



## Winter Newsletter



Woof, Woof! Hello from Bandit and Robin! Bandit and I have had an incredibly busy year with the start up of Bandit's Buddies.com and the formalizing of my company in an effort to be able to spend more time making information available about natural approaches to pet health and human health. This year began with the start up of my new website [www.banditsbuddies.com](http://www.banditsbuddies.com) as well as a page to include his human friends [www.mynsp.com/shopsunshine](http://www.mynsp.com/shopsunshine) humans wouldn't want to be left out of the picture! It's been a great year and I continue to be pleased with how many of Bandit's Buddies are looking for natural options and having success. I have been blessed to have made many great friends and heard so many wonderful stories of success as dogs and cats and their human companions get healthy naturally.



Bandit, who is going to be 16 in December, has had another good year with his health. Our trip to the vet was exciting as he continued to test negative for heartworms and the murmur she heard last year is no longer there. We were very pleased with that information!



Nature's Sunshine products have been very good to me and I am really excited about a new product! Used for centuries by the San tribesmen of the Kalahari Desert to reduce hunger, Hoodia gordonii (Stock # 3009-8) was first studied by the South African national laboratory in a study of indigenous foods. When researchers fed this succulent plant to animals, the animals began to lose weight. After years of study, scientists now theorize that Hoodia appears to affect the brains of laboratory animals by making the stomach feel full and reducing the desire to eat. Nature's Sunshine has combined Hoodia gordonii with other natural ingredients that may help in your weight-management efforts. Nature's Hoodia Formula contains a blend of

Hoodia gordonii, Caralluma fimbriata, dry apple cider vinegar, Garcinia cambogia, l-carnitine, gymnema leaves, chromium, marshmallow root and psyllium hulls.



*December's Product Focus* is on Kelp (Stock #410-3) - commonly referred to as "seaweed", it grows along coastlines around the world. Kelp contains naturally varying amounts of trace minerals, which may be used in proper glandular function and metabolism and to supplement iodine to the body to support the thyroid which influences overall health and metabolism, skin and coat. Kelp contains protein, iodine, calcium, phosphorus, potassium and Vitamins A, B, E and D.

Dr. Pitcairn includes it in his Healthy Powder Recipe :

2 C nutritional yeast  
1 C lecithin granules  
1/4 C kelp powder  
1/4 C bone meal  
(or 9.000 milligrams calcium or 5 tsp eggshell powder)  
1,000 milligrams vitamin (ground) or 1/4 teaspoon sodium ascorbate  
Mix all ingredients together in a quart container and refrigerate. You may add the mixture to food: 1 to 2 tsp/ per day.



### Something for the Humans!

Like musicians who make up an orchestra, the body systems must all work in harmony. When a concern in one body system arises, other systems are affected. Total health requires that all body systems be balanced. The Lifestyle Analysis quiz will help you target your body systems most in need of nutritional supplementation. Take the Health Analyzer quiz at: [www.mynsp.com/shopsunshine](http://www.mynsp.com/shopsunshine)



## Herbal Solutions

Looking for some natural supportive options for you and your pet's health issues? The information provided here is for educational purposes only and should not be used to diagnose and treat diseases. If you or your pet has a serious problem, consult a physician/veterinarian. NEVER give cats aspirin-like compounds. Products are available at [www.mynsp.com/shopsunshine](http://www.mynsp.com/shopsunshine)

C=Capsule T=Tablet E =Alcohol Extract  
L =Glycerin Liquid

**Acidophilus (C)** - Friendly flora, aids digestion and elimination. Replaces flora after antibiotic therapy. Refrigerate to preserve potency.

**Aloe Vera Juice (qt.)** - Ulcers, over-acid conditions, arthritis, intestinal

**Black Ointment** - A drawing salve

**Black Walnut (C&E)** - Fungus infections, roundworms, tapeworms, parasites, ringworm. Apply externally to ringworm and give internally.

**Bronchia Formula (C)** - Lungs, bronchitis, asthma, emphysema

**Caprylimune (C)** - Candida, yeast problems

**CBG (E)** - Ear infections, builds nerves in ear

**CoQ10 Plus (C)** - Oxygenates, heart, dental

**E-Tea (Essiac Tea) (C)** - Tumors, immune builder

**Echinacea-Goldenseal (L&C)** - Immune builder, fights infections, cysts, tumors

**Everflex (T)** - Arthritis, joints, flexibility, MSM, glucosamine, chondroitin

**EW (C)** - Eye infections, cataracts, glaucoma, vision.

**Garlic (C)** - Natural antibiotic, repels fleas

**Glucosamine (C)** - Arthritis, joints, rebuilds cartilage

**Golden Salve** - Herbal antibiotic, wounds; hot spots

**Hawthorn (C&E)** - Supports the heart.

**Herbal Pumpkin (C) or Artemisia (C)** - Parasites, tumors, cleans bowels

**Horsetail (C)** - Hair loss, aids calcium assimilation, keeps joints flexible

**HS II (C)** - Herbal combination to support and build heart health

**HSN-W (C&T)** - Nutrition for hair and skin. Encourages healthy coats, helps maintain sound bones due to kelp in the formula.

**Intestinal Soothe & Build (C)** - Soothes intestines, bloating, digestive aid

**Joint Support (C)** - Arthritis, joint problems

**JP-X (C)** - Urinary infections, cystitis. Add **Hydrangea (C)** for kidney stones.

**Juniper Berries (C)** - Pancreas, adrenal

support for itching, diuretic, excess uric acid  
**KC-X (C) or TS II (C)** - Thyroid, goiter, regulate metabolism, overweight

**Kelp (C)** - *Goiter, thyroid, fat assimilation, trace minerals, helps calcium assimilation*

**Liquid Chlorophyll (pt. or qt.)** - Builds healthy blood, improves body and breath odor, tonic. Add a squirt or two to pet's water dish daily.

**LIV-J (C)** - Liver congestion, hepatitis, congested lymphatic system

**Marshmallow (C)** - Inflamed lungs & urinary, enriches nursing milk.

**Mullein (C)** - Nervous cough, lung ailments, congestion, lymphatic

**Omega 3 Fish Oils (C)** - Skin problems, allergies, arthritis, immune builder

**Parsley (C)** - Blood builder, potassium source, diuretic, leg cramps, kidneys

**Pau DArco (C&E)** - Tumors/polyps, fungus, warts, anemia. Argentina government gives free to cancer and leukemia patients.

**PBS (C) or Pro-Pancrease (C)** - Diabetes, blood sugar, pancreas support

**Slippery Elm (C and Bulk)** - Diarrhea, soothes inflamed stomach and bowel mucous membranes, regulates gastrointestinal system, constipation

**Spirulina (C)** - Protein, enzymes, chlorophyll, nutrition booster, cuts appetite

**Stomach Comfort (T)** - Stressed, over-acid stomach; esophageal reflux

**Stress-J (C&L)** - Nervousness, aids sleep, hyper animals

**Tea Tree Oil** - Ear mites, flea dip (1 T. per gallon), cuts, sores, antiseptic

**VS-C (C&L)** - Fights viruses. Aids liver and digestion. colds, runny nose.

**Yucca (C)** - Natural cortisone, arthritis, rheumatism, inflammation, skin problems due to allergies