

Nature's Sunshine Canada

Ring-In-Spring Savings 2013

**NEW
PRODUCT**
See Page 12

Spring is time for
balancing &
rejuvenation

10% OFF

Select Herbs & Supplements

March 1st — 28th

Vol. 2 — No. 10

Cleansing & Balancing

Bowel Health

Intestinal & Digestive System

Cleansing & Balancing: An important first step in traditional healing

Cleansing has always been an important step on the road back to health in traditional healing systems. Today, herbalists have formulated combinations of the best cleansing and detoxification herbs and nutrients. Completing a comprehensive herbal cleanse is an excellent way to renew your health and get you back on track to feeling rejuvenated. An effective herbal cleanse seeks to accomplish the following:

- Transport toxins to the liver and kidneys
- Process toxins for elimination
- Protect the liver, brain, and other organs from circulating toxins
- Release toxin-laden bile fluid into the intestines
- Bind toxins in the intestines to avoid reabsorption
- Eliminate bound toxins through the stool and urine
- Restore function to eliminative organs.

Aside from ridding the body of disease-causing toxic build up, an herbal cleanse increases energy, improves the immune system, reverses constipation, helps in weight loss and improves the complexion.

Source: Albert Zehr, Ph.D., *Healthy Steps to Maintain or Regain Natural Good Health*, Abundant Health Publishers, Burnaby, BC, Canada, 1990

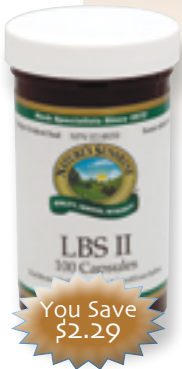
Healthy digestion and elimination are at the centre of good health

The condition of our gastrointestinal tract (mouth, esophagus, stomach, large and small intestines) is an important health concern due to the amount of potentially harmful material that passes through it and the fact that many, if not most, diseases originate in the gut.

Source: Andrew M. Keech, PhD, *Peptide Immunotherapy, Co-lostrum: A Physician's Reference Guide*, AKS Publishing, 2010



LBS II: Herbal Laxative Formula



A traditional herbal formula of nine herbs to support proper bowel function as a traditional herbal laxative. Contains cascara bark, buckthorn bark, licorice root, turkey rhubarb root, ginger root, capsicum, couch grass herb, oregon grape root, and red clover tops.

- A traditional herbal laxative formula.
- Contains the laxative herb cascara sagrada.

Stock no. 10940-7

~~\$22.86~~ retail \$20.57 retail

LB Extract: Liquid Herbal Laxative Formula



A traditional herbal formula of 10 herbs to support proper bowel function as a traditional herbal laxative. Contains cascara sagrada, senna leaves, buckthorn bark, alfalfa herb, psyllium hulls, licorice root, rhubarb root, barberry bark, ginger root, slippery elm bark.

This liquid extract is ideal for those who find it difficult to swallow capsules or tablets.

- A traditional herbal laxative formula.
- Contains the laxative herb cascara sagrada.

Stock no. 13112-6

~~\$28.00~~ retail \$25.20 retail

Tiao He Pak

10-day Balancing Body Cleanse that won't disrupt your life



Tiao He Pak is a 10-day balancing and cleansing program. It employs the time-honoured systems of both Chinese and Western herbology to gently support the cleansing mechanisms of the body.

- Gentle formula.
- A balance of Western and Chinese herbal traditions.
- Daily dose is individually packaged for convenience.

You Save
\$4.83

Stock no. 10756-0

~~\$48.29~~ retail \$43.46 retail

“As a young adult, I suffered with gluten intolerance, irritable bowel and colitis and this had caused many serious health issues. When I was introduced to Nature’s Sunshine Products 22 years ago, I started on a journey to naturally improve my health. I have been faithful in taking the Tiao He Pak, sometimes daily, sometimes three to four times a week. Since I began this journey I feel healthy and energetic.”



*Carla Brown
MasterGold
Oshawa, ON*

Stomach Comfort

Quench The Fires Of Indigestion



You Save
\$2.39

A natural alternative to over-the-counter antacids.

- Relieves discomfort and burning associated with heartburn.
- Relieves symptoms of indigestion and acid reflux.
- Chewable pleasant-tasting tablets.

Stock no. 12538-1

~~\$23.89~~ retail \$21.50 retail

BWL-BLD

Building Formula



You Save
\$3.07

BWL-BLD offers an assortment of vitamins, minerals, enzymes and herbs.

- Contains digestive enzymes, betaine hydrochloride, bile salts, pepsin, and pancreatin.
- Includes an herbal base including cascara sagrada, psyllium hulls, marshmallow, and ginger.

Stock no. 13512-9

~~\$39.71~~ retail \$27.64 retail

FACT:

The bark of Cascara Sagrada (sacred bark) has been called the most widely used cathartic on the earth. Traditionally employed as a remedy by Native Americans, the bark became known to the settlers and eventually passed into use by the medical profession. The pharmaceutical house of Parke, Davis & Co. first marketed Cascara Sagrada in 1877, and in 1890 it was included in the U.S. Pharmacopoeia. The bark makes an effective laxative by promoting peristalsis—the involuntary constriction and relaxation of the muscles of the intestines resulting in a bowel movement. Cascara Sagrada can be taken on its own or in combination with other cleansing and laxative herbs. Source: Michael A Weiner, Ph.D. and Janet A. Weiner, *Herbs That Heal*, Quantum Books, 1994

Cascara Sagrada

Traditional Herbal Laxative



You Save
\$1.94

A widely-used herbal laxative on its own as here, or in combination with other supportive ingredients.

- Gentle relief for occasional constipation.
- Traditional herbal laxative.
- A long history of safe, effective use.

Stock no. 10094-6

~~\$19.26~~ retail \$17.42 retail



Cascara Sagrada branch

Oregon Grape Extract

Gentle Digestive Aid



Native Americans used the bark to make a medicinal tea.

- Increase the flow of bile to act as an aid in digestion.
- Easy-to-take vegetable glycerine base for those who find it difficult to take capsules or tablets.

Stock no. 11935-4

~~\$32.86~~ retail \$29.57 retail

Marshmallow & Pepsin

Soothing Combination



The combination of the marshmallow root with the protein digestive enzyme pepsin.

- Pepsin helps digest protein.
- Marshmallow is a traditional herb containing mucilage.

Stock no. 11992-8

~~\$23.43~~ retail \$21.09 retail

FACT:

Perhaps you've heard of marshmallow herb and have wondered if it has any relation to that junk food delight we roast

around campfires. Well, English sweetmeat-makers have made a confectionary paste from the root of marshmallow, but today's version contain no marshmallow.

Marshmallow root contains a high amount of mucilage and starch, the powdered herb will draw out and absorb moisture from damp surfaces.

Magnesium Complex

The Mega-Health Mineral



A complex using two of the best-absorbed forms of this important mineral: magnesium citrate and magnesium malate.

- Helps metabolize carbohydrates, protein and fats.
- Supports the maintenance of healthy bones and teeth.
- Helps with proper muscle function.

Stock no. 10789-3

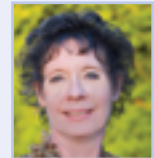
~~\$17.29~~ retail \$15.56 retail

*"I'm a very busy Shiatsu
Massage Therapist and I'm
constantly using my hands
for the past 11 years...*

*Sometimes my hands get
a bit swollen and sore.*

*One of my favourite
minerals is magnesium...*

*I call it 'A Miracle Mineral'
that I won't be without!"*



*Lucy Taylor
Silver
Nanaimo, BC*



Psyllium Hulls & Seed Capsules or Powdered Mix

The Colon 'Broom'



You Save
\$1.82

Psyllium is used in herbal medicine as a bulk-forming laxative and is commonly referred to as a "colon broom," because of the hulls' bulking, cleansing and absorptive action through the intestinal tract.

- Provides gentle relief of constipation and/or irregularity.
- Promotes bowel movements by increasing bulk volume and water content.

Stock no. 10945-1 (hull capsules)

~~\$18.21~~ retail \$16.39 retail

Stock no. 10878-6 (seed capsules)

~~\$26.44~~ retail \$23.80 retail

Stock no. 11993-5 (powdered hulls)

~~\$35.00~~ retail \$31.50 retail

You Save
\$3.50



You Save
\$2.64

Aloe Vera Juice

100% Pure Juice



You Save
\$2.57

Made from the leaves of the Aloe Vera plant.

- Refreshing juice has traditional nutritious health applications.

Stock no. 11862-7

~~25.71~~ retail \$23.14 retail



FACT:

Aloe vera is a member of the lily family. Its name translated from Hebrew and Latin literally means shining and bitter substance (*aloe*) and true (*vera*). Most people are familiar with aloe vera gel which is easily gathered from the inside of the leaf. A juice can also be made from the cells beneath the surface of the thick skin of the leaves. The juice is the source of the pharmacological substance aloe, which has a purgative effect.

Surviving A Toxic World



All Cell Detox

A Broad-Spectrum Formula



You Save \$2.55

This comprehensive 17-herb formula.

- Gentle cleanse formula.
- Supports the major detoxifying organs.

Stock no. 14298-5

~~\$25.50~~ retail \$22.95 retail

Black Walnut: Traditional Single Herb

You Save \$1.67



Valued by early settlers for the meaty walnut inside and the bitter outer hulls.

- Used as a traditional herbal medicine.
- This extract is made of walnut hulls in a water and alcohol solution.

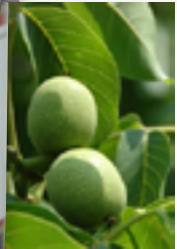
Stock no. 11080-3 (liquid)

~~\$16.71~~ retail \$15.04 retail

Stock no. 10096-9 (capsules)

~~\$20.50~~ retail \$18.45 retail

You Save \$2.05



Yeast & Fungal Detox

Herbal Combination



You Save \$2.42

A special blend of targeted herbs and nutrients.

- Caprylic acid, echinacea purpurea, oregano leaves, sodium propionate, sorbic acid, garlic, Pau d'Arco bark, zinc, and selenium.

Stock no. 16980-0

~~\$24.21~~ retail \$21.79 retail

Heavy Metal Detox

Herbal Combination



You Save \$4.21

A special blend of targeted herbs and nutrients.

- Combination includes alginic acid, N-Acetyl Cysteine, L-Methionine, and alpha-lipoic acid.
- Supports the liver and helps the body eliminate heavy metal toxins.

Stock no. 14646-2

~~\$42.09~~ retail \$37.88 retail



FACT:

“Our digestive tract has a tough job: it has to sort through a huge array of foreign substances—the things we swallow—and decide what’s a nutrient and what’s a danger. The ones deemed nutrients have to be broken down into the smallest possible components and then absorbed. This work is so labour intensive that your intestines measure twenty-two feet. To increase the work capacity, the intestines are folded up into compacted gathers called villi. In fact, the folds are so tightly packed that if you were to flatten them into a sheet, a single centimetre of intestinal lining would cover a double tennis court—an astounding bit of origami.”

Source: Lierre Keith., *The Vegetarian Myth*, Flashpoint Press, Crescent City, CA, 2009

FACT:

“Over 1.1 million North Americans suffer from inflammatory bowel disease (IBD); Canada has one of the highest rates of IBD in the world.

“IBD is a general term used for Crohn’s and ulcerative colitis where inflammation of the bowel causes anemia, fever and weight loss. It occurs in men and women equally, and tends to strike between ages of 16 and 40. Three thousand cases of people with IBD are diagnosed in North America every year. In people with IBD, the immune system is unable to down regulate the inflammatory response. The inflammation injures the epithelium the outer layer of tissue in the gut and elsewhere, resulting in gastric distress (among other symptoms) and damage to the tissues.”

Source: Lorna R. Vanderhaeghe, *Get A Grip On Arthritis and Other Inflammatory Disorders*, Bearing Marketing Communications, Toronto, 2004



Acidophilus Bifidobacterium Probiotic Supplement



You Save \$3.00

Contains 4 billion active friendly bacteria of the following strains: *Lactobacillus rhamnosus*, *Lactobacillus acidophilus*, and *Bifidobacterium longum*.

- A natural part of healthy gut flora.
- Probiotics form part of a natural healthy gut flora, and provide live micro organisms that benefit health.

Stock no. 11005-8

~~\$30.00~~ retail \$27.00 retail

Probiotic II

Eleven Strains Of Probiotics



You Save \$4.29

Probiotic 11 provides billions of beneficial intestinal micro-organisms from 11 probiotic strains.

- Utilizes the most beneficial strains of probiotics.
- Helps fight Candida overgrowth.
- Supports overall digestive function and immune health.

Stock no. 16947-1

~~\$42.86~~ retail \$38.57 retail

FACT:

A healthy intestinal environment is the very foundation of good health. And one of the best ways to keep your intestines in good health is to ensure a proper balance of gut flora (friendly bacteria).

Having a healthy population of gut flora alleviates several uncomfortable conditions like gas and bloating, diarrhea, constipation, Irritable Bowel Syndrome, yeast overgrowth and general intestinal discomfort.

But that's just the beginning. The benefits of maintaining good intestinal bacteria levels go far beyond easing intestinal discomforts. Friendly gut flora produce certain B vitamins, improve digestion and nutrient assimilation, and control harmful levels of yeast and protozoa. They're also responsible for producing digestive enzymes like lactase, and powerful immune factors.

But this critical ecosystem is fragile and easily disturbed. Some antibiotics can completely kill off the beneficial bacteria in the gut. Steroid drugs like cortisone and prednisone, as well as birth control pills and chemotherapy can also upset your gut flora. In addition, poor nutrition and weak digestion can impair the efficiency of intestinal bacteria, as can stress, trauma, surgery, or parasitic infestation.

When the number or activity level of your good bacteria drops too low, it opens the door for harmful bacteria and yeast to proliferate, allowing the opportunity for diseases to develop.

Keeping your population of friendly bacteria up is an important step to good health. To restore friendly bacteria take probiotic supplements and you'll soon be back in balance.

Sources: Nora T. Gedgaudas, CNS, CNT, *Primal Body, Primal Mind*, Healing Arts Press, Rochester, Vermont, 2011; Larissa Long, "Digestive Disorders and Fermented Foods," *Well Being Journal*, Vol. 22 No. 1, January/February, 2013; A.J. Keillor, "Add Probiotics To Your Spring Cleanse," *Vista Magazine*, Issue 58, May/June, 2008.

Candida Clear: 14-day Cleanse Program



You Save
\$9.29

Candida Clear is a 14-day program formulated with natural ingredients such as pau d'arco, caprylic acid, oregano, prebiotics and probiotics.

Candida Clear also includes a proprietary blend of protease enzymes. These enzymes are used as digestive aids and to help break down undigested proteins.

- Program helps to balance the microflora of the intestinal tract.

Stock no. 14856-2

~~\$92.86~~ retail \$83.57 retail

The Many Faces Of Candidiasis: Candida, a form of yeast (*candida albicans*) is normally confined to the lower bowel, the vagina, and skin. In healthy individuals it is harmless and kept in check by the good bacteria like bifidobacteria, acidophilus and other probiotics. But if the balance of the intestinal environment is altered, then opportunistic yeast (candida) will proliferate and affect other body tissues and ultimately overall health.

To help know if you might be experiencing an overgrowth of candida, a condition called candidiasis, do this simple quiz of symptoms. If you find yourself answering yes to several of the symptoms, consider your need to restore balance to your intestinal environment:

- Fatigue, especially after eating
- Depression
- Gastrointestinal problems such as bloating, gas, intestinal cramps, diarrhea, constipation, or heartburn
- Rectal itching
- Allergies (including both food and airborne)
- Premenstrual syndrome
- Impotence
- Memory loss, mood swings, feel mentally disturbed
- Recurrent fungal infections such as jock itch, athlete's foot, or ringworm
- Extreme sensitivity to chemicals, perfumes, smoke, and other odours
- Recurrent vaginal or urinary infections
- Prostatitis
- A feeling of being lightheaded or drunk after a minimal amount of alcohol and some foods
- The above symptoms worsen in moldy, damp places, damp weather, and after eating or drinking yeast or foods containing sugar



Source: The Burton Goldberg Group, *Alternative Medicine, The Definitive Guide*, Future Medicine Publishing, Puyallup, Washington, USA, 1993

Para-Pak: 10-day cleanse program



You Save
\$3.89

This 10-day herbal cleanse program contains traditional herbal combinations.

- Black walnut, herbal pumpkin, caprylic acid and clove herb.

Stock no. 11218-0

~~\$38.93~~ retail ~~\$35.04~~ retail

Pau D'Arco

Traditional Single Herb



A South American herb used in many traditional cultures.

- Traditional uses for the inner bark of the Pau D'Arco tree include skin irritations, sore throats and colds.

Stock no. 10827-0

~~\$21.07~~ retail ~~\$18.96~~ retail

You Save
\$2.11

FACT:

Parasitic infection is not something to take lightly according to Dr. Leo Gallard, M.D., of New York City, a specialist in parasitology. Even mild parasitic infection can cause major health problems. His own experience is that over half of the people diagnosed as suffering from irritable bowel syndrome had intestinal parasites.

According to Dr. Gillard's findings, any person with chronic gastro-intestinal complaints (bloating, diarrhea, abdominal pain, flatulence, chronic constipation, multiple allergies) and unexplained fatigue should be tested for parasitic infection.

Source: *Alternative Medicine, The Definitive Guide.*

Herbal Pumpkin

Herbal Combination



A traditional herbal formula containing eight individual herbs.

- Contains pumpkin seeds, black walnut hulls, Turkey rhubarb root, violet leaves, chamomile flowers, mullein leaves, marsh-mallow root, and slippery elm bark.

Stock no. 10607-1

~~\$26.80~~ retail ~~\$24.20~~ retail

You Save
\$2.69

Caprylic Acid Combination

Herbal Combination



A fatty acid and herbal supplement.

- Contains the fatty acid caprylic acid combined with elecampane root, black walnut hulls, and red raspberry leaves.
- Enteric coated capsules.

Stock no. 16535-3

~~\$29.40~~ retail ~~\$26.46~~ retail

You Save
\$2.94

CURCUMIN

from Nature's Sunshine

Introducing Cure-Q-Min

Powerful Anti-Inflammatory

NSP's new curcumin supplement with the proprietary C₃ complex delivery system.

- Antioxidant.
- Anti-Inflammatory.
- Effective at reducing arthritic joint pain.

Stock no. 16962-0

~~\$55.71~~ retail \$50.14 retail

Over 4000
research
papers (and
climbing)
attest to
its many
benefits.

**NEW
PRODUCT**

You Save
\$5.57



Are your household cleaning products friend or foe to you and the environment?

Triclosan, one of the latest chemicals to be found in household cleaners, deodorants, cosmetics, anti-bacterial soaps, even toothpastes, appears to do more than kill bacteria. The American Medical Association and the FDA have both expressed concerns about this chemical leading to hormone-altering side effects and stating that "it may be prudent to avoid the use of antimicrobial agents in consumer products." Echoing their concerns, researchers from numerous health institutions worldwide have also come to this conclusion.

A recent study conducted at the University of California, Davis, uncovered that one of the chemicals commonly added to antibacterial soaps can interfere with normal hormonal activity in the body. The researchers found that this chemical increased a process known as gene expression which is normally regulated by testosterone.

They also discovered that when they fed the chemical to male mice, the animals' prostate glands grew abnormally large.

Another study finds that triclosan can actually block signals from the brain to the muscle, including some of the most important muscles of all: the ones in your heart. In a series of experiments on mice, researchers found that exposure to triclosan cut heart function by 25%. It also decreased their grip strength for a full hour after exposure.

These are just some of the many reasons to switch to safe household cleaners and deodorizers that won't hurt you, your loved ones, or the environment. (See the next page for savings on environmental cleaning products from NSP.)



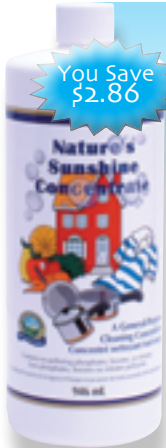
The 'Dynamic Duo' For All Your Cleaning Needs

Your cleaning products shouldn't be a threat to you, your family, or the environment. At NSP we offer powerful cleaning solutions that meet virtually all your household cleaning needs, but won't hurt you or the environment.



Nature's Sunshine Concentrate

The only cleaner you'll ever need!



You Save
\$2.86

NSP Concentrate is a general purpose, non-flammable cleaning concentrate that is effective on all types of dirt and grime, yet won't harm the environment or you because it contains no polluting phosphates, borates or nitrates. Its biodegradable cleaning and sudsing agents break down easily, helping to prevent foaming or sudsing problems in our lakes and streams. That's a good thing. NSP Concentrate is a versatile product with literally hundreds of uses. Used full strength, it is a powerful cleanser. In various dilutions, it can be used to clean an extensive variety of items, even for personal hygiene.

Stock no. 10975-5

~~\$28.57~~ retail \$25.71 retail

Nature's Fresh

Stain and odour remover through the power of enzymes!



You Save
\$2.67

This widely tested deodorizer utilizes a special formulation of enzymes gleaned from plant sources. These enzymes work as deodorizers and break down the molecular structure of stains without harming fabric. Eliminates organic odours, such as those created by foods, smoke, urine, feces, mildew, vomit, and pets. Eliminates stains caused by food, juices, blood, pets, urine and other organic substances.

Use wherever you encounter odour and stains: Spray into air or directly onto the source—shoes, clothing, bed linens, lingerie, upholstery, carpet, auto interiors, etc. For stain prevention and removal, spray or soak stained area.

Stock no. 14629-4

~~\$26.71~~ retail \$24.04 retail

to/from

To order contact your Nature's Sunshine Business Associate
or call: 1-800-265-9163 or www.naturessunshine.ca



Find us on:
facebook.

Join us on FaceBook for
even more product specials.



10% OFF

Select Herbs & Supplements

March 1st — 28th

Vol. 2 — No. 10

Cleansing & Balancing

Bowel Health

Intestinal & Digestive System

Winter 2013 Campaign No. 10, Stock no. 15862-4 (50). For educational purposes only.