

## HATS OFF TO NATURE'S SUNSHINE AND CANCER UPDATE!!

GOOD MORNING FROM KATHY DEANE  
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This morning I spoke with one of my **TEAM MEMBERS** who just happened to be speaking with a **DIAMOND NATURE'S SUNSHINE MEMBER**. My Team Member stated he had a wonderful fulfilling **NATURE'S SUNSHINE** conversation with this person whom had been years with **NATURE'S SUNSHINE** and they had the opportunity of watching the development and growth of this company over the years. The feedback I, Kathy Deane received from this conversation between these two people makes me want **TO REMIND US ALL** of the wonderful company we have with **NATURE'S SUNSHINE**.

This person who had been with **NATURE'S SUNSHINE** for many years stated, " that over the years he had seen many health companies, of various types and forms, come and go and yet holding strong and firm through all the years of trials and tribulations of developing a solid business was **NATURE'S SUNSHINE**. When I heard this **IT REMINDS ME OF THE LIGHTHOUSE WITH ITS BEACON ALWAYS REACHING OUT AND WATCHING OVER THE SAFETY OF OTHERS**. This person made the comment to my Team member that through everything **NATURE'S SUNSHINE** was still a solid foundation, stable, and has a continued growth of their business along great success with their products that they have continued to develop with some of the highest quality control and standards to ensure that we the people receive a **SAFE TOP QUALITY product**.

Throughout the many years that I have been with this company brings to my mind the song of "**BUILDING OUR HOUSE ON A SOLID FOUNDATION**". AND **Nature's Sunshine** is very solid – soooo we are building our "**HEALTH AND BUSINESS**" with **Nature's Sunshine** is just as it says in this song , through this solid foundation we will continue to grow and succeed **BECAUSE THOSE WHO FOLLOW THEIR HEALTH PLAN UTILIZING THE NATURE'S SUNSHINE PRODUCTS HAVE GREAT SUCCESSES AND THROUGH THEIR SUCCESS WE RECEIVE OUR REWARDS both spiritually and financially**.

I have to agree with this persons comments in his observation of watching other Herbal companies come and go over the years and how **Nature's Sunshine** just continues to move forward. To me it reminds me of **MANNING OUR WARRIORS** with strength like an "**ARMY**". By purchasing nutritional products from **NATURE'S SUNSHINE WE CAN BE CONFIDENT** knowing that we are encouraging people to take a product with the **HIGHEST PRODUCT QUALITY CONTROL THAT I AM AWARE OF**. I am always making the comment to those I come in contact with to "**MAN OUR WARRIORS**" with good food, exercise, Super Foods and Herbal Supplementation so that the body is prepared to fight the battle when '**DIS-EASE CONDITIONS ATTACK**." AND what better place to get our ammunition from than from a company such as **Nature's Sunshine** who focuses on the **HEALTH** of people and **ALSO** on the **FINANCIAL SUCCESS** for their **TEAMS OF PEOPLE OUT PROMOTING IT TO OTHERS**.

This weekend I leave for an **ALL EXPENSE PAID TRIP VIA NATURE'S SUNSHINE** to visit the **NSP PLANT IN UTAH** and to be given the chance to see this Company from the ground up, to actually see the foundation they are based upon along with the opportunity of meeting with the **FOUNDERS OF NATURE'S SUNSHINE**. What an opportunity! I cannot wait until others of your get to go on this wonderful **PROMOTIONAL PROGRAM** and **I THANK NATURE'S SUNSHINE FOR GIVING ME THIS OPPORTUNITY**.

**In closing I want to discuss Cancer a bit as it is so prevalent now in so many people. Even our government speaks out about the high statistics of those getting some form of cancer. Recently I received an article by;**

Johns Hopkins Update (**Comments in Green are mine – Kathy Deane blue is John Hopkins**)  
**“John Hopkins states, AFTER YEARS OF TELLING PEOPLE CHEMOTHERAPY IS THE ONLY WAY TO TRY ('TRY', BEING THE KEY WORD) TO ELIMINATE CANCER, JOHNS HOPKINS IS FINALLY STARTING TO TELL YOU THERE IS AN ALTERNATIVE WAY .**

**Cancer Update from Johns Hopkins :**

- 1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.**
- 2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.**
- 3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.**
- 4. When a person has cancer it indicates the person has nutritional deficiencies. These could be due to genetic, but also to environmental, food and lifestyle factors.**
- 5. To overcome the multiple nutritional deficiencies, changing diet to eat more adequately and healthy, 4-5 times/day and by including supplements will strengthen the immune system.**
- 6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.**
- 7.. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.**
- 8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.**
- 9. When the body has too much toxic burden from chemotherapy and radiation the**

immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.

10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.

11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

**\*CANCER CELLS FEED ON:**

a. Sugar and Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses, but only in very small amounts. *(Better yet try Xylitol or Stevia)* Table salt has a chemical added to make it white in color Better alternative is Bragg's aminos or Keltic sea salt, or *Bernard Jensen seasoning.*

b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk cancer cells are being starved. *(Or try Almond Milk or Rice Milk)*

c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little other meat, like chicken. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer. *( So if you eat some meat eat organic meats as much as possible also utilize NSP Liquid Chlorophyll as it alkalizes the body)*

d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).. *(Try using Nature's Sunshine Protease Digestive Enzymes)*

e. Avoid coffee, tea, and chocolate, which have high caffeine Green tea is a better alternative and has cancer fighting properties. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it. *( Better yet try a cup of hot water with 1 oz of NSP Essential Liquid Minerals – MMM Good)*

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrefied and leads to more toxic buildup. *( Use Papaya Mints ½ hour prior to eating. AND also ensure to cleanse the bowel with cleanses such as the Tio He Pak or the Bod E Klenz. Utilizing daily Psyllium Hulls Combination adds needed bulking fiber to cleanse the colon and absorb the toxins. Nature's*

*Sunshine Nutri Burn Protein in a drink daily helps supplement protein and is whey protein and is lactose free.)*

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells. *(Historically protein digestive enzymes are known to help breakdown the calcification of the cancer walls. They must be taken on an empty stomach at least one hour before eating)*

14. Some supplements build up the immune system (**Chinese Mineral Chi Tonic, E Tea, Pau D Arco, Green Zone, Cats Claw, vitamins, minerals**, EFAs etc.) to enable the bodies own killer cells to destroy cancer cells.. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, un-forgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life. **(Try a Thai Massage – you will never be the same after. For those interested in taking the Thai Massage Program NWHHI Inc will be offering it the first weekend in October 2010 held in Vernon/Lumby area. Email [nwhhi@junction.net](mailto:nwhhi@junction.net) for more info.)**

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells. *(Liquid Chlorophyll and Essential liquid Minerals assist in oxygenating the body)* Dr Linus Pauling "Every diseased condition can be traced to a mineral deficiency " Dr Linus Pauling is a two time Nobel Prize Winner – I would think he should know something about this don't you?

1. **No plastic wrap or containers in microwave in fact don't use a microwave as it kills all foods and no water bottles in freezer.** Johns Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well. *Dioxin chemicals cause cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic. Recently, Dr Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.” **(I say better yet don't use a microwave at all as it kills the nutrition in your food and the body is being starved nutritionally.)***

WE are blessed to have people such as Donna Roth who has made it her **LIFE'S CAREER TO FIGHT HOLISTICALLY AGAINST CANCER** which includes learning how to maintain a **HEALTHY HAPPY TERRAIN IN OUR BODIES**. Every Monday evening she is available

to teach us on the utilization of NSP Health Supplementations for the body via teleconference call. Be sure to Tune in at 6PM BC time and get your cupful of **HEALTHY EDUCATION**.

Also starting June 16<sup>th</sup> via tele conference at 7 AM on Wednesday mornings Donna Roth and Kathy Deane will be coaching on how to develop your NSP Business via the ‘**RAOD TO DIAMOND**’ based on the book the “**INFLUENCER**”. We **WELCOME OUR NSP TEAMS TO JOIN US ON Monday EVENINGS and Wednesday MORNINGS** to assist in your **ROAD TO HEALTH, WELLNESS AND FINANCIAL SUCCESS**.

Let us continue to **TOUCH THE LIVES OF OTHERS TOGETHER!**

Blessings from Kathy Deane

*Add FOR TELE CONFERENCE CALLS:*

**DO YOU WANT TO INCREASE YOUR NSP BUSINESS?????**

**THEN JOIN DONNA ROTH AND KATHY DEANE  
7AM – 7:30 AM WEDNESDAY MORNINGS starting JUNE 16<sup>TH</sup>**

**NSP BUSINESS TRAINING**

**The Road to Diamond Success**

With

Donna Roth & Kathy Deane

**Wednesday Mornings 7 AM to 7:30 AM**

**Via way of Conference Call**

**Tel: 951-262-4343 Access Code 492815#**

June 16, 23, 30 and July 7,14,21,28

BUSINESS TRAINING will be based on the Book **THE INFLUENCER - THE POWER TO CHANGE ANYTHING** - Crucial Conversations with Patterson, Grenny, Maxfield, McMillan & Switzler. Encourage your success line to dial in!!!!

If you have not read **THE INFLUENCER** we encourage you to purchase THIS BOOK and read it through. This book is not a necessity for these Business Training Sessions however it would be very beneficial in giving you a deeper understanding of how these people unveiled **THE POWER TO CHANGE ANYTHING**.

**ALSO DON'T MISS OUT ON 6 PM -MONDAY EVENINGS:**

**NSP PRODUCT TRAINING – PAW PAW PROGRAM AND BEYOND** with **DONNA ROTH – HEALTH EDUCATOR**  
**with over 25 years experience.**

**NSP PRODUCT TRAINING** is available on **MONDAY NIGHTS at 6 PM** with **DONNA ROTH**. This **1 HOUR IS FULL PACKED** with **TRAINING, TESTIMONIES, HEALTH KNOWLEDGE, SUCCESS STORIES** and time at the end is allotted for a question and answer period. Make Monday 6 PM your commitment to educate yourself on utilizing **NSP Products and HOW TO INCORPORATE THEM INTO YOUR BUSINESS**. Via way of Conference Call : **Tel: 951-262-4343 Access Code 492815# 6 PM Mondays**

