

Herbs Etc.

New Ticket System A Holiday Hit!



What are the three best ways to improve your health? Eat right, exercise, and reduce your stress! We are offering a unique lunch with exercise and stress reduction built in.

Your lunch will start with a great stress reducing massage. The unique chair you relax in is designed for you to be comfortable while the therapist massages your neck, shoulders, back, and arms. After this 15 minute "chair massage," you are ready to shake it up on the "body vibe." This exercise stand vibrates your entire body, turning your muscles on and off up to 50 times per second. It is known to improve circulation, release cellulite, tone the body, and improve hormones, bone density, and much more. Ten minutes on the body vibe is equal to 4 miles of walking. After that, you receive a healthy gourmet lunch catered from "Good to Go." The lunch menu rotates with the change of season and is designed to be healthy and tasty. This fall, for example, stuffed baby acorn squash is served on Wednesday.

We are calling it your "Ticket to Health" as many therapies and exercise options are available through a ticket system. Monday and Thursday are Yoga days while Tuesday and Friday are for Qi Gong. All exercise classes are 30 minutes and start at 12:00. You can also make use of six exercise toning tables. New clients spend 2 minutes per table for a twelve minute work out and work up to 5 minutes per table for a 30 minute work out. Areas of emphasis include your derriere, thighs, waist, upper back, arms, and other key areas. Exercise classes or the toning tables work out are only 1 ticket.

Some prefer to release their stress on the magnetic bed; it clears your system of electro-magnetic pollution from the computer, copy machines, and cell phones. You can also use the automatic massage bed; it heats and stretches your entire spine and even your legs. Others like to soak their feet in the ionizing foot bath which helps to detoxify the entire body. Any of the therapies are available on their own, in combinations, and with or without lunch. Tickets are available for \$4 each. So... you can get the lunch, chair massage, and vibe machine combination for only \$20.

We've created a stress free environment that allows our guests to get the three keys to health in one stop, and the ticket system is very affordable. The lunch and chair massage is every weekday from 11:30 to 1:30. Reservations even one day in advance are encouraged, but walk-ins are still welcome!

These tickets make great gifts for employees, family, and friends!

How much shopping could you get done with the new *Your Ticket To Health* program?

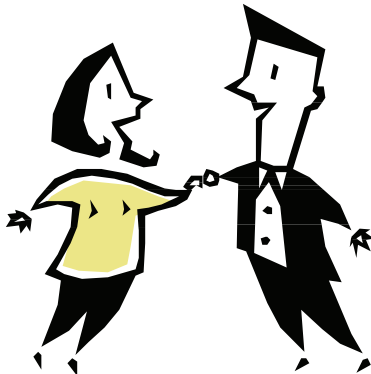
Giving the gift of health sure beats buying baskets of toxic soaps or preserved salami!

Put the tickets on your wish list too, or just pick up a few extras for yourself!



Herbs For Energy and Endurance

There are a handful of herbs that every tired, stressed out, or low energy person should know about.



Wild American Ginseng - especially good for tired women. Boosts energy, nourishes the nerves and glands like the thyroid and adrenals.

Suma - a blend of mild ginseng-like herbs and two herbs for the brain, to improve mental fogginess and memory.

Adaptamax - designed for people who run on too much adrenaline (stress), so busy they don't even sleep right and then, their nerves feel raw.

Spirulina - especially good for those who need more calcium and protein. Many people need a healthy source of proteins or amino acids and this is it.

B-12 - available in liquid; this vitamin is necessary to carry oxygen throughout the body. Many people get B-12 shots for energy; this is another alternative.

Iron Combination (I-X) - herbs high in iron put the frisky back in you. Herbal forms of iron are not constipating and will give more energy, endurance, and color to your skin.

Iodine - one of the most deficient minerals we have been finding in Michigan residents lately. It is essential to your thyroid, metabolism, energy, brain function, and even balancing other minerals. Only 2 drops per day in water or juice.

Essential Oils for Motivation

Oils work well because they improve the oxygen content in your body. They also improve hormone balance and boost immunity. Application is simple, such as breathing first and applying to perfume points or the bottoms of your feet. The following oils boost overall energy and motivation.

Motivation - This blend of 4 oils is

designed to help one overcome fear and procrastination. It also helps improve confidence.

En-R-Gee - A 7 oil blend to improve energy and mental alertness by improving oxygen to the brain and balance to the nervous system.

EndoFlex - This blend is designed to support the thyroid, adrenals, reproductive, and brain glands to support

energy, weight loss, and reduce negative emotions.

Ylang Ylang from Uttati - Used as an anti-depressant, boosts self esteem, restores hormone balance, aphrodisiac, tones the uterus, firms the breasts, stimulates the immune system, and reduces high blood pressure. Wow!

Come breathe which oil is best for

Flowers To Get You Off Your Butt!

When it comes right down to it, many energy and drive issues come down to the mind and heart. How we truly feel about ourselves reflects in our actions or lack thereof. Flower essences address the deeper part of our being where fears, insecurities, and inadequacy lies. They help to bring feelings into proper perspective and ultimately, help heal them. These are a few of my favorite motivational remedies. Considering taking four

drops of each one that applies to you up to 4 times per day, in water, juice, or straight under your tongue.

Madia - precise thinking, disciplined focus, and concentration.



Cayenne - stagnant forces of will which need to be fired into action.

Blackberry - putting ideas into action.

California Wild Rose - enthusiasm and positive involvement in life.

Gorse - counteracting feelings of hopelessness, especially about personal affairs.

Larch - stronger confidence to carry out one's creative inspiration and intentions.

Herbal Lessons by Phone Free Herbal Hour with Bessheen

In order to better inform distributors and managers of Nature's Sunshine about products, we host a phone conference every month.

Topics for the next few months are listed below.

October - Cleaning out and repairing vaccine problems, plus.

November - Herbal choices for Arthritis

December - Top 20 Homeopathic remedies to know

The conference is informal and not a

sales or marketing meeting. No NSP employees are involved. We simply pick a topic (often requested) and explain Nature's Sunshine and other products, like oils and homeopathics, that may be helpful for yourself or your clients. IT IS a great learning tool for getting to know all that NSP has to offer in its large herbal line. It's also just a great way to learn herbs and vitamins.

We like the phrase, repetition is the mother of success! Students of the Institute, customers and clients, you are all also welcome to listen in.

Although questions are welcome, it

is not meant to be a free phone consultation time. If you have multiple personal questions, a small appointment may be more appropriate. Get a note pad ready and join us the **third Monday of each month from 3pm to 4pm.**

Simply dial the free conference number of **218 -862-6100**, follow the instructions and enter the access code of **103170**. You are welcome to join at anytime during the hour and leave early if you need to. If you have a lot of background noise, just press *6, and the noise will not be heard. Hope you join us next month.

NSP Manager & Distributor GET-A-WAY

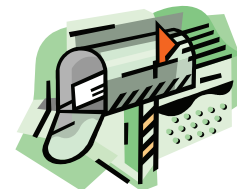
This year's Manager Get-a-Way has a "Building Community" theme! We will discuss the importance, and How To, of becoming a key member in your community through your natural health and herbal skills.

Topics will include: business building ; detailed information on helping the community in the coming times; detoxification from chemicals like

Round-Up, heavy metals, pathogens, and more.

This year's conference will even have guests speakers and a tradeshow from local homesteaders with special skills in self sufficiency and more. You will have an understanding on how and why your business is likely to thrive during economically challenging times!

Look for your invitation coming in the mail soon, or call for more details.



Sunday, Nov. 30th - Tues., Dec. 2nd

Exercise Tables Have Folks Losing Inches

The therapy room's newest addition is a wonderful set of six toning tables. The focus of these tables is to tighten and shrink areas of the body that are not getting enough oxygen. You simply lay on each table for 3 to 5 minutes, and the table moves you, you tighten and resist in key areas. (A therapy room attendant will help you learn the use of the tables and then, after a few

visits, you can use them on your own.) When the oxygen reaches these troubled areas, you naturally burn fat and strengthen the weak muscles. More folks notice inch loss than weight reduction.

The workout can be as hard or easy as you like.



The great thing is you can do a whole body workout in 18 to 30 minutes, and it's only one ticket (\$4). Come on your own, bring a friend, or do it on your lunch break. Once a week will create a noticeable fitness change, but 3 times a week is visually noticeable in the first few weeks. You're only "inches" away from your fitness goals!

New Items from Nature's Sunshine!

Gentle Move - designed to hydrate intestinal lumen by attracting and retaining fluid within the colon. This helps to soften the stool and provides soothing nutrients to the intestinal tract. Bulk, hydration, and mild stimulation are its actions.

Candida Clear - a 14 day cleansing program consisting of two packets: One pack with herbs like pau d arco, caprylic acid, and oregano, which have been shown to balance the colonization of Candida. The second pack is full of enzymes that help break down and apart the candida chain. This packet could be taken 2 weeks on and 1 week off for two to three months if needed.

Fizz-Active Immune - contains beta-glucans and arabinogalactan. Studies show that beta-glucans increase total immunoglobulins in the blood. Arabinogalactan is a polysaccharide that stimulates natural killer cells and macrophage activity; it also supports the growth of friendly bacteria in the intestines. Add two tabs to water, let it fizz, and drink to your health this winter!



WINTER OPEN HOUSE

Music, Dancing, & Refreshments



If you missed our first open house and grand opening celebration, then you will want to mark your calendar for this grand event.

We are opening all our doors on **Thursday, February 12th, 2009, at 6 pm, in celebration of Valentine's!**

A Fun Night Out!

- Inside there will be specials on products and services, opportunities to sample our services, and of course healthy warm refreshments located throughout the building.

- We invite you to tour the entire building from our large new classrooms, kitchen, NCC members guestrooms, library, multiple cozy lobbies, and larger Herb shop, where we now carry healthy chocolates, mixed nuts, and new gift items.
- There will be musical entertainment in our ballroom, and we even invite you to stay and dance the evening away.



Dance In Winter's Light!

There can be no better way to enjoy the winter, than with a sense of community and belonging at the new

- *Naturopathic Community Center*
- *Herb Etc .*
- *Naturopathic Institute of Therapies and Education*