

FOR THE HEALTH OF IT

AS THE NEW YEAR APPROACHES

January will begin my 20th year sending out this newsletter.. Some of you have been with me since the beginning of it. I want to thank you for allowing me to share with you health messages throughout the year. A writer is nothing without someone to read the material. I thank you for your comments and kind words about the health messages I bring you each month.

I also want to thank Steven Horne of Tree of Light Publishing who creates the accompanying Sunshine Sharing. His work has been an inspiration to me and he has been a great mentor and friend. *May you continue to teach and share your knowledge with others in health.*

Steven is planning on launching a new book on Emotional healing and you can find out more on his website: Treelite.com This is a great website with lots of health information. Each month Steven does a DVD with information pertaining to that month's theme. You can find all the past class information on his website and purchase the DVD's on a variety of subjects.

If you are considering a career as a health practioner, you can also take classes from Steven and obtain certification. Webinars are also available and right now Steven is doing a course called ABC+D. This is a great basic class that explains how the systems of the body work and how you can support them in health. This class is only \$97.00 and it has 14 sessions plus handouts and charts are included in the fee. I've taken this class a couple of times and learn more each time I take it. I have a few coupons for \$21.00 off the price bringing the total to only \$76.00. Let me know if you are interested.

I thank each and every one of you who have trusted your health and the health of your loved ones to my suggestions. I hope you have a healthy and prosperous 2010.
Dr. Mary

All expressed opinions are those of:
Mary Born, ND CNHP CNC
Iridologist/Herbal Consultant
15831 Twelve Mile Rd. Southfield MI 48076
(248) 623-2288, (248) 559-6763
www.bornforhealth.com or www.mynsp.com/Born

DAMIANA



Turnera Diffusa

The Aztecs used Damiana as a tonic and aphrodisiac. The energy of the flower moves from the 2nd chakra into the 3rd chakra area. The warm yellow color of the flower assists with balancing the reproductive system and energizing it. It should not be used during pregnancy.

It is used also when depression affects libido. The herb's active components have the ability to widen blood vessels, thus relieving symptoms of impotence. In women, the herb warms the reproductive area and relaxes the muscles.

Because it is a very good nervous system tonic, Damiana is beneficial in helping you relax and "take a break".

Some specialists believe this herb to be beneficial for Diabetes as it helps with opening the vascular system and allowing better blood flow.

Damiana is antibacterial and supports the immune system and can be mildly laxative. Another good thing, one can use small doses to achieve big results.

This delightful plant is found in hot climates such as Central and South America. The flowers are sweet scented and the fruit is fig-like however it is the leaves that are used medicinally. Make sure you only purchase pure Damiana to achieve the results you are looking for. Nature's Sunshine guarantees pure herbal remedies that are not cut with cheaper herbs as some companies do. You can also depend on the correct plant part in the bottles you buy from NSP.

Before you depend on drugs that have side effects, you might want to check out the balancing effects of herbs that have been shown effective for hundreds of years. Put some Salsa in your life with Damiana!

THE BIG BAD FLU

It seems every year the media sends us into a frenzy warning us of complications from the flu—whichever variety.

Learn the facts about how our immune system works and how you can support it better throughout the winter months. The next month's Herbal Hour will be on The Big Bad Flue and other infectious diseases. The whole family will benefit by learning how to help the body protect against these and what to do at the first sign of infection.

Be sure to join us live in Southfield on **January 9th at 10am.** I will be doing my once a month webinar on January 20th Check out my website for registration:
www.BornForHealth.com/webinars

VS-C

I love this formula that is exclusive to Nature's Sunshine. It was formulated by a Chinese doctor to help support not only the immune system and respiratory system but also is a fabulous tonic.

VS-C helps to move stuck energy out of the liver so it is mildly detoxifying. It is a great winter remedy! Herbs include Purslane, Dandelion, Licorice, Cinnamon twig and Ginseng.

It is sold in capsule, concentrate and liquid (non alcohol so it is good for children).

Make this your first winter without illness—try VS-C as your winter tonic. Or, keep it in your medicine chest to take at the first sign of the flu.

VS-C ATC: Stock #949-2
Retail \$20.20 Member cost \$19.45
(30 capsule supply)

VS-C caps.: Stock #937-7
Retail \$19.20 Member cost \$12.80
(100 capsule supply – 6 per day maintenance dose)

VS-C liquid: Stock #3167-6
Retail \$19.15 Member cost \$12.75

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!*

Local classes:

Herbal Hour in Southfield: January 9, 2010 Who's Afraid of the Big Bad Flu? If you've been following the media and do not want to get a flu shot, know what you can do to support your immune system. Also, learn some very practical and effective ways you can protect yourself during the winter season. Call to reg. 248-559-6763 fee of \$5. pd at door. Class held at my **Southfield office from 10am-12. Seating is limited—be sure to reserve your place.** **Business lunch following class—come join us for income ideas.**

Total Health Food Store in Southgate classes:

January 11th Winter Blues—Kathy Peltier, a Health & Business coach will be instructing a class on how to help with depression. Begins at 7pm—**Call 734-246-1208** to register for the class. Store located: 13645 Northline in Southgate—seating limited; please call! Fee \$10. Handouts included

Can't make Share meetings in Southfield? We are now doing Share night via webinars. Let me know if you are interested and I'll send you the link. We think it would be great to Share across the country in a live session where we talk about health and ways to improve income. Send me an email. *Dr. Mary*

January 20th Webinar on Staying Health this Winter This class is **Free** -- to anyone globally who can connect to the internet! Check my website and click on the registration link, or send me an email saying you'd like to attend the webinar. If you'd like to attend via phone—no problem. Just give me a call before the scheduled date of the seminar and I'll get a phone number to you. Two times to choose from: 9am or 6:30pm EST. Must register to join!

Mary@BornForHealth.com

Check my website for recorded webinars on: Depression, Auto Immune, Healthy Teeth and gums, Heart, and Colon health, Herbal Medicine chest and more! All Free.

Coupons available for \$21.00 off the cost—you pay only \$76.

ABC+D Approach—new classes from January through June:

Steven Horne will be presenting webinars on learning the ABC's of better health. This class can prepare you to Share Good Health with your family, friends and to advance to certification in Herbal Consulting. Email me for more information. The series of classes will only be \$97.00 which includes all downloads & classes.

Monthly Herbal Hour dates in Southfield for your calendar:

February class will be on Healthy Reproductive system and Love life!

Live classes are held in Southfield at the Chiropractic Natural Health Associates building - 15831 Twelve Mile Rd. Call 248-623-2288 to reserve your space. Fee is only \$5.00 (includes class and handouts) at the door. Space is limited. We start at 10:15 but we urge you to be there at 10am so we can begin on time.

Would you like to earn extra income for the Holidays? Let me know how much you want to earn and what your health interests are. I'd love to help! *Dr. Mary*

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

Have you heard about the Boomerang air sanitizer? It's what's new at NSP. Safe, clean air for your home! Kills viruses, bacteria, mold on surfaces and in the air you breathe.

Tuesday night “Share” meetings are a blast. We learn about supplements and sharing health with others. We meet at 6:30 – 8pm in Southfield!
We Share because We Care!

Join us for Leader's Conference in Orlando for half price if its your first time! What a great time to warm up in February!

FOR THE HEALTH OF IT

Mary Born, ND CNHP CNC
15831 Twelve Mile
Southfield MI 48076
(248) 623-2288 or (248) 559-6763

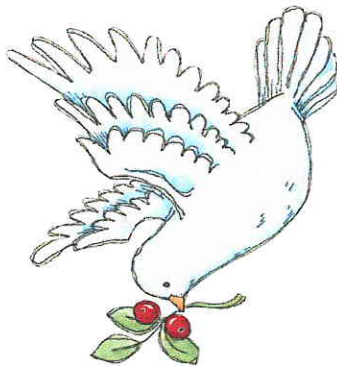
www.bornforhealth.com
email: Mary@bornforhealth.com

also: www.mynsp.com/born
Herbal & Nutritional Consulting,
Aromatherapy Certified
Emotional Healing
Compass Evaluations
Master of Holistic Healing
Resting Metabolic Rate testing

©©©

Classes, Herbs, Vitamins,
Air and Water Treatment systems,
Stainless cookware,
and other related health equipment.

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



FOR THE HEALTH OF IT
 Mary Born, ND CNHP CNC
 15831 Twelve Mile Road Southfield MI 48076-7144
 (248) 559-6763 (248) 623-2288 fax (248) 559-6774
 email: Mary@bornforhealth.com
www.BornForHealth.com or www.mynsp.com/born

Joyous and Prosperous New Year to you. May 2010 bring you health and abundance.



January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Want to share health with others and earn extra income? Let us show you how at our Tuesday night Share sessions. Let us know you are coming--248-559-6763</p>	<p>4 Cons. hrs. 3:30-7pm</p>	<p>5 Share meeting tonight in Southfield 6:30-8pm. Come learn and share NSP to help others</p>	<p>6 Don't be bored this winter--take a class! check out www.BornForHealth.com for available classes that are inexpensive and sometimes even FREE.</p>	<p>7 Share meeting tonight in Southfield 6:30-8pm. Come learn and share NSP to help others</p>	<p>1 New Year's Day</p>	<p>2 So. Herbal Hr. Protect against Flu & other contagious diseases. 10-12 Fee\$5. reg. 248-559-6763</p>
<p>10 11 Call about class in Southgate 734-246-1208 Cons. hrs. 3:30-7pm</p>	<p>12 Share meeting tonight in Southfield 6:30-8pm. Come learn and share NSP to help others</p>	<p>13 Share meeting tonight in Southfield 6:30-8pm. Come learn and share NSP to help others</p>	<p>14 Share meeting tonight in Southfield 6:30-8pm. Come learn and share NSP to help others</p>	<p>15 Cons. hrs 9-7</p>	<p>8 Cons. hrs 9-7</p>	<p>16</p>
<p>17 18 Martin Luther King, Jr. Cons. hrs. 3:30-7pm</p>	<p>19 Share meeting tonight in Southfield 6:30-8pm. Come learn and share NSP to help others</p>	<p>20 Share meeting tonight in Southfield 6:30-8pm. Come learn and share NSP to help others</p>	<p>21 Share meeting tonight in Southfield 6:30-8pm. Come learn and share NSP to help others</p>	<p>22 Cons. hrs 9-7</p>	<p>23 Cons. hrs 9-7</p>	<p>24 Cons. hrs 9-7</p>
<p>24 25 Cons. hrs. 3:30-7pm</p>	<p>26 Share meeting tonight in Southfield 6:30-8pm. Come learn and share NSP to help others</p>	<p>27 Share meeting tonight in Southfield 6:30-8pm. Come learn and share NSP to help others</p>	<p>28 Share meeting tonight in Southfield 6:30-8pm. Come learn and share NSP to help others</p>	<p>29 Cons. hrs 9-7</p>	<p>30 Cons. hrs 9-7</p>	<p>31 Come join us for Leader's Conference in Orlando Florida -- February 18th-21st. If this is your first time--you get to go for half price!</p>



Key Products Featured In **Are You Depressed?**

All prices subject to change without notice.

Qty.	Product	Stock Number	Retail	Member Cost**	Direct Cost†	Extended Cost
	5-HTP	2806-4	27.70	21.25	18.45	
	Adrenal Support	1507-0	24.45	18.75	16.30	
	Black Cohosh	80-3	16.65	12.80	11.10	
	Black Walnut ATC Conc.	93-3	26.05	20.00	17.35	
	Damiana	240-9	18.75	14.40	12.50	
	DHA	1513-5	26.95	20.65	17.95	
	DHEA-M	4200-7	34.45	26.40	22.95	
	Dulse Liquid	3156-6	25.65	19.70	17.10	
	Everybody's Fiber	1336-6	25.30	19.40	16.85	
	Food Enzymes	1836-9	24.25	18.60	16.15	
	Herbal Sleep	940-8	16.75	12.85	11.15	
	Kava Kava Conc.	405-9	30.55	23.45	20.35	
	Korean Ginseng	665-4	29.20	22.40	19.45	
	Love and Peas New!	3082-9	37.40	28.70	24.95	
	Mood Elevator, Chinese	1878-8	23.50	18.00	15.65	
	Nature's Three	1345-0	30.75	23.60	20.50	
	Nervous Fatigue, Chinese	1884-7	23.40	17.95	15.60	
	Nutri-Burn Chocolate	3078-0	44.95	34.45	29.95	
	Nutri-Burn Vanilla	3080-1	44.95	34.45	29.95	
	Proactazyme Plus	1525-0	28.15	21.60	18.75	
	Psyllium Hulls Combination	1375-6	30.75	23.60	20.50	
	SAM-e	1845-2	43.45	33.30	28.95	
	St. John's Wort Conc. T/R	653-1	24.25	18.60	16.15	
	SynerPro Multiple Vit. & Min.,	1644-1	15.55	11.95	10.35	
	Super Algae	1056-5	36.25	27.80	24.15	
	Super Omega-3 EPA	1515-7	32.95	25.25	21.95	
	Thyroid Activator	1224-0	16.75	12.85	11.15	
	Thyroid Support	1228-6	26.05	20.00	17.35	
	Tiao He Cleanse	3050-5	38.25	29.35	25.50	
	Vitamin B Complex, Balanced	1625-4	18.75	14.40	12.50	
	Vitamin D3	1155-1	12.25	9.40	8.15	

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:

Mary Born, ND CNHP CNC
 15831 Twelve Mile Road
 Southfield MI 48076-7144
 Mynsp.com/Born
 (248) 559-6763 (248) 623-2288