

News from Sunshine House May 2016

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

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.” ~ John Quincy Adams

The most important quality of leadership, the one quality for which you want to be known, is extraordinary performance with the goal of achieving extraordinary results – results that then serve as an inspiration to others to perform at equally exceptional levels. Be that person to someone.

Health Freedom Updates:

S. 821: Sen. Dianne Feinstein (D-CA) has introduced the “BPA in Food Packaging Right to Know Act”, a bill that would require food companies to label packaging that contains BPA. Email or phone your senators that you have a right to know about BPA in food packaging. Ask them to support S. 821. This important bill would not only make sure consumers know which food packages contain BPA, but also instruct the FDA to investigate the hazards of trace exposures to BPA through food packaging.

The dangers of the toxic chemical bisphenol A are no secret. Even *tiny* amounts of BPA can disrupt the endocrine system. It has been linked to a wide variety of ills, including infertility, cancer, obesity, diabetes, early puberty, behavioral changes in children and resistance to chemotherapy. In other words, it has no place anywhere in our food or food packaging – yet it continues to be used to coat the insides of most of the *131 billion* food and beverage cans made in the U.S. annually.

Last year, EWG scientists scrutinized more than 250 canned food brands and found that more than a third of them were still using BPA-based epoxy can linings for all their products. S. 821, the BPA in Food Packaging Right to Know Act would make sure American consumers know which products contain BPA and would empower the FDA to investigate and regulate it.

EWG's strategic goals are to inspire, empower and unite Americans to live healthier, greener lives while protecting public health and the environment for generations to come. EWG's groundbreaking research has changed the debate over environmental health. From households to Capitol Hill, their team of scientists, policy experts, lawyers, communication experts and programmers has worked tirelessly to make sure someone is standing up for public health when government and industry won't.

* The above information obtained from EMG (Environmental Working Group). EWG commits to work on both state & federal issues. They are a good group to support, especially for National/Federal issues, which is an area where Nature's Sunshine is lacking in support. (We all need to realize that State issues can become National issues and vice versa. Both areas need our constant support and representation).

Dick & Joy's Calendar for May 2016

Apr. 30 – May 7 Dick & Joy will be in Myrtle Beach, SC

May 18 – 27 Dick & Joy will be in Seattle, WA & on the I-Inspire Alaska Cruise

How the Body Looks After Getting Off of Sugar



Update on Steven Horne's Goal of Giving Up Refined Sugars

February 24, 2016

Yesterday, following up on my earlier post, I started the process of totally avoiding all refined sugars, table sugar, high fructose corn syrup and any food containing them. It was rather disturbing to see how many of the foods I buy from the health food store actually contain sugar (not freeze dried sugar cane juice or some other more natural sweetener, but actual sugar). Who cares if it's organic? It reminded me of an article I wrote in 2008 entitled Singing the Health Food Store Blues, which I updated and featured on my website. I wrote it to clarify that just because the label says "natural" or "organic" or something like that doesn't mean it's actually good for you. I'll keep everybody posted as to my progress of totally eliminating all refined sugars.

February 27, 2016

I've been off all refined sugar since Tuesday, and I've also avoided caffeine for the same period. I could tell that my body was starting to go through withdrawals and adjustments as early as Thursday afternoon and yesterday the fatigue and brain fog were even worse. Yesterday, I heard something and felt really sad about it, and I realized my first impulse was to go to the health food store and buy a chocolate bar. There's an emotional aspect to sugar addiction, not just a physical one. Junk food numbs our feelings, just like alcohol and drugs do. It becomes a way of trying to run away from emotional pain. It's the craving for sweetness (love, affection, companionship, pleasure and joy) in our lives that partially drives our love of sugar. But ultimately, we need to face what's inside us and deal with it instead of running away from it.

March 4, 2016

Well, I'm nearing the end of my second week of giving up refined sugar. My body has started to adjust and I've stopped craving it. I experienced a little "brain fog" this week, but my head is clearing now. Reading labels is frustrating though. Why do they put sugar in so many foods like soup? Actually, I know the answer to that.

Food manufacturers discovered that processed sugars, processed fats and refined salt create an addiction. So, they add them to their foods so people will eat more of them. I believe that the reason they are addictive is because they all lack nutritive value.

Sugar cane and sugar beets contain vitamins and minerals along with their sugar. Cells cannot process sugar into energy without these vitamins and minerals. Naturally sweet foods create a sense of satisfaction because the body gets both the sugars and the nutrients it needs to convert them to energy. Refined sugars don't have these nutrients, so the body is still

carving them and wants to eat more.

The same is true for processed fats and oils, which include vegetable oils, margarine and shortening. Natural fats also contain minerals and vitamins which are stripped from the oil when it is refined. Again, the body says, "Where's the rest of what I need?" and you want to eat more.

Natural salt also contains other trace minerals. In fact, since the basis of our blood is essentially diluted sea water, the small amounts of trace elements in natural salts (which give them color) may also help to produce a sense of satisfaction. The body is getting minerals it needs for the blood. Refined salt has these minerals removed, is then chemically bleached and can have up to 15% additives put into it to prevent it from caking and so forth.

I don't think there is a perfect diet for everyone, but I do believe that everyone would be better off dumping the refined sugars and fats in favor of whole natural foods. I certainly feel better when I do.

This also makes me think of an article I wrote some years back called The Four White Horsemen of the Nutritional Apocalypse. If you haven't read it, you can locate it on our Modern Herbal Medicine website.

March 29, 2016

Just wanted to report that it has been over a month since I quit eating refined sugar. I'm well past the stage of craving it. My energy and mental clarity have greatly improved. I can tell a big difference.

How Herbs Are Regulated

From The Herbal Drugstore, Linda White, M.D.

Herbs are classified by the United States Government not as drugs but as dietary supplements. This broad category also includes vitamins, minerals, enzymes, and other nutritional products.

What this means for you is that you don't have to wait years for costly research to be done on the herbs you want to take. But it also means that the manufacturers of herbal products are limited in the claims they can make on the labels – **even when those claims have research to support them.**

Specifically, manufacturers are permitted to make what's called structure and function claims – in other words, they can say only what a product affects the structure and function of a body part or system. So a product label for a standardized ginkgo extract can say, "increases microcirculation to the brain." But it cannot say "cures early-stage Alzheimer's "or" alleviates tinnitus"- even though there is research to support the ability of ginkgo extracts to do just that.

When any Manufacturer puts a product on the market that bears a structure and/or function claim, the company must also create a file of research evidence that supports the claim. Then the Food and Drug Administration (FDA) has 30 days in which to investigate and challenge this evidence. Whether or not the agency chooses to do so, the file must remain available for inspection indefinitely at the manufacturer's place of business. If credible research exists, the FDA may not prohibit the manufacturer from making reasonable claims – as long as they are stated in terms of structure and function rather than curing disease.

The herb and supplements industry has its own organizations that informally regulate against harmful products or outright fraud. For example, the American Herbal Products Association – a group of herbalists, researchers, and manufacturers – has created a Code of Ethics that members are expected to abide by. It also releases product safety alerts regarding adulteration – that is, contamination with an unlabeled substance – of herbal products and it publishes an important reference work, the *Botanical Safety Handbook*.

There's also the Nutritional Foods Association (NNFA), a group of manufacturers and retailers devoted to product quality and truth in packaging and advertising. Among its many activities, the NNFA supports a True Label Program intended to ensure that the products put out by its members actually contain what their labels claim.

Other countries take different approaches in regulating herbs. In Germany, herbal remedies are overseen by a specific body, known as the Commission E. This government panel evaluates the available research on an herb's effectiveness for an ailment, its tradition of use, and its safety. Panel members then approve the sale of some herbs and combination products for specific conditions. German Doctors can prescribe herbs or herbal products just as they would drugs.

Mary Reed Gates Posting on Facebook, Natural Health Professionals Site - Posted April 1

I am sure many of you know Dick Williams...Well, he just broke the LAW. As many of you know, Dick has been battling Melanoma. A scary feat for anyone, not alone an 87 year old man. Well, today his doctor declared him CANCER FREE!!! He only used natural remedies. "In the USA curing cancer is illegal," is a favorite line of Dick's. We sure are glad and proud of his "breaking the law," Way to go Mr. Williams :o)

Comments to Mary's post included:

Kristine Hughes: A great freedom fighter won a personal fight. Proud of you Dick.

Victoria Eastman-Terry: What an awesome testimonial of your steadfast determination and commitment as you live what you teach. PTL for his mighty hand and the knowledge He has bestowed upon you, and thanks to a wonderful herbal company that we all love and trust to help us all overcome obstacles of health.

Read below for Dick's account of his journey:

Dick's Journey from Cancer Diagnosis to Cancer Free

On January 12, 2016, on the recommendation of my family practice medical doctor, I visited a Dermatologist for an evaluation of a small brown spot, which I assumed was a liver spot, on my right cheek that I noticed had begun to change in color. I left his office with an area that was the size of a large freckle biopsied. Several days later, the Dermatologist personally called me and quite directly told me the biopsy revealed that I had Melanoma skin cancer and that beneath the skin it was quite broad and a Stage 0-1 Melanoma. Furthermore, he told me that he had personally scheduled me for surgery several days later with a Plastic & Reconstructive surgeon who specialized in treating melanoma.

After concluding the call and telling my wife Joy of the diagnosis, I was left with the feeling that I had been placed on an assembly line conveyor belt, not of my choosing. I immediately called the surgeon and rescheduled my surgery for one week later for the purpose of exploring my options.

After several days, I decided to go ahead with my previously scheduled plans to attend the International Iridology Practitioners Association (IIPA) Symposium in Las Vegas. I also choose to begin a treatment that was highly recommended to me by an acquaintance who is a research scientist, which consisted of applying a salve to the lesion area twice a day. Unfortunately, this did not prove to be sound advice, as the salve almost destroyed my face. Fortunately, I finally listened to my wife and daughter and discontinued the salve and began work on healing the erupted areas. Needless to say, my face was not pretty looking for several weeks. I visited the Dermatologist again and used a cream he prescribed to heal the wound. The dermatologist also explained to me that the salve I had used could cause scarring of the underlying tissue and make a definitive diagnosis difficult, as the scared tissue could provide a 'home' for cancer cells to hide. Fortunately, I was human looking again by the time I flew off to Las Vegas.

Attending the symposium in Las Vegas turned out to be a wise decision. Many of the speakers and attendees were medical doctors with experience in treating melanomas, including Dr. Jiminez, an oncologist who owns and practices in two clinics, one in the USA and one in Cancun. His lectures were technical and enlightening, as were those from a Neuro Surgeon from Taiwan. I was fortunate to have individual consults with each of them plus several other doctors.

The day after returning from Las Vegas, I kept my appointment with my Dermatologist. He sent in his nurse to prepare me for a second biopsy, three weeks after the first one. I declined to have another biopsy. I wanted time to continue healing and to absorb all that I had learned at the symposium before I took another step. The Dermatologist was not pleased with my decision. He explained that since I had canceled the surgery twice and now did not wish to have another biopsy, he was required by law, and to protect himself, to write me a letter pointing out that I had refused his recommended cancer treatment for Melanoma Cancer. This letter would be sent to me to sign and returned to him to file with the Medical Ethics Board. He also explained that as time progressed, the cancer would grow and my alternative treatment would kill some of the cancer but ultimately would not kill it all and it would disperse to other areas. This concept, in part, was consistent with what Dr. Jiminez told me in Las Vegas. This being said, the Dermatologist left the room and his nurse returned saying I was to "come back when you will have your next biopsy." During this time, Joy and I discussed me having a consult appointment with the surgeon, which pleased the Dermatologist. He scheduled the appointment for me. The appointment with the surgeon was a complete, polite and caring experience, where she explained in detail exactly what the surgery would entail.

After this, I took the following steps:

- * I asked for and received a spiritual healing from our creator.
- * I gave thanks for this blessing and never allowed doubt to enter my mind.
- * I gave and continue to give many affirmations of gratitude each day, confirming that I am cancer-free.
- * Understanding that God expects us to do our part, I reviewed my options: cut, burn or poison in the USA, or travel to Cancun for a natural cure (lovely trip but expensive).

Then it occurred to me that I am knowledgeable of many of the holistic protocols for treating cancer naturally, and I have many highly qualified friends and acquaintances with whom I could consult as I pursued my path to becoming cancer free. I began by using kinesiology to muscle test herbal protocols and products one at a time on a daily basis. It's amazing how one's body speaks to ones self if we just listen to what it is telling us! It's also amazing that I had not proactively used my knowledge of the healing power of herbal products in the beginning.

I learned thru muscle testing that using **Pau D'Arco Lotion** and **Pau D'Arco capsules** were two herbal products that my body needed. I also received strong confirmations to drink **Pau D'Arco/Taheebo Tea**. I completely eliminated coffee from my diet, which I modified to 2/3 vegetables and 1/3 high quality protein, and severely limited my intake of sugars. As I normally do, I drank only pH balanced pure water, 3-4 quarts per day, knowing that these changes would halt the progression of my cancer but probably not cure it. I doubled my consumption of **Immune Stimulator** so that I would keep my immune system strong and functioning during its battle with the cancer.

Next, I was told by a very knowledgeable herbalist that **Frankincense Oil**, mixed 50/50 with a carrier oil, will kill melanoma cancer cells. Since my cancer by then covered a large area, I decided to apply it heavily to my entire face, which after a few days ballooned up like a pumpkin and I could barely open my eyes, looking out through small slits that were not sealed shut. Since Nature's Sunshine was arriving in two days to interview us and film our business, I stopped the Frankincense Oil application for four days and began applying **Vitamin E Oil** for healing. I had to wear makeup during the two day visit from NSP, which my daughter artfully applied each morning, during the filming because my face was red, blue and purple. After I resumed use of the Frankincense Oil, I used lesser amounts and applied only to the affected areas. (An interesting note is that initially we were out of Carrier Oil, so I used Coconut Oil as a carrier. It was after I switched to the carrier oil that I experienced the swelling – to me this is proof of the quality and action of our carrier oil versus using a substitute).

At this point, I was muscle testing for being healed of my cancer by May 9, and I scheduled with the dermatologist for a biopsy on that date. Knowledge again took over, and I remembered NSP's former Health Science Director Dr. Jerry McLaughlin and his 35 years of research on **Paw Paw**. I wanted to speed up my healing process as much as possible so I could tell my success story to people at Nature's Sunshine's Convention in April. I added **Paw Paw Cell Reg** to my regime, testing only for 1 in the morning and 1 each evening, knowing the Paw Paw would prevent the cancer cells from reproducing.

Within days, I muscle tested that I was cured and on March 25, I had my last biopsy done. On April Fool's Day, I was pronounced cancer free. It was a long wait to get the results but I had been told that it would be at least one week before all the microscopic testing and analysis would be completed. What a great day this will always be in my memory bank! I give credit for my healing to prayer, God's support, the vast array of wonderful natural herbal products that are a part of my daily diet, and to those I know and love who were such a strong support team for me.

In conclusion, I believe that several of the reasons that I still live an active life at age 87 is because of the continuing education and par excellent products from Nature's Sunshine. They put a spring in my step and joy into my life!

In addition to the herbal products I took during my battle with melanoma, I continued to take my repertoire of Nature's Sunshine products that I consume on a daily basis. I always take quite a few of the **Core Health** products to meet my body's needs for continued good health and healing. During my cancer treatment phase, I seriously increased my consumption of **Citrus Bioflavonoids**, not only to support my Immune System and increase collagen production, but to also increase the tissue healing without scarring.



Nature's Sunshine Products makes a unique and powerful product called Paw Paw Cell Reg, which contains a standardized extract of acetogenins from the twigs of the American paw paw tree (*Asimina triloba*). These compounds were extensively researched by Dr. Jerry McLaughlin during his many years at Purdue University. A comprehensive review article was published in the January 1999 issue of the Journal of Natural Products, and McLaughlin's group has over 100 papers already published on the paw paw compounds.

Dr. McLaughlin discovered that paw paw contains a group of plant chemicals called annonaceous acetogenins. There are over 50 of these long chain fatty acids in paw paw. His research has established that these acetogenins:

- * Slow and stop the production of energy in cells by blocking the production of ATP.
- * Prevent the growth of new blood vessels in or near tumors.
- * Deplete DNA and RNA building blocks needed for abnormal cell division.
- * Prevent cells from activating ATP-fueled metabolic pumps that may reject chemotherapy drugs, thus helping to restore the effectiveness of chemotherapy in drug-resistant cancers.
- * Are natural insecticides, which can destroy insect pests including head lice
- * Have anti-parasitic, anti-viral and anti-fungal effects.

These acetogenin compounds are found in plants in the Annonaceae family, which contains about 2,100 species of plants, most of which grow in the tropics. Paw paw is the only deciduous member of this family and has one of the highest amounts of these compounds. Graviola (*Annona muria*) is being promoted as an anti-cancer remedy but contains much smaller amounts of these compounds.

In addition, the amount of acetogens varies widely from plant to plant and even seasonally. Dr. McLaughlin found the highest concentrations of these substances in the spring twigs (before the leaves appear), the unripe fruits and the ripe seeds. Dr. McLaughlin was able to create a standardized extract of these substances, so that you can get a consistent amount of these compounds in each dose. NSP has an exclusive right to distribute Dr. McLaughlin's patented product.

Additional Comments from Steven's Articles on Paw Paw 7-29-2014

For more information on using Paw Paw for cancer consult The Comprehensive Guide to Nature's Sunshine Products. Because cancer is a very serious illness, I recommend that you should have your progress monitored by appropriate medical testing and you should work with an experienced professional in developing your program.

Understanding Cancer Cells: Cancer cells differ from normal cells in several ways. They develop an anaerobic metabolism that allows them to create energy in the absence of oxygen. They have seven times more insulin receptors than ordinary cells and more receptors for glucose uptake, which means they can absorb blood sugar faster than healthy cells. They have ten times more receptors for IGF-1, a hormone that allows glucose absorption. To sum it all up, their metabolic rate is many times faster than that of healthy cells. In order to fuel their unusually rapid growth and reproduction, cancer cells stimulate the growth of new blood vessels around them and increase the rate at which they convert nutrients from the blood into energy for themselves.

Apoptosis –Programmed Cell Death: The primary way the annonaceous acetogenins in paw paw work is by inhibiting the production of ATP inside the mitochondria in the cell. Since cancer cells need more energy than normal cells to survive, this loss of energy triggers apoptosis. In other words, Paw Paw "convinces" cancer cells to self destruct.

Using Paw Paw Cell Reg: Suggested use is 4 capsules per day, divided into 4 doses, until after remission. People have reported tolerating more - taking 8-16 capsules per day, divided onto four doses. Work up slowly, and back down if you notice any nausea, vomiting or loss of energy. People using **Paw Paw Cell Reg** often find it beneficial to combine it with **Immune Stimulator** and **Protease Plus** or **High Potency Protease**. For maximum benefit, take all of these supplements, including the Paw Paw, between meals. Protease activates immune activity, including. Natural Killer (NK) cells, against cancers. It makes cancer cells and viruses more discernable to the immune system. Immune Stimulator increases immune activity, which helps the body fight cancer. **Paw Paw is NOT a product to take to prevent cancer. It should only be taken when actually fighting cancer or some other health problem. Also, Paw Paw only works on tumors. It is not helpful for other forms of cancer.**

Paw Paw and Cancer By Steven Horne 7-29-2014

Cancer cells are the result of damage (mutations) to DNA in the cell's nucleus that turns a healthy cell into a type of parasite. Cancer cells grow much faster than ordinary cells competing with healthy cells for nutrients. Having lost their normal control systems for growth, cell division and death, these cells multiply out of control. They attract new blood vessels to themselves to feed their runaway appetites for the nutrients needed for their out-of-control growth. Cancers can grow "tentacles" to reach out and invade other areas. Cancers can even clone themselves. When they travel through the blood stream and lymphatic system, they metastasize throughout the body.

Although genetic weaknesses and predispositions may contribute to the occurrence of cancers, environmental influences such as chemicals, radiation, and viruses are involved most of the time. Cigarette smoking is linked to 30% of cancers.

The liver detoxifies and eliminates many chemicals that might cause cancer and most traditional anticancer herbal formulas actually help by improving liver function. The liver also destroys excess estrogen, which is a signal for cellular growth and increases the development of cancers, especially in women.

It may take years for a primary tumor to grow large enough to be seen or felt as a lump. Cancer may spread through the system of lymph nodes. In very serious cases, cancer cells, traveling through the blood, may metastasize in other tissues such as the brain, lungs, or liver.

Understanding Cancer Cells

Cancer cells differ from normal cells in several ways. They develop an anaerobic metabolism that allows them to create energy in the absence of oxygen. They have seven times more insulin receptors than ordinary cells and more receptors for glucose uptake, which means they can absorb blood sugar faster than healthy cells. They have ten times more receptors for IGF-1, a hormone that allows glucose absorption. To sum it all up, their metabolic rate is many times faster than that of healthy cells.

In order to fuel their unusually rapid growth and reproduction, cancer cells stimulate the growth of new blood vessels around them and increase the rate at which they convert nutrients from the blood into energy for themselves.

Apoptosis—Programmed Cell Death

Just like people, cells in the body have a time to live and a time to die. Cells can die because they are killed by injurious agents, but they can also die because they are induced to commit suicide—a process called apoptosis. There are built in mechanisms inside each cell that cause apoptosis when conditions are right. This process takes place naturally when certain cells are no longer needed by the body or when they become a threat to the body.

The primary way the annonaceous acetogenins in paw paw work is by inhibiting the production of ATP inside the mitochondria in the cell. Since cancer cells need more energy than normal cells to survive, this loss of energy triggers apoptosis. In other words, paw paw "convinces" cancer cells to self destruct. (ATP is a high-energy molecule found in every cell. Its job is to store and supply the cell with needed energy).

Are There Any Side Effects?

One of the main problems with traditional cancer therapies such as radiation and chemotherapy is that they damage healthy cells as well as cancer cells. So, the question naturally arises, if acetogenins block ATP production, wouldn't that affect healthy cells, too? Well, they do slow down the function of healthy cells, but since the cancer cells use energy at a rate up to 17 times faster than normal cells, the compounds have the strongest effect against the rapid metabolism of the cancer cells. The abnormal cancer cells are induced to self destruct due to the reduced metabolism, while healthy cells remain undamaged.

In early research, it was discovered that paw paw extract was consistently vomited up before quantities that could cause serious problems to healthy cells could be consumed! In a toxicology study using dogs, they were unable to give the dogs a dose sufficient to cause death. The dogs would simply vomit.

Also, before being released, this paw paw extract was provided to 130 cancer patients for up to one and a half years. Only three of those in the study reported nausea and vomiting and one reported itching. None had any typical chemotherapy problems such as bone marrow suppression, anemia, hair loss, etc.

Using Paw Paw Cell Reg

The suggested use of Paw Paw Cell-Reg is 4 capsules per day until after remission. These should be taken at the rate of one capsule four times per day. Many people have found they can tolerate more and have taken 8, 12 or 16 capsules per day, again, divided into four doses. Work up slowly, and if you notice any nausea, vomiting or loss of energy, back down.

People using **Paw Paw Cell Reg** often find it beneficial to combine it with **Immune Stimulator** and **Protease Plus** or **High Potency Protease**. For maximum benefit, take all of these supplements, including the Paw Paw, between meals.

Protease activates immune activity, including Natural Killer (NK) cells, against cancers. It makes cancer cells and viruses more discernable to the immune system. Immune Stimulator increases immune activity, which helps the body fight cancer.

This program can be used as an alternative or supplement to chemotherapy, then continued for a month beyond the time that all tumor markers are down and there is no further evidence of the cancer. Additionally, it can be used at least once a month for the next 2-3 years.

Paw Paw is NOT a product to take to prevent cancer. It should only be taken when actually fighting cancer or some other health problem. Also, Paw Paw only works on tumors. It is not helpful for other forms of cancer.

What to Expect

First, it is unlikely one would overdose on paw paw extract because vomiting occurs before too much can be consumed. If nausea or vomiting do occur, simply lower the dose.

It is typical to see significant reductions in tumor size and in tumor antigen levels within six to eight weeks. Some people report a more rapid, measurable response to the program. For instance, one lady saw an improvement in her CA-125 markers (Cancer Antigen 125 is used to monitor ovarian cancer) after only one week.

In a patient with non-Hodgkin's lymphoma, who had undergone three rounds of chemotherapy in six and a half years, the white cell count and lymphocytes returned to normal ranges after only 35 days of taking paw paw extract.

People who have cancer who take Paw Paw Cell-Reg are also reporting increased energy levels. This is because paw paw's inhibiting effect on the metabolism of cancer cells means that healthy cells no longer have to compete with cancer cells for energy.

For more information on using Paw Paw for cancer consult *The Comprehensive Guide to Nature's Sunshine Products*. Because cancer is a very serious illness, I recommend that you should have your progress monitored by appropriate medical testing and you should work with an experienced professional in developing your program.