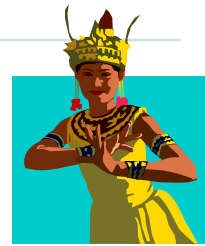

Herbs Etc.



Toning for Summer by Doc. Howard

After all the spring cleaning, the warm weather comes, rewarding us with trips to the beach and other outdoor activities. If you want to tone your body for summer to be fit enough to participate in the softball game or not wear your cover-up all day at the beach, here are some nutritional tips and safe, natural supplements to get you on your way.

First, eat breakfast. Break the fast that your body has been in all night and give your metabolism some kindling to get its fire burning!

Also, aim to drink half your body weight in ounces of water daily. The body is largely composed of water and needs water to function and properly eliminate waste.

Eat more protein and good fats. What makes us fat and causes health problems is actually too much sugar.

For quality protein, find some free range, hormone free, organic meats and eggs.

Vegetarians will need to eat a wide variety of vegetables. Aim for a ratio of at least 1 gram of protein for every 4 grams of sugar consumed. And, make sure you are getting enough good fats in your diet, like real butter, olive oil, flaxseed oil, fish oil, and coconut oil. When you don't have enough good fats, your body won't release unhealthy fat, it won't make its hormones,

and you will crave more sugar!

Consider taking **Collatrim**. This unique protein supplement promotes the building of lean muscle tissue and increases the body's fat burning ability. For weight release, take six to nine capsules at night before bed. To improve joints and skin, take daily with meals.

The herbal combination **SF** aids weight release by stimulating the body's detoxification processes. It is also helpful for digestion, inflammation, and the immune system.

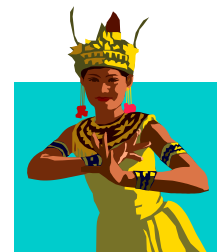
Dieter's Cleanse is an herbal cleansing program designed to release toxic build-up resulting from chemicals in our food, water, and environment. It also improves nutrient absorption and glandular function, serving to jump start a weight release program.

Adding 1 drop of **grapefruit essential oil** into a glass of water daily will help the body to breakdown fat and release toxins. One or two drops of this oil can also be applied externally on key areas.

For more specific suggestions, make an appointment with one of the naturopaths at Herbs, Etc., to thoroughly evaluate your digestion and glandular systems.

If these are out of balance, any weight release efforts can be seriously impaired.

Get started 989-773-3636.



Quarterly Distributor and Manager Training Meetings

Quarterly training meetings will be taking place for Nature's Sunshine Distributors and Managers. These educational meetings will provide an opportunity to learn about different Nature's Sunshine products and how to use them.

Each meeting will be held on a Monday, from 9:30am to 4:00pm, at Herbs, Etc. There will be a one-hour lunch on your own. Please call at least two weeks in advance to register.



Time to build your business into your dream profession.

June 21, learn How to Become a First Level Manager.

September 20, the topics will include: Herbs for Children, Antidoting Vaccines, Herbs for Women, and Understanding Chinese Herbology.

November 28-30 meeting is by invitation for Managers.

Exercise Toning Tables for Sale

If you are looking to add to your home gym collection or want to invest in a low impact exercise program, there are six exercise toning tables available for sale.

Each toning table is designed to target a specific area of the body. There is a table to tone the sides of the waist,

one for the abdominals, one for the arms, back, and shoulders, one for the thighs, one for the legs, and another for the gluteal muscles.

By lying down on each table and adding resistance to its movements, you can effectively tone your body in a low impact manner.

This is an effective way to release inches from the body and improve overall muscle tone.

Buy all 6 tables for \$1800 or best offer. Call 989-773-1714 for more information and to take advantage of this special deal.

Space Available for Special Events

If you are looking for a nice gathering place to hold a special, smoke-free event, the Ballroom space at NITE can be rented for such occasions.

The space is ideal for meetings, wedding showers, baby showers, non-profit group events, and other events. The room can be

set up lecture-style or with round tables and can accommodate up to 117 people. Groups may also cater in their own food.

The room is available for \$25 per hour, and all proceeds support the Naturopathic Community Center.



To schedule the room for your event, call Nancy, 989-773-1714.

