

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



**February is
Heart and
Stroke Month**

10% OFF

Select Herbs & Supplements

Jan. 16th — Feb. 28th

Vol. 2—No. 9

Cardiovascular Health
Energy and Endurance
Health Maintenance



How goes the NEW YOU in 2013?

If you're like 51% of Canadians you probably made a New Year's resolution, or two. And why not; a brand new year is the ideal time to commit to some long-awaited changes. Maybe you resolved to eat better, exercise, shed some pounds, improve a relationship... According to *Time* magazine (January 2012), resolutions that make the top 10 each year include: lose weight, eating better, exercise more, drink less alcohol, make more money, and travel to somewhere new. Then sadly, researchers says, 60% of gym memberships go unused and attendance is usually back to normal by mid-February.

But a rocky start doesn't have to mean you won't cross the finish line. Breaking old habits and starting new ones isn't a one time decision; it's something you keep returning to throughout the year. So if you've fallen off the wagon on some of your 2013 resolutions, there's lots of time to get back on track. And if your resolution for 2013 is better health, there's lots of compelling reasons to stay the course. May you find better health, and happiness in 2013!

To help you with you personal goals in 2013, we offer these select products at 10% off until February 28th.

Here's to your heart: February is heart-health month



The good news is that cardiovascular disease in Canada has dropped to second place as the leading cause of death, and over the past 40 years there has been a 70% decline in the rate of the disease. The bad news is that it continues to be the leading cause of hospitalizations in Canada, and that 90% of Canadians have at least one risk factor for heart disease or stroke. That means for most of us our heart can still use a little 'TLC.'

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, herbs, vitamins, minerals, lipids, and glandular extracts.

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. 11097-6

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

HS-C

Traditional Chinese Medicine



You Save \$3.09

A traditional Chinese medicine formula relating to the heart.

- Adaptogenic formula.
- Enrich the yin and clear the heat.
- Nourishes the blood.
- Calms the spirit.

Stock no. 13098-2

~~\$30.86~~ retail \$27.77 retail

FACT:

- Every seven minutes in Canada, someone dies from heart disease or stroke.
- Heart disease and stroke costs the Canadian economy more than \$20.9 billion every year.
- 29.7% of all female and 28% of all male deaths in Canada are the result of health disease or stroke.

Source: <http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3483991/k.34A8/Statistics.htm>

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.

Stock no. 10948-0

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

You Save
\$4.49

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.

Stock no. 14772-8

~~\$38.79~~ retail \$34.91 retail

You Save
\$3.88

Ginkgo & Hawthorn

Cardiovascular Support



This is a traditional formula to support healthy functioning of the heart and blood vessels.

- Ginkgo helps support peripheral circulation.
- Hawthorn helps support and maintain normal cardiovascular function.
- Synergistic formula.

Stock no. 10794-3

~~\$22.40~~ retail \$19.89 retail

You Save
\$2.21

Hawthorn

Cardiovascular Tonic Herb



A traditional herb to support heart health.

- Each capsule contains 450 mg of hawthorn berries.
- Traditional heart tonic to support the overall health of the cardiovascular system.

Stock no. 13542-7

~~\$17.43~~ retail \$15.69 retail

You Save
\$1.74

FACT:

“Essential fatty acids (EFAs) are critical for human survival, and yet the human body is incapable of manufacturing them—that’s why they’re essential. EFAs make up important constituents of all cell membranes. They can be converted into breakdown products that can either ignite or quell inflammation. Inflammation is at the root of cardiovascular disease. The anti-inflammatory effect of omega 3 fatty acid may be the



primary mechanism in its role in promoting optimal health...Along with a quality multivitamin-mineral formula, EFAs are one of the most important supplements to consider for the promotion of human health. The scientific evidence and rationale for regular supplementation is compelling. Given the inadequacy of omega 3 in the North American diet, supplementing with the right essential fatty acids is...essential.”

Source: Alan C. Logan, ND, *Essential Fatty Acids, What's So Essential About Them?* Alive, February 2008

FACT:



If there was ever a match made in herbal heaven, it would have to be the combining of the two herbs ginkgo and hawthorn.



The use of HAWTHORN for various heart conditions dates back as far as the 17th century. However, it really wasn't until the late 19th century that its reputation became widespread, when an Irish doctor became well known for his 'secret remedy for heart health.' After his death in 1894, the doctor's daughter disclosed that the remedy was made of hawthorn berries. With the doctor's secret out, hawthorn quickly became famous as a remedy for heart and cardiovascular ailments. It was believed to strengthen the heart muscle and, taken over a prolonged period, to lower blood pressure. GINKGO is the oldest living tree, dating to the age of the dinosaurs. A single ginkgo tree can live up to a thousand years. Traditional Chinese Medicine has recognized ginkgo's medicinal use for nearly 3000 years. In today's modern herbalism ginkgo is used in relation to the health of the heart and blood vessels.

Source: Michael A Weiner, Ph.D. and Janet A. Weiner, *Herbs That Heal*, Quantum Books, 1994

“Throughout the years I experienced heart abnormalities like palpitation, heart racing, chest pains, and blood pressure drops. I also found that stress, dehydration, sugar, and lack of exercise triggered these symptoms. For the past 15 years, I have been taking the combination Ginkgo & Hawthorn, along with exercise and rest, and I feel it has helped improve my energy and improved my overall cardiovascular health.”



Behrooz Tahririha Gold
St. Albert, AB

Blood Pressurex

Vitamin And Herbal Formula



A combination of standardized olive leaf extract, golden rod, L-arginine, standardized colesus root extract, vitamin E, hawthorn berries extract, and standardized grape seed extract.

- Possesses antioxidant properties.

Stock no. 16631-5

~~\$40.71~~ retail \$36.64 retail

You Save \$4.07

Vari-Gone

Herbal Extract Formula



A herbal formula of naturally-occurring bioflavonoids.

- Contains the herbs butcher's broom and horse chestnut.
- Provides bioflavonoids and antioxidants.

Stock no. 16899-1

~~\$35.41~~ retail \$31.87 retail

You Save \$3.54

FACT:

Between 1978 and 2004, obesity rates among Canadians ballooned from 14 to 23%. Excess body fat, particularly in the abdominal area, stresses the heart, raises blood pressure, drives up cholesterol and triglycerides levels, and dramatically increases risk of diabetes. Losing just 10% of body mass can have a substantial ameliorating effect on all of these parameters.

Source: Dr. Julian Whitaker, M.D., *Cardiovascular Disease: What have we learned in 50 years?* Alive Magazine, February, 2008



Green Tea Extract

Antioxidant Superstar



Numerous studies have demonstrated that green tea's polyphenols possess potent antioxidant potential.

- Possesses potent antioxidants.
- Decaffeinated green tea extract is standardized to contain 80% polyphenols (60% of the polyphenols are catechins, 30% of which are EGCG).

Stock no. 13286-5

~~\$36.43~~ retail \$32.79 retail

You Save \$3.64

3 capsules of NSP's Green Tea Extract is equal to 10 cups of liquid green tea!



Your Everyday Nutritional Insurance Program



You Save \$8.86

Super Trio

A Complete 30-day Nutritional Program



Three proprietary blends offer a nutritious combination of essential fatty acids, vitamins, minerals, antioxidants and plant extracts—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



Solstic Energy: Energy When You Need It



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!

Solstic Energy costs less than a cup of coffee.



- 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.
- Great citrus flavour.

Stock no. 14630-1

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

You Save \$3.18

FACT:

Research suggests that energy drink formulation, in addition to increasing energy utilization, may also improve mood, enhance physical endurance, reduce mental fatigue, and increase reaction time. (Source: Agriculture Canada)

Solstic goes anywhere you go! Convenient stick packets contain the right amount of powder to mix in your water bottle at home, the office, the gym, or in the car. Just pour, shake and drink.



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

Adrenal Support

In Support Of Balance And Overall Good Health



You Save \$3.14

Adrenal Support helps you maintain overall good health in an otherwise hectic world.

- Includes the adaptogen 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

~~\$31.36~~ retail \$28.22 retail

Could your fatigue be the result of *Stress*?

"Ever wonder what happens when your body becomes overwhelmed by stress? Adrenal fatigue, also known as hypoadrenia," writes Carmen Mattes, master herbalist who deals with chronic stress. "Over a prolonged period, chronic nutritional deficiencies can occur, which in turn create stress in the body, causing the cycle to worsen. The sudden release of adrenaline also increases the metabolism of fats, proteins, and carbohydrates which causes the body to excrete amino acids (protein building blocks) and minerals such as magnesium, phosphorus and calcium. The body then has an impaired ability to digest any nutrients, thereby becoming nutritionally starved." Adrenal exhaustion has multiple symptoms; here is a list common ones to see if you might be experiencing hypoadrenia:

Common Symptoms of *hypoadrenia*

- Fatigue (no matter how much sleep you may have had)
- Hormonal Imbalances such as PMS and menopausal syndrome
- Insomnia
- Muscle weakness
- Trembling
- Weight gain (particularly around the waistline)
- Difficulty losing weight despite genuine attempts
- Difficulty remembering (memory problems)
- Lack of sex drive
- Poor recovery after exercising
- Hair loss
- Depression
- Anxiety



"The broad spectrum of symptoms and their slow, cumulative effects, which are not initially obvious, can easily result in misdiagnosis of adrenal fatigue. A person might say they haven't felt the same since a certain event took place, or it might be a series of stressful situations that have all contributed to physical decline," writes Mattes.

Source: Carmen Mattes, master herbalist, *Putting the Brakes on Adrenal Fatigue*, Vista Magazine, June 2010

ENERG-V: Multiple-Ingredient Herbal Supplement



You Save
\$2.23

ENERG-V contains bee pollen, Ginkgo biloba, kelp, licorice root, Siberian ginseng, yellow dock, barley grass herb, rosehips fruit, schizandra, and capsicum fruit. Ideal for active adults as a daily supplement.

- Ideal as a pre- or post-workout supplement.
- Is non-stimulating and does not cause jitters or nervousness.

Stock no. 11040-1

~~\$22.29~~ retail ~~\$20.06~~ retail

"I am a very active vegan, menopausal women who loves my SynerProtein powder. Being vegan, I need to find ways to up my daily protein and so I have a protein shake every morning. SynerProtein powder tastes good so it is a good base. Just add to water or juice. (I also add Nature's Gold II, fruit, Green Zone and Flax Lignans). Protein is a good way to keep or build (and keep) my muscle mass which seems to wane after menopause. Once I have my shake in the morning, I have more energy and am not hungry until lunch. Most of my clients cannot believe I am a grandmother of six so I believe this product makes me not only feel good but look good too!"



Penny Slimmon
MasterGold
Belleville, ON

SynerProtein Powder: Non-GMO Soy Protein And More...



You Save
\$4.50

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. 16898-3

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

Maximize All You Do... Naturally!



FACT:

You might want to stand up for this one.

It's been known for some time that prolonged sitting is a contributor to poor health. New research published in *The British Journal of Sports Medicine*, and in *Diabetologia* journal of the European Diabetes Association, however, indicates that the perils of prolonged sitting extend even to otherwise active individuals, too. "The science is still evolving, but we believe that sitting is harmful in itself," says Dr. Toni Yancey, a professor of health services at the University of California.

What researchers discovered in even active people is that after an hour or more of sitting, production of enzymes that burn fat in the body decline by as much as 90%. Extended sitting also slows the body's metabolism of glucose and lowers the level of good (HDL) cholesterol in the blood. These are all risk factors for developing heart disease and type 2 diabetes. The solution is to get up and be active in even simple activities to reduce the time spent sitting.

FACT:

An analysis of 22 clinical trials shows that protein supplements are effective for boosting muscle mass and strength gains during resistance exercise in both younger and older subjects.

"Dietary protein supplementation represents an effective dietary strategy to augment the adaptive response of skeletal muscle to prolonged resistance-type exercise training in healthy younger and older adults," write Dutch researchers in the *American Journal of Clinical Nutrition*. "It seems evident that protein supplementation represents an effective and robust strategy to improve the benefits of resistance-type exercise training to support healthy aging."

Source: *American Journal of Clinical Nutrition* 96(6):1454-1464, 2012

FACT:

"There is a danger with repeated blood sugar spikes," says nutritionist Julie Daniluk. "If you continually eat foods that spike your blood sugar levels, you run the risk of decreasing your cells' sensitivity to insulin. Insulin's job is to shuttle sugar from your blood into your cells. If your cells become resistant to insulin's message, sugar will remain in the blood for too long, which in turn makes your body prone to inflammation...Insulin resistance may lead to conditions related to chronic inflammation..."

Source: Julie Daniluk, R.H.N., *Meals that Heal Inflammation*, Hay House, Inc, 2011

GlucoReg®

Herbal Insulin Control



You Save
\$4.70

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

GTF Chromium

Helping Control Blood Sugar



You Save
\$1.64

Helps to control healthy glucose (sugar) metabolism.

- Efficient use of glucose for energy.
- Helps maintain normal glucose levels.

Stock no. 16897-7

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

FACT:

"Chromium is vital to energy production (via glucose metabolism)." says Michael Rosenbaum, M.D., president of the American Association of Orthomolecular Medicine and author of *Super Supplements*. "Without chromium, insulin is less effective in stimulating the uptake of blood sugar (glucose) into the cells. Fatigue, irritability, and other symptoms of sugar intolerance may result when chromium is not applied, and stress, exercise and a high-carb diet use up chromium at a faster rate."

Source: *Delicious Magazine*, April 1991

Just 30 Days To A New You



You Save
\$9.70

BOD-E-KLENZ

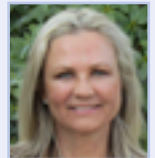
We live in a toxic world: air, water, soaps, fumes...Toxins build up in our bodies. A cleanse helps your body eliminate waste and toxins, helping you feel more energetic and improving your sense of well-being.

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

Stock no. 16896-6

~~\$96.00~~ retail \$87.29 retail

"Life is all about balance and sometimes life can get pretty hectic and I don't always eat right. Bod-E-Klenz is the one product that gets me back on track. It's simple, effective and my 30-day secret to re-balancing and supporting my body. I start every New Year off with resolutions and a 30-day Bod-E-Klenz and I always keep a spare box on hand for when I travel. If I'm gone 10 days, I pack 10 days worth... it's simple and it works for me."



Sine Mathiesen
Silver
Langley, BC

Collatrim Plus & Collatrim Capsules

You Save
\$3.78



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)

~~\$53.07~~ retail \$47.76 retail

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

Stock no. 11006-2 (caps)

~~\$37.70~~ retail \$34.01 retail

You Save
\$5.31



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

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

You Save
\$2.86

FACT:

Results of a double-blind clinical study conducted in Norway by Dr. Erling Thom, Ph.D demonstrated that the patented Fat Grabbers® nutritional supplement effectively produced significant weight loss for individuals in a test group of 64 participants.

“The study supports our view that Fat Grabbers® is simple, safe and effective,” reported Nature’s Sunshine. “Fat Grabbers® allows fat to be eliminated from the body, and it enables people to lose weight without taking stimulant drugs.”

The average weight loss experienced by the Fat Grabbers® group was 16 pounds, whereas the placebo group showed an average weight loss of only eight pounds. In addition to weight loss, subjects also experienced a reduction in total cholesterol. Conclusively, the Fat Grabbers® group experienced an 81% weight reduction due to fat loss, with a minimum loss of water and lean muscle tissue when consuming the product three times per day complemented with light exercise and a sensible diet.

Source: Nature’s Sunshine Health Sciences

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 (3.0 grams of soluble fibre and 0.7 grams of insoluble fibre per serving) 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 and intestinal function.
- Provides 5 grams of fibre per serving.
- Easily mixes in your favourite beverage.
- Pleasant tasting.

Stock no. 11229-8

~~\$36.43~~ retail \$32.79 retail



You Save
\$3.64

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

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