



**Feeling a little tired,
stressed or "run-down?"**

**Well, it's time to turn back the
biological clock, because you're
about to learn**

Five Secrets to Feeling Younger, Healthier and More Energetic



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SUMA Combination

This is another adaptogenic formula. It enhances circulation to the brain to improve memory and concentration and aids immune function. It also supports the adrenal glands which helps counteract fatigue and reduce stress and anxiety. It contains astragalus, ginkgo, gotu kola, eleuthero and suma.

Trigger Immune

This Chinese blend is an energy tonic for people who feel depleted and lack vitality and resistance to disease. It is a good tonic for people who are regularly exposed to electromagnetic radiation from computers and microwaves. It contains astragalus, panax ginseng, dong quai, ganoderma, lycium fruit and schizandra fruit.

Additional Help and Information

If you want help in designing an anti-aging health program or determining which tonic herbs would be right for you, talk to the person who gave you this newsletter. They have additional handouts on products and information and can help you select the supplements and program that will be best for your unique needs. You can also consult the following sources for more information:

Tonics: The Herbal Fountain of Youth DVD featuring Steven Horne and Kimberly Balas by Tree of Light Publishing

The Ancient Wisdom of the Chinese Tonic Herbs by Ron Teeguarden

Secrets of Chinese Herbs by K.P. Khalsa and Steven H. Horne

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing