



Herbs Etc.



WINTER GIFT CERTIFICATE SPECIALS

(good through 12/31/07)

BODY WORK SPECIALS

- 2 half-hour massages - \$69
- 2 one-hour massages - \$112
- 5 one-hour massages - \$269
- 10 one-hour massages - \$499

OTHER SPECIALS

- 6 colonics - \$224
- 5 one-hour saunas - \$65
- 5 half-hour saunas - \$45
- Foot Soaks Package - \$99
(5 foot soaks and a one-hour consultation)



SILVER PACKAGE – \$99

1 hot rock massage, 1 reflexology,
and half-hour sauna.



GOLD PACKAGE – \$149

1 one-hour massage, 1 reflexology,
1 one-hour nutritional consultation,
and 1 foot soak.

DOUBLES PACKAGE – \$159

2 one-hour relaxation massages, 2 reflexology sessions
and 1 hour in the sauna together.

Gift Certificates are Great Gifts for Employees!



New Year's Resolution to Weight Release by Becky Fodor

With all those family dinners occurring around the holidays, New Year's may have you wondering how to get rid of those few extra pounds. Nature's Sunshine can offer some help! Here are four of their top weight loss products:

Nature's Hoodia Formula This herbal blend is designed to help reduce appetite and calorie intake while promoting a feeling of fullness. The hoodia plant grows in the Kalahari Desert in Africa where it has been used by indigenous people as an appetite and thirst suppressant for hundreds of years. To balance out the blend, Nature's Hoodia Formula also contains caralluma (considered a famine food in western India), chromium, gymnema, apple cider vinegar extract, garcinia, l-carnitine, marshmallow root, and psyllium seed hulls. These additional herbs and nutrients have been shown to inhibit the production of fat in the body, lower cholesterol and triglyceride levels, and promote balanced blood sugar levels.

CLA Conjugated linoleic acid (CLA) is a naturally occurring polyunsatu-

rated fatty acid present in many foods, especially beef and dairy products. CLA has been shown to reduce body fat and to increase lean body mass in many studies. There have been several clinical trials showing significant decreases in body fat (from 2 to 20%) in both overweight and normal weight volunteers. CLA appears to decrease the ability of fat cells to take up fats from the bloodstream, inhibits the formation of new fat cells, and helps cells burn fat at a high rate, thus leading to a reduction in fat.

Fat Grabbers This is a specially formulated herbal supplement designed to assist weight management by dissolving and absorbing dietary fats, preventing them from being absorbed by the body. Fat Grabbers contains chickweed and lecithin, both natural fat emulsifiers, as well as guar gum and psyllium hulls, fibers which absorb fats and pull them out of the body via the intestinal tract. This is also beneficial for individuals desiring to increase their intake of fiber or lower cholesterol levels. Several clients have

attested to the fact that Fat Grabbers relieves the symptoms normally experienced by individuals who are unable to digest dietary fats, including fatigue, headaches, and joint pain.

MetaboMax EF This is a healthy and natural weight loss supplement that is 100% caffeine and ephedra free. It is designed to enhance the body's ability to burn fat by stimulating the sympathetic nervous system to increase metabolism. It also helps to reduce appetite and food cravings. The combination of herbs in this blend helps increase energy, eliminates excess fluid retention, promotes healthy glandular function, improves digestion, and provides individuals with a natural and safe way to lose unwanted weight.

****Whenever you are trying to release unwanted weight, it is important to eat healthy, drink half of your body weight in ounces of water per day, and exercise regularly. If you are still struggling with weight loss, come in and see one of our Naturopaths for a weight release consultation.**

Massage, A Unique New Year's Resolution by Mary Booms

Every year, many people make resolutions and promises to themselves to do something life changing. Often, these resolutions involve losing weight, quitting smoking, exercising, eating good foods, and overall, getting healthy.

Regular massage has many health benefits to many body systems. Massage moves the lymphatic system, helping the body to eliminate

toxins and eliminate fluid retention. It increases metabolism and breaks up fat cells. It relaxes and reduces stress in the body, making you feel younger and lighter. Emotionally, massage leads to better moods over longer periods of time. Massage tones muscles, improves muscle function, and reduces muscle pain and soreness. Whether you make regular massage a "New Year's Resolution" or

use it as an aid to other resolutions, we hope to see you more often in 2008!

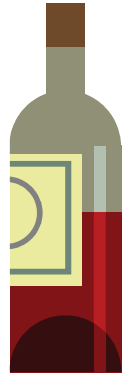


Help A Loved One Stop Drinking by Kathryn Doran-Fisher

Alcoholism really is a disease, and so, like other diseases, the most effective way to cure it is by building the body's nutritional integrity to a state where the need for a "lift" will be eliminated. Kudzu/St. John's Wort formula from Nature's Sunshine is perfect for those wanting to reduce consumption of or break an addiction to alcohol. It contains herbs to relieve cravings, inhibit alcohol metabolism in the liver, and soothe withdrawal symptoms including increased anxiety, depression, insomnia, and nervousness. You may want to supplement with

L-Glutamine. L-Glutamine is a non-essential amino acid that nourishes the brain. Glutamine has been shown to decrease cravings for alcohol and may prevent mental degeneration often witnessed in alcoholics. Another herb useful for decreasing alcohol cravings is, surprisingly, hops. Hops are most commonly known for their use in beer, adding flavor and aroma, but when taken separately as an herb, hops can actually calm the nervous system and cut cravings for alcohol. Other suggestions for alcoholism include: licorice, which helps with

any type of addiction; milk thistle to repair the liver; B-complex and essential fatty acids like black currant oil for the nervous system; and magnesium, which is easily depleted by alcohol. Aromatherapy can also help. Try Clary Sage, Bergamot, Roman Chamomile, or Ylang Ylang. Remember, addicts have problems processing sugar and carbohydrates and are protein deficient, so changing dietary habits is an important part of overall recovery.



Quit Smoking Naturally by Elizabeth Lo

Year after year, hundreds of people attempt to "kick the habit" of smoking, and year after year, many fail to do so. Here is a guide to natural remedies that will help to diminish the urge to smoke:

Lobelia: this herb has been used traditionally as a substitute for tobacco. Lobelia contains lobeline, which has a similar molecular structure to nicotine. Because it is so similar, it works to satisfy the urge for nicotine, which is the addictive ingredient in cigarettes. However, the lobeline itself is not addictive nor does it contain any harmful qualities. Lobelia also will work to re-build and strengthen the respiratory system.

St. Johns Wort: this herb helps with the emotional addiction to smoking.

Tobacco Detox: this is a blend of different homeopathic remedies. It is formulated to provide relief of tobacco withdrawal symptoms which may include: cough, nausea, nervous tension, and more. Plus, it helps aid in the body's detoxification processes.



B-complex: many individuals smoke to maintain weight, to soothe their nerves, and to relieve tension. But any addiction will lead to a depletion of vitamins and minerals in the body which, over a period of time, will further weaken the body. The body will be forced to rob one area of nutrition, leaving another area over-worked and stressed. B-vitamins are crucial to a healthy nervous sys-

tem, hormone production and drive, digestion, and immune functions. By supplementing B-vitamins, the body will maintain a state of balance, and the addiction will be easier to overcome.

Clove Oil: 1 small drop on the tongue will strongly curb the desire to smoke.

Bergamot Oil: 2 drops applied directly on to the stomach, abdomen, and liver areas will help with the detoxification of tobacco from the body. It may also be applied to the bottom of the feet.

If it were me, I would take Lobelia and St. John's Wort herbal blend at 2, 3x per day; B-complex at 2, 2x per day; Tobacco Detox drops 3x per day, plus every time I had an urge, I would use the oils as needed.

Exercise Your Way by Amy Jo Howard

As the new year approaches, everyone is making resolutions so that they can have their best year yet. Beginning a weight release or exercise program is always a top resolution. If you are looking to begin an exercise program for the new year in order to release weight, move more, or just feel better, here are some things to keep in mind.

First, decide which type of exercise is best for you. The form of exercise you choose should be something that you are, for the most part, capable of doing, and yet, it should still challenge you. Most importantly, it should be something that you enjoy doing. Let's face it: we're not all marathon runners. So, consider what type of exerciser you are. Are you a walker, runner, or jogger? Do you want to lift weight? Would you like to jump rope, do step aerobics, salsa dance, or kickbox? Do you prefer stretching, yoga, pilates, or deep breathing? Pick the form or forms (if you like variety) that most appeal to you.

Now, are you a self-starter, do you work best with a buddy, or do you need an instructor? Decide what you need in order to do the form of exercise you have chosen. Depending on these factors, you may be able to exercise along with a video, you might use the buddy system, or you may be signing up for a class or two. What is going to make it happen?

Next, you need to schedule your exercise time. That's right, write it down in your planner even if you are exercising solo at home. Schedule it in. Make it part of your regular routine. This way, it's an appointment, and you can't make



excuses to not show up. Also, schedule realistically. Schedule at a time of day when you are not rushed and you have energy. Also, do not schedule for seven days a week if you know you are only going to fit it in twice a week. Focus on what you can do, not what you can't. This is the way to build success.

Remember, your resolution to exercise is more about feeling better and living a healthier life. This is a commitment to yourself. Honor that commitment. Honor yourself. Exercise should not be a chore. It's not about the end result. If the end result is your only focus, you will probably ditch it when you've met that final goal. How does that foster a healthy lifestyle? Enjoy the journey, because that's where you will feel healthiest and happiest. And, that's the best resolution of all.