

FOR THE HEALTH OF IT

BEAUTY SLEEP

It is a little known fact that if we don't get enough sleep we age faster—we also are irritable. So, if you want to be beautiful on the inside and outside—get a proper amount of sleep.

Getting the proper amount of sleep means that you wake up when your body is ready. It means feeling alert and ready to start your day. It doesn't mean being jolted out of bed with an alarm clock ringing.

Most people haven't got a clue at how it would feel not to be awakened by an alarm of some sort. This is because most of us do not get the proper amount of sleep.

Whether it is due to our job, family responsibilities, or just "don't want to go to bed"—we simply don't get to bed early enough to let our adrenal glands have some "down time".

The adrenal glands help us deal with stress. For many of us—they are constantly on alert status. We, in America, are always "fighting bears". Whether it is traffic, tight schedules, deadlines—whatever. We simply try to fit as much into our day as possible. People don't even take walks anymore without a cell phone!

We hear buzzers constantly—cell phone texting means that we are on alert. Someone is demanding our time. So, it is any wonder we try to zone out with stupid games or TV shows?

Our adrenal glands emotionally handle decision making. If we do not get good sleep we do not make good decisions.

Taking a good adaptogenic herbal remedy will help the adrenal glands to stay calm. But we also must assist it by taking time away from demanding situations. Pretend you are in a "no service zone". Find a nature path and walk it. Take some deep breaths. If this could be done before you made your way into rush hour traffic, you'd make better decisions and be happier when you arrived home.

Mary Born, ND CNHP CNC
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RHODIOLA



This plant started to appear in scientific literature from Sweden, Norway, France, Germany, The Soviet Union, and Iceland as early as 1725. It was popular with the Vikings for enhancing mental and physical endurance and was included in the first Swedish Pharmacopeia in 1775. Linnaeus wrote about Rhodiola's medicinal properties in 1749 in his *Materia Medica*.

It has many scientific and clinical studies to back up the medicinal and beneficial uses of this extract. It has shown to help during times of stress as an adaptor and mediator. Thus reducing the strain on the immune system as well.

It is a well-known fact that when someone is going through stressful times the immune system is challenged. Taking a remedy such as Adaptamax that includes Rhodiola will help the body deal with all kinds of stress.

If you work in an environment that has chemicals such as a salon or paint shop, you would do well by taking this supplement daily.

Environmental stress can trigger allergies and asthma. These can lead to even more serious conditions such as COPD or even cancer. Taking a supplement to help offset the stress during exposure is definitely a good idea.

Another supplement that includes Rhodiola root extract is CelluSmooth. This product helps reduce the build up of fat cell accumulation. Toxins tend to be absorbed into fat/ This causes a "cottage cheese" look that most women detest.

Research has shown that taking a supplement with Rhodiola in it before exercising can improve endurance and stamina. It also has been shown that the combination can reduce fat cells. Take a couple before doing your next exercise regimen.

BOOST YOUR BRAIN

Years ago it was believed that the brain cells you were born with was all you got and if you injured them they couldn't be repaired. Not so. New discovery! Scientists even have a name for it now: neurogenesis. You can regenerate brain cells.

Many things can affect the brain! Dr. Daniel Amen is an MD that wrote a booklet for NSP called. *Change Your Brain, Change Your Life*. Nutrition plays a huge roll in having a healthy brain. Brains need good fats and DHA is one of the best fats for the brain and eyes. This specific Omega rich oil supports every area of the brain.

September's classes are all about brain health so make sure you attend one of them. Check the calendar listings as to what you can attend with your schedule. Also, check out the webinars available at my website: www.BornForHealth.com and register for the class on **Brain Health**.

DHA

Our bodies naturally produce small amounts of DHA, but we must get the amounts we need from our diet or supplements. Most people in the Western world do not get enough omega-3 fatty acids in their diet.

It makes sense to supplement our diet with this very important fat. Omega 3 has some DHA in it but DHA is higher in this fat and has some Omega EPA in it. So, if building a better brain is what you want—the base of your program should include this supplement.

Protecting the brain with proper head gear is important. Children especially should avoid soccer balls as it jolts the brain. Dr. Amen says to think of the brain as custard and that the skull is just there to protect it. However the skull often needs help.

Children can protect their brains with chewable DHA with antioxidants.

DHA: Stock #1513-5 (60 cap)
Retail \$26.95; Direct cost \$17.95
Heroes Chewable Omega w/DHA
Stock#3342-4 Retail:\$26.65; Direct cost \$17.75

A special thank you to all of you who are spreading the word about natural health and changing people's lives for the better! Because of you, people are leading healthier lives!

*If you would like to help others get healthier and receive an income for doing it—let me know. We are doing business classes once a week to encourage those who want to **share the possibilities of good health**. The best tool you have is your enthusiasm and how natural remedies have helped you! Call or email me what you would like to do: work full time; part time, or just earn a little while helping others get healthy. 248-623-2288 or Mary@BornForHealth.com **We need people like you!***

Classes:

September 11th – Live class in Southfield on Boost Your Brain Power

10am-12. Registration is needed to attend as seating is limited—please call 248-559-6763 to reserve your space. \$5.00 includes handouts.

Business lunch following class—come join us for income ideas. No-fee.

Southfield classes held at the Chiropractic Natural Health Associates building - 15831Twelve Mile Rd. Space is limited. We start at 10:15 Sharp. We urge you to be there at 10am so we can begin on time.

Total Health Food Store in Southgate classes:

September 13th 6pm-7:30 Kathy Peltier, a Health & Business coach will be instructing a class on Tips to Improve Memory and Increase Intelligence. **Call 734-246-1208** to register for the class. Store located: 13645 Northline in Southgate—seating limited; please call now to reserve your space! Learn how to create a better brain!

Webinar on Better Brain health: September 29th—email to join Mary@Bornforhealth.com

Health Education Series-The Brilliant Body Webinar Digestive system

Register: www.NSPWebinars.com

September 13th -recorded for viewing –Live at 1pm EST.

On Tuesday nights-Learn to Share!

Kathy Peltier does a live meeting in Southfield and Dr. Mary Born via webinar—from 6:30-7:45pm (Special dates – see below) Do you love sharing health? Would you like to help others while earning an income? Come learn techniques on sharing health with others. Thousands of people just like you are learning that they can overcome their shyness, fears, and concerns about sharing—you can too! All you need is your enthusiasm—we teach you the rest! 248-559-6763 to join live in Southfield; or email Mary@BornForHealth.com for joining via webinar. See enclosed calendar for dates.

September 14th and 28th send email for link or live in Southfield. We'll be working on goal cards and business planning. Share your testimonials.

September 15th through 26th—London and Paris

My husband and I will be out of the office between September 15th and the 26th as we are going to be in London and then Paris. Nature's Sunshine is taking us and we are excited to see all the sights of these two fabulous, historic cities and the surrounding areas. The office will be open so call for supplement availability 248-559-6763 and office hours.

Mark October 23rd on your calendar for an all day learning experience!

Brilliant Body is coming to the Southfield area—in just a few days we will have the hotel secured and share that with you. I wanted to make sure you set aside this date as it is going to be an awesome learning experience. The class goes from 9-5pm. Registration is through NSP 800-223-8225 and it will cost only \$35.00. You will get an extra 10% discount on products purchased that day; CD of the slide presentation and booklets on all of the body systems as well as CD support. There will be giveaways and lots of fun throughout the day along with mingling with like-minded upbeat people. Share the experience with a friend. Seating is limited so please – register now.

check out my website:

www.BornForHealth.com for past webinars and for current ones you can join. Just click on the Webinar tab. These classes are free!

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also: www.mynsp.com/born

Herbal & Nutritional Consulting,

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Classes, Herbs, Vitamins,

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Stainless cookware,

and other related health equipment.

**A HEALTHY YOU - FOR A
HEALTHY UNIVERSE!**

Join our weekly eGram list—start your week with a “health” message! **Mary@BornForHealth.com** (all email addresses strictly confidential!) Let me know if your address has changed!

Brilliant Body class coming to Southfield! Those of you who attended the Ann Arbor class this spring will know what a fabulous educational experience this day is. You can register now for the October 23rd class. More details coming but be one of the first to register for this all day class. (9-5) Call NSP 800-223-8225 now.

Tuesday night “Share” meetings are a blast. We learn about supplements and sharing health with others. We meet at 6:30 – 7:45 pm in Southfield! Call 248-559-6763

Key Products Featured In:



Are You Suffering From Sleep Debt?

All prices subject to change without notice

Qty.	Product	Stock Number	Retail	Member Cost**	Direct Cost†	Extended Cost
	5-HTP Power	2806-4	27.70	21.25	18.45	
	Adrenal Support	1507-0	24.45	18.75	16.30	
	Bergamot essential oil	3900-5	20.25	15.55	13.50	
	Blood Build	1881-9	24.70	18.95	16.45	
	Blood Build, TCM Concentrate	1005-9	42.40	32.50	28.25	
	Boomerang Air and Surface Sanitizer	7030-5	649.95	569.25	495.00	
	Citrus Bioflavonoids with Vitamin C	1646-4	21.00	16.10	14.00	
	Co-Q10 50	4109-8	34.45	26.40	22.95	
	GABA Plus	1823-6	17.80	13.65	11.85	
	Hawthorn	370-3	13.65	10.50	9.10	
	Herbal Sleep	940-8	16.75	12.85	11.15	
	Kava Kava	405-9	30.55	23.45	20.35	
	KB-C	1883-3	26.25	20.15	17.50	
	KB-C, TCM Concentrate	1016-0	32.20	24.70	21.45	
	Lavender Fine essential oil	3907-8	14.95	11.45	9.95	
	Licorice Root	420-6	14.65	11.25	9.75	
	Liver Balance	1860-1	22.45	17.20	14.95	
	Liver Balance, TCM Concentrate	1008-8	26.65	20.45	17.75	
	Magnesium Complex	1859-8	14.50	11.10	9.65	
	Melatonin Extra	2830-4	21.25	16.30	14.15	
	Nervous Fatigue Formula	1884-7	23.95	18.35	15.95	
	Nervous Fatigue Formula, TCM Concentrate	1017-1	30.70	23.55	20.45	
	Passion Flower	500-3	17.65	13.55	11.75	
	Patchouli essential oil	3909-0	20.25	15.55	13.50	
	Seasonal Defense	806-6	20.80	15.95	13.85	
	SnorEase	1815-4	28.80	22.10	19.20	
	Super Algae	1056-5	36.25	27.80	24.15	
	Ylang Ylang essential oil	3917-7	18.40	14.10	12.25	

Name _____ Phone _____

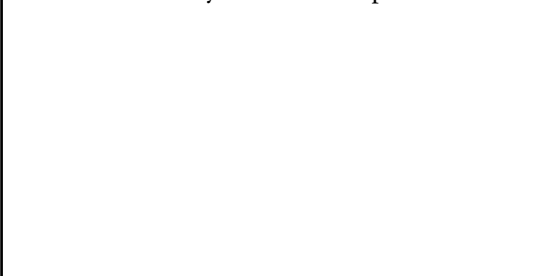
Address _____

Date _____ NSP Account Number ** _____

†This price is available only when ordering directly from Nature's Sunshine Products, using your NSP Member account.

**To qualify for Member Cost, you must be signed up as a Member in Nature's Sunshine Products and have a Member Account Number. Call for details.

You can order any of the above products from:



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 1583ITwelve Mile Rd. Southfield MI 48076
 248-623-2288 for appt: 248-559-6763
 Dr. Mary Born, Naturopathic Doctor
www.BornForHealth.com or www.Mynsp.com/Born

September 2010

Passion Flower



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
					Consul. 9am-7pm	Have a safe Holiday!
5	6	7	8	9	10	10am-12 11
	Office Closed	No Share meeting				Herbal Hour in Southfield on Brain Health \$5. at door. Call 249-559-6763 to reg.
	Labor Day				Consul. 9am-7pm	
12	13	14	15	16	17	18
	Consul. 2:30-7pm	6:30pm-7:45				
	*NSP Webinar on Digestion <u>Live</u> at 1pm EST	. Share meeting in Southfield-248-559-6763 to register – Helping others with NSP				
	Class on Brain Health in Southgate at Total Health Foods 734-246-1208 Reg.					
19	20	21	22	23	24	25
Dr. Mary and Dr. Bruce Born on TAC trip to London and Paris						
Will return on Sunday September 26 th Will both be in the office on Monday Sept. 27 th						
26	27	6:30pm-7:45 28	29	30		
		Share meeting in Southfield-248-559-6763 to register – Helping others with NSP				
	Consul. 2:30-7pm					

*Go to: www.NSPWEBINARS.Com to attend Digestion session on the 13th. This will be recorded and can be found in the member's section of www.Naturesunshine.com Education tab.