

News From Sunshine House January 2019

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

Happy New Year everyone!

May the grace of God shine upon you today and throughout the coming year.

May you live simply, love generously, give freely, speak kindly and leave the rest to God!

May God continue to bless America and keep us safe in the palm of his hand.

Breaking the Pend Cycle in January: If a Manager has two consecutive pend months 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 manager 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. Managers: If you pended in December, it is imperative that you not pend in January in order to break the pend cycle and maintain your manager status.**

Dick & Joy's Calendar January 2019

January 1, 2019 **Happy New Year!** Wishes for peace & happiness to all. We will be closed today.

January 19-26 Dick & Joy will be in Myrtle Beach, SC (Office will be open 9am-5pm M-F during our absence). After hours and weekends calls will be returned the following business day. Our house sitter will not answer the phone after 5PM nor on the weekend.



Are your shields up?

Let nature be your defense this season with Nature's Sunshine's full line of immune-supporting products, including Silver Shield, their best-selling immune system product. Silver Shield features Aqua Sol Technology—a patented process that provides a more stable and bioavailable silver particle. Aqua Sol silver particles are safe and effective and are flushed from the body within 24-48 hours. For broad-spectrum, daily immune support, put up your Shield! Use the best --- and you won't turn blue!



Silver Shield

Written By: [Steven Horne](#)1-10-2017

Categorized in: [Single Supplements](#)

Silver was employed as a germicide and an antibiotic long before modern antibiotics were developed. In previous centuries, people would shave silver particles or submerge

silver coins or articles in drinking water to prevent it from turning bad. This works, because silver inhibits the growth of bacteria and other disease-causing organisms.

Patented Silver Technology

As people become increasingly concerned about the overuse of antibiotics and the rise of antibiotic resistant bacteria, the use of silver as a natural antibacterial agent is coming back. Silver Aquasol technology, the basis of the new Silver Shield™ colloidal silver product, kills bacteria, viruses, mold, and other pathogens on contact! This new technology is patented (US Patent #7,135,195, Nov. 14, 2006) and being used by the Centers for Disease Control.

The patented silver in Silver Shield has been found to be effective against include: the bacteria that cause dental plaque and tooth decay (*Streptococcus mutans*), ear and sinus infection (*Streptococcus pneumoniae*), eye infections (*Staphylococcus aureus*), food poisoning (*Salmonella arizona*, *S. typhimurium*, *Escherichia coli*), bacillary dysentery, (*Shigella boydii*), diarrhea (*Escherichia coli*), enteric fever (*Salmonella typhimurium*), nosocomial infections in hospitals (*Klebsiella pneumoniae*, *Pseudomonas aeruginosa*, *Streptococcus pyogenes*), strep throat (*Streptococcus pyogenes*), impetigo (*Staphylococcus aureus*), septicemia (*Enterobacter aeropyogenes*), pneumonia (*Staphylococcus aureus*, *Haemophilus influenzae*, *Pseudomonas aeruginosa*, *Streptococcus pneumoniae*), scarlet fever (*Streptococcus pyogenes*), respiratory tract infections (*Streptococcus pyogenes*, *E. coli*, *Klebsiella pneumoniae*), urinary tract infections (*E. coli*, *Klebsiella pneumoniae*, *Pseudomonas aeruginosa*, *Streptococcus faecalis*, *Enterobacter aeropyogenes*), urethritis in men and vaginitis in women (*Trichomonas vaginalis*), yeast infections (*Candida albicans*), burn and wound infections (*Pseudomonas aeruginosa*), skin infections (*Staphylococcus aureus*, *Streptococcus pyogenes*), wound infections (*Escherichia coli*, *Enterobacter aeropyogenes*, *Klebsiella pneumoniae*, *Pseudomonas aeruginosa*, *Streptococcus faecalis*), endocarditis (*Streptococcus faecalis*, *S. gordonii*), meningitis (*Pseudomonas aeruginosa*, *Streptococcus pneumoniae*, *Enterobacter aerogenes*, *Haemophilus influenzae*), suppurative arthritis (*Haemophilus influenzae*) and osteomyelitis (*Staphylococcus aureus*). [Source: Colloidal Silver by Robert J. Holladay, Herbert Christensen, William D. Moeller, US Patent 7135195 (2003).]

The Benefits of Silver Shield

It usually takes 2-6 minutes for silver to destroy 99.9% of these pathogens. Tasteless, it is safe to take Nature's Sunshine's Silver Shield™ every day, either for prevention or to treat an infection of some sort.

Colloidal silver has been found to be both bacteriostatic and bactericidal for all gram-negative and gram-positive organisms tested, in vivo and in vitro (in patients and in the lab) all causing infections in humans, including emerging resistant strains. Clinical use of 10 ppm patented colloidal silver has been successful in the treatment of upper respiratory infections, sinusitis and rhinitis, eye, ear, nose infections, bronchitis, pharyngitis, tonsillitis, halitosis and gingivitis, abdominal pain and diarrhea, pelvic inflammatory disease, urinary tract infections, malaria, *Staphylococcus* skin infections, septic ulcers, infected abscesses,



fungal skin infections, vaginal yeast infections, sexually transmitted diseases such as gonorrhea, and retrovirus infection (HIV).

The studies have shown that this silver has equal or broader spectrum antibacterial activity than any one antibiotic tested. This makes it a very effective alternative to antibiotics.

Using Silver Shield Internally

Silver Shield™ can be taken internally to fight existing infections or as a prevention against getting infections. The following are suggested doses for a 150-pound adult and may be adjusted according to body weight. Colloidal silver may be safely used by children, the elderly and even pets in place of prescription antibiotics. Taken with antibiotics it can help prevent the development of antibiotic resistant bacteria and the fungal infections that often accompany antibiotic use.

- Preventative dose – drink 1 teaspoon per day and allow its broad spectrum activity to kill bacteria, viruses, and yeast in your body.
- If you are getting sick or going to be exposed to illness, are traveling, or under stress – take 1 teaspoon 2 times/day.
- For serious illness – take 3-4 teaspoons/day.

Using Silver Shield Externally

While it is good to take Silver Shield™ daily to provide silver in the blood stream, it is equally important to administer the silver through sprays or drops for topical use, or in the orifices of the body as needed. These methods may be used concurrently. You may wish to use the following methods of applying Silver Shield™:

1) Fine Mist Spray Bottle – Put Silver Shield™ into a fine mist spray bottle to use in the mouth, on the skin or on most any other body surface. The silver is most effective when it is in direct contact with the pathogen for 2-6 minutes. Most adults have had success using the following amounts:

- Mouth - 4 pumps
- Throat (for gargling) - 6 pumps, or swish 1 teaspoon of colloidal silver in mouth for 2-6 minutes before swallowing.
- Voice Spray – 1-4 pumps, 1-10 times per day.
- Skin – as needed to moisten (for acne, ulcers, wounds, burns, etc.).
- Replacement for antibacterial hand gel, which kills both bad and good bacteria – spritz both hands and have protection for the next 4 hours.
- Diaper Rash – improvement seen in 3 hours when the silver is sprayed directly on the rash.
- Disinfect – spritz on door knobs, faucet handles, sink knobs, hotel rooms, airplane seats/trays, etc.
- Purse Bottoms – are the second most germ-laden location! Spritz and wipe off the bottom regularly.

2) Nasal Atomizer Spray Bottle - Putting Silver Shield™ into a nasal spray bottle produces a much finer mist than the throat sprayer and is perfect for delicate tissues of the sinuses, eyes, burns, and acne. Here are some methods of using this.

- Sinus infections or prior to airplane travel – 4 sprays in nostrils, 2-4 times a day
- Eyes – 1 or 2 sprays in the eyes as needed
- Burns or acne – use as needed



3) Dropper Bottle – An eye dropper is designed to dispense liquid silver one drop at a time. Silver Shield™ may be placed in a bottle with an eye dropper for ease of application. The dropper is most commonly used for ears, but may also be used for eyes, wounds, nose or throat.

- Ear Infections – apply 4 drops into the affected ear while lying down on one's side (ear facing the ceiling). Keep ear pointed towards the ceiling for ten minutes to allow the silver deep access into the ear cavity, and repeat the process with the other ear. Applying drops once or twice a day is generally sufficient. Nap time and bedtime are ideal times to apply the drops into a child's

ear!

- Toe/Fungal Infections - place the drops under the affected nail. For even more effective treatment, do the "Silver Toe" dressing, since the silver needs to be in contact with fungus for ten minutes to kill it. Therefore, we need to get it below the nail:
 - Scrape or sand the top shiny layer, making the nail porous.
 - Soak a 1/2 inch thick cloth in silver to create a toe dressing.
 - Tape it over the toe so the liquid can soak into the nail.
 - Tape a little baggie around it so it doesn't leak; leave it for at least ten minutes, or overnight for even better results.
 - Use clean duct tape to keep it in place (yes, it really works!).
 - After ten minutes, the dark fungus will be lighter, and this treatment will be effective for 48 hours.
 - Do this 3 times a week, or every other day.

4) Wound Dressing – wounds heal twice as fast! The silver reduces inflammation and pain, and reduces the healing time of serious wounds by half!

- Dress the wound topically 4 times/day with gauze soaked in silver, or apply Silver Shield Gel, then cover with a dry bandage & wrap.
 - Take 1 ounce internally twice a day while you are treating the wound topically.
- Label each bottle with the product name and date. Since silver is antibacterial it has a shelf life of 8 years, but it won't last that long in most people's homes, since it can be used in place of just about all internal or external antibiotics or anti-bacterial products!

Selected References:

The Comprehensive Guide to Nature's Sunshine Products, 6th edition by Steven Horne and Kimberly Balas

Colloidal Silver by Robert J. Holladay, Herbert Christensen, William D. Moeller, US Patent 7135195 (2003).

Silver and its Compounds in Disinfection, Sterilization, and Preservation by N. Greer.
U.S. EPA IRIS Report for Silver-CASRN 7440-22-4.

Procedure in Antimicrobial Testing in Diagnostic Microbiology by J.A. Hindler and J H Jorgensen.

***** Nature's Sunshine's Silver Shield products are even more powerful and effective now. ALL Silver Shield liquid products contain 20ppm. Silver Shield Rescue Gels contain 24ppm.**

Solstic Immune: *Comprehensive Immune System Support in a Convenient Packet.*

This formula provides an immune system boost in a convenient drink stick packet. It boosts the immune system and stimulates natural killer cell and macrophage activity. It can be used during the winter months, or whenever illness is going around to boost your immune system to avoid getting sick. It can also be taken in the early stages of illness to speed recovery by increasing immune system activity. Stock #6530 (30 packets)

Digestive Bitters: Digestive Bitters is an herbal formula for improving appetite and digestion, while easing acid burning and gas. The taste of something bitter in the mouth has an effect on the nervous system that stimulates the activity of the stomach and gall bladder. Bitters promote the flow of bile, which helps the body breakdown fats. It also helps the liver detoxify itself. Digestive Bitters can help prevent excessive belching, bloating, poor appetite, acid indigestion, and sour stomach. It is especially beneficial for aiding digestion when consuming fatty foods or heavy meats that cause sluggish digestion in some people. Stock #3113 (4 fl. oz.)

Vitamin D3 to the Rescue: It's estimated that half a million people are affected by SAD (Seasonal Affective Disorder) every winter. Instead of freezing outside trying to absorb "your daily fix" in decreased sunshine conditions - Replace that missing Vitamin D component with Nature's Sunshine's Vitamin D3...Your body will thank you for it! Stock #1155 (60 tabs)

Medical Bills: Medical bills are the biggest cause of U.S. bankruptcies, a study found.
Source: Health Facts, USA Facts

(Another good reason to use herbal products to balance the body and help it reach its full potential of good health)

Memory/Brain

In an interview, Bill Gates said that his brain is sharper than ever, more clear and focused. Bill Gates went on to add "The brain is like a muscle, you got to work it out and use supplements just like body builders use, but for your brain, and that's exactly what I've been doing to enhance my mental capabilities". (We can't vouch for this quote being accurate, but we certainly do agree with its contents).



The brain is the body's central processing unit or commander in chief. It requires proper nutrition for dependable function. Brain supplements can help support brain health. NSP products feature ingredients like ginkgo, essential fatty acids, huperzine A, magnesium l-threonate, DMAE, gotu kola and more:

- Brain Protex w/Huperzine A (60 caps) Stock #3114
- DHA (60 softgel caps) Stock #1513

- Focus Attention (90 caps) Stock #1833
- Mind-Max (90 caps) Stock #3134
- Super Omega-3 EPA (60 softgel caps) Stock #1515
- Wild Rosemary Essential Oil (15 ml) Stock #3854
- Green Tea Extract (60 caps) Stock #1096
- Ginkgo Biloba Extract, TR (30 caps) Stock #898
- Tumeric/CurcuminBP (60 caps) Stock #238
- Gotu Kola (100 caps) Stock #360

More Wisdoms from Steven Horne

Just about everyone likes to enjoy some kind of sweet treat now and then, but there is a hidden danger in consuming too many refined carbohydrates, especially refined sugar. It increases cellular resistance to insulin which causes blood sugar levels to increase. When blood sugar levels get too high one develops metabolic syndrome and may eventually become diabetic and that's not so sweet.

Despite all attempts to refute the idea that sugar consumption leads to diabetes, the truth is that wherever populations of people abandon traditional diets and start eating more sugar, rates of diabetes dramatically increase. It's also true that thousands of people have successfully lowered their blood sugar levels by skipping the sugary and starchy foods and returning to a more natural diet.

We need to get the word out that diabetes can not only be prevented, most of the time it can be reversed. It's an important message, because, according to the latest (2017) statistics about 9.4% of Americans, about 30 million people, have some form of diabetes. About 7 million of these people have undiagnosed diabetes. About 84 million Americans are pre-diabetic, which means they could easily become one of the 1.5 million cases of new diabetes diagnosed each year.

Diabetes also remains the 7th leading cause of death in the United States.

But that's really only the tip of the iceberg. High blood sugar contributes to the development of numerous other health problems. These include heart disease, cancer and neurological disorders like Alzheimer's, not to mention obesity and the proverbial dental problems with which sugar has long been associated.

The National Diabetes Statistics Report, 2017

An estimated 30.3 million people of all ages—or 9.4% of the U.S. population—had diabetes in 2015

- This total included 30.2 million adults aged 18 years or older (12.2% of all U.S. adults), of which 7.2 million (23.8%) were not aware of or did not report having diabetes.
- The percentage of adults with diabetes increased with age, reaching a high of 25.2% among those aged 65 years or older.
- Compared to non-Hispanic whites, the age-adjusted prevalence of diagnosed and undiagnosed diabetes was higher among Asians, non-Hispanic blacks, and Hispanics during 2011–2014.

Incidence Among Children and Adolescents Data from the SEARCH for Diabetes indicated that:

- During 2011–2012, the estimated annual number of newly diagnosed cases in the United States included: » 17,900 children and adolescents younger than age 20 years with type 1 diabetes. » 5,300 children and adolescents age 10 to 19 years with type 2 diabetes.

Does anything look familiar???

As the phrase goes, “Everything old is new again.” That is much of what you are reading here. Between a wildly crazy and busy December and health issues in Joy's extended family, she was either out of town or not available for composing a new newsletter for January 2019. A large portion of this newsletter is copied from our January 2018 newsletter. Why not...the topics are definitely fitting for our cold and flu and immune problems that attack us this season of the year, and for our members and managers who have come aboard since last year, it is new information as well as a refresher for the older recipients of our newsletter. We hope you will find some worthwhile information that you may have forgotten about. To your good health and happiness in 2019, Joy & Dick

