

...experience

TRU*HEALTH

Quality Nutritional Products

Newsletter

Phone: 425-415-8410
 Toll Free: 800-242-7165
 Fax: 425-415-8432
 Web site: www.truhealth.com

18001 Bothell-Everett Highway
 Bothell, WA 98012

(24-hr. message center)

New At TruHealth

For your health, we are proud to offer:

- Organic lunchmeats and frozen organic meats including lamb, salmon, beef, chickens, etc.
- Bottled water: Including Penta, Aqua Rush, Odwalla and Hawaiian brands

IT'S THAT TIME OF YEAR AGAIN; IT'S ALLERGY SEASON

Sneezes, coughing, tearing eyes, headaches and stuffed noses—they're all signs of allergies. Herbal remedies can help eliminate these bothersome, and sometimes incapacitating, symptoms.

What is an allergy?

Allergy is defined by Dr. Lendon Smith as "any body reaction that cannot be explained by infection, injury or tumor growth." The term allergy should really be limited to eczema, hay fever, bronchial asthma, drug reaction, serum sickness and contact dermatitis.

Upon detection of something foreign entering through the skin, respiratory or digestive tracts, the body sends out antibodies to devour the invading germ, releasing histamines in the process. The liver must then supply antihistamines to neutralize the histamines, which are responsible for all allergic reactions that involve swelling, itching, fluid production and retention, etc.

Many allergy situations result because of a congested liver, poor digestion, hypoglycemia (where the body craves sweets, bread and cheese) and Candida (fungus) or parasite overgrowth. Giving into these cravings just adds to the allergic reaction. In fact, some allergies are commonly caused by indigestion. And the base of this problem may lie in emotional stress, which can cause the indigestion that results in many kinds of allergies.

Read our article in the "New Times" magazine for more information.

What can you do?

First, eliminate dairy products, sugars and yeast from your diet. Replace them with whole grains such as Quinoa, Brown Rice or Spelt, drink plenty of water and begin a good exercise routine to help the body rid itself of toxins.

Second, you can also use one of our herbal products to help you get through the season while you rid your body of toxins and pollens:

- *Four* is excellent for allergy and sinus problems. This combination of herbs is a nutritional aid for the nervous and respiratory systems. Its four herbs, Blessed thistle, Pleurisy root, Scullcap and Yerba Santa help to clear the nasal passages gently and provide a source of potassium, selenium, sodium, zinc and vitamin A.
- *Allergies* is a homeopathic product designed for the temporary relief of common allergic symptoms like hayfever and animal hair.
- *Blessed Thistle* helps support liver function and improve digestion which helps to clear the head.
- *Additional products* like ALJ, LBSII, CC-A, Marshmallow and Fenugreek, Yerba Santa and Senega can also be helpful. Check out our publication web site for more information.

"Before I took herbs, the doctor told me if my asthma was just a little bit worse, I would qualify for a handicapped sticker. Now, I use the inhaler one-tenth of the time, I'm totally off prednisone and I've lost 10 pounds. I appreciate Kasara's guidance,"

Sheri Brenner of San Jose.

There now, don't you feel better knowing there is help for your sneezes, coughing, tearing eyes, headaches and stuffed noses!



PARASITES: THEY NEED YOU, BUT YOU DON'T NEED THEM!

"Me have parasites in my body?" Yes, it is possible for you to be a host to parasites without even knowing it.

Remember, the purpose of the parasite is to not make itself known, and if you were examined by a doctor for parasites, chances are the results would come back negative. Medical testing only catches about 20 percent of the actual cases.

Symptoms may include:

Severe skin problems, allergies, nausea, headache, indigestion, backaches, constipation, diarrhea, weight problems and severe diseases like diabetes and cancer.

How the parasite makes a home in your body:

You can catch parasites from undercooked meat, fruits vegetables, fish, candy bars, dairy products and other foods, pets, water, insects, dirt, plants, feces, air, people and just about anything else. In fact you could have parasites from something you ate or drank when you were a baby.

More about the parasite:

A parasite is an organism that lives off it's host. They can be microscopic in size or can stretch to 30 feet in length. Worms, like the hookworm, attach themselves to the intestinal wall and live off the host's blood. The Center for Disease Control considers Giardia, a microscopic parasite, the number one waterborne disease.

Parasites feed off your nutrients, leaving your body starving. Your body is weakened and is more apt to attract disease. They also leave behind toxins.

How to get rid of this unwelcome guest:

These herbs can help evict your unwelcome guest: Artemisia Combination, Black Currant Oil, Black Walnut Extract or Capsules, Chinese Para-Cleanse, Elecampane, False Unicorn or Herbal Pumpkin.

For more information, you can read more about parasites in "Parasites An Epidemic in Disguise" by Stanley Weinberger, C.M.T. or "The Cure for All Diseases" by Hulda Clark.

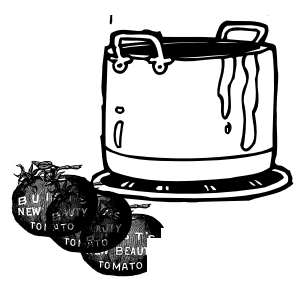
TruHealth also rents and sells parasite zappers. Call or come in for more information.



A TRULY HEALTHFUL RECIPE

Basic Marinara (Tomato) Sauce

- 2 tablespoon, cold pressed, virgin olive oil
- 1 large onion, sliced
- 6 large cloves garlic, crushed (more if you like garlic)
- 8 medium tomatoes, chopped
- 1 cup sliced mushrooms (optional, or chopped olives)
- 2 teaspoon dried oregano
- 1 tablespoon chopped parsley
- 1/8 teaspoon cayenne pepper
- 2/3 cup tomato paste
- Salt and pepper to taste (recommend: 1 1/4 teaspoon salt, 1/4 teaspoon pepper)



Sauté the onion and the garlic in the olive oil until the onions become translucent, stirring frequently to prevent burning. Add the remaining ingredients and simmer for at least an hour, but the sauce will improve with additional cooking. Be sure to stir occasionally since this is a rich sauce and will burn if unattended.

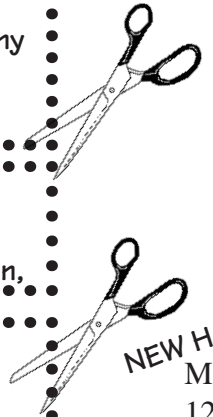
Use to top your favorite Spelt, Quinoa or Brown Rice pasta. Serves four to six people generously.

CLIP AND BRING IN YOUR COUPON FOR TRULY HEALTHFUL SAVINGS

A TRULY HEALTHFUL SAVINGS

Coupon for Allergy Products
\$1.00 off
Four, Blessed Thistle and Allergies homeopathic
This offer is not valid with any other offer or discount.

Coupon for Parasite Killers
\$1.00 off
Black Walnut, Herbal Pumpkin, Para-Cleanse
This offer is not valid with any other offer or discount.



QUOTABLE

"Healing in its essence is about breaking through the fears associated with life—fears that we don't want to face—and finding our own special inspiration, a vision of the future that we know we are here to help create."

Anonymous

VISIT TRUHEALTH ONLINE

Remember to visit our web site frequently for health information, the latest herbal product information, newsletter archives and more! We're at www.truhealth.com!



FOR MEMBERS ONLY

Become a Nature's Sunshine member and get the highest quality products at up to 45% discounts. Do research through Herb Librarian available for members 24-hours a day on the web. Ordering supplements through NSP is easy: you can pick up your items at our store, order via a toll-free number, or order over the web 24 hours a day. Just a reminder that NSP's prices went up on April 1.

NEW HOURS

Monday 12:00 pm-5:00 pm
Tuesday through Saturday 10:00 am-7:30 pm

FYI
Look for the Kosher sign (K) on Nature Sunshine products



TRU*HEALTH

Member of South Snohomish Chamber of Commerce

Quality Nutritional Products

18001 Bothell-Everett Highway
Bothell, WA 98012
Phone: 425-415-8410
Toll Free: 800-242-7165
Fax: 425-415-8432
Web site: www.truhealth.com
(24-hr. message center)

PRSR STD
U.S. POSTAGE
PAID
PERMIT #126
LYNNWOOD, WA 98036

