

Nature's Choices

Compiled and condensed by Steven Horne



Nature's Choices is your quick guide to the actions and benefits of single herbs, herbal formulas, and nutritional supplements available from Nature's Sunshine Products. This abbreviated guide gives you the traditional uses of herbal products to activate, build, cleanse or deliver direct aid to establish optimal health. Always seek the advice of a certified herbalist or licensed health-care practitioner for detailed information and specific uses. Always seek competent medical help for serious or life-threatening health problems. For more information on each product listed, refer to *The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing.

Where to Start

With the huge number of herbs and supplements in the marketplace, people often wonder, "Where do I begin?" Most people have been trained to think in terms of treating diseases instead of building health. When we focus on treating disease, things can become very confusing, but when we focus on building health, the task becomes much simpler, because a healthy body has the capacity to perform marvelous repairs through its amazing self-healing capacities.

So, start by creating a good basic health program that strengthens the entire body. The following are some core nutritional focuses that help most people:

Enzymes: Since most people in our society eat primarily cooked and processed food, supplementing their diet with plant enzymes such as Proactazyme Plus or Protease Plus can be helpful. For severe digestive problems Food Enzymes is a better choice.

Minerals: The most serious deficiency in people is minerals, especially trace minerals. So, many people benefit from taking Colloidal Minerals or Mineral Chi Tonic. Mineral rich herbal formulas such as Herbal CA or HSN-W are also helpful.

Essential Fatty Acids: Most people crave fats because their bodies are looking for essential fatty acids that are missing from the processed oils they consume. Super Omega 3 EPA, Super GLA, or Flax Seed oil can supply these essential fatty acids, reducing inflammation and the risk of cardiovascular disease.

Antioxidants: Fresh fruits and vegetables are rich sources of antioxidants—nutrients that protect the body against free radical damage, which is linked with inflammation, degenerative diseases and aging. Since most people are not consuming enough fruits and vegetables, antioxidants like Thai-Go and Nature's Noni help.

Vitamins: Many people feel that a quality multiple vitamin and mineral supplement like Super Supplemental or VitaWave improves their basic nutritional intake. Others prefer whole food supplementation and use products like Super Algae or Ultimate GreenZone for basic nutrition.

Probiotics: Antibiotics destroy the friendly bacteria in the intestinal tract known as probiotics. This creates problems with yeast infections and leaky gut syndrome; both of which are root causes of many immune deficiencies and health problems. Acidophilus, Bifidophilus Flora Force, Probiotic Eleven or L. Reuteri can help restore normal intestinal flora.

Fiber: Most people do not get enough fiber in their diets. Increasing fiber intake can improve elimination, reduce toxins in the system, lower cholesterol and otherwise improve overall health. Psyllium Hulls Combination and Nature's Three are good fiber products for cleansing. For people with sensitive colons LOCLO or Everybody's Fiber are better choices.

2 - Single Herbs

Single Herbs

Alfalfa: Natural source of vitamins, minerals, chlorophyll; used for arthritis, anemia, healing injuries, pituitary gland.

Algin: Mucilage from kelp, used to absorb and remove heavy metals (like mercury).

Aloe Vera: Soothing, anti-inflammatory for burns, sunburn, intestinal inflammation, ulcers, arthritis, radiation poisoning.

Anamu: Immune tonic; helps thin and purify the blood; used for vascular diseases, arthritis, parasites and diabetes.

Astragalus: Used for centuries in Chinese traditional medicine as a tonic for persistent infections and chronic ulcerations. It stimulates natural interferon, enhances the production of immunoglobulin, and activates T-cells and NK cells.

Barley Greens: Nutritive, natural source of vitamins, minerals, amino acids, enzymes; protects the body from free-radical damage and radiation.

Bayberry: Astringent, internal and external bleeding, sinus drainage, diarrhea.

Bee Pollen: Nutritive, contains all known vitamins and essential amino acids, many minerals, enzymes, coenzymes; used to increase energy, reduce allergic response in hayfever, improve athletic performance.

Bilberry: Aids eye problems such as failing vision, night vision, glaucoma, cataracts, irritated and tired eyes.

Black Cohosh: Contains phytoestrogens. Regulates female cycle, relieves symptoms of menopause. Stimulates contractions during labor, eases afterbirth pains. Relaxes muscle cramps and spasms, reduces blood pressure, relaxes bronchials in asthma.

Black Walnut: High in iodine for thyroid. Used for hemorrhoids, intestinal worms, fungus, cold sores, fever blisters. Antifungal and antiparasitic.

Blessed Thistle: Strengthens liver, purifies blood, helps hormonal imbalances. Increases flow of breast milk for nursing mothers. Used for teenage acne, menstrual problems, loss of memory.

Blue Cohosh: Has an oxytocic effect. Used to induce labor and strengthen uterine contractions during labor while relaxing pelvic muscles. Eases heavy menstrual bleeding.

Blue Vervain: Relaxing remedy for easing stress and tension (especially in hard-driving people). Cold and flu remedy for children.

Burdock: Helps skin and liver problems. Stimulates the flow of bile and purifies the blood. Used for acne, arthritis, blood poisoning and cancer.

Butcher's Broom: Prevents blood clots, cleans and tones veins. Used for prevention of post-operative thrombosis, heart disease, and strokes.

Relieves varicose veins, hemorrhoids, "heavy legs."

Capsicum: Promotes circulation, improves high or low blood pressure, stimulates digestion, clears congestion, helps stop bleeding, eases pain.

Cascara Sagrada: Stimulant laxative, promotes normal peristalsis in the colon, stimulates the flow of bile.

Catnip: Eases digestive problems like colic, gas, acid indigestion, digestive cramps. Has a tranquilizing effect, relieving anxiety, nervous disorders, insomnia, and menstrual cramps. Good remedy for children.

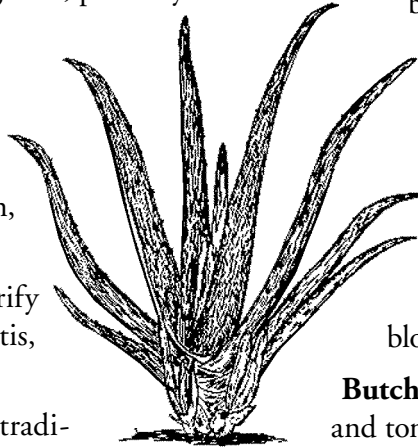
Chamomile: Relaxes nerves, calms stomach, reduces inflammation. Used for nervous tension, inflammation (especially in the digestive tract), colds and fever, digestive upset. Good remedy for children.

Chickweed: Contains saponins which break down fats and suppress the appetite. Helps with weight loss, fatty congestion in the liver and fatty tumors. Mildly diuretic. Used topically for itching.

Cordyceps: Strengthens the immune system. Builds strength and endurance. Eases chronic cough and coughing of blood; builds up weak lungs. Used for impotence and menopausal problems.

Cornsilk: Soothing diuretic used for kidney and bladder inflammation, painful urination, water retention.

Damiana: A natural aphrodisiac for enhancing sexual drive in men or women. Helps prostate inflammation. Blood purifier. Eases nervous anxiety and depression.



Dandelion: A blood purifier or alterative and diuretic. High in potassium. Used for anemia, arthritis, jaundice, water retention, stomach troubles and liver problems.

Devil's Claw: Anti-inflammatory used for joint pain, backache and some types of headaches. Stimulates digestion. Can be used topically for boils, sores and wounds.

Dong Quai: A blood tonic, overcomes anemia and blood loss. Often used as a tonic for women. Regulates the menses, increases fertility, and relieves symptoms of PMS and menopause.

Dulse: A seaweed rich in iodine used to promote thyroid health. Helps the skin.

Echinacea Purpurea: A non-specific immune stimulant that increases white blood cell count. Helps prevent infection from spreading. Used for viral and bacterial infections, colds, lowered resistance.

Eleuthero: The first herb recognized as an adaptagen, a remedy which helps the body cope better with stress. Used to reduce anxiety and tension while enhancing performance and immunity.

Eyebright: Used topically as an eyewash for cataracts, inflamed eyes and eyelids, pink eye. Used internally for upper respiratory congestion, hayfever. Reduces swelling in the eustachian tubes to ease or prevent earaches.

False Unicorn: Used to help prevent miscarriage. Counteracts excess estrogens. Eases congestion in the pelvis with a heavy feeling on the bladder.

Feverfew: Helps prevent vasodilative migraine headaches, reduces inflammation.

Garlic: A natural antibiotic that kills bacteria, viruses, and fungus. Helps prevent heart disease by lowering high blood pressure and preventing hardening of arteries. Kills parasites. Very helpful for infections in the lungs, including pneumonia. High Potency Garlic is the most effective form.

Ginkgo: Enhances circulation to the brain. May help with memory loss in the elderly. Improves peripheral blood flow, counteracts some of the effects of aging. Excellent preventive remedy for the elderly.

Ginger: A remedy for digestive disturbances such as nausea, vomiting, intestinal gas. Used for

motion sickness and morning sickness. Can be used for colds and flu.

Ginseng, Korean: A general tonic, used to promote general health as people get older. Improves glandular function, increases energy, balances blood pressure and blood sugar. Warms and strengthens people who are cold, pale and weak.

Ginseng, Wild American: A general tonic with similar actions to Korean Ginseng but is less warming and stimulating. Digestive tonic, helps with weight gain.

Golden Seal: Clears infection (cholera, staph, strep, Escherichia coli bacteria, giardia) and reduces inflammation. Stimulates digestion and tones intestinal and respiratory membranes. Overcomes insulin resistance and lowers blood-sugar levels in diabetics. Used topically to heal wounds and ulcerations.

Gotu Kola: Enhances circulation to the brain, helps problems such as memory loss, mental fatigue, inability to concentrate. Also relieves skin disorders.

Green Tea Extract: A powerful antioxidant. Protects the heart, prevents vascular clotting and reduces cholesterol. Also used for gastrointestinal infections, fever and hemorrhoids.

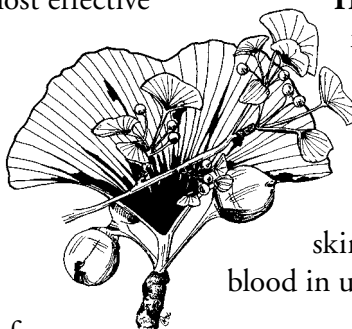
Guggul Lipid: Shown to lower cholesterol by over 20% without dietary changes. Prevents blood clots, strengthens the heart and helps with weight loss.

Hawthorn Berries: Used to strengthen the heart and prevent heart disease. Improves the tone, oxygen uptake and circulation of the heart muscle. Dilates blood vessels and normalizes high or low blood pressure.

Ho Shou Wu: A Chinese herb used as an anti-aging tonic. Reported to help restore color to grey hair. Helps lower cholesterol.

Hops: Used as a sedative for insomnia and nervous tension. Calms the stomach. Has estrogenic effects. Can be helpful for alcoholism (especially beer drinkers).

Horsetail: High in silica, a mineral important to the health and formation of bone, hair, skin, nails. Also used for urinary disorders and blood in urine.



4 - Single Herbs

Hydrangea: Calcium solvent. Helps dissolve kidney and bladder stones, bone spurs, calcifications.

Juniper Berries: Stimulating diuretic. Used for water retention, difficulty passing urine, bladder and urinary problems. Avoid in kidney inflammation.

Kava Kava: Calms the nerves relieving nervousness, anxiety, tension, insomnia. Produces a sense of well-being. Relaxes muscle spasms, can be helpful for backache, cramps. Also used for urinary and bladder infections.

Kelp: High in iodine which stimulates the thyroid gland, prevents goiters and boosts metabolism. Helps with radiation exposure and clears toxicity from heavy metals.

Licorice Root: Strengthens the adrenals. Soothes ulcers, intestinal inflammation and dry cough. Improves stamina and relieves fatigue. Eases sugar and caffeine cravings. Helps hypoglycemia by stabilizing blood-sugar levels. Use with caution with high blood pressure.

Lobelia: Helps asthma and bronchitis by relaxing bronchioles, relieves spastic cough and decongests lymphatics. Also relaxes muscle spasms and intestinal cramps. Can also help with anxiety attacks and seizures. In large doses, it induces vomiting.

Maca: Used to increase sexual desire and stamina in both men and women. As a tonic and adaptogen it reduces stress, enhances energy, improves mental concentration and general health and well-being.

Marshmallow: Mucilaginous herb that soothes and reduces irritation in the digestive system, urinary passages and lungs. Used for dry cough, irritated bladder, inflamed kidneys and intestines.

Milk Thistle: Protects liver against poisons and environmental toxins. Stimulates bile production. Helpful for hepatitis and other liver disorders. Enriches and increases breast milk in nursing mothers.

Tei Fu Oil and Peppermint Oil

First Aid in a Purse or a Briefcase

Many people have learned the value of carrying Tei Fu Essential Oil blend and Peppermint essential oils with them wherever they go. These versatile products have numerous uses. Here are some examples.

- **Asthma Attack:** To help relieve an asthma attack, put a drop of Tei Fu oil on the back of the tongue, close the mouth and breath deeply.
- **Breath Freshener:** A drop of Peppermint oil on the tongue makes a great instant breath freshener.
- **Burns:** Apply Tei Fu oil directly to burns.
- **Canker Sores:** Both Tei Fu and Peppermint oil can be applied to mouth ulcers to relieve pain and promote healing.
- **Colds and Coughs:** Rubbing Tei Fu oil on the chest can help with colds, coughs and congestion.
- **Headaches:** Apply Tei Fu oil to the neck and temples to relieve headaches. Applying it at the first sign of

a headache will usually prevent it. This often works even for migraines.

- **Indigestion and Gas:** Put a drop of Peppermint oil on the tongue, or mix a drop or two with water or club soda and sip.
- **Insect Bites and Stings:** Apply 2-3 drops of Tei Fu oil topically.
- **Insect Repellent:** Tei Fu can be applied topically as an insect repellent.
- **Nausea, Vomiting and Motion Sickness:** Put 1-4 drops of Peppermint oil into water and sip slowly.
- **Pain:** Tei Fu oil can be rubbed into sore muscles or arthritic joints to ease pain and reduce inflammation.
- **Sinus Congestion and Allergies:** Inhale Tei Fu oil directly into the sinuses or apply to the nostrils.
- **Sore Throat:** Apply Tei Fu oil to the outside of the throat using a gentle downward massage.
- **Staying Alert:** Put a drop of Peppermint or Tei Fu oil at the back of the tongue to help stay alert while driving or studying.

Mullein: Strengthens and rehydrates the lungs in chronic, degenerative respiratory diseases. Used for lung congestion, chest colds, bronchitis, croup.

Noni: The juice is alkalizing and antioxidant, reduces inflammation, and strengthens the immune system by increasing white blood-cell count. May be helpful with type II diabetes and arthritis. The roots are a tonic for the kidneys.

Nopal: Strengthens the immune system. Contains phytochemicals which are anticarcinogenic. Has anti-inflammatory and diuretic properties. Improves the utilization of insulin in cases of adult-onset diabetes and has a very low glycemic index.

Olive Leaf Extract: Has anti-microbial properties. Helps with fungal and bacterial infections. Enhances circulation and reduces oxidative stress.

Oregon Grape: Antimicrobial properties similar to goldenseal. Used for bacterial and viral infections (especially in children). Alterative and blood purifier for skin eruptions. Can also be applied topically for skin eruptions and itching.

Parsley: Stimulates digestion and improves appetite. Improves kidney function and increases urinary output, stimulates menstruation, dries up breast milk.

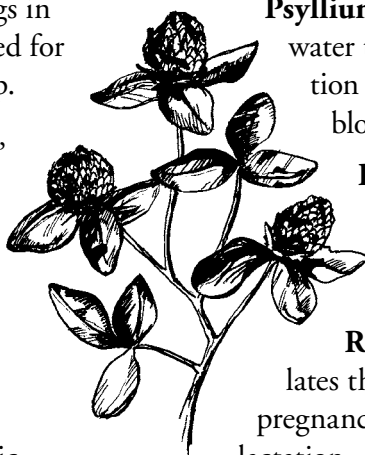
Parthenium: Has some immune stimulating properties, useful for urinary tract infections.

Passion Flower: Acts as a nervine and sedative to relieve insomnia, calm the nerves, reduce muscle spasms and convulsions. Helps to regulate the heart beat.

Pau d'Arco: Antifungal for yeast infections such as athlete's foot and candida. Has antibiotic properties which treat viruses, fever, infections, cold, flu, respiratory and circulatory problems. Used in arthritis and AIDS therapy.

Paw Paw: A standardized extract of acetogenins from the paw paw fruit, has cytotoxic and antitumor properties. Used for chronic viral infections (like shingles), fungal infections and parasites. Can be used topically for warts.

Psyllium Seeds: Have the same properties as psyllium hulls (see next item) but have a milder action. Useful for inflammation of the bowel and spastic colons.



Psyllium Hulls: Mucilaginous herb that absorbs water to bulk and lubricate stool. Helps constipation and diarrhea. Helps to reduce cholesterol and blood-sugar levels.

Red Clover: Blood and liver purifier. Strengthens the immune system. Used for arthritis, skin problems, lymphatic congestion, whooping cough.

Red Raspberry: Tones the uterus and regulates the female organs. Can be used throughout pregnancy to relieve morning sickness and enhance lactation.

Red Yeast Rice: Helps to lower cholesterol production in the liver, which lowers blood cholesterol levels.

Rose Hips: Rich source of vitamin C and bioflavonoids which strengthen the immune system and helps body tissues to heal. Nutritive and astringent.

Safflowers: Relieves digestive problems. Strengthens the liver and gallbladder. Helps to break fevers by inducing perspiration. Neutralizes lactic acid.

Sage: Astringent and antiseptic. Reduces night sweats and excessive perspiration. Used for dyspepsia and sore throat.

Sarsaparilla: purifies the blood by strengthening the liver and kidneys. Relieves arthritis and skin problems. Strengthens the reproductive glands, helping men increase low sperm count and women to have hormonal balance.

Saw Palmetto: Tones the male reproductive system, relieving symptoms of benign prostatic hypertrophy (BPH) and enhancing male sex hormones. Also helps with weight loss, respiratory and digestive weakness.

Slippery Elm: Absorbs toxins from the GI tract; calms and soothes the digestive system. A mild bulk laxative, useful for diarrhea, especially in children. Nutritive food for sick children and the elderly.

Spirulina: Source of easily digested proteins, vitamins, minerals. Brings a full feeling to those trying to lose weight and provides all the essential amino acids. Clears conditions of toxicity and fatigue.

St. John's Wort: Best known as a mild antidepressant, it also has antibacterial, antiseptic, antiviral activities. Helps

6 - Herbal Formulas

repair nerve damage from injuries. Use topically for cuts and minor injuries.

Stevia: A naturally sweet herb used as a substitute for sugar in diabetes and hypoglycemia. Helps balance blood sugar.

Uva Ursi: Strong diuretic and astringent, disinfects the urinary tract. Used for urinary infections, incontinence.

Valerian Root: Popular nerve tonic and sedative. Helps insomnia, nervous tension and anxiety and works to regulate the heartbeat. Helpful for minor pain.

White Oak Bark: Astringent used for diarrhea, hemorrhoids, varicose veins. Has antiviral and antimicrobial activity. Helps sore throat and bleeding gums.

Wild Yam: Antispasmodic and anti-inflammatory, helps intestinal cramps and pain, menstrual cramps, rheumatism and diarrhea. Has been used for natural birth control, but does not contain progesterone.

Wood Betony: A sedative that helps calm tension headaches and hyperactive children. Also useful for tics, spasms and Bell's palsy.

Yarrow: Astringent wound healer with antiseptic action. Stops bleeding and reduces pain in bleeding wounds. Power herb for reducing fevers. Also helpful for colds, flu and lymphatic congestion.

Yellow Dock: Blood purifier which strengthens the liver and increases the flow of bile. Used for skin rashes and jaundice. Improves assimilation of iron in an. Helpful for skin eruptive diseases like m and chicken pox.

Yucca: Blood-purifier and anti-inflammatory. Has been used to help problems such as arthritis and infection of the bowel. Natural alternative to corticosteroid drugs.



Herbal Formulas

5-W: Taken during the last five weeks of pregnancy to bring on and ease labor.

Adaptamax: Adaptagen and tonic designed to increase energy, enhance immunity and reduce stress.

ALJ: Works to expel mucus from the lungs and sinuses, aiding respiratory problems such as allergies, pneumonia, cough, chronic sinus congestion. Aids digestion.

All Cell Detox: A cellular cleansing combination. Stimulates digestive organs, cleanses bowel, strengthens liver, acts as a blood purifier and glandular tonic. Traditionally used for cancer or toxemia.

Anti-Gas Formula with Lobelia: Eases digestive disturbances such as indigestion, gas, belching, bloating.

APS-II (with White Willow Bark): A pain reliever and anti-inflammatory. Used in cases of arthritis, menstrual cramps, headaches, nervous tension.

Artemesia Combination: Antiparasitic blend for intestinal parasites such as pinworms, hookworms, giardiasis. Used for dysentery. Not recommended for pregnancy or long-term use.

Blood Build: strengthens the liver and increases blood volume. Helps with hypoglycemia, PMS, skin eruptions, food allergies, mood swings and anemia.

Blood Pressurex: Helps dilate blood vessels to reduce blood pressure and improve circulation.

Blood Sugar Formula: Used for diabetes. Contains gymnema which helps block sugar absorption in the intestines.

Bone/Skin Poultice: Speeds the healing of damaged tissues such as broken bones, cuts, torn cartilage or ligaments.

BP-X: Cleans the blood and strengthens the liver. Has laxative and diuretic effect. Aids eruptive skin diseases, jaundice, fever, arthritis, constipation.

Breast Assured: A blend of herbs containing phytoestrogens, designed to protect breast tissue against xenoestrogens and reduce cancer risk. May also protect the prostate in men.

Breast Enhance: Formula designed to enhance breast size.

Breathe EZ: For acute asthma attacks, bronchial congestion, cough, fluid in lungs, muscle tension and excessive grief.

Bronchial Formula: Respiratory remedy for bronchitis, asthma, cough. Works to dilate bronchial tubes, reduce inflammation, expel phlegm, fight infection.

CA, Herbal: Helps the body utilize calcium. Used for broken bones, injured tissues, spasms and cramps, growth of a child during pregnancy.

Capsicum & Garlic with Parsley: works to bring down high blood pressure. Improves circulation and increases immunity.

Cardio Assurance: Provides herbs and nutrients needed to strengthen the heart to reduce risk of cardiovascular disease or aid in recovery from heart disease.

Catnip and Fennel: Used to settle the stomach in children and adults. Used for colic in infants and indigestion in adults. Carminative, expels gas from the colon.

CBG Extract: Used for nervous disorders (particularly muscle spasms) and as a remedy for chronic ear problems. Can also be used to reduce inflammation in injured tissues.

CC-A and CC-A with Yerba Santa: Remedy for the common cold. Eases symptoms of respiratory congestion, nausea, headache, sore muscles, chills and fever, and helps to fight infection.

Cellu-Smooth: Helps reduce fatty deposits around the thighs, hips, buttocks and upper arms. Improves circulation and has a protective effect against free radical damage.

Chinese Anti-Gas: For bloating, fatigue after eating, indigestion, belching, excessive worry.

Cholester-Reg II: This formula is designed to support cholesterol levels that are already in the normal range. Artichoke leaves have a history of helping to maintain healthy circulation. Research on phytosterol and policosanol indicates they are helpful in maintaining a healthy cholesterol level.

CLT-X: An anti-inflammatory formula for intestinal inflammation such as colitis, diverticulitis and ulcerations.

Cramp Relief: An antispasmodic formula that eases menstrual cramps. Also helpful for muscle cramps and spastic colon.

Cranberry & Buchu: Diuretic blend used for prevention of urinary tract infections and relief of water retention.

C-X: A female tonic that relieves menopause symptoms such as hot flashes, insomnia, nervous irritability, hormonal imbalance, sexual disinterest.

E-Tea: A blood purifier and traditional anticarcinogenic formula. Also helpful for eruptive skin diseases and degenerative diseases.

Echinacea/Golden Seal: Used to fight bacterial and viral infections. Particularly effective for inflammation or infection of the mucus membranes of the digestive or respiratory tract.

Elderberry Defense: Prevents or helps with colds and flu by strengthening the immune system and working as a natural antiviral.

Energ-V: Increases energy and reduces fatigue. Adrenal support tonic helpful for ADD/ADHD

Enviro-Detox: Supports all the eliminative systems (liver, lungs, kidneys, skin, intestines). Can be used regularly to remove toxins found in daily life such as food additives and household and job-related chemicals.

EW: Designed to be made into a tea and used as an herbal eyewash to soothe dry, irritated or itching eyes. Internally, it aids upper respiratory congestion.

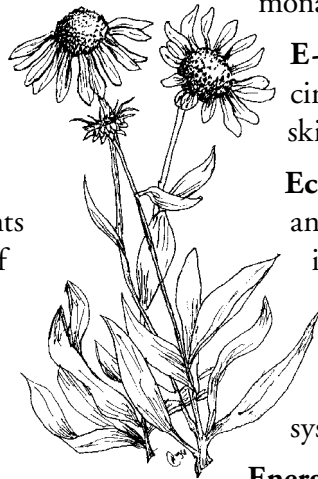
Fat Grabbers: Contains herbs high in fiber which absorb fat and reduce cholesterol. May help dissolve fatty deposits.

FCS II: General female tonic for PMS, menstrual irregularity, menopause.

Female Comfort: General female tonic for PMS, menstrual irregularity, menopause, anemia and infertility.

Fenugreek & Thyme: Decongestant and expectorant to relieve sinus and lung congestion. Especially helpful for sinus headaches.

Flash Ease: Reduces or alleviates hot flashes and other menopausal symptoms. Nourishes blood and supports female organs.



8 - Herbal Formulas

Four: A decongestant and expectorant used for asthma, cough, mucus, sinus headache that may accompany hayfever and allergies.

FV: Settles the stomach in cases of nausea, vomiting and flu. Combats viral infections.

Gall Bladder Formula: Eases digestive problems such as indigestion, gas, bloating. Strengthens the liver and cleanses the blood.

Garcina Combination: Used as an aid to weight loss; helps to control appetite and aid the body in burning fat.

Gastro Health: Fights spiral bacteria, *Helicobacter pylori* (*H. pylori*), which scientists say cause ulcers. Helps to relieve and heal inflamed stomach and intestinal membranes.

GC-X: Used to lower high blood pressure, strengthen the immune system and improve elimination and circulation.

Gentle Move: Acts as a non-stimulant laxative to promote bowel eliminations and improve intestinal function.

Ginkgo & Hawthorn Combination: Improves circulation to the heart and brain. Can help with ringing in the ears. Especially helpful for the elderly.

Ginkgo/Gotu Kola: Helps improve memory and aid in brain function by improving circulation to the brain. May be helpful for senility and memory loss.

Golden Seal/Parthenium: Used for bacterial infections, particularly in the urinary tract.

HCP-X: Herbal composition powder, a traditional herbal formula used for acute illnesses like colds and flu. Decongestant and stimulant. A tea of this formula is useful for sweat baths and as a gargle for sore throats.

Heavy Metal Detox: Used to chelate heavy metals, particularly mercury, and help remove them from the body.

Herbal Pumpkin: Cleanses the lower bowel and helps to remove worms and parasites from the body. High in zinc, a remedy for prostate problems.

Herbal Sleep: Sedative and nervine for poor sleepers. Relaxes smooth muscles while reducing anxiety, stress, tension.

Herbal Trace Minerals: Supplement of vitamins, minerals and trace minerals. Use for anemia, weak digestion and glandular imbalance. Helpful for pregnant women and pets.

Hista-Block: Contains natural substances that block histamine and allergic reactions. Useful for food and respiratory allergies and some skin conditions.

HS II: Strengthens the heart and circulatory system, balances blood pressure, lowers cholesterol levels, prevents and helps with heart disease.

HSN Complex: Used for promoting healthy hair, skin and nails.

HSN-W: Contains herbs rich in silica for healthy hair, skin, fingernails. Keeps bones strong but flexible and helps strengthen the nervous system.

HY-A: Designed to help hypoglycemics. Corrects blood sugar imbalances, stabilizes adrenal glands, improves digestion.

HY-C: Builds pancreas, reduces fever, ringing in ears, helps with dry skin, eyes or mouth with constant thirst. Useful for pre-diabetic conditions and Syndrome X (hyperinsulinemia).

IF-C: For conditions involving heat and inflammation, headaches, pain, sore throat, toxic blood, skin eruptions, earaches, fever. Thins blood.

IF-Relief: An inflammatory formula which can help reduce inflammation and ease chronic or acute pain. It contains herbs that act as natural COX-2 inhibitors making it a viable alternative to over-the-counter pain medications.

I-X: Supplies iron in an easily-digested plant form. A good supplement for those who are anemic, generally weak, fatigued, or pregnant.

Immune Stimulator: Contains herbs and nutrients that stimulate the immune system. Used for colds, infections. Not for use with autoimmune conditions.

Intestinal Soothe and Build: Relieves inflammation in the digestive tract, helping problems such as Crohn's disease, colitis, hemorrhoids, hiatal hernia, inflamed intestines, irritable bowel syndrome, ulcerations.

IN-X: A remedy for swollen lymph nodes and infection. Supports the immune and eliminative systems, helping



ear infection, flu, tonsillitis, prostate inflammation, kidney infection.

Joint Health: Used for relieving inflammation in arthritis. Builds, cleanses and heals degenerated tissue. Has diuretic properties.

Joint Support: Anti-inflammatory and pain reliever designed for arthritis and other inflammatory conditions such as gout and Lupus.

JP-X: Diuretic and antiseptic properties help urinary and glandular weakness. Used for weak sexual function, scanty urination, water retention.

KB-C: A tonic for weakened kidney function that also strengthens the bones. Its ability to support spinal alignment has earned it the nickname "herbal chiropractor." Helpful for arthritis, bladder infection, kidney infection, sciatica, back pain, weak knees and ankles, frequent urination, osteoporosis, excessive fear.

Kidney Activator: Diuretic formula which relieves water retention. Used for bladder and kidney inflammation, bed-wetting, scant urination.

Kidney Activator (Chinese): Diuretic for backache, edema, fatigue, joint pain, scanty urine, urinary infections.

Kidney Drainage Formula: A liquid blend for improving urinary function and reducing fluid retention.

Kudzu/St. John's Wort: Helps those trying to stop excessive drinking of alcohol. Blocks metabolism of alcohol in the liver and helps fight the depression that comes with withdrawal. Also used for leaky gut syndrome and chronic stiff neck.

LB Extract: Liquid stimulant laxative formula used for occasional constipation.

LB-X: Acts as a stimulant laxative. Helps cleanse and tone the colon like LBS II, but has a milder action.

Nature's Fresh

Multi-Purpose Enzyme Spray

In the 1980s, Nature's Sunshine Products (NSP) introduced an enzyme spray called Nature's Fresh, a household stain remover and deodorizing agent. The product is remarkably effective at knocking out all kinds of odors (pet smells, smoke, food odors, and even the smell of skunk). What Nature's Sunshine didn't realize was that they were also bringing an amazing aid for healing the body into the marketplace.

It all started when some innovative NSP Manager felt inspired to spray Nature's Fresh over the area of a spinal slipped disk. They had read that disks were composed largely of enzymes and decided to try using the enzymes in Nature's Fresh topically to promote healing in the disk. It worked! Before long, NSP Managers were spraying Nature's Fresh on just about everything with almost miraculous results. Here are some of the amazing uses of this product:

Household Uses:

- Air Freshening and Odor Removal
- Carpet Cleaning and Spotting

- Dishwashing Aid
- Laundry Spot Remover and Freshener
- Mold and Mildew Remover
- Pet Deodorizer

Topical Spray For:

- Acne
- Arthritis Pain
- Back Pain
- Bites and Stings
- Breast Problems
- Broken Bones
- Bumps and Bruises
- Disk Problems (slipped, herniated, bulging, etc.)
- Fibromyalgia Pains
- Menstrual Pain
- Muscle Spasms and Cramps
- Natural Underarm Deodorant
- Rashes and Skin Irritations
- Sprains and Pulls
- Sunburn and Other Burns
- TMJ
- Wounds, Infection, Injuries

Internal Uses:

- Digestive Problems
- Gargle for Sore Throat
- Mouthwash
- pH Balancer
- Yeast Infections

10 - Herbal Formulas

LBS II: Stimulant laxative, softens the stool and relieves constipation. Cleanses and tones the colon, improves digestion, stimulates bile flow and liver function.

Liver Balance: Cleansing liver formula used for food allergies, food poisoning, hepatitis, hypoglycemia, insomnia, irritability, morning sickness, excessive anger, menstrual disorders, stress.

Liver Cleanse Formula: Helps to build liver, increase digestion, build blood, strengthen kidneys. Used for age spots, sluggish gall bladder, liver diseases.

LIV-J: Works to cleanse the liver. For age spots, alcoholism, sluggish liver function.

Lobelia/St. John's Wort: Designed to help people stop smoking. Relaxes nerves and reduces nicotine cravings. Has antidepressant effects. Strengthens damaged respiratory and immune systems.

Lung Support: Asthma, bronchial spasms, emphysema, lack of muscle tone, prostate swelling, scanty urine, excessive sweating, severe respiratory weakness.

Lymphatic Drainage Formula: Improves sluggish lymphatic function, helps shrink swollen lymph nodes.

Lymph Gland Cleanse: Used for respiratory and lymphatic infections. Natural antibiotic. Helps with colds, flu, headache, earache, sore throat. Hypoglycemics should take Lymph Gland Cleanse-HY.

Lymph Gland Cleanse-HY: For respiratory and lymphatic infections. Safe for hypoglycemics. Use for swollen lymph nodes, low-grade infections, earaches, infected wounds.

Lymphomax: Reduces swollen lymph nodes and improves lymphatic flow. Helpful for sore throats, tonsillitis, mumps.

Marshmallow & Fenugreek: Clears mucus and phlegm. Soothes irritated respiratory passages. Used for dry cough, throat tickle, bronchitis, hoarseness.

Men's Formula: Helps improve male glandular function, reduce prostate enlargement, relieve urinary disease. May also help impotency.

Menstrual Reg: Regulates excessive menstrual bleeding. Also helpful for internal bleeding in the colon and other organs.

Milk Thistle Combination: Protects the liver against poisons. Contains vitamins that act as antioxidants and free-radical scavengers. For cirrhosis, hepatitis, lowering elevated liver enzymes and protecting the liver from exposure to toxic chemicals.

Mineral Chi Tonic: A general body tonic containing trace minerals and tonic herbs. Used for autoimmune disorders, adrenal weakness, burnout, exhaustion, and improved general nutrition.

Mood Elevator: Anti-depressant formula that builds and strengthens liver function. Helpful for insomnia, nervous disorders, hypersensitivity, and deep sadness.

Nature's Chi: A tonic for the whole body. Improves metabolism and energy production without acting as a stimulant. Taken between breakfast and lunch it curbs appetite and assists weight loss.

Nerve Control: Helps the body to relax without dulling the reflexes. Used for nervous disorders, anxiety, insomnia, stress, muscle spasms.

Nerve Eight: A nervine formula with antispasmodic and anti-inflammatory action. Used for mild inflammation and pain, nervous tension, headaches and other nervous system disorders.

Nervous Fatigue Formula: For exhaustion, adrenal fatigue, heart weakness, insomnia, restless sleep, night sweats, impotency, confusion and emotional problems. Builds the adrenals, reduces stress, relieves fatigue and insomnia.

NF-X: A general female tonic for PMS, menstrual irregularity and menopause.

Papaya Mint: Contains protein-digesting enzymes. Stimulates digestive secretions, improves digestion, expels parasites, prevents gas and heartburn.

ParaCleanse with Paw Paw: A parasite cleansing program for intestinal worms, yeast and other intestinal parasites.

P-X: Relieves prostate enlargement and urinary problems in men. Also used to help diabetes and kidney or bladder infections.



PBS: Helps diabetics to lower their blood sugar. Strengthens the pancreas and helps overcome insulin resistance.

Perfect Eyes: High in lutein which is a carotenoid found in the eye and important to eye health. Helps prevent eye diseases, macular degeneration, blindness.

PLS II: Designed as an instant poultice to promote healing of injured tissues. Mix capsule contents with water or aloe juice. Use the paste on swellings, bites, stings, burns, minor injuries. Can be used internally to soothe intestinal irritations.

Pro-Pancreas: Was designed to support the pancreas of the diabetic. Lowers blood sugar levels and reduces insulin resistance.

PS II: Works to relieve prostate enlargement and urinary problems in men.

Red Beet Root Formula: Used as an aid to maintain energy and aid the body when fasting. Balances blood sugar.

Red Clover Blend: A blood purifier used for skin diseases and a anticarcinogenic.

SC Formula: Contains shark cartilage and reishi mushrooms. Works to boost the immune system and prevent tumors.

Seasonal Defense: Helps decongest the sinuses, reduce sinus inflammation, combat allergic responses and fight respiratory infections. Used for colds and hayfever.

Senna Combination: An extremely strong laxative combination. Use only occasionally to relieve severe constipation.

SF: Known as "skinny formula," it contains diuretics and mild laxatives that aid weight loss. It also works to help suppress the appetite, build energy, improve digestion, and break down fat. Relieves fatty congestion in the liver.

Sinus Support EF: An alternative to over-the-counter antihistamines. It relieves excessive sinus drainage, improves digestion, detoxifies the body.

Skin Detox: An Ayurvedic combination that helps skin problems such as acne, boils, eczema, infection, inflammation, ulcers, psoriasis.

Small Intestine Detox: Breaks down undigested proteins, clears the large and small intestines, increases absorption of nutrients.

SnorEase: Helps open respiratory passages to inhibit snoring.

Spleen Activator: Digestive tonic, abdominal inflammation, cramps, edema, hernias, worry.

Stress-J: A nervine formula used for stress, nervousness, anxiety, addictions, Crohn's disease, hyperactivity, muscle tension, nervous indigestion.

Stress Relief: A nervine formula used for convulsions, emotional problems, insomnia, heart palpitations, stress.

SugarReg: Designed to reduce insulin resistance in Type II diabetics.

SUMA (combination): Adaptogenic herbs that strengthen the body's ability to cope with stress. Balances body systems, enhances circulation to the brain, stimulates the immune system, increases stamina and endurance.

Super Algae: High energy nutritional supplement. Contains all amino acids as well as carbohydrates, carotenoids, trace minerals. Helps to lower cholesterol and build the immune system. Helps with memory and pituitary imbalances. Stabilizes blood sugar.

THIM-J: Strengthens the thymus gland, helping to regulate the immune system. The thymus converts lymphocytes into T-cells to fight invaders in the body.

Thyroid Activator: Contains herbs high in iodine which strengthen the thyroid gland. Helps boost energy. Clears congestion, cleanses the lymphatic system.

Trigger Immune: General tonic for immune deficiency, fatigue, self-esteem, general weakness, chills, depression, hemorrhoids, palpitations, reversed polarity.

Triple Relief: Natural COX-2 inhibitor used to ease pain.

TS II (with Hops): Contains herbs rich in organic iodine which build the thyroid. Also helps nervous stress which is common with low thyroid function.

Ultimate Echinacea: A blend of several echinacea species that act as a non-specific immune stimulant and blood

12 - Nutritional Supplements

purifier. Used for viral and bacterial infections, colds, lowered resistance. Excellent remedy for children.

Uña de Gato (Cat's Claw): Builds the immune system. An aid for intestinal diseases and hormonal imbalances. May help relieve degenerative diseases such as arthritis and cancer. Anti-inflammatory.

Urinary Maintenance: A urinary tonic for water retention, burning urination and kidney and bladder infections.

Vari-Gone: Improves circulation in legs and tones veins. Helpful for varicose veins, hemorrhoids.

VS-C: Anti-viral remedy for chronic viral conditions like cold sores, herpes, shingles. Also useful for inflammation, bacterial infections, weak immune systems.

Wild Yam & Chaste Tree: Helps to regulate and balance hormonal cycles in women. Reduces PMS, menstrual irregularities and cramping.

X-A: A tonic for male and female glands which helps to stimulate sex drive. Promotes sperm production and increases erectile function in men. Helps frigidity and painful menstruation in women.

X-Action (Men's): A tonic for male impotence and infertility. Stimulates sex drive and blood flow to the pelvis. Helps to maintain prostate health.

X-Action (Women's): Tonifies female reproductive organs, reduces stress and promotes relaxation. Helps sexual function and infertility.

Yeast/Fungal Detox: Helps clear yeast from the intestinal tract. Used for candida, athlete's foot and other fungal infections.



Nutritional Supplements

5-HTP Power: Contains 5-hydroxytryptophan which is converted to serotonin in the brain. Mood elevator, reduces carbohydrate cravings, and helps promote sleep.

7-Keto: A metabolite of DHEA, which helps increase metabolism and promote weight loss.

Adrenal Support: Contains adrenal glandular substance and nutrients to support and rebuild the adrenal glands. Used for chronic stress, adrenal fatigue, recovery from excessive use of caffeine.

Bifidophilus Flora Force: Friendly bacteria required for intestinal health. Used to combat yeast infections and restore bowel health after using antibiotics.

Bowel Detox: Contains enzymes, fiber and herbs that detoxify the intestinal tract.

Brain Protex: Enhances acetylcholine, a neurotransmitter involved in memory and muscle coordination. Antioxidant that protects the brain from free radical damage.

Candida Clear: Program for clearing the system of Candida albicans and other yeast and fungal infections.

Carbo-Grabbers: An extract of white kidney bean which inhibits breakdown of starches. Used as an aid in weight loss.

Cellular Energy: Enhances energy production in the mitochondria of the cell. Enhances energy and cellular detoxification, helps cells flush toxins.

Cellular Build: Contains nucleotides, the building blocks of DNA and RNA. Nucleotides have been shown to improve gut health, enhance immune function and aid in tissue healing.

CLA: conjugated linoleic acid, an essential fatty acid that improves metabolism, aids in weight loss and reduces inflammation.

Charcoal: used for first-aid to prevent ingested poisonous chemicals from being absorbed (consult poison control center before use). Also for intestinal gas and diarrhea, cholesterol reduction and insect bites.

Chlorophyll: The green juice of plants. Builds the blood, enhances oxygenation of tissues, and improves general health. Natural deodorizer; reduces body odor.

Collatrim: Contain collagen which is used to build cartilage, tendons, heart muscle tissue, skin and lean muscle mass. Helpful for weight loss and repairing damaged connective tissues.

Colostrum with Immune Factors: Enhances immune function where the immune system is compromised.

Defense Maintenance: Antioxidant nutrients and cruciferous vegetables for enhancing immune function.

DHEA-F: DHEA is a base hormone used by the adrenals to produce cortisol, aldosterone and sex hormones. Low levels are associated with aging. This DHEA blend is designed for women.

DHEA-M: A DHEA blend for men. See DHEA-F.

Distress Remedy: A flower essence blend similar to the Bach Rescue Remedy, used for easing emotional shock and stress. Can also be applied topically to minor injuries.

Everflex: A blend of glucosamine, MSM and chondroitin, used for arthritis. Helps reduce pain and inflammation while promoting joint healing.

Food Enzymes: Enzymes and hydrochloric acid for supplementing the body's digestive secretions. Helps break down fats, proteins and carbohydrates.

Focus Attention: Designed to help ADHD, promoting greater mental focus. Calms overactive brain function.

GABA Plus: GABA is an inhibitory neurotransmitter that calms excessive brain activity. Helpful for hyperactivity, seizures, and tremors.

Germanium Combination: Contains germanium sesquioxide, which boosts the body's natural production of interferons and helps fight infection.

GlycoEssentials: Contains seven essential sugars and herbs rich in polysaccharides that improve cellular communication, immune function and tissue healing.

Grapine: Contains proanthocyanidins, which are powerful anti-oxidants, 50 times more potent than vitamin E.

Fizz Immune: Effervescent tablets for an immune-boosting fizzy drink.

Lactase Plus: Contains lactase, an enzyme that digests the sugar in milk. Used for lactose intolerance.

L. Reuteri: A potent strain of friendly bacteria that help to control yeast infections. A good product to use after taking antibiotics.

MasterGland: A general glandular tonic that enhances pituitary and hypothalamus function.

Melatonin Extra: Promotes sleep, helps with jetlag.

MegaChel: This amazing product actually helps remove plaque from the arteries, enhancing circulation to the extremities and preventing heart attacks and strokes. Useful for circulation problems in diabetics, senility, heavy metals, and calcification of tissues.



Monthly Maintenance: Nutrients and herbs that ease the symptoms of PMS.

Nattozimes: Taken in between meals to dissolve the fibrin that "thickens" the blood and contributes to the formation of blood clots, which can cause heart attack, stroke and other clotting disorders.

Nature's Cortisol: Contains herbs that reduce the output of stress hormones, including cortisol, from the adrenals.

It boosts the metabolism and can be used as an aid for weight loss when weight problems are related to stress.

Nature's Hoodia: A natural appetite suppressant that provides a feeling of fullness.

Nature's Phenyltol with NEM: An anti-inflammatory with special properties to support joint health. Offers pain relief for arthritis and other structural problems. Helps with the mood also.

Nature's Prenatal: Vitamin and mineral supplement for pregnant women.

NutriCalm: B-complex vitamin supplement with vitamin C, nervines and adaptagens to reduce stress.

PDA: Contains bentaine hydrochloric acid, helps the body break down proteins.

Potassium Combination: A blend of potassium rich herbs. Replenishes mineral electrolytes and aids kidney and thyroid function.

Proactazyme Plus: A plant-based enzyme product for digesting fats, proteins and carbohydrates. A good general supplement to enhance digestive function.

Protease Plus: Plant based enzymes for breaking down protein. Used as an aid for protein metabolism and detoxification.

Probiotic Eleven: Eleven strains of friendly bacteria to enhance intestinal health by restoring intestinal flora. Used for yeast infections, leaky gut, toxic bowel.

RG-Max: Powdered beverage mix containing l-arginine and other amino acids to enhance circulation. Helpful for erectile dysfunction and high blood pressure

Silver Shield: Contains 14 ppm of a completely nontoxic, patented colloidal silver. Fights infections of all kinds used both internally and topically.

Skeletal Strength: A blend of calcium, magnesium and other nutrients used to build healthy bones. Used to prevent osteoporosis and to aid the healing of broken bones.

SOD with Gliadin: Superoxide dismutase (SOD) is a power enzyme that breaks down superoxide free radicals in the body.

Stomach Comfort: Used to ease symptoms of acid indigestion and heartburn.

Super Antioxidant: A blend of antioxidant nutrients to protect the body from free radical damage.

Super GLA: A blend of oils rich in GLA used for reducing inflammation.

Super Trio: Pack containing Super Supplemental, Super Omega 3 EPA and Super ORAC (an antioxidant formula). Used for general good nutrition. Supplies three of the four basic supplements recommended on page one.

Target Endurance: Increases energy production in the cell, which increases endurance and stamina.

Target P-14: Contains herbs and amino acid chelates of chromium and zinc, which helps overcome insulin resistance and helps Type II diabetics.

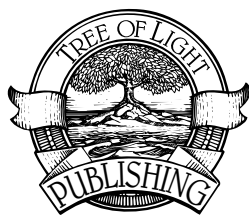
Target TS II: Contains herbs and amino acid chelates which stimulate the pituitary and hypothalamus to enhance thyroid function. Used for weight loss and sluggish thyroid.

Thai-Go: Contains mangosteen and other fruits and herbs rich in antioxidant nutrients. Reduces inflammation and oxidative stress. General tonic to improve health.

Thyroid Support: Contains a thyroid glandular and nutrients and herbs to build the thyroid and enhance thyroid function.

Ultimate Green Zone: A general nutritive and tonic. Supports immune function, strengthens connective tissues, cleanses, detoxifies, supports energy and stamina.

Copyright © 2006, 2007 by Tree of Light Publishing, a division of Kether-One, Inc.



This brochure may not be reproduced for sale or marketed in any form. It may be distributed without charge as long as it is not altered in any way and this notice and the contact information below is left intact.

Tree of Light Publishing specializes in third-party educational materials for Nature's Sunshine Managers, Distributors, Members and Customers. They publish The Comprehensive Guide to Nature's Sunshine Products (a 350 page guide to using the products listed in this brochure). Tree of Light Publishing also produces courses, DVDs, charts and other materials which teach people how to use herbs and supplements effectively. Copies of this brochure in half page format are available for sale.

For a free catalog call 800-416-2887 or sign up for our free newsletter on our website at www.treelite.com. You can also contact us at: PO Box 911239, St. George, UT 84791.

Tree of Light Publishing is not affiliated with Nature's Sunshine Products and does not sell the products listed herein. To purchase any of the products listed in this brochure talk to your local Nature's Sunshine Manager or Distributor.