



Healthy, Wealthy and Wise

NEWSLETTER

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JULY 2003



Saving your Skin

What you put on your skin is just as important as what you put in your body...

Skin is not just a covering to hold bones and muscles together... it actually is the largest elimination system that the body has and it communicates to us. Most everything that we see happening to us on the surface level is reflective of a condition going on inside.

ACNE can be a hormonal imbalance.

NAILS with RIDGES are generally indicative of a lack of B vitamins.

BAGS under the EYES can be a manifestation of a toxic liver and those hated HOODS over the EYES could indicate stress on the thyroid. Remember LIVER SPOTS?

Over the years we've accepted these as signs of aging but through holistic health, we know that each cell in the body has intelligence and memory. If we stop putting the poisons in that caused the problems and nutritionally support the weak system while it repairs itself, then most times we can reverse the damage that we've done. So why not the same approach to skin? You are what you eat. What we put on our skin is just as important as what we put into our bodies.

Nature's Sunshine provides health and nutrition for our skin. Among vitamins and minerals, there are also other Nature's Sunshine products which include HSN-W and the Natria line of natural skin products. For example, Natria's skin refining serum can help dramatically reduce signs of aging and restore your natural radiance. Natria's Nourishing Daily Defense Lotion provides SPF 15 which shields from harmful UVA and UVB rays while DNA defense enzymes protect skin and help correct the visible signs of damage caused by sun exposure. Natria's Five-Phase Eye Refine:

1. restores proper hydration
2. improves firmness
3. smoothes lines and wrinkles
4. diminishes the appearance of puffiness
5. visibly reduces the look of dark circles



Remember to drink lots of water! This will help flush out any toxins building up. Also, remember to read the labels on your make-up, what you could be doing to your immune system.

"A tea made from Red Raspberry leaves is the best gift God gave women."

-(Quaker herbalist of England)

Testimonial from one of my clients: *"After taking red raspberry for 3 months, my periods only lasted 3 days instead of 5-7 days. I had no PMS, cramps, headaches, etc for the first time in my life! Also, my periods were regular, every 28 days, like clockwork. As a test, I quit taking red raspberry for a few months and all the symptoms returned, so I never did without it again."*



- Decreases the menstrual flow without abruptly stopping it.
- Relieves painful menstruation.
- Contains nutrients to strengthen the uterus wall.
- Helps nausea.
- Reduces pain and eases childbirth.
- Enriches colostrum found in breast milk.
- Postpartum, will aid in decreasing uterus swelling and cut down on postpartum bleeding when the tea is consumed.
- Strengthens the entire reproductive system.
- Decreases chance of miscarriage for premature babies.
- Aids mother to carry baby full-term.
- Alleviates morning sickness and nausea.
- Tones and regulates the uterus before, during and after childbirth.
- Increases Milk supply.
- High in minerals and vitamins.
- Soothes the stomach, bowels and alimentary tract.

Red raspberry is high in calcium and iron. It contains vitamins A, C, E, F, G and B. The minerals present are phosphorus and manganese. Its use has been historically documented in Chinese and European culture. There is no known toxicity from Red Raspberry.

Bilberry

Health from head to toe



Bilberry is the European version of the blueberry. They are consumed fresh, cooked or used in pastries, syrup and wine, much in the same way American blueberries are used here. The leaves have also been used both as a medicinal herb and as a flavorful tea.

In current phytotherapy, only the berries are recommended for treatment of diarrhea, as they contain 7 percent tannin, an astringent substance. However, the most important medicinal compounds in bilberry appear to be the pigments called anthocyanins, a type of flavonoid. These pigments are thought to inhibit bacterial growth, and along with the tannin content in the dried berries, are considered effective for diarrhea and dyspepsia (digestive distress) in adults and infants.

Reduces "capillary fragility", increases the strength of capillary walls

- Provides an anti-inflammatory effect and reduces edema (the accumulation of fluid in tissue)
- Varicose veins, which are caused by leakage from capillaries, can be helped by bilberry flavonoids.
- Topical treatment for a variety of skin conditions, possibly including acne.
- Strengthens coronary arteries

Reduction of atherosclerosis, or the obstruction of arteries by fatty deposits

Bilberry is also an inhibitor of platelet aggregation, in other words a "blood thinner." Thus, in addition to strengthening the blood vessel walls, reducing the risk of hemorrhage, bilberry also reduces the risk of clots.

Increases the gastric mucous secretion that protects the stomach lining from ulceration.

Improves night vision

Improves dark adaptation, the length of time required for our eyes to adjust to the dark after being exposed to light.

May be effective in preventing cataracts in the elderly. A bilberry extract, along with vitamin E, both taken orally, stopped the progression of cataract formation in 97 percent of the subjects tested.

May help people with normal myopia or nearsightedness. An Italian study showed "significant improvement" in about 3/4 of the cases.

Has antioxidant or free-radical scavenging effects and some anti-diabetic effects, although the benefit to diabetics may be in protection of the eyes and heart, more than in the actual treatment of excess blood sugar.

At a time when flavonoids or bioflavonoids are becoming increasingly popular, bilberry flavonoids show strong potential for the eyes in particular, and for the capillaries and circulatory system in general.