

HEALTH – WEALTH & PERSONAL DEVELOPMENT
LOSE WEIGHT AND GET IN SHAPE by Kathy Deane Health Educator
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Good Morning everyone. Recently I had the opportunity of spending a one day seminar with my dear friends Sue and Ken Davis with which we had the opportunity to listen to a gentleman WHO makes over \$100,000.00 dollars a month which equals a MILLION DOLLARS a year In the NETWORK MARKETING INDUSTRY!! AND GUESS WHAT???? NATURE'S SUNSHINE IS A 'PEOPLE TO PEOPLE – NETWORKING COMPANY that works and builds you RESIDUAL INCOME!!! YEAH!!!!

Now my ears really picked up as GUESS WHAT???? I have been in the HEALTH & WELLNESS INDUSTRY FOR OVER TWENTY YEARS utilizing our wonderful NATURE'S SUNSHINE PRODUCTS and have also been very successful and am thankful to God for it.

It always amazes me to hear SOME people say – OH IS THAT A NETWORK MARKETING COMPANY???? Yes I reply excited – it is the BEST BUSINESS OPPORTUNITY I EVER CAME ACROSS IN MY LIFE! So the LONG AND THE SHORT of it is this – listen to the people who have made it in this Industry, LEARN FROM THEM AND THEN IMPLEMENT THEIR IDEAS INTO YOUR BUSINESS. You don't need to be a College Graduate - YEAH - you just have to have the BELIEF SYSTEM IN PLACE, DESIRE, DETERMINATION, LOVE FOR WHAT YOU DO AND MAKE IT A MINISTRY OF HELPING OTHERS TO LEAD A HEALTHIER HAPPIER LIFE and away it goes.

During this seminar it was brought to my attention that the statistics have come in that 81% of Americans are overweight - that FOLKS is 243,000,000 people JUST IN AMERICA - what about CANADA??? And THESE STATISTICS WERE IN 2006. Wonder what the statistics are now????? AND what does this tell us????? Well for one thing we as a NATION ARE IN POOR SHAPE AND OVERWEIGHT and it is about time WE TOOK THE SITUATION IN HAND AND WORKED AT BRINGING OUR BODIES BACK INTO A HEALTHY STATE. If this is a 28 BILLION \$ INDUSTRY then I want to be a part of the MINISTRY of Helping others to accomplish their WEIGHTLOSS GOALS and to be successful in them.

To be HEALTHY we need to have our weight in control and be in shape. So for those of you who are packing a few extra pounds we are going to include in this NEWSLETTER the topic on LOSE WEIGHT and GET IN SHAPE.

I WANT YOU TO THINK ABOUT THIS!!!! If you could gauge your HEALTH to day from 1 – 10 with 10 been excellent WHERE WOULD YOU GAUGE IT???? And HOW IMPORTANT IS YOUR HEALTH – again gauge it from 1 – 10 with 10 been excellent. If you are OVERWEIGHT gauge how much 10lbs, 20lbs, 30 lbs etc. With out HEALTH there is no need for WEALTH. If we are DEAD because we died of cancers, obesity, heart attacks, diabetes or whatever because we did not keep our bodies TERRAIN in a HEALTHY STATE then all the money in the world is worth NOTHING. So first and foremost list your health challenges and then take a look at WHAT THE SOLUTIONS ARE AND START YOUR NSP

PERSONALIZED HEALTH PROGRAM. Do a ZYTO SCAN - IT WILL TELL YOU WHERE TO START.

For those of you needing to shed a few pounds let's take a look at HEALTH AND OBESITY!!!!!! Do you remember when everything was fine- when AIR WAS AIR, WATER WAS WATER and FOOD WAS FOOD and POISON WAS POISON?? Well those days seem to have disappeared but we HAVEN'T. We need to learn to live in this world with pollution, germ warfare and our foods lacking in nutrition and loaded with chemicals AND SUGARS. Have you ever thought about HOW MUCH SUGAR YOU MAY CONSUME DAILY????



Take a look at this picture think of all the people you know who drink pop and Big Gulps !

WE clean and maintain our TEETH, HOUSE, CAR, and SHOWER and take the GARBAGE OUT when needed– well WHAT ABOUT OUR BODIES???????

Did you know that the DIE-T Industry is a \$28 Billion Dollar Industry and get this – with a 90% failure rate. 90% Failure rate????? WHY????? Ask yourself why you haven't stuck on a weight loss program???? Or Why did you lose weight and then gain it back????

Did you know that the body stores fat and fluid to protect the body from toxins and fluids???? It is in its protective mode. So my question to you is WHEN DID YOU LAST DO A CLEANSE TO CLEAN OUT THE TOXINS????? And ARE YOU STORING FLUIDS AND IF SO WHY???? ARE YOU READY TO GET HEALTHY????

So first and foremost before starting on a WEIGHT LOSS PROGRAM CLEANSE YOUR BODY. Many use the BOD-D-KLENZ or the TIAO HE PAK CLEANSE. Thus by cleansing it gives your body PERMISSION TO LOSE WEIGHT. Yeah!!!!!!!!!!!!!!!!!!!!!!

It is imperative to have as part of your daily REGIME whether losing weight or just incorporating a HEALTHY LIFESTYLE to include daily ESSENTIAL LIQUID MINERALS, ENZYMES AND YOUR AMINO ACIDS. NATURE'S SUNSHINE NUTRI BURN contains the amino acids and works great for weightloss.

BUT – before I talk about the NSP WEIGHT LOSS program that seems to be working for many lets talk about DESIRE!!! First and foremost you have to have the DESIRE to lose weight. This doesn't mean you have to run out and try and be better than the next person but it does mean NEVER STOP TRYING TO BE THE BEST YOU CAN BE!!!!!!!!!!!! Get back to DREAMING AND BELIEVING in yourself. SET YOUR GOALS and believe that no matter what your Goal is – as long as it is REALISTIC YOU WILL ACCOMPLISH IT. With DESIRE AND DETERMINATION YOU WILL get THERE. JUST DON'T GIVE UP!!!!!! It just doesn't have to be on weight loss. It can be on your own personal growth GETTING OUT OF DEBT – EXPLODING YOUR NSP BUSINESS whatever – the bottom line is SET YOUR GOALS, BECOME DETERMINED TO ACCOMPLISH THEM AND SEE THEM ACCOMPLISHED.

Remember there is NO RIGHT OR WRONG TO your GOALS. They are YOUR GOALS. Just remember to FOCUS ON THE POSITIVE – FOCUS ON THE SOLUTION – and FOCUS ON WHAT YOU CAN LEARN FROM IT and better yet WHAT YOU CAN TEACH OTHERS. FOCUS ON THE ones who want to also LOSE WEIGHT AND/OR JUST INCORPORATE A HEALTHY LIFE STYLE. In Business Focus on the ones who WANT TO DO THE NSP BUSINESS AND EARN EXTRA INCOME.

One of the comments I hear is, “ OH THE ECONOMY IS SO POOR people cannot afford to go on programs.” Or here is a good one, – “Oh I don’t know about going into BUSINESS as there just isn’t much money out there right now.” WELL I want to tell you one of my GOALS when I heard about all this DOOM AND GLOOM on the ECONOMY was that I would RISE ABOVE IT AND BE MORE SUCCESSFUL than I had been in the last TWENTY YEARS OF BUSINESS. HOW IS THAT FOR A GOAL???? Well FOLKS my BUSINESS has increased by 4 TIMES WITH THIS DEAR POOR OLD ECONOMY. This is not to say OH LOOK WHAT I HAVE DONE it is meant as an ENCOURAGEMENT to show you what DESIRE AND DETERMINATION CAN DO.

Now let me get back on track. Ask yourself WHAT IS YOUR WHY???? Why do you want to lose weight???? WHY do you want to become HEALTHY and stay HEALTHY??? If you need a new career or additional income ask Why do you want to do the NSP & Zyto Business???? Why would you want to build RESIDUAL INCOME with a NETWORK MARKETING COMPANY???? And what is YOUR VISION???? WRITE YOUR VISION DOWN.

You know I carry my GOALS WITH ME ALL THE TIME!!!! AND BEHIND MY VISOR on my pickup I carry a PICTURE OF THE BODY I want to achieve with WEIGHTLOSS. Every day I look at that picture and say THANK YOU GOD FOR MY BEAUTIFUL BODY AND FOR GIVING ME THE DESIRE TO ACHIEVE IT AND TO MAINTAIN IT. *I already see it happening.* I ACCEPT IT AS ALREADY BEING DONE – AND THAT IS KNOWN AS THE LAW OF ATTRACTION. I have carried this picture on my visor for well over a year. AND NOW GUESS WHAT – It’s happening – I have lost 30 lbs. YEAHHH *And a big thankyou to all my friends that have supported me in this challenge.*

So how can YOU PROMOTE HEALTH AND WEALTH to the PEOPLE???? In a nut shell it is pretty simple:

1. Use the NSP Products – set an example whether it is for weight loss or just bringing your body back into a HEALTHY TERRAIN.
2. Talk to the People – word of mouth is the best NETWORKING and least expensive form of advertising out there.
3. Use Your ZYTO COMPASS let the people see the results themselves.

A few days ago Peter in Prince George had a HOME PRESENTATION where he was to scan 2 people – he ended up scanning 7 people and they all went on 2 month programs. Peter achieved MANAGER STATUS in one evening!!!!!! I HEAR This type of testimony daily!!!! Why because people are SICK AND TIRED OF BEING SICK AND TIRED!

Make a list of people who you think might want to have a;

1. NSP Home Party -*make a list of people that you can invite.*
2. If it is a Weight Loss Group – ask who would want to join you on the NSP WEIGHT LOSS PROGRAM
3. Or include both as some may just want to have the ZYTO SCAN done and get on a good HEALTHY PROGRAM
4. AND DON'T FORGET TO ASK WHO MAY LIKE TO SUPPLEMENT THEIR INCOME OR GO FULL TIME INTO THE NSP BUSINESS UTILIZING THE NSP HERBS and ZYTO COMPASS .?????? *Many times there are people who also want to do this business but we forget to ask?????*

All right lets talk about the WEIGHT LOSS PROGRAM that is working for Donna Roth and others: I HAD THE OPPORTUNITY TO DO A ONE ON ONE INTERVIEW WITH DONNAS WEIGHTLOSS PROGRAM AND WHY IT IS WORKING:

“ Donna started out by saying that she has lost 14 lbs in just over a month by utilizing the CANDIDA DIET and NATURE'S SUNSHINE PRODUCTS and by incorporating a simple WEIGHT BEARING PROGRAM SOMETHING such as CURVES. DONNA's belief is that there is FAT IN THE BODY because there is CANDIDA IN THE BODY. Too much SUGARS STATES DONNA. This is not just a WEIGHT LOSS PROGRAM it assists people with CANDIDA, CANCERS DIABETES AND MORE, Donna stated in her determined tone.”

By now my ears are really perking up! So Donna Bottom line how are you and the others on this program accomplishing this great WEIGHT LOSS????????????

Here it is Donna said in her matter of fact voice!

1. No saturated fats, no butter, no crème, no cheese
2. No wheat products
3. No grains
4. No sugar and watch for vegetables high in sugar like beets – eliminate them
5. No starches of any kind including such vegetables as corn
6. No fruits except for strawberries and raspberries. These she stated have the lowest sugar content.

EAT WHAT MOTHER EARTH HAS GIVEN US!!

1. Yes to nuts and seeds but no to peanuts.
2. Yes to free range farm eggs
3. Yes to meat, chicken and fish preferably organic
4. Yes to low fat yogurt
5. Yes to low fat cottage cheese
6. Yes to Braggs seasoning and spices
7. Yes to apple cider vinegar
8. Yes to coconut oil
9. Yes to coconut milk
10. Yes to lots of salads including cucumbers tomatoes etc.
11. Yes to all the vegetables you want as long as low in sugar content and starch

HERBAL PROGRAM

1. Cleanse your body with a Tiao He Pak or Bod E Klenz
2. Include daily Enzymes, Essential Liquid Minerals, Magnesium and Bididophilus
3. AM drink one big glass of Liquid Chlorophyll and water to assist in eliminating toxins.
4. Do a Zyto Scan and in addition to the above stated products UTILIZE WHATEVER products THE SCAN TELLS YOU TO DO!!!!
5. Include the SUPER FOODS FLAX HULL LIGNANS AND NATURE'S GOLD
6. Make a drink every morning with NUTRI BURN – this assists in burning off the fat cells.
7. Before exercising take L- CARNATINE. Currently NSP does not have this in Canada – Donna is working on seeing if it can be brought in. **L- Carnitine needs vitamin C to help the synthesizing process in the body. NSP Time released Vitamin C is the one I utilize**
8. After exercising daily take 2 to 3 GTF Chromium tabs

In my own WEIGHT LOSS REGIME I weigh myself daily!!!!!! Anyone who has a weight gaining situation knows that you can PACK ON 3 – 5 LBS FAST. So check your weight daily to see that you are losing and that you are not gaining. Watch you calorie intake. I keep a pocket calorie counter inside my purse and count my calories to ensure I am within range of my limitations. If I am up 2 lbs I go on a apple day or a steak day.

Make today your special day at GETTING YOUR BODY BACK INTO SHAPE. If you cant afford to buy the products then look at having a HOME PARTY and earn free \$'ss towards your NSP WEIGHT LOSS PRODUCTS NEEDED. And think about purchasing a ZYTO COMPASS and becoming a NSP BUSINESS ASSOCIATE – just another way to accomplish earning money for your NSP WEIGHT LOSS PRODUCTS not to mention the wonderful TAX BENEFITS from having your own NSP HOME BASED BUSINESS.

Life is a Journey – lets make it a MEMORABLE ONE – LETS SET AN EXAMPLE TO OTHERS – LETS BE PREPARED FOR THESE SO CALLED VIRUSES AND FLU EPIDEMICS THEY ARE TALKING ABOUT FOR FALL. By keeping our Bodies Healthy and the Terrain of our bodies with out being contaminated by excessive sugar intake etc WE ARE PREPARED FOR WINTER AND THE BATTLES AHEAD. Man YOUR WARRIORS. Get on a good eating program incorporating your NSP products and be prepared to SET AN EXAMPLE IN HEALTH AND/or WIGHTLOSS to others around you.

Enjoy and Blessings and in APPRECIATION TO YOU ALL - Kathy Deane
PS Don't forget to join a good WORKOUT PROGRAM.

