



The Comprehensive Guide to Nature's Sunshine Products

Steven Horne, Kimberly Balas

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The Comprehensive Guide to Nature's Sunshine Products is an essential tool for maximizing the benefits of Nature's Sunshine Products complete line of high quality herbs and nutritional supplements. It includes detailed information on 648 Nature's Sunshine Products available in the United States and Canada. Each entry covers the properties, body systems affected, historical uses, directions for use, and warnings and contraindications for each of these products. But that's just the beginning.

It contains information on over 500 health problems and conditions including information on causes, natural therapies and NSP products people have used to help their body improve their health. Another section provides a list of 93 body systems, organs and parts with lists of remedies that affect them. The final section provides definitions, indications and contraindications for over 243 therapeutic properties with lists of NSP products that have those properties.

The introduction provides an overview of what natural healing is all about. Using a model called the Disease Tree, it teaches people how to look for root causes of their health problems rather than just treat the effects.

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