

News from Sunshine House August 2017

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

Dick & Joy Will Be On The Inspire Mediterranean Cruise In August:

We will be out of the country from August 8-20: spending extra time in Barcelona, attending the 3 days pre-cruise events for NSP Platinum qualifiers, and sailing on Freedom of the Seas for the Inspire Mediterranean Cruise August 13-20.

Our most sincere thanks and appreciation to all of our members and managers who helped us qualify for this fantastic trip.

During our absence, Dick will not be available on his cell phone: He will be using an alternate phone whose number is not listed. (Give him a break; We are on vacation!!!) You can phone our office and speak with Manny Monday-Friday 9am -5pm, who can either answer your questions or leave us messages of your calls, which will be returned during the week after our return. Our housesitter has been instructed to not answer phones after 5pm Monday – Friday or on weekends.

NSP to Discontinue Folic Acid Plus:

With the introduction of new Methyl Combo, a powerful combination of Methyl B12 and Methyl Folate, **Nature's Sunshine has decided to discontinue Folic Acid Plus (90 tablets), Stock No. 1585.** It will be available while supplies last. Methyl Combo was designed using the most biologically active forms of Vitamin B12 and folate, making it a perfect replacement for Folic Acid Plus.

Methyl Combo Stock #21689

How Do You Treat Your Classy Chassis: While clearing out junk, Dick found a funny clipping asking “If My Body Were a Car?” It begins with “If my body were a car, this is the time I would be thinking about trading it in for a newer model. I've got bumps and dents and scratches in my finish and my paint job is getting a little dull...But that's not the worst of it. Almost every time I sneeze, cough or sputter, either my radiator leaks or my exhaust backfires!” This reminded Joy of a poem she wrote many years ago that addresses this. We are including it in our newsletter for your enjoyment, and also some serious thinking about how you treat your classy chassis. We hope you will enjoy it.

Health Freedom:

Finally, someone who thinks the way we think and listens to us. Please check it out. AICR has changed the modern understanding and holistic thinking about cancer.

<http://www.aicr.org/learn-more-about-cancer/infographics/recommendation-on-supplements.html>

The American Institute for Cancer Research recently made these statements:

AICR research shows that approximately 1 in 3 cancers could be prevented if we all ate better, moved more and weighed less. That's nearly 345,000 cancers that don't have to happen every year in the U.S. alone. Add in not smoking, and we could prevent hundreds of thousands more.

You can protect yourself today!

- Eat more fiber-rich vegetables, whole grains, fruits and beans
- Eat less beef, pork and lamb
- Avoid processed meats like cold cuts, bacon and sausage
- Drink less alcohol
- Move more, in any way, every day
- Stay a healthy weight
- If you smoke, stop. If you don't, never start.

In 1982, American Institute for Cancer Research (AICR) was founded to advance the simple but then-radical idea that cancer could be prevented. AICR focused on the link between diet and cancer, and immediately began supporting cutting-edge research in this area and educating the public about the results.

Today, they continue to fund research in the field of nutrition, physical activity and cancer prevention, treatment and survival. They interpret the results of that research, along with findings from the global scientific community, to craft reliable, evidence-based recommendations for lower cancer risk.

YOUR CLASSY CHASSIS

*I KNOW WHEN MY ENGINE IS SLUGGISH,
YOU ASK ME...HOW DO I KNOW?
BECAUSE THIS BODY IS MINE,
I MAKE IT STOP AND I MAKE IT GO.*

*I CALCULATE ITS FUEL,
I CLOG ITS CYLINDERS WHEN I FEED IT JUNK.
IF I DON'T SYSTEMICALLY FLUSH IT,
ITS PIPES WILL BECOME PUTRID AND FILLED WITH GUNK!*

*I KNOW I MUST ACCELERATE,
AND IMPROVE MY MILAGE EVERY DAY...
TO PHYSICALLY STRENGTHEN MY CHASSIS,
TO PREVENT FREEZE-UP AND DECAY.*

*YOU ARE YOUR OWN BEST MECHANIC,
YOU RESPOND WITH EVERY MOVE THAT YOU MAKE.
YOU CANNOT BE REPLACED WITH A NEW MODEL,
SO...STEP ON THE GAS AND LET OFF THE BRAKE.*

*DEPEND ON NO ONE AS MUCH AS YOURSELF,
ON THE SURFACE YOU MAY LOOK JUST FINE.
IT'S WHAT LIES UNDER YOUR COAT OF PAINT,
THAT WILL CARRY YOU TO THE END OF THE LINE.*

*YOUR EYES ARE LIKE YOUR HEADLIGHTS...
ONLY YOU CONTROL THE BRIGHTNESS OF THEIR BEAM.
YOUR FEET CAN REVEAL YOUR WORN OUT TREADS...
YOU MUST KEEP THEM INFLATED AND CLEAN.*

*YOUR SPINE CAN BE A CLASSY CHASSIS,
TO KEEP YOUR MOTOR IN TUNE AND ALIGNED.
YOUR FOOD MAY BE A PREMIUM FUEL,
DEPENDING UPON WHAT YOU HAVE DINED.*

*JUST ASK ANY EXPERT MECHANIC,
WHAT IS THE BEST AND LEAST COSTLY WAY?
YOU SPOT THE PROBLEM BEFORE IT ERUPTS,
YOU USE PREVENTENTIVE MAINTENANCE EVERY DAY.*

*GIVE INTO YOUR BODY,
WHAT YOU WANT IT TO GIVE YOU BACK.
THIS YEAR'S MODEL IS ALL THAT YOU HAVE -
YOU GAUGE ITS PERFORMANCE ON THE TRACK.*

*WILL YOU BE A VINTAGE MODEL?
WILL YOUR VALUE INCREASE WITH AGE?
OR WILL YOU BECOME A DECREPID MODEL,
LISTED DAILY ON THE OBITUARIES PAGE?*

November 5, 1983

Alzheimer's Disease By Steven Horne

Alzheimer's is a degenerative disease of the central nervous system characterized by mental deterioration. Neurons in the brain that produce a neurotransmitter called acetylcholine are destroyed by free radical damage. Most of the remedies listed here are more for prevention than they are for a cure. Most herbal and nutritional remedies will slow the progress of Alzheimer's, but may not completely halt or reverse the progress of the disease.

High levels of aluminum have been found in the brains of Alzheimer's patients, but most experts now agree this is not a cause of the disease. However, it is still wise to protect the body from this heavy metal by avoiding aluminum cookware, especially when preparing acidic foods like tomatoes. Also avoid antiperspirant deodorants that contain aluminum compounds and baking powder with aluminum.

To prevent Alzheimer's eat good fats and avoid bad fats. Minimize exposure to alcohol, tobacco and environmental toxins. Eat generous servings of fresh fruits and vegetables every day and stay mentally active.

Once Alzheimer's has started, antioxidants can slow deterioration. Mind Max may be helpful in enhancing cognitive function in Alzheimer's patients. It may also be helpful to improve circulation to the brain and chelate toxic metals by doing an Oral Chelation program.

Herbal Formulas: Ginkgo & Hawthorn Combination

Herbs: Green Tea Extract, Ginkgo Biloba

Nutrients: 7-Keto, Alpha Lipoic Acid, Vitamin B-12, Lecithin, MSM, Co-Q10, N-Acetyl Cysteine

Nutritional Supplements: Vitamin B-Complex, Balanced

Essential Oils: Lemon, Clary Sage

Nutraceuticals: Super Antioxidant, Brain-Protex w/ Huperzine A, DHEA-F (Women), DHEA-M (Men), Mega-Chel (MC), Heavy Metal Detox, Focus Attention, Focus Attention Powder, Thai-Go®, Mind Max™, AnxiousLess

Key Herbs: Bacopa (Water Hyssop), Ginkgo, Gotu kola, Rosemary, Tea

Key Nutrients: Alpha Lipoic Acid, Co-Q10, DHA, DHEA, L-Glutamine, Magnesium, MSM, N-Acetyl Cysteine, Omega-3 Essential Fatty Acids, Potassium, SAM-e, Vitamin B-12, Vitamin B-3 (Niacin), Vitamin B-Complex

Dementia By Steven Horne

Dementia is a loss of cognitive and intellectual function, without the loss of perception. Symptoms include disorientation, impaired memory and judgment, and a loss of intellectual capacity. It may be caused by toxins or diseases of the brain. The following remedies may be helpful in preventing, slowing the progress of, or helping the body reverse the process of dementia.

Herbs: Ginkgo Biloba, Gotu kola

Nutrients: Omega-3, N-Acetyl Cysteine, DHA

Essential Oils: Rosemary, Wild, Peppermint, Frankincense

Nutraceuticals: Mega-Chel (MC), Brain-Protex w/ Huperzine A, Mind Max™, Krill Oil with K2, Solstic Cardio

Key Herbs: Bacopa (Water Hyssop), Ginkgo, Gotu kola, Rosemary, Sage

Key Nutrients: Alpha Lipoic Acid, DHA, L-Arginine, Magnesium, N-Acetyl Cysteine, Omega-3 Essential Fatty Acids, Vitamin B-Complex

(Products in bold print for both Alzheimer's and Dementia are key products suggested by Steven. Other products are complementary products to use with key ones.)

[*Essential Oils Might Be The New Antibiotics*](#)

Source: .herbs-info.com

The following plants and their essential oils have been found to be effective in fighting bacteria according to numerous studies:

1. **Oregano**: Its antibiotic properties have been proven to kill bacteria thriving in animal intestines. Many people also report success when using oregano leaf tincture against colds and taking oregano oil capsules in cases of bacterial stomach illness. **Wild Oregano EO Stock #3884**
2. **Chili peppers**: The phytochemicals found in chili peppers possess immune-enhancing properties that protect animals against live coccidiosis. **Capsicum(100 caps) Stock#160**
3. **Cinnamon**: The use of cinnamon was related to antigen presentation and humoral immune response, and was found to boost the immune system against bacterial infections. **Cinnamon Leaf EO Stock #3898**
4. **Turmeric**: Turmeric also provides higher protective immunity against coccidiosis. **CurcuminBP Stock #238**
5. **Rosemary**: Rosemary essential oil has been found effective in killing salmonella. **Wild Rosemary EO Stock #3854**
6. **Thyme**: It also exhibits antibacterial properties beneficial to humans, and is found to be effective in bacterial vaginosis. **Thyme EO Stock #3853**
7. **Tea tree oil**: It effectively clears MRSA, an infection that has become resistant to most commonly-used antibiotics. **Tea Tree EO Stock #3877**
8. **Lemongrass**: Lemongrass oil also reduces MRSA when used as a component for hand gels and cleansers. **Lemongrass EO Stock #3870**

Another potent antibiotic spice is **garlic**, which has been found by studies to be 100x more effective than antibiotics against food poisoning bacteria **Garlic (100 caps) Stock #290; Garlic Oil (60 softgel caps) Stock #1694; Garlic High Potency, SynerPro (60 tabs) Stock #292**

Antibiotics and Livestock

In today's drastically growing population, the demand for food supply is also enormously increasing. In the U.S. alone, poultry consumption has gone from 34.7 kilograms per capita to 46 kilograms per capita from the year 1990 to 2016. With the increasing statistics, livestock farmers are also increasing their production to meet the consumers' demands, resulting in overpopulated, unhygienic livestock farms.

Farmers have been using antibiotics on an ongoing basis to cure animal diseases, but the Centers for Disease and Control Prevention reported that the excessive / routine use of the drugs has resulted to antibiotic-resistant bacteria. This spells bad news for us because drug-resistant microbes could cause more than 10 million deaths by the year 2050.

Fortunately, numerous studies have been conducted by scientists to explore new alternatives for curing bacterial diseases among livestock. These studies have led to the use of essential oils – whether on their own or in combination with antibiotics – as a safer alternative in fighting numerous pathogens.

Researchers believe that essential oils weaken the cell wall of the resistant bacteria, killing the cell and allowing the antibiotic to work. The phytochemicals found in the plants where the essential oils are derived from also provide resistance to infectious diseases and promotes tumor killing, according to Dr. Cyril Gay, senior national program leader at the United States Department of Agriculture's (USDA) Agricultural Research Service.

"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

Natural Health Products: 7 Essentials You Didn't Know You Were Missing

Nature's Sunshine - Healthy Living

You do everything right to live a healthy lifestyle. You eat healthy, take your vitamins, and exercise regularly. But does it ever feel like that isn't enough?

Even with all the hard work we put into our bodies there are still some things we don't do because it probably hasn't crossed our minds.

When considering natural health supplements, it's common to ask, "What is my body missing?"

If you feel like you need an extra boost to your daily routine, here are seven essentials that you may have overlooked.

1. L-Glutamine: L-Glutamine is an amino acid that can be found naturally and is produced more than any other amino acid in the human body. This amino acid is found in abundance in our muscles and our lungs. The list of L-Glutamine benefits goes on and on, but the main benefit is that it supports cellular growth, energy, and repair.

L-Glutamine is commonly used by athletes because of its amazing ability to speed up the body's recovery process. It also helps maintain decreasing glutamine levels while athletes work out because our bodies tend to deplete the amino acid during intense training. This, and its ability to maintain muscle mass, is why more and more athletes are choosing to add it into their daily routines.

L-Glutamine's benefits stretch beyond the ability to help athletes speed up their recovery process. This multipurpose amino acid has been used for people who have been diagnosed with more serious conditions because of its ability to support the immune system and digestion.

Whether you're a long-time athlete or just a beginner, L-Glutamine can be a great addition to your daily routine. It will support your muscles and help you recover faster, giving you the opportunity to get back to your workout routine more quickly.

L-Glutamine (30 caps) Stock #1776

2. CoQ10: CoQ10, or Coenzyme Q10, is found naturally in every cell in our bodies. This substance is very similar to a vitamin and helps produce the energy that we need to maintain cell growth. This substance could be called a "super vitamin" because of its ability to act as an antioxidant to help protect our bodies from damage.

CoQ10 is mainly found in organs such as the liver, kidney, and heart. Foods from which we may receive CoQ10 are soy oil, mackerel, beef, and peanuts. However, many people choose not to eat these items or don't eat them enough, so it may be hard for many to get this nutrient from food alone.

This special vitamin decreases with age making it very important to receive through dietary supplements. CoQ10 helps support normal blood pressure levels, while also promoting healthy cardiovascular function. It also supports energy production, helps reduce cellular oxidative stress throughout the body, and exhibits antioxidant and neuro-protective properties.

This is a great supplement to add to your diet as you get older to prevent losing too much of this powerful nutrient. Around the age of 30 your CoQ10 levels start to decline dramatically, so if you haven't thought about CoQ10, it might be time to consider adding it to your routine.

COQ-10(100mg) (60 softgel caps) Stock #4135

3. Fish Oil: Fish oil contains omega-3 fatty acids that the body cannot produce on its own. Omega-3s are difficult to receive because their primary source is fish, which many people just do not like or cannot eat because of allergies. This supplement is available for those who do not have the ability to get their omega-3 fatty acids in their normal, everyday diet.

Fish oil is another one of those "super vitamins" in which the benefits to taking it stretch far and wide. It's been said to support mood and mental well-being so well that the supplement has been nicknamed "brain food." Fish oil helps maintain healthy blood pressure levels while also supporting the cardiovascular system.

The list just keeps going for this supplement, fish oil can help support our immune systems and many athletes will take it to help keep off that little bit of unwanted weight that can build up on our lower stomachs. Fish oil is an all around great supplement to consider taking at any age. It will support your mood and help you feel better the longer you consistently take it.

Omega 3 w/DHA (90 soft chews) Stock #3342

4. Glucosamine: Glucosamine is produced naturally inside our bodies, particularly in the fluid around our joints. There are two types of glucosamine that are available in pill form, one with hydrochloride and the other with sulfate. The glucosamine that contains sulfate is believed to be the component that helps stimulate the growth of new cartilage in our bodies. This particular nutrient is some-times produced by shellfish, but that doesn't mean that we can receive it from food. Glucosamine doesn't occur naturally in any food, making it difficult for us to receive without taking additional supplements.

Because of its ability to stimulate cartilage growth, glucosamine eases the joint pain that comes along with many bone diseases. In addition to our joints, it also supports our structural, nervous, and even our immune systems.

If you're noticing joint pain then consider this as an option to add to your daily supplements. Glucosamine is another great one for athletes to consider because of its ability to help support comfortable joints.

Glucosamine (60 caps) Stock #903

5. Vitamin D: *You probably think you get enough vitamin D through your diet. However, most of our vitamin D is absorbed through the body from direct sunlight, making this a great supplement for those who don't live in areas that are constantly sunny. Vitamin D can be found in certain types of fish, but is usually added to various dairy products for people to receive. Because many people have food allergies, the supplement is a great option for those who do not receive enough vitamin D through sunlight or their diet.*

One of the main functions of this vitamin is to help keep our bodies from bone loss, pain, and even weak bones. Because of this vitamin's ability to maintain calcium and phosphorus levels in our bodies, it's an all around great vitamin to support bone health at any age.

Just like fish oil, vitamin D is a great one to start thinking about taking early on in life. Bone loss is a very serious issue and it's important to start thinking about how to care for your bones as early as possible. It's never too late to consider your long-term health.

Vitamin D3 (60 tabs) Stock #1155

6. Olive Leaf Extract: Many of you have probably made the switch to cooking with olive oil in the past ten years. It has a great taste and isn't as unhealthy as some of the other oils out there. With the many uses for olive oil that keep popping up, have you thought that it isn't just used for cooking?

Every component of the olive tree can be used to create something beneficial for our bodies. The oil part comes from the seeds and fruit, while the water extracts and leaves are used for medicine.

Olive leaf extract protects our bodies from unwanted invaders. This is a great supplement to take throughout the year because it's been said to support the immune system. Olive leaf can also support the circulatory, urinary, and digestive systems. Additionally, the fatty acids in the oil have been said to support blood pressure and blood sugar levels already within the normal range. It also fights free radical damage by bad cholesterol. Who knew the uses for the olive tree extended so far beyond the kitchen?

Olive Leaf Extract Conc. (60 caps) Stock #204

7. Green Zone, Ultimate: Getting the right amount of vegetables in our diets can be extremely difficult. Even if you're an avid veggie-eater, sometimes the ones you consume may not be packed with enough nutrients to satiate your body's needs. Sometimes you just need to get a little extra boost to your already healthy daily routine.

You've heard of adding greens to your diet with powders in smoothies, but why not try a taking a capsule of your daily dose of greens? GreenZone, Ultimate is packed full of various green vegetables, like broccoli and kale, that many people are adding to their daily meal plans.

We know that hearty kale isn't for everyone. GreenZone, Ultimate is great for those who can't seem to get those nutritious vegetables into their diets the old fashioned way. This supplement allows you to get your daily recommended amount without having to force yourself to eat the vegetables you don't like.

This supplement will help your body maintain its natural functions so that you feel energized. An additional bonus is that it helps support our body's immune systems and enhances elimination.

GreenZone, Ultimate (180 caps) Stock #1104

GreenZone, Ultimate Powder (368g) Stock #1103