

News from Sunshine House March 2017

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

HEALTH FREEDOM NEWS AND INFO:

What's on tap for Congress in 2017? The 115th Congress convened January 3rd. Lawmakers will be facing a number of pressing issues during their first year, one of which will be the repeal or replacement of the Affordable Care Act, better known as the ObamaCare Act. Although President Trump has stated that he wishes to repeal and replace the ACA, with many pressing issues on the president's early agenda, we can expect a delay before we see any real changes in our health care laws.

WITH THE SUPPORT & GROWTH OF ALL OF OUR SUCCESSLINE MANAGERS & MEMBERS...WE DID IT!!! DICK & JOY QUALIFIED FOR THE I-SPIRE CRUISE.

Buenos Días! Bonjour! Buongiorno!

Congratulations! You've inspired others, now let us inspire you with an incomparable I-Inspire trip!

You qualified for the I-INSPIRE Mediterranean Cruise at PLATINUM Level!

Your seven-night Mediterranean cruise includes: Airfare to Barcelona, Spain with two nights at the 5-star Majestic Hotel & Spa with city tours and activities, Passage for two on Royal Caribbean's Freedom of the Seas with accommodations in a Jr. Suite with balcony stateroom, Stops at the ports of Provence (Marseilles), France - Nice, France - Florence/Pisa, Italy - Rome, Italy - and Naples (Capri), Italy.

WE ARE SO EXCITED TO HAVE ACHIEVED THIS GOAL, AND THANK ALL OF YOU FOR YOUR ROLE IN HELPING US TO ACHIEVE IT.

After a long hiatus, Joan Vandergriff has updated Nature's Treasure Chest

Joan says, "My 2017 "Treasure Chest" is now available! This is my life's work which includes suggested herbal, vitamin and nutritional programs for nearly 300 health conditions. Numerous updates in this Treasure Chest include new and discontinued products. With over 400,000 copies sold to date, this comprehensive work has helped many people not only build their herbal business but live healthier, happier lives."

The price is \$48.00 each plus shipping, with discounts for multiple orders. To order, call Joan @ 817-821-5389



DICK & JOY'S CALENDAR FOR MARCH 2017

April 20-23 NSP Convention @ Gaylord Palms Resort & Convention Center, Orlando, FL

Plan now to attend. We hope to see many of our successline there. This will be Nature's Sunshine's 45th Anniversary Convention. It will be over-the-top education and entertainment all the way! IF you did not qualify, explore NSP's "Buy-In" rates, grab a partner and be there. You will not be disappointed.

March 2017 Dick continues with his mentoring appointment throughout the month.

A leader is one who knows the way, goes the way, and shows the way. "Leaders must be close enough to relate to others, but far enough ahead to motivate them." ~ John C. Maxwell, internationally recognized leadership expert, speaker and author.

NATURE'S SUNSHINE IS THE "PEOPLE HELPING PEOPLE" BUSINESS

Managers in NSP are such a wealth of knowledge and always willing to share it with others. Thanks to National Manager Richard Dicks, Regional Manager Brenda Montrella Branch, and Regional Manager Mary Reed Gates for sharing the following information with us:

INFO from National Manager Richard Dicks on NSP'S Nutri biome - Bacillus Coagulans

Spore Formation: This is why Bacillus Coagulans is so Much More Effective.

One important reason for the superiority of Bacillus coagulans is its ability to produce spores. Spore-forming bacteria are something like ordinary plant seeds. When left alone, seeds are dormant—not alive, but not dead either. Rather, they remain in their protective shield in a state of “readiness.” However, as soon as they encounter an environment with the right temperature and moisture content, they start to germinate, or grow.

Spore-forming bacteria, such as Bacillus Coagulans, work in a very similar way.

In the stomach, the spores are activated by the low pH, mechanical churning, and moisture. They absorb water and start to swell, which increases the bacteria's metabolic rate. As the bacteria pass through the duodenum and into the small intestine, outgrowths begin to protrude from the spore-coats and the cells begin germinating and transforming into viable cells.

Proliferation begins in earnest in the small intestine, where the bacteria multiply rapidly, gain motility by growing flagella, and begin colonizing and going to work producing lactic acid—which discourages the growth of harmful pathogens—and helping digest food. Germination usually begins about four hours after ingestion.

Typically spore-forming bacteria are something to avoid at all cost. For example, Clostridium botulinum (the organism that causes botulism) can cause food poisoning and death. But instead of damaging health, select health promoting spore-forming bacteria like Bacillus Coagulans can take advantage of their high survivability to quickly inoculate the GI tract with healthy flora.

In a published clinical trial, hyperlipidemic adults who supplemented with Bacillus Coagulans for three months experienced reductions in total cholesterol and low-density lipoprotein (LDL), along with increases in beneficial high-density lipoprotein (HDL).²⁹ This promising finding suggests that Bacillus Coagulans may also help promote healthy lipid profiles.

Recently, Bacillus Coagulans has been recommended by Mehmet Oz, MD, and Michael Roizen, MD, in their book YOU: The Owner's Manual, Updated and Expanded Edition.³⁰ Drs. Oz and Roizen outlined the importance of beneficial bacteria in the gut for maintaining digestive and immune health. Their probiotic of choice: a daily dose of 2 billion cells Bacillus Coagulans (the amount found in a typical capsule).

WOW! Look at this great tip shared by Regional Manager Brenda Montrella Branch:

Eat more fermented food for better gut health!

"I learned how to make fermented fruit at the Herbal Answers meeting recently. Mash enough fresh or frozen (thawed) fruit to make one cup. Stir in the contents of one capsule probiotic, any kind. Cover with a cloth or paper towel and leave sitting at room temperature for two days. It will ferment during those two days. Oh! My! Goodness! It is so delicious! I tried it with peaches. Today I mixed equal parts fermented peaches and cottage cheese for lunch. Oh! My! Goodness gracious! I can't believe how good it is! Refrigerate the fermented fruit after the two days if you don't use it all at that time." Glass is always best and cover with a paper towel or cloth. The good Bacteria will multiply like crazy! Just lay the cloth over it; no need to secure with a rubber band, etc.

MARY IS THE EPIPHANY OF A GREAT TEACHER & EDUCATOR



Dr. Mary L. Reed Gates, CNHP, MH, ND, Regional Manager

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Understanding Healing Crisis

When I hit a healing crisis and started to detox, I quit using herbs. I thought the herbs were making things worse, thank goodness, out of desperation I returned to those herbs, rode out the cleansing and healing process and now enjoy better health than I had when I was 22 years old.

Many people are caught off guard and fail to understand and interpret the symptoms and changes which follows a change to a healthier lifestyle. Many of these symptoms and changes are unpleasant but they are short in duration and are sporadic and are a necessary part of the healing process.

There are several reasons why this happens:

#1 The body and mind begin to show changes because the quality of nutrients coming into the body is of higher, quality than the tissue of which the body is made. The body begins to discard the lower grade materials to make room for the superior materials.

The discarding of the material can come through the bowel causing diarrhea, though the kidney causing back ache, though the respiratory system causing a cold or through the skin causing boils, acne, rashes, psoriasis, etc.

#2 Indigestion, heartburn, flatulence, bloating and burping usually starts soon after you start herbs. This happens because your body is not used to digesting these nutrients which often indicates that you have been deficient of these nutrients for a long time. The body's digestion usually improves in a week or two. Taking the herbs with meals or with papaya mints will often help.

#3 Suppressed body functions will be stimulated to detoxify the body, sometimes inducing colds, diarrhea, fevers, swelling, acne, boils and vomiting. This is temporary and is part of the healing process. The body will return to at least the same level of health as before if not superior health **UNLESS** you do something to suppress this progress.

#4 Nervousness, headaches, fatigue, irritability and depression often happen when you cut out any artificial stimulants such as sugar, chocolate, coffee, tea, soda, tobacco, caffeine or recreational drugs. You will not get the desired result if you substitute one artificial stimulant for another.

It is important at this time to rest and sleep more. Once the artificial stimulants are eliminated the body is ready for the building process. The energy of a healthy, well nourished body is superior to any artificial stimulant.

#5 Moderate weight fluctuation often occurs (either weight loss or weight gain). If you continue the healthier lifestyle the weight will stabilize.

#6 Skin eruptions, warts, boils or acne. The skin is the largest eliminating organ, so the concept of toxins coming out through the skin is easily understood, even if it is hard to face.

#7 Aches, pains and arthritis will often get stirred up, even if you haven't been suffering with it for years. This happens because uric acid and toxins aggravate these conditions as they are cleansed from the body.

#8 Fevers are not uncommon when dormant bacteria and virus are being cleaned out.

#9 During a cleansing and healing of the liver hormones may readjust causing change in menses, prolong fertility and a little spotting. *

#10 The body heals most efficiently during the proper level of sleep. So while healing, sick or injured the body will induce fatigue to help ensure rest and sleep.

This sounds discouraging, but the healing crisis doesn't last very long and the benefits of cleaning the body of these toxins and disease elements are vitally important. These bacteria, virus or toxins are going to show up sooner or later. You can either have a healthy body handle them on your terms or it will come out when it overpowers your weakened body. It is better to go through small healing crises than a full blown health crisis.

If you are in doubt about whether what you are experiencing is a normal part of healing contact a competent health professional.

Alpha Lipoic Acid (Stock #1505-6)

We could all use a little bit of extra energy throughout the day, right? By the time two or three in the afternoon rolls around it seems like we're always reaching for that extra cup of coffee or another soda or energy drink.

The sugar alone in those beverages is harmful, but drinking that much on a consistent basis? That's just asking for more health problems than you want to deal with.

Enter the Alpha Lipoic Acid from Nature's Sunshine. This is a nutritional supplement that may be able to help you with midday fatigue, and it's also shown to protect your liver, support your cardiovascular system, and increase the efficacy of antioxidants already in your body.

This probably sounds like every other pitch for a supplement that's supposed to help you have more energy and promote better overall health, right? Well, it does, but that's because we haven't arrived at what separates the Alpha Lipoic Acid from Nature's Sunshine from other products claiming to offer the same benefits.

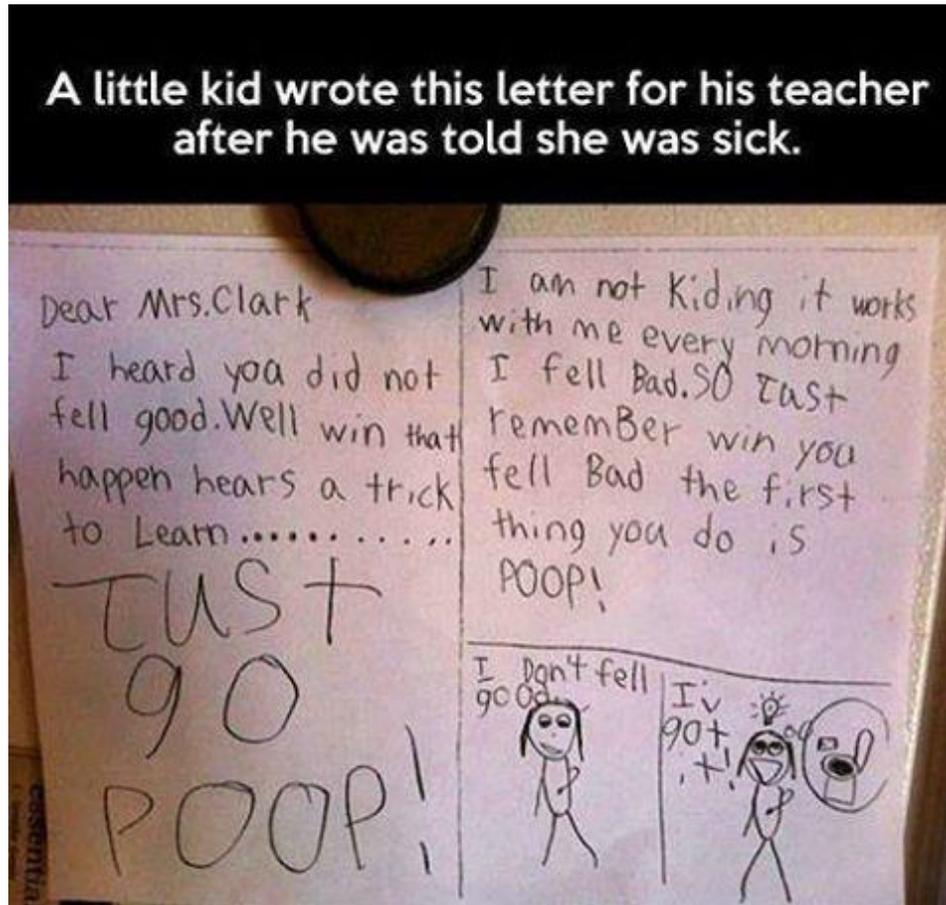
Most other alpha lipoic acid supplements are either water or fat soluble, meaning that either the water or fat in your body is where the supplement will be absorbed into your bloodstream. However, what the product from Nature's Sunshine offers is rather unique – it's an alpha lipoic acid supplement which is both water *and* fat soluble. This makes all the powers locked in the capsule available to all the cells in your body – not just the ones accessible via fat or water.

While everyone will react different to this supplement, the fact that this particular alpha lipoic acid supplement is both fat and water soluble means that it's something you should at least consider if you're looking to increase overall energy, liver health, and improve your cardiovascular system.

But how exactly does this type of acid help generate extra energy? Well, the answer is surprisingly simple. Instead of channeling your body's energy to fat production, alpha lipoic acid supplements channel that to energy – or protein – generation. Don't get this supplement confused with a quick weight loss solution, however. While it will help you keep weight in check, what it won't do is allow you to eat however you want and still lose weight. As with anything in life, you need moderation in your diet along with the help of supplements and exercise if you truly want to lose weight.

So if you're looking for a solution to help you have better energy levels throughout the day, aid in getting rid of fat, and ensuring that your overall health is in a better position than it was before, you should take a deeper look into the Alpha Lipoic Acid supplements from Nature's Sunshine. Your results may vary, but generally speaking they'll be positive and you'll be pleased with what the supplement is able to offer.

CLEANSING IS A SERIOUS MATTER, BUT SOMETIMES YOU JUST HAVE TO FACE IT WITH A LITTLE FUN! 😞



NATURE'S SUNSHINE GIVES US CHOICES TO CHOOSE THE CLEANSE THAT IS BEST FOR US

Cleanse Comparisons



Dieters Cleanse Stock #3220-4

- Includes: Bowel Detox, Master Gland, Enviro-Detox, Liver Cleanse Formula, LBS II, SF, Chromium
- Promotes natural, healthy elimination.
- Supports normal glandular function.
- Supports the liver and digestive system.
- May help maximize the nutritional benefit from the food you eat.
- Capsules only



Clean Start Stock #50.35(Apple/Cinnamon) or #3993-8(Wild Berry)

- Drink packet contains: psyllium hulls, vegetable fiber, natural apple-cinnamon or wild berry (black currant and raspberry) flavor, potassium citrate, aloe vera inner leaf, malic acid, carrot root extract, stevia leaf extract, sodium copper chlorophyllin, hydrated bentonite and 2 capsules of LBS II and 1 capsule of Enviro-Detox.
- Supports the natural, everyday cleansing of toxic waste from the body.
- Works without posing dangerous side effects.
- Improves energy and promotes a feeling of well-being.
- Capsules and drink mixes



Detox Basics Stock #3986-5

- Supports gut health and microbiome balance
- Supports liver health and detoxification
- Provides daily support for the natural elimination processes of the liver, kidneys and bowel
- Provides powerful antioxidants to help fight free radicals
- Supports the liver, circulatory, glandular and immune systems
- Offers a shelf-stable product that requires no refrigeration
- Is safe for daily use
- Capsules/Tablets
- Includes: Berberine, Milk Thistle, Nutri Calm, Bacillus Coagulans



Tiao He Cleanse Stock #3050-5

- Supports the intestinal system.
- Supports intestinal regularity.
- May improve energy and well-being.
- Capsules only



Purify Stock #21401

- Supports cellular integrity and function of intestinal lining
- Aids in gut metabolism and microbiome balance
- Balances gut pH to support balance of beneficial bacteria
- Activates detoxification signaling
- Supports elimination of heavy metals
- Supports the digestive system
- Provides sustained energy and prolonged nutrient absorption
- Supports glucose response
- Increases satiety, providing a second meal effect
- Balances gut bacteria through elimination
- Supports cardiovascular health
- Drink mix

