

# WEIGHT LOSS

Losing weight and keeping it off involves three important factors: 1) Proper Nutrition, 2) Proper Exercise, and 3) Emotional management. Begin with a good body/colon cleanse.

14

## ✓ **CLEANSTART** - Use prior to any weight loss program!

- Complete colon cleanse helps eliminates toxic waste.
- Increases energy, improves body balance and harmony.
- Nourishes the main detoxifying organs. Two week program.



## ✓ **METABOSTART** - Power packed with the following:

- *MetaboMax, 7-Keto, Fat Grabbers, Cellu-Smooth, & Garcinia Comb.*
- Formulated to balance bodily functions to help you achieve the desired weight & look you want. Two week program.



## ✓ **FAT GRABBERS** - Grab the fat before your body does!

- An ideal product for anyone wanting to absorb less fat from their everyday diet. No stimulants, no questionable ingredients-just wholesome nutritional substances that won't disrupt normal body processes. Available in 120 caps, 360 caps, or 45 Packets.



**5-HTP POWER** - (60) Increases endorphins - Feel fuller, thus eat less and lose weight.

**7-KETO** - (30) Helps to reset the body's memory weight set point. Lose weight.

**APPETITE CONTROL** - (1 oz) Assists in control of appetite as an aid to weight loss.

**AS W/GYMNEMA** - Provides a feeling of fullness, blocks sugar, appetite suppressant.

**CARBO GRABBERS** - (60) Inhibit the breakdown of carbohydrates.

**CELLU-SMOOTH** - (90) Increases circulation to the underlying skin and fights cellulite.

**CELLU-TONE** - (.15 oz) Apply to areas of cellulite to tighten and improve circulation.

**CHICKWEED** - Reduces appetite, helps dissolve cellulite and fat, cholesterol cleaner.

**CHROMIUM, GTF** - (90) Reduces cravings for sweets, helps body burn fat as energy.

**COLLATRIM PLUS** - (16 oz) Take at bedtime to help lose weight. Also 180 count bottle.

**FEN-CHI** - (150) A safe alternative to prescription drugs. Lose weight and burn fat.

**GARCINIA COMBO** - Helps body make more energy and less fat, curb appetite.

**HEALTHY BLAST** - (14 Packets) Complete Meal. Balance of vit., minerals. Energy-boosting.

**LBS-II+** - Constipation, stool softener. Helps keep old waste moving out of your body.

**L-CARNITINE** - (30) Utilizes fat so it can be used for energy instead of burned.

**METABOMAX** - (90) Burn stored fat as energy. Nourish glands. Caffeine free.

**NATURE'S THERMO-ACTION** - (1 month) Thermogenics. Burns fat. Nourishes body.

**NATURE'S CLEANSE** - (14 days) Use for 7 days prior to any program. Builds health.

**NATURE'S-SYNER-SLIM** - (14 day) Uses synephrine, not ephedra. Nourish w/energy.

**PYRUVATE** - Improve fat burning. Increase endurance and metabolism.

**RED BEET ROOT FORM.** - Decreases desire to snack, gives energy. Great for fasting.

**SF** - Skinny Formula. Cleanser, diuretic, parasites, helps cravings & energy dips.

**SLIM-CHI** - (120) Slim down your body and get energy naturally without stimulants.

**SUNSHINE SLENDER** - (Van or Coc) (24.75 oz) Complete meal replacement. Tastes great.

**THERMO-CHI** - (42 packets) Thermogenics. Burns fat, reduce appetite. Super Energy.

**THYROID ACTIVATOR** - Feed and strengthen the thyroid and increase metabolism.

**TIAO HE CLEANSE** - (30 Packets) Clean old waste accumulated in bowels. Helps liver.

**ULTIMATE GREENZONE** - (17 oz) Complete meal replacement. Grains & Greens.

# ENERGY

Energy doesn't come from losing weight. Having energy involves many things including eating the correct foods & being physically fit. To help increase your energy levels, consider some of the following

**BEE POLLEN** - Has vitamins and minerals, amino acids, enzymes. Endurance, energy.

**CORDYCEPS** - (90) Energizing, restores energy, male potency & female vitality.

**ENERG-V** - Energy, stamina, lifts moods, improves stamina & memory.

**ENERG-V PACK** - (30 Packets) Energy, stamina, lifts moods, helps improve memory.

**GINSENG, SIBERIAN** - Energy, adaptant to stress, adrenal tonic.

**NATURE'S CHI** - Super energy, weight loss, natural no-doze. Dispel sugar cravings.

**SUMA COMBINATION** - Brazilian ginseng and herbs for energy, reverse fatigue, stress.

**SUPER ALGAE** - A super-fuel food bursting with easily assimilated nutrients.

**TARGET ENDURANCE** - (90) Maximum nutrition to the body's muscles.

3

# COMMON AILMENTS SUPPORT \* CONTINUED

Directions: Use all the products listed for each ailment. \* See each bottle for the recommended amounts to take unless suggested otherwise by your NSP Herb Specialist or by your doctor.

**GALL BLADDER\*** - Hydrangea to help dissolve stones. Use Hi-Lipase if G.B. removed.

**GLAUCOMA\*** - Perfect Eyes, EW, Bilberry Concentrate, Grapeine Hi-Potency.

**GOUT\*** - Safflowers, KB-C, Aloe Vera Whole Leaf, Food Enzymes.

**HAIR LOSS\*** - Thyroid Activator, HSN-W, Nutri-Calm. See 'Baldness' for more suggestions.

**HEADACHE / MIGRAINE\*** - Feverfew Concentrate, Tei Fu Oil (rub on temples). Clean Liver.

**HEARTBURN\*** - Stomach Comfort to stop. Use Food Enzymes w/meal & Aloe Vera Juice after.

**HEMORRHOIDS\*** - Vari-Gone, MSM, Citrus Bioflavonoids, White Oak Bark used as a salve.

**HIATAL HERNIA\*** - Anti Gas form., Proactazyme or Food Enzymes, Aloe Vera, Stomach Cmf.

**HIVES\*** - MSM, Hydrated Bentonite or Activated Charcoal, Allergy Homeopathic. Clean Liver.

**HOT FLASHES / PMS\*** - Natural Changes or FlashEase, PMS Homeopathic, Pro-G-Yam.

**HYPERGLYCEMIA\*** - (high sugar) Blood Sugar Form., Chromium, Spirulina, Food Enzymes.

**HYPERTHYROID\*** - (overactive) Master Gland, TS II, Proactazyme, Super Supplemental.

**HYPOGLYCEMIA\*** - (low sugar) HY-A or HY-C, GreenZone, GTF Chromium, Licorice Root.

**HYPOTHYROID\*** - (underactive) Master Gland, Target TSII, Proactazyme, Super Supplemental.

**INCONTINENCE\*** - (Involuntary bladder control) Urinary Maintenance, KB-C, and Bifidophilus.

**INDIGESTION\*** - Stomach Comfort, Food Enzymes, Peppermint Oil. Combine foods properly.

**INSOMNIA\*** - 5-HTP or Kava Kava or Melatonin or Valerian T/R, plus Calcium/Magnesium.

**KIDNEY STONES\*** - Hydrangea, Marshmallow, Magnesium, Kidney Activator, Lemon water.

**LARYNGITIS\*** - VS-C liq., Licorice liq., Peppermint Oil, Sore Throat/Laryngitis Homeopathic.

**LEG CRAMPS\*** - Calcium/Magnesium (@ bedtime) or Combo Potassium, Food Enzymes.

**MEMORY, POOR\*** - Gingko T/R or Gingko/Goto Kola, Flax Seed Oil, Food Enzymes.

**MORNING SICKNESS\*** - Red Raspberry and/or Ginger and/or Peppermint Oil.

**MUSCLE CRAMPS\*** - (take at bedtime) Kava Kava, Calcium Plus Vit D, ATC Herbal CA.

**NAUSEA\*** - Red Raspberry, Ginger, Peppermint Oil. Consider Liver/Gallbladder cleanse.

**OSTEOPOROSIS\*** - Natural Changes, Pro-G-Yam, Food Enzymes.

**PERIOD PAIN\*** - Para Cleanse (3 rounds), Proactazyme, Artemisia. Clove Oil diluted on stomach.

**PERIODONTAL DISEASE\*** - Sunshine Brite T/P, White Oak Bark and Golden Seal on gums.

**POISON IVY - OAK\*** - Healing AC Cream or Herbal Trim, MSM, Vitamin C. Ginger bath helpful.

**PROSTATE PROBLEMS\*** - Men's Formula, Saw Palmetto, Food Enzymes.

**RASHES\*** - Healing AC Cream, BP-X or Ay. Skin Detox, Vit. A&D, Flax Seed Oil. CleanStart then Ult.Build.

**RHEUMATISM\*** - MSM, Nat. Noni, Joint Formula, Food Enzymes. Nature's Phenyltol for pain.

**SCIATICA\*** - KB-C, IF-C, Calcium/Magnesium, Food Enzymes, Sciatica Homeopathic.

**SEX DRIVE, LOW\*** - Women: X-Action, Damiana, or Nat. Changes. Men: X-Action Pack or X-A.

**SEX DRIVE, TOO STRONG\*** - Herbal Sleep. Premature Ejaculation: Hydrangea.

**SHINGLES\*** - VS-C, Nerve Control, L-Lysine, Nutri-Calm. Take bath w/ Lavender Oil.

**SMOKING - STOP\*** - Lobelia/St. John's Wort, Catnip & Fennel, Tobacco Detox Homeopathic.

**SNORING\*** - SnorEase. Consider eliminating dairy, wheat, or other allergy causing foods.

**SORE THROAT\*** - ZincEase, Echineaca/Golden Seal liq., Sore Throat/Laryngitis Homeopathic.

**STOMACH ACHE\*** - Activated Charcoal and/or Aloe Vera Juice and/or Peppermint Oil.

**STOMACH ULCERS\*** - Gastro Health, Capsicum, Aloe Vera Juice Whole Leaf.

**STRESS\*** - Kava Kava or Nutri Calm or Stress-J or the powerful Stress Pack.

**SUNBURN\*** - Healing AC Cream or Herbal Trim, Combination Potassium, Vitamin C.

**TENDINITIS\*** - MSM, Glucosamine, Chondroitin, Tei Fu Lotion.

**TMJ\*** - Stress Pack, Calcium/Magnesium, Herbal CA, Food Enzymes.

**TOOTHACHE\*** - Tei Fu Oil on gums, Golden Seal and Lobelia Essence packed on tooth/gum.

**VARICOSE/SPIDER VEINS\*** - Vari-Gone (pills & cream), Citrus Biofl., MSM. Clean bowels.

**WARTS\*** - VS-C (3 months minimum), Pau D'Arco, Tea Tree Oil externally.

**WEIGHT GAIN\*** - Saw Palmetto, Alfalfa or Chamomile, TS II. Consider parasite cleansing.

**WEIGHT LOSS\*** - See weight loss section (page 14) and/or your Herb Specialists for products.

**YEAST INFECTIONS\*** - Caprylic Acid, Pau D'Arco, Garlic, Acidophilus. Eliminate sugar.

\*This information has not been evaluated by the FDA. The products listed are for nutritional support only and are not intended to cure, prescribe, diagnose, or replace proper medical advice. Please feel free to check with your nutritionally aware doctor. If you are having a serious medical problem, please seek proper medical attention.

Don't Forget Your Basic ABC's To Natural Health (see page 15).