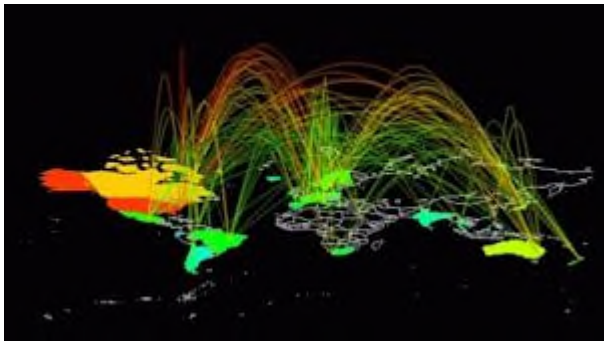




Micro Managing

What does that mean?

Many people will call or email or come into our store looking for something that will help with a particular problem they're dealing with. Quite often they will say something like: "my doctor, or my neighbor, or my plumber, etc. told me to take some particular herb or vitamin or whatever for" a specific issue. Or, they've "Googled their issue and got suggestions from cyber space.



Before discussing options we always make sure they understand we're not doctors and will not prescribe and cannot diagnose. We don't want to break the laws that protects the drug/medical cabal do we?

Our emails last year dealt with **some basics** we feel will be of help to those seeking to better understand natural health and wellness. Those articles can be found on our store website at this link.

SOME BASICS

Western medicine and for that matter much of western nutritional and herbal ideas tend to go at or attack a specific problem or dis-ease. Many will say I have this or I have that. Doctors will diagnose a problem and say take this or take that. People are told they need more of this or that. We're not saying these suggestions are wrong. Our only question is: "is the body getting the basics first?" This was addressed in our series "**Some Basics**".

That being said, **what do we mean by micro-managing?** Micro managing can mean that you're looking for that one thing that will make the pain go-away ignoring a more balanced approach. Quite often that is not realistic. It's not as though if you had been taking this or that individual supplement (ie. Vitamin D) everything would have been OK.

We have people come in the store looking for something to help with some issue they're dealing with. While discussing various products and options it becomes clear that **they do not have a balanced diet. They do not supplement their diet with a balanced vitamin/mineral supplement. They don't have any type of regular physical activity or exercise program.** They don't seem to have a particular interest in knowing more about their own bodies. They just want to be told what to take.

Others are really into the various herbs, vitamins, foods and activities that have been found to, or claimed to, be of help with their specific issue. These customers will want to try this or that or a combination of this or that without giving consideration to **being consistent over a period of time.**

We have been brought up in an atmosphere "**Quick fixes**". Although a quick fix would be nice, in most cases it is not practical. We have heard for instance with herbal remedies that it may take as

much as a month for each year that the problem has been developing for a person to notice significant results. It makes sense to us that this would be true with any natural approach.

“Patience is a virtue possessed by few”



Some people want to know as much as possible. Others just want to know what to take. Between those two extremes are many levels of interest.

I really like this quote by Frank Hebert:

“Beware of the Truth.

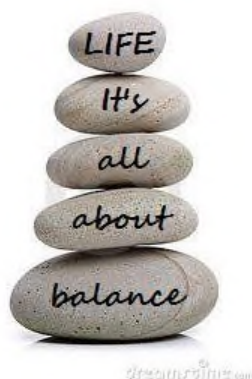
If you find a truth,

it can demand that you make painful changes”.

If you’re dealing with a specific health/wellness issue it only makes sense to investigate all your various options. Are there herbal/nutritional/transferenceutical products and activities that can be of specific benefit?

If you are following a good nutritional program including things mentioned in **“Some Basics”** and still having issues. If you have discussed this with your health care professional and decided you want to be more involved in your own health, which way do you go?

If your quest is for better health and wellness for you and your family, can we assist you in your quest?

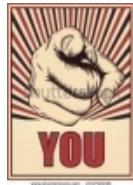


Years ago *Nature's Sunshine* developed a personal “**Health Analyzer**”.

It was originally called “**The Systems Approach to Health**”.

The idea was quite simple. Our bodies have various systems that support us. The Circulatory System, the Respiratory System, the Digestive System, the Immune System to mention a few. The concept was that if these systems were **properly nourished** they will perform better than if malnourished.

This assessment can be accessed and done online giving immediate results. Go to this link “**FREE HEALTH ASSESSMENT**” and scroll to bottom of the page. You will see a link there that says “**Take a free no-obligation online health assessment**”. Click it and follow instructions.



Are in charge!

Thomas Edison predicted:

"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."

To quote Yoda: **"Do or do not. There is no try."**

You can do this if this is what you want to do.



**DON'T USE
4 LETTER
WORDS**

Disclaimer: We do not directly dispense medical advice or prescribe the use of herbs or supplements as a form of treatment for illness. The information found here is for educational purposes only to empower people with knowledge to take care of their own health. We disclaim any liability if the reader uses or prescribes any remedies, natural or otherwise, for him/her self or another. Historically all of these herbs & vitamin supplements may

nutritionally support the body's biological systems. Please consult a licensed health professional should a need be indicated.

These are our ideas. We are not doctors nor do we play one on TV. We cannot diagnose and we will not prescribe. No claims are made. These are just our ideas based on a long family history (over 80 years) in and around the health and nutrition business. Do your own "due diligence" and investigate this. You are the most important person in the world! To you - you are! No one cares more about you than you do. Pay attention! We only go around once.

If we can be helpful in your earnest endeavors, please do not hesitate to contact us.

To your health and wellness,

Chuck & Judy Erkitz

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