

Five Key Secrets To Staying Healthy in a Toxic World

H **High Fiber** to detox, which means help the waste move along! Imagine food sitting in a cupboard at 98 degrees for a day or two. This is what happens in your body if you don't digest your food, assimilate (absorb) the nutrients, and pass the waste regularly. Most people don't know that 'regular' really means a bowel movement after every meal! The nice thing about Nature's Sunshine Psyllium products is that they are part soluble and part insoluble fiber. This acts like a sponge for the blood stream and liver, as well as a broom for the colon. Curiously, psyllium regulates the colon; slowing too quick a movement and quickening a too slow movement

O **Omega 3** Super Omega 3 by Nature's Sunshine is the highest quality fish oil supplement on the market. Why is this important? The medical and scientific community has even become aware of omega 3 fish oils; for everything from diabetes to heart disease. The downside of this awareness is that everyone and their brother is carrying a 'fish oil' supplement, many of which are loaded with mercury and are already rancid. I see big box stores with fish oil on the shelf or sitting on pallets and becoming even more rancid. Imagine a fish on the shelf, how long would that last before it smells rotten? Use fish oil that you can chew and taste the freshness, one that has a built in antioxidant like lemon oil so you're not causing the very harm that good fish oil would mend.

P **Probiotics** provide the beneficial bacteria to repopulate the colon. Probiotics support your immune system and manufacture necessary B vitamins. If you eat sugar, take medications or use antibiotics in yourself or on your food, bad bacteria quickly grows, overpowering the good bacteria. You have ten times the number of bacteria as you do body cells, and most of them should be beneficial. Your good bacteria are responsible for 90% of your "feel good" neurotransmitter called Serotonin, and more than half of your immune system. They don't tell you that on the television ads!

E **Enzymes** are the sparks of life that drive every chemical process in the body. Each bite of food requires digestive enzymes to break it down into small enough bits that the bloodstream can carry it to the cells for repair, replacement and rebuilding. Many diseases have been linked to a lack of digestive enzymes, not just the obvious gas, bloating and intestinal distress. Bone loss, skin rashes, and structural abnormalities are linked to a lack of enzymes and hydrochloric acid, which is a part of the Nature's Sunshine Food Enzymes formula.

Plus
A **Antioxidants** are getting a lot of press for being free radical fighters, which is true and is also necessary to fight inflammation and aging of the cell membrane where all communication takes place. Be aware of 'one hit wonder' companies who claim that their product or juice is all you need. Antioxidants cannot detox the intestines, replace probiotic colonization, or break down foods! While antioxidants are well proven to prevent disease and delay aging, most companies cannot prove their label claims. The Brunswick Certified product is Thai Go by Nature's Sunshine, which confirms an ORAC score of over 51,000, more than double any competition.

	Choose one fiber blend:	Stock #	Member	Retail
H	Everybody's Fiber – heals damaged intestines	# 1336-6	16.85	25.30
	LOCLO – psyllium, veggies and cinnamon taste	# 1348-4	20.95	31.45
	Nature's Three – psyllium, oat and apple taste	# 1345-0	20.50	30.75
	Psyllium Hulls Combination – use less, no taste	# 1375-6	20.50	30.75
	Psyllium Hull Capsules – use 12 caps = 1 Tbsp	# 545-9	9.40	14.10
	Psyllium Seed Capsules – gentler formula	# 540-4	12.30	18.45
O	Choose one omega 3 supplement:			
	Flax Oil Capsules – plant source omega 3	# 1583-6	14.75	22.15
	Flax Oil Liquid – not in a gel cap	# 3162-1	20.75	31.15
	Super Omega 3 fish oil – tested to PPB not PPM	# 1515-7	21.95	32.95
P	Choose one probiotic formula:			
	Bifidophilus Flora Force – strongest w/4 strains	# 4080-4	17.95	26.95
	Probiotic Eleven – strong with all eleven strains	# 1510-1	22.75	34.15
E	Choose one enzyme formula:			
	Food Enzymes – with hydrochloric acid, over 40	# 1836-9	16.15	24.25
	Proactazyme Plus – under 40, vegetarian	# 1525-0	18.75	28.15
Plus	Choose one antioxidant blend:			
A	Nature's Noni – 2-32 oz bottles antioxidant juice	# 4042-7	60.50	90.75
	Nature's Noni – 16 oz plastic bottle (think travel/trial)	# 4066-7	16.50	24.75
	Nature's Noni Capsules – same formula in caps	# 457-6	17.75	26.65
	Super ORAC Capsules – like Thai Go in caps	# 808-3	34.95	52.45
	Thai Go – 2-25 oz bottles immune boost antioxidant	# 4095-1	54.95	82.45

You will appreciate joining a company with a 37-year reputation as an industry leader, who is NSF certified, and who carries over 600 formulas including Vitamins, Minerals, Enzymes, Probiotics, Homeopathy, Aromatherapy, Western, Chinese and Ayurvedic herbs. No one offers a better business opportunity than Nature's Sunshine!