

News From Sunshine House September 2018

Our business...

*Investing in People - Changing their Perspective.
Helping people to Live Healthier and Happier Lives
the Natural Way!*

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

Discontinued NSP Product & Suggested Replacement:

Nature's Sunshine constantly reviews customer feedback and industry trends to ensure that our product portfolio delivers excellent value. Part of that process includes identifying products where we have redundancy, and where diminishing sales may make it unsustainable to continue production. Such is the case with the following product: Please note that our existing inventory of IN.FORM Metabolic Age Support Soy Protein Shake is gone. Moving forward, NSP recommends the following product as a replacement:

[IN.FORM Metabolic Age Support Pea Protein Shake](#) (Stock No. 3095) is an excellent, plant-based substitute for IN.FORM Metabolic Age Soy Protein Shake.

MEMBERS SPOKE ... AND NSP LISTENED

Dear NSP Manager:

Effective Aug. 20, our Digestive Pack is again available for purchase. It contains one bottle of each of the following products at a continued savings:

- **Chinese Anti-Gas TCM** (Stock No. 1018, 30 capsules)
- **Bacillus Coagulans** (Stock No. 6109, 90 capsules)
- **Proactazyme®** (Stock No. 1525, 100 capsules)

Please note the pricing.

Digestive Pack

Member Cost: \$70.00

QV: 70

Sugg. Retail: \$105.00

Stock No. P634078

THIS PACK WILL BE INCLUDED ON THE NEW SEPTEMBER 2018 PRICE LIST. Your Nsp Marketing Group

Introducing a new webinar series targeted to how you run your Nature's Sunshine business!

If your primary focus is as a retailer, an herbalist, an IN.FORM Coach or an Authentic Essential Oils specialist, then we have a webinar for you on Tuesdays! In addition, webinars are focused on breaking down the I-Inspire Program and the Compensation Plan into smaller bites to dig deeper into how to utilize these to build your business are on Thursdays. This will be especially helpful for newer distributors!

This new approach allows you time to absorb the information and apply it to your business, one webinar at a time. Plus, the webinars follow a multi-session series to provide learning in small chunks as part of a continuing series.

Register for the series of your choice or all of them! Click on the links for the webinar topics for which you are interested, then add them to your calendar: **(View Webinar Themes Calendar on Next Page)**

If you have ideas for topics for these webinars, have a success story to share, or any other feedback, please contact Rebecca Treviño, Director of Learning & Development at rebeccat@natr.com or 385-484-1199.

Webinar Monthly Themes - 2018

Tuesday			Thursday		
August – Back to School					
1st	IN.FORM	Helping Your Prospects Become Customers or Distributors	1st	I-Inspire	I-Inspire Overview
2nd	Oils	Oils for Back to School	2nd	Compensation	Getting from Member to Manager – Sales Commissions
3rd	Retail	Silver Shield Promotion to keep sickness at school	3rd	Business	Overcoming Fear
4th	Product	Impact of Parabens	4th	Team-building	Developing Manager School
September – RISE – Silver Shield					
1st	IN.FORM	Helping Your New Distributor Get Started Right	1st	I-Inspire	Activities to Earn I-Inspire Points
2nd	Oils	RISE with Oils	2nd	Compensation	Getting from Manager to Star – Manager Commissions
3rd	Retail	Promoting New Products	3rd	Business	CONVENTION
4th	Product	RISE with New Products	4th	Team-building	Helping Your Team to RISE
October – Women’s Health					
1st	IN.FORM	Promoting Events	1st	I-Inspire	Increase Sales with New Products to Earn Rewards
2nd	Oils	Supporting Women’s Health Issues	2nd	Compensation	Getting from Star to District -
3rd	Retail	Preparing for the Holidays	3rd	Business	Keep Going During the Holidays
4th	Product	Supporting Women’s Health Issues	4th	Team-building	Supporting Your Team Through the Holidays
November – Holiday Stress					
1st	IN.FORM	Following IN.FORM Through the Holidays	1st	I-Inspire	Review Status to Earn Rewards
2nd	Oils	Relieving Holiday Stress	2nd	Compensation	Getting from District to Area -
3rd	Retail	Promotions during the Holidays	3rd	Business	THANKSGIVING
4th	Product	Managing Holiday Stress	4th	Team-building	Status Update - Finishing the Year Strong
December – Winter Warm-up – New Year					
1st	IN.FORM	New Year's Resolutions	1st	I-Inspire	Final Push for 2018
2nd	Oils	Holiday Gifts	2nd	Compensation	Getting from Area to Divisional -
3rd	Retail	Preparing for the New Year	3rd	Business	Goals for the New Year
4th	Product	CHRISTMAS DAY	4th	Team-building	Goals for the New Year

An Important Key to Good Health

Written By: [Website Administrator](#)

Categorized in: [Nature's Field Articles](#), [Solving Specific Health Problems](#)



Herbalists have long recognized that a properly functioning digestive tract is central to good health, which is why many herbal programs focus on cleansing and strengthening the digestive system. Modern medical science is increasingly validating the fact that numerous health problems arise from poor digestive function. In addition, the research is expanding herbalists' understanding about what goes wrong with the digestive tract and how to fix it.

For instance, in the past, many herbalists and natural healers thought that illness arose because the digestive tract became encrusted with waste material. They saw cleansing as a way of removing this build up of waste material. Today, we know that this is not an accurate picture of what's happening. The real issue isn't accumulated waste, it's intestinal inflammation.

Intestinal Inflammation, Leaky Gut and SIBO

We now understand that when the sensitive membranes of the digestive tract are irritated by stress, infection, food allergies and sensitivities, chemicals or certain medications (antibiotics, NSAIDS, steroids) they become inflamed. Severe inflammation is involved in Inflammatory Bowel Disorders, such as colitis and Chron's disease. This inflammation makes the membranes more permeable, a condition known as Leaky Gut Syndrome. With leaky gut, undigested food particles pass through the intestinal membranes, triggering immune reactions and causing more irritation throughout the body.

Closely associated with leaky gut is Small Intestinal Bacterial Overgrowth (SIBO). SIBO can cause leaky gut without intestinal inflammation. SIBO involves the overgrowth of bacteria (even friendly bacteria) in the small intestines.

Symptoms of SIBO include abdominal bloating and distension, heavy belching after meals, acid indigestion about one hour after eating, flatulence, constipation or diarrhea and brain fog after meals. Many people associate these symptoms with candida or yeast infections and it turns out that people with SIBO may also have larger populations of yeast in the colon. However, the primary cause of the digestive imbalances is the bacterial overgrowth, not the fungal overgrowth.

Intestinal inflammation, leaky gut and SIBO have wide-ranging implications and may be a cause or a major factor in all of the following diseases: acne rosacea, acne vulgaris, anemia, autism, celiac disease, cystic fibrosis, chronic fatigue syndrome, diabetes, diverticulitis, fibromyalgia, GERD, hypothyroid (Hashimoto's thyroiditis), IBD (Crohn's and ulcerative colitis), irritable bowel syndrome, interstitial cystitis, liver cirrhosis, Lyme's disease, malabsorption syndrome, non-alcoholic fatty liver disease, obesity, pancreatitis, parasites, Parkinson's, prostatitis, rheumatoid arthritis and scleroderma. Please note, this does not mean that leaky gut and SIBO cause all these diseases; it just means they may be a contributing factor.

NSP Products for SIBO and Leaky Gut

NSP has many products that can be helpful for reducing intestinal inflammation, toning up intestinal membranes to reduce leaky gut, and controlling bacterial growth in the small intestines. Two of my favorite products for reducing intestinal inflammation are Intestinal Soothe and Build, which I have had very good results with over the years, and Everybody's Fiber, which is a soothing fiber blend for irritated intestines. We featured articles on both of these products at treelite.com.

To reduce gut permeability in leaky gut, Kudzu/St. John's wort and Una d'Gato or Cat's Claw Combination can be

helpful. Although Kudzu/St. John's wort was introduced as an aid to help people who are trying to stop drinking, Kimberly Balas taught me what a great remedy it is for toning up the intestinal membranes. Una d'Gato is also really great for regulating the intestinal tone and also helps to control SIBO. Both of these products have also been featured on our website this month.

Finally, to reduce small intestinal bacterial overgrowth try taking PDA (Protein Digestive Aid) with meals and using products that reduce intestinal bacteria. Two good NSP options for reducing intestinal bacteria are Goldenseal and Gastro Health Conc. Two other options (unfortunately not available through NSP) are cinnamon and enteric coated peppermint oil.

- PDA Combination (180 caps) Stock #3245
- Intestinal Soothe & Build (100 caps) Stock #1106
- Everybody's Fiber (4.6 oz) Stock #1336
- St. John's Wart Conc. (100 caps) Stock #655
- St. John's Wart Conc. T/R(60 tabs) Stock # 653
- Una de Gato {Cat's Claw} (100 caps) Stock #175



Dick & Joy's Calendar September 2018

September - Dick's Mentoring and Goal Setting sessions will continue as scheduled.

Natural Health Professionals Class schedule for Dr. Mary Reed Gates, ND

Our Natural Health Professionals live webinar classes are starting next month! The first class will be September 8, 2018.

Detailed price information and payment options at this link: <https://herbalremedyexpert.com/products.html>

To view class schedule: <http://www.marysherbs.com/GOTOMEETINGS/UpcomingEducation.shtml>

Scroll down to calendar to see class schedule of systems covered each month.

Natural Health Consultants will be in great demand. There are many in this field who earn more part time than most people earn full time. If you are interested in an education which is designed in a way that you can step right into being a natural health practitioner, these classes are perfect for you. Dr. Mary from marysherbs.com has developed a series of classes which offer much of the same information that is taught to Naturopaths, for a fraction of the cost and time. These classes are for those who want to make Natural Health their profession either full or part time. Classes are held via live webinar online from 10 am -2:30pm ET on 2nd Saturday each month, beginning Sept. 8, 2018. One system is covered each month from Sept. - June.

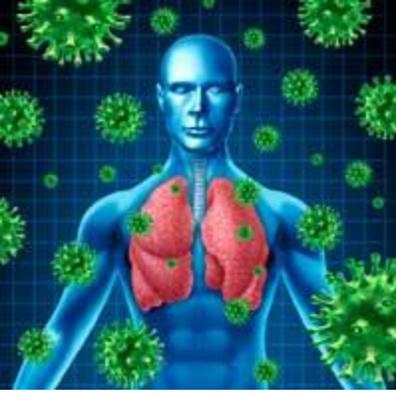
Registration for these classes is NOW OPEN @

<https://register.gotowebinar.com/register/4809788716821662210> Reserve your seat today!! If you are interested in learning more about what is offered or have any questions email drmaryreedoffice@gmail.com

JOIN US AT NATIONAL CONVENTION **September 13-16, 2018 | JW Marriott Indianapolis**

Experience life-changing new products, illuminating education and inspiring examples of dedication and success. Join us in Indianapolis as we reconnect with old friends and make new ones, enjoy informative workshops and find bright new solutions for healthier living.

Nature's Sunshine is putting the finishing touches on our biggest event of the year and encourages you to attend. Don't miss revolutionary new products, valuable natural health training, incredible speakers, business building motivation, product samples, discounts and fun. Come to Convention and meet Rebecca Trevino, the new Director of Distributor Learning and Development at Nature's Sunshine. Rebecca says that attending her 1st Nature's Sunshine National Convention in Cincinnati absolutely changed her life for the better.



Getting Prepared Part One: Fighting Infection

Written By: [Steven Horne](#) Categorized in: [Steven's Ramblings and Ravings](#)

Because of my concerns about the world situation and what is happening in America in particular, I'm going to be focusing a lot of attention on emergency preparedness. I've hosted a free webinar: Now is the Time to Get Prepared and posted a short video called Personal Visions, which explains spiritual experiences that lead me to become an herbalist and be interested in emergency preparedness. Both of these can be found on my herbaleducation YouTube channel.

I have posted an article about creating an herbal first aid kit, but I want to add some more specifics about preparations that I think we should be making. So, in this blog I'm going to talk about getting prepared to be able to fight infections in emergencies.

Our Weakening Immune Systems

There has been a sharp rise in respiratory illness recently. Historically, I've had respiratory problems and I've noticed I'm starting to experience them again and I'm having to work hard to get my lungs healthy again. I think this is largely because our immune systems are getting weaker.

We are always surrounded by microbes, whose job is to break down dead/diseased organic matter and recycle it back into the soil. I believe when our bodies are healthy, they are naturally resistant to these microbes. When they become weakened, microbes move in to destroy weakened tissues.

There are multiple reasons why the tissues become weak and susceptible to infection. One of the most obvious is injury. We see this when the skin becomes damaged. Microbes that are normally present on the skin are harmless, but the broken skin provides a site for them to enter and start multiplying if the wound isn't kept clean. But injury isn't the only way tissue becomes damaged and susceptible to infection.

Without adequate vitamin C, zinc, selenium, vitamin A, vitamin D3, iodine and other nutrients, the body has a harder time protecting itself against infectious organisms. So, the generally poor level of nutrients in modern diets is part of what is weakening our immune systems. If we want to be healthy, we should eat the healthiest, most natural foods we can find. However, due to the depletion of our soils, I don't believe this is enough anymore. We need extra nutrients in the form of nutritional supplements—a high quality vitamin and mineral supplement at least. I'm currently using Mega-Chel as mine, one of the supplements I'll be talking about in my upcoming online Hidden Gems class.

The Assault of Environmental Toxins

But, lack of nutrients is not the only think that is weakening our immunity. Environmental toxins are the other big culprit. This was the topic of my workshop at the NSP National Convention in Dallas, Texas.

These toxins are everywhere and difficult to avoid. They include GMO crops and the glyphosphate weed killers, which are disrupting our gut flora.

Another problem is fluoride, which is in water and foods made with water, but is also found in certain drugs like SSRIs and in non-stick cookware is also a problem. Fluoride, along with chlorine and bromides displaces iodine and weakens our brains, thyroid, cardiovascular system and immune system.

Geoengineering, which is responsible for persistent contrails (also known as chemtrails) is putting nanoparticles of aluminum, strontium and barium into our air. These particles enter the lungs and weaken the immune system, making us more prone to respiratory infections. The list goes on and on, but the point is that it's becoming increasingly difficult to avoid these toxins.

Getting Prepared

If our country undergoes a serious economic collapse, a major war or some other nation-wide disaster, our already troubled medical care system will be extremely taxed to take care of people's health problems. One of the things we could experience is a major epidemic of disease, which could

include one of the growing number of antibiotic resistant infections. This is one of the situations I think we should be prepared to deal with as herbalists.

But before I talk about things to store or prepare for, we need to think in terms of prevention right now. Not only do we need to pay attention to adequate nutrition and good health habits but we need to do things to consciously detoxify our bodies to resist the pollutants we're exposed to. I'll do more blogs on this subject later, but doing a good cleansing program several times a year, as well as avoiding as many toxins as we can is critical to being prepared.

I've never thought of this until recently, but considering the fact that food shortages would increase nutritional deficiencies, I think I'm going to add some vitamin and mineral supplements to my storage supplies. Having the ability to get extra stores of critical nutrients would aid us in staying healthy in difficult times, when we need our health the most. Besides some kind of multi, extra vitamin A and D3, vitamin C, zinc and other immune boosting nutrients would be helpful.

I also think it would be wise to store Silver Shield as it would be very helpful for disinfecting water and preventing disease, but it would also be a very valuable remedy to have in case of an epidemic, especial a viral epidemic or an epidemic of antibiotic resistant bacteria. However, for a serious infection you will need quite a lot. I'd plan on having at least 80 ounces of Silver Shield per family member. This is because you will want to give someone at least 4-8 ounces of Silver Shield each day for at least 10 days to combat a serious infection.

I'd also keep Silver Shield gel as a hand sanitizer and a treatment for preventing wounds from becoming infected. In an emergency, having something to prevent wounds from becoming septic would be critical to survival. You can squeeze the stuff directly into a wound, something I wouldn't hesitate to do. So, I'd have one or two tubes of the stuff for each family member.

I love raw garlic for infection, too, but it's hard to store because it's a living plant. You could grow it in a garden, of course, but I think having some of NSP's High Potency Garlic would be helpful, too. Again, I'd have one or two bottles for each family member and would use it along with the silver if the infections were respiratory in nature. I'd also keep at least one bottle per family member of AL-J (for damp climates) or Cordyceps or Chinese Lung Support (for dry climates). I'd also have 2-4 ounces of lobelia extract (tincture) for each family member, especially if anyone has respiratory problems.

I also think having a collection of [antiseptic essential oils \(tea tree, thyme, eucalyptus, pine, oregano, etc.](#) would be helpful. I keep some of these essential oils in my first aid kits. These can be diffused into the air to inhibit the spread of infection or diluted with vegetable oil and massaged topically over areas where there are infections. The oils penetrate rapidly through the skin. In an emergency, I'd also consider internal use, but I'd dilute the essential oils 20 to 1 in olive oil (20 parts olive oil and one part essential oil) and use only 1-2 drops, twice daily for a maximum of ten days.

The above suggestions would help people make it through the initial stages of any major disaster that started some sort of epidemic. It's impossible, however, to store enough supplies for a longer emergency. For more long term problems, you need to learn how to identify and use local disinfectant herbs. [Some of the plants to consider as infection fighters include garden herbs like thyme, oregano and rosemary, trees like pine, juniper and arborvitae and the berberine-containing plants like Oregon grape and barberry.](#) Many of these are common ornamental trees and shrubs in most communities. If you'd like to learn more about this, consider enrolling in my field botany class.

I've been interested in emergency preparedness my whole life, but I feel right now is the time to get prepared. There are many signs of serious problems facing our country and the world, and I believe that as herbalists we need to be prepared not only to help ourselves and our families, but to help our neighbors and communities in the times ahead.