



# Habit of Health

Prepare your **Body** for **Life!**

Life is full of adventure and discovery. But truly enjoying those adventures can be challenging, especially if you have health concerns. Prepare your body to overcome any obstacles life may put in your path by developing a Habit of Health. Nature's Sunshine's Habit of Health is a unique program that addresses the basic categories of essential nutrients to help you build a nutritional foundation strong enough to endure the challenges of life. Get the most out of your life by beginning your own Habit of Health today!

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## Fibre

Fibre is vital in supporting intestinal function and proper digestion, which helps you get the most out of the foods you eat. It adds bulk to the diet and promotes regularity. Fibre has also been found to help lower cholesterol and reduce the risk of colon cancer. The recommended daily intake of fibre is 25–40 grams, yet studies show that most people consume less than half of that amount.



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## Omega-3

Essential fatty acids (EFAs) are just that, essential. Your body uses them in a variety of ways to support the nervous system, improve circulation and even build healthy cells. Omega-3 fatty acids regulate heart rhythm, keep arteries from clogging and help maintain a healthy bloodstream. They improve the function of cells that line the arteries and reduce cholesterol. With so many benefits, it's surprising to know that eight out of 10 people don't get enough EFAs in their diet.



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## Enzymes

Enzymes are specialized proteins that help accelerate necessary chemical reactions within the body.

Digestive enzymes work to transform foods into simpler, more usable materials. All the food and nutritional supplements you consume won't be as beneficial if they are not sufficiently broken down and absorbed by the body.

Enzymes unlock the benefits of vitamins, minerals, and proteins and put them to work inside the body.



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## Probiotics

The human body is home to a host of microorganisms that work together with the body to create and maintain optimal health. Probiotics are dietary supplements that contain these helpful microorganisms that work to improve overall health. Probiotics are most prominent in the intestinal system. They act as natural health promoters by populating the gastrointestinal tract with friendly microbes, which strengthens intestinal defenses, boosts immunity and promotes greater health on several levels.



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## Chlorophyll

In plants, chlorophyll absorbs sunlight and converts that energy into life-sustaining carbohydrates.

Structurally, chlorophyll is amazingly similar to hemoglobin, the red pigment in human blood. Due to this similarity, chlorophyll provides most of the raw ingredients required to make healthy, vibrant red blood cells in the human body. Chlorophyll supports the body's immune response, promotes circulatory health and has amazing pH balancing benefits.



## Antioxidant



Antioxidants are a special class of nutrients that protect your body against harmful free radicals. Left unchecked, free radicals cause cellular damage that may lead to an impaired immune system and a host of other health concerns.

Antioxidants may also help reduce heart disease, and they work to heal and maintain healthy, flexible cell membranes. The National Academy of Sciences recommends five or more servings of antioxidant-rich fruits and vegetables per day. With today's standard diet rich in processed foods, most people consume far less.



## Multivitamin



Vitamins and minerals are the basic building blocks of a healthy body and greatly impact your overall health. They may help reduce diabetic tendencies, lower colon cancer risk and reduce the risk of heart disease. Many vitamins and minerals also help the body overcome the effects of stress. Studies show that, with the increasing prevalence of processed and refined foods, less than five percent of the world gets enough vitamins and minerals from their diet.

Many companies want you to believe that the solution to your health concerns lies in one little pill or one sip of this or that juice.

The truth, however, is that one item just isn't enough. Your body is a complex combination of tissues, organs and systems.

And each system has needs that must be addressed to achieve optimal health. When you give your body what it needs, your body will repay you with superior energy, exhilarating vitality and optimum health.

Let Nature's Sunshine help you be and feel your best. As you give your body the nutritional support it needs, you'll reap the rewards of a healthier, happier life. Talk to your local NSP Associate about beginning your own Habit of Health today.

Your Nature's Sunshine Associate



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