



SOME BASICS (a work in progress) cont. #8

“**Some Basics**” is a list of ideas and herbal/nutriceutical/transferenceutical products we compiled to assist people in getting into, what we consider, is a productive frame of mind with regards to herbal and nutriceutical and transferenceutical supplements. It is by no means the be-all and end-all. We're sure others will have additional thoughts on this.

Previous installments of “**Some Basics**” are available at our website.

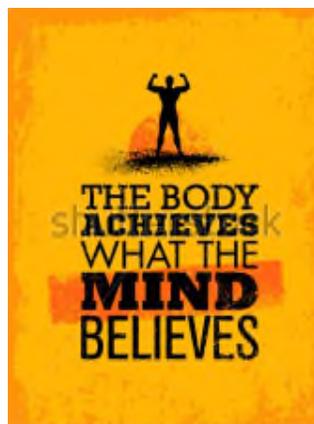
<http://www.naturesbetterway.com/> The complete list of **Some Basics** is located at the bottom of this article.

If you have been following this series of articles, we hope that they have been a benefit and encouraging in your quest to achieve and maintain wellness.

So, where do we go from here? Where do you want to go from here?



Are you tired of going around in circles?



People do things for their reasons not for our reasons. **What's your reason?**

What is your dream?

What do **you** value?
What is **your** dream?
What do **you** want most in life?
What makes **you** feel joy?
What is right?
What is best for **you**?
What are **you** going to do?
When are **you** going to do it?
How are **you** going to do it?
Why are **you** going to do it?

From **The Orator**, page 6
by Peter Nivio Zarlenga

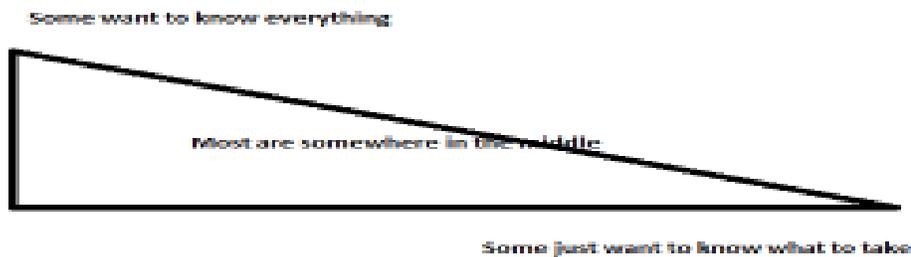
Should you re-read the above? ?



Most people know more about their favorite sports team, they know more about their dogs or cats, their horses, their cars or boats, etc., etc. They know more about any number of things than they know about their own bodies.

Very simply put, **you are the most important person in the world!** To you “you” are. You cannot be of any help to anyone else if you’re not here. **Taking care of your self should come first.**

Some people want to know as much as possible about whatever concerns them. Others just want to be told what to do. And, there’s a whole bunch in between these two extremes.



Where are you in this drawing? There is no right or wrong answer here. Just the way it is. **How much do you want to understand about your own body?** Many people trust the care of their bodies to others. These others quite often have bad penmanship, have difficulty in keeping appointments, and will quite often talk down to them.

So, again, where do we go from here?

If you have a “real want to” for whatever reason and **if you have the conviction** that an herbal, nutritional, & transferenceutical approach makes some sense, there are things you can do to educate yourself.

The internet provides a tremendous resource for those of you inclined to know more. It can be rather daunting though with so much information out there. Where do you start? How do you eat an elephant? One bite at a time.

At *Natures Better Way* we consult (not consul) with our customers to assist them in finding information and supplements that may be of benefit. If you were going on a safari, would you attempt to find a guide, preferably one with actual experience? Or, would you just march off into the jungle? If you needed a particular surgical procedure, would you seek out a doctor just out of school? Or, would you want a doctor that had been doing this particular type of surgery for many years? Or, would you look for a doctor with the experience and also been keeping himself up to date on current techniques?

One tool you can use is a simple **Health/Wellness Assessment** that you can do in the privacy of your own home or wherever. What follows is a brief explanation of this approach. If you would like a more comprehensive explanation of this please contact us here at *Natures Better Way*.

The Systems Approach & Health Assessment

Many years ago, **Nature's Sunshine**, one of the two main companies we deal with, began teaching people about health using a body-systems approach. That is, the human body is a group of interconnected systems—circulatory, digestive, immune, nervous, etc.—and each plays a critical role in health and life. Often though, one or more systems require extra help and nutrition.

Nature's Sunshine products are categorized by the body systems that they support. As you refer to a product, you'll discover key body systems that product supports. If a customer has concerns with a particular area of health, you can draw upon a grouping of products that have been formulated especially for that system.

We created the **Health Analyzer tool** to help customers determine which (if any) body systems need extra nutritional support. This indicates which body systems could use some extra support.

Take a **free no-obligation online health assessment**.

<http://naturesbetterway.mynsp.com/shop/index.html>

Go here to get a **printable copy** of the Health Assessment

<http://www.naturesbetterway.com/SYSTEM%20PACKS.htm> (pdf)

There is synergy involved with Herbal, Nutritional, & Transferceutical supplements. We have what we call **System Packs** that include ingredients that work synergistically to provide support for various bodily systems.

synergy

1.

the interaction of elements that when combined produce a total effect that is greater than the sum of the individual elements, contributions, etc.; synergism.

Another resource you have through *Natures Better Way* is **Direct Labs**. Here you can order your own blood tests at substantially reduced cost.

*A simple **blood** test could help save your life...*

We help put *your* health in *your* hands. Early detection and prevention are vitally important to your health.

This link takes you to our web page with **Direct Labs** where you can order your own blood tests.

<https://www.directlabs.com/naturesbetterway/Home/tabid/20820/language/en-US/Default.aspx>

Dad would often say: "You're with you more than anybody else. You know how you feel." And "Your health is no better than your own interest in it."

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

Some Basics list:

- **Real "Want to"**
- **Conviction**
- **Consistency**
- **Clean Air**
- **Pure Water**
- **Transfer Factor**
- **Multiple Vitamin/Mineral (Food Source)**
- **Probiotics**
- **Digestive Enzymes**
- **Hydrated Bentonite**
- **Psyllium**

If you have any questions, please do not hesitate to contact us.

To your health and wellness,

Chuck & Judy Erkitz

Natures Better Way

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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.