



SUNSHINE

The Publication for Nature's Sunshine Managers & Associates

May/June 2005

TODAY

Natural Mood Enhancers...page 12

*Nutritional Solutions
To A Better Mood*

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& Find Sunny
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Conference Countdown • 12 Steps To Leadership



SUNSHINE TODAY is published bi-monthly as an educational and professional newsletter for Nature's Sunshine Associates.

Please direct your submissions or comments to: Jeff Harmon, Editor 1-800-265-9163.

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Nature's Sunshine Products of Canada Ltd.
90 Walker Drive, Unit 1
Brampton, Ontario
L6T 4H6
(905) 458-6100 • Fax (905) 458-8881
Administration: 1-800-265-9163
www.naturessunshine.ca

Customer Service:
1-800-265-9163
Fax 1-800-822-4884

Medical Disclaimer

Nothing written or portrayed in this publication should be taken as prescription, diagnoses or a substitute for consultation with a competent health professional. It is advisable to seek the advice of your doctor concerning any ailment or when starting a supplement program.

Management Staff

Garry Ford	General Manager	Ext 3901
Spence Masson	Director of Science and Technology	Ext 3903
Jennifer Cole	Marketing Manager	Ext 3902
Sohil Mansuri	Director of Finance and Administration	Ext 3905
Connie Jefferson	Operations & Special Markets Manager	Ext 3904
Melissa Baker	GM Assistant	Ext 3920
Santina Mandarino-Zordan	Product Admin. Assistant	Ext 3918
Morenike Marcus-Jones	Field & Customer Coordinator	Ext 3906
Milly Deaken	Marketing Assistant	Ext 3919
Robert Levert	Quebec Liaison	1-888-325-4372



The Real Thing



One day, the father of a very wealthy family took his son on a trip to the country with the specific purpose of exposing his son to how poor people live. They spent a couple of days and nights on the farm of what would be considered a very poor family.

As they returned from their trip, the father asked his son, "How was the trip? What did you think about it?"

"It was great, Dad."

"Did you see how poor people live?" the father asked.

"Oh Yeah" said the son.

"So, tell me, what did you learn from the trip?" asked the father.

The son answered, "I saw that we have one dog, and they had four. We have a pool that reaches to the middle of our garden, and they have a creek that has no end. We have imported lanterns in our garden, and they have the stars at night. Our patio reaches to the front yard, and they have the whole horizon. We have a small piece of land to live on, and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our

property to protect us; they have friends to protect them."

With this, the boy's father was speechless.

Then his son added, "Thanks, Dad, for showing me how poor we are!"

Isn't perspective wonderful? Do you ever stop to appreciate all of the blessings that we enjoy through NSP?

Once again, let me remind you of the expression: Real Results, Real Rewards, Real Relationships. You and I are so fortunate to have "the real thing."

I trust that this month (and every month) you will walk in consciousness of all that you have been blessed with and then share those blessings with everyone you meet. So many people in Canada need what we have to offer. So summarizing, in the words of a book I once read, we can "make a living while making a difference."

The challenge is clear. Are you up for it?

Regards,

Garry Ford
General Manager

News & Tools

Hours of operation

Monday, May 23 closed for Victoria Day.

Friday, July 1st closed for Canada Day.

While supplies last

Once our inventory is depleted on the following items they will only be available through the Personal Use Program (PUP). Please contact customer service for more details and pricing.

- 267-1 False Unicorn
- 557-7 Formula CR II
- 844-9 Chi Formula
- 1602-8 SC Formula
- 1703-0 Tofu Moo Natural
- 1952-5 Ozone fridge unit
- 2586-5 The Untold Truth cassette
- 3892-8 Rose Bulgaria
- 3890-1 Jasmine Absolute
- 3891-2 Neroli
- 3901-6 Roman Chamomile
- 3922-9 Guardian
- 3918-3 Tranquility Essential oil
- 3923-6 Invigorating Essential oil
- 3920-0 Cycles
- 3927-3 Cellu-tone essential oil
- 3926-2 Deep Relief
- 3939-3 Myrrh
- 3954-1 Health Home & Beauty kit
- 6200-2 Natria Cosmetic Bag
- 15184-6 Citrus Garden oil pack

New Policies and Procedures booklet available in June

A few updates have been made to the P&P booklet. Managers will be mailed a complementary copy in the upcoming June mailing.

We've done it again!

NSP makes top 100 list of Best Corporate Citizens three years in a row

Once again Nature's Sunshine Products has made the top 100 list of Best Corporate Citizens—this time for 2005.

Business Ethics defines corporate citizenship as service not just to stockholders, but to a variety of stakeholders. The list ranks companies according to service to seven stakeholder groups: stockholders, the community, minorities and women, employees, the environment, non-US stakeholders, and customers.



"We are pleased and appreciative of this recognition," said Douglas Faggioli, President and Chief Executive Officer of Nature's Sunshine. "Nature's Sunshine has always maintained the highest ethical standards in the way we conduct our business, just as we are committed to the highest quality in the products we make and sell."

Reformulated products are now available



Vari-Gone

The new version of Vari-Gone is now available. We took the old formula and removed cellulose and vitamin C (not needed for the product to be effective) and increased the amount of Butcher's Broom. The amount of Horse Chestnut stays the same. The name stays the same but the stock number has changed to #985-3.

Tei Fu Massage Lotion

The newly reformulated Tei Fu Massage Lotion is now available as well, under the new stock number 3538-5. We have removed the ingredients that some people found objectionable, such as SLS and propylene glycol, and have added sweet almond oil, xanthan gum and other skin conditioning agents to improve the product's effectiveness.



NSP continues to GROW...

I have just returned from a quarterly meeting with the Nature's Sunshine Products (NSP) Board of Directors to report on the progress of the NSP business around the world. I would like to take this opportunity to share some insights from this meeting and discussion.

The Chairperson of the Board of Directors is Kristine Hughes, co-founder of Nature's Sunshine Products. This is important for Distributors to know. Distributors around the world can be assured that the same values and principles that were in place when the company was founded remain as the guiding direction in discussions and decisions. Kristine's husband, Gene Hughes, plays an advisory role to the Board. In addition, Pauline Hughes, also a co-founder, is a member of the Board and plays an active role in assuring our practices and policies treat people fairly and honestly. It is a privilege for me to know and associate with such great people who remind us that the Distributors are the greatest asset NSP has.

Other board members include: NSP President, Mr. Doug Faggioli; Mr. Richard Hinckley, a well respected businessman from Salt lake City, Utah; and Mr. Franz Christiani, another

well-known and respected businessman from San Francisco, California. Each person on the Board is committed to making sure our practices bring value to Distributors, customers, employees, vendors and shareholders.



During the meeting the following information was shared with everyone. International sales growth is 11.5% ahead of last year. Significant growth is happening in Canada, Russia (and the former soviet republic region), Japan, and the United Kingdom. In addition, sales growth in the USA was positive after several previous quarters of soft sales. Recruiting is at an all-time high and the number of total Distributors around the world is close to 700,000. It is estimated that over fifty million (50,000,000) customers use NSP products everyday around the world.

The company remains in a strong financial condition. We have no debt! Unlike other businesses that have debt to pay because they are under-

financed, NSP continues to pay its bills as it goes along.

There is significant effort being spent improving our ability to maintain our product leadership position around the world. Upgrades to our manufacturing plant to improve testing procedures and meet each country's strict standards dominate our energy and time.

NSP also maintains a leadership position as a company that has one of the highest payouts in our industry. After more than thirty years in the business, NSP has NEVER missed paying the Distributors on time and in every country.

I am pleased to tell you that NSP continues to be a leader in our industry. I believe it is because we have great leadership at the top of our company, founded on values and principles that do not change with time. We have great products that serve the needs of people all over the world. We reward the distributors with a fair compensation plan for their hard work. And most important, we have the best Distributors in the world!

Sincerely,
Robert W. Shaffer
Vice President, International



Bob Shaffer
Vice President, International

Testimonies

Real-life stories of life-changing events from Nature's Sunshine Managers and Associates.

Slimming Clubs revitalize Manager's business

I had recently moved to a new area and starting all over can be a challenge especially in an area where I was quite new to them. Things were quite slow, and I noticed in the literature that they were starting Slimming Clubs and how it was so successful in England—even areas that were tough to work with. So, because I like to specialize in weight, I decided to give it a try. I decided to put it in the paper for four weeks, but had to take it out after two weeks, as I ended up with more than one slimming club. It was unbelievably overwhelming to see the response, I couldn't believe that I had to stop the advertising. Since then, it is going well, I am starting my 4th week tonight, and they are enjoying them, are losing weight, and really enjoy the education that is provided. I have done some tweaking myself that has worked for me, in that I have added more incentives and ideas to the program. I am even starting others back in my home area for another Associate and would like to continue doing that as well.

Thank you very much for introducing such a wonderful program that not only helps people to lose weight and get better self esteem, but to introduce them to such a wonderful educational program on health which introduces them to all the other fantastic products

and services NSP offers to help people to a healthier and happier life.

JoAnne Thaxter

Energy restored with Adrenal Support

For a long time I have been battling a lack of energy, chronic fatigue, focus issues, etc. NSP's Adrenal Support was recommended to me. I started taking two in the morning and two at night, and to my amazement, within 24 hours I felt a positive difference in my energy and mental focus. I continued with four a day for a week and I am now just taking two a day for maintenance. I am very impressed with your product. No other product I have tried has helped me so much!

Joanne Talbot

Headaches erased with Peppermint Oil

I would like to express how great peppermint oil is for headaches. One of my co-workers came in to work one day with a bad sinus headache and I offered her some peppermint oil to rub on her temples. She at first didn't believe that it would help, but thought it wouldn't hurt to try. Was she amazed at how well she felt a few minutes later. Today, another co-worker had a massive stress headache and once again I offered peppermint oil to rub on her temples. A little

while later she came to thank me as her headache was now completely gone.

Judy Bond

Paw Paw results amaze doctor

One of the most amazing NSP products is Paw Paw. This product did incredible work within me during the time I was diagnosed with pre-cancerous stages 1, 2 and 3. I was scheduled for an operation and my upline suggested that I start the Paw Paw. I used it and the doctor said after the operation that he was really surprised by the large decrease in the number of pre-cancerous cells on site from the 1st check-up to the operation time – he was just amazed. It was all because of Paw Paw! I believe in the product Paw Paw for cancer prevention, reduction and control. Since then I ensure that I have it handy in the event that I may need it and like to practice prevention by taking a capsule once or twice a week.

Teena Wilks

FREE GIFT for your testimonies during the months of May/June. Please send testimonies addressed to the Marketing Department.

12 Steps to Leadership Recognition

Congratulations...February 2005 winners of the 12 Steps to NSP

Leadership program. Congratulations to the following people for earning \$100.00 by completing Step 3 of the "12 Steps to NSP Leadership" program. This was earned by meeting or exceeding the given PGV goals for month 1 – 350 PGV, month 2 – 550 PGV and month 3 – 750 PGV:

Name	Sponsor
Annette Santilli	Marcia Stewart
Kellyann Andrews	Vye Graves & J. Speers
Tracy Arnholtz	John Howlett
Judy Anderson	Penny & Powell Slimmon
George & Linda Mitchell	Dee & Ted Johnson

The following have won \$300.00 for completing Step 6 by meeting or exceeding the given PGV goals for month 4 – 950 PGV, month 5 – 1150 PGV and month 6 – 1350 PGV or their downline has completed the 6 steps:

Name	Sponsor
Ted & Karen Bohaychuk	Elaine & Behrooz Tahririha
Rowena Upham	Daniel Drost
Behrooz & Elaine Tahririha	For Ted & Karen Bohaychuk completing 6 steps
Daniel Drost	For Rowena Upham completing 6 steps

The following have won the **2005 Conference Package** (Registration for 2 and 3 nights accommodation) for completing the 12 steps to NSP Leadership program:

Name	Sponsor
Diane Blackburn & J. Pierre	Lorene Benoit & Alain Chabot

Congratulations...March 2005 winners of the 12 Steps to NSP Leadership

program. Congratulations to the following people for earning \$100.00 by completing Step 3 of the "12 Steps to NSP Leadership" program. This was earned by meeting or exceeding the given PGV goals for month 1 – 350 PGV, month 2 – 550 PGV and month 3 – 750 PGV:

Name	Sponsor
Linda Brunton	Ruth & Arthur Tibbits
Augustyna Hada	Florence Vitort
April & John Heppleston	Behrooz & Elaine Tahririha
Miguel & Angela Desilets	Robert & Carla Brown
Beth Gunderson	Shirley McConnell
Diane Wilson	Sandy Breininger
Wesley Laughing	Virginia Jacobs-Davids
Laverne Moore	Janet Lyons
Karen Kehler	Sheila Boese
Ewa Szwajkosz	Janina Kuncewicz
Guylaine Couture	Madeleine Lamarre
Diane Longtin	Ramila & Megs Padiachy

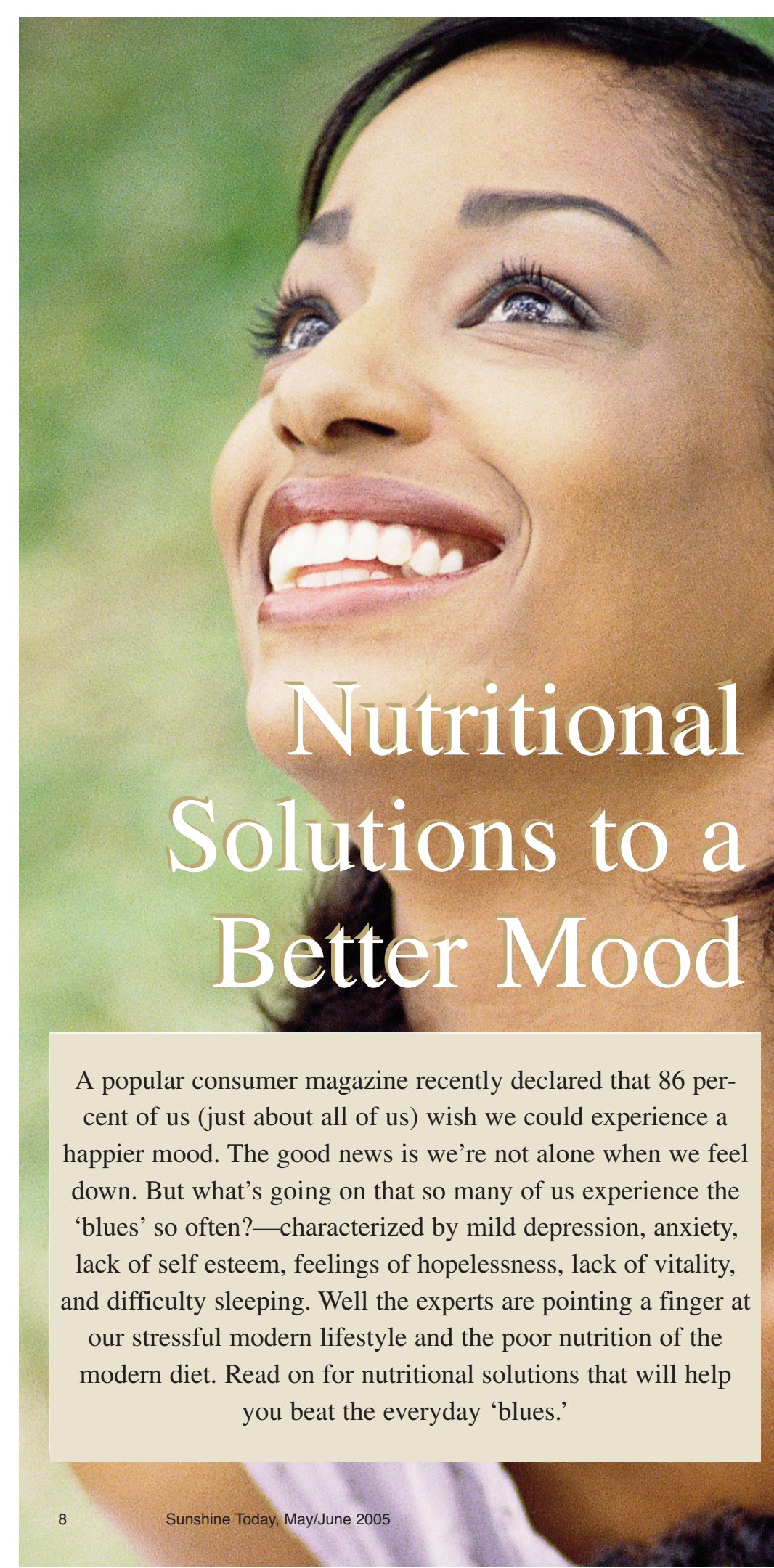
The following have won \$300.00 for completing Step 6 by meeting or exceeding the given PGV goals for month 4 – 950 PGV, month 5 – 1150 PGV and month 6 – 1350 PGV or their downline has completed the 6 steps:

Name	Sponsor
Darlene Balaz	Terry Bell
Virginia Jacobs-Davids	Ramila & Megs Padiachy
Dana Bezdicka	Beverly Verpaelst
Kimberly Bitz	Jean Dansereau
Debby Raabel	Viky Russell
Doreen Delgaty	Gerald & Stella Patterson
Push International (Dr. P. Kane)	Christopher & Barbara Opolski
Beverly Verpaelst	For Dana Bezdicka completing 6 steps
Ramila & Megs Padiachy	For Virginia Jacobs-Davids completing 6 steps
Terry Bell	For Darlene Balaz completing 6 steps
Jean Dansereau	For Kimberly Bitz completing 6 steps
Christopher & Barbara Opolski	For Push International completing 6 steps
Gerald & Stella Patterson	For Doreen Delgaty completing 6 steps
Viky Russell	For Debby Raabel completing 6 steps

The following have won the **2005 Conference Package** (Registration for 2 and 3 nights accommodation) for completing the 12 steps to NSP Leadership program:

Name	Sponsor
Lucy Taylor	Lorene Benoit & Alain Chabot





Nutritional Solutions to a Better Mood

A popular consumer magazine recently declared that 86 percent of us (just about all of us) wish we could experience a happier mood. The good news is we're not alone when we feel down. But what's going on that so many of us experience the 'blues' so often?—characterized by mild depression, anxiety, lack of self esteem, feelings of hopelessness, lack of vitality, and difficulty sleeping. Well the experts are pointing a finger at our stressful modern lifestyle and the poor nutrition of the modern diet. Read on for nutritional solutions that will help you beat the everyday 'blues.'

The need for something called serotonin:

The truth is much of our happiness is a state of mind—chemically that is. The brain produces many chemical substances that help regulate just about every function in the body—sleep, appetite, sex, pain, and of course, mood.

Serotonin is the main chemical hormone manufactured by the brain to control mood. As such it is a neurotransmitter, involved in the transmission of nerve impulses. Within the design of the human brain, it is the job of serotonin to create a sense of well-being and control depression and anxiety. If your serotonin levels are adequate you should experience emotional balance and a sense of relative happiness; if they aren't adequate you will experience the opposite.

Many of today's anti-depressant drugs target serotonin receptor sites to compensate for inadequate serotonin levels. They work, but at a price. Each carries its own set of side effects and getting off them is difficult since they cause dependency.

A better way to improve your mood, say alternative therapists, is to naturally raise serotonin levels in the brain, calm the central nervous system and strengthen the body's defenses against stress through diet and supplementation.

The 'Whey' to more serotonin

Neurotransmitters like serotonin are comprised of building blocks of amino acids (protein). In the case of serotonin, the amino acid building block is tryptophan.

Back in the 1980s, considerable research had been done on tryptophan in the treatment of depression. "In many cases, this natural supplement performs even better than patented antidepressants," according to alternative health advocate Dr. Wright.

"By the year 2020, depression will be the single most expensive cause of lost workplace productivity due to disability."

— Zoltan Rona, M.D., MSc, *Alive Magazine*, October 2003

However, with the rise of anti-depressant drugs, research on tryptophan stopped. The good news is that the National Institutes of Mental Health (U.S.) has today picked up where that earlier research left off and with good results.

One of the most concentrated sources of tryptophan is whey isolates found in whey protein. It's about three times more concentrated than most other protein sources.

In a Netherlands study, highly stress-vulnerable participants were given whey protein. Not only did this result in a noted reduction in the stress hormone cortisol, but participants experienced less depression and improved ability to cope with everyday living. The researchers concluded that the whey protein increased the availability of tryptophan in the brain, thus increasing the brain's production of serotonin.

Nature's anti-depressant, 5-HTP

HTP Power (5-hydroxytryptophan)

is the direct precursor to serotonin and as such increases the level of the "feel-good" hormone which is involved in regulating mood, appetite and sleep. Many alternative practitioners have described 5-HTP as Nature's 'Prozac' for mild to moderate forms of depression.

NSP's HTP Power contains 5-HTP in a combination with the anti-stress herbs, Siberian ginseng, ashwagandha root, suma paffia root. In addition, it also contains zinc gluconate and vitamin B6 for extra nerve support.

Vitamin D plus Sunshine

Getting enough sunshine helps improve mood by regulating hormones. The sun is also responsible for synthesizing vitamin D, a nutrient that helps produce serotonin. Many Canadians are low in vitamin D and should supplement due to our long winter months. Those who work inside most of the day also need extra vitamin D.

Omega mood lifter: Support for your nerves and neurons

Omega 3 fatty acids found in cold water fish and flaxseed have been recognized in recent years as protective against depression. Most experts believe this is because these fatty acids are necessary for healthy nerve-to-brain communications, are essential for the health and integrity of neurons, or brain cells, and reduce inflammation. Studies have shown that people whose diet consists of high amounts of omega 3 oils from large amounts of fish experience one-tenth the rate of depression as those who don't.

Don't be without your B vitamins

The B-complex family of vitamins provide important support for regulating mental processes by affecting the central nervous system and the production of neurotransmitters.

NSP's Stress Formula is a B-com-

Are you depressed? Take the test.

The symptoms will vary for each individual. The combination of four or more of these symptoms indicate some form of depression.

- | | |
|---|---|
| <input type="checkbox"/> Emotions that are out of place (crying, nervousness, excessive anger, feelings of guilt) | <input type="checkbox"/> Diminished sex drive |
| <input type="checkbox"/> Lethargy | <input type="checkbox"/> Recurring thoughts about death or suicide |
| <input type="checkbox"/> Apathy | <input type="checkbox"/> Poor (or excessive) appetite |
| <input type="checkbox"/> Changes in sleeping patterns | <input type="checkbox"/> Physical hyperactivity (or lack of activity) |
| <input type="checkbox"/> Difficulties concentrating | <input type="checkbox"/> Digestive upsets |
| <input type="checkbox"/> Low self-esteem | <input type="checkbox"/> In severe cases, feelings of hopelessness, helplessness and exhaustion are overwhelming. |
| <input type="checkbox"/> Lack of interest in usual pursuits | |

plex supplement with the addition of vitamin C to support the adrenal glands. It also contains several herbs to help stabilize mood: valerian, passion flower, and hops. Each has a relaxing effect on the emotions. They help calm anxiety and induce a sense of well-being.

St. John's Wort for mild to moderate depression

St. John's Wort has been described as the "best studied natural antidepressant." Today it is a popular alternative to prescriptions for mild to moderate depression even among mental health professionals. According to Dr. Hyla Cass, M.D., an assistant professor of psychiatry at the University of California, "Within a week to 10 days, many people notice improved sleep followed by improvements in appetite, energy levels, and physical well-being."

The herb works by boosting the brain levels of serotonin and norepinephrine, both neurotransmitters involved in regulating mood.

Caution: While using St. John's Wort avoid strong sun and tanning beds, because the herb tends to make your skin more sensitive to light.

Sources:

Nisha Jackson, Ph.D., *The Hormone Survival Guide for Perimenopause*, Santa Rosa, CA, Larkfield Publishing, 2004.

Bill Gottlieb, *Alternative Cures*, Rodale Books, 2000.

Micheal T. Murry, N.D., *Encyclopedia of Nutritional Supplements*, Rocklin, CA, Prima Health Publishing, 1996.

Alive Magazine, October 2003, No. 252.

Alive Magazine, October 2005, No 264.

Dr. Julian Whitaker, M.D., *Health & Healing*, Vol. 14, No. 4, April 2004.

Dr. David Williams, *Alternatives*, Vol. 10, No. 22, April 2005.

Dr. Jonathan V. Wright, M.D., *Nutrition & Healing*, Vol. 11, No. 12, January 2005.

NSP Quick Reference to Healthy Emotions

AD-C (1877-2)	relieves anxiety, depression
Adrenal Support (1507-0)	daily balance, stress, fatigue
Cal-Mag Plus D (1758-6)	calms the nerves, helps sleep
Chinese Mineral Chi (1818-3)	daily balance, mental clarity
Flax Seed Oil (1770-3)	nerve/brain function, depression
Focus ATN (1833-4)	nerve/brain function, hyperactivity
Ginkgo Biloba (898-8)	nerve health, depression (elderly)
HTP Power (2806-4)	increases serotonin levels, sleep
Lavender Oil (3907-8)	calms the emotions
Lecithin (1661-6)	nerve/brain function
LIV-C (1862-8)	depression, hormonal balance
Lobelia (1765-8)	nerve relaxant, anxiety
Magnesium (1786-6)	calms the nerves, helps sleep
Nutri-Burn Whey Protein (3212-4)	increases serotonin levels
St. John's Wort (655-3)	depression, serotonin
STR-C (1871-0)	daily balance, stress, fatigue
STR-J (1087-0)	daily balance, stress, fatigue
Stress Formula (1645-6)	daily balance, stress, fatigue
Super Oil Caps (8235-8)	nerve/brain function, depression
SynerPro Cal-Mag (4041-3)	calms the nerves, helps sleep
Vitamin B12 Plus, liquid (1588-7)	calms the nerves, helps sleep
Wild Yam & Chaste Tree (1108-7)	hormonal balancing

AromaPlus

FEATURED OIL



Lavender

Lavender is the most universal of all the essential oils and it brings benefits to many conditions. It can be safely used on children and can be applied "neat" in small quantities. This oil with a mellow, fresh, and clean aroma is extracted by steam distillation.

Key uses are: anxiety, bruises, burns, sunburns, infection, insect bites, insomnia, inflammation, wounds, headache, migraine, hair loss, eases muscle pain, and more.

Emotional benefits are: balancing & calming to the nervous system, can soothe states of anxiety, irritability, anger, frustration, and compulsion.

Try this recipe the next time you get an abrasion. Clean the abrasion with five drops of lavender diluted in a small bowl of warm water. Apply one drop undiluted lavender directly from bottle and leave to heal.



PARTY PLAN TIPS



5 Places to leave a catalogue

- Doctor's office
- College Campuses
- Hair Salons
- Dental office
- Laundromats

Things To Remember

- Never hold a show outside a 2-3 week window. If the party is more than 3 weeks away when they say yes, they have time to re-think, get talked out of, or change their minds.

AromaPlus Circle of Excellence

(AromaPlus Presenters attain Circle of Excellence Membership by holding a minimum of five personal Sunshine Hours with at least \$1500 average per month in retail sales from parties beginning in January 2004)

February 2005

Dee Johnson
Marlene Pietschmann
Jennifer Dyck
Margaret Voth

March 2005

Birgid Lehmann
Jennifer Dyck
Marlene Pietschmann
Gwen Badgley





NIAGARA FALLS 2005

October 13th — 15th, 2005

2005 CONFERENCE PROMOTION

Qualification Period: October 1st, 2004 to August 31st, 2005.

Earn the Complete Conference Package:

3 nights accommodation Plus 2 Registration packages.

To earn the Complete Conference Package:

Accumulate 12,500 PGV during the qualification period and you will earn 3 nights PLUS registration for 2 FREE.

Earn up to \$400 in Travel Allowance

To earn travel allowance:

- Every 5 sign-ups with 300 Accumulated PV within 3 months=2 Travel Credits
- Breakout a NEW Manager that maintains for 3 consecutive months=2 Travel Credits
- Personally rank advance (must be NEW rank at the end of the qualification period) =2 Travel Credits

Maximum credits to be accumulated=6 per account.

2 Travel Credits=\$100

4 Travel Credits=\$250

6 Travel Credits=\$400

PV transfers do not count towards this promotion

Conference and accommodation at the Sheraton on the Falls.

Annual Conference Count Down 2005

The following Managers have earned the complete 2005 conference package of 3 nights accommodation at the Sheraton On The Falls Hotel plus 2 registration packages by accumulating 12,500 PGV.

Abe & Anna Fehr
 Alex & Donna Ledenac
 Alfred Kehler
 Anna Marie Warriner
 Anne Irwin
 Anne Matthies
 Audrey & Allan Barnes
 Barbara Bednarczyk
 Barbara Ross
 Barry Whittaker
 Behrooz & Elaine Tahrirha
 Betsy Vourantoni
 Bevin Saylor
 Bob & Helen Pauls
 Bonnie Scarborough
 Byron Bahniuk
 Carl Taylor
 Carol & Doug Nilsson
 Carol Vrbaneck
 Carole Quinn
 Carrie Forsythe
 Cecil & Frieda Anderson
 Channele & Kaveesh Padiachy
 Christine Lennips
 Christopher & Barbara Opolski
 Claude Hamel
 Colette Delfrate
 Colleen Walters
 Daniel Drost
 Daphne Houlton
 David & Carnah Collins
 Deanna & Rick Burgess
 Deborah & Kenneth Philp
 Deborah Ferguson
 Deborah Legere
 Dee & Ted Johnson
 Diane Blais
 Diane Dupuis
 Diane McLaren
 Diane St. Onge
 Don & Lynn Lindberg
 Donna & Burt Gaynor
 Donna Cox & Randy Papps
 Donna Roth
 Doreen Saltzberry

Dorota Bartczak
 Dorothy Rempel
 Elaine McBain
 Elise Fontaine
 Elizabeth Sneesby
 F. Demers & M. Desputeau
 Florence & Brian Dyck
 Fran & Garry Kovacs
 Francene Benoit
 Gail Pyke
 Gilles Brosseau & Lorraine Beland
 Gloria Rairie
 Gordon & Margaret Palka
 Hans & Marlene Pietschmann
 Heather & Ken Shaw
 Helen Janzen
 Helene Dufour
 Herman & Susan Froese
 Howard & Judith Cobb
 Hugo & Renate Stiller
 Irene Fraracci
 Jack Enns
 James Rempel
 Janina Kunczewicz
 Janis Gordienko
 Jayne Kadynuik
 Jean Dansereau
 Jeannine Tremblay
 Jennifer Hough & G. Millage
 Joan Emery
 Joan Vankoughnett
 JoAnne Thaxter
 Joelle Jay
 Johanna & Bill Downing
 June & Charlie Cobb
 Karen Ramsay
 Kathy Deane
 Kevin Kelly & Cathy Ferris
 Kim & Hugh Gair
 Laurena Wakelin
 Laurie Clark
 Laurie Syer
 Lei & Eugene Orr
 Lily Dingwall
 Linda Kennedy

List continued on page 14.





ASK SUNNY!

Got a question or a comment? Submit your questions or comments to **ASK SUNNY** and we'll answer them. They might even end up in *Sunshine Today*!

Find Sunny

Win your way to a FREE gift.

This issue of the *SUNSHINE TODAY* contains a hidden picture of **Sunny**, the *Sunshine Today* mascot!

When you spot **Sunny**, fill out the ballot and return it to Nature's Sunshine. Each correct ballot will be placed in a draw where 20 winners will receive free shipping of one order. The draw will take place on June 15th, 2005.

Don't miss your chance to WIN!



I Found Sunny

Name: _____

Address: _____

City: _____

Province: _____ Postal Code: _____

Telephone: _____

Account #: _____

email: _____

Fax#: _____

I found Sunny on page: _____

May/June 2005

Annual Conference 2005 Count Down continued

Lisa Lalonde
Lise Blouin
Lise Harbeck
Lois Miller
Lorelei Erho-White
Lorene Benoit & Alain Chabot
Lucy Taylor
Lyn & Allan Bailey
Lynne Kildaw & Ean Langille
Madeleine Guilbault
Manon Rainville
Marc Clavette
Margie Kadyniuk
Marie & Levi Marchand
Marilene Perreault
Marj & Brian Bugara
Mary Ann Palmer
Mel Tarry & Frank Raglan
Merinda Reid
Micheline Morel-Fiset
Miriam & Hans Van Leening
Monica Hirai
Muhammad Ali
Nadia Zinchenko
Nelson Labbe
Nicole Roy
Odette Cousineau
Pat Boisjoli
Paula & Alen Hilman
Pauline Martin
Penny & Powell Slimmon
Pete & Sarah Nickel
Rachel Smith
Ramila & Megs Padiachy
Raymonde Nadeau
Rhea Goudreau
Rob Tomilson
Robert & Carla Brown
Robert & Ida Pierce
Robert & Nicole Fournier
Sharon & Mervin Stebeleski
Shauna & Randy Kerr
Sheila Boese
Shirley & Jerald Kozub
Silvana Fazzolari
Susan & Christopher Jikeli
Susan Reimer
Terri Louise Phillips
Terry Bell
Tina & Peter Dyck
Tracy Arnholtz
Vannette Keast
Vera Pestik
Violet Graves & J. Speers
Virginia Pumphrey
Vivian & Rob O'Neill
Yvonne Dollard

Niagara Falls 2005 October 13th — 15th, 2005



Science Talk

with Spence Masson B.Sc., Director of Science and Technology

New & Improved Zambroza™

More xanthonenes than any other mangosteen product on the market



As you know, NSP has enjoyed tremendous success with our new super-antioxidant, anti-inflammatory health and energy tonic, Zambroza. It became Canada's #1 seller within a month of its launch.

However, we aren't resting on our laurels and have already IMPROVED Zambroza! Many of you already know about the health-promoting properties of the various phytonutrients found in Zambroza, such as catechins from green tea and bioflavonoids, polysaccharides, polyphenols, proanthocyanins and OPCs, vitamins, minerals and other antioxidants such as superoxide dismutase from fruits.

Xanthonenes, the active compounds in the tropical mangosteen fruit, may be a new topic to some of you. All sorts of miraculous health-promoting properties have been attributed to this class of compounds, but one thing is for sure: they score very highly in ORAC testing (a test that shows the antioxidant power of foods and nutrients). Xanthonenes occur in trace amounts in various fruits and vegetables, but their single greatest source is the mangosteen fruit. These compounds occur throughout the fruit, but are particularly concentrated in the pericarp (better known to most of us as the rind or the skin). When NSP first formulated Zambroza, we used only the fruit and seeds of the mangosteen, since we had so many other ingredients providing other phytonutrients as mentioned

above. Indeed, independent laboratory testing of our original formulation showed that Zambroza scored higher in ORAC testing than any other product of its kind.¹

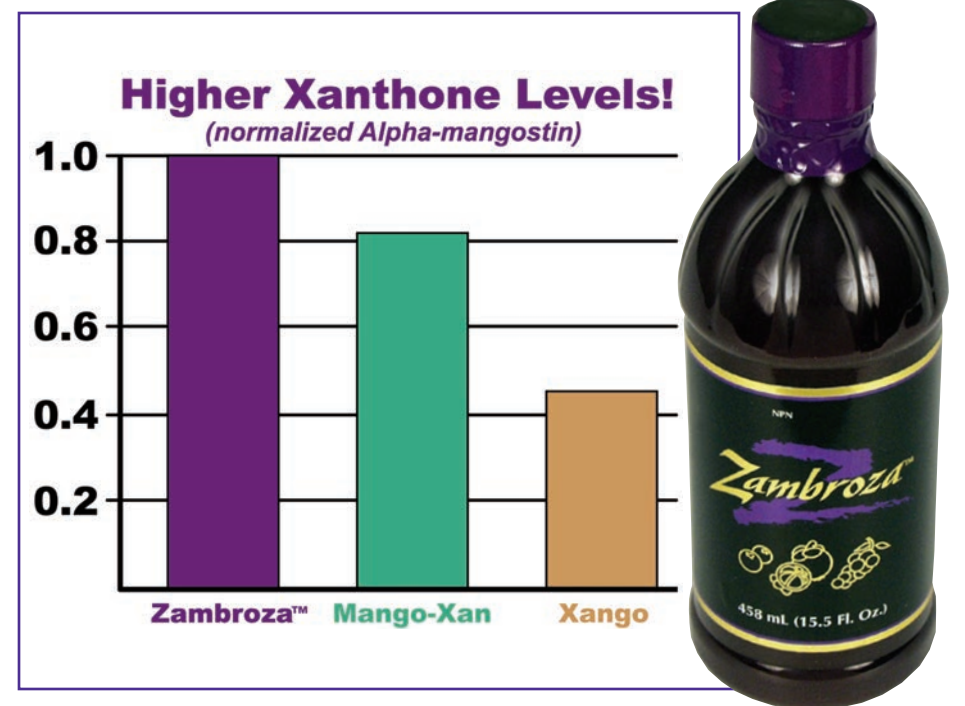
We are now happy to announce that we have added mangosteen pericarp extract to Zambroza. This new version of Zambroza went into production in April and we anticipate having it ready for sale by early summer. What does this mean for Zambroza? Only that a great product just got better, that's all! Compared to the original formula, the new formula has a 28 percent higher ORAC value, 24 percent more polyphenols, and *three times more xanthonenes*. The extract of mangosteen fruit and pericarp used in

Zambroza significantly contributes to its high xanthone content, as shown by independent lab analysis and the accompanying graph.²

To top it all off, we will be packaging Zambroza in an improved bottle. The new bottle will have the same fill level, but is much sturdier and should eliminate some of the problems we saw with dented bottles from early production lots. This bottle features an attractive shoulder design that actually mimics the segments of the mangosteen fruit. We hope you like it as much as we do!

References

1. Brunswick Laboratories; Wareham, MA
2. ChromaDex Analytics, Clearwater, FL



Topic: How to balance your Hormones with NSP

BARRIE, ON
Mon. May. 16 7pm
High Point Apt.
Card Room
2 Kozlov Street
705-722-5896
\$2.00
*Sharon Johnstone

BLACKWATER, ON
Sat. May. 14 10 to 12pm
Hwy 12, RR#4
705-357-2321
Free of charge
*Heather Shaw

BOWMANVILLE, ON
Mon. May. 16 7pm
Clarington Comm. Ctr
132 Church St.
905-987-3778
\$2.00
*April Bayer-Murchison

CALGARY, AB
Thurs. May. 26 7pm
Days Inn
2799 Sunridge Way North East
403-276-5756
\$5.00 if pre-registered
\$7.00 at the door
*Monica Hirai

CANNINGTON, ON
Wed. May. 25 7:30pm
21 Ann Street N
Senior Citizen Room
705-432-1072
Free of charge
*Tracy James-Hockin

NANIAMO, BC
Tues. May. 31 7pm
Rm 8 Bebon Park
250-748-6802
\$5.00
*Lorene Benoit

EDMONTON, AB
Wed. May. 4 7pm
St. Albert Inn
156 St. Albert Trail
780-459-5551
\$3.00
*Anne Irwin

HANOVER, ON
Tues. May. 24 7pm
It's About You
761-11th Street
(Behind M&M Meats)
519-364-7092
Free of charge
*Christine Lennips

KAMLOOPS, BC
Thurs. May. 26 7pm
Kamloops Art Gallery
465 Victoria St
250-376-4849
Free of charge
*Rebecca Turner

KELOWNA, BC
Thurs. May. 26 7pm
Kelowna Library
Ellis Street
250-764-2852
\$3.00
*Donna Roth

KITCHENER, ON
Mon. May. 16 7:30pm
16 Wellington St. N
519-568-8731
Free of charge
*Ginette Ethier

MONCTON, NB
Tues. May. 17 7pm
85 Brentwood Dr
Moncton, NB
506-859-0383
\$2.00
*Deborah Legere

NEWMARKET, ON
Wed. May. 11 7:30pm
38 Centennial Ave
(Holland Landing)
905-836-1897
Free of charge
*Debbie Philp

PORT PERRY, ON
Thurs. May. 26 7:00pm
5 Christie Cres off Goodwood
Free of charge
905-985-7657
*Hugo Stiller

SHERBROOKE, PQ
Fri. May. 20 7:30pm
Maison Marianhill
2075, ch. Ste-Catherine
1-888-325-4372
Free of charge
*Robert Levert

SUDBURY, ON
Wed. May. 25 7pm
Dumas Independent
Lorne Street
Upstairs Room
705-670-8262
\$3.00
*Colette Delfrate

VICTORIA, BC
Tues. May. 17 7pm
Vacation Inn
3020 Douglas St
250-388-9919
Admission by donation
*Vye Graves

WINDSOR, ON
Fri. May. 27 7:30pm
Location: TBA
Local contact is
Simone Gaiarin
519-972-8639
\$5.00
*Audrey Barnes

OTHER MEETINGS

BUSINESS BUILDING
EDMONTON, AB
Wed. May. 11 7pm
St. Albert Inn
156 St. Albert Trail
780-459-5551
Free of charge
*Eugene Orr

SPANISH MEETING
LONDON, ON
Date: TBA
Time: TBA
London Public Library
251 Dundas St
519-472-1448
*Marta Cruz

HERB WALK
OAKWOOD, ON
Fri. May. 27 7:00pm
Oakwood Fire Hall
West of Lindsay
South of lights on Hwy #7
705-953-9937
\$2.00
*Audrey Barnes

HERB WALK
ST-CATHARINES, ON
Mon. May. 16 7:00pm
Four Points Sheraton
3530 Schmon Pkway
905-646-2754
\$5.00
*Audrey Barnes

Please Note:
*Speakers are subject to change without notice. Please contact Customer Service at 1-800-265-9163 Mon. to Fri. 8:30am to 5pm EST for the most current information.

Topic: Alternative Approaches to Cancer

VANCOUVER, BC
Wed. June 1 7pm
Call for location
604-685-5714 or 604-602-9711
\$10.00
*Scott McInnes

BARRIE, ON
Mon. Jun. 13 7pm
High Point Apt.
Card Room
2 Kozlov Street
705-722-5896
\$2.00
*Sharon Johnstone

CANNINGTON, ON
Wed. Jun. 22 7:30pm
21 Ann Street N
Senior Citizen Room
705-432-1072
Free of charge
*Helen Biffert

ABBOTSFORD, BC
Mon. Jun. 20 7pm
Best Western
32110 Marshall Rd
604-850-6746
\$3.00
*Sheila Wajsen

BELLEVILLE, ON
Wed. Jun. 1 7pm
East Minster United Church
432 Bridge St E
613-473-2395
\$2.00
*Hans Pietschmann

BLACKWATER, ON
Sat. Jun. 11 10 to 12pm
Hwy 12, RR#4
705-357-2321
Free of charge
*Heather Shaw

HANOVER, ON
Tues. Jun. 28 7pm
It's About You
761-11th Street
(Behind M&M Meats)
519-364-7092
Free of charge
*Christine Lennips

KELOWNA, BC
Thurs. Jun. 16 7pm
Kelowna Library
Ellis Street
250-764-2852
\$3.00
*Donna Roth

MISSISSAUGA, ON
Tues. Jun. 14 7pm
Colonnade Chiropractic & Wellness Ctr.
3024 Hurontario
Suite #201
905-271-1180
\$5.00

CALGARY, AB
Thurs. Jun. 23 7pm
Days Inn
2799 Sunridge Way North East
403-276-5756
\$5.00 if pre-registered
\$7.00 at the door
*Monica Hirai

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156 St. Albert Trail
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*Jean Dansereau

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465 Victoria St
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Free of charge
*Rebecca Turner

*Diane McLaren
OAKWOOD, ON
Fri. Jun. 17 7:30pm
Oakwood Fire Hall
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South of lights on Hwy #7
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Speaker: TBA

PORT PERRY, ON
Thurs. Jun. 23 7:00pm
5 Christie Cres off Goodwood
Free of charge
905-985-7657
*Hugo Stiller

SHERBROOKE, PQ
Wed. Jun. 22 7:30pm
Maison Marianhill
2075, ch. Ste-Catherine
1-888-325-4372
Free of charge
*Robert Levert

KINGSTON, ON
Tues. Jun. 7 6pm
Bioenergy Clinic
551 Shiloh Ave
613-384-9829
Free of Charge
*Renate Graf

KITCHENER, ON
Mon. Jun. 20 7:30pm
16 Wellington St. N
519-568-8731
Free of charge
*Ginette Ethier

MONCTON, NB
Tues. Jun. 21 7pm
85 Brentwood Dr
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3530 Schmon Pkway
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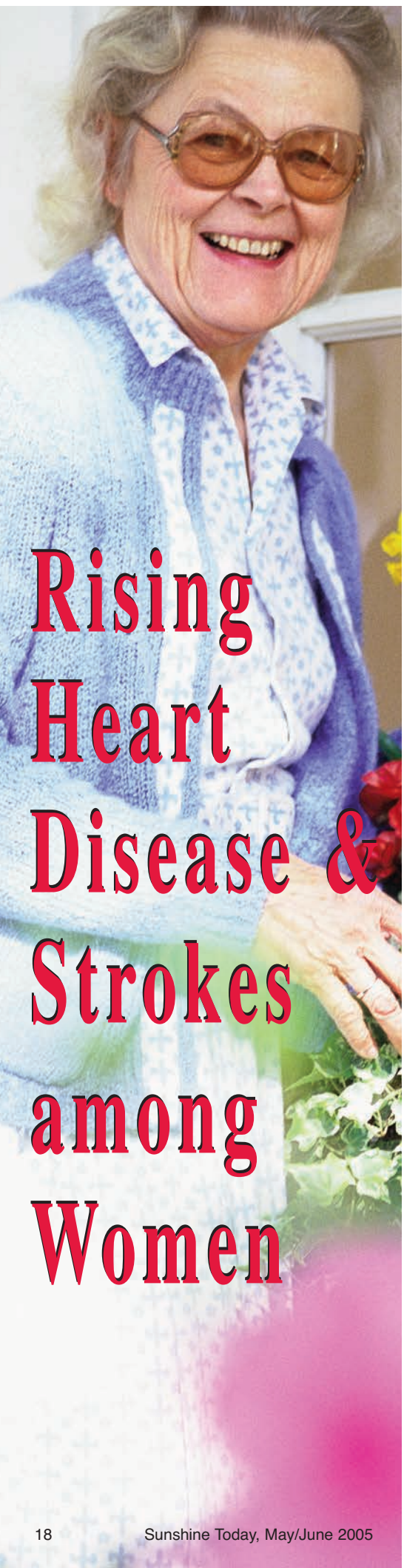
VICTORIA, BC
Tues. Jun. 21 7pm
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*Vye Graves

WINDSOR, ON
Fri. Jun. 24 7:30pm
Location: TBA
Local contact is
Simone Gaiarin
519-972-8639
\$5.00
*Audrey Barnes

OTTAWA, ON
Mon. Jun. 13 7pm
Best Western Barons Hotel
3700 Richmond Rd
613-829-0427
\$5.00
*Ramila & Megs Padiachy

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*Speakers are subject to change without notice. Please contact Customer Service at 1-800-265-9163 Mon. to Fri. 8:30am to 5pm EST for the most current information.





Rising Heart Disease & Strokes among Women

According to *The Growing Burden of Heart Disease and Stroke in Canada 2003*, a Heart and Stroke Foundation report released in April 2005, eight in ten Canadians have at least one risk factor for cardiovascular disease, and 11% have three risk factors or more.

Even more alarming is the fact that heart disease and stroke are responsible for more female deaths in Canada than any other disease. In 1999, 39,000 Canadian women died from heart disease and stroke. Heart disease and stroke accounted for 37% of all female deaths in Canada in 1999. In other words, out of every 100 women who died in 1999, 37 of these women died from heart disease and stroke.

How can you tell if you are at risk of heart disease and stroke? Almost anyone of any age can develop a heart condition, but knowing your risk factors may be the first step in taking control. Some risk factors, such as smoking, are well known, while others are less well recognized. The risk factors you CAN change include smoking, inactivity, high blood pressure, high blood cholesterol, diabetes, stress, excessive alcohol consumption, and overweight. Those you CAN'T change include age, ethnicity and family history. Having even one risk factor will increase a woman's chances of developing heart disease and stroke. The more risk factors a woman has the greater her risk, according to the Heart and Stroke Foundation of Canada.

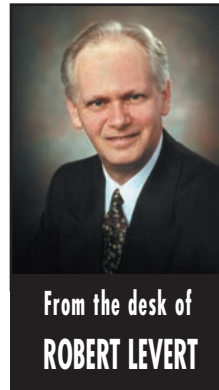
One of the most alarming trends is

the growing prevalence of risk factors among young Canadians, according to Dr. Wielgosz. "It's really a ticking time bomb.

Almost 40% of teenage girls are physically inactive. The largest proportion of smokers is among young men and women 15-29 years old. Over 30% of men and women in their twenties are overweight. We have to act now – if we don't, thousands of Canadians will die premature deaths that could be avoided." Dr. Wielgosz goes on to say that "We need to invest up front in prevention to reduce the risks."

Prevention is by all means the best approach, but if prevention means putting more dollars in the Canadian health care system for more sophisticated equipment and drugs, then this alarming trend will continue to grow. Why not invest our dollars and energy where it really counts: helping women understand that they need to take charge of their own health.

How can a woman reduce her risks of heart disease and stroke? After reviewing the risk factors that you CAN and CAN'T change, it appears clearly that most of the risk factors are under your control. You can reduce your risk of heart disease and stroke by becoming smoke free, being physically active regularly, keeping your blood pressure at healthy levels, keeping your cholesterol at healthy levels,



From the desk of
ROBERT LEVERT

maintaining a healthy body weight, learning to control stress, and drinking alcohol in moderation. Furthermore, Nature's Sunshine can provide you with great support in achieving this health goal.

Recently, Nature's Sunshine introduced two exciting new products, Blood Pressurex and Red Yeast Rice. Blood Pressurex is a blend of essential and natural ingredients, including powerful herbs such Coleus forskohlii, olive leaf extract, hawthorn extract and golden rod; the amino acid arginine; and the potent antioxidants vitamin E and grape seed extract. These combine to help inhibit cell damage, support and strengthen blood vessels, relax blood vessels to encourage flow in the peripheral arteries and help to maintain normal blood viscosity. Blood Pressurex targets many underlying causes of blood pressure to provide support and efficient control. This is important because the underlying causes must be properly addressed.

NSP's Red Yeast Rice, an all-natural approach, provides nutritional support to the circulatory system and may help reduce the risk of developing atherosclerosis or cardiovascular disease by lowering cholesterol levels. It supports the liver in its efforts to regulate the release of cholesterol into the bloodstream. Red Yeast Rice (*Monascus purpureus*) supports the body in maintaining healthy LDL (bad cholesterol) and triglyceride levels, and increasing HDL (good cholesterol) levels.

Maintaining a healthy body weight is basic in preventing heart disease and stroke. Too much weight puts a lot of stress on the cardiovascular system and the heart. Healthy eating habits as well as regular exercise helps greatly in achieving a healthy body weight. Nature's Sunshine offers a complete line of weight management products, including Bod-E-Klenz, Collatrim, Garcinia Combination, Fat Grabbers, Carbo Grabbers, GreenZone, GTF Chromium, SynerProtein, and Nutri-Burn.

Bod-E-Klenz, a 30-day herbal cleanse program, is an essential first step in tuning up the body before beginning a weight management program. Collatrim, an excellent source of protein and amino acids, helps to rebuild muscles and strengthen lean muscle mass while you sleep.

Garcinia Combination, featuring hydroxycitric acid standardized at 50 percent, decreases appetite, inhibits the conversion of excess carbohydrates into fat, and increases energy. Fat Grabbers is an ideal product if you want to absorb less fat from your everyday diet. Carbo Grabbers helps prevent weight gain from carbohydrate (starch) intake. GreenZone, a "superfood" supplement, provides the body with nutrition and energy-rich nutrients. GTF Chromium, a trace mineral that plays a role in regulating blood sugar levels, helps with cravings. Sufficient quality protein is important in maintaining proper metabolism to effectively burn calo-

ries. SynerProtein is a low-fat, balanced soy protein supplement providing essential amino acids, vitamins and minerals, and a great vanilla flavour. Nutri-Burn is a high-protein, low-carb drink mix using whey protein, enriched with CLA (conjugated linoleic acid). The ingredients in Nutri-Burn are designed to slim, energize and build the body. You'll enjoy its delicious natural cocoa flavour.

Learning to control stress is yet another means of preventing heart disease and stroke. The nutrients found in Stress Formula are designed to support the nervous system, especially when under stress. The mechanisms causing the reduction in blood flow to the heart seem to be extremely sensitive to the effects of emotional stress. Emotional stress, along with one or more of the other risk factors identified earlier, may independently activate each of the mechanisms of coronary heart disease, according to Dr. Dean Ornish, M.D., author of *Stress, Diet & Your Heart*.

NSP's Vitamin E, a complex of various natural tocopherols, improves blood flow by dilating blood vessels, inhibits blood clotting, strengthens capillary walls, and helps the heart muscle utilize oxygen, thus helping to lower blood pressure.

Finally, for a more comprehensive approach on preventing heart disease and stroke, I invite you to read the article I wrote on Syndrome X in the January/February 2005 issue of the *Sunshine Today*.



Visit this room less often



If you're over 40 and are experiencing difficulty urinating or are bothered by the frequent need to urinate you may be experiencing symptoms of Benign Prostate Hyperplasia (BPH). After all, some 75% of us will experience symptoms of BPH as we reach our senior years. That's why there's Men's Formula for 40 plus men. It has been specifically formulated to reduce symptoms of BPH. Standardized extracts of saw palmetto, ginkgo biloba, and stinging nettle, plus zinc have been clinically demonstrated to relieve the discomfort and embarrassment of having a swollen prostate.

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