *Peptococci*
- The transitory flora, including bacteria which are potentially opportunistic pathogens

There are about 100,000 billion bacteria in the GIT belonging to more than 400 different species. Hence, we have 10 times more bacteria in our body than human cells. The largest number of bacteria are concentrated in the colon.

There are 3 main groups of probiotics:

Lactic acid bacteria

They produce lactic acid and can be divided into two categories :

- Bacilli (*Lactobacillus acidophilus*, *L. casei*, *L. rhamnosus*, *L. bulgaricus*)
- Cocci (*Streptococcus thermophilus*, *Lactococcus lactis*, *Enterococcus faecium*)

Bifidobacteria

They produce both lactic and acetic acid and their concentration as well as predominance changes with age. They include *Bifidobacterium longum*, *B.infantis*, *B.breve*, *B. bifidum*.

Saccharomyces boulardii

Saccharomyces boulardii belongs to another category of microorganisms : yeast. Derived from the *Saccharomyces cerevisiae* yeast, which is widely used in the food, baking, wine and distilling industries, and is sometimes taken as a vitamin supplement for protein, the B vitamins, and folic acid.

This endogenous microflora exerts 2 main beneficial functions: it is involved in the digestion process, and

it protects us against infections. It is also suspected that it plays an important role in the prevention of the development of intestinal diseases such as inflammatory bowel disease and cancer. The intestinal microflora exists in a delicate balance and can be affected by a variety of internal factors such as gastric acid, bile salts, and mucus in the intestinal wall that can affect its composition. External factors including diet, medication, infections, stress, aging, and climate can also alter the microflora. That is why it can be beneficial to consume living microorganisms (Probiotics) – to modulate the endogenous flora in a positive way.

The Benefits of Probiotics

A variety of health benefits have been associated with probiotics, including:

- Prevention and reduction of diarrhea of various origins (rotavirus,

Bacteria Species	Amount per Capsule/Tablet			
	Acidophilus-Bifidobacterium #1511-2	Bifidophilus Flora Force #4080-4	Probiotic 11 #1510-1	Herbasaurs Bifidophilus #3302-0
<i>Lactobacillus rhamnosus</i>	2.8 Billion	1.25 Billion	800 Million	
<i>L. acidophilus</i>	800 Million	1.25 Billion	600 Million	250 Million
<i>Bifidobacterium longum</i>	400 Million	500 Million	400 Million	300 Million
<i>L. casei</i>		1.0 Billion	400 Million	150 Million
<i>B. bifidus</i>			600 Million	
<i>L. brevis</i>			600 Million	
<i>L. plantarum</i>			600 Million	
<i>B. infantis</i>			400 Million	300 Million
<i>L. salivarius</i>			400 Million	
<i>L. bulgaricus</i>			600 Million	
<i>Streptococcus thermophilus</i>			600 Million	
TOTAL # SPECIES	3	4	11	4
TOTAL BACTERIA	4.0 BILLION	4.0 BILLION	6.0 BILLION	1.0 BILLION

antibiotics, *Clostridium difficile*, traveller's diarrhea)

- Alleviation of Irritable Bowel Syndrome symptoms (diarrhea, abdominal pain, constipation)
- Immunomodulation & improvement of immune system
- Alleviation and prevention of bacterial vaginitis
- Prevention and reduction of atopic eczema in children
- Improvement of lactose digestion in lactase-deficient individuals
- Preservation of the normal balance of the intestinal and vaginal microflora

Lactobacillus acidophilus

The species *Lactobacillus acidophilus* has been well studied and several probiotic effects are reported in the literature:

- Ability to survive in the stomach and to reach the intestine alive
- Exert antimicrobial activities against pathogens
- Alleviate symptoms of lactose intolerance
- Hypocholesterolemic (cholesterol-lowering) effect
- Boost the immune system

Bifidobacteria

Bifidobacteria have a special metabolic pathway that allows them to produce both lactic and acetic acid. The production of acetic and lactic acid restricts the growth of potential pathogenic and putrefactive bacteria. Acetic acid is more toxic to bacteria than lactic acid at the same pH. This helps explain the greater beneficial effect of *bifidobacteria* compared to certain other bacteria, such as those found in yoghurt, which produce only lactic acid.

Bifidobacteria have been reported to be responsible for many different

effects, including increasing the frequency of stools and decreasing intestinal transit time. In the literature, *B. longum* has been reported to:

- Stimulate IL-1 (interleukin-1, which is released early in an immune system response to stimulate t-cell proliferation and protein synthesis)
- Decrease the number of Clostridia, Bacteroides and Coliforms
- Decrease some enzymatic activity in faeces, suspected to be involved in carcinogenesis

Nature's Sunshine's Probiotics Line-Up

We currently offer four different probiotic products to our customers. The table gives a quick comparison of the different probiotic species in each product, and the total number of live beneficial bacteria provided.



Nature's Sunshine offers several probiotic supplement to choose from. Also, Candida Clear is a 14-day program to help restore the balance of probiotic to candida. Following the Candida Clear, maintain proper microflora balance with a daily probiotic supplement.

New Developments

You will notice from the table that *Acidophilus-Bifidobacterium* is back!! That's right, after a long wait, we are finally able to re-introduce this perennial favourite to our customers. Please note that there is a new stock number. The old product was #8002-4, the new number is #1511-2.

You will also notice our children's product, Herbasaur's Bifidophilus For Kids, is listed. This is another perennial favourite, having been in our product line for some years now. We are planning some exciting changes later this year in the line-up of children's products, and the Bifidophilus product will be one of our current products that will be affected.

You need to start planning now to attend our Annual Health Conference this year, in order to get a first-hand look at this exciting new product line coming up!

More on Drugs...

spiral I cannot get enough reading in Economics. The last book I read was *Wealth of Nations* by Adam Smith (1776.) I highly recommend it, if you are willing to speed-read through the boring parts. The two things that struck me the most were his common sense and wisdom and how both sides of the political/economic spectrum misquote him to justify their own ideologies.

The supply siders (Republicans) emphasize how the invisible hand is going to take care of practically every thing while the demand siders (Democrats) emphasize government regulation. It turns out that Adam Smith wrote that both are necessary: business can only thrive when the law efficiently protects the right of business people to seek profits, but with the limitations necessary to respect **labor and the land.**

One thing is certain, says Adam Smith: when business people gather, they will always have the tendency to organize themselves to maximize profits even at the expense of the public. This is why regulation is necessary. And regulation of the pharmaceutical industry, particularly of their CME tactics and advertisement is sorely needed.

*"The profession of medicine, in every aspect, clinical education, and research, has been inundated with profound influence from the pharmaceutical and medical device industries. This has occurred because physicians have allowed it to happen, and it is time to stop."*⁶

Despite the clear and common sense advice from Adam Smith we will always be polarized when it comes to politics and economics. You would think that anyone interested in scientific reasoning would seek the middle ground he championed. But, it is not inherent in most people to think scien-

tifically or objectively. This is why I enjoyed the article "On Second Thought..."⁷

"When politicians [change their mind], they are tarred as flip-floppers. When lovers do it, we complain they are fickle. But scientists are supposed to change their minds when evidence undercuts their views. Dream on...But really, we shouldn't be surprised. Proponents of a particular viewpoint, especially if their reputation is based on the accuracy of that viewpoint, cling to it like a shipwrecked man to flotsam. Studies that undermine that position, they say, are flawed."

Which brings me back to doctors; you would think that most of us would be ready and excited to accept the scientific evidence in medical journals that highlights prevention, nutrition, environmental toxins and the Mind-Body –Spirit connection. But, it seems that the scientific inquiry required to take the time is not in abundant supply. Could it be that Thomas Kuhn was right when he said that a scientific paradigm (i.e., "nutrition is a second class alternative") topples when the last of its powerful adherents dies?⁸ Could it be that money has something to do with what scientists/doctors believe?

1. "Reassessment of Clinical Practice Guidelines," JAMA 2009;301:868
2. JAMA 2009;301:709
3. JAMA 2009;301:813
4. NEJM 2009;360: 103
5. NEJM 2009;360:101
6. "Industry Manipulation of Medical Science," JAMA 2008;299:1800, 1813, 1833
7. J. Newsweek, January 12th 2009, page 17
8. Thomas Kuhn, "The Structure of Scientific Revolutions;" University of Chicago Press, 1962



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!

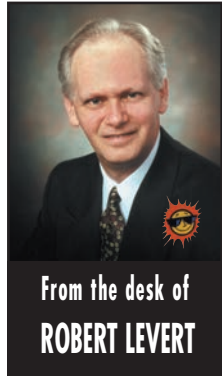
When you spot **Sunny**, fill out the ballot and return it to Nature's Sunshine. Each correct ballot will be placed in a draw where 20 winners will receive free shipping of one order. The draw will take place on April. 15th, 2010.

Don't miss your chance to WIN!



Name: _____
 Address: _____
 City: _____
 Province: _____ Postal Code: _____
 Telephone: _____
 Account #: _____
 email: _____
 Fax#: _____
 I found Sunny on page: _____

March/April 2010



Liquid Herbal Extracts

Have you ever wondered why herbs are available on the market in such a variety of forms? Powdered herbs, herbal teas, salves, oils, tablets, gelatin capsules, liquid extracts, and so on. Let me focus mainly on capsulated herbs and liquid herbal extracts at this time.

As you probably know, Nature's Sunshine started with the encapsulation of capsicum and, since then, its production has focused mainly on capsulated herbs. Capsulated herbs have the benefit of providing a substantial quantity of powdered herbs for regular use. They are mainly used by adults for daily health maintenance and prevention of disease, as well as for chronic conditions. Capsulated herbs can be taken regularly over a long period of time. Plus, you don't have the unpleasant taste of bitter herbs when you swallow a capsule.

Nature's Sunshine also manufactures a limited quantity of herbal extracts and other liquid products. Herbal extracts are easy to use for children and the elderly as they might experience difficulty swallowing capsules and tablets. They are convenient for first aid and emergency kits, but they are used mostly for acute conditions since the liquid form of herbs enables quick assimilation for quick results. In fact, our most popular infection fighters and immune stimulants are in liquid form, namely Echinacea & Golden Seal, Ultimate Echinacea, CBG, and HRP-C. Infants and babies quickly absorb the liquid herbs in their bloodstream when applied to their skin. When taken by mouth, the

dosage should be diluted in water, tea or juice, as it may irritate the mouth. It is recommended that children take no more than half the adult dosage.

An herbal extract, the liquid concentrated form of an herb, is manufactured either in a glycerin or an alcohol base. Glycerin and alcohol are known as solvents. Several herbal constituents are better extracted in glycerin, while others in alcohol. If for any reason, you are concerned with the presence of alcohol in an herbal extract, you may want to pour the quantity of the herbal extract needed in one teaspoon of hot water and let stand for two minutes while the alcohol evaporates, and then use according to directions.

Glycerine is a neutral, sweet-tasting, colorless, thick liquid. Its sweet taste covers the unpleasant taste of bitter herbs, but does not affect blood sugar like honey, sugar and other sweeteners. In fact, a well-known nineteenth-century American herbalist, Edward E. Shook, the author of *Advanced Treatise on Herbology*, preferred glycerites (glycerine base liquid herbal extracts) for most of his medicines. Glycerine has toning, astringent, antibacterial, antiseptic, and emollient qualities which are added to the benefits of the herbs in the glycerine base herbal extracts. Nature's Sunshine uses only vegetable glycerin in its glycerin base herbal extracts.

All herbal extracts are convenient, easy to take, easy to carry, and can be easily disguised in juice. You can use them to make an instant tea, and they make a great base for syrups and have a long

shelf life. For your information, 1mL (20 drops) of liquid herbs is equal to 1 capsule of powdered herbs.

On the next page, you'll find a list of the NSP liquid herbal extracts available in Canada with their benefits. Take time to review them, and become familiar with them. Post this list in a convenient place where you can access it quickly whenever an emergency or acute symptoms occur. Along with this list, make sure to have some of those liquid herbal extracts handy to answer your family's basic health needs wherever you go.



A Reference Guide to Liquid Herbal Extracts

LIQUID HERBAL EXTRACTS	BENEFITS
AL-J (horseradish root, mullein leaves, fenugreek seeds, and boneset herb in a vegetable glycerine base)	Decongestant; expectorant; respiratory tract conditions; respiratory irritation; allergies; asthma; sore throat; fever; hacking coughs.
Black Walnut (walnut hulls in a water and alcohol base)	Antiseptic; thyroid stimulant; intestinal parasites; worms; constipation; skin problems such as eczema and psoriasis.
Catnip & Fennel (catnip herb and fennel oil in a vegetable glycerine base)	Antacid; appetite stimulant; colic; indigestion; upset stomach; gas; fever; teething pain; constipation; diarrhea; enriches mothers' milk.
CBG (black cohosh root, chickweed herb, golden seal root, desert tea herb, licorice root, valerian root, and passion flower in an alcohol and water base)	Immune stimulant; antibacterial; earaches and ear infections (put a few warm drops in each ear); irritated tissues; cramps; aches; bites; stings; nervous tension; PMS.
Chinese Mineral-Chi Tonic (astragalus root, ginger root, gynostemma herb, DGL licorice root, lycium fruit, reishi mushroom, schizandra fruit, Siberian ginseng root, and ginkgo leaves with colloidal minerals, white grape juice and vegetable glycerine)	Adaptogenic; immune stimulant; physical, mental and emotional energy; stress; burnout; exhausted adrenals; alertness; clarity; focus
Echinacea & Golden Seal (echinacea purpurea root and golden seal root in a vegetable glycerine base)	Immune stimulant; antibacterial; antiviral; colds; flu; sore throat; strep throat; sinus infections; urinary tract infections.
HRP-C (dandelion root, purslane herb, indigo herb and root, thlaspi herb, bupleurum root, scute root, pinellia rhizome, Panax ginseng root, cinnamon twig, licorice root in a vegetable glycerine base)	Immune stimulant; alternative; antibacterial; antiviral; canker sores; cold sores; herpes; stress; swelling; fever; inflammation; warts; contagious diseases; Epstein barr virus; shingles; detoxification of vaccines.
LB (cascara sagrada bark, senna leaves, buckthorn bark, alfalfa herb, psyllium hulls, licorice root, rhubarb root, barberry bark, ginger root, and slippery elm bark in a water and alcohol base)	Laxative; abdominal cramping; gas; indigestion; jaundice; parasites.
Licorice (licorice root in a water and alcohol base)	Adrenal tonic; alternative; antiviral; colds, coughs, sore throat; hoarse throat; food poisoning; ADD; ulcers; addictions (coffee, caffeine); arthritis; canker sores, herpes; hepatitis; menopausal complaints. WARNING: Do not take if you are experiencing symptoms of high blood pressure.
Lobelia (lobelia herb in an alcohol and water base)	Analgesic; antispasmodic; expectorant; relaxant; asthma; epilepsy; whooping cough; teething pain; addictions (tobacco).
Oregon Grape (Oregon grape root bark in a vegetable glycerine base)	Alternative; liver and lymphatic congestion; colic; skin problems such as acne, eczema, and psoriasis; detoxification from vaccines.
Ultimate Echinacea (echinacea purpurea, echinacea angustifolia and echinacea pallida in a vegetable glycerine base.)	Immune stimulant; antibacterial; antiviral; alternative; colds; flu; sinus infection; sore throat; strep throat; urinary tract infections; mononucleosis; blood poisoning; croup.

Announcing Conference 2010 Location



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

- A. For every 12 NEW sign ups (Associates or Preferred customers) with 75 PV—**Earn 2 credits** (max. of 4 credits earned).
- B. Breakout a NEW Manager* (the NEW Manager must be Manager rank or above by August 1st, 2010)—**Earn 2 credits**.
- C. Personally advance in rank by August 1st, 2010—**Earn 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 and is non transferable. Maximum travel allowance \$400. To earn the points for a NEW Manager (never at Manager rank before) they must be at Manager rank at the end of the promotion.



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