



HEALTH CHEST – NSP PRODUCTS AT COST

Follow-Up: Health Chest Telephone Consultation (3 of 3)

By Dr. Donna F. Smith

Setting up your online account with Nature's Sunshine Products (NSP) and placing your first order with them for \$40, not only are you able to order your First-Aide products at COST, which is 1 of the 2 Health Kits to set up first, but you also receive a one year free membership with them. And if you only needed 2-3 products in a year to replenish your Health Chest, because you are getting these items at cost, the money you would save on 2-3 items, would off set the annual renewal fee. AND by giving due diligence to setup up your Health Chest, you are able to get some personal care products, a Reverse Osmosis water purifier, Nature's Seal Cookware, etc., at COST, too, rather than ordering at retail from us, health food stores, or other online companies.

Another important advantage, of course, is that you prevent being in a position of having to use over-the-counter drugs again. After all, all drugs are toxic chemicals and part of your therapeutic or maintenance supplement program, whichever you are on, is to detoxify toxic chemical residues in cells and tissues from past years of OTC and prescribed drug use and any current exposures when you eat at a restaurant and get chemical additives or preservatives, or any other chemical or toxic substance exposures.

Herbs and homeopathics are the purest and the healthiest first aid products for daily and periodic use to maintain health and address the everyday Home Health and First Aid needs we have.

Also, periodically, depending upon the amount of products you may order in a month's time, when setting up your Health Chest or replenishing your supply, you may qualify for a rebate check, if you choose to enroll in their Classic or Legacy Plans. There is information about this on their website.

Please print this document and insert it in the back of your PEP Binder, in front of your Health Chest Pamphlet for quick reference.

THERAPEUTIC SUPPLEMENTS

All the items on the "Updating Your Medicine Chest to a Health Chest" pamphlet, also, called "Health Chest" pamphlet, are from Nature's Sunshine Products, Inc. (NSP), except the following. These are therapeutic supplements, which I coach my clients on how to use safely, so they may order them for their Health Chest.

1. Antronex
2. California Poppy
3. Detoxosodes (like, Virus, Bacteria, etc.)
4. Herbal Throat Spray
5. Sinusin Nasal Spray
6. Neem Oil and Neem Powder - toothaches
7. Bio-dent and Biost - strengthen teeth and prevent caviities, heal teeth if have caviities.
8. Hemorrhoid Suppositories (in the event your hemorrhoids needs something stronger than White Oak Bark. However, White Oak Bark is so effective, we rarely have to order this for clients.)
9. Calendula Ointment
10. Wheat Germ Oil (in the SCAR PREVENTION section of your Health Chest Pamphlet, please mark out Vitamin E oil and replace it with Wheat Germ Oil or Sesame Oil, as this is even more effective than over-the-counter Vitamin E oil for scar prevention after the wound has closed. We are in the process of updating the printing on the Health Chest and this change will be made when the revision is conclude.) Dr. Smith rubbed her stomach with Sesame Seed Oil daily when pregnant and after birth of her son, she did not have a single stretch mark.

A Microbial Kit to keep on hand at all times, includes:

1. 2 - Virus Detoxosodes



HEALTH CHEST – NSP PRODUCTS AT COST

Follow-Up: Health Chest Telephone Consultation (3 of 3)

By Dr. Donna F. Smith

2. 2 - Bacteria Detoxosodes
3. 1 Large Antronex
4. 2 Herbal Throat Spray -
 - a. Women: Keep 1 Herbal Throat Spray in Health Chest at home and 1 in purse;
 - b. Men: Keep 1 Herbal Throat Spray in Health Chest at home and 1 at office or work place.

ABOUT NATURE'S SUNSHINE PRODUCTS

The Company, Nature's Sunshine Products, Inc. (NSP), is owned by a Mormon company in Utah is to my knowledge is the only American herbal company that has its own quality control department that checks the herbs they purchase from growers and they actually guarantee that their herbs are pure and contain the proper part of the plant for medicinal purposes. Other herbal companies I have researched may have fillers and another part of the plant that does not contain the medicinal properties that assure the results for which one is taking the herb. I have used NSP herbs personally, since the mid-70's, and have professionally recommended them to my clients for their Health Chest First Aide since 1981. Note: Though excellent for first-aide and minor home remedies needs, they are not potent enough, so we use Medi-Herbs from Australia for therapeutic purposes.

Among all the products NSP sells, I recommend only their herbs (single, combination, bulk, liquid herbs), Chinese herbs and Homeopathics products for your Health Chest, and, of course, items like their waterless cookware, Nature's Spring Reverse Osmosis (R.O.) Purifier, if you do not already have a R.O. home purifier, etc. Nature's Spring is an above counter R.O. purifier. It is, also, the R.O. purifier we use in our home and have been using for decades. If you prefer a below counter, contact me as we use a different company for above counter R.O. purifiers.

Important Note: I do not recommend NSP's vitamin and mineral products as they are isolated vitamins and minerals like the other vitamin/minerals sold to public. As you know, only whole, food vitamins and minerals are safe for short- and long-term use, and the only ones that actual nourish the body to heal and maintain health. Synthetic and isolates are actually "nutritional drugs."

When you place your first order of \$40 or more with Nature's Sunshine Products, Inc, you will receive a one year free membership, so you may order their products at cost. When you receive your first order of \$40, you will also be ordering a MEMBER KIT, which should have a list of all their products.

CLIENTS IN THERAPY AND MAINTENANCE CLIENTS

We have two types of clients - those in clinical nutrition therapy and those who have concluded their therapy and are on maintenance. Maintenance clients, also, include referrals from family and friends of our clients, who are not currently receiving therapy, however that are interested in whole food "health maintenance" supplements and Health Chest products having learned how effective they are and the importance of avoiding synthetic and isolated vitamins and minerals from our clients. For example, they prefer to take a whole food multiple vitamin and mineral vs. the synthetic or isolated single and mega-formulas sold to the public today.

To Clients In Clinical Nutrition Therapy:

If you see anything on the NSP Product List in your MEMBERS KIT, once you receive it, that you would be interested in taking that I have not recommended to you verbally or in any educational document, please email me the name of the product before purchasing, while on your therapeutic supplement Program of Care, so that you do not inadvertently duplicate nutrients or alter the course of your therapeutic program by taking other supplement products.



HEALTH CHEST – NSP PRODUCTS AT COST

Follow-Up: Health Chest Telephone Consultation (3 of 3)

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When you have reached optimal healing and are on your Maintenance Program of Care, i.e., your therapeutic supplement program has been completed, you may order any of the recommended NSP products, according to the guidelines above, that you so desire to enhance your Health Chest.

TO ALL CLIENTS:

Bottom line is that your Health Chest pamphlet already lists the NSP products that are the most frequently required throughout your lifetime for first aide, and you have a choice of either ordering the NSP products also from us or set up your membership account with NSP and get their products at cost.

HOW TO SET UP YOUR NSP ACCOUNT TO ORDER PRODUCTS AT COST

1. Copy and paste their website address below in your Internet Search window or hold down your CTRL key and Left click your mouse over the link to open it directly:

<http://www.naturessunshine.com/us/shop/smart/>

Though their web address is www.naturessunshine.com (which you will want to save to your Favorites or Bookmarker), the above web page address will take you directly to their web page to start entering your shopping cart items. This web page was obtained by putting in their web address, clicking on Shopping Cart green button in the upper right section of the web page, then in when the next window opens, I selected the Smart Entry button. I am mentioning all of this just in case you needed to reproduce how I came to the above webpage.

2. After putting the above web page address in your search window, you will find in the middle of the web page a window titled: **Name or Stock Number**. In the window to the right of these words, you will enter the following products, one at a time as follows:

a. Type in the window: Member Kit. A drop down box will appear for you to click on the words "Member Kit." When you click on this item in the drop down list, its stock number will appear in the "Name or Stock Number" window, where you originally typed Member kit. The Member Kit is FREE.

b. When the stock number appears, click on the green button under it, titled, "add to cart." The product will then appear under the add the cart button for you to proof read.

c. Repeat the above instructions for each of the following Basic First Aide Kit products:

1. PLSII - Stock Number is 1029-4, Retail: \$26.05, Your Member Cost: \$17.35
2. Aloe Vera Gel Stock # 1679-2, Retail: \$14.50, and Your Member Cost: \$9.65
3. Tei-Ful Essential Oil Stock # 1618-7, Retail: \$13.45, Member Cost: \$ 8.95
4. and any other Health Chest pamphlet you want to order with this kit.

Note: PLSII is advertised as an Intestinal product on their website. An though this formulation is good for the intestines, it is the specific herbs in this formulation that are most beneficial as a skin poultice to heal cuts, gashes, burns, wounds and thus the reason I recommend it for the first aide kit.



HEALTH CHEST – NSP PRODUCTS AT COST

Follow-Up: Health Chest Telephone Consultation (3 of 3)

By Dr. Donna F. Smith

3. After you have entered the above four products (Member Kit, PLSII, Aloe Vera Gel and Tei-Fu Essential Oils), click on the green button "shopping cart" in the upper right corner of the web page. (You will notice to the left of this green button it should read that you have 4 products \$Amount (the amount is the total shopping cart order). If you are having trouble finding the green "shopping cart" button, look under the blue "sign in" button that has two small search windows to the left of it.
4. After clicking on the "shopping cart" green button, the shopping cart web page will open.
5. Review your list and if there is an error, follow the instructions to remove or update quantity until your shopping cart is correct. Now click on the "checkout" green button.
6. When the web page titled, "Shopping Checkout" appears, you will notice that the right column is a list of your shopping cart items and you will see the details of the 4 items you ordered.
7. In the middle column is a blue border box that says:
 - a. Become a Member and Save up to 45%
 - b. Members receive wholesale pricing (up to 45% off retail) and other benefits.
 - c. **Congratulations! Your order qualifies you for 1 year FREE membership!**
 - d. Click on the "sign up" green button.
8. When the "Become A Member" web page appears, you will be asked to enter some information and some information is already marked with a black dot in a radial button or a check mark in a box. Do not alter the default dots or check marks, except you may unclick the check box if you do not want to receive emails from NSP. When you finish completing the information on this page, it should have the following information:
 - a. I have a sponsor, and I know their account number. (Be sure that the radial button has a black default dot to the left of this statement.)
 - b. Sponsor's Country is: United States
 - c. **Sponsor's Account Number is: 201620-0 (This is Dr. Smith's NSP Account number)**
 - d. Give my Sponsor access to my phone, e-mail and address information so I can receive personalized health assistance from an experienced member. (Keep this checked so that I will be notified when you have applied for your membership).
 - e. Create a PIN number for yourself and type this in twice where asked. You will want to keep in a secure place your NSP Account number when you receive it with your order, your PIN number and your password, which you will create when prompted. I am not sure when you will be asked to create a password, as I have been a NSP Distributor for decades, long before they created online shopping. You will also want to make a note of the date you set-up your account and put it on your calendar so in one year from now, you can renew your membership. The membership may have changed, but the last time I renewed I think it was between \$16-\$20 per year. If you did not have this membership and ordered the products at retail cost, the money you would save purchasing 2-3 bottles at cost PER YEAR would amount to the membership fee, so it is well worth to maintain your membership each year.



HEALTH CHEST – NSP PRODUCTS AT COST

Follow-Up: Health Chest Telephone Consultation (3 of 3)

By Dr. Donna F. Smith

- f. Membership Plan: If you wanted to start a NSP business of your own, you can click at the top of the web page on "Opportunity" and read about the "Classic" or "Legacy" Membership Plans. Right now you just need to leave it at the default "Wholesale Customer." So be sure that the black radial dot is selected to the left of "Wholesale Customer."
 - g. Complete the windows for the "Personal Information, Contact Information and Shipping Address."
 - h. You may choose to leave the check in the box or uncheck the box to receive emails from NSP.
 - i. Check the box for "I agree to the NSP Policies and Procedures." You may click on the blue underline to read the Policies and Procedures."
 - j. Click on the green "Continue" button.
9. When the next window appears, review the information at the top, right column in the light brown border box titled, "Sign Up Information" to make sure the information you entered in the previous page is correct. You will also be verifying that my name and sponsor number is included in this box also. If not, do not do anything further until you have called me for further instructions. Note: My last name was misspelled the last time one of my clients followed through with this information to set up their Health Chest products and NSP account, so if it says " Smiht" instead of "Smith" that is okay, as long as it has the Sponsor Number as "201620-0."
10. Now you are ready to put in your card payment information and follow the prompts to complete the order.
11. Once done, a window should appear to tell you that you have completed your order successfully.
12. If you live in Wichita Falls, Texas, and you place your order before 1 p.m. C.S.T., you may receive your order the next day as Texas as a NSP Warehouse just one day deliver from Wichita Falls.

MEMBER KIT AND PRODUCTS HAVE ARRIVED:

1. Once you receive your Member Kit and first order of products from NSP, you will receive a NSP Identification Card for your wallet. If you are travelling in another town and forgot to bring a Health Chest item, you can look up in the phone book for any NSP Distributor or call NSP and give them the zip code for the area you are visiting and they will give you the phone number and name of the nearest NSP distributor to you. You simply present your ID card and they will sell you the NSP products you need at cost.
2. Send your account number to me so I can put it in my files. This account number also lets you order NSP products from us at cost. For example, if you needed something immediately and we have it on our shelf, you can call us and order it from us instead of going online to order from NSP or calling in a telephone order to NSP.
3. Because this is a multi-level company, ordering directly from NSP is always ideal as you will accrue bonus points and if you were to order enough products in a month to qualify, you may get a cash back check of a percentage of your total order. Ordering through us or any other distributor, would not give you that advantage.
4. Return to the web site - **www.NaturesSunshine.com** and browse the web site, you will want to sign in with your account number and password, as this more than likely, allows you to access pages not available to non-members.



HEALTH CHEST – NSP PRODUCTS AT COST

Follow-Up: Health Chest Telephone Consultation (3 of 3)

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5. You will notice under "**Ordering Tools**" in the left column Table of Contents there is a feature titled "**Saved Carts.**" You can follow the instructions on this page to hold information on repeat purchases as a time-saving tool for yourself.

6. In the "Ordering Tools," you will also see the "**Health Analyzer.**" If it not a symptom report based on scientific research, like our Health Appraisal Comprehensive Summary Bargraph from Cornell University, however, I have reviewed this questionnaire and like the it. So if you complete this, send me a copy of your report, so I can see what it revealed about you, and if I see anything significant about it, I will get back to you. You can also email me any questions you have about it and I will be glad to provide a free consultation to answer these questions as a bonus gift to you because you have followed through on setting up this account for your first Health Chest products.

7. **MICROBIAL KIT:** If you have not done so already, as soon as possible, order your Microbial Kit from us. This is:

- 2 bottles of Virus Detoxosode
- 2 bottles of Bacteria Detoxosode
- 1 large Antronex
- 2 Herbal Throat spray - one to keep at home and one for your purse. If you are a man, keep the other one at work.

8. STAYING STOCKED WITH YOUR MICROBIAL KIT

a. Remember to always keep the above on hand at all times, so when you open one bottle of Virus or Bacteria OR when you are 1/2 finished with a Herbal Throat Spray or Antronex, replenish your supply by placing a Special Order at the next Column #1 date on your Auto-Ship Schedule.

b. We never know when we will be exposed to germs, and generally, when their symptoms appear it is in the middle of the night or early morning, so you want to be prepared. Following the Health Chest pamphlet instructions can keep you from even missing a day of work or even feeling bad at all from the germ, when you act quickly.

c. Also, remember my coaching you about when you have a tickle or scratchy feeling on the back of your throat to zap the area with the Herbal Throat Spray and you may be able to prevent the germ from going further internally.

9. STAYING STOCKED WITH NSP PRODUCTS

a. It may be months or a year before you use all of your first bottle of PLSII and Aloe Vera Gel, depending upon how infrequent you have home accidents, like burns, cuts, insect bites.

b. Tei-Fu is usually used more frequently due to its long list of uses in the Health Chest pamphlet. Review this list several times to commit to memory what you can use it for. Remember if it is a small burn, dabbing it with Aloe Vera gel and when that dries, follow with a dab of Tei-Ful makes it heal very quickly.

10. TRAVEL KIT



HEALTH CHEST – NSP PRODUCTS AT COST

Follow-Up: Health Chest Telephone Consultation (3 of 3)

By Dr. Donna F. Smith

a. When I travel I take my Microbial Kit and the above First Aide NSP Product kit with me. You never know when an accident can occur in travel and when traveling, you are exposed to more germs and you are in a different climate or environment and this can lower your body resistance to germs because your body is adjusting to the new environment so you can be more susceptible to germs than when you are home.

b. **Before your next trip order Ginger Capsules from NSP for your Travel Kit.**

1) Opening the capsules to make the Ginger Water Drink in the Health Chest Pamphlet helps if you eat something that give you heartburn, gas, bloating, acid reflex. Also, if you eat at a restaurant or someone's home and you get a stomach upset, nauseated, or even **food poisoning**, following these instructions will help greatly.

2) If you get motion sickness, take 6 Ginger capsules before boarding plane or boat or long-distance auto traveling, then take 2 capfuls every 2 hours, as needed.

3) Traveling often throws our intestinal system off and people often get constipated or have diarrhea. Therefore, you may also want to **order the following from NSP to add to your Travel Kit** and follow the instructions in the Health Chest:

- a) LBSII - for constipation
- b) CLT-X - for loose, diarrhea-like stools.

To your Travel Kit, either add what you think you may need from your Herbal First Aid Kit or Microbial Kit above, or to be on the really safe side, take both of these kits with you where ever you travel.

Travel Kit Customization: Contact me for a Travel Kit Consultation as there are other travel kit products that may be needed, depending upon where you are going that are not included in the above recommendations.

11. **HEALTH CHEST PAMPHLET** - make a copy of this and put it in your travel suitcase for quick reference. Also, be sure to take your NSP ID card. The suggestions above for your Travel Kit covers the most frequently needed first-aide products when traveling. However, in case something new comes up, with your pamphlet and ID card, you can purchase what you need from any NSP distributor in the areas where you are traveling or if there is no NSP distributor near by, you can call NSP and order an overnight shipment. These tips will help you be prepared for anything so you can avoid falling back into using over-the-counter drugs, which will then pollute your body, from which your therapeutic supplement program is working diligently in detoxifying pollutants from all the past uses of drugs, germ exposures, etc.

NEXT NSP ORDER

1. Enter in the Internet Search window, NSP's web address: www.NaturesSunshine.com OR open you favorites or bookmarker and click on this website, if you have saved the web address.

2. Enter you account number (on your NSP ID card) and password, then click the blue "sign in" button in the upper right corner of the web page.

3. Because we place large orders from NSP by telephone, I am not sure where to tell you to look on the web page to select "Smart Entry." You may even need to click on the "shopping cart" green button for this page to be uploaded to find it.



HEALTH CHEST – NSP PRODUCTS AT COST

Follow-Up: Health Chest Telephone Consultation (3 of 3)

By Dr. Donna F. Smith

4. Type in the name of the product you want to order in the "Name or Stock Number" window. Basically, just repeat the above instructions to select products, add to cart, review shopping cart and check out.

NEXT A.C.N. SPECIAL ORDER

The Column #1 Dates of your Auto-Ship Schedule is when to email your Special Orders so they may be sent out with your Auto-Shipment. When emailing your Inventory of on-hand therapeutic supplements, simply type the words “**Special Orders**” at the bottom of your inventory and then under **Special Orders**, include what you need to order for your Microbial Kit, which is the next Health Kit to set-up, if you chose to set-up your first-aid kit first, in addition to any other products you want to include in your Health Chest.

If you have any questions regarding the above, please give us a call or email. Contact information is in footnote.

We know that once you start using the herbs, homeopathics and other natural remedies recommended for your Health Chest, we are confident that you will enjoy treating yourself naturally as Dr. Smith has since 1974, as well as her clients and son, who have already gone through the steps you will be going through now to set-up your Health Chest. It feels great to let go of over-the-counter drugs and know that what you will be using now is:

- safe,
- effective (really works)
- has no side effects,
- handles the crisis at hand
- and enhances your health in the process.

Enjoy and God Bless you,

Dr. Smith

Disclaimer: Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that the author must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body. This author’s intention is to provide health care education from a nutritional biochemical perspective so you are equipped to make an informed decision.