

# News from Sunshine House March 2016

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

**March 13 – Daylight Savings Time Begins!** Not a holiday per se, this annual “Spring Forward” is eagerly anticipated by anyone who likes a little more sunshine in their lives... **Nature's Sunshine** that is, as well as more daylight from the glowing orb!

**March 15, “The Ides of March,”** is not only attributed to the day Julius Caesar was assassinated and Shakespeare's quotes on same, but as New Year's Day on the oldest Roman calendar. With those thoughts in mind, and in case you missed setting goals for the New Year on January 1, let these thoughts remind you of how you can achieve your goals in a way that will be rewarding to you:

*"Surround yourself with the dreamers and the doers, the believers and thinkers, but most of all, surround yourself with those who see the greatness within you, even when you don't see it yourself." ~ Edmund Lee*

*"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you too can become great. When you are seeking to bring big plans to fruition, it is important with whom you regularly associate. Hang out with friends who are like-minded and who are also designing purpose-filled lives. Similarly, be that kind of friend for your friends." ~ Mark Twain*

*"There is no passion to be found in settling for a life that is less than the one you are capable of living." ~ Nelson Mandela*

**Happy Birthday to our business partner, daughter and friend, Manny Williams on March 15!**

*Wishing everyone a Happy & Blessed Easter, as we celebrate the resurrection of Christ.*

## Health Freedom Info: These state bills need our support:

**Oppose Indiana SB 162 (Hospital Immunization of Employees)!** The original bill language protecting choice was deleted in Senate Committee! The bill is on its way to the House and now threatens employees and infringes on the right of employees to decline high risk vaccines, and it puts the hospital in charge if determining whether an employee can have an exemption and whether the employee is abiding by religious tenants worthy of a vaccine exemption!

### **Support Virginia - HB562 – Licensure of Massage Therapists**

We have worked with the patron of the bill, Delegate Robinson and the Massage Therapists officers in Virginia and included exemption language provided by Diane Miller that protects natural health folks from the original language of this bill. The amended bill with our exemption included has passed the House and will crossover to the Senate in a few days. We support this bill as amended and will work to get it through the Senate and signed by the Governor.

**Virginia - HB1342** – a bill to eliminate the religious exemption for vaccines in Virginia. This is a particularly dangerous bill. We were able in a short time to rally opposition to this bill and it has been stricken for this year. However, it was agreed to send a request to the Virginia Joint Commission on Healthcare to study ‘vaccines in Virginia’. We have not seen the letter yet so we do not know the actual request or scope the study will include. The study will occur sometime this summer and/or fall with a report going back to the General Assembly in 2017. We need to win this one and have included members of the Home Schoolers Association and the National Vaccine Information Center to support our efforts.

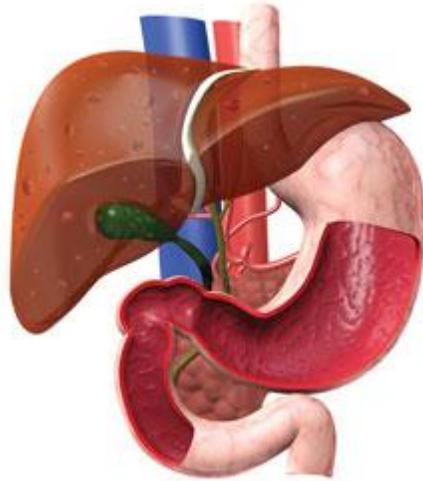
## Experience New Essential Oil Blends From Nature's Sunshine:

**#3852-9 RENEW Releasing Blend:** Prepare to let go of unwanted burdens with a blend that provides balancing, calming, and cleansing properties. It will help you restart and recharge and to face challenges.

**#3972-5: PURITY Refreshing Blend:** This blend helps clear away unpleasant odors and adds a burst of freshness to a room; a great addition to household cleaning or to diffuse it into a stuffy room to invigorate the environment.

**#3963-5 Professional Series Nebulizing Diffuser:** Add your Essential Oil Blends to the nebulizer to revive the whole environment of a room – a great way to share the benefits of essential oils with others!

## *How do you know if your liver needs detoxification?*



Nicole Cutler, L.Ac., MTCM is a long time advocate of integrating perspectives on health. [Liverhealth.com](http://Liverhealth.com)

The human liver is a multi-tasking, dynamic, brilliant organ – performing a long list of functions to sustain life. In an ideal world, the liver operates flawlessly and is able to keep the bloodstream free of toxins with minimal effort. However, the air we breathe, the food we eat, the communities we live in, the paths we travel, the products we apply to our skin and most of what we come in daily contact with are full of pollutants that can easily burden an industrious liver. Although an occasional vague symptom is no cause for worry, increasing frequency and intensification of these nine signs might actually be your liver crying out for detoxification help.

The signs of a liver congested with toxins are common complaints; so common that few people pay these symptoms much attention. This is understandable, except when four or more of these signs occur regularly and seem to be getting worse. The following nine types of discomfort (when they are daily happenings and grouped together) could mean that your liver needs help:

**1 Headaches** – There are dozens of reasons for a headache, ranging from a stiff neck, to eyestrain, to stress, to a virus, to low blood sugar, to dehydration, to a hangover, to a congested, toxic liver.

**2 Constipation** – Chronic, difficult elimination that is not aided by increasing hydration and fiber intake could be a result of toxins slowing the liver's digestive functions.

**3 Fatigue** – A symptom associated with a majority of health issues, fatigue that is unrelieved by sleep could be related to liver toxicity. Usually, the liver stores glycogen for when the body needs a burst of energy. A sluggish, congested liver is unable to properly store, release or process glycogen.

**4 Liver-Area Pain** – Pain or discomfort around the liver (upper, right abdominal area under the rib cage) is often a sign of liver inflammation. Although there are several triggers of liver pain such as a virus or excessive fat, toxins will always aggravate liver inflammation.

**5 Insomnia** – Because toxicity can interfere with the sleep cycle, insomnia might be a symptom of toxins in the liver. Difficulty sleeping between 1 and 4 in the morning tends to be more common when liver detoxification is needed.

**6 Brain Fog** – Cloudy thinking, confusion, forgetfulness and an inability to focus could be due to a liver that is overloaded with toxins. When there are more impurities than the liver can effectively neutralize, the toxins accumulate in the bloodstream and cross the blood/brain barrier.

**7 Hormonal Imbalance** – This category can range from mood swings, to PMS, to low libido. Because the liver regulates sex hormones, a congested and toxic liver will not function optimally and cause a hormone imbalance.

**8 Digestive Problems** – The liver plays a key role in digestion. By producing bile, the liver helps break down dietary fats. A liver burdened with excessive toxins may be unable to produce, release or distribute bile, leading to abdominal discomfort, bloating, smelly and loose stool, nausea and heartburn.

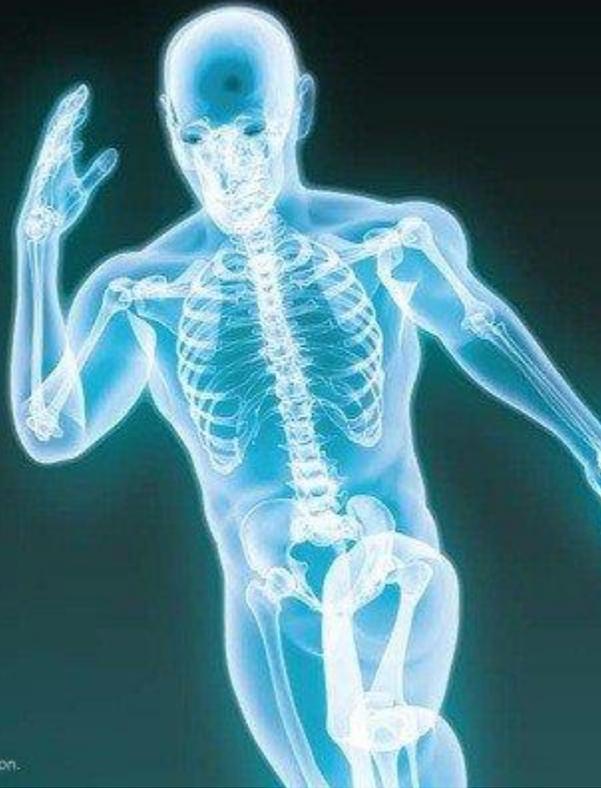
**9 Itchy Skin** – When there are too many toxins in the blood for the liver to efficiently get rid of, they accumulate in the bloodstream. Toxins in the blood frequently cause rashes, redness, irritation and itchy skin.

**Any one of these nine liver toxicity signs can have many different causes – some of which are not liver-related. However, when four or more of these signs co-exist on a regular basis, a liver detox might be helpful.**

## The Mother Of All Antioxidants

### GLUTATHIONE BENEFITS

- Increases **energy**
- Slows down the **aging process**
- Reduces **muscle & joint discomfort**
- Strengthens **immune system**
- Detoxifies the **liver & cells**
- Improves **mental focus & clarity**
- Improves **quality of sleep**
- Reduces the **effects of stress**
- Improves the **skin**
- Athletic **performance & recovery**



\* These statements have not been evaluated by the Food and Drug Administration.

We have all heard of antioxidants, but has anyone heard of the mother of all antioxidants? One that is the secret to preventing cancer, heart disease, aging, neurological issues, and more? This single antioxidant has been studied in great depth yet most of us know nothing about it, and many doctors have no idea how to address the epidemic of its deficiency in humans.

We are of course talking about glutathione (pronounced “gloota-thigh-own”). This is a powerful detoxifier and immunity booster and is crucial to a healthy life. Although the body does make some of its own glutathione, poor food quality, pollution, toxic environments, stress, infections, and radiation are all depleting it from our bodies.

### What is Glutathione?

Glutathione is a simple molecule produced naturally in the body at all times. It’s a combination of three building blocks of protein or amino acids — cysteine, glycine, and glutamine.

The best part about glutathione is that it contains sulfur chemical groups that work to trap all the bad things in our body, like free radicals and toxins such as mercury and heavy metals, then flush them out. This is especially important in our current world of heavy metal bombardment.

### Where Can You Get Glutathione?

The body makes it, but it’s often not enough in our strenuous environment. Here are some food sources that either contain glutathione or its precursors to help the body produce more:

Broccoli Brussels sprouts Cabbage Cauliflower Avocados  
Peaches Watermelon Cinnamon Cardamom Turmeric (Curcumin)  
Tomatoes Peas Garlic Onions Red peppers

Notice they are all healthy foods we often don’t get enough of? This is another big issue with our diets. We consume a lot of junk, meat, dairy, and processed foods, items that have been clinically proven to be the number one causes of heart disease and illness, yet we consume them in huge quantities. The key is to limit these and eat a lot of fresh, lively foods that provide nutrients and don’t ask the body to perform a mega job to digest.

Glutathione production also increases when you exercise, so increasing your activity level will help as well – and is something worth striving for anyway. Breathing and sweating are also great ways to get rid of toxins in the body.

## Glutathione Protects Against Chronic Illness

What makes glutathione so important and powerful is that it recycles antioxidants. When your body is dealing with free radicals, it is essentially passing them from one molecule to another. They might go from vitamin C to vitamin E to lipoic acid and then to glutathione where they are cooled off. Antioxidants are recycled at this point and the body can then regenerate another glutathione molecule to go back at it again.

Glutathione is crucial for helping your immune system fight chronic illness, as it acts as the carrier of toxins out of your body. Like a fly trap, toxins stick to glutathione and they are carried to the bile into the stools and out of the body. Glutathione is also powerful enough that it has been shown to help in the treatment of AIDS greatly. The body is going to get in touch with oxidants and toxins, and the more we can deal with them the better our body will be at staying strong – this is why glutathione is so important.

## 9 Final Tips

Dr. Mark Hyman has given 9 tips to increase your glutathione levels. Check them out!

**1. Consume sulfur-rich foods.** The main ones in the diet are garlic, onions and the cruciferous vegetables (broccoli, kale, collards, cabbage, cauliflower, watercress, etc.).

**2. Try bioactive whey protein.** This is great source of cysteine and the amino acid building blocks for glutathione synthesis. As you know, I am not a big fan of dairy, but this is an exception – with a few warnings. The whey protein **MUST** be bioactive and made from non-denatured proteins (“denaturing” refers to the breakdown of the normal protein structure). Choose non-pasteurized and non-industrially produced milk that contains no pesticides, hormones, or antibiotics. Immunocal is a prescription bioactive non-denatured whey protein that is even listed in the Physician’s Desk Reference.

**3. Exercise boosts your glutathione levels** and thereby helps boost your immune system, improve detoxification, and enhance your body’s own antioxidant defenses. Start slow and build up to 30 minutes a day of vigorous aerobic exercise like walking or jogging, or play various sports. Strength training for 20 minutes 3 times a week is also helpful.

One would think it would be easy just to take glutathione as a pill, but the body digests protein – so you wouldn’t get the benefits if you did it this way. However, the production and recycling of glutathione in the body requires many different nutrients and you **CAN** take these. **Below are the main supplements that need to be taken consistently to boost glutathione. Take a multivitamin and fish oil, and support glutathione levels with these supplements on a daily basis.**

**4. N-acetyl-cysteine (NAC):** This has been used for years to help treat asthma and lung disease and to treat people with life-threatening liver failure from Tylenol overdose. In fact, I first learned about it in medical school while working in the emergency room. It is even given to prevent kidney damage from dyes used during x-ray studies. **Stock #509-7**

**5. Alpha lipoic acid:** This is a close second to glutathione in importance in our cells and is involved in energy production, blood sugar control, brain health, and detoxification. The body usually makes it, but given all the stresses we are under, we often become depleted. **Stock #1505-6**

**6. Methylation nutrients (folate and vitamins B6 and B12):** These are perhaps the most critical to keep the body producing glutathione. Methylation and the production and recycling of glutathione are the two most important biochemical functions in your body. Take folate ( **Folic Acid** – Stock #1585-8), **B6** – Stock #1626-6, and **B12** – Stock #1588-7.

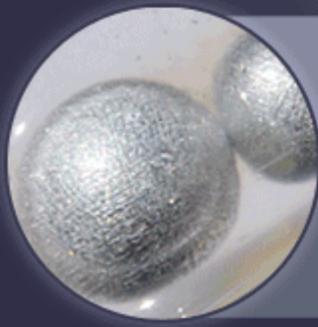
**7. Selenium.** This important mineral helps the body recycle and produce more glutathione.

**8. A family of antioxidants including vitamins C and E** (in the form of mixed tocopherols) work together to recycle glutathione. **Vitamin C:** Stock #'s 1606-3, 1646-4, 1635-5, or 3240-7. **Vitamin E Complete w/ Selenium** – Stock #1509-8.

**9. Milk thistle (silymarin)** has long been used in treating liver disease and helps boost glutathione levels.

Milk Thistle is an herbal extract that seems to stimulate the growth and regeneration of damaged liver cells but also has been shown to significantly increase glutathione production. Great herbal sources of Milk Thistle include: Stock #4071-9 **Milk Thistle T/R**, Stock #4076-5 **Milk Thistle Combination**, Stock #1104-4 **Ultimate GreenZone**, Caps or Stock #1103-6 **Ultimate GreenZone** powder, and Stock #874-4 **Enviro-Detox**.

**SAM-e** – Stock #1845-2 (30 tabs), contains one of the highest herbal sources of Glutathione.



# Potassium and Health

Potassium is an element that contributes to tons of benefits towards the body. It can help lower sodium levels, help you avoid muscle tension, and even lower your blood pressure.

[naturalhealthzone.org](http://naturalhealthzone.org)



The recommended amount of Potassium is **4.7 grams** every day.



By far the largest number of **deaths** and permanent crippling **disabilities** from potassium deficiency occur in **America**, Canada, Australia, New Zealand, and several other western nations.

## Why do we need Potassium?



Protects the heart



Guards against bone loss



Lowers blood pressure



Protects the brain



## HYPOKALEMIA

- refers to the condition in which the concentration of potassium (K+) in the blood is low.

### Signs & Symptoms:

- ▲ muscle weakness
- ▲ myalgia
- ▲ muscle cramps
- ▲ constipation
- ▲ respiratory depression

### Possible Causes:

- Inadequate potassium in diet ▲
- Alcohol abuse ▲
- Diarrhea ▲
- Diuretic effect of caffeine & copious fluid intake ▲
- Excessive use of laxatives and diuretics ▲
- Kidney disease ▲

## FOODS HIGHEST IN POTASSIUM



Avocado



Banana



Milk



Raisins



White Mushrooms



Pistachios



Yogurt



Spinach



Baked Potato



Clams

**Potassium** is a crucial electrolyte in the diet, enabling nerves to transmit messages to and from the brain. It contributes to functionality of cells and tissues, as well as the majority of the organs in the human body. Potassium, along with other minerals, is also a major contributor in nervous system functions. Without potassium, our muscles would be unable to contract and relax. Muscle contractions are responsible for cardiovascular and digestive processes as well.

There are plenty of sources of potassium, but deficiency still occurs in most parts of the world, including western countries like the US, New Zealand, and Australia. Balance of this mineral is crucial for health maintenance, as too much or too little can cause paralysis, heart rhythm problems, and death in extreme cases.

### Potassium and Sodium

Potassium intake decreases the numerous negative effects of excessive sodium intake. According to the American Heart Association, we should only have 1,500 milligrams or less of sodium. [1] Today's American diet ramps intake up to as much as 3,400 milligrams of sodium a day. This much excess can lead to high blood pressure, stroke, or a heart attack.

An increase in dietary potassium has the potential of decreasing sodium levels in the blood stream. However, a lot of functions in our bodies excrete potassium.[2] Despite a relatively healthy potassium intake, our kidneys still excrete a considerable amount of potassium from our blood through our urine. A hormone that conserves sodium also tends to make our bodies excrete potassium.

Drinking caffeinated drinks, excessive amounts of water, alcohol, and sugar can also be responsible for “**potassium wasting**,” or excessive excretion of this mineral from our bodies. Having too little potassium can lead to cramps, difficulty breathing, constipation, as well as muscle weakness and paralysis that usually starts with the legs.

Diuretics for health concerns prescribed by doctors also have a potential of potassium-wasting. When prescribed diuretics, ask your doctor for what needs to be done or prescribed to balance out the possible potassium deficiency. You may need to be tested regularly for potassium levels in the blood stream.

### Potassium in our Diet

The American Heart Association recommends **4,700 milligrams of potassium a day**. If we get enough potassium in our bodies, we even get the added benefit of excreting the excess sodium. For optimal effects, however, start practicing the following suggestions:

- Eat a diet high in fresh, organic vegetables and fruits, particularly the ones high in potassium.
- Read labels of packaged and processed food; avoid sauces, meats and canned products that have high sodium contents.
- Avoid the AHA's “Salty Six” which include canned soups, fast food sandwiches, pre-dressed poultry, pizza, cold cuts and cured meats, and excessive servings of bread. [3]

### Foods highest in Potassium

Baked russet potatoes, raw green soybeans, cooked lima beans, cooked amaranth leaves, and winter squash, all cooked without salt, are the healthiest forms of potassium available, according to the USDA National Nutrient Database. [4] Bananas, avocados, oranges and orange juices, cantaloupes and apricots are also good sources of this mineral.

References:

[1] **Striking a Balance: Less Sodium (Salt), More Potassium. American Heart Association. Retrieved from [http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Striking-a-Balance-Less-Sodium-Salt-More-Potassium\\_UCM\\_440429\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Striking-a-Balance-Less-Sodium-Salt-More-Potassium_UCM_440429_Article.jsp)**

[2] **Role of Potassium in Maintaining Health. Periodic Paralysis International. Retrieved from <http://hkpp.org/patients/potassium-health>**

[3] **The Salty Six Infographic. American Heart Association. Retrieved from [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/The-Salty-Six-Infographic\\_UCM\\_446591\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/The-Salty-Six-Infographic_UCM_446591_SubHomePage.jsp)**

[4] **Potassium and Sodium Abridged list, Ordered by Nutrient Content. United States Department of Agriculture. Retrieved from <http://ndb.nal.usda.gov/ndb/nutrients/report/nutrientsfrm?max=25&offset=0&totCount=0&nutrient1=306&nutrient2=307&nutrient3=&subset=1&fg=11&sort=c&measureby=m>**

**Stock #3673-1 Combination Potassium (180 caps)**

