

News From Sunshine House December 2018

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

Our business...

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



We wish you the special gifts of this holiday season ~ The gift of love - The gift of peace - The gift of joy – The gift of freedom -The gift of good health - The gift of lasting happiness. May all of these be yours at Christmas and throughout the coming year.

As we approach the end of still another year filled with confusion, gun violence, terrorist attacks both at home and abroad, destructive weather conditions, economical crisis, historical changes, and concerns for our future, we want you to know that we are all together in this and share the same concerns. With the approaching Holiday Season and the beginning of a New Year, we wish each of you a happy and spiritually fulfilling season. The most important thing is that each of us, in our own way, takes time to reflect upon the events of the past year, be thankful for the blessings we have received, give homage to our spiritual beliefs, and prepare ourselves for a New Year in 2019 of renewed strength, energy, dedication, blessings, good health, increased prosperity and personal growth.

Personally, we want to acknowledge and thank each of you for your growth, dedication and friendship in Nature's Sunshine as a member of our Successline!!! Your growth and prosperity has enriched our lives as well, and we thank you! Remember – Whenever a hand reaches out to help another...the blessings come back in so many ways. Together... we make it happen!

And remember... "ENJOY LIFE... THIS IS NOT A REHEARSAL."

Dick & Joy's Calendar December 2018

December 9 **HAPPY 40TH WEDDING ANNIVERSARY TO DICK & JOY...What a great ride it has been! Whee!!!**

December 19 **HAPPY BIRTHDAY TO JOY**

December 24 Sunshine House will close @ 12 noon.

December 25 **MERRY CHRISTMAS TO ALL!!!** Enjoy the blessings of the day.

December 26 Sunshine House will be closed.

December 31 **New Year's Eve.** Out with the old and in with the New Year!

January 1, 2019 **HAPPY NEW YEAR!** Wishes for peace & happiness to all. Office is closed.

A Reminder About "Pending"

"A Manager can drop below 1,000 Group QV points two out of every 12 months (within the calendar year) without losing Manager status. 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."

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." 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.

***** PAW PAW CELL-REG IS BACK IN STOCK *****

After the recent lack of availability NSP is pleased to once again offer this effective and unique herbal product. Beginning Tuesday, Dec. 4, Paw Paw Cell-Reg™ will be available.

In order to ensure that all needful parties can access some product, an initial, per-customer purchase limit is in place.

- Initial purchase quantities are limited to 5 bottles per account. We will monitor sales carefully and adjust this as demand allows.
- You MUST place your order by phone. Dial 800-223-8225, 6:00 a.m. to 6:30 p.m. (MST) Monday-Friday, and 9:00 a.m. to 3:00 p.m. (MST) on Saturday. No Paw Paw Cell-Reg orders can be placed online at this time.
- Please be aware that increasing costs in sourcing, preparing and testing this product necessitated a price adjustment. Paw Paw Cell-Reg is now offered at \$59.50 (member cost) with a matching QV of 59.50. Thank you for your understanding during this initial period.

Nature's Sunshine Products' Marketing Group

A New Adventure for Curtis and Joanne Hoehne ---- Update from Curtis

As of November 5, 2018, Curtis has officially retired after 31 years with a great company, Nature's Sunshine Products. Our lives have been forever blessed by our association with the amazing people who work for and who distribute the world's finest herbal and nutritional supplements. We have raised 8 children and soon to be 25 grandchildren on these products and we endorse them and the many wonderful people who share them with the world!

With retirement we are now going to serve full time in our church, The Church of Jesus Christ of Latter-day Saints. Curtis has the wonderful opportunity to serve as Second Counselor in the Presidency of the Provo City Center Temple and Joanne will serve as the Assistant to the Matron there. We are humbled with this call to serve our Savior in His Holy House.

(All who have had the pleasure of working with Curtis, and his ever supportive wife Joanne, will miss him and have many fond memories of times spent with Curtis at many NSP events during the past 31 years. We share your excitement and with you well Curtis and Joanne).

*Thank you, God, for this good life and forgive us if we do not love it enough.
~ Garrison Keillor*



Happy Holiday Herbs: Traditions and Medicinal Uses of Holiday Herbs

- [Written By: Steven Horne](#)
- Categorized in: [Nature's Field Articles](#)

There are many herbs associated with the Christmas season. For starters, there are the herbal gifts brought by the wise men to the infant Jesus, frankincense and myrrh. It's interesting that these gifts of medicinal plants were placed along side gold as valuable gifts.

Then, there are the evergreens traditionally used to brighten the winter season. We have the evergreen trees (pine, spruce and fir) that are used as Christmas trees. Then there is the mistletoe (hung where you can't see) to encourage a holiday kiss or two. And, don't forget the holly and the ivy, either.

So, while you're celebrating the holidays, take a moment to learn about the traditions and medicinal uses surrounding these famous holiday herbs.

Frankincense

This resin from a Middle Eastern tree has been traditionally used in perfumes, aromatherapy, medicine and religious rituals. It was part of the temple incense in Biblical times.

Research shows that the smoke from burning frankincense contains a psychoactive compound that relieves depression and anxiety.

Today we can use [Frankincense as an essential oil \(Stock #3885 & #3869\)](#) -

It can be diffused into the air, inhaled directly from the bottle or applied topically undiluted. It has antidepressant and sedative effects and can improve concentration and mental focus.

It's also good for clearing the lungs. Put a few drops of the oil into boiling water and inhale the steam or rub into the chest for respiratory problems, such as asthma, bronchitis, colds, coughs, pneumonia or tuberculosis.

A great immune stimulant, frankincense has anticancer properties. It has been massaged into the breasts for breast lumps and can also be applied topically over any area of the body where there is cancer. It can also be used topically for skin infections and sores.

Myrrh

Myrrh gum is another resin gathered from a tree native to Africa. It has also been used in aromatherapy, medicine and in religious rituals. Myrrh is used both as an herb and as an essential oil in herbal medicine. The herb is antiseptic, anti-inflammatory and acts as a bitter digestive tonic. I think it's better than goldenseal for fighting infections.

The essential oil can be used like frankincense for respiratory problems and infections. It is also good to apply it topically to aid the healing of canker sores, skin ulcerations and skin infections. Myrrh diluted in water makes an excellent mouthwash and a gargle for sore throats. You can read more about [myrrh \(and it's close cousin guggul\)](#) in this week's featured herb article.

Pine

Evergreen trees are used in Christmas decorations such as wreaths and as Christmas trees. All of them have been used medicinally, but the one most commonly used is pine.

Like many of the other Christmas evergreens, pine is a wonderful expectorant and decongestant. The bark is a great remedy for coughs and congestion. It is an ingredient in the traditional cold and flu remedy [HCP-X \(Stock#1216\)](#). I also like to mix it with wild cherry bark for coughs.

The pine produces a gum or resin (like myrrh and frankincense) that is highly antiseptic and disinfectant. The pine gum can be applied directly to cuts and wounds to fight infection and speed healing. It also helps to pull pus and slivers, which is why it is an ingredient in [Black Ointment \(Stock#1696\)](#).

Pine essential oil is invigorating, disinfecting to lungs and helpful for lung infections and asthma. Diffuse it into the air during the holidays for a great holiday smell and to keep your family from getting sick during the cold winter months.

Pine is another one of the original Bach Flower remedies and an ingredient in the [Find Strength \(Stock#8781\)](#) flower essence blend. Pine flower essence helps to free one from undue guilt, self-criticism and shame. It helps a person forgive themselves and accept themselves.

Pine trees have many other uses, too. There are also the highly tasty and nutritious pine nuts, which are high in omega-3 essential fatty acids. There are also the pine nettles, which are high in vitamin C and were traditionally used as a tea in the winter to prevent scurvy. The pollen is a source of testosterone and can be used as a tonic for men, too.

Mistletoe

In ancient tradition, mistletoe was entrusted to the Norse god of love, which is why we have the tradition of kissing under the mistletoe. Mistletoe is a parasitic plant and stays green during the winter. Evergreens, like mistletoe, were cut and brought indoors to brighten homes during the long months of winter and remind people of the coming spring and summer.

Viscum album or European Mistletoe is commonly used in herbal medicine. It's completely different than American Mistletoe, *Phoradendron flavescens*. Both varieties are poisonous in high doses, especially to children. Nonetheless, properly used, European mistletoe is a valuable herbal remedy for professional herbalists.

Mistletoe is a powerful nervine, antispasmodic, vasodilator and sedative. It lowers blood pressure and heart rate. I can personally attest to its value. I have successfully used it to relieve high blood pressure and tachycardia in an emergency case where the heart rate was over 240 and the systolic blood pressure was about 160.

Mistletoe also relieves anxiety and panic attacks, promotes sleep and has been used in the treatment of epilepsy. It contains anticancer compounds and extracts are used in Europe for this purpose. However, you have to be a professional herbalist to obtain it.

Holly

You've probably heard the Christmas song that goes, "the holly and the ivy, when they are both full grown, of all the trees that are in the wood, the holly bears the crown."

Holly is an evergreen shrub, native to Europe. It was traditionally collected at Christmas

and used to decorate homes at the time of the winter solstice. The lyrics of this Christmas carol associate the thorns with the crown of thorns worn by Jesus at the crucifixion (hence, "the holly bears the crown"). The song also associates the bright red berries with Christ's blood and the bitter bark with the bitter cup. Holly was believed to protect one against spells and witchcraft.

Although not used much as a medicine today, both the leaves and the berries have been used medicinally. The leaves are astringent, expectorant and diaphoretic and were traditionally used to treat persistent cough, asthma and bronchitis. The berries of some varieties contain caffeine and were used as a stimulant. The mildly toxic berries are also purgative (strongly laxative) and emetic.

Holly is one of the original Bach flower remedies and is an ingredient in the new [Keep Cool \(Stock#8784\)](#) flower essence blend. Holly flower essence is for people who feel they don't get the love they need and deserve. They allow this feeling to fester in them and make them angry, envious, jealous and suspicious. Of course, this drives people away and interferes with them experiencing real love. Holly flower essence helps people open their heart to be more loving and compassionate with others. It also helps them to be more grateful for what they already have.

English Ivy

The other herb in the aforementioned song is ivy. The Latin name for ivy is *Hedera helix* and it is in the ginseng family. It is commonly used as an ornamental vine and climbs walls by means of aerial rootlets, which can cling to wood, brick or stone. When there is nothing to climb, it acts as a ground cover.

In *A Modern Herbal*, Maude Grieves, says that ivy was used anciently as the poet's crown and the wreath of Bacchus. Greek priests presented ivy wreaths to newlyweds as a symbol of fidelity. Ms. Grieves says that old books recommended it to relieve the effects of drunkenness and "In former days, English taverns bore over their doors the sign of an Ivy bush, to indicate the excellence of the liquor supplied within..." She further says, "The custom of decorating houses and churches with Ivy at Christmas was forbidden by one of the early Councils of the Church, on account of its pagan associations, but the custom still remains."

Ivy is a potentially toxic botanical, but modern herbalists have found it to have a drying quality, which makes it helpful for damp coughs and bronchitis. Plant extracts have been used in treating skin infections, itching and sunburn. Research also suggests it may have antifungal and antibacterial properties, too.

So, as you enjoy the holidays this year, notice how plants are part of the celebration. Think of the wonderful green gifts that have been provided for our health and enjoyment and be thankful for these free gifts of nature.

Selected References

[Flower Essence Repertory by Patricia Kaminski](#)

[Flower Power](#) by Anne McIntyre

[Bach Flower Remedies Form and Function](#) by Julian Bernard

[Encyclopedia of Herbal Medicine](#) by Andrew Chevallier

A Modern Herbal by Mrs M. Grieve

http://health-from-nature.net/Common_Ivy.html

<http://www.planetherbs.com/specific-herbs/herbal-proving-english-ivy-hedera-helix.html>

Our traditional poem of humor before we say goodnight and Merry Christmas

'Twas the Night of Christmas

**'Twas the night of Christmas, but I just couldn't sleep;
I tried counting backwards, I tried counting sheep.
The leftovers beckoned – the dark meat and white,
But I fought the temptation with all of my might.**

**Tossing and turning with wild anticipation...
The thought of a snack became infatuation.
So, I raced to the kitchen, flung open the door,
And gazed at the fridge, full of goodies galore.**

**I gobbled up turkey and ham and buttered potatoes,
Peas and carrots, green beans, and tomatoes.
I felt myself swelling so plump and round,
'Til all of a sudden, I rose from the ground.**

**I crashed through the ceiling, floating into the sky,
With a mouthful of fudge and a handful of pie.
But I managed to yell as I soared past the trees....
Happy eating to all – pass the cranberries, please!**

**May your ham be tasty, may your turkey be plump.
May your potatoes 'n' gravy have nary a lump.
May your yams be delicious, may your pies take the prize.
May your Christmas dinner stay off of your thighs!**



Feel More Comfortable This Holiday Season

Do you feel uncomfortable after a holiday meal?

Digestive enzymes are required to help you break down food into a usable form. Most experts agree that our refined foods today contain little, if any, enzymes to help you with digestion.

Proactazyme Plus is designed to assist the digestion of all types of food, with the exception of dairy. Its' special combination of herbs help buffer & stabilize the enzymes, preventing them from being destroyed by stomach acid. It contains no hydrochloric acid.

Protease plus has been shown to improve protein digestion.

PDA especially aids in the digestion of dietary protein & enhances assimilation of nutrients.

PDA contains both hydrochloric acid & pepsin in each capsule.

Food Enzymes : this broad-spectrum digestive enzyme aids digestion of carbs, fats, & proteins; they also help maintain normal pH levels. Each capsule digests 30gms. Protein; 30gms. Carbohydrates; & 20gms. Fats.

Stomach Comfort temporarily relieves the occasional heartburn, upset stomach or acid reflux. It adds herbs to the body that stimulate production of digestive enzymes and soothes the stomach lining. Its alkaline calcium carbonate neutralizes stomach acid.

