

# 3 Steps To A Healthier, Happier You

**1.** With the help of your Nature's Sunshine Associate, complete the Lifestyle Analysis to determine which body systems need attention.

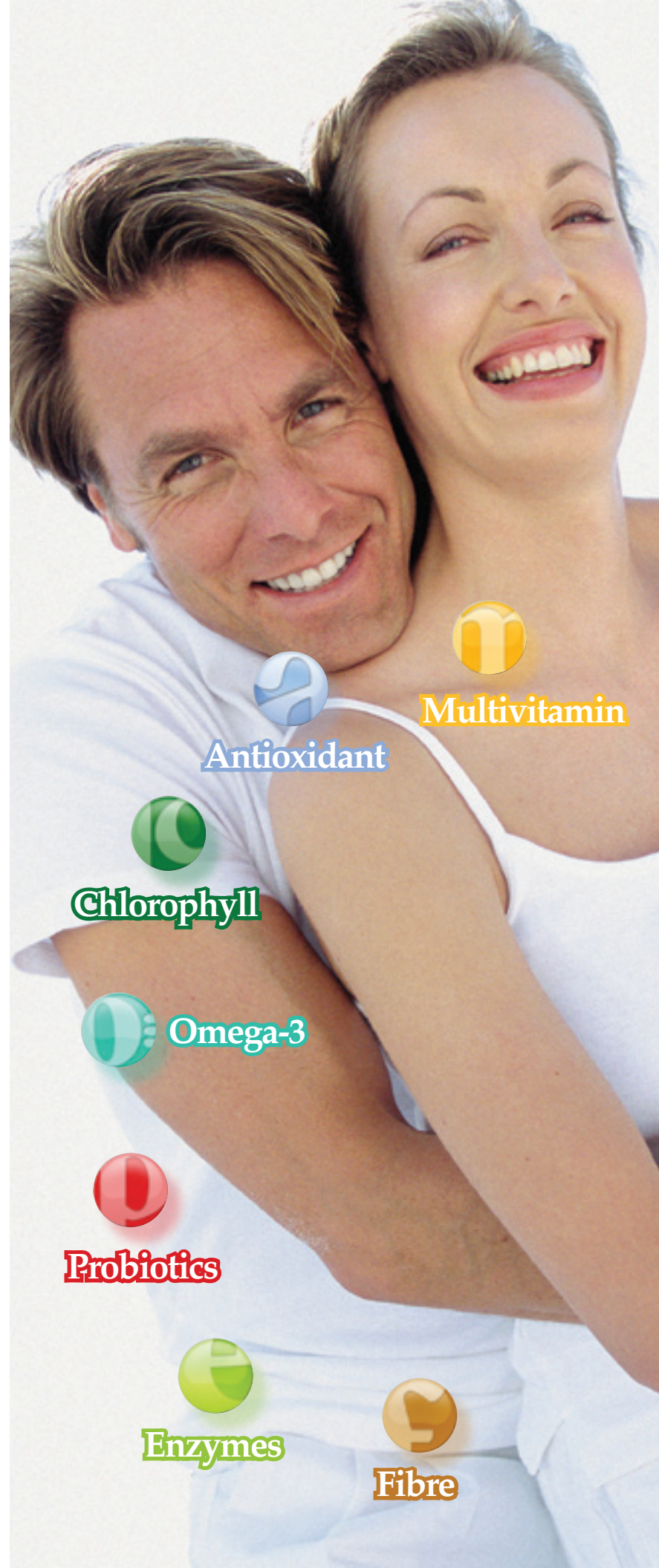


**2.** Now, refer to the Lifestyle Analysis Build & Cleanse Addendum. For each of your identified body systems, check off the health symptoms you battle with to determine whether you need to Build or Cleanse that system.

**3.** Refer to this guide to select the products you need. Work with your Nature's Sunshine Associate to get the most out of your new health program. Also, consider a daily nutritional supplement plan like the Habit Of Health recommended by Dr. Kimberly Balas PhD, ND.



Your Nature's Sunshine Associate:



**Antioxidant**

**Multivitamin**

**Chlorophyll**

**Omega-3**

**Probiotics**

**Enzymes**

**Fibre**

## The Habit of Health



To improve your health is one of the most important decisions you can make. And to help you achieve your health goals, Nature's Sunshine has developed the easy-to-follow Habit of Health—a collection of nutritional supplements that when taken daily, will help you maintain optimum health and renew your youthful vitality. Turn health into a habit with the Habit Of Health nutritional program. Recommended by Dr. Kimberly Balas.



## Body Systems & Key Product Guide

**Build • Cleanse**

Your first step to a healthier, Happier Life



Developed by Dr. Kimberly Balas PhD, ND for Nature's Sunshine Products of Canada Ltd



## Digestive System

Key Products 

The digestive system breaks down food, extracting nutrients and assimilating them for use throughout the body. It includes the mouth, stomach and intestines.

*Common digestive concerns: heartburn, insufficient digestion, acid reflux, ulcers, cramping and bloating.*



**Build** UCC is a Chinese herbal combination which focuses its action on strengthening digestion functions. It improves digestion and assimilation of foods; relieves inflammation and infection, and is used to relieve diarrhea, hemorrhoids, ulcers, colitis, and indigestion. Stock# 1891-4

**Cleanse** ULC-R with its ingredients Pau d'arco, clove powder extract and Inula racemosa and deglycyrrhizinated licorice root (DGL) help inhibit the activity of ulcer-causing *Helicobacter pylori* bacteria. It further acts to rid the digestive tract of unfriendly invaders that cause upset and weaken the digestive function. Stock# 917-9

## Nervous System

Key Products 

The nervous system is the body's communication system to internal and external environments. The central nervous system is composed of the brain and spinal cord, while the peripheral nervous system extends to all other parts of the body.

*Common nervous system concerns: headaches, stress, nervous disorders, depression/anxiety, cognitive difficulties, multiple sclerosis and declining motor skills.*



**Build** HSC is a Chinese herbal combination which strengthens the nervous system, acting as a rejuvenating tonic for weakness and fatigue stemming from stress, emotional burnout, or chronic nervous conditions. Stock# 1884-7

**Cleanse** Stress Formula helps the body deal with chronic and acute stress. This B-complex and vitamin C formula is enhanced with nervine herbs hops, passion flower, valerian, and schizandra for relaxation and emotional stability. Stock# 1645-6

## Urinary System

Key Products 

The urinary system filters the blood and removes waste substances from the body. The kidneys, ureters, bladder and urethra make up the urinary system.

*Common urinary concerns: infections, kidney stones, incontinence, cystitis, pain and irritation, cysts, and water retention.*



**Build** KB-C is a Chinese herbal combination formulated to strengthen, revitalize and normalize the kidney and bladder functions. It's traditionally used for frequent urination, adrenal exhaustion, backache, osteoporosis, fractures, heavy legs, abnormal functioning of the kidneys and bladder. Stock# 1883-3

**Cleanse** K-C is 16 herbs combined to focus on the elimination and redistribution of moisture in the body. It lessens the effects of problems in the kidneys and the urinary tract. Chinese herbalists describe this herbal combination as a water-reducing formula. Stock# 1872-5

## Intestinal System

Key Products 

The intestinal system is responsible for the absorption of nutrients, elimination of waste and reabsorption of water. It includes the upper intestine, lower bowel (or colon) and the rectum.

*Common intestinal concerns: irritable bowel syndrome, constipation, diarrhea, hemorrhoids, diverticulitis, colitis, Crohn's disease, gas and bloating.*



**Build** UC3-J is formulated to provide nutrients required for optimum colon function. Cooling mucilaginous herbs reduce inflammation of sensitive mucous membranes and enhance the elimination of irritants and toxins. This formulation is designed to soothe and build the intestine. Stock# 1105-8

**Cleanse** Tiao He Pak is a mild 10-day herbal cleanse to help eliminate waste build up in the intestines and toxins in the body. It's based on the Chinese herbal tradition of restoring balance and harmony. Stock# 4005-7

## Immune System

Key Products 

The immune system is the body's defence against viruses, bacteria and other organisms and foreign invaders. Glands, organs, tissues and specialized immune cells are all part of the make up of the body's protective immune system.

*Common immune concerns: chronic sickness or infections, autoimmune disorders, chronic inflammation, allergies, and stress.*



**Build** IMM-C is a Chinese herbal combination designed to build and strengthen the immune system and is a general tonic formula to enhance the body's healing powers where there has been trauma or a chronic degenerative condition. Stock# 1892-6

**Cleanse** I6S II is an infection-fighting formula for acute infections. It contains the strong immune herbs parthenium, golden seal, yarrow and capsicum to clear away acute infections and begin recovery. Stock# 964-3

## Glandular System

Key Products 

The glandular system works intimately with the nervous system to maintain balance. Together, they regulate voluntary and involuntary actions such as growth, metabolism, hormonal functions, and the aging process itself.

*Common glandular concerns: hormonal imbalance, weak adrenal glands, thyroid imbalance, stress, andropause and menopause.*



**Build** MASTER G Formula provides support for all the glands of the body. The formula contains essential vitamins and minerals, combined with specific herbs rich in easily-absorbed trace minerals. Stock# 2874-6

**Cleanse** TS II is a formula designed to nutritionally support the glandular system to balance hormonal activity. It contains kelp plant, Irish moss plant, parsley plant, hops flower and capsicum fruit. Kelp contains an above average amount of iodine for proper thyroid function. Stock# 1092-0

## Circulatory System

Key Products 

The circulatory system provides nutrients and oxygen to every living cell. And it simultaneously carries away carbon dioxide and other waste by-products of metabolism. The system includes the heart, veins, arteries, capillaries, and blood.

*Common cardiovascular concerns: hypertension, blood clotting, plaque build up, arrhythmia, cholesterol, triglycerides, homocysteine, oxidative and free radical damage.*



**Build** Cardio Assurance is a synergistic formula of heart-healthy B vitamins, antioxidants, herbs, and select amino acids that combined may lower risk factors of heart disease and enhance cardiovascular function. Stock# 807-7

**Cleanse** MC is a high-potency chelating formula of vitamins, minerals, trace minerals, and lipotropic factors in a specially formulated base of herbal extracts designed to cleanse and strengthen arteries, veins, and capillaries, and to rid the circulatory system of years of build up. Stock# 4002-8

## Respiratory System

Key Products 

The respiratory system provides vital oxygen to the blood from where it's carried throughout the body. The lungs inhale oxygen and exhale carbon dioxide.

*Common respiratory concerns: asthma, respiratory allergies, infections, viruses, breathing difficulties, coughs, bronchitis, sinusitis and pneumonia.*



**Build** LH-C is a Chinese combination which helps strengthen the lungs, improve circulation, dilate bronchioles for easier breathing, increase the production of mucosal fluids, soothe inflamed tissues, relax muscle spasms to suppress coughing, and enable the body to recuperate from respiratory illness. Stock# 1890-3

**Cleanse** AL-J supports healthy lungs and encourages the gentle cleansing of the entire respiratory tract to help soothe irritated tissue. AL-J contains herbs that help stimulate the production of mucosal fluids to remove allergens and other toxins. Stock# 778-8

## Structural System

Key Products 

The structural system provides a framework for the body consisting of bones, muscle, skin and connective tissues. Together, the structural components give the body form, mobility, protection and strength.

*Common structural concerns: arthritis, dermatitis, psoriasis, acne, osteoporosis, injuries and infections.*



**Build** Herbal CA is an herbal combination containing all the macro and micro minerals needed to build a healthy and strong structural system. It enhances the absorption of calcium, and enhances the repair of bones and structural tissue. Stock# 819-2

**Cleanse** ART-A is a traditional arthritis formula combining herbs with time-honoured use for the relief of joint pain and inflammation and to nourish joint tissue. It contains the herbs white willow bark, Devil's claw, marshmallow, burdock, and rosemary. Stock# 798-9

## General Nutrition

Key Products 

Supplementing for general daily health is "nutritional insurance." For the many who are taking responsibility for their own health, taking daily nutritional supplements is just as important as eating the right foods.



Supplementing with Super Trio is an easy, effective way to ensure that your body is well-stocked with vital nutrition daily. Each packet of Super Trio offers powerful, effective levels of three potent Nature's Sunshine formulas, packaged together in one convenient cello-pack. Taken together, these proprietary blends offer a nutritious combination of essential fatty acids, vitamins, minerals and antioxidants—each an important component of daily nutrition, vitality and longevity. Stock# 20-5



Zambrza is a powerful juice blend combining 11 fruits and herbs to yield a uniquely formulated natural health product with truly exceptional holistic and antioxidant properties. Zambrza is made from mangosteen, wolfberry and sea buckthorn fruits from the Orient. Plus, it contains the antioxidant power of red and concord grapes, raspberries, blueberries, grape seed and grape skin, apple fruit extract and decaffeinated green tea extract. Stock# 4104-1



Chlorophyll is the green pigment in plants that harnesses the sun's energy in photosynthesis, and performs metabolic functions in plants such as respiration and growth. Interestingly, chlorophyll is similar to human blood except chlorophyll possesses a centre atom of magnesium instead of iron. This amazing substance provides an excellent source of health promoting nutrients, serves as a whole body cleanser, deodorizes, is a daily tonic and powerful antioxidant and excellent pH balancer. Stock# 1580-0



Certain bacteria called "friendly flora" reside in the body and are essential for overall good health. NSP's Bifidophilus Flora Force contains four different strains of friendly bacteria: Lactobacillus casei, Lactobacillus rhamnosus, Lactobacillus acidophilus and Bifidobacterium longum. The health benefits include improved digestion, the synthesis of B vitamins and other nutrients, a strong immune system, and the maintenance of a healthy urinary and intestinal tract. Stock# 4080-4



Enzymes are essential to all life. However, as we age our supply of enzymes becomes depleted and food digestion and good health is weakened. Garden Essence delivers a full spectrum of plant enzymes in a blend of five digestion-enhancing herbs. Therefore, you can enjoy the enzyme essence of eating fresh raw fruits and vegetables in the convenience of a capsule. The herbal food blend acts as a digestive aid and enzyme stabilizer to further enhance and prolong enzyme activity. Stock# 1643-9



Health professionals recommend that individuals consume diets that are high in fibre, especially soluble fibre to reduce the risk of many diseases. LOCLO provides a high level of fibre (3.0 grams of soluble fibre and 0.7 grams of insoluble fibre per serving) from five sources: Psyllium seed hulls, apple fibre, oat bran, acacia gum, and guar gum. Plus it contains a unique SynerPro blend of cruciferous and other vegetables and potent herbs for antioxidant protection and nutritional support. Stock# 1347-6