

News From Sunshine House November 2016

To Our Managers, Distributors, and Friends in Nature's Sunshine:

We feel our new statement expresses who we are, what we do, and why. Our business is people and how we interact with them in life-changing ways:

Our business...

*Investing in People - Changing their Perspective.
Helping people to Live Healthier and Happier Lives
the Natural Way!*

Health Freedom Updates:

Congress is once again on its' so-called "work days" vacation. Actually, they are out campaigning for either their own re-election or the re-election of someone in their own party. The House is on hiatus from October 1 – November 14. The Senate is currently closed from October 10 – November 14, and again from November 21 – November 25. Congress must think our country is doing well since their jobs/purposes are to see to the needs of the people who elected them – I wonder when they last looked at the job and poverty reports and civil unrest in our country? Meanwhile, we need to direct our attention to these great health freedom organizations who work to protect our health freedoms.

Health Freedom Organizations Websites:

Sunshine Health Freedom Foundation (sunshinehealthfreedom.org)

Right To Heal Naturally (righttohealnaturally.com) (This organization does not accept contributions)

Alliance for Natural Health (ANH-USA.org)

National Health Freedom Coalition (nationalhealthfreedom.org)

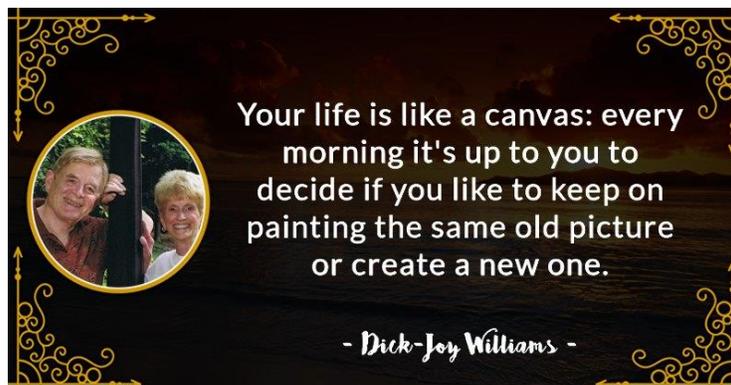
Green America (greenamerica.org)

GMO Inside (GMOinside.org)

National Health Federation (thenhf.com)

Urgent Attention is Needed: The long-awaited revision of the FDA Guidance Rules for new supplements is still a threat to us, but we have an extension of time to respond and fight it.

The FDA has agreed to extend the comment period for the revising of the supplement guidance to December 16, 2016. We must use this opportunity to flood the agency with more comments. Please help out! **Highest-Level Action Alert!** We suggest that you go online directly to the Alliance for Natural Health website { <http://www.anh-usa.org/> } and read the complete information on this danger. You can even send an email to Congress from this site. We included much of this information in our October Newsletter. If passed without any amendments, it will be a real threat to DSHEA and the supplement industry's allowance to create and introduce "new dietary ingredients." (NDI's) We could lose access to many dietary supplements or they will be handed over to the pharmaceutical industry to produce and distribute. **Please show your support.**



THE BEAUTY OF IRELAND AND MORE



NSP'S videographer Ruston Jones compiled many of his photographs and videos of our experiences in Ireland into this video. Our first stop was Dublin. The Guinness Storehouse in Dublin is 5 stories tall and offers many options for touring, good food and entertainment. And YES, that is really Dick playing the drums during our visit there with NSP. Joy shook her booty to the sounds of the fantastic groups who entertained us into the late hours of the evening. Exploring the countryside and magnificent castles and cathedrals left us breathless and with the feeling of never wanting to leave. One highlight shown in the video is the night NSP treated us and other National Managers to an evening at Luttrellstown Castle for an elegant night of wining and dining and exploring this majestic 15th century castle. Our private train ride to Killarney was first class, with food and entertainment all the way. Killarney offered beautiful adventures into the countryside and the Muckross Farm. Thanks to Curtis Hoehne and other members of the Events staff for arranging such a perfectly awesome trip!

To view our journey to Ireland, copy and paste the hyperlink to watch, and do turn your sound up.
<https://www.youtube.com/watch?v=mQdgwSuaXXk&feature=youtu.be>

Dick & Joy's November Calendar:

Nov. 8 ELECTION DAY! Today is your day to help determine the destiny of our country. (Almost as spooky as Halloween).

Nov. 11 Veterans Day: Today we honor all the men and women who have served in the United States Armed Forces, both in the past and in the present.

Nov. 24 Thanksgiving Day. Sunshine House will be closed so we can share the day and its blessings with our family. Wishing everyone a happy, peaceful and blessed Thanksgiving Day.

As we share the day with family and friends, please remember those who are not as fortunate as us. Remember our troops and the police officers and fire personnel who have given up their day and time with their own families to guard us and keep our country safe. Do a kindness for someone else today.

"There is one day that is ours. Thanksgiving Day is the one day that is purely American."

O. Henry

When most people are chronically ill, the first thing they look for is the “magic-bullet” drug that will make them well. Those who aren’t into drugs often adopt a similar approach by searching for the “magic” herb or supplement. However, when anyone suffers from chronic health problems, the wisest place to start is with food.

The body largely heals itself when it has what it needs to do the job. In modern Western culture, however, much of the available food is processed, devoid of essential nutrients. It may also be loaded with preservatives and other non-nutritive chemicals. The next time you’re at the grocery store, take a look around—the ratio of refined, processed foods to whole, natural foods is about five to one.

The advice of Hippocrates, the father of modern medicine, to “let your food be your medicine, and your medicine be your food,” is still sound advice. If we were listening to this advice given more than 2,000 years ago, we would realize that food truly is “the best medicine.”

Nutritional supplements only contain the nutrients we currently recognize. In contrast, the simplest of natural foods contain thousands of compounds, including many compounds with medicinal benefits. Supplements cannot provide all the substances found in whole foods, and drugs don’t provide any. That’s why we need whole foods to both maintain and recover our health.

Improving Our Diet without Stress

Giving up refined and processed foods can be difficult, because we may feel like we’re being deprived. So, instead of thinking about what we need to “give up,” the best way to improve our diet is to focus on what we should add to our diet, not what we should eliminate. All we need to do is make sure we start including more nutritionally-dense natural foods in our diet.

Many TV shows, internet sites and magazines are calling these various nutritionally-dense foods SuperFoods. The term isn’t just hype. It’s based on the fact that these foods contain nutrients that tend to be lacking in modern diets. SuperFoods contain large quantities of natural vitamins, minerals, antioxidants, fiber and other compounds that can give us more energy, promote healing and fend off disease.

Imagine... delicious foods powerful enough to lower your cholesterol, reduce your risk of heart disease and cancer, and even put you in a better mood—without side effects. That’s what adding more SuperFoods to our diet can do. Furthermore, as your body starts getting what it really needs, you start naturally losing the cravings for those refined and processed foods, which means you are able to give them up without struggle.

My Favorite Super Foods

I incorporate Super Foods into my diet just about every day. My favorites are:

Berries (Blueberries, acai berries, cranberries, strawberries, raspberries, cherries, and goji berries). The antioxidant properties of these fruits help reduce inflammation and keep your cardiovascular system healthy.

Dark, green leafy vegetables (kale, mustard greens, spinach and Swiss chard). These foods supply magnesium, antioxidants and aid liver detoxification.

Allium vegetables (onions, garlic, leeks, chives and shallots). These sulfur-rich foods enhance liver detoxification and help your immune and cardiovascular systems.

Cruciferous vegetables (cabbage, broccoli and cauliflower). These foods also aid liver detoxification to protect your body from chemicals and are known to reduce your risk of cancer.

Cultured dairy and vegetables (yogurt, kefir, raw sauerkraut, natural pickles). These foods provide friendly bacteria (probiotics) for digestive health.

Other great Super Foods to include in one’s diet are: tomatoes, pomegranates, sprouts, nuts and seeds, wild ocean fish and freshwater trout, mushrooms, legumes (beans and lentils), sweet potatoes and yams, winter squashes, hot peppers, oats, avocados and dark chocolate (in moderation).

Super Foods from NSP

Nature’s Sunshine has several products that contain Super Food ingredients. Although many people like to take multiple vitamin and mineral products like Super Supplemental daily, I don’t do as well on these products as I do on NSP’s Super

Food supplements. Most weekdays I make a smoothie for breakfast with frozen fruits and berries, whole milk yogurt and Love and Peas or Nature's Harvest. I sometimes add a **Solstic 24 (#6525-7)** packet when I feel I need a little extra nutrition.

Nature's Harvest (#3090-6) provides nutrient-dense plants, fruits and herbs for health and energy. It also provides 75% of the Daily Value for 18 essential vitamins and minerals. It contains green foods, antioxidants, essential fatty acids, nutritive herbs, fiber and more. With 13 grams of vegetable protein per serving, this unique meal supplement supports the intestinal and circulatory systems. It is vegan, dairy-free and lactose-free. It's my favorite protein powder to use in my smoothies.

Love & Peas (#3087-3 sugar free) is a blend of 20 grams of protein from split yellow peas and a host of other nourishing foods. It supplies 75% of the DV of 18 vitamins and minerals. The powerful antioxidant blend supports the urinary and circulatory systems, while offering a balanced amino acid profile. It is free from common allergens, dairy, lactose and gluten, and is certified vegan. I really like Love & Peas except I've found when mixing it into smoothies containing purple and red berries, its green color makes the smoothie look unappetizing. It works better in smoothies made with lighter colored fruits like bananas and peaches.

Ultimate Green Zone (#1103-6 powder) complements any meal by providing extra nutrients and energy. It is easily metabolized into energy and helps promote proper bodily functions, including waste elimination and immune performance. Each serving provides 1 gram of a proprietary prebiotic fiber blend that helps feed the body's friendly bacteria, plus enzymes to support digestion. Ultimate Green Zone tastes really good in pineapple juice, preferably raw.

Thai-Go (#4195-2, 2 25oz. bottles) contains a potent mix of berries and other superfood ingredients that are rich in bioflavonoids and antioxidants. Bioflavonoids enhance vitamin C absorption and help maintain collagen and capillary walls. They also aid in the body's immune-defense system Thai-Go delivers powerful antioxidants with a very high ORAC value. These ingredients combine to enhance the immune system, support the cardiovascular system, and promote energy. Because Thai-Go is very cooling, I find it a very valuable product for the hot summers here in St. George, Utah.

Adding it to a little water or lemonade and drinking it after being out in the hot sun really helps to cool down the body.

Barley Juice Powder (#55-1, 90 caps) is derived from young barley plants, which have strong enhancing functions. Barley greens are also a superior source of chlorophyll, the nutrient-rich by-product of photosynthesis that makes plants green and is chemically similar to human blood. Nature's Sunshine Canada has an amazing product called Nature's Gold, which is made from barley and one of the most high energy Super Foods I've seen. It's a shame we can't get it in the states. So, add some Super Foods and super food supplements to your diet and learn why food really is your best medicine.

Astragalus

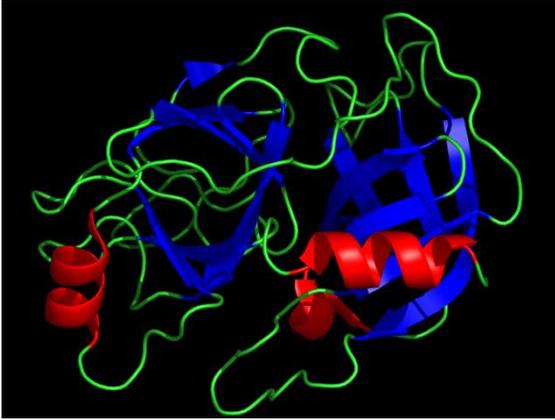
Considered to be an adaptogen, astragalus boosts the immune system and protects against stress and disease. Astragalus root has a long history of use in Traditional Chinese Medicine to increase metabolism, stamina, strength and vitality. Because of its long history of traditional and clinical use, astragalus is considered to be safe. However, ***it may increase the risk of bleeding, so caution is advised to those with bleeding disorders or those taking drugs that may increase the risk of bleeding. Astragalus is a primary ingredient in **Immune System Support**, a comprehensive supplement that boosts energy levels by strengthening immunity.

Humans are 50% heavier and four inches taller in the past 100 years than they have been throughout most of human history.

The 'fuel efficiency' of walking is roughly equivalent to 360 miles per gallon.

Protease Enzymes

Written By: Steven Horne



If you removed all of the water from the body, the remaining mass would consist mostly of protein. Proteins not only form much of the basic structure of the body, they are also involved in regulating its function. For example, neurotransmitters, enzymes and many hormones are composed of protein. When we eat protein, however, the body has to break it down into its component parts—amino acids. This is done by means of hydrochloric acid and proteolytic enzymes. Proteases are plant-based proteolytic enzymes that help break proteins down into smaller proteins and amino acids. They can be of great benefit to people who have difficulty digesting proteins, but they have even broader therapeutic applications.

Protease enzymes have proven helpful for a wide variety of health problems. For instance, taking protease between meals can help to get rid of parasites because it literally digests them. Cancer cells surround themselves with a protein coat that interferes with the ability of the immune system to destroy them. So, a popular addition to natural protocols for cancer is protease enzymes between meals.

Protease enzymes are often beneficial in autoimmune disorders, including fibromyalgia and lupus. Breaking down foreign proteins in the system seems to improve and regulate immune function. Protease enzymes may even help the immune system fight infection more effectively.

Increasing your protease enzymes may be helpful for a variety of intestinal disorders. Protease enzymes can help break down the protein gluten, found in grains like wheat, which causes an allergic reaction in Celiac disease. It has also helped other types of inflammatory bowel disorders.

Protease enzymes can also be beneficial in preventing heart disease. They help to keep the blood from becoming too thick, thereby helping to prevent the blood clots involved in heart attack and stroke. They do this without decreasing the ability of the blood to clot normally.

Here are some beneficial products for supplementing protease enzymes.

Protease Plus (#1841-7)

Each capsule of Protease Plus contains 60,000 HUT's of protease. An HUT is a unit of measurement used to indicate the amount of protein protease enzymes can digest. These protease enzymes are in a base of beet root fiber and plant-source trace minerals. Beet root contains a small amount of betaine HCl (hydrochloric acid) which aids in protein digestion. Trace minerals help to catalyze enzyme activity.

High Potency Protease (#1876-1)

Each capsule of High Potency Protease contains 180,000 HUT's of protease, making it equivalent in potency to three Protease Plus capsules. The formula also includes plant-derived trace minerals and beet root.

Small Intestine Detox (#848-2)

Small intestine detox contains pepsin, a proteolytic enzyme, mixed with marshmallow. The mucilage in the marshmallow helps coat the pepsin and deliver it intact into the small intestine where it breaks down previously undigested protein matter. This helps to "cleanse" the small intestines and improve nutrient absorption.

Suggested Use:

Take 1 capsule of Protease Plus with meals to aid in the digestion of food. For heavy protein meals use 1 capsule of High Potency Protease. Both formulas are taken between meals to help with parasites, cancer and immune disorders. Consult a skilled nutritionist or health practitioner for details. For Small Intestine Detox take 1-2 capsules two to three times daily. For best results as a detoxifier, take at least 30 minutes before meals on an empty stomach.

Caution: Protease enzymes can irritate ulcers. Do not use if ulcers are present. If stomach burning or pain occurs, reduce dose or discontinue use.

Selected References

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

Enzymes and Enzyme Therapy by Anthony J. Cichoke

Food Enzymes by Humbart Santillo

Enzyme Nutrition by Edward Howell

5 Reasons to Add Spirulina to Your Diet

Spirulina is a freshwater plant that's grown across the globe, from Africa to Hawaii, and is renowned for its remarkable nutritional profile. In addition to being packed with numerous vitamins and nutrients, it's also a great source of plant-based protein and, along with its algae cousin chlorella, is one of the most under-the-radar supplements around.

Enjoyed daily, Spirulina can help restore and revitalize your health, and while it can taste pretty overpowering on its own, it blends into smoothies and juices easily and can also be sprinkled atop soups and salads. It's also a great way for vegetarians to up their iron intake without having to endure bites of steak.

Still not sure you should give it a try? Check out these five health benefits you can reap after adding spirulina to your diet:

Candida Elimination: Candida is a fungus that aids with nutrient absorption and digestion and appears naturally in the body. But when it is left to grow unchecked (candida thrives on the processed sugars and carbs that make up a large portion of the Standard American Diet), it can release toxins into your blood system and upset your body's pH balance. Candida is a chronic condition that can lead to leaky gut, brain fog or weight gain, as well as autoimmune diseases like lupus, Hashimoto's or Crohn's disease. Thankfully, spirulina can help. Several animal studies show that it's an effective anti-microbial – especially for candida – which means that it slows the growth of and successfully eliminates harmful bacteria. And spirulina has also been shown to promote the growth of *healthy* bacteria in the gut, which will keep candida in check long-term.

Lower Blood Pressure: Phycocyanin is a pigment found in spirulina that helps lower blood pressure, and while it has yet to be determined exactly how it works, the leading theory is that the algae reverses endothelial dysfunction in metabolic syndrome – that is, there's an imbalance between the relaxation and contraction of the membrane lining the heart and blood vessels, and spirulina helps balance the scales. Because metabolic syndrome is responsible for raising the risk of heart disease, diabetes and stroke, spirulina's role in regulating blood pressure – sans medication – is not only impressive, but far reaching.

Reduction in Cholesterol: Along those lines, spirulina has also been shown to prevent the buildup of plaque in your arteries – known as atherosclerosis – and reduce high-density lipoprotein, also known as "bad" cholesterol. One recent study found that feeding rabbits spirulina reduced their HDL levels while increasing LDL, or low-density lipoprotein – the "good" cholesterol. Another study found that consuming 4.5 grams of spirulina a day for just six weeks significantly lowered bad cholesterol while increasing the good kind, while lowering blood pressure in the process. At a time when prescription medication is widely used to regulate cholesterol, adding cholesterol-lowering foods as an all-natural antidote is imperative.

Cancer Prevention: Could drinking a smoothie help prevent cancer? If spirulina is an ingredient, it might not be so far-fetched. Spirulina increases production of antibodies – the infection-fighting proteins and cells that improve immunity and help ward off chronic illnesses like cancer. One study even found that, in addition to its ability to control blood cholesterol, spirulina is loaded with potent antioxidant agents that reduce cancer cell growth.

Speedy Weight Loss: Diets high in nutrient-dense, protein-rich foods like spirulina are known to promote weight loss. Because protein is used to develop, grow and maintain pretty much every part of our bodies—from our skin and hair, to our immune system antibodies – getting enough of the nutrient on a daily basis is critical. Protein deficiency can lead to low energy (yep, like that daily afternoon slump), trouble building muscles even after all those gym sessions, low concentration, unstable blood sugar levels and, of course, trouble maintaining or losing weight. Eating foods like spirulina may help your body become a lean, mean protein machine. Because it takes more energy to metabolize, eating protein helps maintain lean tissue and burn more fat. The algae can also curb hunger, stopping those food cravings in their tracks.

Dr. Josh Axe, DNM, DC, CNS, is a doctor of natural medicine, clinical nutritionist and author with a passion to help people get well using food as medicine. He operates one of the world's largest natural health websites at www.DrAxe.com.

Spirulina Stock #681-1 (100 caps)

