

# Your Health Matters

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## Announcing...

On April 4, 2003, I married my best friend, Kent Griswold. He was willing to leave his long-time home in Oregon to start a new life with me in Surprise. We invite you to stop by the store on **Saturday, May 10<sup>th</sup> from 1 to 4 pm** to meet my husband and business partner, and to welcome Kent to Arizona.

We were gifted with a set of waterless Nature's Seal cookware for the occasion! This stainless steel, waterless, greaseless, 5-ply cookware carries a full lifetime warranty & will save you time and money while preserving more of the natural food values. And it is available from Nature's Sunshine at wholesale prices!

Proper food preparation is a vital part of our daily health program. Scientific research has shown that due to soil depletion and other agricultural practices and processing, much of today's food supply contains few nutrients than in previous times. Because of this, it is so important that the foods we purchase be prepared in a way that will preserve these diminishing nutrients.

This 5-ply cookware has an inner 3 layer aluminum core which conducts heat evenly which is protected with 2 outer layers of T304 stainless steel, which is easy to clean and safe to use. Cooking without water retains up to 98% of vitamins and minerals and meats are tastier and healthier because cooking without grease maintains natural food flavors, provides fewer calories and is easier to digest

Waterless, greaseless cooking is possible because a vapor seal is created around the specially-designed lid and heat is distributed evenly across the bottom and up the sides of the cookware. This process cooks food in its own natural liquids for nutritious, flavor-filled meals. Food shrinkage is greatly reduced as Nature's Seal uses low heat, making it very efficient and cost saving. This cookware is designed carefully to work together and stack cooking allows you to prepare more foods at one by time by stacking small utensils on top of larger pans on one burner. The cookware is dishwasher-safe and can even be used in the oven up to 400 degrees. It is practical for all types of ranges, including gas and smooth glass top surfaces.

We know we'll appreciate and enjoy our quality set of cookware for years to come. Stop by the store for more information about how you can start cooking and eating healthier too!



## Paw Paw Cell-Reg

When your cells need special support...

The body's trillions of individual cells have important health responsibilities. That's why it is important to keep them healthy and lend support to maintain normal cells in the body. Paw Paw Cell-Reg is a unique product that selectively targets specific cells to enhance the overall health of your body.

Paw Paw Cell-Reg is the only standardized acetogenin product available to regulate specific cells. NSP uses an extract of the twigs of the North American paw paw tree, which contain the most concentrated amount of acetogenins. The extract and the harvest is so unique, it's patent pending.

The active compounds in Paw Paw Cell-Reg are a mixture of over 50 acetogenins. Acetogenins are active compounds that affect the production of ATP in the mitochondria, which is the powerhouse of the cell. ATP is the cells' – and hence the body's – major source of energy. Acetogenins selectively modulate the production of ATP in specific cells – particularly cells that are 'out of control'. Modulating the production of ATP affects the viability of specific cells (cells mutating at an improper rate) and the growth of blood vessels that nourish the mutant cells. Acetogenins also support and enhance the effectiveness of conventional medical approaches such as chemotherapy or radiation.

For the past 25 years, Dr. Jerry McLaughlin (NSP's Vice President of R& D/QV and Chief Scientific Officer) has researched acetogenins and their role in cellular protection while at Purdue University. During this time, he has published over 100 articles and studies related to the benefits of these beneficial compounds found naturally in the paw par tree and its tropical relatives. Recent clinical studies are very encouraging which show that the paw paw extract may support the body's normal cells during times of cellular stress.

Cellular regulation may be important for those suffering from dreaded cellular abnormalities, which may be the cause of tumors, cysts and other fast-growing abnormal cells that may cause specific health challenges. Recommended use is 1 capsules 4 times daily. Do not take with Co-Q10, Thyroid support, SOD or 7-Keto or other antioxidants as this may neutralize the beneficial effects of paw paw. Only those who desire to target specific cells should take this product on a regular/daily basis. This product is safe for use during medical intervention such as chemotherapy.

## Cellular Health Support Paw Paw Cell-Reg

# The Three Secrets to Cellular Health

Stop Waging War with Your Body and Start Healing!

As we discussed in our last newsletter, disease is a goal-oriented metabolic/biologic process. Its purpose is to heal and to bring the body back to a state of homeostasis or balance. We need to see this process as something “gone right” instead of something “gone wrong”. Disease has two distinct characteristics ~ it is either constructive or destructive. Constructive disease is the removal or elimination of the toxin before it causes a permanent alteration of cellular function and metabolism. Destructive disease is when the toxin is suppressed deeper into the cell, usually by continually being bombarded by petro-chemical based drugs. This destructive nature can alter cellular functioning and causes the change in the internal environment, which dictates ALL disease. These changes in cellular function create the perfect environment for chronic and degenerative diseases.

Because we understand this basic concept of health, we now can stop attacking the organism and start working *with* the body to create an environment that supports proper cellular functioning. In order for the individual cells to do their job, it is essential that they have the energy to do it. To have energy, the cells must be fed with proper nutrition and have the ability to remove the toxins or waste produced by the metabolic processes. How do we do that?

First of all, it is important to properly digest the nutrients received by the body for use by the individual cells. The body must have the ability to break down and oxidize the protein, carbohydrates and fats consumed in order for the individual cells to receive nutrition from the foods we eat. This is called digestion and this is key to health. To properly oxidize food, the body depends upon a balanced pH, sufficient enzymes, oxygen and insulin. Incomplete oxidation or digestion leaves acid wastes in the body, which creates a toxic environment in which the cells will live. (Every cell in the body lives in the same environment and *every* cell will be affected.) This is also called biological terrain – or the environment in which all cells live. Some call the interstitial fluid the pool in which we live.

Incomplete oxidation of foods creates extra acids that the body has to get rid of. The process by which it eliminates this metabolic waste is thru drainage or its transportation system. Everything in the body is dependent upon this transportation. The nutrients that were absorbed by the intestinal tract must flow unobstructed to the cells of the body. And the waste product that is eliminated from the cell must flow freely away from the cell for disposal. The two primary systems, which are responsible for keeping this flow of fluid constant and unobstructed, are the circulatory and lymphatic systems.

Once the digestive system has performed its functions and the transportation system has carried the nutrients to the cells, it is time to convert the energy-containing micro-molecules into energy. This conversion is done in the mitochondria. This is a very complex process where the electrons made in the Krebs cycle (TCA) and are converted to energy in the form of ATP. Certain nutrients like CoQ10 and magnesium help in the production of energy and heal breaks in the energy chain.

There are two major organs in the body which are heavily involved in the energy production of the body. These are the adrenal glands and the thyroid. Upregulating these vital organs help in the production of energy. This can be effectively done with products like Adrenal Support and Thyroid Support, which actually contain pure New Zealand adrenal, and thyroid tissue, which are felt to be the most efficient way of improving their functioning. Other natural support for the thyroid would be iodine-rich herbs such as kelp, dulse, irish moss and black walnut. Nutrients to support the adrenal glands include licorice root, magnesium, B and C vitamins.

The three secrets to cellular health include digestion, energy production and transportation. Properly digesting the nutrients taken in thru eating healthy food and effectively converting those nutrients into energy are essential to good health. But the last secret is perhaps the most important. Without an open and free flowing method of bringing the nutrients into the cells and taking the wastes out, all other good habits would be in vain. That is why detoxification is so vital to good health. Detoxification occurs in the body thru various ways, but particularly the bowel, kidneys, lymphatic system, liver and lungs.

Disease occurs in the body when cellular health is compromised by poor digestion, incomplete conversion of nutrients into energy and a toxic environment. Because every cell in the body lives in the same “pool”, the entire body is affected when something is wrong in the internal environment. If we focus on keeping the biological terrain healthy and the body in a state of balance, we can stop attacking the bacteria, virus or other pathogen and start the healing.

  
*New Product!*

***SOD with Gliadin*** is now available combined with Gliadin from a proprietary mixture of melon extract and wheat extract. This complex allows SOD to be effectively absorbed because it is vulnerable to the acids in the stomach. SOD is a natural part of the body’s detoxification system. It is present in every cell in the body and is part of the immune response and cell maintenance. Not only does this enzyme play an important role in neutralizing superoxide radicals in oxygen and hydrogen peroxide, it may help prevent age-related decline and maintain neurological health. It helps protect against radiation damage, whether from biological warfare or treatment of cancer. It has been shown to inhibit cellular damage linked with aging and cancer. In fact, SOD is either greatly deficient or totally absent in cancerous cells. It also provides anti-inflammatory actions, which may assist in the treatment of chronic inflammatory diseases. It is found naturally in certain herbs such as capsicum, cordyceps, milk thistle, barley green and wheat grass. The body also produces SOD.

You can be no healthier than  
the health of the individual  
cells in your body.



## Dates To Remember:

Call (623) 583-2286 to register for any of these classes.

### "Weight No More!"

Join our group that specializes in  
*healthy, balanced* weight maintenance.

- / Thurs. May 1<sup>st</sup> and Wed. May 7<sup>th</sup>  
Topic: You and Your Healthy Colon
- / Thurs. May 15<sup>th</sup> and Wed. May 21<sup>st</sup>  
Topic: Thyroid Imbalances & Weight
- / Thurs. May 29<sup>th</sup> and Wed. June 4<sup>th</sup>  
Topic: The Yeastie Beasties
- / Thurs. June 12<sup>th</sup> and Wed. June 18<sup>th</sup>  
Topic: Blood Sugar Blues
- / Thurs. June 26<sup>th</sup> and Wed. July 2<sup>nd</sup>  
Topic: Are You Hosting a Parasite Party?

Note: All Thursday classes are at 6:30 pm  
and all Wednesday classes are at 10:00 am.

Weight management is a very personal issue and so is your metabolism, or the rate which you burn calories. With this unique program, you can learn your individual resting metabolic rate (RMR) and take the guesswork out of weight loss. This group meets weekly on alternating Wednesday mornings and Thursday evenings to offer the friendly support necessary while making healthy lifestyle changes. Note the different topics and dates above. Call for more information or for your personal orientation.

### "Intro to Herbs"

- / Friday, May 9<sup>th</sup> and June 13<sup>th</sup> – 10:30 AM
- / Tuesday, May 20<sup>th</sup> and June 24<sup>th</sup> – 6 PM

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 Herbarry has to offer. Attend these free classes and receive valuable information and gifts, and be eligible for our door prize drawing.

- / Thursday, May 29 – 6 PM to 8 PM
- / Saturday, June 21 – 1 PM to 3 PM

### HomeSpa Aromatherapy Workshop

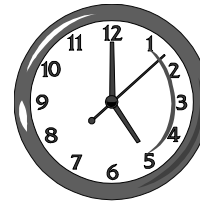
Essential oils have been used for their health benefits for years; however many of the aromatherapy products available today use artificial fragrances and additives that can be harmful. At these "scentsational" workshops, you'll learn how to make your own personal and home care products using pure and natural essential oils. The \$12 registration fee includes supplies for making your own personalized product to take home.

- / Saturday, May 17<sup>th</sup> – 9 AM to 5 PM  
**Solving the Mystery of Autoimmune Disease**

This is another of Nature's Sunshine NHC classes and it promises to provide valuable information for both the natural healer and the person suffering from these diseases. Cost is \$99 - call the store or NSP for more information.

Back  
to  
School

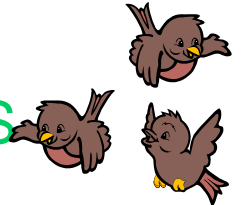
## Mustard Seed Herbarry STORE HOURS Effective 6/2/03



Sunday	CLOSED
Monday	10 to 4
Tuesday	10 to 4
Wednesday	10 to 4
Thursday	10 to 4
Friday	10 to 4
Saturday	10 to 4

### HERBAL TIDBITS

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



Lonnie was LACTOSE INTOLERANT since a child until he started taking PROBIOTICS (acidophilus, etc). Now he has no problems with dairy.

Don suffers from DIABETIC NEUROPATHY and had constant PAIN in his hands and feet. Recently, he has been applying a blend of LAVENDER and HELICHRYSM essential oils blended in MASSAGE OIL and the pain has diminished substantially! Mark has NERVE DAMAGE in his spine and the blend allows him to function normally.

Research indicates that 150 mg daily of COQ10 is helpful for preventing the onset of MIGRAINES. Joel finds that FEVERFEW keeps his headaches away and Alice likes to use the homeopathic MIGRAQUEL. Stella finds help from her HEADACHES with the product called TRIPLE RELIEF.

Connie likes the convenience of having her liquid CALCIUM and MAGNESIUM combined with GLUCOSAMINE and CHONDROITIN. The OSTEOPRO CARE is tasty & she feels it helps support her BONES & control symptoms of ARTHRITIS.

Irene was starting to get LIVER SPOTS (or AGE SPOTS) all over her body. She tested for INDOLE-3-CARBINOL (from vegetables) and they started to go away. Now she is taking S O D with Gliadin & she find it works even better.

Sandy's daughter had repeated infections of HEAD LICE. She tried using the traditional lice shampoos, but hesitated to continue using them because of their toxicity. After one application of the PAW PAW LICE REMOVER SHAMPOO, the lice are gone and she doesn't have to worry about dangerous chemicals on her young daughter's head.

Barbara uses METABOSTART to keep her metabolism up during her WEIGHT LOSS program. She continues to lose weight using the weight loss products and the BALANCE LOG software and her RMR has increased ~ making it easier to reach her weight loss goal!

Pauline has suffered from VERTIGO for years. She tried many different medications and supplements, but nothing has helped like several capsules of GINGER everyday.

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Ask about our member's  
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EVERY DAY on the entire  
line of top quality Nature's  
Sunshine Products.

Membership is free with  
a qualifying one-time purchase.

Happy Mother's Day – May 11<sup>th</sup>

Happy Father's Day – June 15<sup>th</sup>

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## Ask the Herb Specialist

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**Question:** I've heard that the FDA receives more complaints from artificial sweetener use than any other food or additive. Why is it still so widely used and what are the symptoms of toxicity? Is it safe to use? What are the alternatives for diabetics?

**Answer:** Excellent questions. It's true that the FDA logs in more complaints from consumers of artificial sweeteners than any other food or additive. Why is still on the market? The reasons are multi-faceted and quite complicated but consider that money is probably at the root of it. The fact that nearly 65% of all Americans are overweight or obese doesn't help either, as we have been told that artificial sweeteners are beneficial for those seeking to lose weight. Do you think it has helped as we consider that obesity is increasing at an astounding pace? The use of artificial sweeteners has actually sharpened our sweet tooth and caused our taste buds to be artificially altered. The side effects of artificial sweeteners are varied and vague, so often the symptoms are missed or unidentified. They include things like headaches, migraines, skin problems and rashes, anxiety, asthma and other breathing difficulties, fluid retention, depression, confusion, diarrhea, fatigue, hearing loss, heart palpitations, hives, impotency, irritability, itching, joint pains, memory loss, muscle aches and spasms, nausea and vomiting, numbness, allergies, phobias, slurring speech, vision loss and weight gain. Whew! If that wasn't enough, aspartame disease mimics symptoms or worsens the following diseases: Fibromyalgia, arthritis, Multiple Sclerosis, Parkinson's Disease, Diabetes, Epilepsy, Alzheimer's, Chronic Fatigue, Lyme's Disease, ADD, Panic Disorder and depression and other psychological disorders. Is it safe to use? Once you give much consideration to all these symptoms, I think you will agree it would be prudent to avoid ingesting much of this non-food. I think the best alternative to artificial sweeteners is stevia – a calorie-free herb from South America that is very sweet and has no effect on blood sugar levels so it is safe for diabetics. It has been used extensively in other countries for years with no known cases of toxicity or side effects.

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## IMPORTANT NOTE:

*The information included in this newsletter has not been evaluated by the Food & Drug Administration & 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.