

Nature's Sunshine Canada **Healthy Winter Savings** **2013/14**

10% OFF

Select Herbs & Supplements

Dec. 1st to Jan. 15th

Vol. 2—No. 16

*Joyous Holiday
Season And A
Happy New Year*

Gift Ideas

**Gift-Giving
Ideas Inside**

Lose Weight in 2014 • Personal Care Products

Herbal Cleanses • Blood Sugar Control

Household Cleaners • Fibre Supplements



Dreams really do come true. So dream big in 2014.

The experience of life is that when you are in touch with your personal dreams, and stay true to their call, you are not only more creative, impassioned, and energetic, but you're also more involved in your own life and well-being, more connected to others, and in tune with the natural rhythms of life around you. Those in touch with, and living even portions of their dreams, are more content, passionate, engaging, loving, healthy, and successful, according to dream specialists and life coaches George and Sedena Cappannelli.

Everyone has them: dreams—a sense of whom and what you want to become. They may be dreams of better health, to lose weight, have more income, be your own boss, or gain personal success in a particular area.

There's no better time to rekindle your dreams than now! With the 2013 Holiday Season and the New Year here, like many, you may find yourself beckoned to pick up your dreams once again and dare to believe in them. You can make the coming year the start of new dreams, or, dust off some old ones. And don't be surprised that, as your dreams unfold in 2014, they suddenly turn into your reality.

At Nature's Sunshine we believe in dreams because we see them come true everyday—in the lives of our customers and Associates—whether it's a dream of better health or a dream of personal business success. So dream much and dream big...because your dreams really can come true!

Please take advantage of the special 10% OFF Holiday Season pricing in this catalogue. You'll find gift ideas, fitness and weight-loss products, cleansing and detox solutions, and personal care products. From all of us at Nature's Sunshine Canada have a joyous Holiday Season and a Happy New Year!

Looking for a unique gift? Prepare a gift basket of NSP health products and a little imagination. See pages 11-14 for ideas.



Nutri-Burn Whey Protein Powder...PLUS

The power of protein to fuel your weight-loss program



You Save \$6.90

Adequate daily protein is an important component of any weight-management program.

Nutri-Burn is a high-quality whey protein isolate formula that includes conjugated linoleic acid (CLA). Whey protein is the most bioavailable protein there is and assists in many metabolic processes. With the addition of CLA, this protein powder is a true muscle building, fat burning formula to help you achieve your goals.

- Protein promotes the building and maintenance of lean muscle mass.
- Decreases hunger.
- Easily added to smoothies.
- Increases exercise endurance and stamina.
- Vanilla flavour.

Stock no. 14973-7

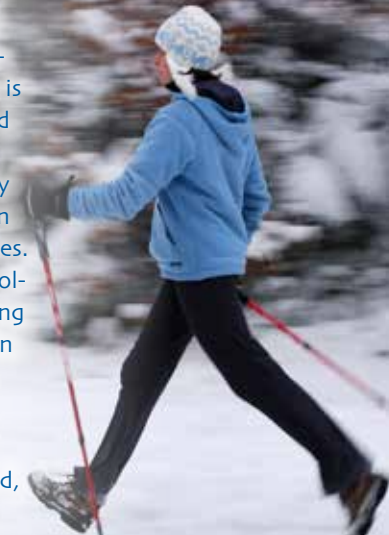
~~\$68.97~~ retail \$62.07 retail

FACT:

Something has to bind all the structures of skin and connective tissues together, and this is done by a tough protein called

collagen. Collagen is a major component of connective tissue, which is found wherever different tissues and body parts need to be bound. It is the most abundant protein in the body and the dominant component of tissue and bones. It is high in silicon, a mineral that forms long, complex molecules, suitable for parts of the body that need to be strong and flexible. Collagen works with fibres of another protein called elastin, to give skin its elasticity and wrinkle-free, healthy look.

Source: Earl Mindell, *The MSM Miracle: Enhance your health with organic sulfur*, Keats Publishing, Lincolnwood, Illinois, 1997



Collatrim Plus & Collatrim Capsules



You Save \$4.75

Contains bovine collagen. Each scoop provides 5 g of hydrolyzed collagen powder in a citrus flavour and sweetened with xylitol.

Stock no. 14979-6 (powder)

~~\$58.39~~ retail \$52.55 retail



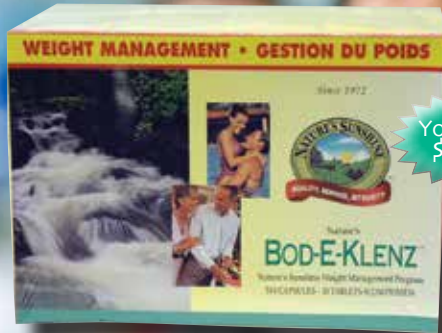
You Save \$5.84

- Collagen provides the building blocks for the healthy formation of hair, skin, nails, muscles, connective tissues, etc.
- Orange flavoured powder.

Stock no. 11006-2 (capsules)

~~\$47.54~~ retail \$42.79 retail

Just 30 Days To A New You



You Save
\$9.70

BOD-E-KLENZ

We live in a toxic world: air, water, soaps, fumes... Toxins build up in your body. A cleanse helps the body eliminate waste and toxins, helping you feel more energetic and improving your sense of well-being.

- 30-day comprehensive cleansing program.
- Targeted vitamins, minerals, herbs, extracts and fibre.

Stock no. 18256-5

~~\$96.99~~ retail \$87.29 retail

"I find the Bod-E-Klenz and Tiao He Pak cleanses to be both excellent and effective products. As the New Year approaches many people are cleansing and some are looking to lose weight. I use both these cleanses a lot in my practice and my clients just love them. With the Bod-E-Klenz, I literally have clients that will come back time and again specifically asking for it because they felt so good. As for the Tiao He Pak cleanse, I find it really effective for older adults and people who are on the go and don't want their routine disrupted. It's a gentler, slower, shorter cleanse and is well tolerated. The Tiao He Pak can also be taken several times throughout the year whenever a cleanse is desired. These are both great cleanses and they are favourites with many of my clients."



Carol Vrbaneck
Silver Manager
Caledon, ON

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.

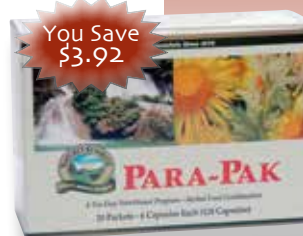
You Save
\$4.83

Stock no. 10756-0

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



Para-Pak: 10-day cleanse program



You Save
\$3.92

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

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

Stock no. 10967-3

~~\$39.21~~ retail \$35.29 retail

Fat Grabbers® Clinically Tested To Help You Achieve Your Goals

Fat Grabbers® contains natural emulsifiers and fibre which help you gain control, see results, and achieve your personal goals.

- Contains chickweed and lecithin as natural lipid emulsifiers.
- Psyllium hulls provide high fibre content.
- Non-stimulating.

Stock no. 10944-6

~~\$28.71~~ retail \$25.84 retail

You Save \$2.87



Solstic Slim

Sip Your Way To Exceeding Your Expectations

Solstic Slim brings together the best of South American and Asian herbs in a great-tasting beverage mix. Solstic Slim offers a combination of ingredients that work to help you achieve your personal goals and exceed your expectations.

- Non-stimulating
- Contains Yerba Maté, grape skin extract, damiana, and green tea.
- Pleasant huckleberry flavour.
- Drink daily.

Stock no. 14978-8

~~\$31.79~~ retail \$28.61 retail

You Save \$3.18



GTF Chromium

Helping Control Blood Sugar

Helps to control healthy glucose (sugar) metabolism.

- For the efficient use of glucose for energy.
- Helps maintain normal glucose levels.

Stock no. 10943-4

~~\$16.43~~ retail \$14.79 retail

You Save \$1.64



GlucoReg®

Herbal Insulin Control

Provides nutrients that may help the body maintain blood sugar levels already within the normal range.

- Patented formula of the most researched plants and minerals.
- Contains cinnamon, fenugreek, bitter melon, gymnema, banaba leaf, chromium, and vanadium.

Stock no. 14532-7

~~\$47.01~~ retail \$42.31 retail

You Save \$4.70



This Season have your cake and eat it too, if it's with a little cinnamon

In an ironic twist of science, researcher Richard Anderson of the US Department of Agriculture's Nutritional Research Center, stumbled upon a possible remedy for high blood sugar, in of all places a piece of apple pie. The purpose of the experiment was to find foods which produced the highest blood sugar spike. To researchers' surprise, instead of the apple pie skyrocketing blood sugar levels, as it was expected to, it actually stabilized them. Of course this intrigued Anderson who later discovered that the presence of cinnamon, a common ingredient in apple pie, was to blame for causing blood sugar to remain stable despite the high-sugar content of the food. Could it be that people have been adding the common spice, cinnamon, to high-carbohydrate foods like cookies, cinnamon buns, pies, and other sweet baked goods because folk wisdom instinctively told them to? Possibly. However, what we do know is that cinnamon has a controlling effect on blood sugar and glucose levels thanks to apple pie and a twist of science.

Source: Debora MacKenzie, "Cinnamon spice produces healthier blood," *New Scientist Journal*, November 2003.



Still trying to get all the fibre you need out of a piece of bread?



FACT:

According to current Canadian guidelines, healthy adults should consume at least 26 grams of fibre — ideally 26 to 35 grams daily. The present Canadian fibre intake only averages 4.5 to 11 grams a day.

Source: <http://www.diabetes.ca/diabetes-and-you/nutrition/fibre/>

LOCLO High Dietary Fibre Supplement

LOCLO provides a high level of fibre from five sources: psyllium seed hulls, apple fibre, oat bran, acacia gum, and guar gum. Plus it contains a unique SynerPro blend of cruciferous and other vegetables and potent herbs for antioxidant and nutritional support. Helps achieve the recommended amount of fibre for maintenance of good health.

- Fibre supplement and laxative.
- Gentle relief of constipation and/or irregularity.
- Supports proper bowel function.
- Provides 5 grams of fibre per serving.
- Easily mixes in your favourite beverage.
- Pleasant tasting.

Stock no. 11229-8

~~\$36.57~~ retail \$32.91 retail

You Save \$3.66



Psyllium Hulls & Seed Capsules or Powdered Mix

The Colon 'Broom'



You Save \$1.84

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)

~~\$18.43~~ retail \$16.59 retail

Stock no. 10878-6 (seed capsules)

~~\$27.14~~ retail \$24.43 retail

Stock no. 11993-5 (Hulls Combination, bulk)

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

You Save \$3.50



You Save \$2.71



FACT:

Psyllium, a plant in the plantain family, has highly-absorbent seeds that contain 10-30% mucilage, a gelatinous, sticky substance. Psyllium seeds swell up to 14 times their normal size and act as a broom as they travel through the colon with a lubricating and cleansing action that helps eliminate waste build-up. Psyllium also acts as a bulking agent that promotes regularity. Your intestines are lined with villi— tiny, finger-like branches that increase the surface area and help the intestine to absorb nutrients. They have a very high turnover rate and can be replaced every two to three days, explains Tom MacDonald, professor of immunology at Barts and the London Medical School. A protective layer of mucus membrane also lines the intestine, that renews itself every three to five days.

Source: Paul R. Saunders and Frenkie Avalon Wolfe, *Herbal Remedies for Canadians*, Prentice Hall Canada, Toronto, ON, 2000

TS II

Kelp Based Combination



A combination of herbs to support glandular health.

- Contains kelp plant, Irish moss plant, parsley plant, hops flower and capsicum fruit.
- Kelp contains iodine, which supports the health of the thyroid gland.

You Save \$2.41

Stock no. 16547-7

~~\$24.14~~ retail \$21.73 retail

Kelp

Dietary Source Of Iodine



A common seaweed traditionally harvested from the ocean for food.

- A traditional nutritive food source.
- Supports the health of the thyroid gland by supplying iodine.
- Helps prevent iodine deficiency.
- Helps to maintain overall good health.

You Save \$2.00

Stock no. 10797-2

~~\$20.00~~ retail \$18.00 retail

Is your thyroid to blame for sluggish metabolism, weight gain, and lack of energy?

It's estimated that about 1 in 10 Canadians has a thyroid condition of some type and about 50% of these go undiagnosed. Even more startling is the evidence that the majority of the population, while not technically experiencing thyroid disease, is experiencing weakened thyroid function due to low levels of iodine in the diet, the main mineral nutrient that feeds and protects the thyroid. Today, people get about 50% less iodine than they did 40 years ago, says David Brownstein, M.D. of the Center for Holistic Medicine in West Bloomfield, Michigan. There are many reasons for this, including:

1. People have cut back on salt intake which was the main source of iodine in the typical diet.
2. Chemicals in the environment and processed food tend to have a negative effect on the health of the thyroid gland. One chemical, bromine, reduces levels of iodine in the body. Bromine replaced iodine in flour products until it was banned in Canada in 1994. However, other forms of the chemical still find their way into processed foods and soft drinks. It's also used as a flame retardant in home building materials, furniture, etc. Pesticides, herbicides, chlorine by-products and air pollutants all affect iodine absorption and thyroid health.
3. The use of fluoride in many municipal water supplies and toothpastes displaces iodine in the diet.

Kelp, a species of edible seaweed, has been a traditional dietary source of iodine for centuries in cultures living by the ocean. Today, kelp remains a good natural dietary source of iodine and other important nutrients and is still used as a vital source of food.

Sources: Mark Starr, M.D. *Hypothyroidism Type 2, The Epidemic*, Mark Starr Trust, Columbia, MO, 2010; "Tiredness Cure," *First For Women*, 11/14/13; Ryan Drum, Ph.D. "Seaweed for Food and Medicine," *Well Being Journal*, Vol. 22/No. 4, 2013.



The Leading Edge in Nutrition and Supplement Research & Development

Zambroza contains mangosteen and its pericarp containing the greatest known supply of potent xanthenes in nature. Other potent antioxidant ingredients in this nutritious juice blend include red grape, concord grape, blueberry, mangosteen fruit, red raspberry fruit, red grape skin, wolfberry fruit, sea buckthorn fruit, green tea leaves, red grape seed, apple fruit and skin, concentrated pomegranate juice and açai fruit flavour.

- Source of antioxidants for the maintenance of overall good health.
- Source of 13 beneficial fruit and herbal extracts
- Preservative free.

Stock no. 12675-7

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



Independently certified for antioxidant potency by Brunswick Laboratories

DO THE QUIZ: Symptoms of a sluggish thyroid

If you experience persistent fatigue and two or more of the symptoms below you might be experiencing a sluggish thyroid:

- Hair Loss
- Feeling cold frequently
- Loss of libido
- Headaches
- Dry skin or hair
- Body aches
- Blue mood/depression or irritability
- Weight gain/inability to lose weight
- Brain fog/memory lapses



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.

Stock no. 10975-5

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

Gift Idea

Nature's Fresh

Stain and odour remover through the power of enzymes!



You Save \$2.70

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

~~\$27.00~~ retail \$24.30 retail

Gift Idea

Irish Moss Hand & Body Lotion

A Luxurious Moisturizing Lotion



You Save \$2.43

Gift Idea

Rich in emollients and nutrients that hydrate and condition for hours. Cares for your skin with a unique moisture replenishing complex that helps skin to retain essential moisture and lipids. Non-greasy, fast-absorbing formula is ideal for hands and body. Leaves your skin smooth, soft, and naturally healthy looking.

- Moisturizing lotion.
- Non-greasy.
- Quickly absorbed.

Stock no. 13992-5

~~\$24.29~~ retail \$21.86 retail



Crystal Clear Deodorant

Full Body Spray



You Save \$1.96

Gift Idea

Mineral salt deodorant and body spray to keep you fresh all day, without the use of harmful chemicals.

- Provides 100%, all-natural, 24-hour maximum odour protection.
- Does not clog pores or stop the natural process of sweating.
- Use as a deodorant or after work freshen-up spray.

Stock no. 14142-5

~~\$19.57~~ retail \$17.61 retail

"Crystal Clear...To be healthy you cannot overlook what you put on your skin. It can be challenging to find natural alternatives to eliminate body odour, but Crystal Clear is the solution...we love it! Crystal Clear is a spray deodorant that we have found to be very effective for us and many others. Try it for yourself"



Ean Langille and
Lynne Kildaw
MasterGold
Penticton, BC

Peppermint Oil

Traditional Digestive Aid



You Save \$2.26

Gift Idea

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, and for the symptomatic treatment of digestive disorders.
- 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 \$1.72

Gift Idea

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

~~\$17.21~~ retail \$15.49 retail



Don't let indigestion rob you of the Holiday Spirit. Treat indigestion naturally.

FACT: Peppermint candy canes, peppermint chocolates and peppermint liquor—it's easy to see that peppermint is a popular flavour of the Holidays. And for good reason. Did you know that peppermint oil is used to treat a number of symptoms of gastrointestinal disorders? In a study published in the *Journal of Gastroenterology*, 110 patients with gastrointestinal and irritable bowel symptoms received peppermint oil. After one month, patients reported an improvement in abdominal pain (79%), less bloating (83%), reduced stool frequency (73%), less stomach rumbling (73%), and less flatulence (79%). The researchers concluded that peppermint oil was a well-tolerated treatment for symptoms of gastrointestinal disorders. Peppermint has also been shown to relieve general indigestion, bloating and gastrointestinal spasms.

Another popular digestive aid is papaya fruit. In tropical countries papaya fruit is served before meals because the enzymes aid in digestion and break down of foods, especially hard to digest proteins. Papaya is commonly combined with peppermint and made into a tasty, chewable, after-dinner digestive aid.

Sources: www.nature.com/ajg/journal/v93/n11/full/ajg1998536a.html; Paul R. Saunders and Frenkie Avalon Wolfe, *Herbal Remedies for Canadians*, Prentice Hall Canada, Toronto, ON, 2000

Nature's Sweet Life Spearmint and Cinnamon Gums

Satisfy your craving for something sweet without guilt

Nature's Sweet gums are sweetened with xylitol, a natural sweetener with the taste and texture of sugar but none of the side effects of harmful sweeteners. The benefits of Xylitol start in the mouth. Because saliva cannot break down Xylitol molecules, teeth are not subjected to the acid attack that occurs with sugar. Xylitol also does not raise blood sugar levels making it ideal for diabetics.

- Great tasting.
- Sweetened with xylitol.
- Safe for diabetics.

Stock no. 14442-7 (cinnamon)

~~\$15.01~~ retail \$13.51 retail

Stock no. 14443-9 (spearmint)

~~\$15.01~~ retail \$13.51 retail



You Save \$1.50

Gift Idea

You Save \$1.50

Gift Idea

Freshens breath with the delicious taste of cinnamon or spearmint



Tei Fu Oil

Ancient Chinese Formula



You Save \$1.80

Gift Idea

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

- Skin conditioner of essential oils.
- For external use only.

Stock no. 11489-8

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

Tea Tree Oil

A Natural Antiseptic



You Save \$2.64

Gift Idea

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

to/from

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



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even more product specials.



10% OFF
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Herbal Cleanses • Blood Sugar Control
Household Cleaners • Fibre Supplements