



Nature's Sunshine Canada
Summer Savings
2013

10% OFF

Select Herbs & Supplements

July 14th to Aug. 30th

Vol. 2 — No. 13

Digestive Aids • Circulatory Health
Stress and Energy
Oils and lotions

Health and Wellness. Have you got it?



With summer now upon us the opportunities to revive our sense of wellness are numerous. More time spent soaking up sunshine; longer days and pleasant nights to reestablish connections with family and friends; time to stop and marvel at a flower or just gaze at nature. Summer's also the time to enjoy the bounty of fresh produce, as seasonal fruits and vegetables become available and farmers' markets spring up across the country. There's no other time of the year that more symbolizes health and wellness than summer. Summer just makes us feel better about everything.

And this brings us to the question of just what is *health and wellness*? Surely, it's more than just the absence of disease. We've all encountered individuals whom, in spite of having a debilitating condition, are nevertheless overflowing with life.

So just as summer is more than the absence of winter, *health and wellness* is more than the lack of disease. Summer, as we experience it is in fact a state of mind, which affects us at a deep level. Summer nourishes us physically, emotionally, and spiritually. Complete *health and wellness* is also where the physical touches the emotional, affecting the spiritual—and vice versa. The Chinese called it balancing chi. Here in the West, we call it simply being in balance and having a sense of well-being.

In this catalogue of Summer Savings we offer **10% OFF** select supplements, ointments, and lotions to help you enjoy your summer. So, from all of us at Nature's Sunshine Canada, have a safe and happy summer!

Capsicum

Providing Warmth And Heat



You Save
\$1.57

The single powdered herb in 520 mg capsules. Used in traditional herbal medicine as a stimulating herb providing warmth and heat.

- Used to help aid digestive processes.
- Supports peripheral blood circulation.

Stock no. 11456-5
~~\$15.71 retail~~ \$14.14 retail

FACT:

Ever wondered why some people just can't get enough of Hot n' Spicy food?

Well, as it turns out, there is some science behind the love of spicy foods. Capsicum (cayenne, hot peppers) increases the release of feel-good endorphins when the spice hits the tongue, according to Dr. Paul Rozin, Department of Psychology at the University of Pennsylvania.

Source: *Psychological Review*, 1972, 78, 459-486



It all started with one herb...

(From humble beginnings to a world leader.)

The year was 1972, and Gene Hughes, a math teacher in Provo, Utah, was experiencing a particular health concern.

A neighbour suggested Gene take spoonfuls of capsicum powder (cayenne pepper).

Fortunately the neighbour's advice worked, in spite of the obvious burning sensation of the capsicum pepper. To make the remedy easier to take however, Gene's wife, Kristine, had an ingenious idea — why

not stuff the capsicum powder into a gelatin capsule and then swallow the capsule? That way Gene could enjoy the benefits without the unpleasant taste. The idea was a success.

With the help of Gene's sister-in-law, Pauline, they soon sold their idea of encapsulated herbal products to local health-food stores. With that, Nature's Sunshine was born.

Today, over 40 years later, that table-top project has evolved into an international public company that *Forbes* magazine has ranked as one of the top small companies in America, and authors of *Herbal Remedies For Canadians* recognized NSP as the world leader in quality supplement manufacturing.



Gene and Kristine Hughes pictured here hand-filling capsules with cayenne pepper for easy swallowing.

Garlic, High Potency

Odour-Controlled Formula



You Save
\$3.89

A premium garlic supplement supplying 400 mg of garlic which is equal to 1200 mg of fresh garlic. 1,000 mg of fresh garlic is equivalent to one whole garlic clove.

- In herbal medicine it is used to reduce fat levels in the blood.
- Used as a herbal supplement to support cardiovascular health.
- Contains the SynerPro blend of cruciferous vegetables and herbs.

Stock no. 11057-5

~~\$38.87~~ retail \$34.98 retail

Ginger

Calms A Restless Stomach



You Save
\$1.86

This ancient aromatic herb has been clinically shown to aid the stomach and digestive tract.

- Helps prevent nausea and vomiting due to motion sickness.
- Calms a distressed digestive system.

Stock no. 10798-8

~~\$18.57~~ retail \$16.71 retail



FACT:

With summer vacations looming, many of us will be venturing out on the open highway or open water. And for those prone to motion sickness, this can mean nausea and vomiting.

But there is effective relief from motion sickness without the use of medications that can make you drowsy and ruin your fun.

The alternative is the common spice ginger, which has demonstrated itself in numerous studies to be an excellent aid in relieving nausea due to motion sickness and stomach upset. Capsules work best and are convenient for travelling.

Source: Paul Schulick, *Ginger, Common Spice & Wonder Drug*, Herbal Free Press, Brattleboro, VT, 1994.



MC (Mega Chelation)

High-Potency, Multi-Nutrient Formula



You Save
\$6.14

MC is a mega-nutrient, vitamin and mineral supplement designed to support the circulatory system.

MC contains a variety of natural chelating substances. MC contains no artificial colours, preservatives, starches, sugars or yeast.



- Provides vitamins and minerals which are factors in the maintenance of good overall health.
- Contains butcher's broom, plus adrenal, spleen and thymus substances (bovine), and Ginkgo biloba.

Stock no. 10947-5

~~\$61.38~~ retail \$55.24 retail



*It's Never Too Late
To Start A Habit Of
Health*

CoQ10—50 mg

Energizing The Heart



You Save
\$3.54

Co-enzyme Q10, also known as ubiquinone, is a vitamin-like substance present in the mitochondria of every living organism and is essential for all life. Its antioxidant activity scavenges free radicals, reducing oxidative stress on cells throughout the body.

Crystal Free Formula: NSP's formulation of CoQ10 is of a highly absorbable, bioavailable crystal-free form for superior results.

- 50 mg of highly absorbable, crystal-free CoQ10.
- Antioxidant protection against damaging free radicals.
- Also contains conjugated linoleic acid (CLA).

Stock no. 18209-6

~~\$35.36~~ retail \$31.82 retail

No one said it
would be easy.
Just easier.



Stress Pack

Vitamin/Mineral/Herbal Program

Stress Pack combines four unique supplements in a convenient packet.

- Contains Nutri-Calm (Stress Formula), a B-vitamin/mineral/herbal formula to help relieve nervousness, promote sleep and help with normal growth and development.
- Contains traditional adaptogen and calmativie herbs, including shizandra, ginseng, rhodiola, hops, passionflower, chamomile and valerian.
- Conveniently packaged in individual packets.

Stock no. 14857-3

~~\$49.14~~ retail \$44.23 retail

"My husband is a c.p.a, c.a. Income tax period is very stressful with long hours and long weeks (seven days straight). This year I gave him three packets of Stress Pack daily. His secretary of 12 years told me it was the first time she saw him relaxed during tax time."

I have several business men and women on Stress Pack and they do not want to ever be without a box of Stress Pack. They notice a big difference when they run out of this product."



Odette Cousineau
Silver Manager
Montreal, Quebec

8 reasons laughter is good medicine



In her book *A Better Brain at Any Age*, author Sondra Kornblatt provides eight reasons why laughter is a strong prescription for what ails you:

1. Lower blood pressure.
2. Increase vascular blood flow and oxygenation of the blood.
3. Give a workout to the diaphragm and abdominal, respiratory, facial, leg, and back muscles.
4. Reduce certain stress hormones such as cortisol and adrenaline.
5. Increase the response of tumour-and disease-killing cells such as gamma-interferon and T-cells.
6. Defend against respiratory infections—even reducing the frequency of colds—by immunoglobulin in saliva.
7. Increase memory and learning: in a study at Johns Hopkins University Medical School, humour during instruction led to increased test scores.
8. Improve alertness, creativity, and memory.

According to humour specialist Dr. William Fry, M.D., of Stanford University—humour and laughter engages the whole brain. And its effects work quickly. In less than a half-second after exposure to something funny, an electrical wave moves through the higher brain functions of the cerebral cortex. It continues to cascade through the left and right hemispheres, sensory areas, emotions, and physical expressions.

Source: Sondra Kornblatt, *A Better Brain at Any Age: The Holistic Way to Improve Your Memory, Reduce Stress, and Sharpen Your Wits*, Conari Press, 2009

Stress Formula High-potency, B-Complex



You Save
~~\$3.86~~

A multi-vitamin and herbal supplement.

- Contains a complex of B vitamins plus vitamin C.
- Includes a herbal base of the traditional herbs schizandra, hops, passion flower and valerian.

Stock no. 11212-2

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

AD-C Traditional Chinese Formula



You Save
~~\$3.15~~

Traditional Chinese Medicine used as a “fire enhancing” combination to regulate and untrap the chi (vitality).

- The Chinese believe “yang” energy formulas raise the body’s living force, which they call *chi*.

Stock no. 11767-4

~~\$31.50~~ retail \$28.35 retail

HSN-W Herbal Formula



You Save
~~\$2.41~~

A blend of herbs that support general good health.

- Contains dulse, also known as sea parsley. Other ingredients include ginger, sage, and rosemary.

Stock no. 16510-7

~~\$24.07~~ retail \$21.66 retail

Magnesium:

For many it is the missing mineral

The mineral magnesium is named after the Greek city Magnesia, where huge deposits of magnesium sulfate (Epsom salt) were discovered. It has since been declared by medical science as an essential mineral to human health. But while magnesium was gaining medical acceptance and scientific popularity nearly 100 years ago, it was also becoming more scarce in the food supply due to poor soil and farming practices.

Magnesium deficiency has become enough of a health concern that the World Health Organization (WHO) and many governments have conducted symposiums on trying to come up with a solution, but so far without success.

Today, approximately 70 percent of the population is deficient in magnesium due to poor soil, poor diet, refined foods, and lifestyle factors. Most organizations recommend adults receive upwards to 300 mg per day. The best dietary sources of magnesium are leafy green vegetables because the chlorophyll they contain has a central ion of magnesium.

Dr. Carolyn Dean, M.D., N.D., researcher and author of *The Magnesium Miracle*, sums up the many functions of magnesium in the body: "Magnesium regulates more than 325 enzymes in the body, the most important of which produce, transport, store and utilize energy. . . Magnesium also orchestrates the electric current that sparks through the miles of nerves in our body. Magnesium has numerous physiological roles, among which are control of nerve action, the activity of the heart, neuromuscular transmission, muscular contraction, vascular tone, blood pressure, and peripheral blood flow. Magnesium modulates and controls the entry and release of calcium from the cell, which determines muscular activity.

Without magnesium, muscle and nerve functions are compromised and energy is diminished. We are operating with the power turned off." (*See the Magnesium Quiz on the next page.*)

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

~~\$18.41~~ retail ~~\$16.57~~ retail





Liquid Chlorophyll: Nature's Green Magic

Chlorophyll is the green pigment in plants that harnesses the sun's energy through the process known as photosynthesis. Chlorophyll is to plants what blood is to humans—it performs metabolic functions such as respiration and growth.

Stock no. 10895-8 (473 mL) Paraben free

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

You Save
\$2.29

- Chlorophyll can be used to control body odour.
- Chlorophyll has a refreshing spearmint taste.

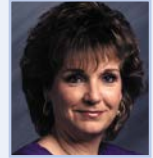
Stock no. 10894-4 (946 mL)

~~\$33.07~~ retail \$29.96 retail

You Save
\$3.31



“For over 30 years Liquid Chlorophyll has been one of my favorite products. It has been known to us for years as NATURE'S GREEN MAGIC, and another saying is IF YOU'RE GREEN INSIDE YOU'RE CLEAN INSIDE. I have been known as the lady with the green bottle. What better way to get my iron and keep energized.”



JoAnne Thaxter
Platinum Manager
Kapuskasung, ON

The Magnesium Quiz:

Because magnesium orchestrates many functions in the body, a deficiency of this important mineral can have numerous signs and be hard to pinpoint. Here is a simple quiz to see if you might benefit by including more magnesium in your diet:

- Do you drink carbonated beverages on a regular basis? (Phosphates in carbonated beverages bind with magnesium in the digestive tract making it unavailable to the body.)
- Do you regularly eat sweets/sugary foods? (High-sugar and refined carbohydrate diets causes the body to excrete magnesium through the kidneys)
- Do you experience lots of stress in your life, or have you recently had a major medical procedure such as surgery? (Physical and emotional stress use up magnesium supplies in the body.)
- Do you drink caffeinated beverages daily? (Caffeine is a mild diuretic and causes magnesium loss through the kidneys.)
- Do you drink fluorinated water? (Fluorides bind to magnesium and block its absorption in the digestive tract.)
- Do you drink more than seven alcoholic beverages per week? (Alcohol is a diuretic and causes magnesium loss through the kidneys.)
- Do you take a calcium-only supplement? (Calcium naturally blocks some magnesium absorption. Calcium should always be taken with magnesium.)
- Did you answer yes to any of the above questions and are also age 55 or older? (As we age, digestive abilities are weakened resulting in less nutrient absorption. Furthermore, studies of older adults have revealed widespread nutritional deficiencies.)

Source: Carolyn Dean, M.D., N.D., *The Magnesium Miracle*, Ballantine Books, New York, 2007.

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



FACT:

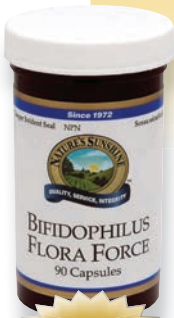
The adrenal glands produce cortisol which is referred to as the "stress hormone" due to its important involvement in the body's stress response.

The precise amount of cortisol present in the blood varies throughout the day with the highest level in the morning and the lowest level around midnight (or three to five hours after the onset of sleep). The rise and fall of cortisol levels is related to the circadian rhythm of light and dark and levels of the hormones serotonin and melatonin.

As you can see, we humans need cortisol—it provides that "kick in the butt" that gets us moving in the morning. But with today's overly-stressed lifestyle, poor diet, work and family stress; constant tv, computers, video games, the barrage of negative media images, and even the electric light bulb to keep us working into the night, many today are experiencing chronic stress due to a continuously high level of cortisol. Overtime, this can lead to chronic exhaustion and adrenal gland burnout.

Source: Carmen Nattes, Master Herbalist, *Putting The Brakes on Adrenal Fatigue*, Vista Magazine, Issue 71, June 2010.

Bifidophilus Flora Force Probiotic Supplement



You Save
~~\$3.79~~

Each capsule contains the friendly bacteria *Lactobacillus acidophilus* (1.25 billion), *Lactobacillus rhamnosus* (1.25 billion), *Lactobacillus casei* (one billion), *Bifidobacterium longum* (500 million). Also contains a blend of short- and long-chain fructo-oligosaccharides (FOS).

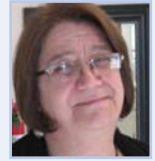
- A natural part of healthy gut flora.
- Probiotic that forms part of a natural healthy gut flora, provides live micro organisms to benefit health.

Stock no. 13520-9

~~\$37.86~~ retail \$34.07 retail

"Bifidophilus:

Today with all the chlorinated water people drink, swim and shower in this is a product I believe everyone should



*Marlene Pietschmann
MasterGold Manager
Eldorado, Ontario*

take daily. This is a product we use to keep friendly flora/bacteria balanced in our digestive system and in the colon. We have all our clients using this product as we say it keeps those systems mentioned above working in harmony. We use it for our Registered Ambassador Kennel Boxers and find it really keeps them in good health. If one the dogs has an upset tummy or loose bowels we just add extra for a few days to their food"

Chinese Mineral-Chi Tonic

Chinese Herbs with 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~~



SynerProtein Powder: Non-GMO Soy Protein Formula



A pleasant-tasting protein supplement for the maintenance of good health. Also contains vitamins, minerals, and plant extracts.

This complete amino acid formula provides the building blocks of protein to develop, build and maintain muscle, structural, and connective tissues.

- 28.4 grams of non-GMO soy protein and protein isolates per serving.
- Includes the SynerPro blend of vitamins, minerals, and phytonutrients.

Stock no. 11221-3

~~\$45.00~~ retail \$40.50 retail

You Save
\$4.50

FACT:

Digestive enzyme supplements were widely prescribed by 18th-century physicians. Back then, as with natural practitioners of today, they reasoned that replacement of digestive secretion by way of enzyme supplements was practical and logical to restore the aging digestive process. "Common sense says that after 30 or 40 years, the stomach slows down, just like the rest of us, and makes less acid and less pepsin, and digests things less efficiently."

Source: Jonathan V. Wright, M.D., *Aging and Low Stomach Acid*, Well Being Journal, Vol. 19/No. 5, Sept./Oct. 2010

Peppermint Oil Traditional Digestive Aid



You Save
\$2.26

The fresh, aromatic scent of peppermint has been revered for centuries. Chewing a mint leaf following a meal was common practice to aid in digestion.

- Traditionally used as a digestive aid.
- Helps relieve flatulence and/or bloating due to excess gas.

Stock no. 10892-9

~~\$22.60~~ retail \$20.34 retail

Papaya Mint Tasty Chewable Digestive Aid



You Save
\$2.58

A refreshing mint flavoured, chewable after-dinner digestive aid.

- Contains peppermint and papaya fruit.
- Peppermint has traditionally been used to aid digestion and help relieve flatulent dyspepsia, nausea, and vomiting.

Stock no. 11991-2

~~\$25.76~~ retail \$23.18 retail



FACT:

“Studies have shown that the more you move—and it doesn’t have to be major movement, just getting up and walking around the room will help—the more energy you will feel. In fact, a 2008 study published in the journal *Psychotherapy and Psychosomatics* reported that inactive people who normally complained of fatigue could increase energy by 20 percent and decrease fatigue by as much as 65 percent by simply participating in regular, low-intensity exercise. Other studies have shown that you can increase energy and reduce more fatigue through exercise than by stimulant medications, and that this applied across the board to every group that was studied, including healthy adults, cancer patients, and people with diabetes and heart disease.”

Source: Eva Cwynar, M.D. *The Fatigue Solution*, Hay House Publishing, 2012

FACT:

Take it to the wild side: Research suggests that a stroll in nature can improve the attention span of children with attention-deficit hyperactivity disorder (ADHD).

Researchers at the University of Illinois found that children with ADHD showed greater focus immediately after a 20-minute walk in a park than after a similar walk in a suburban neighbourhood or urban setting.

Frances Kuo, one of the coauthors of the study, said the research builds on her previous work that found green walks for children in general improved both their attention and their impulse control.

Source: Hara Estroff Marano, *Psychology Today*, December 5, 2003

Pau D'Arco Lotion

Moisturizing Lotion



Made of an extract from the inner bark of the pau d'arco tree of South America.

- Also contains aloe vera gel.
- Use as a topical moisturizing gel.
- Luxurious skin care lotion.

Stock no. 18212-6

~~\$26.43~~ retail \$23.79 retail

You Save
\$2.64

Tea Tree Oil

A Natural Antiseptic



A quality tea tree oil made by steam distillation of the leaves of the Australian melaleuca tree.

- Helps to treat minor skin infections and irritations.
- A natural antiseptic.
- External use only.

Stock no. 9675-4

~~\$26.43~~ retail \$23.79 retail

You Save
\$2.64

FACT:

Tei Fu is a Traditional Chinese Medicine formula based on an ancient recipe dating back more than one thousand years to the era of the Tong Dynasty. It was later revised and

perfected by a noted Chinese herbalist over seventy years ago. Through a special agreement, Nature's Sunshine gained permission to bring this ancient blend to market. Tei Fu Oil contains the volatile and aromatic oils of wintergreen, menthol and camphor. Available as an essential oil and massage lotion.



Tei Fu Massage Lotion

Deep, Penetrating Warmth



Melt away tensions with a massage using an ancient Chinese formula.

- Time-honoured Chinese combination.
- A relaxing lotion to help relieve tension and stress to provide you with a sense of well-being.
- A rich, penetrating, soothing massage lotion.

Stock no. 18203-7

~~\$26.80~~ retail \$24.12 retail

You Save
\$2.68

Tei Fu Oil

Ancient Chinese Formula



An ancient family formula containing aromatic oils of camphor, menthol, and wintergreen.

- Used as a skin conditioner.
- For external use only.

Stock no. 11489-8

~~\$18.00~~ retail \$16.20 retail

You Save
\$1.80

Aloe Vera Juice

100% Pure Juice



Made from the leaves of the Aloe Vera plant.

- Refreshing juice has traditional nutritional applications.

Stock no. 11862-7

~~25.86~~ retail \$23.27 retail

You Save
\$2.59



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.

Aloe Vera Gel

Soothing, Healing Gel



This quality aloe gel is cold-stabilized and derived from pure aloe pulp.

- Helps to treat minor burns and cuts.
- Assists in the healing of wounds, cuts and abrasions.
- Has an emollient effect that softens and soothes skin.

Stock no. 11137-1

~~\$24.40~~ retail \$21.96 retail

You Save
\$2.44



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

July 14th to Aug. 30th

Vol. 2 — No. 13

Digestive Aids • Circulatory Health
Stress and Energy
Oils and lotions

Summer 2013 Campaign No. 13, Stock no. 15862-4 (50). For educational purposes only.