

*SINCE 1989*

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**NEWSLETTER**  
*20 YEARS OF SUCCESS*

Winter 2009

**Hi, Folks,**

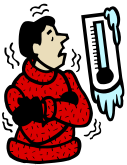


HAPPY BIRTHDAY TO THOSE OF YOU WHO HAVE HAD  
OR ARE HAVING A BIRTHDAY.



May your day be filled with wonderful memories.

P.S. If you would like us to say happy birthday to you then please tell us your day  
and month - year not necessary.



**WINTER FIRST AID**



At the first sign of a scratchy throat suck, not chew 1 **Zinc Lozenge** every half hour  
for 6 doses. This really does work because this is what I do. On a rare occasion I have  
had to do this for 2 days. For children and adults.

**Zinc Lozenge** NSP code 1596 Retail \$31.50 Member price \$24.00  
Contains zinc, vitamin C, Echinacea

**Elderberry** is a wonderful herb. It helps promote well being during winter, helps strengthen and maintain  
immunity and healthy respiratory function, working to **prevent** colds, Flu, respiratory function, ear and  
throat problems. I know of people who take this all through winter and don't get run down or sick.

**Elderberry Defence** NSP code 8685 Retail \$34.50 Member price \$26.20

**Elderberry Plus Chewable for Kids** NSP code 3300 Retail \$24.80 Member price \$19.30

**FREE**

**FREE**

**FREE**

Buy any featured product from us and we will give you 25g of our Breathe Clear cream.  
Designed to rub on nose, cheeks, forehead, throat and chest to get rid of mucous and helps  
ease breathing difficulties.

Anti-viral and anti-inflammatory, we have had lots of good reports from hay fever sufferers,  
children with bad colds and seniors with sinus problems.

(Roger used to live on Acitfed™ for 3 months of the year and the rare attack of sinus is  
quickly dealt with.)

Nature's Sunshine has brought out **SUPAGREEN PLUS** which is a mix of Barley grass, Wheat grass, Spirulina, Alfalfa and Kelp. Doesn't sound too tasty but a powerhouse mix of organically grown, high energy foods full of vitamins, minerals, enzymes and amino acids. If you have trouble with pills or an unidentified problem **Supergreen Plus** gives lots of nutrition in a way the body can absorb as well as alkalizing which prevents lots of disease including cancer. It can be mixed in juice, spread on cereal or made into a smoothy.

**200gm Retail \$52.40 Member \$39.00**

The following is an excerpt (rather technical) from a report we receive:

### **Vitamin D Deficiency – a Non-Traditional Risk Factor for Cardiovascular Disease**

#### **Introduction**

Risk for both cardiovascular disease and osteoporosis significantly increases with age. Even after adjustment for age, strong correlations have been noted between cardiovascular diseases (including atherosclerosis, coronary heart disease, congestive heart failure, hypertension, myocardial infarction and peripheral artery disease) and low bone density and osteoporosis – connections so strong that the presence of one type of pathology is considered a likely predictor of the other. This apparently causal relationship has led to the hypothesis that these conditions share core mechanisms. Recent advances in our understanding of the complimentary roles played by vitamin D3 and vitamin K2 in vascular and bone health provide support for this hypothesis, along with insight into key metabolic dysfunctions underlying cardiovascular disease and osteoporosis.

#### **Vitamin D and Cardiovascular Disease**

Technically, vitamin D is not a "vitamin". Its metabolic product, calcitriol, is a secosteroid hormone that affects more than 2,000 genes in the body (about 10% of the human genome). Current research implicated vitamin D deficiency as a major factor in the pathology of not only cardiovascular disease (CVD) – the focus of this review – but at least 17 varieties of cancer, diabetes, autoimmune diseases, osteoporosis, osteoarthritis, chronic pain, periodontal disease, sarcopenia, depression and more. A rapidly growing number of recently published studies link vitamin D deficiency with virtually all forms of CVD, including arteriosclerosis, atherosclerosis, hypertension, coronary artery disease, congestive heart failure, peripheral artery disease, myocardial infarction, and stroke.

**NSP Vit D3 (Tab) \$27.50 or members \$22.50**

Also important for Seasonal Affective Disorder (SAD)

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Inflammation and oxidative stress causing cellular degeneration are recognised factors in many chronic and degenerative diseases including cancer, CVD, diabetes, hypertension, obesity and neurogenerative diseases such as Parkinson's and Alzheimer's. **NSP IF Relief** contains a blend of herbal extracts that have demonstrated significant antioxidant, analgesic and anti-inflammatory effects. Traditional uses include for Arthritis, backache, headaches, etc.

Ingredients are:

-*Andrographis* has very few side effects and low toxicity while being a strong anti-oxidant and anti-inflammatory.

-*Boswellia* has a traditional Ayurvedic history for chronic inflammatory problems. Multiple studies and clinical trials have shown benefit with rheumatoid arthritis, chronic colitis and Crohn's disease as well as osteoarthritis.

-*Mangosteen* – a beautiful tropical Malaysian and Indonesian fruit containing powerful anti-oxidants, anti-inflammatories, and neuroprotectives. It is also COX -2 inhibiting which is the main function of some drugs which have now been withdrawn because of their chemical side-effects.

-*Turmeric* has been used for centuries in Chinese and Ayurvedic medicines as an anti-inflammatory and anti-arthritic comparable to NSAID.

-*White Willow Bark* contains salicin which the body converts to salicylic acid – similar to aspirin which we all know as an analgesic and anti-neuralgic.

**NSP "IF Relief" Retail \$38.40 Member \$29.00**



**Pucker up:** When you lock lips, there is a physical reaction that includes an increased heart rate from around 70 120 beats per minute. The salivary gland gushes, and endorphins and oxytocin are released making you feel happy...so pucker up!

Money is an important part of our lives but unfortunately some people have forgotten that it is a means to an end – not an end in itself. It needs to flow to work and when you are scared, tight, selfish or believe in recession, it stops the circulation, also making it difficult to flow in your direction. Be generous, buy someone dinner, support charity, help a friend, keep things flowing, tithe, whether it be money, love, energy – just do it.

## CALENDAR DATES

We are going to be doing some Expos around the country again this year and the following have been pencilled in – but because Saturdays are our biggest shop days, we will do them on our own – either Roger or Maureen.

Papakura Healthy Body & Soul	July 11 + 12
Thames Healthy Body & Soul	August 8 + 9
Palmerston North Home Show	July 24 + 26
New Lynn Mind, Body Spirit	October 10 + 11
Mt Maunganui Healthy Lifestyle	September 19 + 20

And Nature's Sunshine Conference to which you are all invited on the 12<sup>th</sup> of September.

On Sept 5<sup>th</sup> is the Whangamata Walk/Run Festival where we rope in some friends to help us massage the athletes as they stagger in – so a busy weekend!

KEEP IN MIND – JAZZ ART BLUES FESTIVAL – NOVEMBER 21<sup>ST</sup>

Remember we also have a range of beautiful crystals in stock including Pendants, Doughnuts, Tumbled stones, Wands and more which we can post.

We also stock a range of **NFS** NZ made supplements including:

<i>Green Lipped Mussel Extract</i>	\$21-/90
<i>Lecithin 1200 caps</i>	\$21-/100
<i>Celery 6500</i>	\$26.50/60
<i>Cranberry Ultra</i>	\$25.20/30
<i>Kava</i>	\$40-/60
<i>Flaxseed Oil 1000</i>	\$35-/210
<i>Evening Primrose 1000</i>	\$30-/210
<i>Cod Liver Ultra with Vit A &amp; D</i>	\$20-/160
<i>Whey Protein</i>	\$63-/1 kg

**"I expect to pass through this world but once. Any good thing, therefore, that I can do or any kindness I can show to any fellow human being let me do it now. Let me not defer nor neglect it, for I shall not pass this way again." – William Penn**

**Start by doing what's necessary; then do what's possible; and Suddenly you are doing the impossible." – St Francis of Assisi**

We have in our book shelves at the shop 2 books by Venus C Andrecht, “the Outrageous Herb Lady”. She is an herbalist in America who wrote 2 books for Natural Sunshine using the products available at that time to treat clients. They are full of wonderful recipes and anecdotes from client results. Following is a recipe that works really well.

#### Jeanne’s Cough Recipe

- One tablespoon *Honey*
  - One tablespoon *Lemon Juice*
- PLUS
- One capsule *Slippery Elm Bark*
  - One capsule *Ginger*

Mix it all together in hot water. (I like to add some *Cayenne Pepper*. *Cayenne Pepper* and *Capsicum* are the same thing, but, to me, “*Cayenne Pepper*” says it better.)

“Drink this,” she says, “and you’ll sleep all night.”  
I have found whenever I have a stubborn cough, *Siberian Ginseng* kicks the habit. The Chinese use it with any disease for fast healing. *Lobelia Extract* under the tongue will relax the cough reflex.

Unfortunately these books are no longer available through Nature’s Sunshine, but we will lend them out to members who are keen to learn.



Want to learn about the Nature’s Sunshine Products? They have a 2 part correspondence course FREE. I’ve done it and it’s easy to do and has heaps of information in general and about the products. Just ring head office and they will send it to you.

We now stock “Nature’s Gate” Organic Shampoos, Conditioners and Deodorants. Also “Organic Surge” Cleansers, Lotions, Toners, etc at \$20.00 each, and they last for ages, so your face care regime doesn’t have to break the bank. Going away on holiday – Organic Surge has travel pack size in shower gel, shampoo and conditioner at \$6.50.

**We wish you health and happiness!**