



# Your Health Matters

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July/August 2002

## May We Have Your Attention, Please.



You know we are very dedicated to educating our clients and customers about health issues and we hope that you have enjoyed receiving Your Health Matters.

We have some exciting new educational events in the plans for the fall/winter season. In order for us to devote more time and energy into sponsoring these events, we are modifying our semi-monthly newsletters somewhat. Starting with the next issue, you will be receiving *Sunshine Sharing*, instead of Your Health Matters. You can feel sure that this change will put *more* excellent information into your hands and you will be pleased with the quality of the materials you receive.

**We want to continue to send the newsletter to our valued customers who appreciate information about natural health and who will benefit from it. We would like to keep your name on the mailing list, but we need to hear from you!**

If you have purchased from the store or from Nature's Sunshine in the last 6 months, you will automatically remain on the mailing list unless you tell us otherwise.

If we haven't seen you in 6 months, we invite you to stop by and let us know that you would like to continue to receive information! Or, you can just give us a call or email us to let us know what you want us to do.

### **We need to hear from you by July 20<sup>th</sup>!**

- Come visit the store
- Give us a call at 623-583-2286 or (toll free at 1-866-267-5296)
- Send us a note or postcard thru the mail
- Email us at [ebenavidez@juno.com](mailto:ebenavidez@juno.com)

Everyone who responds by July 20<sup>th</sup> will be entered into a drawing for a free Health Assessment and Iridology Analysis. Please don't wait; let us know today!

## Triple Relief

The pain is gone, as quick as 1-2-3

In 1998, the FDA approved a drug called Celebrex for the treatment of both osteoarthritis and rheumatoid arthritis. The popular press welcomed it as the long-awaited invention of a "safe aspirin". Oh, oh, does that mean aspirin isn't safe? Consider the fact that an estimated 107,000 people are admitted to hospitals each year due to complications from the use of NSAIDs – and more than 16,500 die!

Vioxx, a new COX-2 inhibitor for which more than 2 million prescriptions were written during a 6-month period in 1999, and Celebrex are 2 popular drugs that although were touted as a "safe aspirin" – come at a big price, both in dollars and at the expense of our health. The list of side effects is long and many are very serious, including stomach ulcers, kidney failure, anemia, diarrhea, elevated liver enzymes and oh, yes, sudden death.

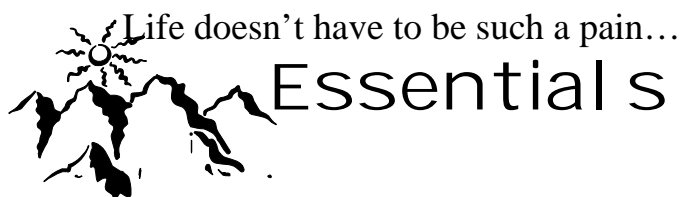
COX-2 inhibitors are helpful to reduce pain and inflammation because it acts to block the COX-2 enzyme. This enzyme controls the production of hormone-like substances called prostaglandins that cause inflammation. Blocking its production is the key to reducing the pain, soreness and stiffness associated with arthritis, low back and muscle pain. In addition, excessive COX-2 production also has been linked to many forms of cancer and Alzheimer's disease.

Fortunately, nature provides a good alternative again! Nexrutine™, which is a proprietary extract from Phellodendron has been used for centuries to treat inflammation, abdominal pain and gastrointestinal discomforts. Combined with Willow bark and Boswellia, this triple combination helps soothe muscle pain, dental or gum pain, surgical pain and menstrual discomfort as well as inhibiting the COX-2 enzyme which helps fight inflammation, thus reducing pain. Imagine real pain relief without the damaging and dangerous side effects of the NSAIDs, Vioxx or Celebrex!

Willow bark has an ageless reputation for reducing inflammation and fevers, helps to calm nerves and is useful for all stomach problems. It is a natural source for salicin. (Aspirin is a synthetic copy of this extraction from White Willow bark.) Boswellia has a long history of reducing inflammation as well and is known to repair connective tissue. Its hypotensive, cholesterol-lowering, and antioxidant properties help protect the liver and nourish the skin.

It is important to understand that pain control during the healing process is important, but finding the source of pain is vital to total health. Triple Relief can help manage pain during this period. Recommended dose is 2 capsules 3 or 4 times daily. Not suggested for children or those on blood thinning medications.

RELIEF  
RELIEF  
RELIEF



# Of Health

## Food – Your Best Pharmacy for Health and Healing

By Linda Page, ND, PH.D, edited by E. Benavidez

America is the world's richest nation, yet its population is one of the most poorly nourished. In fact, even modern medicine will recognize that the diet of most Americans contributes to many illnesses, including cancer, diabetes and heart disease.

You might think that after decades of media attention and warnings, most Americans would have changed their diets and clamored for more nutritious foods. How wrong we are! Food products in supermarkets and most restaurants remain chemically laced, highly refined, enzyme-impooverished and nutrient-deficient – but they might taste good! And now we have the added challenge of genetically modified & irradiated foods, which are causing a whole new angle on food quality.

What can you do? Start by cleaning up your diet. Here are some foods to consider eliminating from your diet:

**Fried Foods and Hydrogenated oils (trans fats).** At high temperatures, fatty acids quickly become rancid and are converted to trans fatty acids (TFAs). These molecules contribute to the formation of free radicals – fragmented molecules that damage your cells. This can raise cholesterol, increase heart disease and cancer risk and produce carcinogens. Widely used in snack foods of all kinds, TFAs are thought to be the culprits in the sharp rise in cholesterol levels and obesity in Americans. TFAs are linked to cancers, particularly hormone-driven cancers like breast, prostate or uterine cancers. TFAs are everywhere – but familiar sources are non-foods like margarine, shortening products like Crisco, artificial toppings like Cool Whip and flavored peanut butters like Jiffy or Skippy. Start reading the labels - you will be amazed what you see!

**White sugar.** This is the most refined carbohydrate in our food supply and is a substance with no nutritional value. We are a nation addicted to sugar—consuming an average of 150 pounds annually. Sugar robs the body of critical vitamins and minerals and causes abnormal insulin production. It is linked to circulatory diseases, diabetes and neurological disorders such as depression. Hmmm, anyone with those problems?

**White flour.** Probably the most common carbohydrate on our shelves, it is completely stripped of nutrients – even the enriched stuff. It also sticks to everything – including our intestines. Remember the school days of white flour and water paste? It is devastating to our intestinal system.

**Caffeine.** This chemical is very detrimental to our health – especially to our adrenal glands. Extremely addictive, we are a nation running on false energy, at the cost of our health.

We also need to beware of harmful food additives and preservatives, which taxes our immune systems and triggers hyperactive responses by our nervous systems. These additives are used to prevent spoilage, boost looks and flavor – even in the most unsuspecting foods. Avoid MSG, food dyes, nitrates and nitrites (found in bacon, sausage, ham and processed meats), sulphur dioxide and sulfites (found in beer, soft drinks and dried foods), and artificial sweeteners, particularly aspartame and saccharine.

We can't control everything, but just as we can choose what to eat, you can choose what not to eat. Start today and clean up your diet. You'll be on the road to better health.

Check us out at [www.mustardseedherbary.com](http://www.mustardseedherbary.com).

After August 1, 2002, visit us online and participate in our question and answer session, and take advantage of our coupons and specials. There'll be lots of information and you can also order online and save money. Let us know what you think!

### Do you think you don't have the time or money to be healthy?



Over and over, we hear comments like “it costs so much to take all these supplements” or “organic food is so expensive” or “I don't have time to cook for myself” or “exercising just takes too much of my time” or “drinking just water is so boring” or “food that is healthy doesn't taste very good”. Ever said anything like that?

We can't deny at first thought, this may appear to be true. Good food and supplements aren't cheap, it takes time to exercise regularly and our taste buds have gotten accustomed to so much salt, sugar and artificial food and flavors. But when we honestly reflect on the cost of poor health, it doesn't seem to be so costly after all.

Think about the cost of being sick in terms of time lost. How much does illness cost in terms of lost income and work time? It costs our time for family and recreation too. How many days and weeks have you lost in your lifetime, lying in bed, moping around feeling sick or going from doctor to doctor? How much time does it take to regain lost health? Be assured, it is longer than the time it *seems* to lose it.

Ironically, today's healthcare insurance system rewards you to be sick. Shouldn't it pay you to stay healthy instead? Insurance companies could save a tremendous amount of money if they paid us to stay well instead of to be sick. This could mean lower insurance premiums for all of us!

How much does it cost in dollars (and time) for doctor's visits, prescription drugs, medical procedures or surgeries? Just because the insurance 'covers' it, doesn't mean that you aren't paying for it in the long term. We all are.

Being healthy isn't just visiting the doctor or taking a medical test. It isn't having surgery to remove unhealthy organs. It is about feeding and nourishing the body properly so it has the capacity to use the God-given ability to heal itself. Poor health costs us our time, our money and our strength. Think about that the next time you think you can't afford to be healthy or don't have time to take care of yourself. You and your family are worth it.



Nature has provided everything we need to be healthy. The challenge is for science to find it.

### VISIT OUR NEW WEBSITE!



# This and That...

**Fosamax can cause liver damage.** The medication approved for the treatment of osteoporosis has side effects such as gastrointestinal upset, eye damage and even kidney failure. Now, according to the New England Journal of Medicine, there is now a new side effect to be aware of – liver failure.

**Serious side effects from drugs often appear after FDA approval, a study published in JAMA says.** One in five new drugs have serious side effects that do not show up until well after the medicine has received government approval. “It is like playing Russian roulette when taking a newly approved drug.” Recently, sixteen drugs were withdrawn, nearly 2 years after winning FDA approval due to serious or fatal side effects.

**Bone up on your greens.** Who says salads are just for staying slim? According to a Nurses’ Health Study at Harvard, women who got plenty of vitamin K from lettuce and other green leafy vegetables were less likely to develop osteoporosis. Those who ate green leafy vegetables at least once per day had a 45% lower risk of fracturing their hips than those who ate it only once per week.

**Medical tests are on the rise, while healthy behaviors are declining according to findings appearing in the Journal of American Medical Association. (JAMA)** According to state-by-state surveys of adult health trends in the 1990s, disturbing increases in binge drinking, smoking and obesity were seen almost nationwide, while most states record increasing use of seatbelts, mammography, adult vaccines and tests such as cholesterol screenings. What this says is that “it is easier to deliver services than to change behavior.” People are perhaps learning more about the consequences of poor health choices, but most are unwilling to modify them to improve their health.



## Featured Book:

### Food Is Your Best Medicine

By Henry G. Beiler, M.D.

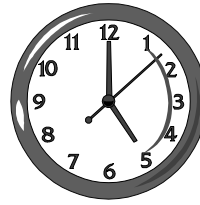
Drugs may not be the only cure for disease...

What do Gloria Swanson and Greta Garbo have in common? They owe their good health to Dr. Henry Beiler’s sane, simple and utterly profound philosophy that...food is your best medicine. Based on over 50 years of practice, Dr. Beiler contends that you are what you eat and that proper diet plays a key role in warding off and curing disease. Sound too simple? Maybe it does in today’s complex world – where many are seeking ‘sophisticated’ medical care to address basic ailments that perhaps have all been caused by our stressful lifestyles and poor diets.

Only \$6.99 – this little book could change your life!

Through August 2002 – get 15% off!

## Mustard Seed Herbarry STORE HOURS



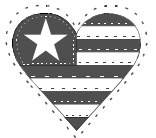
Sunday	CLOSED
*Monday	CLOSED
Tuesday	9 to 5
Wednesday	9 to 5
Thursday	9 to 5
Friday	9 to 5
Saturday	10 to 4

PLEASE NOTE: The store will be closed from Wednesday, July 3<sup>rd</sup> through Monday, July 8<sup>th</sup> in observance of Independence Day.

\*Beginning June 1<sup>st</sup>, we are closed on Mondays during the summer.

## HERBAL TIDBITS

Please note: These are real testimonials. The results will vary in each individual.



**Maghan started a health program and eliminated sugar from her diet. She suffered terribly from withdrawals until she took SUGAR REG. No more CRAVINGS! Elsie says that NOPAL works well to take away her cravings for sweets and breads.**

Patsy said her skin began to look ‘weathered’ after menopause and had enlarged pores. After just 2 months on HIGH POTENCY GRAPINE, others are noticing her SKIN looks much better and the pores are shrinking too.

**Dick’s granddaughter is on the liver transplant list from HEPATITIS C. Medical treatments stopped working; and she started MILK THISTLE and OLIVE LEAF EXTRACT. After only one week on those, the doctors are amazed at the improvement in liver function.**

Ann and her family were trying to enjoy their vacation at the lake, but the mosquitoes were “eating them alive.” She went for her essential oils and chose LEMON, which she sprinkled around her bed. It was the first good nights sleep she’d had since she left home! Lorrie’s INSECT REPELLANT recipe includes equal parts of Lavender, Sweet Thyme and Eucalyptus oils. Chemicals aren’t necessary to enjoy the summer outdoors.

**Nicole suffers from ALLERGIES and ALJ and HISTABLOCK gave good relief – but the best help came when she added NONI juice 2-4 ounces a day. Good for skin tone and inflammation too!**

Kim has good success for THIN SKIN that breaks and bruises easily using COLOSTROM and COLLATRIM PLUS. Adding MSM give even more strength to the connective tissues.

**Jason got rid of his PLANTAR WARTS using just one drop of TEA TREE OIL twice a day covered with a band-aid. It took him one month.**

Ed reacts negatively to the acid in most vitamin C, but ROSE HIPS work just fine for him. Rose Hips are a very alkaline source of vitamins, particularly C – and contains 60 times more vitamin C than citrus fruit.

Mustard Seed Herbarry  
12213 W. Bell Road #116  
Surprise, AZ 85374

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Happy Independence Day

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## Ask the Herb Specialist

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**Question: Are standardized herbs better than using the whole herb?**

Standardization has become more popular as the herb industry has become more appealing to the drug-oriented health care markets. It is important to consider what is sacrificed when herbal constituents are “standardized”. Unlike chemical drugs, herbs should be considered whole foods and as such, no one constituent of the food can claim to be the sole healing element. All of the dozens of natural chemical constituents work synergistically to create a proper balance and thus provide healing powers. With standardization, they attempt to isolate “active constituents” for a very limited function. Usually only one or two compounds are measured and they are usually boosted within the product to reach the required standard – regardless of the quality of the herb itself. No one constituent can do its healing job without the right balance from the rest of the herb. Standardization often creates an imbalanced product and this usually affects its natural healing ability. Also, it is important to understand what it is standardized against. I prefer using the whole herb rather than meddle with Mother Nature. Often standardization allows poor quality herbs to be sold and still meet FDA guidelines. Standardization shortchanges the full healing power of herbs because science simply has not been able to quantify all that these whole natural plants have to offer us.

**Question: I use the herb Ginger for motion sickness. Is it safe to use all the time?**

Answer: Ginger originally came from China and India where it has been used for thousands of years for cooking purposes. People like its flavor and also find it to be good for stomach pains, so it was transplanted worldwide. Ginger also is known to help relieve dizziness, sweating, nausea and vomiting caused by seasickness or motion sickness. It is used to ease sore throats, headaches and fevers and aches caused by colds and flu. It stimulates circulation. The American Herbal Products Association gives fresh ginger a Class 1 safety rating, which means it is a safe herb with a wide dosage range.

### IMPORTANT NOTE:

*The information included in this newsletter has not been evaluated by the Food & Drug Administration and is for educational purposes only. It should not be used to diagnose, treat, cure or prevent diseases. If you have a serious health problem, we recommend that you consult with a competent health practitioner.*

Your Health Matters is a newsletter produced by the Mustard Seed Herbarry bi-monthly to provide you with information about alternative health products and services. If you would prefer not receiving this mailing, please call us at 623-583-2286 and we will promptly remove your name from the mailing list.

## Our Services

Ear Coning \$30 plus ear cones.

Iridology \$60 includes pictures and analysis.

Myomassology, Lymphatic Drainage Therapy  
and other Corrective-Integrated Bodywork  
\$50/ hour by Diane Pierson, NCTMB, CLMT

Nutritional Health Assessment & Consultation  
\$75 – includes, iris, tongue & pulse analysis,  
health history and muscle testing.

Biological Terrain Assessment™  
by Kay Lubecke, B.S., M.A. Call 623-583-2286  
or 480-488-9153 to schedule an appointment.

Gift Certificates Available

GET FREE Monthly Training.   
Just pick up the phone.

The monthly NSP Product Focus Meetings give you in-depth information on NSP products. Join us the second Wednesday of each month at 4:30 pm Arizona time (7:30 pm Eastern). Call 1-800-325-8957 and use the participant code 7224. If you miss the live meeting, call 1-800-756-3819 and use code 007220. This recorded call is available for approximately 3 weeks. Listen for product specials too! Topics vary each month. For more information, call us or visit [www.naturessunshine.com/member/education/meetings.asp](http://www.naturessunshine.com/member/education/meetings.asp).

*Save time, save money  
with AutoShip*

Do you use the same products every month, but find yourself running out of time and energy to get out and purchase them? Now available is the Autoship program to save both time and money. For more details, contact us or log onto [www.naturessunshine.com](http://www.naturessunshine.com) and follow the link for the Autoship program.

## More New Products !

Menstrual Reg contains anti-hemorrhagic herbs as well as herbs that provide overall support to the female body. These herbs can help regular blood flow and keep hormones properly balanced. Yarrow, shepherd's purse, nettle leaf and lady's mantle help to slow and reduce blood flow, while sarsaparilla gets closer to the root of the process – it enhances progesterone activity. Black haw can help ease cramped uterine muscles, while chaste tree and false unicorn help to support proper female hormone levels. Together, these herbs may slow menstrual flow and lead to more comfortable periods.

Breast Enhance is a natural, safe and inexpensive alternative to breast augmentation. The combination of kudzu, saw palmetto, dong quai and alfalfa naturally enhances breast size and firmness as well as promoting breast health and maintaining normal hormone balance, boost vitality levels, promote fertility and ease female discomfort. This new product can help women achieve the look they want without expensive and risky surgeries while nourishing the body.

Cramp Relief allows the body to relax contracted muscles and ease menstrual cramping. Herbs traditionally used to ease all kinds of female discomfort include cramp bark, wild yam, black cohosh, lobelia and plantain. Many of these herbs help to relieve fluid buildup in the pelvic region and are antispasmodic.

Home Spa Party Plan is a new exciting way to learn more about aromatherapy and how to make bath salts, personalized perfumes, body spritzers and much more! This program utilizes popular bath and pampering aromatherapy products (essential oils) in a home party setting and it's fun! Hosting a HomeSpa party entitles you to earn free product credit for your own use and earn extra income! We'll be scheduling parties beginning in September, so call now to set up your party date. All you have to do is invite your friends and prepare to have a "scent-sational" good time! Packets and training also available for those interested in becoming an Aromatherapy Health, Home & Beauty Expert. Call for details or log onto [www.naturessunshine.com](http://www.naturessunshine.com) and follow the link to the Home Spa Party Plan.



## Dates To Remember:

/ Friday, July 12<sup>th</sup> and August 9<sup>th</sup> – 10:30 AM  
/ Tuesday, July 16<sup>th</sup> and August 20<sup>th</sup> – 6 PM  
"Intro to Herbs"



These classes are designed for the beginner in herbs and natural healing. You will learn how herbs work, the importance of using quality products and how to take advantage of all that Nature's Sunshine Products and the Mustard Seed Herbarium has to offer. Attend these free classes and receive valuable information and gifts and be eligible for our door prize drawing. Reservations are requested; so call (623) 583-2286 to register.

/ Wednesday, July 24<sup>th</sup> – 10:30 AM  
Enter the Amazing World of  
Biological Terrain Assessment™

Your biological terrain is the interstitial fluid that nourishes the 100 trillion cells in your body. In addition to delivering electrolytes, minerals, enzymes, vitamins, hormones and water to the cells, this extracellular fluid also transports the waste products that the cells release. This class will help you to understand the biological terrain and how it can identify underlying factors or stresses that may be contributing to low energy and lack of vitality and well being. Reservations are suggested for this free class, so please call (623) 583-2286 today.

/ Friday, July 26<sup>th</sup> – 8 to 10 AM  
Biological Terrain Assessment™ (BTA) Testing

Appointments are required for testing. Please ask for more details.

We are dedicated to the philosophy that health is much more than the absence of illness and that all people have the right and responsibility to manage their own health and happiness.

Do you suffer from low energy?

Do you need help and guidance in designing a specific nutritional program that meets your individual needs?

Do you wonder if you are wasting money on supplements that may not even be helping you?

Perhaps it time to try a new approach. Perhaps it is time to explore the amazing world of Biological Terrain Assessment (BTA)

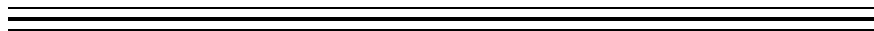
The BTA or Biological Terrain Assessment involves the monitoring of your saliva and urine for pH, redox and resistivity. While these parameters do not diagnose diseases, they will give you valuable information about the internal environment (biological terrain) of your body, including:

- ❖ Adrenal Stress
- ❖ Circulatory System Health
- ❖ Digestive Capabilities
- ❖ Immune Stress
- ❖ Kidney Stress
- ❖ Liver Stress
- ❖ Lymphatic Effectiveness
- ❖ Mineral Levels
- ❖ Pancreas Stress
- ❖ Possible presence of Fungus or Bacteria
- ❖ Thyroid Stress
- ❖ Your ability to produce Energy

Join us for an introduction to BTA, the scientific, computerized assessment that will tell you how to improve your health, energy and well-being through changes in your supplement program, diet and exercise as well as determining what the effects of chronic stress, poor diet and exposure to toxins and chemicals are having on your body.

Lecture: Thursday, May 7<sup>th</sup> and June 11<sup>th</sup> ~ 6:30 to 7:30 pm. Call (623) 583-2286

This *free* lecture and testing will be presented by Kay Lubecke, B.S., M.A., Certified BTA Practitioner and Nutritional Consultant with 21 years of clinical experience using natural therapies.



BTA Testing: Monday, May 10<sup>th</sup> and June 14<sup>th</sup> ~ 8:00 to 10:00 am. Call (480) 488-9153

BTA Testing fee is \$75 and assessment is \$50 with full credit given upon first purchase (within 7 days) of BTA recommended supplements. *Net cost is only \$75!*

Reservations are required for both the lecture and testing.

For more information, or to schedule call (623) 583-2286

# BIOLOGICAL TERRAIN ASSESSMENT™ – A NEW APPROACH TO WELLNESS

By Dr. Robert Greenberg, edited by Ellen Benavidez as reported in the *Sunshine Manager Extra* April, 2002

No single issue is as important, or as prominent in the news or is as controversial as the issue of health. Being at the forefront of our national consciousness, you can hardly turn on a television, walk by a newsstand or have a conversation without confronting the issue of health and healing. Pharmaceuticals are a multi-billion dollar industry. We pay more for health care today than at any other time in our history, and yet people are not getting well.

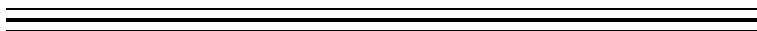
Those of us who embrace a holistic approach to health and wellness already suspect the reason. Traditionally, we have been treating symptoms and dispensing pills or conducting subjective and extremely costly tests to determine a treatment protocol. We have been trying to heal “from the outside” rather than uncovering the underlying root cause of the dysfunction.

Biological Terrain Assessment (BTA) approaches health from an entirely different perspective, allowing us for the first time, to address health “from the inside.” It provides a “biochemical window” into the unique internal state of every individual. Indeed it allows us to begin to get well and keep well by assessing our health at a cellular level.

We all know that negative influences exist and always will, and that we are assaulted with them in greater numbers and at higher levels every day. Pollution, insecticides, hydrocarbon wastes and ever evolving and mutating microbes make the world a proverbial minefield for individuals seeking a state of health and wellness. We will never be able to rid the world of these attackers.

What we can do is stop focusing on the outside influences and start focusing on the terrain—the internal environment that determines how our bodies cope with these outside influences. Just as a healthy crop can only flourish in rich, nourished, hydrated soil, so our internal soil—our biological terrain—determines the way our bodies deal with the ever-present stressors and disease.

The concept of Biological Terrain Assessment has been around since the 1800s, when Claude Bernard proposed that disease results from imbalances within the body, rather than as a result of microbes and elements outside the body. This is direct conflict with the Pasteur theory, which blames all our ill health on outside influences that attack the body.



Join us for an introductory free lecture about BTA, the scientific, computerized assessment that will tell you how to improve your health, energy and well-being through changes in your supplement program, diet and exercise as well as determining what the effects of chronic stress, poor diet and exposure to toxins and chemicals are having on your body.

Lecture: Thursday, May 7<sup>th</sup> and June 11<sup>th</sup> ~ 6:30 to 7:30 pm. Call (623) 583-2286  
BTA Testing: Monday, May 10<sup>th</sup> and June 14<sup>th</sup> ~ 8:00 to 10:00 am. Call (480) 488-9153

Net cost for the BTA Testing fee is only \$75 for the 1<sup>st</sup> test and \$25 for repeat tests.  
Reservations are required for both the lecture and testing.

For more information, or to schedule, call (623) 583-2286

# What's *Your* Burn Rate?



## Unlocking the mystery of metabolism

How many times have you felt that you must have a slow metabolism because you can't seem to lose weight no matter what you try? This thought might have more truth than you realize. Metabolism, or the rate at which you burn calories, plays a key role in weight loss and should play an integral role in determining your weight-management strategy.

*Weight management is simply a matter of arithmetic: balancing the number of calories "in" against the number of calories "out". If you take in (eat) more calories than you burn, you'll gain weight. If you take in fewer calories than you burn, you'll lose weight.*

Now, regardless of what your unique metabolism is, NSP can help. Recently introduced are two new tools that take the guesswork out of weight loss. The first will determine your resting metabolic rate (RMR) and the second will help you work with your metabolism to improve your health and achieve your weight loss goals.

*The BodyGem is a revolutionary, handheld device that allows you to measure your resting metabolic rate (RMR) easily and accurately. This number tells you the amount of energy (or number of calories) your body burns each day at rest—up to 80 percent of the calories you burn daily! Because people burn calories at different rates, it is important for you to determine your unique metabolism, or burn rate, to successfully manage your weight. Age, activity level, diet, genetics and current weight all influence your RMR.*

Once you take this simple breathing test, you'll know exactly how your body uses energy and you can design a nutrition/exercise/supplement program to meet your individual needs. You'll want to re-measure your metabolism every few weeks to adjust your program to your changing RMR.

*Once you have determined your RMR, you are then ready to begin using BalanceLog, a user-friendly software application that allows you to quickly and easily establish and track your personalized nutrition and weight management program. It just takes a few minutes a day to log your food and exercise so you can monitor your energy balance equation (calories in – versus – calories out). It's easy and its fun to use! BalanceLog runs on a PC or PALM OS device.*

If you are interested in learning your resting metabolic rate (RMR), please contact us to make an appointment. Cost is only \$40 to determine your RMR. Knowing this number could be the start to your personal weight loss success!

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Get the skinny on this revolutionary  
new tool. Call (623) 583-2286

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