



Nature's Sunshine Canada  
**Spring Time  
Savings 2013**

Spring is in the air  
and so are **SAVINGS**  
on select herbs  
and supplements

**10% OFF**  
Select Herbs & Supplements

**April 19th — May 31st**  
Vol. 2 — No. 11

**Liver & Digestive Systems**  
Female Health Concerns  
**Cellular & Immune Health**

# The Renewal Of Spring

Spring has finally arrived and with it a sense of excitement and new beginnings. Traditional cultures around the world regard spring as a time to clean, refresh, restart, and renew. They believe that nature itself teaches this by ensuring that many of the first plants to emerge from winter's sleep have cleansing and renewing properties.

One of the most important of these first plants to emerge is the dandelion. Although considered a pesky weed to most Canadians, this early-spring arrival has traditionally been a welcomed sight of fresh, nutritious greens after a long winter.

The dandelion was first used extensively as a food and medicinal plant by the Europeans. They brought it with them to North America where it was immediately adopted by the Native Americans for the same reasons. Even today, grocery stores regularly carry fresh dandelion leaves in their produce department.

To the early Europeans and Native Americans dandelion was mainly used medicinally for conditions of the kidneys, gallbladder, liver, digestive system, and as a diuretic and laxative. In many herbal combinations of today, you will find the dandelion is still a prominent ingredient for the same reasons.

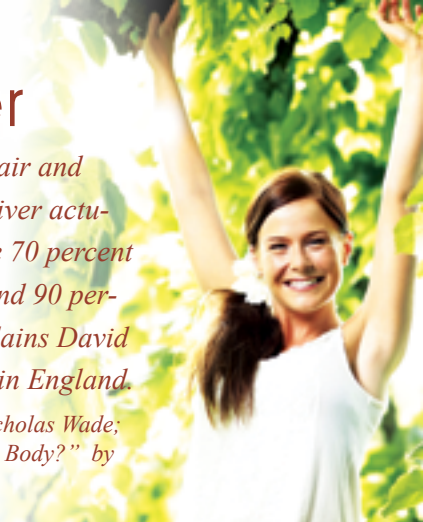
We hope that you find yourself renewed by the coming of spring. It's also the perfect time to renew some of your health objectives, too! In helping with that we offer Spring Savings of 10% OFF the select products featured in this spring catalogue.

Source: Daniel B. Mowrey, Ph.D. *Herbal Tonic Therapies*, Keats Publishing, Inc. New Canaan, Connecticut, 1993. Michael A. Weiner, Ph.D. and Janet A. Weiner, *Herbs That Heal*, Quantum Books, Mill Valley, CA, 1994.

# Your Amazing Liver

The liver is known for its amazing capacity to repair and regrow itself thanks to its rich blood supply. The liver actually renews its cells every five months. "I can take 70 percent of a person's liver away in an operation and around 90 percent of it will grow back within two months," explains David Lloyd, liver surgeon at Leicester Royal Infirmary in England.

Source: *New York Times*, "Younger Than You Think," by Nicholas Wade; August 2, 2005. *Daily Mail*, "So How Old is the Rest of Your Body?" by Angela Epstein; October 2009.



## Dandelion Herb: More Than Just A Weed



A traditional herb with a long history of use for the digestive and urinary systems.

- A traditional diuretic.
- Used to help treat digestive disturbances (dyspepsia).
- Used to help increase bile flow and to help stimulate appetite.
- Used as an alternative to help relieve dermatological conditions such as eczema.

Stock no. 13533-8

~~\$19.21~~ retail \$17.29 retail

You Save \$1.92



## LIV-A: Traditional Herbal Liver Tonic Formula



A traditional herbal formula to support digestion function. Herbs include dandelion, turmeric, blessed thistle, gentian, and artichoke leaves.

- Traditional formula for the relief of indigestion, gas, or fullness.
- Relieves stomach complaints.

Stock no. 10825-6

~~\$23.86~~ retail \$21.47 retail

You Save \$2.39

## LIV-C: Relieves Excess Wood Conditions



In traditional Chinese medicine wood formulas are related to the liver and gallbladder. This formula relieves excess conditions of wood.

- Helps internal organs work together harmoniously.

Stock no. 11791-4

~~\$27.86~~ retail \$25.07 retail

You Save \$2.79

## Milk Thistle: Friend And Protector Of The Liver



Milk thistle has a long tradition of use for conditions of the liver and gallbladder. The group of active flavonoids in milk thistle are collectively known as *silymarin*. The most effective milk thistle preparations are made from milk thistle seed extract standardized to 80% silymarin content. NSP's Milk Thistle is a time release formula to provide sustained benefits over a period of time.

- Liver protectant against damage caused by exposure to toxins.
- Supports liver function and relieves digestive disturbances/dyspepsia.

Stock no. 18117-7

~~\$20.71~~ retail ~~\$18.64~~ retail

You Save \$2.07

## LIV-Gd Liver Support



LIV-Gd (Liver Guard) is a formula containing a synergistic blend of liver-supportive ingredients. Includes milk thistle, vitamin C, beta carotene, iron, choline, inositol, and the herb dandelion.

- Contains the liver-protectant herb milk thistle in a standardized form of 80% silymarin.

Stock no. 13398-7

~~\$40.03~~ retail ~~\$36.84~~ retail

You Save \$4.09

## Catnip & Fennel Liquid Herbal Extract



Traditional herbal medicine combination.

- Contains the herbal extract of catnip and fennel in a vegetable glycerin base.
- Easy-to-take liquid supplement.

Stock no. 11081-4

~~\$30.03~~ retail ~~\$27.84~~ retail

You Save \$3.09

## QUIZ YOUR LIVER

Your liver is no slouch: weighing in at almost three pounds the liver is our largest and most metabolically active internal organ, performing over 500 chemical functions. Without it we would die in 24 hours. All this activity, however, makes it highly susceptible to damage. For this reason, liver tissue has the amazing ability to regenerate itself to keep functioning. But like anything, work it too hard, overwhelm it, and eventually it will wear out. Dr. Kim Balas has devised a simple quiz to help you discover if your liver may need a little attention. Answer each question, tally your score, and see what it means.

- How often do you drink alcoholic beverages?
  - Daily (15 points)
  - A few times each week (10 points)
  - A few times each month (5 points)
  - Rarely or never (no points)
- Do you work around chemicals of any kind? (Examples: beauty parlor, dry cleaning, carpet cleaning, house painting, pest control, chemical lawn maintenance, auto repair shop, etc.)
  - Yes (15 points)
  - No (no points)
- How do you feel when you wake up in the morning?
  - Refreshed and invigorated (no points)
  - Sluggish, groggy or irritable (10 points)
- Do you have swelling, pain or tenderness under your right rib cage?
  - Yes (10 points)
  - No (no points)



- Do you have PMS problems (women) or prostate problems (men)?
  - Yes (5 points)
  - No (no points)
- Are you easily angered or irritated?
  - Yes (10 points)
  - No (no points)
- Do you frequently feel tired, depressed or sluggish?
  - Yes (5 points)
  - No (no points)
- Do you have skin problems such as acne, eczema or rashes?
  - Yes (10 points)
  - No (no points)
- How often do you get headaches or migraines?
  - Frequently (10 points)
  - Occasionally (5 points)
  - Rarely or never (no points)
- Do you crave sweets or have problems with hypoglycemia or diabetes?
  - Yes (10 points)
  - No (no points)

### What might your score mean?

60+: You definitely need to nutritionally support your liver. You should also reduce your exposure to chemicals (food additives, pesticides, etc.)

30-60: Supporting your liver may help to improve your overall health.

29 or less: Congratulations, your liver thanks you for looking after it.

Source: Dr. Kim Balas presentation on the Hepatic System

## Super Omega-3

Essential Fats For Better Health



Omega 3 fatty acids are universally praised for their broad health benefits.

- For overall maintenance of good health.
- Helps reduce levels of triglycerides and triacylglycerols.
- Cardiovascular health.
- Supports brain and nerves in children and adolescents.

You Save  
\$3.91

Stock no. 14772-8

~~\$39.14~~ retail \$35.23 retail

## Flax Seed Oil

Essential Fatty Acids



Flax Seed is a source of essential fatty acids.

- Flax Seeds contain alpha-linolenic acid which the body converts to omega 3 fatty acids.
- Essential fatty acids and omega 3 fatty acids are for the maintenance of good health.

You Save  
\$3.32

Stock no. 11490-9

~~\$33.21~~ retail \$29.89 retail

## Super Oil

The Ultimate Omega 3-6-9



A source of essential fatty acids for the maintenance of good health.

- Provides the essential fatty acids the body needs.
- A balanced blend of omega 3, 6, and 9 essential fatty acids.

You Save  
\$4.49

Stock no. 10948-0

~~\$44.86~~ retail \$40.37 retail

## Evening Primrose Oil

Essential Fatty Acids



Evening Primrose is a source of essential fatty acids.

- Evening Primrose Oil is a source of essential fatty acids, including gamma linolenic acid (GLA). Each capsule contains 40 mg GLA, 340 mg linoleic acid (LA) and 35 mg oleic acid.

You Save  
\$3.94

Stock no. 10757-1

~~\$39.40~~ retail \$35.46 retail



## Brainy Facts About Omega 3 Essential Fatty Acids

Omega-3 fatty acids are called essential fatty acids because they are vital to human health and cannot be manufactured by the body but must be supplied through the diet. While omega-3 fatty acids benefit many body systems,

the brain benefits greatly. In fact, the brain is made up of approximately 60 percent fatty acids — up to 70-80 percent of its dry weight. Interestingly, the body's highest concentration of omega-3 fatty acids is in the brain. Omega-3 fatty acid is actually made up of two fractions: DHA (docosahexaenoic acid), and EPA (eicosapentaenoic acid). Dietary deficiencies of these essential fatty acids affect mental performance, learning, emotional state and mood in adults and children alike.

The DHA fraction of omega-3 makes up to one quarter of the human brain's fatty acid stores, and has a particular affinity to the brain's intelligence, memory, and attention span capacities. Only the DHA fraction of the omega-3 gives brain cell membranes their soft, pliable texture for maximized brainpower.

The EPA fraction, on the other hand, helps to reduce inflammation and helps the membranes absorb DHA. EPA produces mood-regulating messenger chemicals that assist the brain and nervous system.

Completely formed omega-3 fatty acids are commonly found in cold-water fish such as salmon and sardines and in meats of pasture-fed animals or wild game.

Sources: Sam Graci, *The Path to Phenomenal Health*, John Wiley & Sons Canada, 2005; Nora T. Gedgaudas, CNS, CNT, *Primal Body, Primal Mind*, Healing Arts Press, Toronto Canada, 2011

## Adrenal Support To Support Overall Good Health

- Includes the herbs holy basil and rhodiola for the maintenance of good health.
- Contains Borage seed oil, a source of the essential fatty acid GLA.

Stock no. 14204-5

~~\$31.43~~ retail \$28.29 retail



You Save  
\$3.14



# Nature Provides

Your nutritional and health needs are as unique as your smile. It's true that a woman is confronted with unique health challenges that will vary throughout her life.



## Female Concerns

### F.E. Formula

#### Black Cohosh Formula



A standardized black cohosh, time-release formula to support a woman during the change of life.

- Helps relieve symptoms associated with menopause.
- Contains the Chinese herb dong quai.

Stock no. 10168-3

~~\$28.07~~ retail \$25.26 retail

You Save \$2.81

### FCS-II

#### PMS Symptom Relief



FCS II is used for the relief of menstrual pain and cramping.

- Contains red raspberry, blessed thistle, cramp bark, squawvine and black cohosh.

Stock no. 10784-6

~~\$25.86~~ retail \$23.27 retail

You Save \$2.59

### Wild Yam & Chaste Tree

#### Restoring Progesterone Levels



A herbal combination containing ingredients historically used by women to alleviate some of the undesirable symptoms of menopause.

- Helps relieve symptoms of menopause and PMS.
- Used in Herbal Medicine as a hormone normalizer to help stabilize menstrual cycle irregularities.

You Save \$2.35

Stock no. 10164-8

~~\$23.53~~ retail \$21.18 retail

### Collatrim Plus & Collatrim Capsules



You Save \$3.90

A source of the non-essential amino acids that are involved in protein synthesis: alanine, arginine, aspartic acid, glycine, proline and serine.

Stock no. 14979-6 (powder)

~~\$58.30~~ retail \$52.55 retail



You Save \$5.84

- Amino acids provide the building blocks for the synthesis of protein, which goes into the healthy formation of hair, skin, nails, muscles, and connective tissues.

Stock no. 11481-3 (capsules)

~~\$39.00~~ retail \$35.10 retail

## FACT:

The more fibre a woman consumes the more excess estrogen leaves her body through the digestive system. Scientists at the University of Toronto have determined that young girls who consume more than 25 grams of fibre daily (in the form of cereals, whole grains, fruits and vegetables) are 50 percent less likely to experience early onset of their menstrual periods. This has lifelong benefits, since early menarche is linked to a 10 to 15 percent higher risk of breast cancer as she ages.

Later In life, faltering estrogen metabolism can occur during perimenopause (10-15 years prior to menopause) creating a condition called estrogen dominance. During this time there can become a rising imbalance and fluctuation in the estrogen to progesterone ratios.

In addition, some women will produce less of the 'good' estrogen and more of an unregulated type called 16-hydroxy which behaves like a 'super estrogen.'

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

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

Source: Nisha Jackson, Ph.D., *The Hormone Survival Guide For Perimenopause*, Larkfield Publishing, San Rosa, California, 2004

### C-X: Traditional Herbal Menopause Formula



You Save \$3.13

A female formula of traditional Western herbs.

- For the relief of symptoms associated with menopause: hot flashes, mood swings, night sweats, insomnia, etc.
- Contains blessed thistle, false unicorn, black cohosh, licorice, squaw vine, sarsaparilla, and Siberian ginseng.

Stock no. 9601-1

~~\$31.29~~ retail \$28.16 retail



## Liquid Calcium

### Easy-To-Take Calcium



An easy-to-take calcium supplement plus additional minerals. Great tasting and good for kids too.

- 500 mg of calcium, 200 mg of magnesium plus vitamin D3 and zinc.
- All the benefits of a Calcium/Magnesium supplement in an absorbable liquid form.

Stock no. 11480-2

~~\$37.14~~ retail \$33.43 retail

You Save \$3.71

## Chinese Mineral-Chi Tonic

### Chinese Herbs Plus Minerals



A Chinese herbal and mineral tonic to balance chi. Chi is known in Traditional Chinese Medicine as the 'life force.'

- Provides 180 mg of potassium per serving.
- Contains a full spectrum of ionically-suspended trace minerals.
- Contains Chinese tonic herbs astragalus, ginger, licorice, reishi mushroom, schizandra, Siberian ginseng, ginkgo and more.

Stock no. 11222-7

~~\$50.00~~ retail \$45.00 retail

You Save \$5.00

## Calcium/Magnesium plus Vitamin D and more...

### Two Macro Minerals Plus Important Cofactors



A macro mineral supplement of calcium, magnesium, phosphorus and vitamin D3. Calcium and magnesium are easily depleted through stress and poor diet.

The SynerPro version contains a proprietary concentrated base of cruciferous vegetables and herbs.

- Helps in the development and maintenance of bones and teeth.
- When combined with sufficient vitamins and a healthy diet and exercise calcium may reduce the risk of osteoporosis.
- Magnesium and phosphorus help the body metabolize carbohydrates, fats and proteins.
- Magnesium supports proper muscular function.

Stock no. 18116-6 ~~\$20.00~~ retail \$18.00 retail (SynerPro) (150 tablets)

Stock no. 11378-9 ~~\$29.50~~ retail \$26.55 retail (Cal-Mag) (200 tablets)

You Save \$2.00

You Save \$2.95

## Electrolytes For Cellular Energy



Inside your trillions of cells are little energy plants called mitochondria. Within these little plants exist enzymes and oxygen to help break down foods to release energy. Certain nutrients from foods, referred to as electrolytes, namely, potassium, magnesium, calcium, chloride, and sodium, play an important role in the production of cellular energy. In a complicated and delicate dance, they balance themselves in and out of cellular membranes, and in turn, become electrically charged. The combination of electrolytes, with various nutritional cofactors, produces a burst of energy within the cell mitochondria. About 80 percent of this energy escapes as heat. The rest is used to create the body's universal energy-carrying substance, known as adenosine triphosphate (ATP). ATP provides a form of energy that can be used by every cell in the body. In fact, your body produces about 200 pounds of ATP every day. Beyond providing energy to cells, ATP also helps amino acids cross cell membranes and helps muscles contract and lengthen.

The manufacturing and quantity of ATP is largely dependent on what you feed your energy-producing power plants. Stephen Sinatra, cardiologist, author and researcher, emphasizes the importance of nutrition in healthy energy production: "The healthy operation of the human energy system requires the adequate formation of energy. This process is dependent upon a sufficient intake of oxygen and essential nutrients, vitamins and cofactors. The end product is the pulsation of healthy cells...A deficiency or an imbalance in any part of the system may contribute, over time, to the impaired functioning of cells, tissues, organs, and eventually the entire body."

Sources: Dr. Stephen T. Sinatra, M.D., *The Coenzyme Q10 Phenomenon*, Keats Publishing, Illinois, 1998. / Mildred S. Seelig M.D., Andrea Rosanoff, Ph.D., *The Magnesium Factor*, Penguin Group, New York, 2003. / Robert Garrison, Jr. Elizabeth Somer, *The Nutrition Desk Reference*, Keats Publishing, Connecticut, 1995.

## FACT:

A hundred years ago, North Americans consumed an average of 500 mg of magnesium every day. But because of dietary changes and soil mineral depletion, that number has dropped to around 200 mg today. We've long known that magnesium deficiency is extremely harmful, but new research suggests that this impact may be even more widespread and profound than previously thought.

Italian researchers recently discovered that there are a staggering 3,751 magnesium binding sites on human protein, the basic building blocks of our bodies. This means that an abundance or lack of magnesium significantly affects protein function — and how our proteins function has profound ramifications on our health.

Source: An excerpt from Dr. Julian Whitaker, *Health & Healing Newsletter*, March 2013



## Herbal CA

### Traditional Herbal Formula



A combination containing a traditional blend of nutritive herbs.

- Contains alfalfa, marshmallow, plantain, Irish moss, oatstraw, wheatgrass, and hops flowers.

Stock no. 16771-5

~~\$23.16~~ retail \$20.84 retail

You Save \$2.32

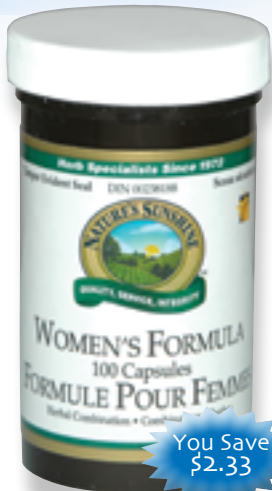


## Are you balancing everything but your hormones?

As a woman you know all about balance! So when your hormonal balance is off your body lets you know. To help restore hormonal balance to your glandular system, trust the time-honoured herbs in Women's Formula.

### Women's Formula

For Overall Female Hormonal Support



This combination is designed to provide support to the female glandular system.

- Contains the herb black cohosh which is traditionally used to help relieve symptoms of menopause, and perimenopause.
- Traditionally used to relax skeletal muscles and support the nervous system.
- A combination of red raspberry leaves, dong quai root, black cohosh root, ginger root, licorice root, marshmallow root, blessed thistle herb, and queen of the meadow herb.

Stock no. 10167-7

~~\$23.29~~ retail \$20.96 retail

You Save \$2.33



## April Showers Bring More Than May Flowers

Spring brings in the end of the flu (influenza) season in Canada. But this doesn't mean you should let your guard down because strains of the virus are still lurking. The flu is a respiratory infection caused by the influenza virus. Various strains of the virus circulate throughout the world, causing local outbreaks. In Canada, flu season usually runs from November to April, and an estimated 10-25 percent of Canadians contract the flu each year. Although most of these people recover completely, an estimated 4,000 to 8,000 Canadians — mostly seniors — die every year from

pneumonia related to flu or other flu-related complications.

So, throughout April/May continue following flu-prevention practices like regular hand washing. Also, remember to cover up your sneezes; a single sneeze can send more than 5000 respiratory droplets into the air at more than 75 kms per hour. Lastly, keep your immune system healthy with proper diet, ample sleep, and reduced stress. GESUNDHEIT!

### Cat's Claw Combination

Traditional Herbal Formula



You Save \$2.94

A traditional herbal combination of immune supportive herbs.

- Contains echinacea.
- Astragalus is used in herbal medicine to help maintain a healthy immune system.
- Cat's Claw is a traditional South American rain-forest herb.

Stock no. 11496-6

~~\$29.36~~ retail \$26.42 retail

### Astragalus

Chinese Immune Support



You Save \$2.26

An important herb in traditional Chinese medicine and an immune system tonic.

- As a tonic herb it is traditionally used to increase chi or "wind energy."
- Support and maintains the health of the immune system.

Stock no. 10999-8

~~\$22.64~~ retail \$20.38 retail

*"Cat's Claw Combination is one of those formulas I simply wouldn't be without. When cold and flu seasons come around, I think Cat's Claw. It helps right from the sinuses to the toes. If I'm under the weather, I think of Cat's Claw. Cat's Claw Combination is a mild herbal formula, versatile and broad-spectrum in its action."*



Carol Nilsson  
Platinum  
Courtenay, BC

## Paw Paw Standardized Herb



A standardized acetogenin product using an extract from the twigs of the North American paw paw tree.

- The active compounds in NSP's Paw Paw are a mixture of over 50 acetogenins.

Stock no. 13034-4

~~\$58.57~~ retail \$52.71 retail

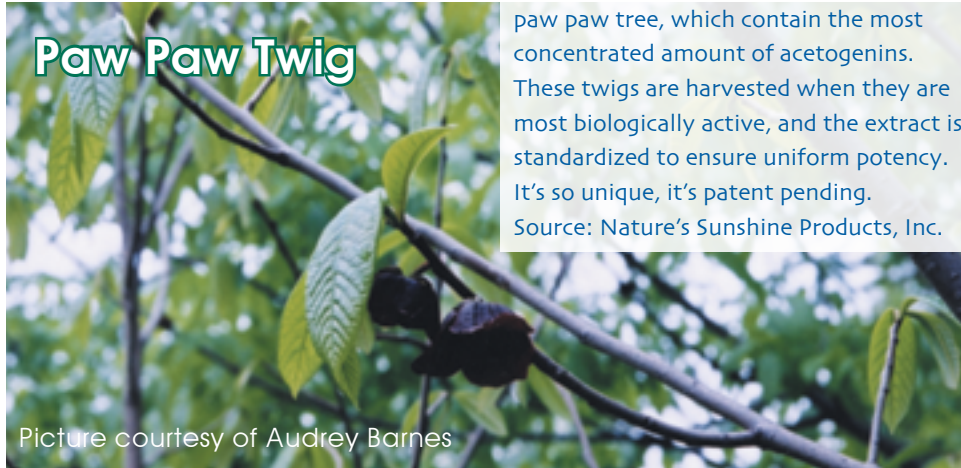
You Save  
\$5.86

# FACT:

## NSP's Paw Paw:

Dr. Jerry McLaughlin (NSP's former Vice President of R&D/QA and Chief Scientific Officer), has researched acetogenins and their role in cellular protection extensively. He has published over 100 articles and studies related to the benefits of these compounds found naturally in the paw paw tree and its tropical relatives.

NSP's Paw Paw is the only standardized acetogenin product using an extract from the twigs of the North American paw paw tree, which contain the most concentrated amount of acetogenins. These twigs are harvested when they are most biologically active, and the extract is standardized to ensure uniform potency. It's so unique, it's patent pending. Source: Nature's Sunshine Products, Inc.



Picture courtesy of Audrey Barnes

## Paw Paw Twig

## Flax Hull Lignans Antioxidant Supplement



Provides antioxidants for the maintenance of good health.

- Mechanical extraction process provides all 27 lignans found in the hull of flax seed.

Stock no. 13961-3

~~\$58.57~~ retail \$52.71 retail

You Save  
\$5.86

## Protease Plus Digestive Enzyme Formula



Protease Plus combines protease enzyme with a plant-sourced trace mineral concentrate for maximum digestive support.

- Protease enzymes break down proteins for digestion and assimilation.

Stock no. 11328-8

~~\$42.36~~ retail \$38.12 retail

You Save  
\$4.24

## E-Tea (Essiac Formula) Native American Tea



A traditional and popular tea used by Native Americans as a blood purifier and immune tonic.

- Each capsule contains 430 mg of Essiac Tea blend: burdock root, sheep sorrel herb, slippery elm bark, and Turkey rhubarb root.

Stock no. 10826-4

~~\$38.57~~ retail \$34.71 retail

You Save  
\$3.86



Make a traditional Native American tea in minutes: E-Tea is a convenient, pre-steeped concentrate that doesn't require the 10-hour traditional method of preparation. The contents of the capsules can simply be added to 4 ounces of hot water and your cup of Essiac tea blend is ready to enjoy.

## Nature's NONI Beverage: A Pleasant-Tasting Beverage Made From The Morinda Citrifolia Plant



Morinda Citrifolia

*Bringing you the long-hidden health tonic of the Polynesian people in a great-tasting beverage formula.*

*Nature's Sunshine's Noni beverage utilizes a unique blend of Morinda citrifolia fruit and other natural flavours to produce a truly unique beverage.*

Morinda fruit, more commonly known as Noni in Hawaii, has an extensive history of use among the Polynesian people and others in the South Pacific, Australia, New Zealand, Malaysia, India and the Caribbean.

- Used for centuries as a tonic by native peoples of the South Pacific and surrounding area.
- Reported to have varied and plentiful health benefits.

Stock no. 18118-3

~~\$32.49~~ retail \$29.24 retail



You Save  
\$3.25



to/from

To order contact your Nature's Sunshine Business Associate  
or call: 1-800-265-9163 or [www.naturessunshine.ca](http://www.naturessunshine.ca)



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even more product specials.



**10% OFF**  
Select Herbs & Supplements

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