

News from Sunshine House April 2016

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

Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy." ~Norman Vincent Peale

NSP Annual Price Increases: If you are reading this before the bewitching hour of midnight, MT on March 31...Remember that product price increases go into effect at the stroke of midnight. Don't wake up April 1 and be fooled when you place an order and find the prices have changed!

Health Freedom Info:



On March 16, 2016 the Senate defeated a bill from Senator Pat Roberts (R-Kan.) that can best be described as the Denying Americans the Right to Know (DARK) Act. Passing of the bill would have been a NEGATIVE. It would have allowed companies to Voluntarily label GMO products – the key word here is VOLUNTARILY! No company associated with GMO foods or Monsanto would have ever voluntarily labeled anything. It would have kept consumers in the DARK as to whether or not the food they were buying contained GMO's. The bill would have prevented individual states from requiring labeling of genetically engineered (GMO) foods. It would have ensured that big food processing companies and the biotechnology industry continue to profit by misleading consumers.

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Dick & Joy's Calendar April 2016

April 12-17 Dick & Joy will be at the Gaylord Hotel in Dallas attending NSP Convention. We look forward to sharing time there with many of our successline managers.

April 30- May 7 Dick & Joy will be in Myrtle Beach, SC

March 27 HAPPY EASTER everyone!



Comments from Steven Horne, Relating to Cancer & Sugar

Dick attended the IIPA (International Iridology Practitioners Association) symposium in Las Vegas in February. Steven Horne also attended this symposium, both as a speaker and as a member attendee. The following information penned by Steven relates to Dr. Jimenez talk on cancer and its causative and treatment factors. (It appears in three different posts that Steven made relating to cancer, especially making key points on how refined sugar plays a key point in the cancer equation). This info is too important to not share with all of you.

2/20/2016 Facebook Post

Here's a cool thing I learned at the IIPA Conference today. Dr. Antonio Jimenez from Hope4Cancer Institute spoke on their Seven Key Principles of Cancer Therapy, presenting some amazing data I've never heard about cancer before and some amazing new cancer treatments. One of the things he talked about was sugar. Perhaps you've heard the statement that "sugar feeds cancer?" That's because cancer cells are known to greedily gobble up sugar due to their high metabolism. However, he also indicated that cancer cells can live on protein and fat, too.

The truth of the statement is that cancer cells thrive on refined sugar, not the natural sugars found in food. Here's why. Perhaps you've heard that molecules can have a "spin," dextrorotation and levorotation as in l-tryptophan or l-glutamine or d-ribose. Well apparently cancer cells gobble up sugar that has a dexorotation (I'll call it a d-spin), whereas natural sugars have an levorotation (or l-spin for short). I've always wondered why when I switched from eating refined sugar to eating honey that my energy improved, my mind became clearer, my immune system was strengthened and overall I felt much better when sugar and honey are very chemically similar.

I've always suspected that it had to do with the idea that honey was a "live" natural food and refined sugar was somehow a "dead" lifeless food. But knowing that living tissues use l-spin molecules and that synthetic nutrients often have a d-spin, it would make sense that refined sugar becomes a chemical that has lost its life giving l-spin, whereas honey would still retain this. It was a really interesting idea that I'm going to have to investigate further.

2/21/16 Facebook Post

I want to add a comment about yesterday's post about sugar. It was not meant to imply that refined sugar causes cancer (in and of itself). Dr Antonio Jimenez explained that cancer has multiple causal factors and requires a multifaceted treatment.

What the post was about was a puzzle I've been trying to solve for decades. During the time of my life that I completely stayed away from refined sugar, I want to add a comment about yesterday's post about sugar. It was not meant to imply that refined sugar causes cancer (in and of itself). Dr. Antonio I felt better than I did at any other time of my life. My mind was clearer, my energy was better and I had a "kick ass" immune system. We were making cookies, cakes and even ice cream with natural honey and whole grains during this time, so I was still enjoying some sweets.

Chemists told me that there was almost no chemical difference between honey and refined sugar. They are 99% identical. I had no explanation for why refined sugar seemed to zap my energy and dull my thought processes when I accidentally ate some. I just knew that it did.

At that time I started believing that refined sugar was really a drug of sorts. Highly addictive and highly harmful to human health. But, I could not explain why natural sugars seemed to satisfy a craving for something sweet, while refined sugar seemed to make you want more and more of it.

I gradually allowed some refined sugar to creep back into my diet, mostly in the form of what I call "health food store junk food." I think I allowed myself to be deluded into thinking that "organic refined sugar" was somehow less harmful than other refined sugar. Since I allowed this to happen my health, energy and mental clarity have not been as good as it was before.

I was trying to cut back on all sugars, but I was excusing myself in eating some of the health food store treats with refined sugars in them, but this made me realize that I needed to trust my own experience. (We all get so trained into trusting the "experts" while denying our own subjective experience, don't we?)

So, I realized I need to go back to what I did before. No refined sugar, period. I'm going to go back to making my own treats at home using raw, natural honey, maple syrup and other natural sugars and avoid refined sugar (even the "organic" kind) for what I believe it is, a dead, lifeless, chemical that acts like an addictive drug. I don't have all the "science" to prove this, but I'm thinking that refined sugar not only contributes to the environment of cancer and diabetes, but that it also causes the wrong kind of gut microflora to grow in your intestines.

One of the things the doctor said was that there is a testing procedure for cancer (and I don't remember what procedure he said it was) where they give a dextro or d-rotating sugar to people and it causes all the cancer cells to "light up" because they absorb this form of sugar and the normal cells don't. He said there needs to be more research on this. Something I said in my previous post also.

But, here's the main point of what I'm writing. I'm going to get completely off of all refined sugars (like I did before) and see what happens. If the same thing happens as happened to me before, my energy, mental clarity and overall health should improve. I also expect that I'm going to go through massive withdrawals (similar to getting off of any drug) for a couple of weeks (as I did before).

As I've told people in the past, if you don't believe sugar is a drug, just try to give it up cold turkey. When I gave up sugar, I developed great compassion for people who are trying to quit smoking or give up drinking or drugs. Breaking an addiction is never easy. But, I think all you have to do to prove whether this is true or not is to try the same experiment I tried over 30 years ago. Stop eating refined sugar and high fructose corn syrup and all foods containing either of them and only use raw, unfiltered, natural honey for 30 days as a sweetener.

Do not use cheap, runny honey as some of this "honey" is actually flavored high fructose corn syrup. Good honey will crystalize to a creamy, white or amber color and will be completely smooth. Also, try to find unfiltered honey so that you get some of the pollen in it. If you want some recipes for making some natural sweets for yourself during this transition period, check out the recipes on the modern herbal medicine

website: <http://www.modernherbaleducation.com/.../articles/recipes.html>

2/21/2016 Facebook Post

Before I head back to my last day at the IIPA Conference, I just wanted to share a couple more interesting things I learned about cancer yesterday.

First, cancer cells "recruit" nearby healthy cells and turn them into cancer cells. In other words, they trigger neighboring cells to make the epigenetic changes that revert them to a primitive metabolism.

Second, cancer cells are highly intelligent and adaptive. They hide themselves from the immune system. They can adapt to many different types of diets and can also adapt to many of the therapies medicine uses to try to kill them.

Third, this clinic uses seven different therapies, which are: 1. nontoxic cytolytic and cytostatic therapies, 2. enhancing immune function, 3. full spectrum nutrition (which includes dietary rotation), 4. detoxification, 5. eliminating microbes and pathogens, 6. oxygen therapy (cancer cells thrive in a low oxygen environment, as do many infections), and 7. spiritual and emotional healing work (which he stressed is a very important part of the therapy).

Fourth, he said that almost all cancer patients have a low body temperature (95-97 degrees), which suggests that overall metabolism and energy production are down in the cancer patient which may be why the cells are mutating to survive.

Fifth, One of the therapies they use is a medically proven therapy from Europe that involves a virus that is non-pathogenic to healthy human cells, but infects cancer cells (attaching to the markers they use to hide themselves from the immune system). This virus not only destroys cancer cells, it also makes them visible to the immune system. Makes you wonder why this therapy isn't available in the United States. It's called Rigvir virotherapy.

Lastly, they also use a compound called PNC-27, which is discussed in the following Ted Talk: <http://pnc27.com/home/home-ted-talk/>

Needless to say, I learned a lot yesterday.

Properties & Usages for Silver Shield Gels

Silver Shield Gel Stock #4952-8(1 oz) ; Stock #4950-1(3 oz)

Benefits:

- Cleanses, purifies and moisturizes skin
- Aqua Sol Technology is a patented process that features a more stable and bioavailable silver particle.
- Is non-toxic; poses no risk of heavy metal contamination
- Provides 20 ppm of bioavailable silver

Silver Shield Rescue Gel Stock #4953-5(1oz) ; Stock #4951-2(3 oz)

Benefits:

- Water-based hydro gel for use in moist wound care management.
- It may help inhibit the growth of microorganisms within the dressing.
- Ideal for the topical management of minor cuts, lacerations, abrasions, skin irritations and 1st and 2nd degree burns.
- It has been evaluated in standard tests showing it can reduce the levels of common microorganisms and fungi, including*: Staphylococcus aureus, Pseudomonas aeruginosa, Escherichia coli, MRSA, Candida albicans and Aspergillus niger. * USP<51>
- Manufactured with a patented process using Bioavailable Aqua Sol Technology, which utilizes only fine particle-sized silver to optimize bioavailability and efficiency.
- Provides 24 ppm of bio-available silver.

The Threats of Indoor Air Pollutions

(NaturalHealth365) For most of us, our homes represent a safe haven from the challenges of work, school and everyday living out in the world. But, is your home really the safe and healthy retreat you imagine it to be? This answer may surprise you because **the indoor environment of your home almost certainly harbors harmful bacteria, toxins and other environmental threats.** While problems associated with outdoor air pollution get the most publicity, **it is estimated that indoor air is an astounding five times more polluted than the outdoor environment.**

World Health Organization says about 4.3 million people worldwide die due to toxic household air pollution

One of the greatest sources of indoor air pollution is likely volatile organic compounds (VOCs). These harmful gases are emitted into your home's air from certain liquids and solids, including conventional household cleaning supplies, cosmetics, paints, varnishes, waxes disinfectants, fuels and hobby products. VOCs include an array of chemicals and can have both short-term and long-term impacts on your health. The concentration of VOCs indoors can be up to 10 times what is found outside.

Note: Rely on Nature's Sunshine's natural products for your household cleaning and air purifying needs.

Your Brain: Use It Or Lose It

The brain can accomplish wonderfully complex tasks but it's a relatively simple organ. It's important to feed it well and protect it so it serves you throughout your life. Like most body parts, the more exercise it gets, the healthier it is. How do you exercise the brain? Well, recent studies have shown that people who do crossword puzzles are less likely to suffer from Alzheimer's. The fact is, you need to constantly be learning new things. Once you get good at the puzzles, try learning a new language! What good is it to live to be 100 years old if you don't know who you are or where you are? Let's point out some brain facts that will help you to "be there when you get there!"

The brain is made up of a few basic constituents. **Fat, water and aluminum** are just a few of its major components. **Fat is the densest source of energy and the brain uses** plenty of it. **An important fat in the brain is called DHA**, a crucial supplement for memory, concentration and retention. All of that fat also acts as a cushion to protect delicate functions. Water is critical to the brain as well because those brain functions are largely electrical. Energy plus electricity sounds like your brain has the potential to overheat! Water should always be around to keep you from literally becoming a "hot head". The brain needs lots of pure water as a coolant and to wash away toxic by-products from all that thinking! Aluminum is an interesting component of the brain. Since so much of brain function is electrical, it stands to reason that you need metal as a conductor. Why aluminum? Can you imagine how heavy your head would be if the metallic conductor was lead? Your neck would have to be the size of your waist just to hold your head up!

Gotu Kola is an herb that is high in natural aluminum. Give the brain the good stuff and it kicks out the deadbeat, inorganic junk. A great combination is **Mind-MAX** that has **Ginkgo-Gotu Kola**. It comes in concentrated form so one tablet is equal to 4 capsules of non-concentrate and the Ginkgo stimulates circulation to the brain so the Gotu Kola can get in. Like having a friend watching the door!

GABA is a neurotransmitter that calms down excitable brain functions. It's important to give the brain a chance to rest and rebuild. We like to think of it as Yoga for the brain! **L-Glutamine** is found in high amounts in both the gut and the brain! In fact, the body needs more of this essential amino acid than any other. When you just can't think, take one or two capsules and in 15 minutes you're cooking on all four burners again! (It also turns off food and alcohol cravings.)

Brain Protex with huperzine is a very complete brain supplement. Many studies have shown huperzine to have anti-ageing effects on the brain. **Focus Attention**, which contains l-glutamine, is available in either powder or capsules can also help with attention and memory. **Mind-MAX** is the newest formulation created to specifically address brain issue related to aging. Menopausal and peri-menopausal women should definitely include **Pro-G-Yam 500** to balance the short term memory challenges often caused by estrogen dominance.

And did I mention **CurcuminBP**? Curcumin is the name for a group of actives found in turmeric, the main spice used in curry. It is interesting that in India, where they eat a lot of curry, on a daily basis, there is no Hindu word for Alzheimer's disease. The reason for this is that there is almost no incidence of it in the entire country. This fact has been explained as being due to the highly anti-oxidative qualities found in the turmeric. **CurcuminBP** adds black pepper fruit extract from the piper nigrum species because it potentiates the effect of the curcumin. The fear of getting Alzheimer's nearly surpasses the fear of cancer, so if you are not in the mood for a daily curry, maybe some capsules would help to relieve your worries. Ralph de Amicis likes to say, "take your curry and never worry".

Thanks to Richard Dicks for sharing this great information with us!

Products mentioned in article above:

Gotu Kola	Stock #360-0
Mind-MAX	Stock #3134-4 (90 caps)
GABA Plus	Stock #1823-6 (60 caps)
L-Glutamine	Stock #1776-0 (30 caps)
Brain Protex w/Huperzine	Stock #3114-1
Focus Attention	Stock #1883-4(90 caps) & #1843-0 powder (3.3 oz)
Pro-G-Yam Cream 500mg	Stock #4949-3 (2 oz tube)
Curcumin BP	Stock #238-2

Below is the "confession"/report from our successline Manager, Mary Reed Gates, Regional Manager from Pennsylvania, who went on a "Fast Food"/ "Junk Food" vacation for a weekend. It is amazing the changes her body encountered by taking a hiatus of eating properly for only one weekend - consider that many people eat this way 24/7..it's amazing they have a viable body left after doing this continuously! Imagine what Mary would have encountered if she hadn't continued taking her herbal supplements during this experiment with junk food. Thanks for sharing your experience and experiment with us Mary!

Junk Food Weekend Vacation

Mary Paranych Reed Gates Junk Food Weekend Vacation. I am doing an experiment on how lousy I would feel if I ate all take out. I am not cooking or making a salad until Tuesday. :o/ If I make it I will report then. :o)

Dick-Joy Is this an advance confession? Take care of yourself! The herbal world couldn't survive without you. And neither could we!

Shari Miss Mary don't get yourself sick or feeling too bad! Remember we NEED You (smile emoticon)

Tara Mary, we all love you and need you.

Lin Be Careful, Yes we definitely love you and need you !

Mary Paranych Reed Gates Just 3 meals I don't think it will kill me. :o) But you guys are so sweet.

Mary Paranych Reed Gates Okay Reporting day one of pig out holiday. Had chicken alfredo from pizza hut... delicious... missed my salad. :o(

Mary Paranych Reed Gates I also got a veggie lover pizza for today.... since when are olives a veggie? Picked off the olives and it is heating up. Woke up with a slight mucus thing going on and a little stiff and sore... happens when not eating right... So far... I think I am going to make it. Might try feeding black olives to the dog. :o)

Mary Paranych Reed Gates pH is way off and I ache... Taking my herbs, just eating lousy. Thank goodness today is the last day. How do people function without vegetables?

Mary Paranych Reed Gates So now I can tell someone that I know for a fact that if you take your herbs and not change your diet, the results are not as good as doing the diet. I always suspected and believed it, now I can say I have first hand experience.

Mary Paranych Reed Gates I am stiff and sore and desperately need a salad. :o)

Mary Paranych Reed Gates 6 weeks later: Update on my Junk Food Weekend Vacation – Some vacation. :o(It took my body at least 4+ weeks to begin to feel it was somewhat back to normal. My sluggishness, body aches, out of wack pH, joint aches and stiffness, etc all took this long to return to normal levels. At least now I can say with surety that taking herbs without changing your diet will not give you the same results you will receive if you change your diet to one that is compatible with your herbal nutrition program. I will be speaking from experience – been there & done that! :o)

