

Dear Health Enthusiast:

## Starting a Supplement Plan

Every day, we read more and more about new products and health benefits that may exist as a result of trying "alternative health" supplements. With the existing depth of Nature's Sunshine products, as well as new products (and companies) now flooding the market, there may also be 2, 3, or even 4 supplements that may accomplish the goals you are striving for. This situation is confusing at best and we must remember, "Every Body is Different ". Hopefully the following steps can help make your decisions a little less cumbersome.

Before we begin defining these steps you must understand the importance of working with quality products that provide the effectiveness and specific ingredients that give your body what it needs. Nature's Sunshine has a record of consistency that consumers have come to expect and rely on. For example, when looking at the 3rd party lab results of Thai Go we again see why NSP is a leader in the industry. My neighbor came over with another product (like Thai Go that was found on the 3rd party list) but when we sat down and figured out the cost and the amount needed to equal the potency of Thai Go, she signed up as a NSP distributor and couldn't be happier.

There are many reasons that someone would begin using a supplement plan and in the steps below I hope these suggestions will help you define an effective strategy to do so. Remember in today's toxic environments (air, water, electromagnetic, and farming techniques which our food is from) it's extremely hard to believe that we can get our required daily supplements from food so we will focus primarily on food supplements.

That said, let's get started!

### Step 1 - Set your Goals

The most important step to defining your plan is to determine what you are trying to accomplish. Here are a few questions that may help you decide your goals

- **Are you interested in just maintaining your current level of health?**
- **Are you trying to cut the risk of a family history of illness?**
- **Are you dealing with a current illness that you want to get beyond?**
- **Are you looking for energy for sports or other activities?**
- **Are you interested in looking and feeling younger?**

These are just some sample questions to help you formulate your goals. After you have figured out what you are looking for in a supplement regiment, now you must set a budget. We all have to remember to start slow and grow within our means. Make sure that the goals that you have set remain realistic in your ability to purchase supplements. It does not make sense to start a 6-month plan but have to abandon it after 2 months because you did not budget the purchasing of product.

### Step 2 - Start with the Foundation

No matter what goal(s) you have set, you need to start with a foundation to succeed. We believe that a successful foundation consists of several key components that may help you achieve any health-related goal you are striving towards. You should start with a Multiple Vitamin - NSP has several options - Super Supplemental (with or without Iron), Time Released (Make sure you are taking an Enzyme if you have trouble with digestion), or the new Liquid VitaWave. From here adding Vitamin E, Calcium (Skeletal Strength), and a Citrus Bioflavonoid will finish a great foundation.

Additionally, NSP has also put together a great "90 Day Challenge Program ". Please look at this as an option. It goes

into a lot more detail and this program may help you reach the specific goal you have set for yourself. If the "90 Day Challenge" is not what you are looking for, and you are trying to reach a "customized" goal, let's discuss specific options and additions to help you achieve what you are trying to do.

### **Step 3 - Expanding the Foundation and adding individual products**

After going back and reviewing your goal you can start your research with individual products. These products may possibly help reduce the risk of, or reverse a specific illness that may or may not be inherent with your family history and genetics. You also may be looking for memory enhancement, energy for sports, a heart builder, liver detoxifier, or a cholesterol reducer. For each of these cases there may be many products that may complement the task in achieving your goal, but educating yourself about your situation should be your top priority. By doing the research yourself, you will become better attuned to the specific conditions that you may be trying to treat.

So why is it so important to study first? General symptoms are just that - general. There may be several reasons that contribute to a specific condition or illness. For example, I just got back from attending a Symposium in Houston and one of the classes showed a study on Heart disease. The instructor was pointing out possible ways of indicating other systems and organs that may play a part in heart disease. These issues may also have to be taken into account.

Factors:

- **Glucose**
- **High levels of iron**
- **Low levels of testosterone**
- **C-Reactive Protein**
- **High blood pressure**
- **Homocysteine levels**
- **Depression**
- **Diet**
- **Stress**
- **Cholesterol - which really may not be a problem - new research being done**
- **Digestion**

As you can see there may be many reasons that may contribute to a person's heart problems. A single solution may not be the most effective. Combining several supplements MAY be a great solution. Products that have possibly shown promise are; [Sugar Reg.](#), [DHEA - M](#) or [DHEA - F](#), [Co Q10](#), [Vitamin E](#), [HS II](#), [B-Complex](#), [SAM-e](#), [Chromium](#), [Flax Seed oil](#), [Omega 3](#), [Bioflavonoids](#), [Nattozymes](#), [RG MAX](#), [Sea Calcium](#) , [Thai Go](#), [Hawthorne](#), [Adrenal Support](#), [Blood Pressurex](#), [Enzymes](#), [CardioAssurance](#) , [Probiotic 11](#) , just to name a few. Also be sure to check to see if the supplements you would like to take are complementary to each other.

Every person's body is different and you should take that into account when doing your research. There are many factors that will have to be considered - Age, Pollution in your area, inherited body weakness, length of time with the illness, Diet, and exercise program to list a few. Tests that your licensed practitioner can provide should always be considered too (Blood, cholesterol, C-Reactive Protein, and so on).

### **Please remember these Golden Rules of Health**

- It takes 5-7 times the normal amount of nutrition to rebuild and repair than it does to maintain.
- Nothing heals in the human body in less than 3 months, then add one month for every year that you have been sick.
- Hering's law of cure - "All cure starts from within out, from the head down, then in reverse order as the symptoms have appeared."

### **Step 4 - Developing the Schedule and Sticking to It**

This step seems to be even harder than picking the various products that you feel are right for you. Many people are accustomed to western medicine and expect immediate results, when in many cases this could be impossible. Remember, drugs do not work on the problem they only mask the symptom and usually have side effects. Understand that time is your friend here. Please don't get discouraged!

Now for those of us that can't seem to be able to take that large handful of supplements - that's okay. Your body may not need them all at once and dividing them up over the day may be better for you anyway. Certain supplements may be used for energy to help the body get through the day. Taking these types of supplements at night before bed may not be the best thing for you to achieve a restful night's sleep. I find that it is easiest to establish a routine. At the first of the week I sit down and put together my supplement intake by day, then by

certain times of the day and place them into "Ziploc" bags. This helps me keep up with the schedule.

After taking my morning regimen, I bring the afternoon portion to the office to take with lunch. When I get home I then take the last portion with dinner. Supplements should always be taken with at least 8 ounces of water and with food if recommended. Remember that supplements cannot withstand heat or direct sunlight. Cool dry places will work very well, so be careful where you store them - especially probiotics - they should be kept in the refrigerator.

### **Step 5 - Things Always Change**

Growing older, moving into a new environment, new job stress, traveling more, diet and other situations (positive or negative) may constitute change. Constantly monitoring your progress towards existing goals can give you the flexibility to progress towards consistent or increased health.

One last note: absorption of supplements by the body is the problem most people face. Just by remembering a digestive enzyme could be the answer to some of these problems while on your supplement plan. By following these steps and educating yourself on your situation and the supplements within your plan you can be on your way to better health.

Regards,

Chris Ritchason  
Back to Herbs

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