

The Body Systems

The Intestinal System Your Body's Waste System



NATURE'S SUNSHINE®

Brilliant Body
Intestinal System





Welcome to our June Brilliant Body Webinar on the Intestinal System

Brenda Montrella, ND

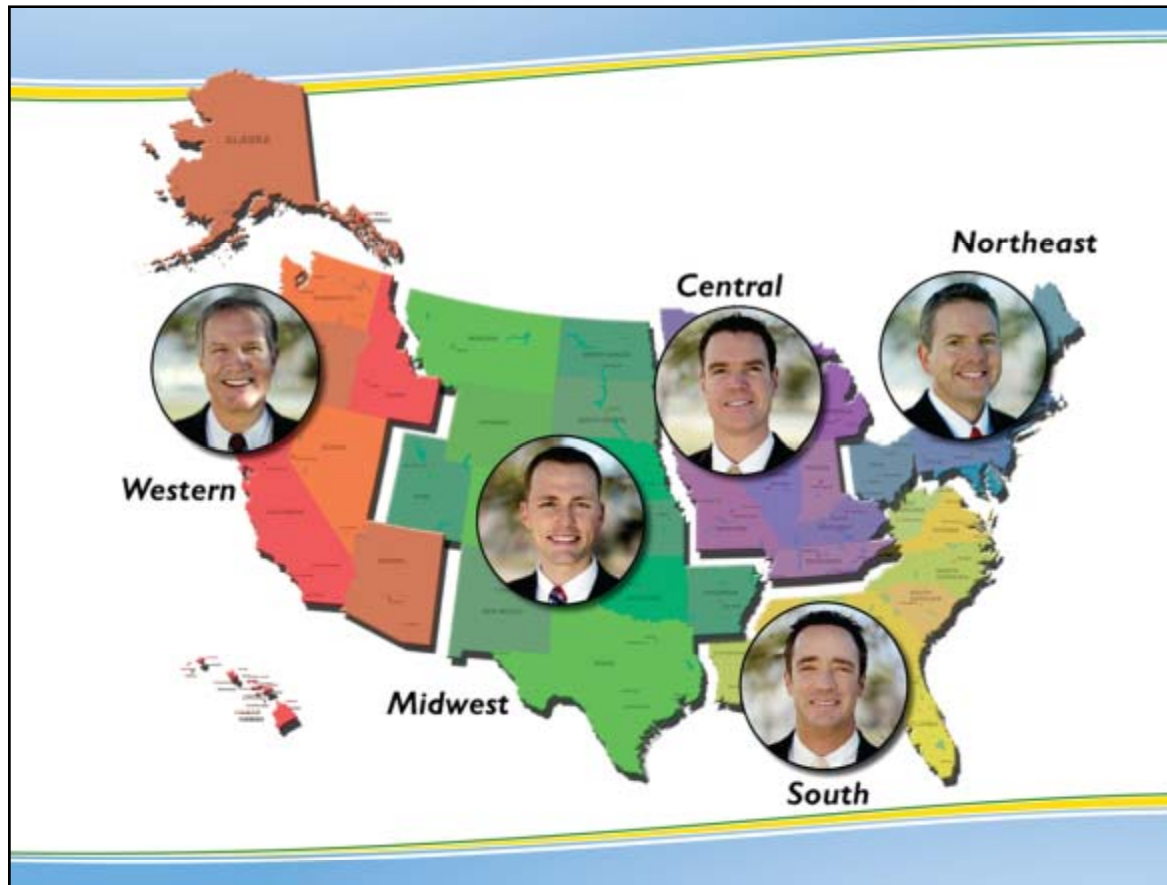
June 14, 2010

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The webinar recording of this presentation will be available throughout the YEAR:

www.nspwebinars.com

Phone: 1-712-432-0453 PIN 8626

(Not a toll-free call - Available until July 12)

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Cancun Giveaway Requirements

- Be eligible to win a trip to Cancun:
 - Watching the webinar (live or recorded)
 - Purchase the Intestinal System Pack promotion
 - Get at least 4 of 5 questions correct on the Intestinal System quiz on www.nspwebinars.com
- We'll announce the winner during the July 12 Brilliant Body webinar!



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Promotional Products

- Intestinal System Pack
 - Liquid Chlorophyll
 - Bowel Detox
 - Nature's Three
 - Bifidophilus Flora Force
- Promotion # 9946-7
- Cost \$58.25
- You save **10%** when buying this pack!



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You Can Have a Brilliant Summer with Brilliant Body!



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Brilliant Body Promotion Details

- During June and July, earn a **50%** sponsoring bonus when someone signs up with a Brilliant Body pack!
- There's **NO LIMIT!**
- Sponsor five or more in June with a BB Pack and we'll **DOUBLE** your June QV points toward your Cancun qualification!



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Sponsor With the Digestive Pack...



\$25!

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Sponsor With the Immune Pack...



\$32!

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Sponsor With the Eight Other Packs...

- Respiratory
- Intestinal
- Hepatic
- Nervous
- Circulatory
- Structural
- Glandular
- Urinary

\$30!

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The Body Systems

The Intestinal System Your Body's Waste System



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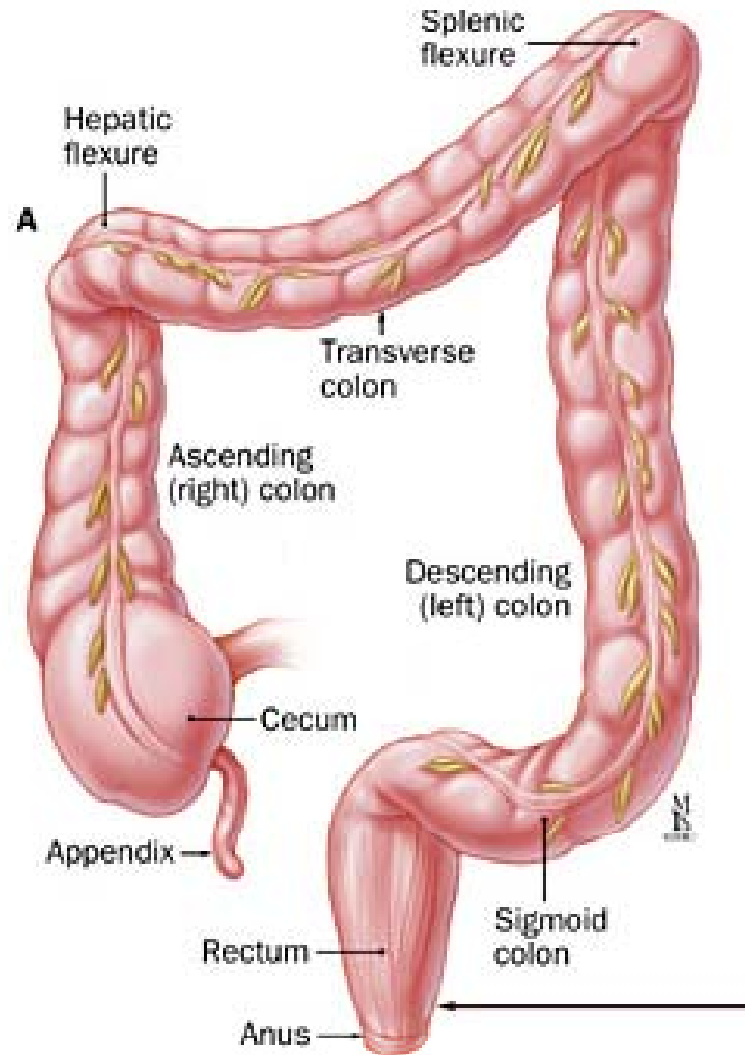
Intestinal System

Small Intestinal System

1. It reabsorbs water and electrolytes and sends them back into the blood stream.
2. It eliminates cellular waste and toxins released from cells.
3. It eliminates digestive by-products and indigestible substances.



The Colon



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Intestinal System

Colon Function



1. Includes: large intestine, rectum, and anus.
2. Absorbs water and minerals.
3. Formation and elimination of waste.
4. Houses over 700 species of bacteria, some of which are considered friendly bacteria, that produce vitamin B12, Biotin, and K and protects us against harmful bacteria, virus, and fungus.



Intestinal System

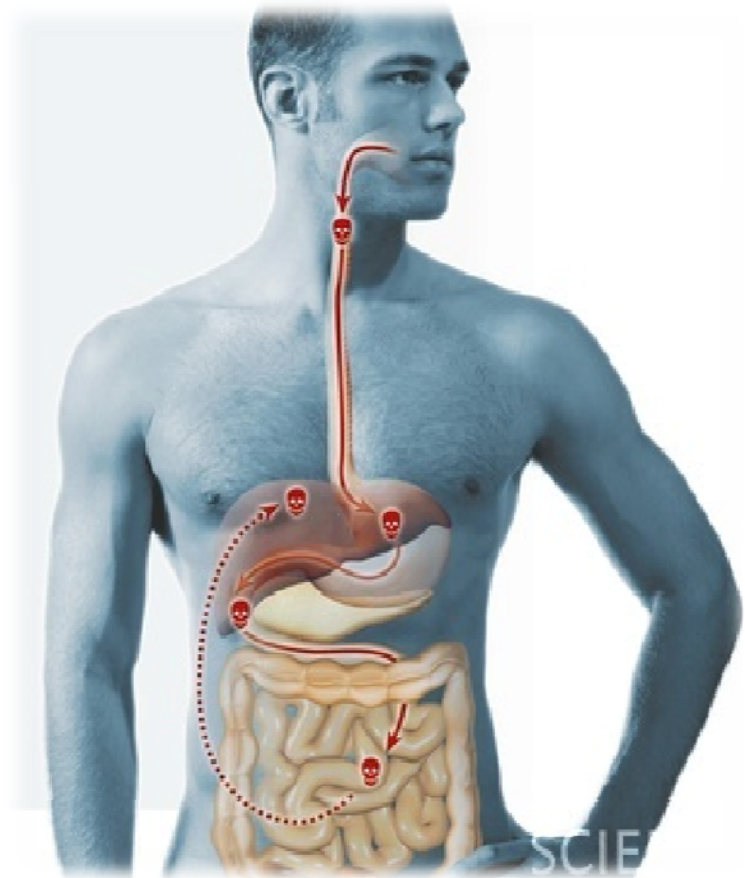
Did You Know...

- Your diet directly influences the diversity of microbes in the intestines?
- Undigested meat and other foods cause mucus buildup in the colon? This buildup produces toxins that enter the blood's circulation, in turn poisoning the body?
- Resisting the urge to have a bowel movement causes waste material to build up and become compacted, leading to constipation?



Intestinal System Challenges

Due to the overwhelming stress in our lives our bodies are struggling to eliminate all the different toxins that accumulate in our cells.



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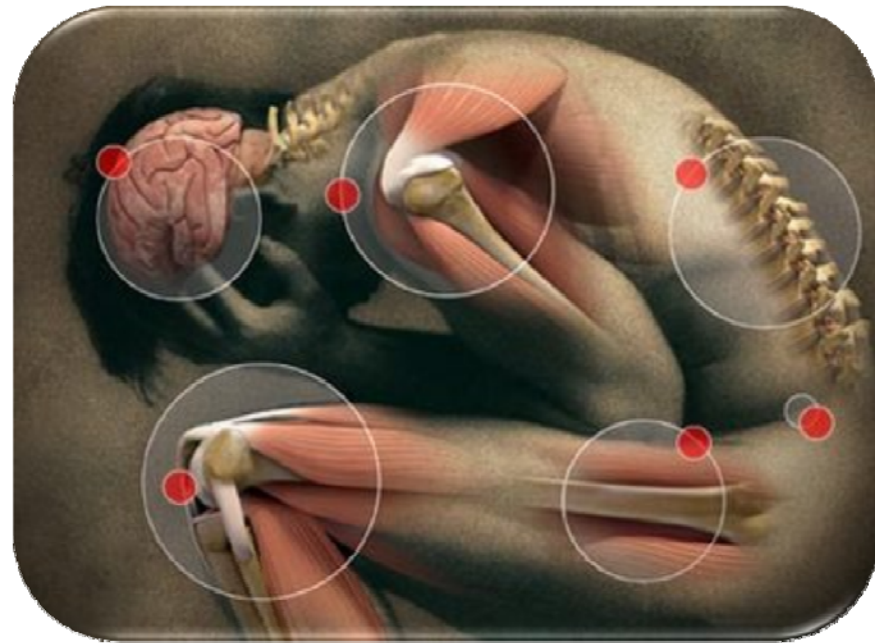
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Unhealthy Intestinal System

Symptoms Associated with Poor Intestinal Health

- Headaches
- Indigestion
- Chronic fatigue
- Joint pains
- Skin problems
- Diarrhea
- Constipation
- Backache
- PMS
- Bad breath



Unhealthy Intestinal System

Symptoms Associated with Poor Intestinal Health Cont.

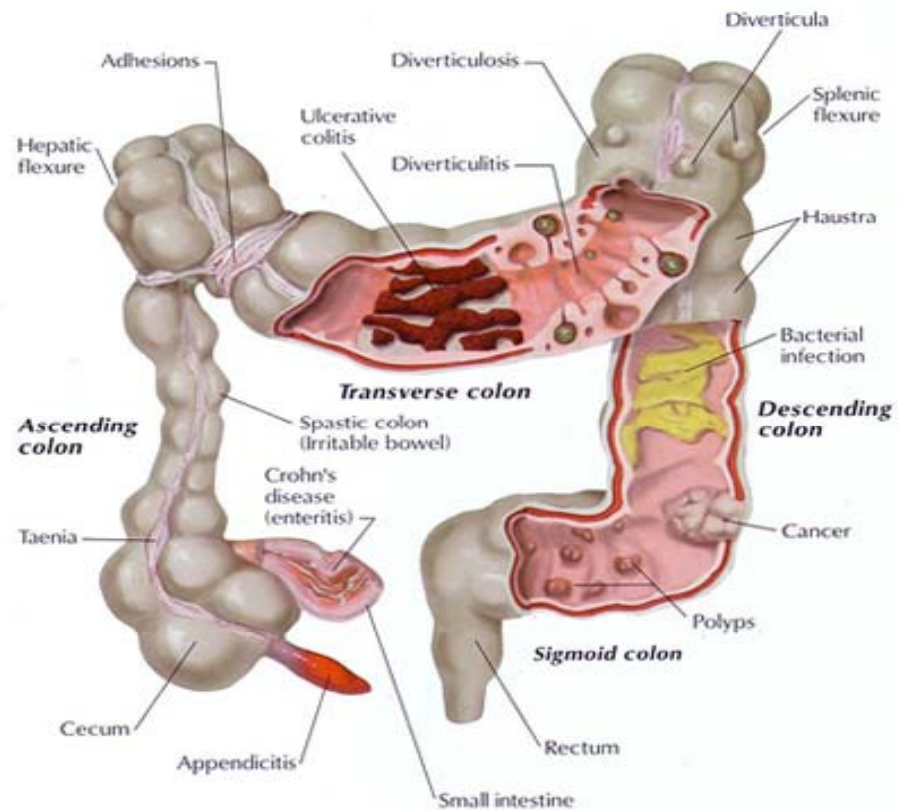
- Hemorrhoids
- Gas and bloating
- Sore throat
- Impaired sexual response
- Depression
- Irritability
- Anxiety and worry
- Loss of memory and concentration
- Sinus and lung conditions



Intestinal System Problems

A poorly functioning colon can lead to a variety of health concerns, including the following:

- Hemorrhoids
- Diverticulitis
- Constipation
- Colonic polyps
- Cancer
- Ulcerative colitis
- Irritable bowel syndrome
- Crohn's disease

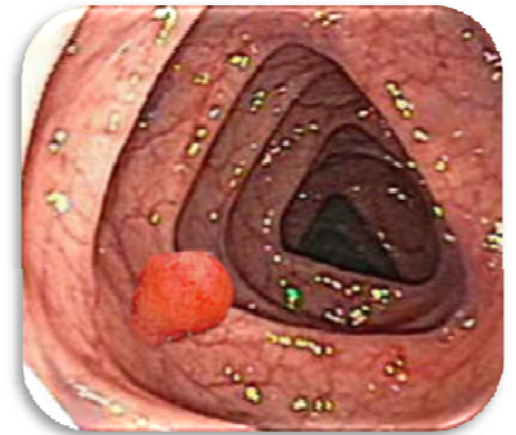


Intestinal System Concern

Colon Polyps and Cancer

The growth of a polyp is a major concern for Americans

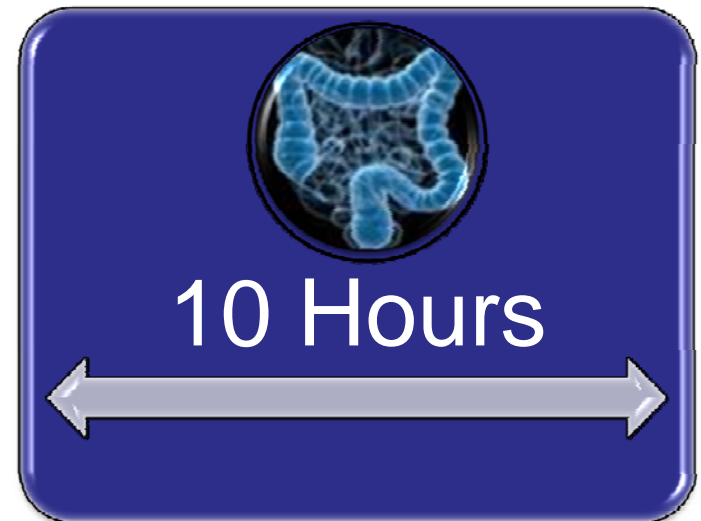
- Over 95% of colorectal cancers develop from polyps.
- More than 130,000 new cases of colorectal cancers are diagnosed in the United States each year.
- According to the National Cancer Institute, colorectal cancer is third in occurrence and cause of cancer deaths.
- Over 50,000 people in the United States die annually as a result of colorectal cancer.



Transit Time Is Key

Colon transit time: 10 hours

- The longer the transit time, the more toxic the waste becomes.
- Longer transit times can lead to auto-intoxification through the reabsorption of putrefied and fermented waste.
- Short or quick transit times result in diarrhea.



Intestinal System

Causes of Constipation

- Stress
- Medication
- Poor dietary habits
- Inadequate fiber
- Dehydration and lack of exercise



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Causes of Diarrhea

- Virus
- Antibiotic medication
- Harmful bacterial and parasites
- Emotional stress
- Inflammatory Bowel disorders

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Questionnaire

How Healthy Is Your Colon?

Do you use tobacco?

Do you drink alcohol daily?

Do you exercise less than 3 times a week for 30 minutes?

Do you eat 4 oz (size of a deck of cards) of red meat more than 3 times per week?

Are you overweight?

Do you eat fried foods?

Do you eat processed meats? (i.e. hot dogs, lunch meat, etc.)



Questionnaire

How Healthy Is Your Colon?

Do you have less than two bowel movements per day?

Is your stool hard and dry?

Can you have a bowel movement without straining?

Do you delay your bowel movements?

Do you eat less than 5-7 servings of fruits and vegetables daily?

Do you consume less than 25 grams of fiber per day? (One apple contains 5 grams)

Do you have a stressful lifestyle?



Welcome To America!

A Few Standard American Diet Numbers



- Avg. national daily calorie consumption: 3,770
 - Avg. global daily calorie consumption: 2,833
- National overweight and obese children: 33%
 - Global overweight and obese children: 12%
- National annual sugar consumption: 142 pounds per person
- National percentage of fast food as part of daily diet: 55%

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Healthy Choices

Dietary Suggestions to Maintain a Healthy Intestinal System

- Eat more whole grains, such as wheat and oats
- Avoid “white” bread and add whole-grain breads with at least 3 grams of fiber per serving
- As you increase your fiber intake, drink at least 8 glasses of fluids a day
- Fresh fruits and vegetables are the natural choice



Healthy Choices Continued

Dietary Suggestions to Maintain a Healthy Intestinal System



- Slowly increase your intake of healthful foods, allowing your digestive tract to adjust
- Beans are an excellent source of fiber
- Read package labels to compare fiber content



Nature's Sunshine Products

Keep Your Intestinal System Clean!



Clean Start is a 14-day cleansing product that helps protect your body from common colon toxins that affect your overall health and supports natural waste elimination to provide a sense of energy and well-being.

Tiao He Cleanse is an effective 10-day cleanse for the body. It aids in the cleaning of the colon and liver and improves kidney and lymphatic drainage.



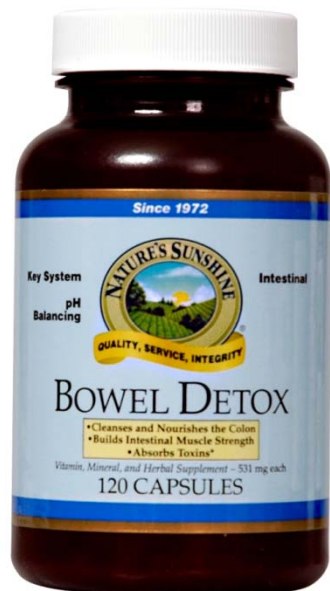
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Nature's Sunshine Products

Keep Your Intestinal System Healthy!

Food Enzymes break down toxins and undigested food to keep your intestinal tract healthy. One capsule digests: 30 g Protein, 30 g Carbohydrates, and 20 g Fat.



Bowel Detox provides digestive enzymes to aid digestion in the upper gastrointestinal tract, as well as contains ingredients to provide needed bulk to encourage proper flow of waste through the colon.



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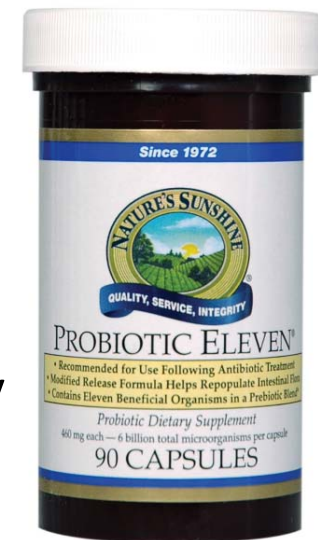
Nature's Sunshine Products

Keep Your Intestinal System Healthy!



Bifidophilus Flora Force helps maintain a healthy balance of friendly bacteria and supports immune function. Each capsule contains 4 billion microorganisms.

Probiotic Eleven is a unique combination of healthful friendly bacteria to help maintain and replenish intestinal supply. Each capsule contains 6 billion microorganisms.



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Nature's Sunshine Products

Constipated? Not Any More!



LBS II encourages colon cleansing and proper waste elimination. This is a natural herbal laxative.

Gentle Move is a stool softener that provides soothing nutrients to the intestinal system. It is designed to hydrate the intestinal wall by attracting and retaining fluid within the colon.



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Nature's Sunshine Products

Keep Your Intestinal System Moving Daily!

Nature's Three is a fiber supplement that combines psyllium, oat fiber, and apple fiber to support the normal function of the bowel. Fiber binds with cholesterol and bile salts, which are derived from cholesterol, and may reduce the amount of cholesterol in blood.



Everybody's Fiber is a fiber supplement that protects a delicate intestinal system from inflammation and irritation. It is a soothing product that helps things “slide” along smoothly.

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Product Experiment

Fat Grabbers and Nature's Three



Demonstration showing the absorption of toxins and fat with Nature's Sunshine Fat Grabbers or Nature's Three

- .Glass of Water
- .Add 2 Tablespoon of red chili oil
- .Add 3-4 Fat Grabbers or 2-3 tsp Nature's Three

Observe the absorption of the red chili oil as it sinks to the bottom of the glass



A Brilliant Intestinal System

How good do you want to feel?



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In Conclusion

Become your own herb specialist!

- Invest in materials.
- Become a distributor.
- Attend classes.
- Sponsor others.
- Share the products and teach!
- Share the business opportunity.



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Promotional Products

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 - Liquid Chlorophyll
 - Bowel Detox
 - Nature's Three
 - Bifidophilus Flora Force
- Promotion # 9946-7
- Cost \$58.25
- You save **10%** when buying this pack!



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Promotional Products available through June 21, 2010

Tiao He Cleanse

\$2.00 Off

Promo # 14348-2

\$24.75

Buy 4 get 1 free

Promo # 14346-7

\$107.00



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Congratulations!

Congratulations to Evie
Gewalt from Tennessee!

You're our May Brilliant
Body Cancun Winner!



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**Thank You For Your
Attendance!**

**We'll See You Again on July 12
for our Brilliant Body Nervous
System Presentation!**

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