

Greetings from Sunshine House December 2016

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

We wish you the special gifts of this holiday season ~ The gift of love – The gift of peace – The gift of joy – The gift of freedom – The gift of good health – The gift of lasting happiness. May all of these be yours at Christmas and throughout the coming year.



As we approach the end of a year that has been filled with political confusion, school, church and mall shootings, terrorist attacks, economic crisis, historical changes, personal grief and losses, and concerns for our future, we want you to know that we are all together in this and share the same concerns. As we approach Christmas and the Holiday Season and the beginning of a New Year, we wish each of you a happy and spiritually fulfilling season. The most important thing is that each of us, in our own way, takes time to reflect upon the events of the past year, be thankful for the blessings we have received, be sympathetic to those less fortunate than us, give homage to our spiritual beliefs, and prepare ourselves for a New Year in 2017 of renewed strength, energy, dedication, blessings, good health, increased prosperity and personal growth.

Personally, we want to acknowledge and thank each of you for your growth and dedication in Nature's Sunshine as a member of our Successline!!! Your growth and prosperity has enriched our lives in many ways as well, and we thank you! Through Nature's Sunshine, we have made many friends, some of whom we have never personally met – but we have developed lasting friendships of caring and sharing via emails, Facebook, and phone calls. Remember – Whenever a hand reaches out to help another... the blessings come back in so many ways. Together... we make it happen! May God continue to shine his light upon you and keep you safe in the palm of his hand throughout the coming year.

Remember the “pending rules” for November/December and December/January:

If a Manager has consecutive pends in November and December - they will accrue 1 pend against them for Jan. 2017. If they pend consecutively in December and January – they will accrue 2 pends. This is not a pleasant way to begin a new year. So please watch your successline managers QV and alert them in advance if they are in danger of falling into either of these categories. (The magic number is: If you must pend - DO NOT PEND IN DECEMBER so you will break the consecutive pend cycle).

Health & Freedom Info: Although Donald Trump has promised to repeal Obamacare, an article on The Huffington Post suggests that if you currently have health insurance through the ACA, keep paying your premiums. Even if the ACA is repealed, it's not clear how quickly health insurance would actually change. Miriam Laugesen, an associate professor at Columbia University and the author of a book on medical pricing, told The Huffington Post, "Changes to benefits may be difficult due to the fact that 2017 contracts are already defined in terms of the benefits covered. Benefits are not so easy to change overnight." Even though president-elect Trump says he'll repeal the ACA, Laugesen recommended signing up for ACA coverage if you're uninsured and don't have coverage through your employer. "There's always the possibility of grandfathering people already signed up but closing the enrollment after January 20," she explained.

We originally published this article in our newsletter in 2007. It is fitting to share it again because of this year's presidential election. Not too many of our health concerns or the statistics have changed since Steven wrote this article – America is still being treated as a nation of disease care and not health care. On October 31, 2015, Drs. Oz & Roizen answered a question regarding an elderly person whose family was concerned that she wasn't getting any pleasure from life. Excerpts included this: "Life expectancy in the U.S. today is at an all-time high of 76 for men and 81 for women; in Canada it's 80 for men and 84 for women." "But according to new data from The Global Burden of Disease Study, while people are living longer, they often have to contend with disabilities or illnesses. And that's as true in the U.S. as anywhere. HEALTHY LIFE EXPECTANCY is only 67 for men and 72 for women. And the main causes of this discrepancy are obesity, smoking, dietary risks and alcohol."

We Need Health Care, Not Disease Care

By Steven Horne – October 2007

As we're coming into a presidential election year next year, one of the issues that are being debated is how to fix the national healthcare system. Does our healthcare system really need repair? Well consider the following:

Americans spend more money on health care than any other nation on the face of the planet (over 15% of our entire nation's expenditures). While we comprise only 5% of the world's population, half of all the drug prescriptions in the world are taken by Americans.

This wouldn't be so bad if we were the healthiest nation on the planet, but we aren't. A report by the World Health Organization in 2000 ranked the U.S. 37th out of 190 nations in health care services. France was rated No. 1.

In terms of life expectancy, America ranks 42nd. Two decades ago we ranked 11th. Experts tell us that American life expectancy is continuing to decrease and our children won't live as long as we will. France, Spain and Japan rank on top in terms of life expectancy, and they all spend less money on health care than we do. What is wrong with this picture?

More than 1.7 million Americans die of a chronic disease each year. Chronic disease accounts for about 70% of all deaths in the United States. Most of these deaths are caused by three diseases—heart disease, cancer and diabetes. These diseases aren't just caused by old age, either. They are striking younger and younger people every year.

The American medical system also has one of the worst track records for making mistakes of any health care system in the world. Medical mistakes are ranked as the 6th leading cause of death, and that's just the information that gets reported. Most errors aren't reported.

Whatever the solutions offered by the candidates are, they will probably ignore one critical issue—**Prevention**.

You see, what we have is a disease-care system, not a health-care system. We eat poorly, fail to exercise, don't get enough sleep, live high stress lives and then go to the doctor looking for the "magic" answer for the health problems our lifestyle has created.

It's not a popular message, so it's unlikely that anyone is going to champion the cause of prevention, but the truth is, if we don't start taking some responsibility for our own health, we're going to continue to be one of the sickest industrialized nations on the planet. If you're ready to stop taking care of your diseases and start taking care of your health, here are a few things to consider.

Start by upgrading your food choices. It's not that hard to start eating more whole grains, fresh fruits and vegetables and other healthy foods.

Continue by getting some physical activity. You don't have to go to the gym; you just have to get off the couch and take a walk, or go dancing or participate in any activity that gets you moving.

Get a good night's sleep is next on the list. Most people are getting short-changed on sleep, and your body needs sleep in order to heal itself.

Finally, instead of relying so much on drugs that just manage the symptoms of your disease, consider taking a few supplements that might actually improve your health. Here are a few that most people benefit from taking:

A high quality **multi-vitamin and mineral supplement** can be thought of as a nutritional health insurance policy. It's a way to make insure that you're getting most of the major nutrients your body needs even when your diet is less than perfect.

As more and more research demonstrates that chronic diseases like heart disease, cancer, dementia, arthritis are linked to free radical damage and chronic inflammation, the importance of **antioxidants** in the diet is becoming firmly established. The primary source for these nutrients is fresh fruits and vegetables, which is why many experts say that the best way to protect yourself from chronic diseases is to eat 7-9 servings of fresh fruits and vegetables every day. Since few people do this, taking an **antioxidant supplement** is the next best thing. A good antioxidants supplement can reduce pain and inflammation, promote faster healing and overall health, slow the aging process and help prevent chronic disease.

Omega-3 essential fatty acids are lacking in modern diets and they are essential for cardiovascular health and managing inflammation and pain. If you want to protect your heart and blood vessels or are suffering from any kind of chronic inflammatory disease you should consider adding omega-3 to your diet.

Super Trio – Stock #222-7– 60 packets that contain all three groups mentioned above: **Super Supplemental Vitamins & Minerals**, **Omega-3 EFA**, and **Super ORAC Antioxidant**.

These are probably the most important supplements you should consider, but there are a few others you might want to try if you do not get enough in your everyday diet.

Fiber is lacking in most diets and is necessary for bowel health. Fiber can reduce cholesterol, improve blood sugar levels in diabetes and protect against colon cancer and other diseases of the intestinal tract.

The bowel also benefits from **probiotic supplements**, which replace the friendly bacteria in the colon that are destroyed by antibiotics, chlorinated water and many drugs. These friendly bacteria are essential to the function of the immune system and help prevent both bacterial and yeast and fungal infections, as well as make certain nutrients available to the body.

Speaking of the digestive tract, raw and naturally fermented foods contain **enzymes** that take stress off the digestive tract. Since most of us eat very little raw food, a good **enzyme supplement** can improve digestion, prevent gas and bloating, enhance immune function and even reduce inflammation and pain.

Finally, modern agricultural methods have depleted mineral content in our foods, so most of us aren't getting the trace minerals we need, even if we're eating healthy foods. So, a **trace mineral** supplement can also be beneficial for many people.

It's time we stopped waiting until we are sick to do something about our health. We need to stop thinking in terms of disease care and start creating a genuine health care system in our lives. It's something neither the medical profession nor the government is going to be able to do for you. Start caring for your health today by taking steps to integrate a health-care system into your life today.

Be Prepared for those "over-indulgences" of the Holidays:

- **Proactazyme® #1525-0** offers a wide spectrum of plant-based enzymes to help break down various types of food and support proper digestion. Taken with meals, Proactazyme can help eliminate occasional gas, bloating and indigestion.
- **Food Enzymes #1836-9** provides a blend of enzymes to help digest proteins, carbs and fats. It also contains hydrochloric acid and bile salts to help break down proteins and fats...perfect for those holiday dinners and second helpings. This product also supports the body in times of occasional indigestion.
- Our chewable **Stomach Comfort #1820-0** formula soothes the stomach and supports digestion and the neutralization of acid. Calcium carbonate helps neutralize acid while alginate and slippery elm help soothe the digestive tract. Ginger, papaya and licorice all support digestion.

TAKE CHARGE OF YOUR LIFE

(By Tim O'Brien, Knight Ridder Newspapers)

“Often the best defense is a good offense.” I don’t know who said that, but there are many times that I heartily agree with it. This article is about the importance of taking charge and living a proactive life. This is not a call to be aggressive or self-absorbed. It is a suggestion to take responsibility for your thoughts, actions, and the results they produce.

Here is a list of quotes and comments to support and encourage your efforts toward self-sufficiency and accomplishment.

- **“If it is to be, it is up to me.”**
Who but you knows your true wants, needs, and desires? Who but you can have the vision, set the goals, and do the work required for what you want?
- **“Don’t wait for your ship to come in. Swim out and meet it.”**
Pursue your dreams actively. There is a big difference between patience and passive waiting. Patience is part of the time between the visualization and realization of our goals. Passive waiting is the hope that something good will happen for us without our active participation in the process. Do something positive and progressive toward your goals each day until you realize them.
- **“Good comes to those who wait, but only that left by those who hustle.”**
This is a corollary to the last quote made by Abraham Lincoln. It showed his awareness of the difference between patience and passive waiting. It also reminds us it takes effort to get what we desire.
- **“Plan your work and work your plan.”**
Have a written plan for your life, priorities and goals. Without it, everything remains a vague idea in your mind. A goal is just a dream until you write it down. Approach your life in a step-by-step way. Accomplish big tasks in small steps.
- **“A big shot is just a little shot who keeps on shooting.”**
Frustration, setbacks and discouragement are simply a part of life. How we choose to respond to these challenges often determines the outcome of the situation. Be positive. Look for solutions, not excuses.
- **“The journey of a thousand miles begins with a single step,” Lao Tzu said.**
Many view life as a journey. It is an easy analogy to understand. We travel from place to place, from job to job, from experience to experience. However, we live years made of months made of weeks made of days made of hours. Concentrate on what is important this minute and your hours will likely be full and successful.
- **“Our life is frittered away in details,” wrote Henry Thoreau.**
Work on what is most important. Not only what is most pressing. Work on essentials. If you do what you must first, then you will have time to do what you want. Time management frees you. It does not enslave you, unless you allow it to.

No matter how small and unimportant what we are doing may seem, if we do it well, it may soon become the step that will lead us to better things.
~ Channing Pollock

Many thanks from Joy to John for being instrumental in her exploring the essences more deeply.

Flower Essences

Steven Horne formulated Nature's Sunshine's Flower Essence Products with the assistance of Patricia Kaminski and Richard Katz of FES services. These blends are designed around the emotional healing model taught in his book The Heart's Key to Health, Happiness and Success. NSP's seven flower essence blends can help wounded hearts and restore happiness, joy, love and inner peace.

With the upcoming Christmas, New Year and other religious holidays, times when people may tend to be overwhelmed by sadness of events of the past and loss of loved ones, it seems fitting to share with you information on one of the essences that can help to release these stored up emotions so that we can become whole and free again.

Open Heart Flower Essence Blend

Stock # 8782-6

Everyone experiences the pain of loss and heartbreak at some point in their life. Sometimes the suffering people feel makes them decide that it is dangerous to experience love and vulnerability. So, they close down their hearts to avoid feeling close to anything or anyone, hoping to avoid experiencing future grief or sorrow.

Unfortunately, closing down to one's pain also closes one down to the experience of love and connection. It causes one to become "hard of heart" and experience a lack of empathy and compassion for others. A person with a closed heart will become inflexible, rigid and judgmental. Criminal behavior is an extreme example of what can happen when the heart hardens due to suppressed grief, but so is pious, self-righteous behavior where the "letter of the law" becomes more important than the "spirit of the law."

Heart problems, such as hardening of the arteries, high blood pressure and heart attacks can all be signs of a person who has closed their heart to try to avoid having to feel grief or pain. A closed heart not only prevents one from experiencing loving connections with others, it also reduces one's ability to experience joy, happiness and pleasure in one's life. So, diabetes and blood sugar problems can also be signs of a closed heart and the inability to experience the "sweetness" of love.

Open Heart is a blend of seven flower essences that help people to heal wounds that are keeping them from having an open, loving heart. It helps a person recognize and acknowledge their unresolved wounds from childhood and previous relationships. It helps them to face their suppressed pain and grief and find healing, which enables them to open up to love, warmth and vulnerability again. Open Heart is designed to increase compassion, empathy and trust in relationships, making it a useful remedy for people who are experiencing problems that have caused a loss of love in relationships.

Here are the seven flower essences in this blend:

California Wild Rose: Roses are given as a gift of love because the energy of roses helps to open the heart. The flower essence of rose is a wonderful remedy for people who feel resigned, apathetic or unenthusiastic about life and love. It opens the heart to experience feelings of love for people and for the earth.

Baby Blue Eyes: The person who needs Baby Blue Eyes lacked a healthy father figure in childhood. Not feeling protected in childhood, they have built "walls" that cause them to feel defensive, insecure in relationships and cynical. They have a hard time trusting others. Baby Blue Eyes promotes a childlike innocence and trust in the world and helps a person feel supported and loved by others.

Star Tulip: Star tulip is helpful for people who feel hardened and "cut off" from the spiritual realm. It promotes the ability to be more sensitive and receptive. It helps men to access their softer side and

helps a person cultivate the ability to quiet themselves inside, listen to others and find guidance from the spiritual world.

Yerba Santa: Yerba Santa is an important remedy for people who feel pressure, pain or constriction in the chest due to unresolved grief. It helps open the heart and lungs so a person can breathe freely again. It also helps a person release trapped grief and pain so their emotions can flow freely again.

Evening Primrose: Evening Primrose helps people who feel rejected and unwanted. They may avoid commitments in relationships or be afraid of becoming parents. They may also be sexually and emotionally repressed. Evening primrose helps a person open up emotionally so they can establish deep, committed relationships.

Pink Monkeyflower: When people have deep feelings of shame, guilt, or unworthiness that cause them to fear exposure or rejection, Pink Monkeyflower can be a helpful remedy. It helps people who are emotionally hiding from others to unmask their true feelings. It helps a person have the courage to risk being more emotionally open and honest.

Golden Ear Drops: When people are abused as children, whether the abuse was physical, emotional or sexual, they often repress or bury the memories. Part of the healing process is to reconnect with these repressed memories so the healing process can begin. Golden Ear Drops is helpful for bringing painful childhood memories to the surface so that healing can take place. It can also help one find the good things about their childhood that can serve as a source of inner strength.

Suggested Use: Take 10 drops under the tongue three to four times daily. When struggling with feelings of grief and sadness take 5-10 drops every 10-15 minutes as needed. It may be added to drinking water or baths. Steven also suggests adding 15-20 drops to a spray bottle filled with 4-8 oz. of water and spray into a room to make people more open and receptive.

Open Heart Essence is listed as having properties for emotional healing and being a vasodilator that affects the heart and lungs. Among its suggested uses are: Cardiac arrest, Cardiovascular disease, Heart weakness, Heart fibrillation &/or Heart palpitations. (As Steven explains it, when we experience great losses we may tend to harden our hearts. This product helps a person face their suppressed pain and grief that one may not even realize they are experiencing, open their hearts again and find healing).

Dick & Joy's Calendar for December 2016

We have no out-of-town meetings scheduled for December. Dick will continue with his monitoring calls throughout the month.

December 19 – Happy Birthday to Joy!

Dec. 23 - Sunshine House will close at 12 noon.

Dec. 25 - *Merry Christmas to all.* May God bless you and keep you safe in the palm of his hand.

In the midst of all the merriment, remember the reason for the season we are celebrating.

Jan. 1, 2017 – *Happy New Year everyone! Wishing you a new year filled with all the things that are most important to you – Peace, Happiness, Good Health, and the Freedom to choose.*

Update your contact information with NSP: Update address changes, phone number, email address, etc. NSP cannot contact you about specials & information if your contact info isn't current. Also, NSP cannot mail refund checks if the address is not correct. **If your name appears in Black on your online contact sheet**, your upline manager cannot see your contact information and is prevented from contacting you. If you did not request this information to be blocked, please call Customer Services and ask them to unblock your contact information.