

News From Sunshine House November 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:

NSP's Policy on Pending: Use these guidelines for managing your account at the end of the year:

This information was taken directly from NSP's Policies & Procedures regarding "Pends"

"A Manager can drop below 1,000 Group QV points two out of every 12 months (within the calendar year) without losing Manager status, but the Manager will be paid commissions only as a Member in those months, based on the normal rebates/commissions schedule. Such months are called "pending" months. On the third month in which the Manager fails to reach 1,000 Group QV points, he/ she will lose Manager status until he/she re-qualifies as a Manager.

If these two months are consecutive at the end/beginning of the calendar year (i.e., November and December or December and January), then if the minimum Group QV requirement is not met, the Manager will lose status in the month that immediately follows those two pending months. Managers who have "pending months" in December and January and do not meet their required volumes for February will have used their two pending months for the new calendar year."

Our Suggestion: The "magic number" here is DECEMBER ...If you feel you must pend towards the end of the year, make sure you do not pend in December so you will break the cycle of "two consecutive pending months" at the end of the year. We do not like to see any of our managers pend or lose their manager status, but if you cannot avoid a pend during this end of the year transition, place your efforts towards making certain that you qualify and not pend in December.



Happy Thanksgiving!

*Wishing you a harvest of blessings, good health, good times
and peace. Happy Thanksgiving Day!*

***"There is one day that is ours. Thanksgiving Day is the one
day that is purely American." ~ O. Henry***

How to Decrease Platelets

Source: <https://www.wikihow.com/Decrease-Platelets>

Two Methods: 1. Through Diet and Lifestyle or 2. Through Medications and Procedures

Platelets are so tiny that they only make up a tiny fraction of total blood volume. The function of platelets is mainly to prevent bleeding by clotting the blood. However, in rare cases, some people develop a condition in which the bone marrow produces too many platelets.^[1] This can lead to the formation of large blood clots which may cause health issues like strokes or heart problems. Start with Step 1 below for more information on how you can decrease the number of platelets in your blood through diet, lifestyle and medical means.

Method 1

1. Through Diet and Lifestyle

Eat raw garlic to decrease the number of platelets in your blood. Raw or crushed garlic contains a compound called "allicin" which affects the body's ability to make platelets, therefore decreasing the number of platelets in the blood.

- Your body responds to the lower platelet level by improving its immunity, which helps to protect the body from any foreign objects (such as viruses and bacteria) that enter the system.
- The allicin content of garlic decreases rapidly with cooking, so try to eat it raw. Eating raw garlic causes stomach upset in some people, so be sure to eat the raw garlic with food.

2. Take ginkgo biloba to reduce blood viscosity. Ginkgo biloba contains substances called "terpenoids" which reduce blood viscosity (making it thinner) and prevent the formation of clots.

- Ginkgo biloba also help to improve blood circulation and increases your body's production of warfarin, which helps to dissolve clots.
- Ginkgo biloba is available as a supplement in liquid or capsule form. You can buy these supplements at the drug or health food store.
- If you can get your hands on ginkgo biloba leaves, you can boil the leaves in water for 5 to 7 minutes, then drink the water as a tea.

3. Use ginseng to prevent clot formation. Ginseng contains "ginsenosides" that help to decrease platelet aggregation, and therefore prevent the formation of clots.

- Ginseng is available in capsule form at drug and health food stores. It is often added to energy foods and drinks.
- Ginseng causes insomnia and nausea in some people, so you will need to test it out for a trial period to see how it reacts with your body.

4. Eat pomegranates for their anti-platelet effect. Pomegranates contain substances called polyphenols which have an anti-platelet effect — this means that they reduce your body's production of platelets and prevent existing platelets from clotting.

- You can eat whole, fresh pomegranate fruits, drink pomegranate juice, or add pomegranate extract to your cooking.

5. Eat seafood rich in omega-3 to inhibit platelet production. Omega-3 fatty acids affect platelet activity, thinning the blood and reducing the chance of clotting.

- Omega-3's are abundant in seafood such as tuna, salmon, scallops, sardine, shellfish and herring.
- Try to include 2 to 3 servings of these fish per week, to meet your recommended weekly allowance of omega-3s
- If you're not fond of fish, you can boost your omega-3 intake by taking 3000 to 4000mg of fish oil supplements per day.

6. Drink red wine to reduce the chances of clot formation. Red wine contains flavonoids, which comes from the skin of red grapes during production. These flavonoids prevent the overproduction of cells in the lining of artery walls (a process caused by too many platelets in the blood). This reduces the chances of clot formation.

- There is one unit of alcohol in half a standard glass of wine (about 175 ml). Men should not drink more than 21 units of alcohol per week, and no more than four per day. Women should not drink more than 14 units of alcohol per week, and no more than three per day. Both men and women should have at least two alcohol free days per week.^[2]

7. Eat fruit and veg containing "salicylates" which help to thin the blood. Fruit and vegetables that contain "salicylates" help to thin the blood and prevent clotting. They also boost the body's immunity and help to maintain normal platelet count.

- Vegetables that contain salicylates include cucumber, mushrooms, zucchini, radish, and alfalfa.
- Fruits that contain salicylates include all kinds of berries, cherries, raisins and oranges.

8. Add cinnamon to cooking to reduce platelet aggregation. Cinnamon contains a compound called "cinnamaldehyde" which is known to reduce platelet aggregation and therefore blood clotting.

- Add ground cinnamon to baked goods or stewed vegetables. You could also try boiling a cinnamon stick in tea or wine.

9. Quit smoking to prevent blood clots. Smoking puts you at increased risk of developing blood clots, due to several harmful compounds found in cigarettes (such as nicotine). Smoking causes the blood to become thicker and the platelets to clump together.

- Serious health issues such as heart problems and strokes often occur as a result of clots forming in the blood. Quitting smoking is one of the best things you can do to avoid these blood clots from forming in the first place.^[3]
- Quitting is difficult, and is not something that can be done overnight. See [this article](#) for some helpful advice on how to quit smoking.

10. Drink coffee for its anti-platelet effect. Coffee contains an anti-platelet effect, which means that it reduces the number of platelets in the blood and prevents platelet aggregation.

- The anti-platelet effect of coffee is not due to caffeine, but to phenolic acids. Therefore, you can still benefit from the anti-platelet effect by drinking decaffeinated coffee.^[4]

Method 2

1. Take blood thinning medication, as prescribed by your doctor. Under certain circumstances, your doctor will prescribe blood thinning medications. These medications will prevent blood viscosity, platelet aggregation, and the formation of blood clots. Some of the most commonly prescribed medications include:

- Aspirin
- Hydroxyurea
- Anagrelide
- Interferon alfa
- Busulfan
- Pipobroman
- Phosphorus – 32

2. Undergo a procedure known as plateletpheresis. In emergency circumstances, your doctor may advise a treatment known as plateletpheresis, which rapidly decreases the number of platelets in the blood.

- During plateletpheresis, an intravenous line is inserted into one of your blood vessels to remove blood from your body. This blood is then passed through a machine that removes platelets from the blood.
- The platelet-free blood is then passed back into the body through a second intravenous line.

Consider these NSP Products for Method One Management of Platelets:

Stock #290 Garlic (100 caps)

Stock #1694 Garlic Oil (60 softgel caps)

Stock #292 Garlic High Potency, SynerPro (60 tabs)

Stock #898 Ginkgo Biloba Extract T/R (30 tabs)

Stock #660 Eleuthero (formerly Siberian Ginseng) (100 caps)

Stock #665 Korean Ginseng (100 caps)

Stock #1515 Super Omega-3 EPA (60 softgel caps)

Stock #21909 Super Omega-3 EPA (180 softgel caps)

Stock #1516 Krill Oil with K2 (60 softgel caps)

Stock #3162 Flax Seed Oil Liquid (8 fl. oz.)

Stock #1583 Flaxseed Oil w/Lignans (60 softgel caps)

Stock #22211 Cinnamon Balance (120 VegCaps)

Stock #520 Nattozimes Plus (60 caps)

Rejuvenaid (30 Stick Packs)

Stock Number: 22215

Retail Cost:\$97.45

Member Cost:\$64.95

Volume:62.00

Benefits:

- Pomegranate Citrus Flavor
- Improved energy production
- Increased exercise capacity and stamina
- Supports optimal brain circulation
- Healthy sexual performance
- Cardiovascular and heart health function
- Healthy blood pressure
- Decreased body fat
- Overall vascular health and blood vessel elasticity
- Improved blood flow to vital organs
- Gut health and related immune function

How It Works:

A natural, clinically studied, nitric oxide-generating supplement, Rejuvenaid safely produces and sustains superior levels of NO. Unlike other NO products, this patent-pending formula uses a dual system featuring a proprietary beet root extract along with L-Arginine. This dual-pathway approach frees up the body's ability to produce its own NO while using the ingredients to generate even more NO. Rejuvenaid also features a proprietary, polyphenol-rich antioxidant blend called Herbal Shield that offers select vitamins to help sustain higher levels of NO and support circulation. Dual Pathway Nitric Oxide Generator for Vasodilation and Cardiovascular Health Enjoy youthful vitality with Nature's Sunshine's Rejuvenaid a natural, healthy way to achieve and maintain peak physical and mental performance with higher levels of vigor. Clinical studies have shown that higher levels of Nitric Oxide (NO)—a signaling molecule that improves blood flow and circulation by relaxing arteries and blood vessels—are associated with increased vitality, physical performance, stamina, recovery, mental acuity, sexual performance and lower blood pressure. Made in the endothelial layer of blood vessels and arteries, NO is quickly used or oxidized within the body and must be replaced constantly. A sedentary lifestyle, suboptimal diet and age can each negatively impact NO production. (By age 40, the human body produces only half the nitric oxide it did during teen years.) [Watch](#)

[Rejuvenaid Video](#)

Ingredients:

Proprietary Nitric Oxide Blend:Red Beet Root (*Beta vulgaris*), Inulin, L-Arginine, L-Glutamine, Pomegranate Fruit Juice Concentrate (*Punica granatum*), Grape Skin Extract (*Vitis vinifera*), Apple Fruit Extract (*Malus domestica*), D-Ribose, Watermelon Whole Fruit Extract (*Citrullus lanatus*), Green Tea Leaf Extract (*Camellia sinensis*), Grape Seed Extract (*Vitis vinifera*), Olive Leaf Extract (*Olea europaea*), Red Grape Extract (*Vitis vinifera*). Other Ingredients: Citric acid, xylitol, natural citrus sweetener, flavor, lemonade natural flavor, silicon dioxide, natural citrus (*Stevia rebaudiana*).

Recommended Use:

Empty the contents of packet of into 12 oz. of water, mix and drink. Use it as often as needed to recapture or sustain youthful vitality, improve physical and mental performance with higher levels of vigor.

Emotions

Emotions can be toxic on a cellular level. For many people, emotions are the toxins that destroy health. I have seen this often with people suffering from chronic diseases. Their stories all start with an emotionally traumatic event ranging from anger to grief. And none of them have let the past go. They continue to experience the same emotional response 20, 30, or even 50 years later. These emotions have poisoned their bodies, controlled their lives, and defined their existence. This is the power of toxic emotions.

Research is beginning to show exactly how these emotions are impacting our bodies and creating disease. This is the nitty gritty of the mind-body connection. For instance, when stressed, we have a physical response. Our emotions cause our heart to race, our blood pressure to spike and the sweat to pour. This happens because our emotions cause changes in our neurotransmitters and hormones. And those neurotransmitters and hormones change how our cells and how our bodies function. And not in a good way.

And it isn't just stress! We know that anger¹, resentment², anxiety³, fear³, and depression³ all impact how our body functions and how we physically feel.

The toxicity of emotions comes from our inability to process emotions. To feel anger is not toxic if we are able to feel it, express it and work through it. In that case, it would only have a fleeting impact on our body. But when we become stuck in these emotions, therein lies the danger. When we play out these emotions over and over again, they become toxic. They create lasting changes in our bodies, in our cells and in our health.

Our sincere thanks to Nature's Sunshine Manager Inge Wetzel for allowing us to share this vital information with you.

Ways to Boost Your Mood Without Extra Calories

By Madeline Holler Jan 25, 2018

INFUSE PEPPERMINT OIL: Peppermint is a natural way to bring clarity and focus. A little peppermint oil—or deep breaths of fresh leaves—will improve concentration and alertness. A Wheeling Jesuit University study found that infusing peppermint into rugby players mouth guards even gave them a competitive advantage.

KEEP FRESH LAVENDER AROUND: You can also sniff lavender to feel good. In fact, using lavender oils or setting up dried lavender sprigs around your house can instantly lift your mood. Lavender lowers anxiety and aids in the calming process. One British study found that it helped dental patients face procedures with less tension.



Dick & Joy's Calendar November 2018

November - 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 started month in September.

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

To view class schedule: <http://www.marysherbs.com/GOTOMEETINGS/Upcoming> 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. **This is an ongoing class. 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 Detailed price information and payment options at this link: <https://herbalremedyexpert.com/products.html> View schedule @

<http://www.marysherbs.com/GOTOMEETINGS/UpcomingEducation.shtml> & scroll down the calendar.

