Positive results that come from using Natural Therapy methods

From the questionnaire that was conducted with our readers back in April of last year, there were many interesting suggestions made. The question that raised the most possibilities was “Any subject you would like to see written about?” Quite a few

#3992 Apple CleanStart Cleanse, a two week cleansing program. Time and time again the partakers of this product report extremely favourable results....

desired to read about what others achieve by using quality products and wanted to hear personal testimonials. Since then we have kept this suggestion to the forefront, and accordingly began to collect the positive results that come from using natural therapy methods in keeping well and strong. The basis of this research has led to our being able to write this article, and you will notice that quite a few stem from America, which of course is the home for Nature’s Sunshine Products, and the experiences included have used Nature’s Sunshine products. They have used the names of the products, but not

Is your doctor telling you the truth? Possibly not, according to a new survey in Health Affairs of nearly 1,900 physicians around America. The researchers found that 55% of doctors said that in the last year they had been more positive about a patient's prognosis than his medical history warranted. And 10% said they had told patients something that wasn't true. About a third of the MDs said they did not completely agree that they should disclose medical errors to patients, and 40% said they didn't feel the need to disclose financial ties to drug or device companies.

Really? The study's lead author, Dr. Lisa Iezzoni, a professor medicine at Harvard Medical School and director of the Mongan Institute for Health Policy at Massachusetts General Hospital, was surprised to learn how mendacious her colleagues were. "Some of the numbers were larger than I expected they might be," she says. Why the white lies? In some cases, Iezzoni says it was for self-protection. Nearly 20% of the doctors admitted that they didn't
The peramablity was noted. An 80% decrease in gut the same exercise. weeks, and then repeated took Colostrum for 2 2nd test the same runners leakage’s was detected. 20 minutes. Urine runners to perform at experiment using London School of Playford, Professor of and runners in particular, Heavy training athletes, less likely to suffer a fatal disease in people who regularly work more than 11 hours a day compared with those who work a standard 7 - 8 hour days, according to an 11 year old study of 7,095 British workers.

Magnesium is an essential mineral that is needed to sustain healthy blood vessels, and is required to perform more than 300 critical biochemical reactions throughout the body. In a study published in the American Journal of Clinical Nutrition provides evidence that women with the highest dietary intake of magnesium were 41% less likely to suffer a fatal cardiac event.

Heavy training athletes, and runners in particular, often suffer from “leaky gut syndrome.” Ray Playford, Professor of Medicine at Barts & The London School of Medicine conducted an experiment using Colostrum. He asked runners to perform at 80% of their capacity for 20 minutes. Urine samples were taken and a 250% increase in gut leakage's was detected. Before conducting the 2nd test the same runners took Colostrum for 2 weeks, and then repeated the the same exercise. An 80% decrease in gut peramability was noted.

Positive results that come from using Natural Therapy

all of these are available in N.Z. Suffice to say that the testimonials used serves to prove that alternative methods from mainstream medicine has a high degree of efficacy. And before we begin with some of the marvellous results obtained, we would like to point out that some of the information contained involves some from our own customer base, but our strict confidentiality relationship prevents us allowing for any further identification. You will notice however that the purpose of putting such experiences in this letter is to prove that the local market is very enthusiastic about the results forthcoming. We shall begin first of all with our own personal testimonial.

What’s the best thing that's occurred for Gordon & Donna Bruce?

When we began this business in July 1996 it was suggested to sit down and write what was wrong with us. It now makes for some fascinating reading. for much of what was written no longer has any connection with our present state of health. In fact although it took some time for some of the problems to lessen, it can be stated with confidence that approximately 50% of them have disappeared entirely, with the others being reduced in intensity by a marked degree. One of the longest difficulties that continued to plague Gordon was his skin condition defined as Psoriasis. This inflammatory condition has 3 separate stages, and it had developed with him onto the second stage which affects the joints and is then described as Psoriatic arthritis. Despite regular supplementation which went a long way to alleviating the symptoms (general pain and overall tiredness after physical work exertion) the skin condition worsened each winter. In some cases the skin on the hands had weakened and cracked so badly that on occasions small amounts of blood were left on the turned pages of read books and newspapers. So

what a delight to be informed of the new information about taking Vitamin D3 during the winter months. The implementation of such wrought an immediate improvement, and a confirmation of such was indicated by a deliberate ceasing of this form of supplementation in mid August. The result? A steady deterioration of the skin condition in both hands, so that in two months they were back to how they originally looked. The following year the same regime was engaged in with the addition of #17137 Magnesium with Vitamin B6. with this being continued until early October. The overall result has been far less pain suffered than previously (a small amount occurs regularly) and a vast improvement in the appearance of both hands. They look and feel the best they’ve been in decades. (By the way look out for a resumption of last years

Does your Doctor tell you the truth?

disclose a medical error to their patients because they were afraid of being sued for malpractice. In other cases, it may have been for the patient's benefit. MDs might spare an anxious patient from hearing about the slightly abnormal results of a lab test, for example, if it has no impact on the patient's health. Conversely, the doctor might exaggerate a health result in hopes of motivating a patient to take better care of himself. Doctors who sugarcoat patients' prognoses may do so to soften the blow of bad news and help them remain hopeful about their potential recovery. Also, short office visit times may preclude the long and emotional discussions that accompany the delivery of difficult medical news, so doctors may say what they can to avoid causing the patient pain. ”The [doctor-

patient] relationship is a human interaction, and physicians are human too,” says Iezzoni. “They don't want to upset their patients, they don't want their patients to look unhappy or burst into tears. But they also need to be professionals, so they need to tell themselves that if there is a difficult truth they need to tell the patient, they need to figure out a way of communicating that effectively.” That's critical for doctors to appreciate, because as well-intentioned as their fibs may be, other studies consistently show that patients prefer the truth, and would rather hear harsh news than remain ignorant about a dire medical condition. Being fully informed is a way that patients can cope and prepare for whatever might occur. As for the failure to disclose medical errors, Iezzoni says doctors' fear of malpractice suits may often be misplaced. Studies suggest that in cases where physicians are open about their mistakes, patients are more likely to be understanding and refrain from suing.

So how can doctors learn to be more honest with their patients? More training about how to communicate with people about their health is critical - especially when it comes to delivering bad news. Patients also need to be clear and firm about how honest they want their doctors to be. Communication is a two way street, after all, even in the doctors office.

By Erin Andersson The Globe And Mail 8/2/12
campaign, in which we focused on the consumption of two products for the winter months) The better looking half of the partnership - Donna has also benefitted immensely so by regular supplementation, and accordingly can agree easily with the theme of this article. Two things stand out for her, although they are by no means the only way in which she has improved her overall state of health. They were the comprehensive reduction of pain in her body and the improvement of varicose veins in both legs. Having inherited this weakness from both parents and not being assisted by bringing 5 children into the world, this posed a severe health threat. It must be said that for many years the condition remained similar year after year, despite taking a regular amount of various supplements. However last year a surprising and pleasing development occurred. The rigidity of the veins relaxed, so much so that in some places it was difficult to see them. Why was this? The only thing that had been done different to previous years was the consumption of three products. The first of these has unfortunately become unavailable from Nature’s Sunshine which is a real pity because it was such a good product. It is # 6520 Solistic Cardio and due to it having high levels of L-arginine (5gms per serving) this produces nitric oxide in the body and that in turn serves to relax blood vessels along with regulating vessel tone and flexibility, which is exactly what Donna experienced. The other two products were the same as what Gordon had consumed in the winter months - Vitamin D3 and Magnesium with B6. Both of these products assisted (it is well known that sufficient levels of Magnesium is critical to having good cardiovascular function) however it must be acknowledged that only recently has the importance of Vitamin D3 in the diet been seen to accentuate improvement in circulatory matters. The other health condition that Donna had diagnosed was a singular large gall stone in which it was supposed was causing some internal pain. Although it was an experience that was initially feared, the gall stone flush advocated by those who understand natural therapy methods was undertaken. The result? The passing of some guff in gelatinous form which we concluded must have been the stone in broken down form. She has no longer the pain which used to manifest itself from time to time and also no bloating - which is probably because the gall bladder is now functioning more efficiently.

What other experiences can be shared that can build us up because of a positive outcome?

For the following experiences we are able to draw upon two different spheres of our life. The results from our own customer base as well as the overseas experiences of our associates in Nature’s Sunshine that comes to us by means of the forum we belong to. Firstly let us deal with the biggest cause of death in New Zealand: Cardiovascular events, which is a fancy way of saying heart attacks and strokes. We would have to say that those who have been diagnosed with circulatory disorders form the greatest percentage of health issues in our customer base. We however have been delighted to hear a favourable outcome for those who regularly consume the favourite ones we recommend, most of which made an appearance in our November newsletter. The subtle changes (advanced age is a problem here) that have been noted has been improved and regular heartbeat, lower blood pressure and less tiredness throughout the day. (the nutrients from the food consumed are getting through to the individual cells due to better blood supply) Another favourite group of products that get excellent results in a variety of ways are: #1792 Super Supplemental, #1155 Vitamin D3 and the previously mentioned Magnesium with B6. Some who have stopped taking them for a period of time notice that lower energy levels return, whilst others who have chosen to use other competitors products also comment that they did not achieve the same results as the Nature’s Sunshine versions. One of our very hard working customers has noticed that the use of two of these products has resulted in having no muscle cramps which has given her a beneficial restful sleep. Another hardworking parent loves three products: #1240 Cordyceps; #1699 High Potency Grapine and #1884 Nervous Fatigue Formula, the latter product being loved by many who we know have used it. These customers comment on having the ability to cope with stress and a general feeling of well being as well as possessing more energy for everyday activities. When it comes to respiratory difficulties there is no doubt the stand out performer in this regard is #0775 ALJ which has been around a very long-time and contains the 5 ingredients of: Boneset, horseradish, mullein, fennel and fenugreek. One outstanding experience was with a Pacific Islander customer who had been prevented returning to his home in the islands due to his being diagnosed with tuberculosis. He started on this product along with High Potency Grapine and within a short time the doctors were astounded with his progress. He happily returned to his place of birth fully recovered a few months later, with one small problem. He never told the doctors that he was taking these herbal formulas and therefore they have been left with the impression that his swift recovery was solely due to the drugs he was required to take! However the product that this business has built its foundation on and is offered to all new customers after completing their consultation, is #3992 Apple CleanStart Cleanse, a two week cleansing program. Time and time again the partakers of this product report extremely favourable results, and in some cases have enthusiastically moved on to having a repeat two week (more than a few straight away) episode, commenting on the fact that the second time around was a lot easier than the first! Most are excited by the increase in energy that they receive, a feeling of well being, better quality sleep and much improvement in the reduction of weighty material that formally had to be carried around with each step. And to think this is only the beginning of achieving positive results from using natural therapy methods! We are running out of space but we must reserve some for one of the most potent products this business has ever offered anybody for consumption. Which product is that you ask? Very simple: #4274 Silver Shield. We have written about this product in the past, but we may not

To order your products: Phone : 09 - 570-7559 and speak to Gordon Bruce (Editor)
have explained to you it’s unique feature. Unlike Colloidal Silver (which is an amazing product in its own right) it does not kill the pathogen’s and then cease to exist. It has the outstanding ability that after killing the offending germ’s - bugs - viruses etc., it can recharge itself and be ready for action yet again!!! Please be ready to consider this product when we begin our campaign in May, asking everybody to stock this extremely powerful and safe product in their homes for everyday use whilst the winter months prevail. Silver Shield is unique to Nature’s Sunshine and is fully patented and kills so efficiently due to it’s particles being less than 100 nanometers in size (a billionth of a meter) which means there is nowhere in the human body that dangerous micro organisms can successfully exist. But let us now move onto the experiences enjoyed by our compadres in America. And the first one mentioned is one that was received this morning as the newsletter was being compiled. It comes from Donna Popescu a Certified Herb Specialist with Nature’s Sunshine, and she can be found at www.bestherbsforyou.com. This what she placed on the forum and entitled it HIGH IN HEAVY METAL IRON. “Hi everyone, yesterday I scanned a 19yrs old girl who is so depressed that she is cutting herself. Her Dr had her on some kind of oral chellation (not sure if I spelled it right) for high heavy metal iron levels in her blood. Can someone tell me what will cause this? She was also diagnosed with Asperger Syndrome/ pervasive developmental disorder (FDD) since she was 12. A week or two ago, her mom started her on her own supplements (Super Algae (3,3x/day), Super Supplemental, Nutri Calm and Herbal Sleep) and she didn't cut herself during the time she took those supplements but had a window of time -about 3 days- when she ran out of Super Algae and she started to cut herself again until the new supply came and started to take it again then she stopped the cutting thing. This is what she scanned for: CA, ATC Concentrate, Multiple Vitamins & Minerals, TR Magnesium 250 MG, Cell Detox, N-Acetyl Cysteine, Vitamin B Complex Balanced, Sam-E (200mg Active) And she still has some out of range markers that could not be resolved. I always thought this kind of behaviour has to do with spiritual issues. I need help to understand it. I was thinking for her to do the Flower Essence assessment to see which of them may be good for her.” The interesting thing about this was the manner in which this young women acted after getting on the products, and then how she resumed her behaviour after the products ran out for a short time. Does this not prove the efficacy of what can be achieved by using natural healing methods? From Lisa Ayala who has as her email herbtalk@earthlink.net writes the following. “When I had an ovarian cyst and the GYN wanted to do surgery. I went to see my Herbalist (Kasara) and got onto a herbal program of Hydrangea, Blessed Thistle and Red Raspberry . The entire cyst and unattractive blood clots and tissue fell painlessly into the toilet in my next menstrual cycle. I had been having dysfunctional bleeding for months prior to that. After the herbs, the problem NEVER returned. This was my Oprah moment and I knew I had to learn this work.” And in the same thread of the forum Angelica Pattison of www.herbsandthings.net wrote “We have used Hydrangea to break up kidney stones in humans and animals (cats and goats).” A question was asked about what can be done for an ongoing heart attack and was answered by Pastor Dennis & Sharon Grimes who are the administrators for the health discussion forum. “Open a capsule of capsicum and take it under the tongue. Follow with an opened capsule of magnesium under the tongue 15 minutes later. Repeat as necessary. This is Jack Ritchason’s protocol. He always carries capsules in each of his pocket...” Marilyn Lytle wrote in October 2011 about how weather affects her. “Which came first, the weather or the pain? Well, before rain or bad weather the atmospheric pressure lowers. Inside bone there are air pockets - how much more we would weigh without them! They also contribute to the flexibility of bone. When the air pressure lowers, the relative size of the air pockets increases. That can hurt especially in a area that has had previous injury. Caught at the beginning of this cycle the Everflex cream appears to stop the inflammatory process in its tracks, thus not only relieving the pain but stopping the body’s reaction to the increased size of these tiny pockets of air. This explanation makes sense to m. IF I get the cream on at the first sign of the barometer’s drop then I don’t hurt until the next time I don’t pay attention. If I wait, then the area gets inflamed and really hurts and takes several applications to work! Higher air pressure squeezes us all over, including the pockets, so they are smaller in size and do not kick off the inflammatory reaction.” The following experience serves to demonstrate how important it is to take the alternative route when coping with serious health matters. Sharon Grimes wrote in August 2011 “About 8 weeks ago I shared with you all that the top of my son’s middle finger on his dominant (right) hand had been badly mangled in a lawnmower accident, and the doctors were all sure it would need to be amputated. I started him on HSN - W and Bone Skin-Poultice right away; also ingesting and soaking his finger in silver sol 3 times per day, as well as reapplying our silver gel with each bandage change. I kept buying us more time (oh the excuses I made for changing appointments) and hallelujah! It made such good progress they decided not to operate. It is absolutely amazing how it is healing. One of these days I will post a before and healing picture. I can’t wait to send them to Dr Pederson! (Dr Gordon Pederson is the one who formulated and created Silver Shield) And the following experience is one that we have wanted to include in our newsletter for some time and is written by Barbara Moldenhauer in October 2009. “I was balding and am 68 and the way I was losing hair I thought it wouldn’t be long. Then noticed new hairs growing in and my hair has gotten thicker and thicker and curlier. Not to look a gift horse in the mouth but couldn’t figure out why. Doing some sorting and throwing in my office one day ran into a small booklet on amino acids and as I was taking RGMax (now called Solistic Cardio) for my HBP I skimmed through it. Lo and behold it said for healthy hair take aminos. Worked for me on both problems.” We will bring this article to a conclusion by using a testimonial from Louise Tenney’s book Today’s
Strength & Vitality Bulletin

Herbal Health and this highlights the power of alternative solutions to a serious health issue. Juanita developed diabetes and didn’t want to go the medication recommended to her by the medical doctors. She was concerned about her health and was very fortunate to find someone who knew about herbs and natural health. She went on what was called “Bentonite Cleanse,” using bentonite, cascara sagrada, psyllium and chlorophyll. She would put this in a juice drink and drink it down. She did this for 5 days and passed two large tape worms. She said that she probably had them since she was a little child, because her family ate a lot of pork. Since she passed the worms, she has never had any symptoms of diabetes. Juanita, also took a combination formula, chaparral, a liver cleanse, red clover and golden seal to help rebuild the health of her pancreas. She is a grandmother now and is very healthy.

So have you enjoyed reading about how others have gone about improving their health by using natural therapy methods? Have you got your own personal testimonial that others can benefit from knowing about? Don’t be shy, let us hear from you - we all have a unique metabolism and what works for us may not necessarily work for others. However there remains the positive report that you can deliver and as the Bible says at Proverbs 15:30 “The brightness of the eyes makes the heart rejoice; a report that is good makes the bones fat.”

Product of the Month

# 0485 Papaya Mint Chewable Tablets (70) Retail Price: $28.00

Papaya Mint chewable tablets function not only as refreshing dinner mints, but as digestive stimulants as well. Papaya Mints can be taken before or during a meal to facilitate digestion and inhibit dyspepsia. Papaya Mints can also be taken after the meal to freshen breath, as well as aid digestion.

Papaya Mints contain papaya, the source of an enzyme called papain, which breaks down protein and assists in the digestion of fats and carbohydrates. Papaya Mints also contain peppermint, which promotes the production of digestive fluids. Papaya Mints are naturally sweetened with sorbitol and fructose. Papaya fruit is rich in vitamin C and potassium and is commonly eaten in South America for constipation, dyspepsia, edema, high blood pressure, and sluggish liver conditions. Papayas are a rich source of digestive enzymes which help metabolize foods. In fact, tropical natives often wrap raw meat in papaya leaves to tenderise the meat. The milky fluid or latex of the papaya contains the most enzymes, followed next by the leaves, and then the fruit itself. Papaya enzymes help numerous stomach problems, including those resulting from inefficient fat digestion, liver and bile duct ailments, and pancreatic disease. Papaya is used for belching, dyspepsia, flatulence, and nausea. Papaya is becoming a popular natural treatment for achlorhydria - the absence of hydrochloric acid in the gastric juices. Papaya also exhibits the ability to destroy microbes and parasites, especially threadworms and roundworms - papaya enzymes break down the parasites' cell membranes which are rich in protein.

Papaya is an excellent source of papain, a proteolytic enzyme which breaks down proteins, small peptides, amides and esters. Papain's digestive activity also extends to carbohydrates and fats. Papain is quite similar to pepsin - a digestive enzyme produced by the body - and is often referred to as "vegetable pepsin." Papaya also contains other enzymes which metabolize starches and milk protein, as well as carpaine, a substance which has been shown to provide anti-tumor activity.

Studies show papaya reduces the development of ulcers stemming from high aspirin or steroid use. These findings are beneficial to arthritis sufferers who take high doses of aspirin, as well as individuals with inflammatory conditions needing to take steroids.

Native uses of papaya latex (the milky-white liquid derived from unripe papaya fruit) are claiming wide recognition. Applied topically, papaya latex is used to reduce scarring and heal various skin diseases, ulcers, warts, wounds and cancerous tumors. The papaya digests dead tissue without harming surrounding living tissue. Overuse of papain or any digestive enzyme can possibly cause allergic reactions and inflammation or holes in digestive tract tissues. Also, pregnant women may eat papaya fruit in moderation, but should avoid papaya latex and leaves.

Also contains Peppermint, Fructose and Sorbitol.

To order your products: Phone : 09 - 570-7559 and speak to Gordon Bruce (Editor)