

health & wellness

Nutritional Solutions For A Better Mood

Aromatherapy
Stress Relief

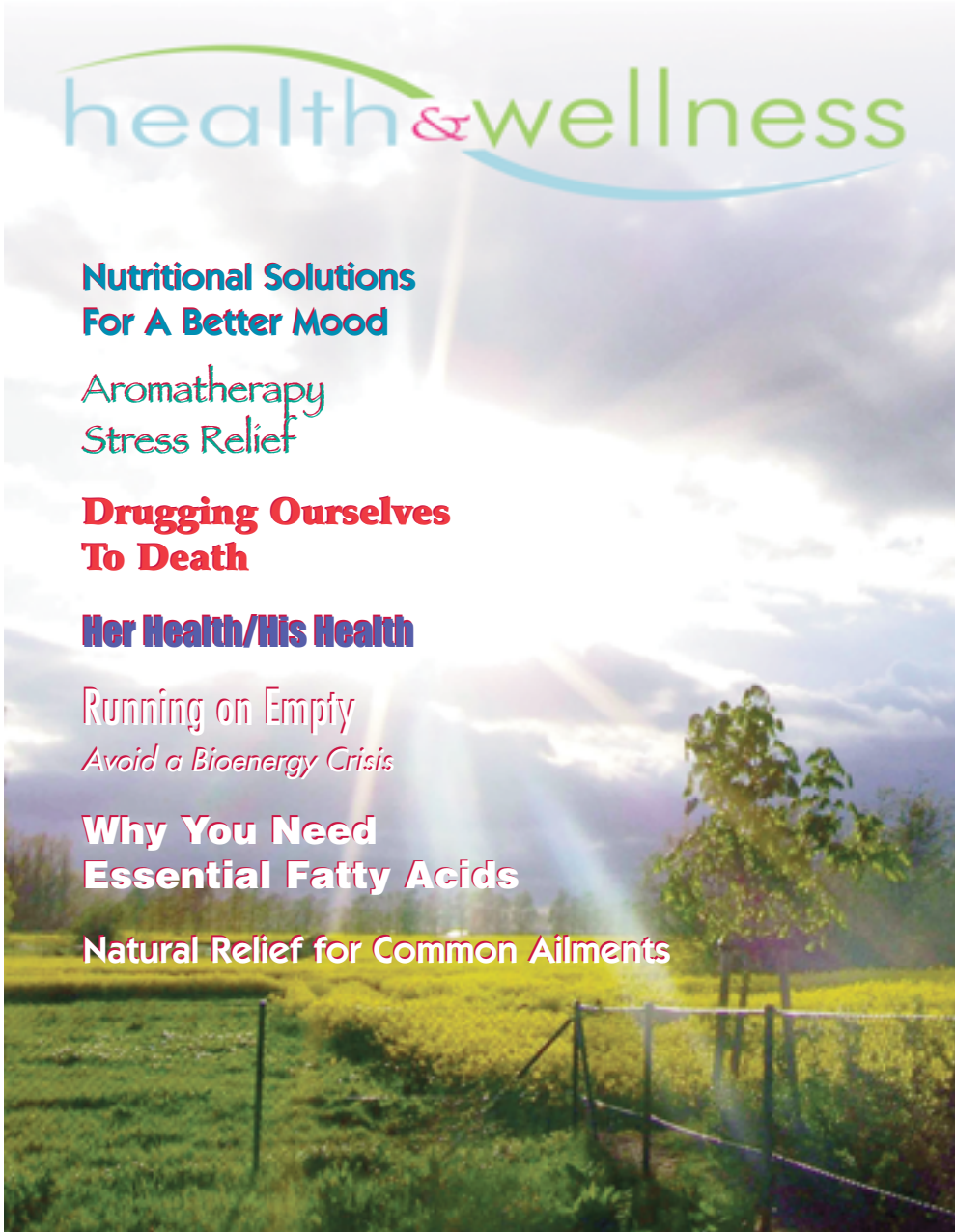
Drugging Ourselves To Death

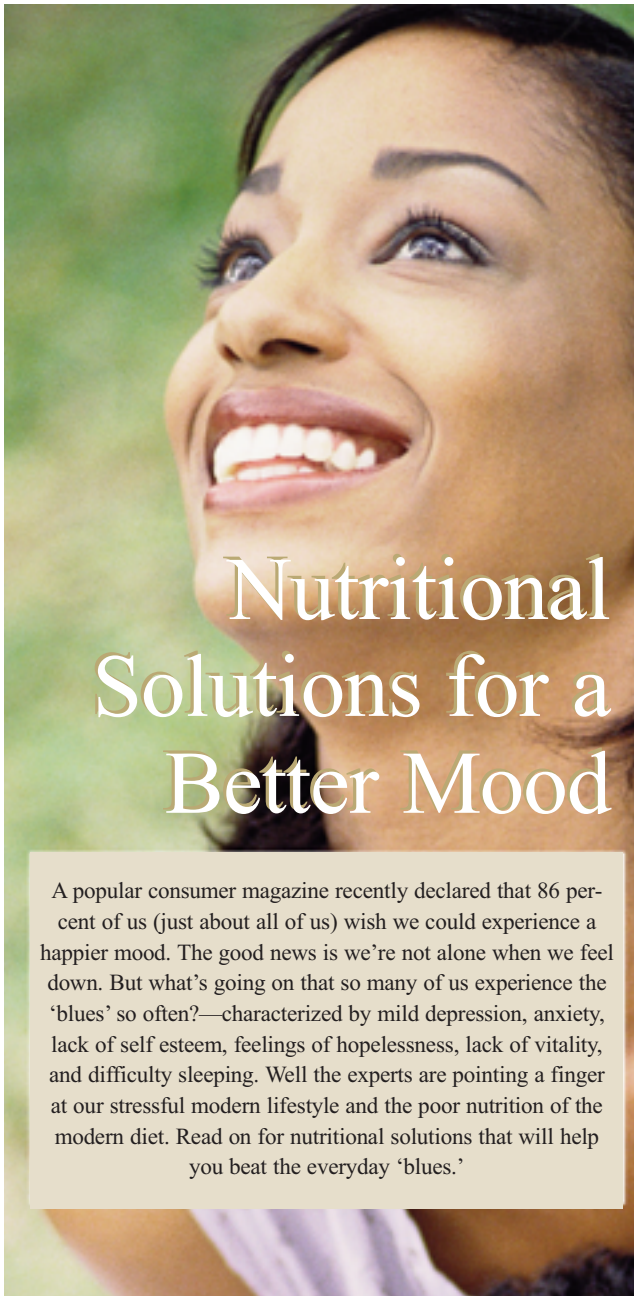
Her Health/His Health

Running on Empty
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Why You Need Essential Fatty Acids

Natural Relief for Common Ailments





Nutritional Solutions for a Better Mood

A popular consumer magazine recently declared that 86 percent of us (just about all of us) wish we could experience a happier mood. The good news is we're not alone when we feel down. But what's going on that so many of us experience the 'blues' so often?—characterized by mild depression, anxiety, lack of self esteem, feelings of hopelessness, lack of vitality, and difficulty sleeping. Well the experts are pointing a finger at our stressful modern lifestyle and the poor nutrition of the modern diet. Read on for nutritional solutions that will help you beat the everyday 'blues.'

The need for something called serotonin:

The truth is much of our happiness is a state of mind—chemically that is. The brain produces many chemical substances that help regulate just about every function in the body—sleep, appetite, sex, pain, and of course, mood.

Serotonin is the main chemical hormone manufactured by the brain to control mood. As such it is a neurotransmitter, involved in the transmission of nerve impulses. Within the design of the human brain, it is the job of serotonin to create a sense of well-being and control depression and anxiety. If your serotonin levels are adequate you should experience emotional balance and a sense of relative happiness; if they aren't adequate you will experience the opposite.

Many of today's anti-depressant drugs target serotonin receptor sites to compensate for inadequate serotonin levels. They work, but at a price. Each carries its own set of side effects and getting off them is difficult since they cause dependency.

A better way to improve your mood, say alternative therapists, is to naturally raise serotonin levels in the brain, calm the central nervous system and strengthen the body's defenses against stress through diet and supplementation.

The 'Whey' to more serotonin

Neurotransmitters like serotonin are comprised of building blocks of amino acids (protein). In the case of serotonin, the amino acid building block is tryptophan.

Back in the 1980s, considerable research had been done on tryptophan in the treatment of depression. "In many cases, this natural supplement performs even better than patented antidepressants," according to alternative health advocate Dr. Wright.

"By the year 2020, depression will be the single most expensive cause of lost workplace productivity due to disability."

— Zoltan Rona, M.D., MSc, *Alive Magazine*, October 2003

However, with the rise of anti-depressant drugs, research on tryptophan stopped. The good news is that the National Institutes of Mental Health (U.S.) has today picked up where that earlier research left off and with good results.

One of the most concentrated sources of tryptophan is whey isolates found in whey protein. It's about three times more concentrated than most other protein sources.

In a Netherlands study, highly stress-vulnerable participants were given whey protein. Not only did this result in a noted reduction in the stress hormone cortisol, but participants experienced less depression and improved ability to cope with everyday living. The researchers concluded that the whey protein increased the availability of tryptophan in the brain, thus increasing the brain's production of serotonin.

Nature's anti-depressant, 5-HTP

HTP Power (5-hydroxytryptophan)

is the direct precursor to serotonin and as such increases the level of the "feel-good" hormone which is involved in regulating mood, appetite and sleep. Many alternative practitioners have described 5-HTP as Nature's 'Prozac' for mild to moderate forms of depression.

NSP's HTP Power contains 5-HTP in a combination with the anti-stress herbs, Siberian ginseng, ashwagandha root, suma bark. In addition, it also contains zinc and vitamin B6 for extra nerve support.

Vitamin D plus Sunshine

Getting enough sunshine helps improve mood by regulating hormones. The sun is also responsible for synthesizing vitamin D, a nutrient that helps produce serotonin. Many Canadians are low in vitamin D and should supplement due to our long winter months. Those who work inside most of the day also need extra vitamin D.

Omega 3 mood lifter: Support for your nerves and neurons

Omega 3 fatty acids found in cold water fish and flaxseed have been recognized in recent years as protective against depression. Most experts believe this is because these fatty acids are necessary for healthy nerve-to-brain communications, are essential for the health and integrity of neurons, or brain cells, and reduce inflammation. Studies have shown that people whose diet consists of high amounts of omega 3 oils from large amounts of fish experience one-tenth the rate of depression as those who don't.

Don't be without your B vitamins

The B-complex family of vitamins provide important support for regulating mental processes by affecting the central nervous system and the production of neurotransmitters. Stress Formula is a B-complex

Are you depressed? Take the test.

The symptoms will vary for each individual. The combination of four or more of these symptoms indicate some form of depression.

- | | |
|---|---|
| <input type="checkbox"/> Emotions that are out of place (crying, nervousness, excessive anger, feelings of guilt) | <input type="checkbox"/> Diminished sex drive |
| <input type="checkbox"/> Lethargy | <input type="checkbox"/> Recurring thoughts about death or suicide |
| <input type="checkbox"/> Apathy | <input type="checkbox"/> Poor (or excessive) appetite |
| <input type="checkbox"/> Changes in sleeping patterns | <input type="checkbox"/> Physical hyperactivity (or lack of activity) |
| <input type="checkbox"/> Difficulties concentrating | <input type="checkbox"/> Digestive upsets |
| <input type="checkbox"/> Low self-esteem | <input type="checkbox"/> In severe cases, feelings of hopelessness, helplessness and exhaustion are overwhelming. |
| <input type="checkbox"/> Lack of interest in usual pursuits | |

supplement with the addition of vitamin C to support the adrenal glands. It also contains several herbs to help stabilize mood: valerian, passion flower, and hops. Each has a relaxing effect on the emotions. They help calm anxiety and induce a sense of well-being.

St. John's Wort for mild to moderate depression

St. John's Wort has been described as the "best studied natural antidepressant." Today it is a popular alternative to prescriptions for mild to moderate depression even among mental health professionals. According to Dr. Hyla Cass, M.D., an assistant professor of psychiatry at the University of California, "Within a week to 10 days, many people notice improved sleep followed by improvements in appetite, energy levels, and physical well-being."

The herb works by boosting the brain levels of serotonin and norepinephrine, both neurotransmitters involved in regulating mood.

Caution: While using St. John's Wort avoid strong sun and tanning beds, because the herb tends to make your skin more sensitive to light.

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Alive Magazine, October 2003, No. 252.

Alive Magazine, October 2005, No. 264.

Dr. Julian Whitaker, M.D., *Health & Healing*, Vol. 14, No. 4, April 2004.

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NSP Quick Reference to Healthy Emotions

AD-C (1877-2)	relieves anxiety, depression
Adrenal Support (1507-0)	daily balance, stress, fatigue
Cal-Mag Plus D (1758-6)	calms the nerves, helps sleep
Chinese Mineral Chi (1818-3)	daily balance, mental clarity
Flax Seed Oil (1770-3)	nerve/brain function, depression
Focus ATN (1833-4)	nerve/brain function, hyperactivity
Ginkgo Biloba (898-8)	nerve health, depression (elderly)
HTP Power (2806-4)	increases serotonin levels, sleep
Lavender Oil (3907-8)	calms the emotions
Lecithin (1661-6)	nerve/brain function
LIV-C (1862-8)	depression, hormonal balance
Lobelia (1765-8)	nerve relaxant, anxiety
Magnesium (1786-6)	calms the nerves, helps sleep
Nutri-Burn Whey Protein (3212-4)	increases serotonin levels
St. John's Wort (655-3)	depression, serotonin
STR-C (1871-0)	daily balance, stress, fatigue
STR-J (1087-0)	daily balance, stress, fatigue
Stress Formula (1645-6)	daily balance, stress, fatigue
Super Oil Caps (8235-8)	nerve/brain function, depression
SynerPro Cal-Mag (4041-3)	calms the nerves, helps sleep
Vitamin B12 Plus, liquid (1588-7)	calms the nerves, helps sleep
Wild Yam & Chaste Tree (1108-7)	hormonal balancing

AromaTherapy

Essential oils can help clear toxins from the body, open the lungs and sinuses, fight infection, reduce stress and improve mood. Combine these benefits with massage or bath, and you'll enhance the healing benefits of both.



Stress Relief Massage & Bath Recipe

- 3 drops lavender
- 2 drops eucalyptus

This blend is excellent for all applications. Diffuse or mix with bath salts for a good soak. To use for a relaxing massage, mix with 10 mL Massage oil.



Science Talk

with Spence Masson B.Sc., Director of Science and Technology



Drugging Ourselves to Death



It seems we keep reading about studies that reveal how beneficial various pharmaceutical drugs are, and how different vitamins do us no good. One reason for this is the very nature of the news business. Every hour the mainstream media strains to get our attention in an environment of information saturation. To draw our eye amid all this chaos, they'll promote anything that's sensational, even if it's not actually sensational at all.

This is what happened in November 2004 when the *Annals of Internal Medicine* released a Johns Hopkins

School of Medicine meta-analysis of vitamin E supplementation. Researchers analyzed the results of 19 studies in which vitamin E supplements played a role.

Their conclusion: Doses of vitamin E in excess of 400 IU per day may slightly increase the risk of death! The media sent out the sensationalized message that Vitamin E supplements can kill you, with headlines like "Vitamin E Can Be Deadly" and "Vitamin E Dosages May Be Lethal".

Of course, the media left out a few non-sensational but still essential

details:

- The 19 studies in the report represented a total of 45 years of research, averaging less than three years per study. Three years means nothing when you're talking about long-term mortality studies.

- The "results" flew in the face of decades of research, using doses up to 2400 IU with excellent results. It appears that "old" research isn't as exciting.

- The subjects in the studies were already at grave risk with existing diseases including cancer, heart disease, Alzheimer's, Parkinson's and kidney failure, so it was inappropriate for the researchers to draw conclusions for the entire population.

Now, what about the other side of the coin? How are pharmaceutical studies reported? By way of example, the big news at the American Association for Cancer Research (AACR) meeting in early April 2006 was that the non-steroidal anti-inflammatory drug Celebrex was associated with a significant reduction in the occurrence of benign polyps of the colon. The mainstream media presented this as a big advance in preventing colon cancer:

"Drug Cuts Risk of Colon Cancer in Two Studies" — *Wall Street Journal*

"Studies: Celebrex May Stop Colon Cancer" — *ABC News*

"Celebrex May Lower Colon Cancer Risk" — *Fox News*

These headlines are a blatant exaggeration of the facts. Celebrex was shown to lower the occurrence of colon polyps, but be aware that reducing the incidence of colon polyps cannot be directly equated with preventing colon cancer. There are still many uncertainties about the practical value of preventing polyps in this way. Also, the fact that some of the patients who took Celebrex developed colon cancer anyway cannot be overlooked. So despite the headlines, Celebrex hasn't been proven to prevent colon cancer. That wasn't even the purpose of the studies. Furthermore, Celebrex was shown in these trials to have serious toxicity.

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Cancer Prevention No, Increased Risk of Heart Attack Yes

Caution is definitely advised when dealing with this class of drugs. Readers may recall that Merck withdrew the very similar drug Vioxx from pharmacy shelves in 2004, after clinical trials indicated that patients taking that drug for 18 months were twice as likely to suffer a heart attack or stroke as the general population. Like Vioxx, Celebrex was shown to cause heart attacks and strokes, especially in those patients with any cardiovascular risk factors. Yet the fact that Celebrex causes very serious adverse effects - sufficiently serious that they triggered the early termination of one of these trials - was downplayed by many reports in the mainstream media. It all seems like a desperate attempt to rehabilitate this discredited category of drugs by associating Celebrex, the last remaining COX-2 inhibitor on the market, with the universally desired goal of preventing colon cancer.

Why does it seem that so many people (doctors and patients alike) believe that drugs are the answer to all our health problems? The statistics are dismal - North American health-care spending has gone up by 73% over the past five years, but we are last in

healthy life expectancy among the 21 major industrialized countries. What gives?

Follow the Money...Again

According to Dr. John Abramson, author of *Overdosed America: The Broken Promise of American Medicine* (Harper Perennial), health care in America is going in the wrong direction. He says much of the reason has to do with the drug companies.

Dr. Abramson says, "The first thing people can do to improve their health and protect themselves from distorted health care is to understand that information about drugs and health is being brought to them and to the doctors by the drug companies, because of its commercial value. The fundamental purpose of that information is to improve corporate profits, not to improve our health."

Dr. Abramson believes that many drugs are over-prescribed and that the focus on specific measures, such as high cholesterol, deprives doctors of the opportunity to talk with their patients about practices that have been repeatedly shown in research to improve health and reduce risk for heart disease and other killers—things like exercising, quitting smoking, and other lifestyle changes. Such changes are far cheaper than drugs and usually better for you in the long run. The problem is that there aren't any companies making money from your lifestyle changes. In fact some, like tobacco companies, will lose money.

It won't surprise you to find out that of the Celebrex studies mentioned above, there were actually two separate trials, and that the first was co-sponsored by the National Cancer Institute (NCI) and Pfizer (the manufacturer of Celebrex), while the second was sponsored entirely by Pfizer.

References

Health Sciences Institute e-Alert, November 16, 2004
The Moss Reports Newsletter, April 23, 2006
Daily Health News, March 14, 2006

Drink your Greens!

For those who desire the superior nutrition of whole green foods we offer GreenZone.

GreenZone contains 36 ingredients including herbs, sea-based vegetables, whole plant foods, minerals, amino acids, fatty acids, enzymes, antioxidants and bioflavonoids all recognized for their nutritional richness.

GreenZone is a convenient way to achieve the 5 to 12 daily servings of fruits and vegetables health professionals recommend. One serving of whole food supplements like GreenZone is nutritionally equivalent to 6 servings of healthy salad. Whole food supplements also have the highest ORAC score (antioxidant potential) of any fruit or vegetable.



Available in capsules, too.



Her Health/His Health: *Under Attack* Breast & Prostate Health

Dietary and lifestyle factors are threatening the health of millions of North American women and men. Fortunately, science is uncovering how nutrition can protect women and men from life-threatening breast and prostate cancer. And surprisingly the nutritional solutions are similar for both diseases.

Her Health

Throughout antiquity breasts have symbolized motherhood, fertility and female beauty. But today swelling, cysts, and breast tenderness affect many women throughout their adult life. And breast cancer now afflicts one out of every nine North American women.

His Health

One of the most important glands to a man is his prostate gland. Only the size of a walnut, this gland is at the centre of what makes a man masculine. However, as a man ages this little gland can make its presence known with a range of discomforting complications from urinary difficulties, loss of libido to life-threatening cancer. Today, 75 percent of men over 50 have an enlarged prostate that disrupts their life and even threatens it.

Carotenoids

Carotenoids, such as lycopene from tomatoes and watermelon, alpha- and beta-carotene from pumpkin and squash, zeaxanthin and lutein from dark leafy green vegetables like spinach and kale, are making headlines for their ability to protect against both breast and prostate cancers. These antioxidants protect DNA from free radical damage which can cause cancer-promoting changes to occur in cells.

Studies have found that premenopausal women with the highest intake of dietary alpha- and beta-carotene, lutein, zeaxanthin and lycopene reported a significant reduction in breast cancer risk.

Likewise, men with the highest blood levels of lycopene, zeaxanthin and lutein were "significantly" less likely to develop prostate cancer.

Carotenoids have also been found to suppress inflammation which is associated with several cancers including breast and prostate.

Cruciferous Vegetables

Indoles, found abundantly in broccoli, cabbage, brussels sprouts and cauliflower block the action of hormones (such as estrogen) and boost the action of protective enzymes.

Other cancer-preventative compounds in cruciferous vegetables include sulforaphane and isothiocyanates, which help block the initiation of cell mutations. For instance, if the compound sulforaphane found in cruciferous vegetables reaches a cell at the same time as a carcinogen, it activates a group of enzymes that remove the carcinogen from the cell before it can do its damage.

Compounds in broccoli turn on the GST enzyme and related genes that produce glutathione, the body's master antioxidant, which in turn blocks the spreading of breast and prostate can-

cer cells. And compounds in dark green vegetables have been found to suppress inflammation by turning off COX-2 enzymes and slowing down related genes associated with breast cancer.

Flavonoids

Flavonoids, such as those found in citrus fruits, apples, onions, green tea, red wine, and many fruits and berries help block hormones that promote the formation and proliferation of cancer cells. The over production of the hormone estrogen is a major risk factor in both breast and prostate cancer.

In addition, flavonoids are potent antioxidants that halt the destructive process of free radicals, thus protecting cell DNA from cancer-promoting changes.

Soy good

Genistein and daidzein, soy isoflavones, possess hormone regulating potential and have been found to prevent the formation of blood vessels to tumors, thus helping to starve them of nourishment.

Both Asian women and men routinely consume soy products and have lower incidents of breast and prostate cancer.

Fatty Acids

According to Sam Graci, a leading expert on nutrition and health, the fatty acids in a woman's diet will largely determine the quality of her breast tissue. Abnormalities such as tenderness, cysts, and inflammation are symptoms of hormonal imbalance and can ultimately develop into cancer. Hormones created by dietary fatty acids are called prostaglandins. Depending on the fatty acids in the diet either pro- or anti-inflammatory prostaglandins are produced.

To produce good prostaglandins a diet needs to be rich in omega 3 fatty acids from cold water fish or flax

seed. Borage oil and evening primrose oil (omega 6 oils) also have a balancing effect on hormonal fluctuations that affect breast health.

In men omega 3 fatty acid is preventive against prostate cancer. In a 30-year study of Finnish men, those who regularly ate fatty fish had half the risk of developing prostate cancer than those who consumed little or no fish.

Extra virgin olive oil has also been found to be protective against both breast and prostate cancer. Olive oil contains some of the most powerful antioxidant polyphenols—tyrosol, hydroxytyrosol, verbascoside and oleuropein. It further helps ensure omega 3 oils penetrate cell membranes and it possesses mild anti-inflammatory properties. Cultures that consume substantial amounts of monounsaturated fat from olive oil have lower rates of breast and prostate cancer.

Finally, research has shown conjugated linoleic acid (CLA) to be a potent inhibitor of biological markers to breast cancer, being both anticarcinogenic and antimutagenic. Other than supplements, CLA is only plentiful in organic, grass-fed beef and game or non-pasteurized milk from the same.

In contrast to these beneficial fats, diets high in saturated animal and dairy fat and processed polyunsaturated fats are associated with increasing rates of breast and prostate cancer.

Fibre connection

Researchers have long known that fibre intake is associated with a reduction in several types of cancer, including, rectal, breast, prostate, laryngeal, and ovarian.

Fibre can play an important role in preventing the reoccurrence of breast cancer in women.

Says Dr. Steven G. Pratt, M.D.: "This type of diet (high fibre) also reduces the circulating estrogen levels in breast cancer survivors, and could potentially stave off recurrence. In one study of breast cancer survivors, the intervention group had a significant increase in fibre—from 22 to 29 grams a day—and a significantly lower intake of fat. These women found that their levels of estrogen decreased significantly..."

Thanks to a high fibre diet more women are surviving breast cancer. Increasing fibre consumption to 40 grams can reduce swelling and tenderness in the breasts by carrying excess estrogen out of the body.

More on the next page...



What if instead of getting a diagnosis of breast (or prostate) cancer at age 55 after a few years of ignoring mild symptoms, instead you sailed right on to 60 and 70 and 80, still playing tennis, still gardening, still enjoying the spring sun on your face?

— adapted from *SuperFoods HealthStyle* by Steven G. Pratt, M.D.

8 healthy habits to protect breast and prostate health

1 Whole food nutrition makes a difference: Incorporate a wide variety of vegetables into the daily diet. Concentrate on cruciferous and dark leafy green vegetables. Also choose fruits such as berries, apples and citrus. Avoid canned produce.

Try having a large mixed-greens organic salad each day. Use a healthy dressing that supplies extra virgin olive oil.

If you can't always eat the vegetables and fruits you need, incorporate into your daily diet a whole food supplement like GreenZone, and take a potent antioxidant cocktail that includes vitamins C, E, beta carotene, lycopene, zinc, selenium and various bioflavonoids. NSP's Super Trio supplement supplies just that and a lot more. In addition to vital daily nutrients, it also contains a super-antioxidant blend and omega 3 fats.

2 Take Flaxseed Lignans: Lignans are phytonutrients that exhibit a weak estrogen effect in the body. By doing so they compete with and crowd out the more powerful estrogens, and prevent them from attaching to estrogen receptor sites on cells, thus lessening estrogen's overall effect.

3 Be smart when it comes to fat intake: Make the majority of fat in the diet good fat. Limit saturated fats and heated oils from frying. Incorporate fatty fish into your diet at least once a week. Take additional fatty acid supplements to make up for short falls. However, keep even good fat to no more than 20 percent of the daily calories. Diets too high in fat tend to promote breast tenderness and prostate enlargement. You'll find healthy omega 3 fats in Super Oil blend, Super Trio Pack, and Flax seed Oil.

4 Reduce or eliminate the use of alcohol: Alcohol has a significant effect on how much estrogen the body produces. It also converts free flowing testosterone (the good kind) into cancer-promoting dihydrotestosterone (DHT).

5 Fibre up: Increase fibre intake to 30-40 grams per day. By increasing fruit and vegetable consumption fibre consumption will naturally increase, too.

A high fibre diet will carry unwanted fats, hormones and toxins out of the system. A fibre supplement or fibre-rich foods like oat bran may need to be added to the diet to reach 30-40 grams per day. Choose a supplement that contains whole psyllium seed hulls, oat bran, apple pectin, acacia gum and guar gum. NSP's LOCCO

combines soluble and insoluble fibre with the SynerPro base of antioxidant-rich vegetables.

6 Phytonutrients can be preventative: While foods should be the first strategy to disease prevention and healthy style, certain plant nutrients have been found to have a positive effect on breast and prostate health.

Women's breast health: Dong quai and black cohosh have been traditionally used to help regulate hormonal fluctuation from perimenopause through to postmenopause. German research reported in the *British Journal of Medicine* found that several herbal combinations proved "highly effective in reducing symptoms." Dong quai (angelica) and black cohosh have a reputation of leveling estrogen fluctuations to relieve the uncomfortable symptoms of PMS, breast tenderness, sweats and mood swings. Other herbs to consider include chaste berry, dandelion, red clover and ginseng.

Male prostate health: The benefits of saw palmetto and stinging nettle have both been substantiated for supporting the prostate. Their benefit is in preventing the conversion of testosterone into dihydrotestosterone (DHT). This altered form of testosterone binds to cellular



receptors on the prostate gland and causes cells to multiply too quickly, enlarging the size of the prostate. Herbal combinations usually include zinc as a necessary nutrient for prostate health.

Hormonal balancing for both women and men:

In recent years, Maca, a turnip-like vegetable from Peru has become popular for both men and women wishing to maintain hormonal health. It's believed that Maca helps balance and rejuvenate an aging hormonal system. Individuals report more energy, increased libido, and lessening of common menopausal and andropausal symptoms.

7 Exercise and lose weight: Study after study indicates that overweight and inactive men and women are more susceptible to cancer than their active counterparts. Fat, especially deposited around the waist, is the most dangerous and exerts the most havoc on hormonal balance, including insulin, estrogen and testosterone levels.

8 Get tested: Know if you're at risk by observing symptoms and listening to your body as you go through changes in life. And have your health care provider screen you. With early detection of breast or prostate health problems, chances of correcting the problem are substantially increased.

Estrogen Dominance

One risk factor of both breast and prostate cancer is a hormonal condition called estrogen dominance.

In women, faltering estrogen metabolism can occur during perimenopause (10-15 years prior to menopause). During this time there can become a rising imbalance and fluctuations in the estrogen to progesterone ratios. Furthermore, some women will produce less of the 'good' estrogen and more of the unregulated type called 16-hydroxy which behaves like a 'super estrogen.'

This estrogen imbalance can result in PMS, breast cysts, tender swollen breasts and ultimately breast cancer.

Also adding to estrogen dominance are xenoestrogens, environmental toxins that behave just like estrogen in the body. These are found in pesticides, herbicides, food containers and packaging and cosmetics. These toxins are virtually found everywhere and are responsible for hormonal disruptions that can trigger cell mutation.

Estrogen dominance strikes men during mid-life and at the expense of testosterone levels. Says nutrition researcher Brad King, "As a matter of fact, it is not uncommon for a man of retirement age to have higher estrogen levels in his body than a woman of the same age, provided the woman isn't on estrogen-replacement therapy..." Overweight and men who don't exercise are at the most risk. Excessive alcohol consumption also reduces testosterone levels and increases estrogen output.

Testosterone Conversion

High testosterone has traditionally been blamed for benign prostatic hyperplasia (BPH), also known as enlarged prostate, and ultimately prostate cancer. However, the culprit is really a converted testosterone called dihydrotestosterone (DHT). When testosterone is converted to DHT it binds to receptor sites on the prostate gland and causes prostate cells to multiply. Usually the first symptom is a reduced urine flow followed by painful urination, nighttime urinating and loss of libido. It can ultimately end in a diagnoses of prostate cancer.

About 75 percent of men over 50 years have measurable enlargement of their prostate gland.

Advancing age, excessive alcohol use, high processed carbohydrate diets and lack of physical activity contribute to the conversion of testosterone into DHT.

Testimonies

Real-life stories from Nature's Sunshine Managers and Associates of life-changing events.

Natria improves look and feel of hair and skin



I love the Natria Restoring Shampoo and Restructuring Conditioner. It has a very balancing effect. My clients that have fine, fly-away hair say it makes their hair more manageable, and those with dry hair say it leaves their hair soft. I also love the Moisture Full Body Wash and don't need lotion as it doesn't leave my skin dried out!
Evelyn



My very red hair had faded into a pale something with nearly all grey. I loved my sample of the Natria Restoring Shampoo so much that I bought a bottle. Before I finished the first bottle, people began to notice that my hair colour was changing.

They actually think that I coloured my hair! It is subtle, but a definite increase in colour. I don't suppose I'll ever get all that red back, but I think it is amazing that restoring pH balance to your hair and scalp can affect the colour of your hair. Also, my skin doesn't itch with the Natria Moisture Full Body Wash like it does even with other "natural" shower gels.
Stormie Freimarck

Natria products are wonderful. At the age of 56 I have grey hair and have since my 30's. My hair was always dry and brittle, too. Since using the Natria hair care products I receive constant compliments about the softness and shine of my hair. I also like the skin care products. My skin stays very supple and the dryness that usually plagued my skin is no longer there. What wonderful products.
Janice McComb



Girl overcomes viral infection with HRP-C

My 11-year old daughter has been suffering since June 2003 with some very uncommon symptoms. She has been hospitalized three times and has seen approximately 20 specialists here in



Vernon and at the Children's hospital in Calgary. Doctors in Vancouver also reviewed her file. Her symptoms were sore throat and high fever for approximately four days and then she would break out in vaginal ulcers and some mouth sores, which were very painful, including smelling and discharge to the point of having difficulty in walking and in needing catheterization four times since June. She would miss an average of two weeks per month of school and one month she attended only five days.

After five outbreaks and no answers we were referred by a friend to NSP Manager, Kathy Deane. We came to see her while our daughter was sick for the fifth time. Through a great deal of thought and prayer the decision was made to build up her immune system so that her body could battle the virus within. She took several herbs, and in particular a Chinese combination called HRP-C (eight per day for four weeks). After four weeks she was starting the same cycle, indicating that she may have an outbreak of sores again, accompanied by a sore throat and high fever. This was typical for her around a full moon. We then increased the number of HRP-C to 12 capsules per day until her fever broke, then reduced the number to eight per day again. Her body had indicated that it needed more "ammunition to fight harder." Much to our families' relief she was

like a regular child this month—very active and healthy and most importantly no ulcers and no catheter. Follow up visits confirmed that she is fighting the virus more effectively and we will continue to arm her body with the herbs required to improve her immune system.
Marlene Segeren

Focus ATN and Evening Primrose improve mood and concentration in ADD

A 12-year-old boy diagnosed as having ADD and being dyslexic started a program of Focus ATN and Evening Primrose Oil. He wasn't learning at school, was disruptive and couldn't concentrate. As a result, he had to be removed from school and his mother has been home schooling him, and finding it very difficult. Within 1 week of taking Focus ATN and Evening Primrose Oil he



was able to concentrate better and is able to complete his homework.
From the office of Hugo Stiller

Eight-year-old Ryan was diagnosed with ADD and recently prescribed Ritalin, despite concerns about its side effects. He was having a hard time concentrating on his schoolwork and couldn't focus. Each day he had to bring home a report from his teachers regarding his behaviour. All that changed when NSP Manager, Rose Stroud gave Ryan's parents Focus ATN to try. After only two days Ryan's parents could see a change in his behaviour. He was bringing home good reports from school and there was less fighting with his older brother. After 10 days improvement continued—Ryan was doing homework, receiving good reports from school and fighting less. He has been on Focus ATN for one month now and his parents report that he is a changed boy!
From the office of Hugo Stiller



Maca makes for better lovers

Arizona physician Gary Gordon, MD, former president of the American College for Advancement in Medicine, and maca user, enjoys the Peruvian plant's benefits: "We all hear rumors about various products like Maca, I personally experienced a significant improvement in erectile tissue response. I call it nature's answer to Viagra." Dr. Gordon believes Maca forestalls the hormonal changes of aging by normalizing steroid hormone levels (testosterone, progesterone and estrogen) in both men and women.

Source: Discovery Health, Chris Kilham



Running on Empty

Ask the average Canadian adult what he or she would like more of (other than money, of course) and most will tell you they want more ENERGY. In fact, you could say, among the adult population there is a bioenergy crisis. And it's no wonder. The modern lifestyle is increasingly complex and stressful. In addition, the air, water and food is becoming more a source of toxic chemicals than a source of health and vitality.

According to doctors and alternative health practitioners, this sluggish existence many find themselves in is actually the cause of a host of chronic and age-related diseases.

For those in the midst of this bioenergy crisis, getting a few hours more sleep, if they can sleep, is only part of the answer. Like a car sputtering on its last fumes of gas these individuals are running on empty.

The good news is that there are simple solutions to recharge your bioenergy and regain the vitality you once had.

And when we talk of energy, we are not referring to that morning cup of coffee, or afternoon junk-food snack. Bioenergy is that which the body needs for optimum, sustained performance at the physical, mental and cellular level throughout the day. Read on to see how you can get more!



When it comes to bioenergy, the human body is surprisingly like other machines such as automobiles and electric motors. All

these machines require quality fuel to create energy to operate at optimal performance. Unlike man-made machinery, however, the body magnificently manufactures its own energy given the right raw materials.

The body manufactures bioenergy in the form of adenosine triphosphate (ATP) inside little power plants in cells called mitochondria. ATP is the universal energy of the human body; and literally powers every cell enabling us to perform everything from thinking to running. ATP is manufactured from the food we eat—the protein, fats, and carbohydrates. Therefore, the higher quality of raw material (nutrition) the more energy in the form of ATP is produced.

Because the body is constantly using ATP, it must be replenished on an ongoing basis. As warm-blooded animals, some 80 percent of our bioenergy is used solely to generate heat for survival. That leaves only the remaining 20 percent to provide bioenergy for all other bodily functions. With most of the ATP allocated for heat production, without a steady supply other bodily functions suffer, such as immunity, strength, endurance, mental acuity, etc. Dr. Edward Conley, medical director of one of North America's leading centres for the treatment of Chronic Fatigue Syndrome and energy related issues of aging puts it this way: "If you have a five percent drop (in energy), it comes out of that 20 percent that we have for everything else, which is effectively a 25 percent decrease in the amount of energy that you have available to expend. To put things in perspective, if you reduce your energy production even by 1 percent that will be enough to reduce your immunity, cause some significant problems with thinking

and make you feel general mild fatigue."

Now that we know how bioenergy is manufactured in the body, we can better understand how to maintain and increase this vital life force.

The 'stuff' bioenergy is made from

As stated earlier, the production of bioenergy (ATP) requires raw material in the form of protein, fats and carbohydrates, and the nutrients each provides. In actual fact, science does not know how the body can take food and manufacture it into chemical energy. We only know that it does. And the quality and quantity of those raw materials (food) will determine the amount of bioenergy available. We've all met that 80-year-old with the energy of a 20-year-old and that 20-year-old that acts more like 80. The difference? Bioenergy.

Protein:

Quality protein is an essential raw material for the manufacture of bioenergy. Protein helps us sustain energy levels and build and maintain vital body tissue such as muscle and connective tissue. Furthermore, the amino acids in protein are used in numerous chemical processes throughout the body. In fact, next to water, protein is the most abundant substance in the body. How important is protein? Brad King, nutrition researcher explains: "Every day your body builds and rebuilds close to 300 billion cells with the raw materials found in protein. Carbohydrates can supply energy for building these body proteins, but they don't

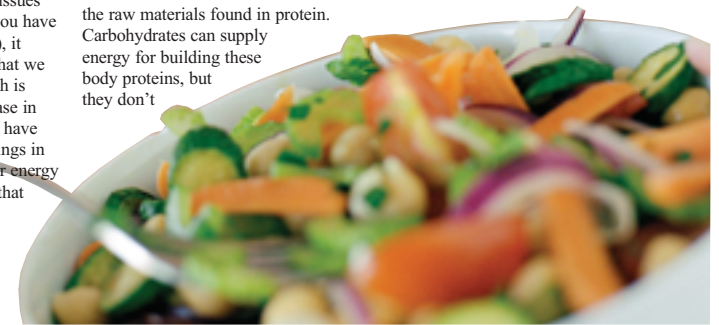
supply the actual raw building materials. Only protein and certain fats can do that...Protein is absolutely essential for life..."

When we think of protein many of us envision a thick, juicy steak. But did you know that the average over-the-counter steak at your local grocery store is only 22 percent protein? It can hardly be called a quality source of protein. There is also concern over harmful growth hormones, pesticides, herbicides and antibiotics. Choose your protein wisely to get the best possible quality. Eggs are quickly gaining health-food status for their high-quality protein and nutritional value. Fish, especially wild fish, is another excellent source of protein.

It is also believed that our early pre-historic ancestors' diet was at least 30 percent protein; and that they were healthier than people raised on the agriculture diet of carbohydrates.

Why: Your most bioavailable source of protein.

If you're concerned about the quality of your protein, or need to supplement for optimal health, there is no better source of amino acids than whey protein isolates. This is the most bioavailable protein known. By taking whey, you'll notice a steadier supply of energy and endurance throughout the day as it feeds the mitochondria of your cells to produce vital bioenergy. It also provides additional health benefits to the immune system.



Not all fat is bad

Strangely enough in this age of “Fat Free” products everywhere, people are fatter than ever. Margarine has replaced butter. Trans fats and processed vegetable oils have largely disrupted a healthy ratio of omega 6 to omega 3 essential fatty acids.

Contrary to belief, all fats are not bad and some are vital for proper energy production, cellular health, weight loss, mental and hormonal health. Healthy fats provide needed raw material for the efficient production of energy within the mitochondria of cells.

Carbohydrates

When we think of quick energy, carbohydrates immediately come to mind, and for good reason. Carbohydrates are made up of starches and sugars which provide glucose for immediate energy needs, especially during athletic or strenuous activities.

Carbohydrates also contain many of the vitamins, minerals, antioxidants and fibre the body needs for optimal health. The body needs good quality carbohydrates for energy production and health maintenance. The problem: the North American diet is littered with carbohydrates that have been so overly refined they nutritionally amount to nothing more than simple sugars. These carbohydrates are the white flour products, pasta, refined wheat, corn meal, potatoes. Even pasta sauces, dips, salad dressings and processed meats have had sugar (largely in the form of corn syrup) added for flavour.

With the vitamins, minerals and fibre stripped away, these foods are dead.

Furthermore, because these

processed carbohydrates are basically starches and sugar, they cause wild fluctuations in blood sugar levels and insulin secretion. We’ve all experienced that tired feeling about one hour after eating a big meal. Or by mid-afternoon you’re feeling lethargic and crave a high-carbohydrate snack to get you through to dinner. That tired feeling is the result of low blood sugar.

Because the high carbohydrate content of the last meal flooded your system with sugar, your pancreas in turn flooded your system with insulin to escort that sugar into cells to be converted to bioenergy. However, an hour or two later insulin has done its job and you’re left with no more glucose supply for quick energy. Or worse, after years of eating simple carbohydrates, the pancreas doesn’t produce enough insulin or cells have become resistant to the uptake of glucose. At this point the sugar and insulin now just circulate in the blood stream, starving our cells of a necessary raw material for the production of ATP!

The solution: Choose carbohydrates which release their sugar slowly over time. This ensures a steady supply of raw material for energy production.

Preserving your bioenergy-producing machinery

ATP, the universal energy of the body, is produced within the mitochondria of cells. Mitochondria are like little power plants generating energy (ATP). The more active a cell, the more mitochondria it has; for instance, a heart cell, which is very active, can contain 5000 mitochondria. People who exercise have more mitochondria because their cells are more active.

Like all things, however, mitochondria are susceptible to damage and the aging process itself. Explains Dr. Edward Conley: “To a great degree, aging is the process of damage to your energy-producing machinery, the mitochondria...It is not just your age that counts, but the amount of damage you have sustained to your energy-producing machinery that to a great extent determines how old you are.”

Science today is estimating that with proper nutrition and lifestyle some can expect to live to be 120 to 150 years. Whether you live that long or not, reducing the amount of damage to the mitochondria will go a long way to ensuring vibrant health as you do age.

Free Radical Damage

Damage to your mitochondria mostly occurs in the form of free radical damage. For this discussion it is enough to say that free radicals are naturally and unnaturally produced molecules that are out of control and cause damage to cellular structures.

Burnt out from Stress

“You feel fatigued, headachy, depressed, so you drink more coffee to get through the day. Momentarily you feel better, able to fight the world, because you are whipping your endocrine glands (usually the adrenal glands) to produce this false sense of exhilaration. Your sense of well-being is a mask hiding the truth. How long can you continue whipping the endocrine glands?”—*Dr. Henry Bieler, M.D.*

The over-production of adrenaline by the adrenal glands in response to stress is a major cause of free radical damage to the mitochondria, states fatigue expert Dr. Conley: “Even though adrenaline has survival advantages, it damages us by producing large amounts of free radicals.”

Since the genes within the mitochondria of cells are 200 times more susceptible to damage from free radicals than the genes within the nucleus of cells long before we see the development of disease, we see damage to our bioenergy-producing machinery as a result of free radicals.

Stress also eats up lots of energy that could be used elsewhere by the body. Adrenaline’s job is to ready the body to stand and fight or run for safety. Improved strength, enhanced vision, increased heart rate, faster breathing, restricted blood flow, etc., are great if one is being chased by a bear. But in today’s culture the adrenaline switch is seldom turned off. Instead, people are under adrenaline overload from the

stress of everyday situations, such as traffic jams, job, family, finances, world events, etc.

Air pollution, chemical and heavy metal exposure

As stated earlier, mitochondria, the energy-producing machines in cells, are very susceptible to damage by free radicals. Pollution and toxins in our air, food, water and living environments all contribute to free radical formation in the body. On a daily basis we are exposed to numerous toxins that affect our health in many ways. For instance, pesticides commonly used on food are actually designed to disrupt the mitochondria, to eventually kill the insect. Years of ingesting food with pesticide residue also affects humans.

Cigarette smoke is particularly damaging to the energy-producing machinery. Smoking is a known source of free radical formation.

Furthermore, smoking reduces absorption of oxygen, which is also necessary for energy production. Yet because nicotine is actually a stimulant and provides a false sense of increased temporary energy, a vicious cycle ensues: smoking creates fatigue which in turn compels the smoker to reach for another cigarette for more energy.

Nutritionally empty food and calorie restrictive diets

As previously stated, the quality and quantity of bioenergy largely depends on the raw material the mitochondria has to manufacture ATP.

It is sad today to see so many choosing diets largely based on empty food—food that does not provide the vitamins, minerals, protein, good fats,

antioxidants and fibre for optimal health and energy production.

Instead people are filling up on empty foods. These foods usually result in over-eating. Processed foods are usually high in simple carbohydrates and unhealthy fats, but leave one nutritionally starved and feeling fatigued. So it’s back to the table for more a few hours later.

Calorie restrictive diets are equally as bad, whether it’s to lose weight or due to a busy schedule. Restricting calories ultimately results in less nutrition, which results in fewer raw materials available to produce energy.

The solution is to choose quality, unprocessed foods and use nutritional supplements for times when you can’t eat properly or to make up for nutritional deficiencies. You’ll find that in many cases, when you satisfy the body’s need for nutrition, cravings will vanish, you will eat only what you need, energy and a sense of well-being will increase.

Nature has provided

We are all meant to lead healthy vibrant lives. The current bioenergy crisis many of us find ourselves in today is the result of a direct assault on the body’s energy-producing machinery. The body is crying for the right mix of nutrients and lifestyle habits that allow it to maximize its energy production.

For those who find themselves in the grip of this bioenergy crisis, on the next two pages there are suggestions of how specific nutrients and whole foods can provide what might be nutritionally lacking. In addition to nutritional changes, lifestyle recommendations should include moderate exercise and a good night’s sleep.

End your bioenergy crisis and get yourself back into vibrant living.

4 Steps to maximum Bioenergy

1. Clean out the toxins

CleanStart (3994-2)

One of the first things people notice after cleansing their system of toxins is a renewed sense of energy. Sluggish digestion and elimination robs the body of energy. Furthermore, accumulated toxins disrupt the body's energy-producing machinery. Start your program to renewed energy with an internal cleanse.



2. Provide quality raw materials

GreenZone (1095-4/1097-7)

Supplement your diet with whole food "green drinks" that are brimming with life. "Green drinks sustain the natural human cycle at optimum with plant-based foods steeped in the sunlight and infused with the abundant energy of the soil and rain—pure life energy crucial to maintaining your anabolic drive and the most fundamental way to successfully support your hormonal development control and fidelity," says nutrition researcher Sam Graci. One serving of quality 'green drink' can be nutritionally equivalent to six servings of fresh organic mixed salad.



Whey Protein (NutriBurn) (9483-9)

Not only is whey protein one of the highest quality sources of protein with all the essential amino acids—and is therefore a complete whole food that feeds the energy-producing machinery of the body—but it has protective properties as well. Glutathione is an antioxidant found in the body essential for preventing free radical damage to cellular structures. Essentially, the more glutathione one has, the healthier one is and the longer one lives. The antioxidant is also a powerful detoxifying agent of heavy metals and formaldehyde. Furthermore, it provides a protective and recharging effect on both vitamin E and vitamin C—two other essential antioxidants that help protect your mitochondria from free radical damage.



One of the best ways to increase the amount of glutathione is by taking whey protein. Cysteine is an amino acid used to manufacture glutathione and whey protein is a rich source of cysteine. Studies have shown that by taking whey protein one can dramatically increase the amount of glutathione available for cellular protection.

Coenzyme Q10 (4034-2)

At the cellular level, CoQ10 is the must-have nutrient for the production of adenosine triphosphate (ATP). It is also critical for Stage III in the Krebs cycle—the electron transfer stage—to function properly. Consequently, there is a direct correlation between the amount of CoQ10 one has and the amount of ATP manufactured.

As a potent antioxidant, CoQ10 resides in the very mitochondria of cells where it neutralizes free radicals, preventing them from causing their destruction.

We get CoQ10 through quality foods high in CoQ10 (beef, pork, sardines, salmon, anchovies, mackerel, broccoli, spinach and nuts) and through production in the liver from certain vitamins, trace minerals, and the amino acid tyrosine. The typical North American diet of low-quality protein and too high in simple carbohydrates does not provide adequate CoQ10 for optimum energy production.

Supplementation is usually necessary. Others at risk of low CoQ10 are vegetarians, those with liver damage, those on cholesterol-lowering drugs, anyone with heart disease, the elderly and convalescents.



Magnesium Complex (1859-8)

Magnesium is indispensable in the production of ATP and for the management of stress. Magnesium is directly involved with ATP in an enzymatic process that releases energy, and then is involved in another process to convert the released energy back into ATP. Thus, without adequate magnesium, ATP (stored energy) could never be released.

The secretion of adrenaline due to stress can deplete magnesium from cells. This simultaneously increases the stress response with even more adrenaline secretion in individuals with low magnesium. Adequate magnesium helps to keep the secretion of adrenaline within normal parameters during periods of stress.

3. Minimize free radical damage to your energy-producing machinery

Super Trio (30-day Vitamin/Mineral/Antioxidant/Omega 3 Pack) (20-5)

Super Trio contains a daily supply of vital nutrients and a powerful blend of antioxidants to scavenge and neutralize free radicals that may damage cell mitochondria. In addition, Super Trio contains a high-potency omega 3 fish oil capsule to reduce inflammation and maintain cellular health.

Zambroza (4098-5)

Formulated for the promotion of energy, health and longevity, this powerful juice blend combines 11 fruits and herbs to yield a uniquely formulated natural health product with exceptional holistic properties. Zambroza is made from the exotic-tasting mangosteen, wolfberry and sea buckthorn fruits from the Orient. Plus, it contains the antioxidant power of red and concord grapes, raspberries, blueberries, grape seed and grape skin, apple fruit extract and decaffeinated green tea extract.

4. Control stress

Mineral-Chi Tonic (1818-3)

Trace minerals are vital nutrients necessary for feeding the energy-producing machinery of the body and balancing the endocrine (glandular) system. Potassium, for instance, enhances energy output by providing the chemical spark in the release of bioenergy.

Both in Western and Chinese herbal traditions there is the concept of adaptogen herbs, which seek to bring the energy and endocrine systems of the body into balance, or "homeostasis." Specifically, the combination of herbs in Mineral-Chi Tonic, including ginseng, schizandra, licorice, astragalus, ginger and ginkgo biloba, with potassium and other trace minerals, feeds, regulates and protects the endocrine system. Its action, while affecting the entire endocrine system, is more specifically targeted to the adrenal glands in helping to reduce the wearing effects of stress and improve one's ability to cope with stressors.

Adrenal Support (1507-0)

Due to the constant stress of modern life, adrenal glands can suffer from burn out. Keeping all your endocrine glands healthy is important since they rely on each other. Adrenal Support includes adrenal glandular substance (from New Zealand BSE-free bovine) plus vitamins and herbs to help maintain proper adrenal function.

Building a nutritional foundation

While these are not the only nutrients valuable for increasing bioenergy, they make a good foundation to build upon. The powdered drink mixes and liquid forms mentioned here can be mixed in a blender with wholesome fruit to provide a bioenergetic start to the day.



Why You Need Essential Fatty Acids



From the desk of
ROBERT LEVERT

At a time when fat is in the dock for several health concerns, one may wonder if it still has its place on our plate. Does our body

really need fat?

Our body does need fat, but not just any fat. The fatty acids necessary for health that cannot be produced by the body are called essential fatty acids; they are sometimes referred to as vitamin F or polyunsaturates.

Essential fatty acids, required for a healthy body and mind, are divided in two basic categories, omega-3 and omega-6. Omega-3 is a classification of certain fatty acids and their names are EPA (eicosapentaenoic acid), DHA (docosahexaenoic acid), and ALA (alpha linolenic acid). Omega-6 is another classification of certain fatty acids and their names are LA (linoleic acid) and GLA (gamma-

linolenic acid).

Every living cell in the body needs essential fatty acids. They are essential for rebuilding and producing new cells. They are also necessary for the production and balance of prostaglandins, hormone-like substances, which regulate all body systems and functions, including the cardiovascular, immune, reproductive, and central nervous systems. Essential fatty acids are found in high amounts in the brain where they assist in the transmission of nerve impulses; they are necessary for normal brain function. Japanese researchers have verified that a deficiency of EFAs can result in an impaired ability to learn and recall information.

To better understand why omega-3 and omega-6 fatty acids are so vital to health, let's focus on each individual fatty acid and their functions. EPA, an omega-3 fatty acid, plays a critical role in cell membranes and in other body functions and structures. DHA, an omega-3 fatty acid, is found in

high concentration in the grey matter of the brain and the retina of the eyes, and is instrumental in the function of brain cell membranes, which are important for the transmission of brain signals. ALA, another omega-3 fatty acid, is metabolized into EPA and DHA in the body. Fish oils and flaxseed oil are the best sources of omega-3 fatty acids.

LA is classified as an omega-6 fatty acid. Magnesium, selenium, zinc, vitamins B6, A, C, and E are necessary for the conversion of LA to other omega-6 fatty acids, namely GLA. GLA, the most active omega-6 fatty acid, is converted by the body to a hormone-like substance called prostaglandin E1 (PGE1). It aids immune function, protects against heart disease and vascular disease, reduces inflammatory conditions, regulates brain function and nerve impulses, balances the action of insulin, increases metabolism and is highly effective for weight loss. Evening Primrose Oil is the best source of LA and GLA.

Numerous studies have reported that diets rich in EPA and DHA reduce the risk of cardiovascular disease and various forms of cancer. Fish oil has also been reported to be helpful in reducing the signs and symptoms of many diseases, especially those associated with inflammation and allergies such as psoriasis, eczema, and rheumatoid arthritis.

GLA supplementation in diabetics has been proven to enhance nerve function and prevent diabetic nerve disease. GLA-rich oils may be helpful for treating hyperactivity and schizophrenia.

If you are concerned about the fact

that certain prostaglandins generate inflammation, you should know that our body makes them from meat, dairy products or vegetable oils that contain omega-6 fatty acids, but never from fish oils, flaxseed and evening primrose oils.

By now, you probably better understand why supplementing with essential fatty acids is so important to your health. For that purpose, Nature's Sunshine provides us with three essential fatty acids supplements that cover all our needs. Evening Primrose Oil is mainly used to help lower high blood pressure, reduce platelet aggregation, and relieve symptoms of premenstrual syndrome (PMS). Flaxseed Oil is especially helpful with allergies, intestinal problems, and autoimmune diseases. Super Oil, which contains a full range of the essential fatty acids, is most

effective in reducing cholesterol and triglycerides, pain and inflammation associated with arthritis, alleviating various skin conditions, and regenerating the myelin sheath, which is essential to healthy nerve functions.

Lack of essential fatty acids can cause a number of symptoms including mood swings, abnormal clotting of blood platelets, growth retardation, immune weakness, gastrointestinal problems, heart and circulatory problems, skin problems, hair loss, menstrual problems, fibrocystic breast disease, sterility, allergies, mental problems, inflammatory conditions, ringing in the ears, decreased fertility, dry eyes, prostate enlargement and obesity. Prolonged deficiencies can lead to serious autoimmune diseases.

As you can see, the type of fat you eat is of enormous consequence to your overall health.

EFA Supplements	Classification	Fatty Acids
Super oil (contains Flaxseed oil, fish oil [cold water], soya lecithin, evening primrose oil and vitamin E [as a preservative] Stock #8235-8 (90)	Omega-3	<ul style="list-style-type: none"> EPA DHA ALA converted by the body to DHA and EPA.
	Omega-6	<ul style="list-style-type: none"> LA converted by the body to GLA. GLA converted by the body to PGE1.
Fish Oil (Available as part of the Super Trio Pack) Stock #20-5	Omega-3	<ul style="list-style-type: none"> EPA (18%) DHA (12%)
Flaxseed Oil (available as a single product). Stock #1770-3 (60)	Omega-3	<ul style="list-style-type: none"> ALA (58%) converted by the body to DHA and EPA.
	Omega-6	<ul style="list-style-type: none"> LA (14%) converted by the body to GLA.
Evening Primrose Oil (available as a single product). Stock #1787-7 (90)	Omega-6	<ul style="list-style-type: none"> LA (72%) converted by the body to GLA. GLA (9%) converted by the body to PGE1.

EFA Dietary Fats





From the desk of
ROBERT LEVERT

Natural Relief for Common Ailments

Most people's initial reaction to common ailments is to grab an over-the-counter medication or run to the doctor's office, that is if they're not NSP Herb Specialists.

Some of the common ailments most people confront include headaches, cold sores, coughing, anxiety, fatigue, indigestion, insomnia, menstrual cramps, sinus congestion, snoring, and sore throat, to name a few. Let's review each of these common ailments and their natural relief alternatives to over-the-counter medication.

Headaches – Almost 90 percent of all headaches are classified as muscle contraction, or more commonly known, "tension headaches." **HVP** is known to reduce the tension associated with headaches. **Calcium & Magnesium** help relieve migraines by restoring the natural balance of brain chemistry. **High Potency Feverfew** effectively reduces the severity and the frequency of migraine headaches for many people.

Cold sores develop around the mouth, generally on the lips, and are caused by a virus called Herpes simplex, a cousin to Herpes zoster, which causes another type of painful skin lesion called shingles. **HRP-C**, a Chinese herbal combination, strengthens immunity against bacterial and viral infections, including contagious



diseases such as cold sores. **HRP-C** extract can be used internally and externally to treat cold sores. **Tea Tree Oil** can also be applied undiluted directly on the sores for great results. **Coughing** – The common cough is perhaps more common than the common cold. Roughly half of the

people seeking medical care in winter suffer from inflammation of the respiratory tract, with cough and related symptoms. **Zinc & Vitamin C Lozenges** contain the ingredients to help soothe mucous membranes, fight the common cold, fight viral infection and treat sore throat.

The diffusion and inhalation of **Eucalyptus Oil** is also very helpful in soothing the mucous membranes and destroying harmful microorganisms in the environment.

Anxiety is an unpleasant emotional state ranging from mild unease to intense fear. Though anxiety is normal and, in fact, healthy, higher levels of anxiety not only are uncomfortable, but can lead to significant problems.

Extreme stress can definitely trigger anxiety, and so can certain stimulants such as caffeine. Valerian, hops and passionflower, as found in **HVP**, have been shown to be helpful for anxiety. These herbs calm and do not produce the typical "drugged" symptoms associated with pharmaceutical sedatives. On the other hand, **Vitamin B-**

Complex feeds the nervous system, and **Magnesium**, a muscle relaxant, helps relieve tension that accompanies high anxiety.

Fatigue could be a symptom of some underlying health problem, such as adrenal gland dysfunction, chronic fatigue syndrome, lack of sleep, or stress. Then again, it could be nothing more than that tired, run-down feeling in which case **Energ-V** will enhance your energy level. Energ-V, a type of "spring tonic," improves stamina and vitality by cleansing the body of metabolic by-products, stimulating circulation to promote healing, improving digestion, reducing nervous tension, strengthening the nervous system and glandular function, and increasing immunity. Another excellent option is **Chinese Mineral Chi Tonic** which consists of liquid colloidal minerals and several Chinese tonic herbs that nourish the body's life force, maintaining health and balance.

Indigestion – Always have on hand **Papaya Mints** chewable tablets, just in case. Not only are they refreshing, but they are digestive stimulants as well. They can be taken before, during or after a meal to freshen breath and aid digestion.

Insomnia may be caused by stress, worries, or stimulants. **HVP** contains nerve toners that can allevi-

ate insomnia. **Calcium & Magnesium** feed the nervous system and may help you get a better night's sleep.

Lavender is most effective in helping with insomnia; it is calming, soothing, balancing, and helps relieve anxiety.

Menstrual cramps are mainly caused by contractions of the uterus.

These contractions are regulated by hormone-like substances called prostaglandins. An imbalance of prostaglandins is often due to a diet high in saturated fat and low in polyunsaturated essential fatty acids, especially gamma-linoleic acid as found in **Evening Primrose Oil**, which explains why this oil is so precious during menstruation. Hormonal imbalance caused by higher estrogen levels can result in severe menstrual cramps. **Women' Formula**, a female corrective herbal formula, enhances glandular function and normalizes hormone imbalance, thus soothing stressed nerves, relaxing muscle spasms, and relieving anxiety and pain.

Sinus congestion – Sinusitis causes nasal congestion, sometimes severe pain across the nose and cheeks and often a headache as well. Some colds progress to sinusitis. **Tei Fu Oil** is recommended for sinus congestion, stuffy nose, colds and headaches. Simply inhale or put a

drop at the opening of each nostril or on temples for quick relief.

Fenugreek & Thyme is a decongestant and expectorant herbal formula. It relieves sinus and lung congestion by thinning mucosal fluids and stimulating expectoration.

Snoring occurs when the breathing passages are obstructed by the tongue or excess mucus in the throat. Turning to the side or using additional pillows may help. If it is caused by excess mucus, then **Protease Plus** may be of great help since excess mucus may be due to lack of digesting protein properly. **Noni** (liquid or capsules) is high in bromelain which helps break up and thin thick mucus. **CoQ10** helps individuals with breathing difficulties as it improves oxygen consumption.

Sore throat is a typical first symptom of colds, but sore throat may also be caused by exposure to chemical irritants or by a bacteria called streptococcus. An effective remedy to relieve a sore throat is **Liquid Chlorophyll**; simply gargle with undiluted Liquid Chlorophyll and you will notice relief almost instantly. **Zinc & Vitamin C Lozenges** contain all the ingredients, namely vitamin C, zinc, slippery elm, licorice, echinacea, spearmint, eucalyptus and peppermint, for easing dry and sore throat, and effectively relieving coughing and colds.

Wellness Has Never Tasted So Good

Zambroza™ the remarkable health-promoting formula

Zambroza is a powerful juice blend combining 11 of the world's most health-promoting fruits and herbs to yield a uniquely formulated natural health product with truly exceptional holistic properties. Formulated to have a high antioxidant potency (ORAC rating), Zambroza is made from the exotic-tasting **mangosteen**, **wolfberry (goji berry)** and **sea buckthorn fruits** from the Orient. Plus, it contains the antioxidant power of **red and concord grapes**, **raspberries**, **blueberries**, **grape seed and grape skin**, **apple fruit extract** and decaffeinated **green tea extract**.



Now Independently Certified for Potency
ORAC, HORAC, Xanthone, Phenolic, and Bioflavonoid Content

Zambroza's™ ingredients support 11 of the body's most vital systems

	Mangosteen	Wolfberry	Sea Buckthorn	Apple Extract	Blueberry	Concord Grape	Grape Seed	Grape Skin	Green Tea	Red Grape	Raspberry
Circulatory System	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Digestive System	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Immune System	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Nervous System	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Structural System	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Urinary System	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Energy	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vision	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cell Function	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Skin	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Respiratory	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



Also available in convenient fruit bars called Zambars

Stock# 4104-1