

Week 7

Projects

- build your sense of self in relation to others - Volunteer = do service work for a community organization one day this week
- pamper yourself - get a therapeutic massage, facial, or haircut

Diet

- try not to drink fluids with meals this week. Your digestive fluids and natural acids work better to break down your food when not diluted with liquids

Food Enzymes (120 caps)

Stock No.: 1836-9



Benefits:

- Supplements the body's production of important enzymes.
- Provides a blend of enzymes to digest proteins, carbohydrates and fats.
- Provides hydrochloric acid and bile salts to help digest proteins and fats.
- Helps prevent or relieve occasional indigestion.

Food Enzymes [Digestive, Immune] is a **key product for the digestive system**. Foods require processing (digestion), and enzymes are able to break down food compounds for absorption into the bloodstream. A number of different enzymes are needed to deal with differing food compounds. Some of these are produced by the body, some are found in foods. However, many processed foods lack the enzymes needed for proper digestion.

<http://www.mynsp.com/balancingyourhealth/products/guide.aspx?stockNum=1836>

- try a natural yogurt with active enzymes or consider:

Bifidophilus Flora Force® (90 caps)

Stock No.: 4080-4



Benefits:

- Improves immune system function.
- Helps maintain female vaginal and urinary tract health.
- Helps promote intestinal health in children.
- Helps promote respiratory health in children.
- Helps synthesize B vitamins.

Bifidophilus Flora Force® [Digestive, Intestinal]. The healthy human intestinal tract contains billions of intestinal floras that live in a delicate balance with each other and in symbiosis with us. We provide them with a home, and in turn **they break down our food into easily absorbed nutrients**. They also aid digestion in a variety of ways and promote immunity. Factors such as stress, environmental conditions or the use of certain substances can affect their vitality.

<http://www.mynsp.com/balancingyourhealth/products/guide.aspx?stockNum=4080>

Supplements

- Balancing Your Health offers a Zyto "Compass" screening which can help you determine the right supplemental products for your body.
- take a look at herbal remedies that are available at the Nature's Sunshine store (see our website for a link)
- consider replacing a pain reliever or other over the counter (OTC) medication with a natural solution ex. homeopathic medication

Arthritis (1 fl. oz.)

Stock No.: 8800-4



Arthritis [Structural] is a natural homeopathic medicine for the relief of minor arthritis symptoms: pain, stiffness and inflammation of joints.

Take 10–15 drops under the tongue every 10–15 minutes or as needed until symptoms improve; then decrease to every one or two hours, then to four times daily until symptoms are relieved.

This medicine is not recommended for children under 12.

<http://www.mynsp.com/balancingyourhealth/products/guide.aspx?stockNum=8800>

Exercise

- increase your walks to 40 minutes at least 5 times this week
- continue rebounder and deep full breathing techniques

Mental/Spiritual

- reach out to resume a connection with someone you have been estranged / practice forgiveness
- think about "disconnection syndrome" and your need to connect meaningfully to others / we are meant to live in communities and families
- think about getting a family pet if you live alone
- Read Hebrews

Jesus is the same yesterday, today and tomorrow. God is still a miracle worker. Teach the scriptures and God gives glory. Operate in the ways of the word.