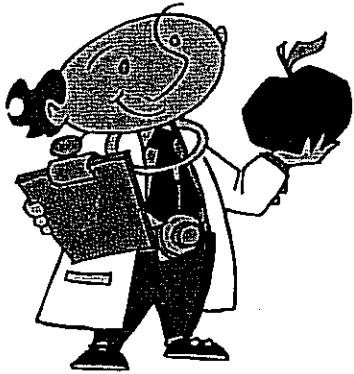


Do You Want to Care for Your Diseases, or Care For Your Health?



Get Ready to Change Your Focus and Improve Your Health for Life

The facts are in, the evidence is abundant, and the conclusion is obvious—something is wrong with our American “health-care” system. Here are some of the facts:

Americans spend more money on health care than any other nation on the face of the planet (over 15% of our entire nation's expenditures). While we comprise only 5% of the world's population, half of all the drug prescriptions in the world are taken by Americans.

This wouldn't be so bad if we were the healthiest nation on the planet, but we aren't. A report by the World Health Organization in 2000 ranked the U.S. 37th out of 190 nations in health care services. France was rated #1.

In terms of life expectancy, America ranks 42nd. Two decades ago we ranked 11th. Experts tell us that American life expectancy is continuing to decrease and our children won't live as long as we will. France, Spain and Japan rank on top in terms of life expectancy and they all spend less money on health care than we do. What is wrong with this picture?

More than 1.7 million Americans die of a chronic disease each year. Chronic disease accounts for about 70% of all deaths in the United States. Most of these deaths are caused by three diseases—heart disease, cancer and diabetes. These diseases aren't just caused by old age, either. They are striking younger and younger people every year.

The American medical system also has one of the worst track records for making mistakes of any health care system in the world. Medical mistakes are ranked as the 6th leading cause of death, and that's merely the information that gets reported.

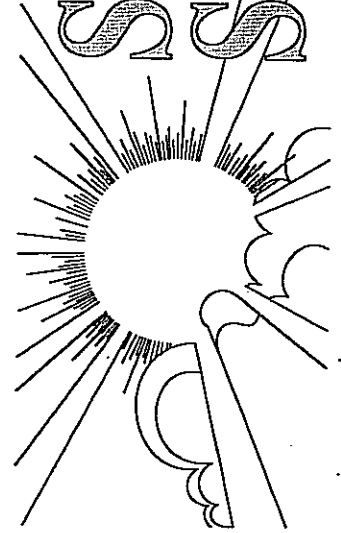
There is really a simple explanation for all of this. Americans are mistaking disease care for health care. Modern medicine treats diseases and should really be called *disease-care*. Health care isn't what you do to treat disease, it's what you do to stay healthy, or regain health when it has been lost.

Drugs and surgery are used to treat diseases, but they don't improve health. These disease-oriented tools aren't going to make up for poor diet, excessive stress, lack of sleep, lack of exercise or a poor mental attitude. So, if you want to be another statistic in declining life span, increasing degenerative disease and poor health that is affecting most Americans, then stick with the American disease-care system.

But, if you really want to be *healthy*, then change your focus from treating diseases to building health. It's a simple change of thinking that will reap big gains in health.

Inside, we'll give you four “prescriptions” for real health-care...

SUNSHINE SHARING



Your guide to better health the natural way.

Vol. 19 No. 1

Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

Sunshine Sharing is an independent educational publication and receives no financial support from any herb or health product manufacturer. Your comments, questions and personal experiences are welcome. Send them to *Sunshine Sharing*, P.O. Box 911239, St. George, UT 84791-1239 or comments@treeite.com.

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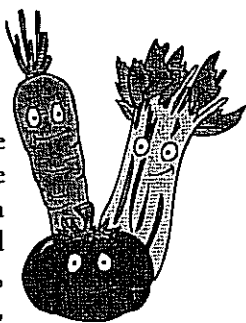
Four "Prescriptions" for Better Health

When you visit a doctor wanting help with your diseases, the doctor generally writes you a prescription. Well, we'll assume that you're reading this because you want help with your health. So, here are four genuine health-care prescriptions. The funny thing is that these four health-care prescriptions have an interesting "side effect." Following them will not only make you healthier, they will get rid of a lot of your diseases, too.



Health Care Prescription #1: Get Some Color in Your Diet

Most Americans have a bad case of the "whites" when it comes to nutrition. And, while white may be a symbol of purity in religion, in the food world most "white" foods are refined foods; and that adds up to arthritis, cancer, heart disease, diabetes, depression, anxiety, fatigue, premature aging and shortened life span. It also adds up to profit for pharmaceutical industry, which markets drugs to manage the symptoms of illness caused by these processed foods.



You don't need a degree in nutrition to realize that refined, "white" foods like bleached flour, refined sugar, polished rice, processed vegetable oils, shortening and chemical additives ought to be avoided. So, if you want to be healthy, just start looking for the color. The brown of whole grains, the greens of leafy vegetables, the bright reds and blues of berries and orange of squashes are all signs of the presence of the nutrients you need to stay healthy.

It's not that hard to start eating more whole foods while reducing your consumption of refined foods, and doing so will probably cause *half* of your current health problems to clear up. You'll probably even save money, too, since real food is actually cheaper than refined and processed foods.

Health Care Prescription #2: Take Some Nutritional Health Insurance

Since it is very hard to have a "perfect" diet in our modern world, it's wise to take out a little nutritional health insurance by adding a few basic supplements to your diet. Here are the major ones you should consider, in order of importance.

A Basic Nutritional Supplement

If you're concerned about the nutrients that may be missing in your diet, purchase a little dietary health insurance by taking a high quality multi-vitamin and mineral like **Super Supplemental**. Don't go for cheap vitamin and mineral supplements, either. They generally contain very poor quality ingredients.

Even better, instead of a multi-vitamin, use a whole food supplement like **Ultimate GreenZone**. This will give you vitamins and minerals in a whole food form, which are easier for the body to use.

Good Fats

Contrary to all the propaganda, we need fats in our diet to stay healthy. Extremely low fat diets aren't good for us. Instead we need to focus on getting the right kinds of fat in our diet. Most diets are low in omega-3 essential fatty acids, which are necessary for the health of our heart and our brain. They are also important for our immune system as they help control the chronic inflammation that produces heart disease, arthritis and memory loss in aging.

Super Omega-3 EPA is a good supplement to ensure you're getting these important fats in your diet. **Flax Seed Oil** is another good source. Deep ocean fish (like wild salmon, not farm-raised), grass-fed beef and poultry, avocados and nuts (especially walnuts) are also good sources of these omega-3 oils.

And again, contrary to the general food propaganda, we also need some medium chain saturated fats like real butter from grass fed cows and coconut oil. So add some of these to your diet, too.

Antioxidants

Antioxidants are nutrients found in our foods and can be thought of as the body's cooling system. They soak up the free radicals that cause oxidative stress and inflammation. Antioxidants help prevent (and heal) heart disease, diabetes, cancer, arthritis, auto-immune diseases and most other chronic diseases. They also slow the aging process and keep us looking and feeling young.

Antioxidants are abundant in fresh fruits, berries, greens and other vegetables. They are depleted by shipping, storage and processing, which is why few of us get enough of them even if we are eating the recommended 7-9 servings of them daily.

Thai-Go is an excellent antioxidant supplement. It not only has an extremely high capacity for neutralizing free radicals, it also contains bioflavonoids and xanthones, which reduce inflammation, decrease pain and promote tissue healing. Even better, Thai-Go actually tastes good, which makes it a pleasure to take.

Another good choice for an antioxidant supplement is Super ORAC, found in the **Super Trio** pack. Super Trio also contains Super Omega-3 EPA and Super Supplemental. Super ORAC supplies similar benefits to Thai-Go. (See sidebar on the next page for more information.)

Enzymes

Enzymes are found throughout the animal and plant kingdom. They are known as the spark plugs of life because their role is to catalyze, or speed up, chemical reactions. 5,000 enzymes have been discovered since the 1930's, with 3,000 found in the human body.

Since enzymes are destroyed by heat and processing, most of the foods Americans consume contain no enzymes. Instead, they

Super Trio

For the newcomer to nutritional supplements, Super Trio is a great place to start. Super Trio is a conveniently packaged, 30 day supply of three important supplements. It contains:

Super ORAC a blend of antioxidants from green tea, mangosteen pericarp (not fruit), turmeric and other antioxidant rich foods and herbs. It reduces oxidative stress and inflammation.

Super Omega-3 EPA, which supplies essential fatty acids from fish oil that reduce inflammation and promote the health of brain and nerve tissue, circulation and immune functions.

Super Supplemental, a high quality vitamin and mineral supplement that supplies essential nutrients that may be missing in people's diets. It's herbal base supplies additional phytonutrients in whole food form.

Super Trio is an easy place to get started with **Health Care Prescription #2**, providing you with basic nutritional health insurance in an easy and convenient form.

often contain enzyme inhibitors in the form of preservatives. So, taking an enzyme supplement like **Proactazyme Plus** is wise.

Proactazyme Plus will not only help food digest better, thus preventing digestive upset and intestinal gas, it will also improve absorption of nutrients. Enzymes also help reduce inflammation and pain in the body by supporting immune function.

Elderly persons, or people with extremely poor digestion, may need a stronger enzyme product. In this case, **Food Enzymes** is a better choice.

Fiber

The American Dietetic Association recommends that healthy adults consume 20-35 grams a day of dietary fiber and children 5 grams a day. Unfortunately, adequate amounts are not being met because the intake of good sources of dietary fiber—fruits, vegetables, whole grains and legumes—are low.

Fiber has many benefits. It can help relieve constipation (when taken with lots of water) and prevent the development of diverticulosis, diverticulitis, colon polyps and colon cancer. Regular consumption of fiber also lowers blood cholesterol levels and helps to normalize blood glucose and insulin levels. This makes fiber a great protection against the top three causes of death—heart disease, cancer and diabetes.

Psyllium Hulls Combination is a great fiber supplement for most people and is much stronger, and more effective, than other psyllium based fiber supplements on the market. People suffering from irritable or inflammatory bowel disorders may find Psyllium Hulls Combination a little uncomfortable for their highly sensitive digestive tracts. In this case, **Everybody's Fiber** would be a better choice.

Probiotics

Our small intestines provide a perfect environment for the billions of beneficial bacteria that help break down the food we

eat. The diversity of the flora in our gut is essential to human health. This population of good bacteria prevents unwanted and infectious bacteria, yeast and other microorganisms from multiplying in the gut. They help us synthesize B vitamins and enhance the functions of the immune system. They play a role in reducing allergies in children and decrease the bacteria in the mouth that causes dental caries.

Antibiotics, chlorinated water and certain drugs (like corticosteroids) destroy these friendly bacteria, making people prone to bowel disease, yeast infections and compromised immune function. Probiotic supplements like **Bifidophilus Flora Force** will replace these friendly microbes. Yogurt that contains live lactobacillis and other beneficial bacteria is also helpful—frozen yogurt is not. Probiotics can also be found in kefir, cottage cheese, raw pickles and raw sauerkraut.

Minerals

Agriculture practices over the last 100 years have severely depleted the soils, which in turn has depleted the mineral content of our foods. Properly grown organic produce can have 200-800% more minerals than produce grown commercially with fertilizers. Minerals are not only essential for healthy bones, muscles, skin, hair, teeth and fingernails, they also act as catalysts for numerous biochemical processes.

Chinese Mineral Chi Tonic is a great way to replenish your trace minerals. It has the added benefits of containing adaptogenic herbs that can also lower your stress level (and who doesn't need that). If you don't like the taste, try **Colloidal Minerals**. It doesn't have the herbs, but you'll still get the trace minerals your body needs for optimal function.

Health Care Prescription #3: Get Off the Couch and Move

Too many of us work at desk jobs, and when we get home, we plop on the couch and turn on the TV, or sit in front of the computer surfing the net or playing games. The bottom line is, we're much too sedentary. We need to get off the couch and do something physical.



Continued on page 4

Additional Help and Information

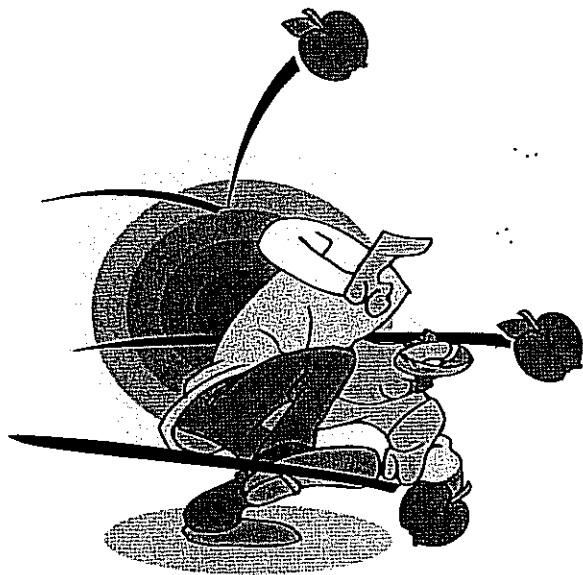
If you would like more information about natural ways change your focus from treating diseases to building health, talk to the person who gave you this newsletter. They have additional handouts and resource materials to help you. You can also consult some of the following sources for more information:

The Path to High Level Health DVD by Tree of Light Publishing

Where Do I Begin? A Guide to Developing an Effective Supplement Program by Steven Horne

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

Health is Your Birthright by Ellen Jensen



**An Apple a Day
may not be enough to keep the
doctor away,
but the "health care
prescriptions" found inside will
help you stop taking care of your
diseases and start taking care of
your health.**

That could mean going to the gym (if you're into that sort of thing), but it can also be as simple as taking a walk. Find some activity that gets you moving that you also enjoy. It could be gardening, dancing, playing a sport or anything else that gets you off the couch. Physical activity helps us maintain proper weight, improves mood and improves cardiac function. It even helps prevent diabetes! Because movement greatly increases lymphatic flow, it helps the immune system. So, if you want to be healthy, get moving!



Health Care Prescription #4: Get Some R & R

Now what better prescription could you get than one that calls for a little rest and relaxation. Most of us work too hard, short-change ourselves on sleep, and pump

ourselves up with sugar and caffeine to keep up our hard-driving lifestyle. All this stress adds up to a lot of bad health.

So, make time to have a little fun and relaxation in your life. It boosts your immune system, keeps you young and healthy, and even helps you heal when you are sick or injured. And, you now have the excuse you've needed to take it. It's been "prescribed" for you. If doctors wrote more prescriptions for R&R, everyone would be a lot healthier.

These four basic "prescriptions" are a great way for anyone to improve their health, and even more help is available. Although the person who gave you this newsletter can't legally "prescribe" for you, they do have additional ideas for things you can do to change your focus to building health instead of treating disease. Just ask. They'll be happy to help you further.