

# Superhero Solutions to the Health Villains Facing Modern Families



If you listen regularly to the news, you'll also hear reports about the "health care crisis" in America. You'll hear plenty of reports warning us about the threat of contagious diseases like the flu, west Nile virus and antibiotic resistant infections. Furthermore, news reports in recent months have made us aware of the growing problems of childhood obesity and diabetes. Diseases that used to be associated with old age are striking people at younger and younger ages. It's clear that we have a health care crisis, but it involves a lot more than people not having insurance to pay medical expenses.

The real health care crisis is about the threats to our health (and the health of our families) brought on by living in the modern world. People living in modern society face three health challenges that no other people living in the history of the world have ever faced. We can liken these threats to our health to super villains, and we all know that combating super villains requires superheroes.

## The Three Health Super Villains in Our Modern World

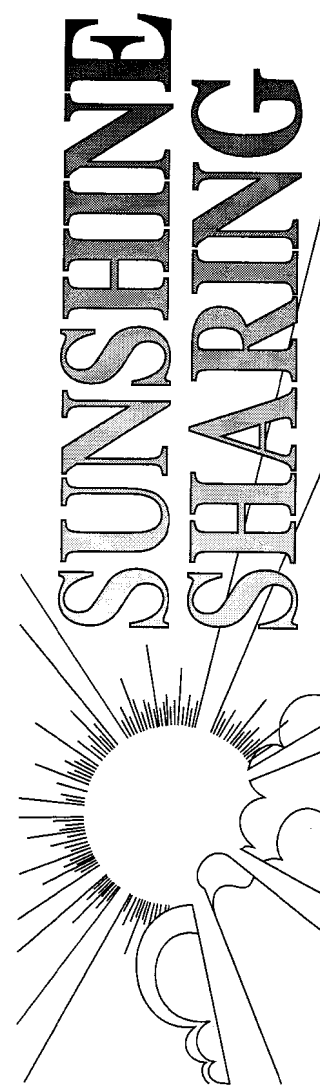
The first modern health super villain is *chemical toxicity*. Our modern world is filled with chemicals that never existed in the natural world, so our bodies have no genetic experience in how to deal with them. These chemicals are found everywhere: in our food, our water, our air, our clothes, the materials used to build our homes, household cleaning products, beauty care products and the places we work. These chemicals stress the mechanisms our body has for eliminating toxins, which results in a need for extra nutrition. Unfortunately, that's where our second modern health villain enters the scene.

Traditionally, the only food people could get was natural, unprocessed foods, which were nutritionally dense and chemical-free. However, in our modern world we've learned how to refine foods to make them last longer on the shelf. This refining processing robs foods of vitamins, minerals, enzymes, fiber and other substances the body needs to detoxify and repair itself. So, *refined and processed foods* is the second health super villain we have to overcome.

These two villains are bad enough, but when they team up with the third health super villain, *mental and emotional stress*, the resulting damage to our health can be devastating. The stress response mechanisms the body possesses were designed to enable us to meet the physical challenges our ancestors had to overcome. Unfortunately, most of the challenges we face aren't physical, they are mental and emotional—bills, difficult bosses and stressful jobs, freeway traffic, relationship problems, taxes and so forth. Without the ability to take physical action against these problems, the stress level builds up resulting in anxiety, depression and neurological problems.

No other people in the history of this earth have faced these three health-destroying villains. That's why the focus of this issue of Sunshine Sharing is all about how to cultivate superhero health.

**Look inside to learn the three keys to cultivating Superhero Health**



Your guide to better health the natural way.

Vol. 21 No. 3

### Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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# Three Keys to Cultivating Superhero Health

If we want to successfully vanquish the villains that threaten our health and the health of those we love, we must focus on health, not on disease treatment. That means we can't afford to postpone thinking about our health until we get sick. Instead, we need to learn to be proactive about building good health by cultivating good habits on a daily basis. Here are three keys to cultivating superhero health in your home.

## Key Number One: Nourish the Superhero

The body's ability to protect itself from infection and heal from injuries is nothing short of amazing. We live in a "sea" of germs that normally don't affect our health because our body is naturally resistant to infection. Most minor health problems are also self-correcting, as our body is able to rapidly heal from most injuries. However, the body needs nutrients to do its job and most Americans aren't getting the nutrients they need to stay healthy.



Fortunately, small dietary and nutritional changes can yield big improvements. So, here are some basic things you can do to improve your family's nutrition and cultivate superhero health.

## Load Up with Antioxidants

Antioxidants are nutrients found in foods that soak up the free radicals that cause oxidative stress and inflammation. Antioxidants help to both prevent and heal heart disease, diabetes, cancer, arthritis, auto-immune diseases and most other chronic diseases. They even slow the aging process, which keeps us looking and feeling young.

Antioxidants are abundant in fresh fruits, berries, greens and other vegetables. So, increasing your intake of these foods is the first (and easiest) improvement to make. Unfortunately, antioxidant nutrients are depleted by food processing, storage and shipping, so it is also wise to add some antioxidants supplements to our diets.

**Sunshine Heroes Whole Food Antioxidant** chewable tablets are an easy (and tasty) way to ensure your children have the antioxidants they need. Another tasty way to improve your antioxidant intake is to drink some **Thai-Go**. This delicious beverage has an extremely high capacity for neutralizing free radicals and contains bioflavonoids and xanthenes, which reduce inflammation, decrease pain and promote tissue healing. Those adults and teens who want to take their antioxidants in capsule form can try **Super ORAC**, a supplement with similar benefits to Thai-Go.

## Energize with Enzymes

Enzymes are the spark plugs of life because their role is to catalyze, or speed up, chemical reactions. All living things contain enzymes and to date, about 3,000 have been identified in the human body. Unfortunately enzymes are destroyed by heat and food processing, so most of the food we consume has no active enzymes. Instead, most of our foods actually contain enzyme inhibitors in

the form of preservatives. That's why most people need to use enzyme supplements.

Upset stomachs, acid indigestion, intestinal gas and other gastric disturbances are commonly caused by a lack of enzymes. These problems can be readily solved in children with **Sunshine Heroes Whole Food Papayazyme**, a chewable enzyme supplement that also contains whole fruit and vegetable powders and more antioxidants. Children under four can chew one with meals, and children over four can chew two.

Teens and adults who can swallow capsules can get their enzymes by taking **Proactazyme Plus**. Elderly persons, or persons with extremely poor digestion, may need **Food Enzymes**, a product that contains hydrochloric acid and bile salts in addition to enzymes.

## Avoid Bad Fats, Eat Good Fats

Contrary to all the propaganda we hear about how bad fats are, we need certain fats in our diet to stay healthy. Low fat diets aren't good for adults and they are *extremely detrimental* to growing children. The brain is 50% fat by dry weight and developing (and aging) brains need good fats, which is why children often crave them.

The problem is that most fats in the modern diet are processed fats which not only lack certain essential fatty acids, but may also contain trans fats which are extremely damaging to our health. Deep ocean fish (like wild, not farm raised, salmon and sardines), grass-fed beef and poultry, avocados and nuts (especially walnuts) are good sources of omega-3 essential fatty acids, which are critical to brain development. They also support healthy nerve function and reduce chronic inflammation in adults.

Children can supplement their omega-3 fatty acids by chewing **Sunshine Heroes Omega 3 with DHA**. (DHA is the most important omega-3 fatty acid in the brain.) Teenagers and adults also benefit from good fats and should consider taking **Super Omega-3 EPA**. Family members of all ages can use **Flax Seed Oil**, a good source of both omega-3 and omega-6 essential fatty acids. Flax seed oil can be used in salad dressings and other applications where heat isn't involved. Other good fats to use include organic butter from grass-fed cows, coconut oil and extra virgin olive oil.

## Protect Yourself with Probiotics

Our small intestines provide a perfect environment for billions of beneficial bacteria that actually protect us from disease. These friendly organisms are collectively known as friendly flora or probiotics. The overuse of antibiotics, coupled with the over-sterilization of our homes and drinking chlorinated water, has caused the balance of the friendly flora to be disrupted in most children and adults. This has led to an increase in yeast infections, food and respiratory allergies, sinus infections, ear aches and other health problems.

Naturally-fermented foods such as yoghurt and keifer (with live bacterial cultures) and raw pickles and sauerkraut (which can be found in the refrigerated section of the health

food store) provide probiotics in the diet, but supplements of probiotics are helpful, too. Children can improve the balance of their friendly flora by taking chewable **Sunshine Heroes Probiotic Power**, which contains eleven strains of beneficial lactobacteria for intestinal health. Adults and teens can obtain these same friendly microbes by taking **Probiotic Eleven**.

## Build the Body with Minerals

Agricultural practices over the last 100 years have severely depleted the soils, which in turn has depleted the mineral content of our foods. Properly grown organic produce can have 200-800% more minerals than produce grown commercially with chemical fertilizers. Minerals are not only essential for healthy bones, muscles, skin, hair, teeth and fingernails, they also act as catalysts for numerous biochemical processes.

Growing bodies need lots of minerals, but so do adults who want to avoid osteoporosis and arthritis. In fact, the lack of minerals and fat-soluble vitamins (A,D,E & K) in the diet is the primary cause of tooth decay, orthodontic problems that require braces, loss of teeth as we age, osteoporosis and osteoarthritis.

**Sunshine Heroes Calcium Plus D3** provides calcium and vitamin D3 for growing children's bodies. Adults who want stronger bones and teeth can take **Skeletal Strength** and **Vitamin D3**. However, this isn't enough to get all the minerals we need because what our diets lack the most is trace minerals. **Ionic Minerals with Açai** is a great way for both children and adults to get the trace minerals they need, and the Açai berries in this product supply additional antioxidant benefits.

## Fill-Up with Fiber

The American Dietetic Association recommends that healthy adults consume 20-35 grams a day of dietary fiber, and children 5 grams a day. Unfortunately, adequate amounts are not being met because the intake of good sources of dietary fiber—fruits, vegetables, whole grains and legumes—are low.

Fiber has many benefits. It helps relieve constipation when taken with lots of water and helps prevent the development of diverticulosis, diverticulitis, colon polyps and colon cancer. Regular consumption of fiber also lowers blood cholesterol levels and helps to normalize blood glucose and insulin levels, which helps fight obesity. Fiber is also filling, so it reduces appetite.

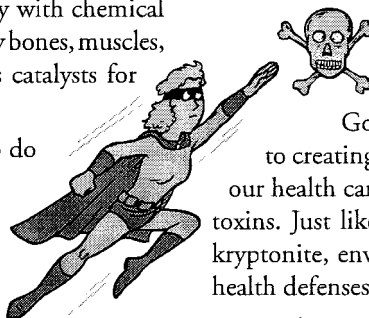
**Psyllium Hulls Combination** is a great fiber supplement for most adults. However, those suffering from irritable or inflammatory bowel disorders will find **Everybody's Fiber** is a better choice. It's difficult to get kids to take fiber supplements, but they can get adequate fiber by including fiber-rich foods like whole grains, beans, apples and prunes in their diets.

## Purchase Some Nutritional Health Insurance

Even if we're eating a generally healthy diet, we don't always eat right and this may be even more true for our children. We can help to make up for those times we eat less than perfectly by taking out some nutritional health insurance in the form of a multiple

vitamin and mineral or a super-food supplement. It's easy to get young children to chew up some tasty **Sunshine Heroes Multiple Vitamin and Mineral tablets**. It's also not hard for adults and teens to take **Super Supplemental** or **Super Trio**. Some people prefer to use a whole super food supplement like **Ultimate GreenZone**, which provides extra vitamins and minerals in a whole food form.

Whatever supplement works best for you, taking some kind of a basic supplement will help ensure that you're getting the basic nutrients your body needs even when your diet is less than perfect. However, don't use these products as an excuse to eat poorly all the time, because they aren't going to make up for a junk food diet.



## Key Number Two: Banish the Bad Stuff

Good nutrition is the first and most important step to creating Superhero Health, but even with good nutrition, our health can be "taken down" by the villain of environmental toxins. Just like Superman was robbed of his super strength by kryptonite, environmental toxins are capable of penetrating our health defenses and causing serious health challenges.

So, the second step to vanquishing our modern health villains is to get toxic chemicals out of our lives as much as possible. Go through your home and look at all the household cleaning products, pest control products, shampoos, cosmetics and other personal care items you come in contact with daily. Read the labels and replace chemical-laden products with more natural ones.

For example, learn how to use products like vinegar, baking soda, **Sunshine Concentrate** and **Nature's Fresh** to clean your home. Use biologically safe products to control insects and weeds. Use **Xylitol Mouthwash** and **Xylibrite Toothpaste** instead of commercial toothpastes with fluoride (a dangerous and toxic chemical). Space does not permit us to go into all the changes you could make, but the more you can replace chemical products with natural products, the better your family's health will be.

Since we can't avoid all the chemicals, we may also need to do a periodic cleanse to help our body get rid of these substances. The **Tiao He Cleanse** is a great program for most people, especially when combined with some extra fiber. **Milk Thistle Combination** can give the liver what it needs to protect itself from chemicals when you can't avoid them. You can get more tips on "banishing the bad stuff" from the person who gave you this newsletter.

*Continued on Page Four*

## Additional Help and Information

For more information about how to create superhero health in your family, contact the person who gave you this newsletter. Their contact information should be found at the top of page four. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

*Feed Your Family Right DVD* with Steven Horne ([www.treelite.com](http://www.treelite.com))

*Dr. Mom-Dr. Dad* course by Steven Horne ([www.treelite.com](http://www.treelite.com))

*The Healthiest Kid in the Neighborhood* by William Sears, Martha Sears, James Sears and Robert Sears

*Feed Your Kids Right* by Lendon Smith

**Protect your family from  
modern society's  
three health-robbing  
super villains!**

**Help them develop...**

# **SUPERHERO HEALTH!**

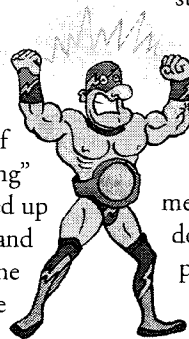


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## **Key Number Three: Raise the Shields**

The body's immune system is the real "superhero" of health. A strong immune system keeps us from "catching" whatever is going around. A big part of immunity is tied up with our mental and emotional attitude. Emotional stress and negative thinking have been shown to deplete the immune system, while pleasant emotional experiences and positive thoughts have been shown to enhance immunity.

If you're under a lot of stress, consider taking some remedies to help you stay more calm and relaxed. **Nutri-Calm** is a great supplement to feed your nerves and help you stay calm when there is a crisis. Adaptagens like **Adaptamax** will reduce the output of



stress hormones while raising your natural immune shields. When times are tough find fun and pleasant things to do that don't cost a lot of money, such as going for a walk in the park, taking a relaxing bath or playing a fun game. This will boost your mood and your immune response.

You can also raise your immune shields by taking supplements that boost immune responses. This is a helpful thing to do during cold and flu season or when you have to be around people who might be ill. **Ultimate Echinacea** is a great liquid immune stimulator for young children. **Fizz Active Immune** tablets make an effervescent immune-enhancing drink family members might enjoy, too. Teens and adults can take **Immune Stimulator**.

You can create superhero health to combat today's modern health villains. For additional suggestions, talk to the person who gave you this newsletter.