

News from Sunshine House September 2017

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

We have just returned from the awesome NSP I-Inspire trip to Barcelona and a Mediterranean cruise with stops in Spain, France and Italy. It was a bit nerve racking that terrorists made an attack in Barcelona 2 days after our Royal Caribbean cruise ship left port, and then again in Marseille 1 day after we toured this beautiful French city and countryside. One began to wonder if the terrorists were following us. It is sad that all people in the world cannot live together peacefully and feel the need to express their thoughts and feelings in such violent ways. However, it was a wonderful trip that was made even happier by having managers in our successline on this trip and to be able to spend some time with most of them. The tours were great and it would be difficult to pin point the best one.

Thanks to all of you, we were fortunate to have achieved the Platinum qualifying level and earn a three day pre-cruise trip to Barcelona, where we toured the famous Sagrada Familia church which has been under construction since 1882. Anton Gaudi, who was the primary architect on the church until his death in 1926, said he saw the building of the Sagrada Familia as "The temple as a whole, as well being a place for divine worship, will artistically represent the truths of religion and the glorification of God and His Saints." Apart from the color provided by the actual construction materials used, such as the different types of stone and tiles in the vaulting, there will be many colored symbolical features, like the stained-glass windows and the inscriptions on the lights located in the columns, as well as the skylights in the vaults. Each of its 18 towers has a special significance. Once finished, these towers will be an extraordinary sight with the highest elevation being the central tower which dedicated to Christ. 70% of the work on the temple has been completed; the goal is to complete all of the architectural work by 2026.

To Joy, the tour to Naples and Capri, Italy and visiting the ancient city of Pompeii was beyond words (Pompeii was destroyed over 2500 years ago by the volcano Vesuvius. Excavations of the archeological ruins of Pompeii uncovered relics of how these people lived and how advanced they were – devising a means of pumping cold water onto coils in trenches in their homes during the hot summer months, a means of air conditioning that our current advanced world only invented in 1902. (A devastating earthquake hit Ischia, a small island very near Naples, 3 days after we were there).

Events Calendar for September

Inspire Summit 2017 - September 7 - 10 in Cincinnati, OH

Receive the product training you love and the business training you need. Make the commitment to be a part of the 2017 Inspire Summit! Register now with NSP Customer Service @ 1-800-223-8225 or online.

Location: Kingsgate Marriott Conference Center at the University of Cincinnati located at 151 Goodman Drive, Cincinnati, Ohio 45219 USA.

NSP has negotiated a special room rate of \$139.00/ night plus tax, on a limited number of rooms. To check availability call the **Kingsgate Marriott Conference Center at the University of Cincinnati:** 888-720-1299 and ask for the NSP SUMMIT Room Block (code ISSC).

IIPA Certification Prep Course (Learn from a master teacher and gifted iridologist)

Instructor: Dr. Mary Reed Gates, Certified IIPA Instructor

Upon completion of this course you will be eligible to test with IIPA to receive your International Iridology Practitioners Association Certification. *** Our goal is to enable ALL class members to pass the IIPA exam. Once this is achieved, you will have passed through the threshold of a successful holistic practice.

This course will consist of nine (9) 3+ hour classes that include instruction and discussion. Between classes, there will be a short quiz and homework. There will also be 2 classes of "mock consultations". Each student will participate in a final, individual, review class.

Classes will be held live and online the 4th Saturday of every month from 10 AM - 1 PM EST

(the one exception is in December when class will be held on the 3rd Saturday/ Dec. 16)

Classes will be approximately 3 hours long. Classes will be recorded and the link will be provided for any classes the student might be unable to attend. [Click on this hyperlink to review course outline: http://marysherbs.com/](http://marysherbs.com/)

These certification prep classes will begin on September 23, 2017!

Registration is NOW open. Register here to reserve your seat at:

<https://register.gotowebinar.com/register/8802870794325828098>

COURSE FEE: (this is a \$1500 to \$2000 value)

General public price - \$695.00 (if paid in full prior to first class) for 40 hours

General public Monthly payments \$69.00 monthly for 11 months (payable prior to each class)

Special Pricing for my NSP success-line & IIPA members - \$595.00 (if paid in full prior to first class)

Special Pricing for my NSP success-line & IIPA members in monthly payments - 63.18 for 11 months (payable prior to each class)

TO PAY: <http://herbalremedyexpert.com/products.html> Click on the IIPA icon and follow the prompts to add to your cart

WOW...What a wealth of information and dietary guidelines from Steven Horne

Basic Supplement #1: Vitamins

Core Health System

Vitamins are important compounds needed by the body for both structure and function. Of course, the best way to get vitamins is through food, as vitamins work synergistically with other nutrients. Unfortunately, refined and processed foods simply do not have the vitamin content found in normal foods. Even if you are eating natural foods, you may still not be getting enough vitamins, as most supermarket produce is fourteen days old by the time it reaches the grocery store shelf. It is often picked before it is fully ripe, too, all of which results in a loss of nutritional content. This is why most people benefit from taking vitamin supplements.

Nature's Sunshine Products Basic Supplement #1: Vitamins Products

Nutrients: [Vitamin B-12](#), [Vitamin B-6](#), [Vitamin C](#), [Vitamin D3](#), [Vitamin E](#)

Nutritional Supplements: [VitaWave® Liquid Vit.&Min.](#), [Multiple Vit. & Min.](#), [SynerPro](#), [Multiple Vitamin & Mineral T/R](#), [Solstic Twenty-Four](#), [Super Supplemental Vit. & Min.](#), [Super Supplemental Vit. & Min. w/o Iron](#), [Nature's Prenatal](#), [Vitamin A & D](#), [Vitamin B-Complex, Balanced](#), [Sunshine Heroes Multiple Vitamin & Mineral](#), [Super Trio](#)

Packs: [IN.FORM Metabolic Age Support System](#)

Key Nutrients:

[Vitamin B-12](#), [Vitamin B-6 \(Pyridoxine\)](#), [Vitamin B-Complex](#), [Vitamin C](#), [Vitamin D](#), [Vitamin E](#)

Basic Supplement #2: Enzymes

Core Health System

Enzymes are the “spark plugs” of the life process. They regulate numerous body functions. Minerals act as catalysts for enzymes, so the two work hand-in-hand to promote health. Enzymes are natural components of living things, so they are found in raw foods. However, heat deactivates or destroys enzymes.

Cultured foods like live-culture yogurt and sauerkraut are also rich in enzymes. These foods are regularly consumed in many cultures and appear to contribute greatly to gastrointestinal health, but few Americans consume them regularly. And, if these foods have been heated past 120 degrees, the enzymes are deactivated. To compound the problem, most processed foods contain enzyme inhibitors, which are added to prevent spoilage and increase shelf life.

Ideally, a large percentage of a person's food should be raw, but few people are able to do this in modern society. This fact, compounded with the other problems we've discussed, means most people need to take an enzyme supplement.

There are two basic types of enzyme supplements—those that contain the actual digestive secretions produced by the body (pancreatic enzymes, hydrochloric acid and bile salts), such as Food Enzymes, and those that contain plant-based enzymes (amylases, lipases, proteases, etc.), such as Proactazyme Plus.

Generally speaking, we recommend plant-based enzymes as a basic supplement, as these replace the enzymes lost through cooking and processing. We suggest you reserve the use of Food Enzymes for people who are very elderly or weak and have lost the ability to digest food.

It is also possible to stimulate the body's own digestive secretions. Generally speaking, bitter-tasting herbs and pungent or aromatic herbs will stimulate digestive secretions. This includes bitter greens eaten raw in a salad, as long as they are not coated with sweet or creamy salad dressings, just an oil and vinegar dressing. Digestive Bitters Tonic can be helpful, but it has too much sweetener to be really effective. It is more effective to place the powder from about 1/2 capsule of goldenseal in the mouth or add a little goldenseal powder to the Digestive Bitters Tonic. Spleen Activator, Anti-Gas Formula with Lobelia and the Chinese Anti-Gas Formula can also be used to improve digestive function herbally.

Nature's Sunshine Products Basic Supplement #2: Enzymes Products

Herbal Formulas: [Papaya Mint](#)

Nutrients: [Protease](#)

Nutraceuticals: [Food Enzymes \(Digestive Enzymes\)](#), [Hi-Lipase \(120 LU\)](#), [Proactazyme](#)

Basic Supplement #3: Probiotics

Core Health System

Most of us associate bacteria with disease. We think of bacteria as something to be eliminated and destroyed. This has created an almost obsessive use of disinfectants in our culture. But, not all bacteria are bad. It is the action of bacteria, for example, that allows milk to be fermented to create cheese, yogurt and kefir. Bacteria also create other fermented foods such as sauerkraut and tofu. Another benefit of bacteria is that they break down minerals in the soil and make them available to the roots of plants. So, plants need bacteria to be healthy.

Our “roots,” that is, the place where we absorb water and nutrients, are in our intestinal tract, and bacteria play an important role there too. In fact, there are about three to four pounds of friendly microorganisms living in the intestinal tract, most of them bacteria. A proper balance of these microbes is essential to one’s health because we live in a symbiotic relationship with microorganisms. Many strains of bacteria are actually part of our body’s natural ecosystem. They serve to help protect the body against unfriendly microbes.

There are many different species of beneficial bacteria inhabiting our intestines. Many belong to the genus *Lactobacillus*. These include *L. acidophilus*, one of the first strains sold as a supplement. Another genus containing species of friendly bacteria is *Bifidobacterium*, sometimes referred to as *bifidophilus*. A third major group belong to the *Streptococcus* genus. There are many others.

The good bacteria inhabiting the intestines are called friendly flora or probiotics. Biotic is from a Greek word that refers to life. So probiotic means favorable to life. This is in contrast to the word antibiotic, which literally means against life.

Antibiotics weaken the immune system because they destroy the friendly flora. These friendly flora are actually part of the immune system. Friendly bacteria enhance the immune system in several ways. First of all, they form a sort of living “blanket” that coats the intestinal tract and inhibits other species of microorganisms from “gaining a foothold” on the intestinal mucosa. They compete with other microbes for food, which also holds down the growth of infectious organisms.

Friendly bacteria even produce chemicals that are deadly to harmful forms of bacteria, so they act as natural antibiotic agents against harmful bacteria. Another benefit of friendly bacteria is that they have a stimulating effect on the body’s immune system. For instance, animal studies showed that *S. thermophilus* and *L. bulgaricus* increased proliferation of lymphocytes, stimulated B lymphocytes and activated macrophages.

A well-known benefit of friendly flora is their ability to keep yeast, such as *Candida albicans*, and harmful bacteria, such as *E. coli*, in check. When antibiotics, chemotherapy, chlorine or other chemicals or drugs destroy the friendly flora, yeast multiply out of control. The yeast secrete a toxin that weakens the intestinal membranes and reduces the immune response. Probiotics are the antidote to this problem, helping to restore a healthy intestinal microflora.

Probiotics also help overall colon health. They reduce the risk of inflammatory bowel disorders such as colitis, Crohn’s disease, and irritable bowel syndrome. They also reduce the risk of colon cancer. They should be used as part of a natural treatment plan for these diseases.

Healthy intestinal microflora improve the body’s ability to digest fats and proteins. Probiotics synthesize certain vitamins the body needs, including B1, B2, B6, B12, folic acid and biotin. The synthesis of B12 by probiotics is particularly important for vegetarians who are not getting this vitamin in their diets.

The friendly flora also help detoxify certain poisons in the digestive tract. For instance, they help break down ammonia, cholesterol and excess hormones.

The anthraquinone glycosides in stimulant laxative herbs like cascara sagrada and senna are activated by the intestinal microflora. In fact, these herbs are much less effective if the intestinal microflora is out of balance. Probiotics by themselves help to overcome constipation, too.

Finally, about 70% of the energy requirements of the intestinal mucosa come from fatty acids produced as a byproduct of bacterial fermentation. This means that the intestinal microflora actually helps feed the intestinal lining demonstrating how vital this synergistic relationship is to health.

In fact, a healthy intestinal microflora is such an important part of total health, that some health researchers feel it should be considered as an independent body system. The intestinal microflora is a highly adaptable system, as it changes constantly, adapting itself to one's diet and environment. It is easy to see why a balanced intestinal microflora is such an important factor in a healthy body.

When looking for a probiotic product look for one that contains several strains of bacteria such as acidophilus, bifidophilus, etc. Make certain that the product is stored in the refrigerator, as the bacteria are living organisms and will die quickly when stored at room temperatures.

Probiotics: Nature's Sunshine Products Basic Supplement #3: Probiotics

Acidophilus, bifidophilus and other species of Lactobacillus are friendly bacteria necessary for colon health. They aid in digestion and assimilation of some nutrients, and may help produce vitamin B-12 for the body. They protect the body against yeast and other harmful microorganisms. They can protect against diarrhea when traveling or act as a mild laxative in constipation. They are depleted and destroyed by antibiotics. Hence, probiotics should always be taken after a round of antibiotics. They can be taken orally or used in enemas or douches for yeast infection. They may be sprinkled in the diaper for thrush-related diaper rash. The best product for general use is Probiotic Eleven. Children benefit highly from Bifidophilus. For general use take 1 to 2 capsules before meals on an empty stomach. These products work best when taken first thing in the morning about one hour before breakfast. Even better, empty 3-5 capsules into a cup of room temperature water, dissolve, and inject rectally using a bulb syringe. This implants the bacteria right where they are needed. Probiotics are especially helpful when traveling abroad because they help to prevent traveler's diarrhea. When traveling, double or triple the amount normally consumed, and take them with meals, plus, take 1 additional capsule with any in-between meal snack.

Dosage Forms

IN.FORM Metabolic Age Support Probiotic (90 capsules) - Capsule (90) Stock #3097

Ingredients: Lactobacillus rhamnosus, Bifidobacterium bifidum, Lactobacillus acidophilus, Lactobacillus brevis, Lactobacillus bulgaricus, Lactobacillus plantarum, Streptococcus thermophilus, Bifidobacterium infantis, Bifidobacterium longum, Lactobacillus casei, Lactobacillus salivarius; Prebiotic blend; inulin, FOS, plant fiber

NutriBiome Bacillus Coagulans Probiotics (90 caps) - Capsule (90) Stock #6109 *Ingredients: Contains 3 billion CFU (colony forming units) of Bacillus coagulans per serving plus prebiotic fiber.*

Acidophilus - Capsule (90) Stock #1666 *Ingredients: Lactobacillus acidophilus 200,000,000cfu*

Bifidophilus Flora Force - Capsule (90) Stock #4080

Ingredients: Lactobacillus rhamnosus 2.5 billion, l. casei 2 billion, l. acidophilus 2.5 billion, bifidobacterium longum 1 billion, fructo-oligosaccharides

Probiotic Eleven - Capsule (90) Stock #1510 *Ingredients: Lactobacillus rhamnosus 1.6 billion, bifidobacterium bifidum 1.2 billion, l. acidophilus 1.2 billion, l. brevis 1.2 billion, l. bulgaricus 1.2 billion, l. plantarum 1.2 billion, streptococcus thermophiles 1.2 billion, b. infantis 800 million, b. longum 800 million, l. casei 800 million, l. salivarius 800 million, fructooligosaccharides*

Basic Supplement #4: Antioxidants

Core Health System

If you've ever cut an apple and left it sitting on the counter, you've seen oxidation at work. Oxidation is what causes the flesh of a cut apple to turn brown. It's also what causes a fire to burn, oils to go rancid, iron to rust and copper to develop a green patina. Most researchers now believe that oxidation is also what causes the body to deteriorate and develop degenerative diseases as we age. The free radicals that cause oxidative stress can be thought of as tiny " arsonists " waiting to start little inflammatory " fires " in the body.

Experts suggest that about 50-80% of all chronic and degenerative diseases, including heart disease, cancer, diabetes, arthritis, macular degeneration, Alzheimer's and dementia are caused by oxidative stress, also known as free radical

damage. Oxidative stress also causes the cosmetic problems we associate with aging, dry skin, wrinkles, age spots and so forth.

Oxidation is not bad per se. The body uses oxidation to break down the food we eat and convert it to energy. The immune system also uses oxidation to destroy microbes and fight infection. Free radicals are also produced during the process the body uses to break down toxins for elimination.

Just like an automobile needs a cooling system (radiator) to keep the heat generated by the engine from destroying the engine parts, the body needs a cooling system to keep the oxidative processes it generates under control. Antioxidants can be thought of as the body's "radiator" or cooling system.

Antioxidant nutrients are abundant in fresh plant foods. For example, fresh wheat contains an antioxidant called vitamin E, but this vitamin deteriorates within a few days after grinding the grain. Similar processes take place in all the foods we eat. So, because so little of the food we eat is fresh, most of us don't get enough antioxidant nutrients to keep our body's cooling system working properly. This allows oxidative stress and the resulting inflammation to "burn up" our health.

To compound this problem, we actually eat foods that increase oxidation and inflammation. Refined sugar, white flour, hydrogenated oils, trans fats and food additives put additional stress on our already overtaxed cooling system and further overheat the body's metabolic engine.

Fortunately, just like the car has a temperature gauge that warns you when the engine is getting too hot, the body also has warning indicators that tell you the metabolic engine is overheating. These warnings include: chronic, low grade aches and pains, fatigue (especially after exercise), constipation, headaches, difficulty concentrating ("brain fog"), excess weight, carbohydrate cravings, gum disease and loss of energy.

If these warning lights are going off in your body, don't ignore them. It's time to add some antioxidant "coolants" to protect your metabolic engine from continuing to "overheat" because of oxidative stress and chronic inflammation. The best way to do this is to eat 5-7 servings of fresh fruits and vegetables every day. And no, the ketchup and lettuce on that hamburger and those greasy French fries don't count! We're talking about eating generous portions (about 1/2 cup) of 5-7 different fresh fruits and vegetables every day.

The fact is, most people primarily eat processed (canned and frozen) produce (if they eat produce at all!). Studies suggest that the average American consumes only 1-1/2 servings of vegetables and no servings of fruit on a typical day.

While eating processed produce is better than not eating any produce at all, much of the antioxidant potential of these foods is lost in processing. And as for that word "fresh," how much of the produce at your local mega-mart is actually fresh? Since it typically takes 7-14 days to ship produce from the farm to the store, many foods, such as tomatoes or peaches, are picked green, which means they've never been allowed to develop their full nutritional value (or flavor).

That's part of the reason most of us don't eat more fresh fruits and vegetables; the mega-mart produce doesn't really taste that good. If you've ever eaten homegrown tomatoes or tree-ripened peaches, you'll know what we're talking about. That fresh, fully-ripe flavor that makes these foods so delicious is actually a sign that the food is loaded with nutritional (including antioxidant) value.

It's a good idea for most of us to supplement our diet with antioxidant nutrients. And, no, taking supplements isn't an excuse to eat whatever junk food we want, thinking that supplements alone are going to keep us healthy. We should still eat those 5-7 servings of the best produce (fresh, frozen or even canned) we can find. Supplements are meant to supplement, not replace, a healthy diet.

Nature's Sunshine Products Basic Supplement #4: Antioxidants Products

Herbs: [Bilberry Fruit](#), [Noni](#)

Nutrients: [Alpha Lipoic Acid](#), [Co-Q10](#), [Grapine](#), [N-Acetyl Cysteine](#)

Nutritional Supplements: [Super Trio](#)

Nutraceuticals: [Super Antioxidant](#), [Super ORAC](#), [Thai-Go®](#)

Packs: [IN.FORM Metabolic Age Support System](#)

Basic Supplement #5: Fatty Acids

Core Health System

Contrary to all the propaganda that suggests otherwise, we need fats in our diet to stay healthy. Fats play critical roles in our health. Brain and nerve tissue, for instance, requires the proper kind of fats, and low fat diets can lower the intelligence of children. The heart burns fat as its primary source of fuel. Fats are burned to keep the body warm in cold weather and are necessary for the production of many hormones.

Extremely low fat diets aren't good for us and can actually raise cholesterol, since about half of the cholesterol in our body is used to make bile to digest fats. However, we need to get the right kinds of fats in our diet. Unfortunately, most Americans are eating the wrong kind of fats, which include margarine, shortening, processed vegetable oils and animal fat from non-organically raised animals.

Americans tend to get too many Omega-6 fatty acids and not enough Omega-3 fatty acids in their diets. Omega-3 fatty acids protect us against heart disease. They also benefit the immune system because they help control the chronic inflammation that underlies the development of hardening of the arteries, arthritis, memory loss in aging and other degenerative disease. The best sources of Omega-3 are wild game, grass fed beef, eggs, poultry and deep ocean fish (not farm raised). Avocados and nuts, especially walnuts, also contain good fats.

Because most Americans get too many bad fats and not enough good fats, most Americans can benefit from supplementing their diet with Omega-3 essential fatty acids. Super Omega 3 EPA and flax seed oil are two good options.

Nature's Sunshine Products Basic Supplement #5: Fatty Acids Products

Nutrients: [DHA](#), [Evening Primrose Oil](#), [Flax Seed Oil](#), [Omega-3](#), [Sunshine Heroes Omega 3 with DHA](#)

Nutritional Supplements: [Super Trio](#)

Nutraceuticals: [Krill Oil with K2](#)

Key Nutrients

[DHA](#), [Evening Primrose Oil](#), [Flax Seed Oil](#), [Omega-3 Essential Fatty Acids](#)

NSP's Authentic Essential Oils Certification Seminar in Mississippi on October 14

GET CERTIFIED AS AN AUTHENTIC ESSENTIAL OILS SPECIALIST for only \$189.00. By attending you'll receive a full day of in-depth training on NSP's amazing Authentic Essential oils and blends...from aromatherapy experts!

Reserve your seat now by registering with NSP's Customer Service @ 1-800-223-8225.

Classes are from 9 a.m. to 3:30 p.m. Registration begins at 8:00 am. Be sure you bring your entire "School Kit Materials" to the event.

SATURDAY, OCTOBER 14, 2017 9:00am – 3:30pm Long Beach, Mississippi

**The University of Southern Mississippi Gulf Park Campus –
Fleming Education Center, Room 104
730 East Beach Blvd.
Long Beach, MS 39560**