

Section Six

Systems

Although this section comes last, it is well worth studying as it helps to give some structure to the NSP product line. This final section has three parts—Core Health, Chinese Formulas System and Body Systems. Here's what's in each of these three sections.

Core Health

Core health is about using products that help to correct the underlying causes of people's health problems. Core health products have wide applications, so they can be helpful for many different health problems. There are four types of core health products as follows:

Core Health Nutrition: These are the basic nutritional supplements that address the most common nutritional deficiencies people have. These products work on one of the major root causes of disease, nutritional deficiencies. They include vitamins, enzymes, probiotics, antioxidants, fatty acids, minerals and superfoods. There is also a category for healthy beverages and snacks offered by Nature's Sunshine that can be used to replace less healthy foods.

A description of each of these types of core nutritional supplements is included, explaining why they are so important. These products help to build good health. Usually, about 50% of most people's health problems will clear up if they adopt a healthier diet and lifestyle and take some of these basic nutritional supplements.

Core Health Cleansing: These products address another major root cause of disease, toxicity. Many people also experience health improvement after doing a good cleansing program. Covered in this section are the major categories of cleansing products, including fiber products, herbal laxatives, blood purifiers and liver detoxifiers. NSP's prepackaged cleansing programs can also be found in this section as well as products that NSP offers to help reduce your exposure to environmental toxins.

Weight Management: With 70% of Americans being overweight, weight management is an important factor in people's basic health. The products NSP offers that can be of help in this area are included in this section. These include: meal replacements, metabolic boosters, cleansing products that help with weight loss, appetite suppressants, hormone balancers and other weight management products.

Energy and Fitness: Also listed are products that can be used to enhance energy and support exercise programs.

Chinese Formulas

NSP's Chinese herbal formulas are one of their most unique product lines. This group of traditional Chinese herbal formulas address fourteen major imbalances recognized in traditional Chinese medicine (TCM). These formulas work on balancing biological terrain and strengthening body systems to address major underlying imbalances in the body that are giving rise to patterns of disease. This section explains the entire system NSP's Chinese herbal formulas are built on. It also includes a special quiz you can use to determine which of the Chinese formulas is right for you.

Tree of Light offers additional materials for supporting NSP's Chinese herbal products, including a booklet, *Healing with Chinese Herbs*, and a course, *Secrets of Chinese Herbs*. The quiz for the Chinese herbs is also found on our website at: <http://treelite.com/quizzes/>.

Body Systems

The Body Systems section goes through all the major body systems, organs and glands. It explains the function of each part of the body and provides a list of NSP products that may be useful for assisting that part of the body.

Core Health System

Core Health is one of the three major systems of using supplements in Nature's Sunshine. Core health products fall into four categories: core health nutrition, core health cleansing, weight management & energy and fitness. The products in the core health section support basic health and can be used to strengthen the body and help it heal from a wide variety of ailments.

Nutrition is all about getting the "good stuff" in and cleansing is all about getting the "bad stuff" out. These are the Building (B) and Cleansing (C) principles of the ABC+D approach to natural health taught by Tree of Light.

Core Health Nutrition

The core health nutrition products encompass the basic seven supplements most people in modern civilization need. These basic supplements are: vitamins, enzymes, probiotics, antioxidants, fatty acids, minerals and super foods. A description of each of these categories follows, along with the

products that fit into that category. There are also two additional categories, one for healthy beverages and the other for general supplements that encompass several categories of basic supplements.

Packs: Healthy Start

Basic Supplement #1: Vitamins

Vitamins are important compounds needed by the body for both structure and function. Of course, the best way to get vitamins is through food, as vitamins work synergistically with other nutrients. Unfortunately, refined and processed foods simply do not have the vitamin content found in normal foods. Even if you are eating natural foods, you may still not be getting enough vitamins, as most supermarket produce is fourteen days old by the time it reaches the grocery store shelf. It is often picked before it is fully ripe, too, all of which results in a loss of nutritional content. This is why most people benefit from taking vitamin supplements.

Nutrients: Vitamin A & D, Vitamin B-12, Vitamin B-6, Vitamin C, Vitamin D3 and Vitamin E

Nutritional Supplements: Multiple Vitamins & Minerals, **Nature's Prenatal, Sunshine Heroes Multiple Vitamin & Mineral** and Vitamin B-Complex

Packs: Super Trio

Basic Supplement #2: Enzymes

Enzymes are the “spark plugs” of the life process. They regulate numerous body functions. Minerals act as catalysts for enzymes, so the two work hand-in-hand to promote health. Enzymes are natural components of living things, so they are found in raw foods. However, heat deactivates or destroys enzymes.

Cultured foods like live-culture yogurt and sauerkraut are also rich in enzymes. These foods are regularly consumed in many cultures and appear to contribute greatly to gastrointestinal health, but few Americans consume them regularly. And, if these foods have been heated past 120 degrees, the enzymes are deactivated. To compound the problem, most processed foods contain enzyme inhibitors, which are added to prevent spoilage and increase shelf life.

Ideally, a large percentage of a person's food should be raw, but few people are able to do this in modern society. This fact, compounded with the other problems we've discussed, means most people need to take an enzyme supplement.

There are two basic types of enzyme supplements—those that contain the actual digestive secretions produced by the body (pancreatic enzymes, hydrochloric acid and bile salts), such as Food Enzymes, and those that contain plant-based enzymes (amylases, lipases, proteases, etc.), such as Proactazyme Plus.

Generally speaking, we recommend plant-based enzymes as a basic supplement, as these replace the enzymes lost through cooking and processing. We suggest you reserve the use of Food Enzymes for people who are very elderly or weak and have lost the ability to digest food.

It is also possible to stimulate the body's own digestive secretions. Generally speaking, bitter-tasting herbs and pungent or aromatic herbs will stimulate digestive secretions. This includes bitter greens eaten raw in a salad, as long as they are not coated with sweet or creamy salad dressings, just an oil and vinegar dressing. Digestive Bitters Tonic can be helpful, but it has too much sweetener to be really effective. It is more effective to place the powder from about 1/2 capsule of goldenseal in the mouth or add a little goldenseal powder to the Digestive Bitters Tonic. Spleen Activator, Anti-Gas Formula with Lobelia and the Chinese Anti-Gas Formula can also be used to improve digestive function herbally.

Herbal Formulas: Papaya Mint

Nutrients: Protease

Nutraceuticals: Food Enzymes, Hi Lipase, Proactazyme and Sunshine Heroes Whole Foods Papayazyme

Basic Supplement #3: Probiotics

Most of us associate bacteria with disease. We think of bacteria as something to be eliminated and destroyed. This has created an almost obsessive use of disinfectants in our culture. But, not all bacteria are bad. It is the action of bacteria, for example, that allows milk to be fermented to create cheese, yogurt and kiefer. Bacteria also create other fermented foods such as sauerkraut and tofu. Another benefit of bacteria is that they break down minerals in the soil and make them available to the roots of plants. So, plants need bacteria to be healthy.

Our “roots,” that is, the place where we absorb water and nutrients, are in our intestinal tract, and bacteria play an important role there too. In fact, there are about three to four pounds of friendly microorganisms living in the intestinal tract, most of them bacteria. A proper balance of these microbes is essential to one's health because we live in a symbiotic relationship with microorganisms. Many strains of bacteria are actually part of our body's natural ecosystem. They serve to help protect the body against unfriendly microbes.

There are many different species of beneficial bacteria inhabiting our intestines. Many belong to the genus *Lactobacillus*. These include *L. acidophilus*, one of the first strains sold as a supplement. Another genus containing species of friendly bacteria is *Bifidobacterium*, sometimes referred to as *bifidophilus*. A third major group belong to the *Streptococcus* genus. There are many others.

Nutraceuticals: Everybody's Fiber and Fat Grabbers

Packs: Dieter's Cleanse and Tiao He Cleanse

Appetite Suppressants

Reducing appetite obviously helps one to eat less and thus helps with weight loss. Besides the products listed here, try drinking more water. Many people confuse hunger with thirst and increasing water intake often results in reduced appetite. The protein and dense nutrition in products like Spirulina, Super Algae and Bee Pollen, not only increase energy, they also help reduce appetite. Xylitol, HY-A, Red Beet formula and licorice root reduce cravings for sugar, so if sugar cravings are a problem these products may help.

Herbs: Bee Pollen, Licorice Root, Nature's Gold and Spirulina

Herbal Formulas: HY-A, Red Beet Root Formula and Super Algae

Nutraceuticals: 5-HTP Power and Stixated

Foods: Xylitol

Hormonal Balancers

Stress hormones, like cortisol, contribute to muscle breakdown and fat deposition. Adaptogens, essential fatty acids and other nutrients can help to balance out hormones and aid with weight loss by increasing fat breakdown and preserving muscle tone. Exercise is also important for hormonal balance.

Herbs: Eleuthero

Herbal Formulas: Red Beet Root Formula

Nutrients: CLA, Omega-3 and Super GLA

Nutraceuticals: Master Gland and Nature's Cortisol Formula

Other Weight Management Products

Here are some additional products that may be helpful in weight management.

Herbs: Nature's Gold

Herbal Formulas: Cellu-Smooth

Nutrients: Chromium GTF, CLA, L-Carnitine, Omega-3 and Protease

Nutraceuticals: 5-HTP Power, Carbo Grabbers, Collatrim, Hi Lipase, Master Gland, Nature's Cortisol Formula and Proactazyme

Packs: CleanStart and MetaboStart

Essential Oils: Cellu-Tone

Energy and Fitness

Nature's Sunshine has created a category of products that aid energy and fitness. These products have yellow labels and are designed to help people have more energy as well as supporting exercise and physical fitness. Exercise is, of course, a critical component of good health.

Herbs: Bee Pollen

Herbal Formulas: Energ-V, Mood Elevator, Nature's Chi, Solstic Energy and Trigger Immune

Nutrients: L-Carnitine and L-Glutamine

Nutraceuticals: Free Amino Acids, Solstic Revive and Target Endurance

Packs: JumpStart

Chinese Formulas System

Nature's Sunshine has a line of high-quality traditional Chinese herbal formulas. These products are very versatile and cover a wide variety of health issues. In fact, it is entirely possible that one could build an entire business just around marketing these products. I've broken the Chinese herbal formulas down into basic categories to help you understand them better.

Chi Formulas

In the West, we tend to think of health merely in mechanical or physical terms. This is not true in Chinese medicine. The entire Chinese system, which includes herbalism, massage therapy and acupuncture, is based on the theory that all things have an energy field. This energy, which flows in, through and around our bodies is called Chi. Acupuncture charts show lines of energy flow through the body called meridians. The meridians carry the life-energy, the Chi, through the various organs and parts of the body.

If the flow of life-energy through the organ is either excessive or blocked, then that organ will become diseased in some way. The energy field is like a matrix which controls the physical structure of the body and the way the cells line up within that structure. Thus, all illness is a manifestation of imbalanced energies in the body.

If there is too much energy flowing through a part of the body, we could say that that part of the body is stressed. To stress something is to place too much pressure or emphasis on it. Hence, a body part with too much energy flowing through it is overemphasized or stressed. On the other

What is Your Chinese Constitutional Type?

To find out, look at the list of symptoms in each category. If you currently have a problem with that symptom, put a check in the column marked “present problem” across from the symptom. If the problem has also been a problem in the past, put a check in the column marked past problem. If you used to have a problem with that symptom, but it is no longer a problem, you should still put a check mark in the past problem column. If the problem has been a particularly serious one, put two check marks in the box.

Total the number of check marks in each column, then place the combined total of both columns in the last box. See the example below:

Symptom	Present Problem	Past Problem
Puffy eyelids	✓	✓
Gall bladder problems	✓	✓✓
Skin conditions (acne or rashes)		✓
Present and Past Subtotals	2	4
Combined Total for Excess Wood	6	

After completing the entire questionnaire and totaling all of your scores, record them here. Adding each row and column gives you your total scores for each element and for excess and deficient symptoms.

Take this quiz online at <http://treelite.com/quizzes/>

Element	Combined Total Excess	Combined Total Deficient	Total Excess + Deficient
Wood			
Fire			
Earth			
Metal			
Water			
Yang/Yin			
Sagging Chi			
Deficient Chi			
Total Excess and Deficient Columns Here			

Symptoms for Excess Wood

Symptom	Present Problem	Past Problem
Hypoglycemia (low blood sugar)		
Migraine headaches		
Allergies (food or respiratory)		
PMS (pre-menstrual syndrome)		
Problems with fat digestion or metabolism		
Discomfort under right side of rib cage		
Fatigue in the mornings		
Hypochondriac feelings		
Lower abdominal pain and distention		
Sensation of foreign body (lump) in the throat		
Angry, irritable feelings		
Puffy eyelids		
Gall bladder problems		
Skin conditions (acne or rashes)		
Present and Past Subtotals		
Combined Total for Excess Wood		

Symptoms for Deficient Wood

Symptom	Present Problem	Past Problem
General fatigue		
Lower back pain or weak legs		
Scant menstruation with prolonged cycle (women only) or anemia (women or men)		
Severe abdominal pain		
Blurring of vision		
Dryness of the eyes		
Pale complexion		
Hypochondriac feelings		
Hypoglycemia (low blood sugar)		
Depression or bipolar mood disorder		
Feeling discouragement or despair		
Dry skin around eyes		
Chronic liver problems (hepatitis, cirrhosis, etc.)		
Inflammatory bowel disease (e.g. colitis, Crohns)		
Present and Past Subtotals		
Combined Total for Deficient Wood		

People who are excessive in water tend to start many projects (water is nourishing to the roots of things), but they are too “wishy-washy” to see them through to completion.

Water Stressed: The major symptom of a water stressed constitution is water retention. The excess water (edema) needs to be removed from the system. Other symptoms which may indicate stress on the water element include: late afternoon sluggishness, heavy feelings, backache, leg pains, headaches, neck and shoulder pain, prostate problems (men), PMS (women), burning urination and bladder infections. Emotionally, being wishy-washy, indecisive, uncertain, fearful and timid are symptoms of stressed water.

Water stressed herbs are diuretics, which enhance kidney function. The Chinese Kidney Activator is an excellent formula for reducing edema, as is the Western Kidney Activator.

Water Weakened: A water weakened condition is associated with chronic kidney weakness. This kidney weakness also leads to a deterioration in the structural system. A sort of “brittleness” settles into the body which creates arthritis, stiffness, weakness of knees and ankles, chronic back and leg pain, brittle bones (osteoporosis), one hip higher than the other, one shoulder droops lower than the other, curvature of the spine and more easily fractured bones. Other possible symptoms include impotence and fatigue. Hardened in attitudes, inflexible, unable to adapt or change due to fear of change, rigid and inflexible in thinking patterns may also signal a water weakened condition.

The connection between the kidneys and the structural system can be explained largely as follows. When people eat a heavy protein diet it creates “acid” waste in their blood. If the kidneys are weak they cannot filter the waste out of the blood, so to keep the body pH balanced, the body robs the bones, muscles and connective tissue of calcium to neutralize the acid in the blood. This weakens the structural system of the body.

Specifically, weakness of the structural system creates an unstable condition of the pelvis, where one hip is higher than the other. This makes one leg appear to be longer than the other. This syndrome puts pressure on the muscles of the lower back causing low back pain, sciatic nerve pain, weakness of the knees, stress on the ankles, contortions of the spine and headaches. Millions of people suffer from these problems, so it is clear that a water-weakened constitution is quite common.

Water-weakened conditions are resolved through herbs that soothe and build the kidneys and remove the acid waste from the blood. The formula KB-C is unsurpassed in aiding this condition. Reducing protein consumption and drinking plenty of pure water are absolutely essential to rebuilding weakened kidneys.

Herbal Formulas: Chinese Kidney Activator and KB-C

Body Systems

The human body is made up of many systems. Each of these systems contributes something to the body as a whole and each system is dependent on all the other systems of the body to work properly. If one system becomes damaged, all systems are adversely affected and overall health suffers. Thus, improving the health of one weak system, improves the health of the body as a whole.

Besides listing products for each main system, we've also listed product for the major parts of that system. Each heading explains what that system or system part is and what it does in the body.

Gastrointestinal Tract

The human gastrointestinal (GI) tract refers to the mouth, esophagus, stomach and intestines, both small and large. In an average adult male the gastrointestinal (GI) tract is about 20 feet long, and consists of the upper and lower GI tract. The upper gastrointestinal tract consists of the esophagus, stomach and duodenum. The lower gastrointestinal tract includes the rest of the small intestine (after the duodenum) and all of the large intestine.

The purpose of the gastrointestinal tract is to digest food and assimilate the nutrition from it. Besides releasing enzymes to break down food, the GI tract also releases hormones to help regulate the digestion process. These hormones include gastrin, secretin, cholecystokinin, and ghrelin. Direct aids for various parts of the GI tract are listed under each of the headings that follow.

Digestive System

The human body needs nutrients from food in order to function. Each cell must be bathed in fluid containing amino acids, sugars, fatty acids, vitamins and minerals to carry out its work. The foods we consume contain these nutrients in more complex forms, such as proteins, starches and fats. Since the body can't utilize these nutrients in their whole form, they must be processed and digested before the bloodstream can transport them to each cell.

In the process of digestion, proteins are broken down into amino acids. Carbohydrates (starches and complex sugars) are broken down into simple sugars. Fats are broken down into fatty acids and glycerin. Fat-soluble vitamins must be made water-soluble. Minerals enter a colloidal suspension (a highly-dissolved state) and become chelated (bonded) to amino acids or fatty acids for absorption. Breaking these nutrients down into their simplest form is the responsibility of the digestive system.

The old saying, “You are what you eat” doesn’t reflect the complete truth. A person could be eating the most nutrient-rich food in the world, but if his or her digestive system is too weak to break the food down and absorb it, that person would still starve. It would be more accurate to say that, “You are what you are able to digest, assimilate and utilize from what you eat.” This is why a healthy digestive system is the beginning of a healthy body – and why we focus on this system first. What good does it do to eat well or take supplements to feed and support other body systems if the digestive system can’t deliver them to the bloodstream for distribution and utilization?

Specific direct aids for various parts of the digestive system can be found under the rest of the headings that follow. General direct aids that can help the digestive system are listed below.

Herbs: Alfalfa, Anamu, Barley Grass, Bilberry Fruit, Burdock, Catnip, Garlic, Korean Ginseng, Nature’s Gold, Parsley, Sarsaparilla, Slippery Elm, Wild Yam and Wood Betony

Herbal Formulas: ALJ, All Cell Detox, **Anti-Gas, Anti-Gas Formula**, Artemisia Combination, Bronchial Formula, Catnip & Fennel, CBG Extract, CC-A, Digestive Bitters Tonic, Enviro-Detox, Gall Bladder Formula, Gastro Health, GC-X, HCP-X, Herbal Sleep, Liquid Cleanse, LIV-J, Liver Balance, MetaboMax, Nerve Eight, NF-X, Noni, PBS, Red Raspberry Liquid, Stress-J, Super Algae and Wild Yam & Chaste Tree

Nutrients: Activated Charcoal, Chlorophyll and Protease

Nutraceuticals: 5-HTP Power, Carbo Grabbers, Defense Maintenance, Fat Grabbers, Food Enzymes, Garcinia Combination, Heavy Metal Detox, Hi Lipase, HistaBlock, Lactase Plus, Potassium Combination, **Proactazyme**, SnorEase, Sunshine Heroes Whole Foods Papayazyme, Women’s X-Action and Yeast/Fungal Detox

Foods: Herbal Beverage

Packs: Candida Clear, **Digestive System Pack**, MetaboStart and Tiao He Cleanse

Essential Oils: Bergamot, Cinnamon, Clove Bud, Helichrysum, Myrrh, Peppermint, Pink Grapefruit, Red Mandarin, Roman Chamomile, Rose Bulgaria, Rosemary, Sandalwood, Sweet Marjoram and Wild Oregano

Stomach

The stomach has been considered the seat of disease and death by some traditional healers. Hippocrates thought that all disease starts in the stomach. Samuel Thomson thought that the stomach is the place where the flow of life-energy begins and that clearing the stomach automatically helps alleviate disease. It is likely that every person with any kind of serious chronic disease, including Candida, chronic sinus problems, PMS, hypoglycemia, migraine headaches,

chronic fatigue, arthritis and even cancer and autoimmune disorders, has a problem with their digestive system in general and their stomach in particular.

When we ingest food, it is held initially in the upper portion of the stomach. This gives digestive enzymes from saliva and any enzymes naturally present in the food a chance to do some predigestion. This is one of the major reasons why many raw foods digest better than cooked foods. The enzymes present in raw food can do as much as 30 to 40 percent of the digestion before the stomach even begins to work on it.

In the lower portion of the stomach, food is mixed with hydrochloric acid and pepsin. Rennin is also produced by the stomach to break down the proteins in milk. Acid and enzyme secretion is controlled by nerves that are triggered by the smell or taste of food. Hydrochloric acid causes the cells of the food you eat to swell and burst. Together with pepsin, this acid breaks down long chains of protein into smaller fragments called proteases, peptones and polypeptides. The acid also causes minerals like calcium and iron to break down into fine particles and form a colloidal suspension. This is the first essential step for the assimilation of these minerals. The hydrochloric acid also kills harmful microorganisms that may have been ingested with the food. Thus, this acid is part of the body’s complex and thorough immune system.

Because the stomach requires strong acid to break down food, this acid must be carefully controlled. To protect the lining of the stomach from being digested as well, the stomach wall is lined with a thick coat of mucus. A valve at the top of the stomach prevents acid from moving up into the esophagus. When this valve fails to function properly, usually due to a hiatal hernia, heartburn or acid reflux occur.

A valve at the bottom of the stomach keeps food in the stomach until it is ready to be released into the duodenum (the first turn of the small intestines). If the body knows there is not enough bicarbonate solution in the pancreas to neutralize the acid, the valve at the bottom of the stomach won’t open because the duodenum and the rest of the small intestines do not have this thick mucus coating. When the valve doesn’t open, pressure builds up contributing to the development of a hiatal hernia and acid reflux or a wearing down of the stomach lining resulting in ulcers.

The substance that leaves the stomach in small spurts is called chyme. As the chyme passes through the first turn of the small intestine, enzymes from the pancreas and bile from the gall bladder are secreted onto the food along with an alkaline solution containing bicarbonate. Baking soda is a combination of this bicarbonate and sodium (sodium bicarbonate) and has been used as a traditional remedy for occasional acid indigestion. If the bile and pancreatic secretions fail to neutralize stomach acid, then the duodenum can get “burned,” causing duodenal ulcers.