

Nature's Sunshine Canada **Autumn Savings 2012**



10% OFF

Select Herbs & Supplements

Sept. 1st to Oct. 15th

Campaign No. 6

Herbal Extracts • Energy Drinks
Nutritional Supplements
Kid's Nutrition



Getting Back To Basics

With vacations now behind most of us we're beginning to get back into our regular day-to-day routines. For some this means back to work; for others it's back to school, or back to looking after the family. One thing is for sure, with Autumn's return, it's back to basics for most of us.

Autumn's also the perfect time to think about changes we've been wanting to make—like better nutrition or a more active lifestyle. Maybe it's time to kick an unhealthy habit. Autumn is that time of year where we regroup and collect ourselves.

To help you get back into the basics of your life, we at Nature's Sunshine have put together a range of products at a special discounted price. So whether your goal is better nutrition, more energy, fighting off a cold, there's something for you in this current Autumn campaign.

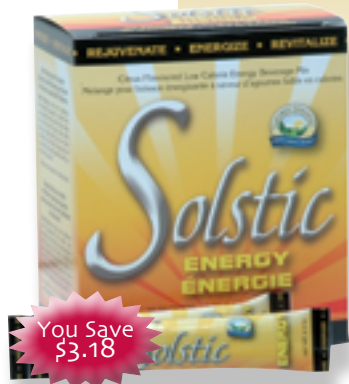


Solstic

The go-anywhere convenient alternative beverage mix

The Solstic family of products is designed to help you make healthier choices. Solstic Energy and Solstic Nutrition packets can go anywhere you go. They mix easily in water or your favourite beverage and are a delicious alternative to many of the beverages on the market. So whether it's the office or the classroom, you can enjoy a Solstic beverage just about anywhere.


Solstic Energy: Energy When You Need It



You Save \$3.18

Solstic Energy is a convenient drink mix that promotes healthy energy levels without the unwanted jitters and crashes of other energy drinks or coffee. Just add a packet of Solstic Energy to your drinking water or smoothie, and you can keep up with whatever life throws your way!

- Contains B-complex vitamins for energy production.
- Contains Guarana for mental alertness and energy.
- Contains Korean ginseng for increased mental and physical stamina.
- Formula includes green tea and grape skin extract as antioxidants.

Solstic Energy costs less than a cup of coffee. 

Stock no. 14630-1
~~\$31.79~~ retail \$28.61 retail

Solstic Nutrition: Give Your Body The Nutrition It Needs



You Save \$3.18

Don't just give your body what it needs, give it what it wants: Solstic Nutrition, a tasty, nutritious drink that the entire family can enjoy. And because of its convenience and great taste, it won't be hard to make better nutrition a daily part of your family's life.

- 15 important vitamins and minerals in a tasty drink mix.
- Great for adults and kids of all ages.
- Offers portable, convenient nutrition.

Stock no. 16492-5
~~\$31.79~~ retail \$28.61 retail

Cal-Mag Plus D: Two Of The Most Important Minerals



A macro mineral supplement of calcium, magnesium, phosphorus and vitamin D3. This is a synergistic formula to help maintain the health of bones and teeth. Calcium and magnesium are easily depleted through stress and poor diet.

- 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.

Stock no. 16249-6

~~\$29.50~~ retail \$26.55 retail

You Save \$2.95

Ginkgo Biloba Extract

Slow-Release Formula



The ginkgo tree is believed to have pre-dated the ice age. Because of the tree's antiquity, traditionally many have believed it possesses medicinal properties to aid in a long life.

- Helps support and enhance cognitive function and memory.
- Supports peripheral circulation through the capillaries.

Stock no. 9327-0

~~\$38.00~~ retail \$34.20 retail

You Save \$3.80

Lobelia

Liquid Herbal Expectorant



This delicate garden flower has a long history of use in traditional herbalism and is a folk remedy staple.

- As a herbal expectorant, lobelia is thought to help expel excess mucous from the lungs.

Stock no. 10890-0

~~\$24.34~~ retail \$21.91 retail

You Save \$2.43

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.

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

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

~~\$22.71~~ retail \$20.44 retail

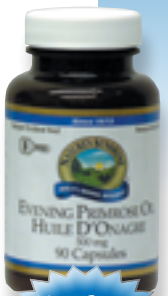
You Save \$2.27

You Save \$3.29

Stock no. 10894-4 (946 mL)

~~\$32.93~~ retail \$29.64 retail

Evening Primrose Oil Time-Honoured PMS Support



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.

Stock no. 10757-1

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

You Save \$3.94

FACT:

"Evening Primrose Oil was extensively tested in double blind trials in hospital settings on several continents for therapeutic effects on an impressive list of diseases, mainly under the stewardship of Dr. David Horrobin, who pioneered its clinical use..." writes fatty acid expert and researcher, Udo Erasmus in *Fats that Heal, Fats that Kill*.

According to herbal folklore, the attractive plant was said to dispel the ill effects of too much wine. However, such claims have never been substantiated. Native Americans have used it culinarily and medicinally for hundreds of years.



"Couch Potato Syndrome" a hazard to your health

A recent worldwide study has found that inactivity and a sedentary lifestyle, which researchers coined "couch potato syndrome," can be as hazardous to your health as smoking and is the cause of one in 10 deaths. Researchers analyzed 2008 data from 33 countries on deaths. They found that sedentary lifestyle adds up to six percent of all cases of coronary heart disease, about seven percent of type 2 diabetes and 10 percent of breast and colon cancers. In real numbers, that amounts to 5.3 million deaths per year, more than the 5 million deaths annually from smoking. Researchers estimated that if only 10 percent of those who are currently inactive started to exercise, 533,000 lives would be saved; if 25 percent began moving, 1.3 million deaths could be averted. The amount of exercise needed is pretty modest - 30 minutes of brisk walking or cycling five days a week. Source— *The Lancet* (July 18, 2012 issue)

CoQ10 with Minerals

Energizing The Heart



CoQ10 supports cardiovascular health and is an antioxidant in support of overall health.

- Antioxidant protection against damaging free radicals.
- Helps maintain and support cardiovascular health.

Stock no. 11384-8

~~\$53.08~~ retail \$47.77 retail

You Save \$5.31

Peppermint Oil

Traditional Digestive Aid



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. 10892-8

~~\$26.20~~ retail \$23.58 retail

You Save \$2.62

FACT:

A 2007 study by the University of Maryland Medical Centre, concluded that essential fatty acids are highly concentrated in the brain and appear to be particularly important for cognitive (brain memory and performance) and behavioural function.

In the journal, *Neurology*, researchers reported that older adults with high levels of omega-3 fatty acids in their blood performed better on certain measures of thinking abilities, and also tended to have larger brain volume. To the contrary, seniors with high levels of damaging trans fats in their blood fared worse on thinking tests than those with lower levels of the unhealthy fats, and also had more brain shrinkage. The report concluded that people with high levels of trans fats performed worse on tests of mental abilities and had smaller brains. Sources: *Neurology*, January 27, 2004; *European Journal of Clinical Nutrition*, 63:1154-1156, 2009

Liquid B-12 Plus

A Boost Of Vitamin B-12



A liquid combination of vitamins B12, riboflavin, B1 and B6.

- Vitamin B12 helps in the health and formation of red blood cells.
- Vitamin B6 and riboflavin help in tissue formation.
- Vitamin B1 helps with normal growth.
- Helps in the metabolism of carbohydrates, proteins, and fats for use in the body.
- Suitable for vegetarians.

Stock no. 12984-3

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

You Save \$2.29

Flax Seed Oil

Essential Fatty Acids



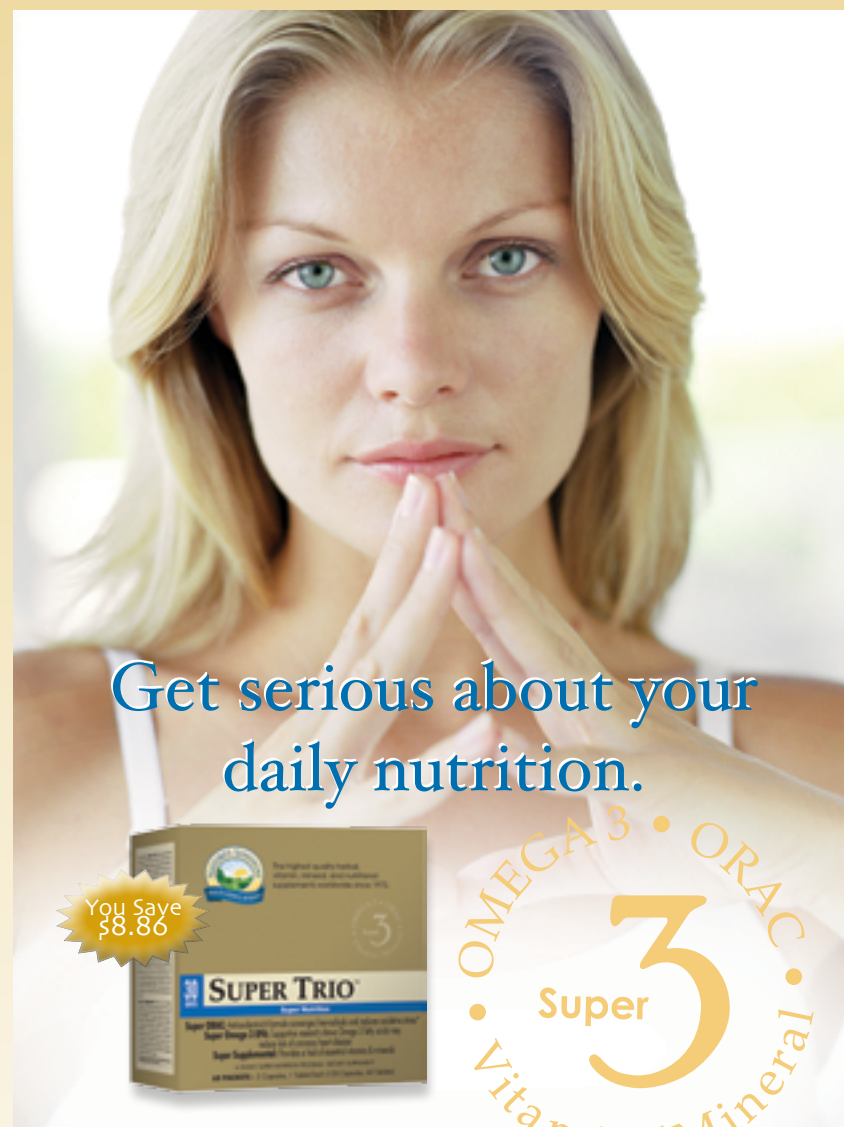
Flax Seed is a source of essential fatty acids.

- 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.

Stock no. 11490-9

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

You Save \$3.32



Get serious about your daily nutrition.

You Save \$8.80

Super Trio

A Complete 30-day Nutritional Regimen

Three proprietary blends offer a nutritious combination of essential fatty acids, vitamins, minerals and antioxidants—each an important component of daily nutrition and health maintenance.

Take two packets daily.



Provides All This Per Packet:

- Super-strength multi containing: 12 vitamins, 10 minerals, lutein and lycopene, and extra amounts of B-vitamins. Iron-free.
- Antioxidants from green tea, mango-steen, turmeric, resveratrol, quercetin, açai berry and selenium.
- Super Omega-3 essential fatty acids.

Stock no. 14213-1

~~\$88.57~~ retail \$79.71 retail

FACT:

The body naturally generates what are known as free radicals as a byproduct of energy production and metabolism. Free radicals are molecules with at least one unpaired electron. Paired electrons are stable, while unpaired electrons are unstable and always looking to steal an electron from another molecule, thus damaging that molecule and setting off a cascade of molecule destabilization. Free radical damage has been linked to the aging process itself and to many common health concerns affecting the circulatory, immune and structural systems.

Antioxidants to the rescue: Antioxidants are molecules that "deactivate" free radicals. They quench unstable free radicals by providing the extra electrons, thus preventing a portion of the damage to adjacent cells. The body produces antioxidants to combat free radicals. But its natural production may not address all the additional free radical stress caused by pollution, tobacco smoke, ultraviolet light, radiation, food additives and other factors. The good news is that nature provides additional powerful antioxidant nutrients from various foods. Some of the most studied food sources of antioxidants are in the fruit and vegetable category and include blueberries, grape seeds and skin, and the exotic mango-steen and goji berries.

Individual antioxidants have an affinity for specific parts of the body. While one might work best in the liver, another helps protect the eyes. In addition, some antioxidants are fat-soluble, others are water-soluble and some are both. For these reasons, it's recommended you get your antioxidants from a wide variety of the best sources to ensure a well-rounded antioxidant profile.

Zambroza: Great-Tasting, High-Potency Antioxidant Drink



You Save \$4.50

A potent exotic plant juice blend with a high antioxidant value to fight damage caused by free radicals. Made from 11 ingredients known for their powerful antioxidant activity, including mangosteen, goji berry, blueberries, grapes, green tea and more.

- For the maintenance of overall good health.
- Source of antioxidants.

Stock no. 12675-7

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



Independently certified for antioxidant potency by Brunswick Laboratories



Sunshine Heroes Supplements. Keeping your little *Heroes* going, and going, and going...



You Save \$3.00

Heroes Bifidophilus Probiotic formula

Contains 4 strains of friendly bacteria in a tasty chewable tablet.

- A natural part of healthy gut flora.
- A probiotic formula that provides live micro organisms to benefit gut health.

Stock no. 9187-0

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



You Save \$1.29

Heroes Vitamin C 250 mg

Heroes vitamin C chewable for kids contains no wheat, soy, dairy or artificial colours or sweeteners.

- Helps in connective tissue formation and wound healing.
- Healthy development of bones, teeth, cartilage, and gums.

Stock no. 12987-2

~~\$12.86~~ retail ~~\$11.57~~ retail



You Save \$1.91

Heroes Vitamin C with Elderberry

Heroes vitamin C chewable for kids with the addition of elderberry.

- Vitamin C 250 mg.
- Vitamin C is a dietary factor in connective tissue health and wound healing.
- Elderberry has traditionally been used during cold season.

Stock no. 9189-8

~~\$19.07~~ retail ~~\$17.16~~ retail



How Old Do You Think You Are?

It might surprise you, but you're probably much younger than you think you are, according to Dr. Jonas Frisen, a stem cell biologist at the Karolinska Institute in Stockholm who invented a method for estimating the age of human cells. If you're middle-aged, Frisen estimates your average cellular age is just 10 years old or less. This is because most of your body's tissues regenerate over your lifetime. As it turns out, according to Dr. Frisen's novel method for estimating age, the average age of all cells in an adult's body is as young as seven to 10 years of age.

Read on to see how the cells in the

different areas of your body age...you'll be surprised at just how young you really are!

Liver Age: 5 months

The liver is known for its amazing capacity to repair and regrow itself thanks to its rich blood supply.

"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.

Taste Bud Age: 10 days

The tongue is covered with around 9,000 taste buds and each of them is a collection of cells on the surface of the tongue, each housing about 50 taste cells. The buds renew themselves approximately every ten days. However, their sensitivity can be damaged by inflammation from infections and smoking.

Brain Age: Same as your current age

Most of our cells that last a lifetime are found in the brain, explains John Wadley, consultant neurosurgeon at Barts and the London Hospital.

"We are born with all the brain cells we'll ever have—around 100 billion—and most of the brain does not regenerate as it gets older. There are, however, two areas of the brain that do regenerate," says Mr Wadley. "The olfactory bulb that governs our sense of smell, and the hippocampus, which is an area for learning and memory."

Heart Age: 20 years

Until recently it was thought the heart couldn't renew itself. However, a study at New York Medical College found it is actually dotted with stem cells that constantly rejuvenate it—at least three or four times over a lifetime, says researchers.

Lung Age: 2-3 weeks

The cells in the lungs constantly renew themselves, explains Dr Keith Prowse, vice-president of the British Lung Foundation.

However, the lungs contain different cells that renew at different rates. The alveoli or air sac cells deep in the lungs have a steady progress of regeneration that takes about a year. Meanwhile, the cells on the lungs' surface have to renew every two or three weeks. "These are the lungs' first line of defence, so have to be able to renew quickly," says Dr Prowse.

The lung disease emphysema can prevent this regeneration as it begins with the destruction of the alveoli, which creates permanent 'holes' in the walls of the lungs.

Eye Age: Same as your current age

Your eyes are one of the few body parts that don't really change during your life.

The only part that is constantly being renewed is the cornea, the transparent top layer. If this is damaged, it can recover in as little as 24 hours, says Dr Rob Hogan, president of the College of Optometrists.

Skin Age: 2-4 weeks

The epidermis or surface layer of the skin is renewed every two to four weeks.

This rapid turnover occurs because skin is the body's outer protection and is exposed to injury as well as pollution. Despite this constant renewal, we still get wrinkles as we get older. That's because the skin loses collagen and its elasticity as you age.

Bone Age: 10 years

The skeleton is constantly replacing itself, explains Dr Peter Selby, an osteoporosis expert based at Manchester Royal Infirmary. It takes around ten years to do this completely. At any one time we have a mixture of old and new bone as the turnover rates differ throughout the body.

Intestine Age: 2-3 days

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.

Red Blood Cell Age: 4 months

Blood cells carry oxygen to living tissue and carry away waste. They wear out every four months, after which the liver removes any remaining iron that is needed for healthy red blood cells before the remaining cell is destroyed in the spleen. Since they can also be lost through injury and menstruation, the body is constantly making more.

Hair Age: 3-6 years

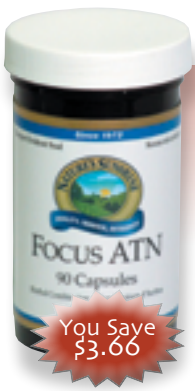
The age of your hair depends on how long it is, but it generally grows 1 cm each month, explains hair restoration surgeon, Dr Bessam Farjo.

Each individual hair lasts up to six years in women and three years in men. Eyebrows and eyelashes are renewed every six to eight weeks, but a repeatedly plucked brow stops growing because plucking disrupts the growth cycle.

Compiled from:

New York Times, "Younger Than You Think," by Nicholas Wade; August 2, 2005.

Daily Mail, "Believe It or Not, Your Lungs are Six Weeks Old—and Your Taste Buds Just Ten Days! So How Old is the Rest of Your Body?" by Angela Epstein; October 2009.



Focus ATN: "Focus Attention"

This is a unique combination of herbal extracts and antioxidants. It contains the following: slippery elm bark, L-glutamine, DMAE Bitartrate, Melissa balm, grape seed extract, and Ginkgo biloba leaf concentrate.

- Helps to enhance cognitive abilities.
- Contains antioxidants for the maintenance of good health.

Stock no. 13598-0
~~\$36.57~~ retail \$32.91 retail

You Save \$3.66



LB Extract: Liquid Herbal Laxative Formula



A traditional herbal formula of nine 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 children and adults who find it difficult to swallow capsules or tablets.

- A traditional herbal laxative formula.
- Contains the laxative herb cascara sagrada.
- Helps relieve symptoms of constipation.

Stock no. 9676-6
~~\$28.00~~ retail \$25.20 retail

You Save \$2.80

Gotu Kola

Traditional Herb



Gotu kola is a Traditional Chinese and Ayurvedic herb.

- Traditionally used for reducing fatigue, anxiety, depression.
- May help with memory.
- May help with minor skin ailments.

Stock no. 12397-6
~~\$29.50~~ retail \$26.55 retail

You Save \$2.95

Black Walnut Extract

Traditional Herbal Extract



Valued by early settlers for its meaty walnut and bitter hulls.

- Used as a traditional herbal medicine.
- Walnut hulls in a water and alcohol extract.

Stock no. 10971-4
~~\$16.71~~ retail \$15.04 retail

You Save \$1.67

HRP-C Extract

Traditional Chinese Formula



In Traditional Chinese Medicine (TCM), this is considered a "chi" regulating formula and has a cooling effect.

- Traditional Chinese Medicine to clear heat and resolve toxicity (resolve sores and lesions).

Stock no. 11932-0
~~\$27.29~~ retail \$24.56 retail

You Save \$2.73

Licorice Extract

Traditional Herbal Extract



Licorice has a long history of use by cultures throughout the world and is still prized in today's Herbal Medicine.

- Traditionally used as an expectorant to help relieve chest complaints, such as catarrhs, coughs and bronchitis.
- Used in Herbal Medicine to help relieve inflammatory conditions of the gastrointestinal tract, such as gastritis in adults.

Stock no. 11056-9
~~\$30.86~~ retail \$27.77 retail

You Save \$3.09

FACT:

Oregon grape is the state flower of Oregon. Native Americans made a bark tea to offset digestive disorders characterized by an excess of bile and to stimulate the appetite.

It soon became a popular herb and the root became a major trade item to the extent that at the beginning of the century the species was almost wiped out around towns and villages. The roots, which contain berberine, were official in the *U.S. Pharmacopoeia* from 1905 to 1916. Source—Micheal A. Weiner, Ph.D. and Janet A. Weiner, *Herbs that Heal*, Quantum Books, Mill Valley, CA, 1994.

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. Ideal for adults and children.

Stock no. 11935-4
~~\$32.86~~ retail \$29.57 retail

You Save \$3.29

Ultimate Echinacea

Traditional Herbal Extract



A unique combination containing three of the best known echinacea species.

- Echinacea species is used to fight off respiratory tract infections such as cold and flu.
- Contains *echinacea purpurea*, *echinacea angustifolia* and *echinacea pallida*.
- Easy to take vegetable glycerine base. Ideal for adults and children.

Stock no. 11083-8

~~\$31.06~~ retail \$27.95 retail



Echinacea & Golden Seal

Traditional Herbal Formula



Echinacea combined with golden seal is a classic herbal combination during cold season.

- Helps fight off colds and infections, especially of the upper respiratory tract.
- Contains both *echinacea purpurea* and *echinacea angustifolia* species.
- Easy to take vegetable glycerine base. Ideal for adults and children.

Stock no. 13027-5

~~\$30.31~~ retail \$27.28 retail

FACT:

ECHINACEA: Native Americans were well acquainted with echinacea's medicinal properties, using the plant to help heal insect stings, infections and skin irritations; pieces of the root were also chewed to relieve tooth aches. Current research has shown that when used at the onset of illness, echinacea can help bolster the immune system and defend against common cold viruses. Echinacea represents about 10 percent of herb product sales and it's become something of a household name. Few people, however, would recognize a majestic stand of *echinacea purpurea*, or Purple Coneflower, in a late-summer's garden. For horticulturist and hobby gardeners this decorative member of the daisy family is a showy favourite with its bristly orange central cone surrounded by purplish petals (*see left for picture*).

GOLDEN SEAL: Here's another Native American herb with a long history of use for a wide range of illnesses. Some Native American tribes would pound the dried roots into powder and mix with bear fat for use as a topical insect repellent. An early decoction was used as an eyewash. From 1831 to 1842, the dried root was official in the *U.S. Pharmacopoeia*; it was added again in 1863 and remained until 1936.

Two components of the plant were at one time officially classified as drugs: hydrastine, and hydrastineine hydrochloride. The root also contains berberine, once used in commercial eyewashes (*see left for picture*).

Sources—Micheal A. Weiner, Ph.D. and Janet A. Weiner, *Herbs that Heal*, Quantum Books, Mill Valley, CA, 1994.
Patrick Lima, *A Complete Gardener's Guide*, *Herbs*, Firefly Books, 2001.

BREATHE TO RELIEVE

Back to the grind can mean back to stress. Just take a deep breath and calm down!



With Summer coming to an end it's back to the grind and old routines of work, family and school. For many, it can also mean back to stress. But did you know something you're doing right now—breathing—has been shown to have therapeutic effects to relieve stress and anxiety, and even help with some health conditions, say researchers.

Esther Sternberg, a physician, author of several books on stress and healing, and researcher at the National Institute of Mental Health says, "rapid breathing is controlled by the sympathetic nervous system. It's part of the 'fight or flight' response—the part activated by stress. Slow, deep breathing actually stimulates the opposite parasympathetic nervous reaction in a way that calms us down and reduces our stress response."

Mladen Golubic, M.D. at the Cleveland Clinic's Center for Integrative Medicine, says that breathing can even have a profound impact on physiology and health: "You can influence asthma; you can influence chronic obstructive pulmonary disease; you can influence heart failure," Golubic says. "There are studies that show that people who practice breathing exercises and have those conditions—they benefit."


A simple exercise:

Here's a simple breathing exercise that can be done anywhere to help relieve your stress and anxiety in minutes: In a sitting position, hands to the side, palms up, feet on the floor pointing forward, breathe in through your nostrils keeping your mouth closed. Inhale until you feel both your chest and lower abdomen fill with air. Then let it out through your mouth, slowly and calmly. Repeat this a few times until you feel relaxed and rested. Ahhh, now doesn't that feel better!

Sources—Esther M. Sternberg, M.D., *The Balance Within: The Science Connecting Health And Emotion*, W.H. Freeman & Co. 2000.
www.npr.org/just-breathe-body-has-a-built-in-stress-reliever

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

Select Herbs & Supplements

Sept. 1st to Oct. 15th

Campaign No. 6

Herbal Extracts • Energy Drinks
Nutritional Supplements
Kid's Nutrition