

Nutrition with Intention™

Winter Edition 2014

Three Treasures™ Teas

Echinacea & Naturcidin™
**A Dynamic Duo for the
Immune System**

**Focus on Family
at New Spirit's
Wellness Weekend**

Vitality™ Tea
Nourish Your Energy



NEW SPIRIT
NATURALS

A Message from Dr. Milam

For over 5,000 years, the Chinese have observed the human condition and how it relates to nature. They carefully documented how herbs and combinations of herbs interceded to stimulate or calm, heat or cool specific organs in the body. Through these herbs, they learned to help restore homeostasis to an unbalanced body and thereby produce optimum health. These healing principles relied on for centuries in the Imperial Court, rural villages, and the countryside of China, helped form the foundation of what we now refer to as Traditional Chinese Medicine or TCM and are the basis for our Three Treasures Tea™ formulations. These three treasures are known as Jing, Shen, and Qi.

Jing is the essence inherited from our parents which in many respects help define our basic constitution. In Western medicine it is the equivalent of our DNA.

Shen, or Spirit, resides in our heart and brain, the organs most connected with Heaven.

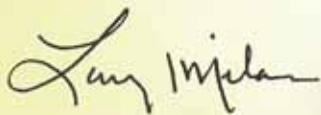
Qi translates as our vital energy or life force it is said to flow through pathways in our body called meridians.

When all three of these "Treasures" are working in harmony and balance, life seems harmonious and flourishing. When the balance of these polar forces are upset or imbalanced, it seems to form the basis of unease. Through using New Spirit Naturals Three Treasures™ Teas we believe you can keep the body in perfect balance, enjoy life more fully and achieve personal health and wellbeing.

Here's to your Good Health!



Dr. Larry Milam, Ph.D., HMD.,
CNC, President/CEO



33rd Annual
Wellness Weekend
Focus on Family
January 16th - 19th, 2015

Featured Guest Speakers at Wellness Weekend 2015

New Spirit is excited to announce Dr. Sherwin Chen as one of our featured speakers during Wellness Weekend (January 16th-19th, 2015). Dr. Chen will be speaking about how to use naturally derived immuno modulators or Biological Response Modifiers (BRM's) that have the ability to mobilize the body's immune system and protect us against a host of foreign invaders.

It is a topic that will include enhancing the body's innate capability against bacterial, viral, fungal and parasitic infections. Also addressed will be protection from radiation exposure, which is often the front line choice by Western doctors, for many immuno-compromising diseases such as cancer.

Dr. Chen's education background includes training in Biology, Public Health and Epidemiology at the University of Southern California, Keck School of Medicine as well as his doctorate degree at the National Taiwan University.

We welcome Dr. Chen and look forward to his exciting research on immune enhancement. This is a current topic that many people are concerned about especially after the recent Ebola outbreak.

We are looking forward to seeing all of you in January at this exciting event! You don't want to miss this one. Bring your friends as this information has the potential to save their lives. As we all know too well, staying healthy depends on one thing - the health of the immune system.

Dr. Omar is a graduate of the Southern California University of Health Sciences, Class of December, 1997. She had a successful year-long internship at Thie Chiropractic Clinic, Pasadena, CA during the 1997 calendar year. In addition to her regular internship, Dr. Omar completed a surgical rotation at Coast Plaza Doctor's Hospital in Norwalk.

Prior to becoming a Chiropractor, Dr. Omar was a financial analyst and business administrator for Xerox Medical Systems for 15 years. While playing competitive soccer for the OCWSL, she suffered a severe knee injury which required extensive reconstructive surgery. It was the successful post-surgery treatment to her spine, hip and knee which compelled Dr. Omar to seek a career as a doctor.

Dr. Omar is certified in Applied Kinesiology from the International College of Applied Kinesiology. She attended the Carrick Institute of Neurology and is Board Eligible for her Diplomate status in Functional Neurology.



Echinacea Complex™ & Naturcudin™



A Dynamic Duo for the Immune System

Take this wonderful tasting herbal formula daily as a strong dose of protection in the cold and flu season. **Echinacea Complex™** does double the work by boosting your immune system as well as detoxifying the body.

There are so many benefits in each ingredient in **Echinacea Complex™** including:

Echinacea:

Echinacea helps fight off infections and also increases white blood cell count. It has been used to treat common fevers as well as typhoid, meningitis, and diphtheria.

Ginger:

Ginger can help with motion sickness, vestibular disorders and morning sickness. Ginger also acts as a powerful antioxidant, promotes potent anti-ulcer activity, promises chemopreventive agents for intestinal neoplasia, improves energy by facilitating the action of the ATP and improving usage of oxygen in the body.

Green Tea:

Effective for elimination of constipation, diarrhea, or other digestive problems, Green Tea relaxes digestive tract. Relates to tension and helps reduce headaches.

Echinacea Complex™ will definitely be beneficial during the flu season and any other times when you are not feeling your best.

Suggested Use:

1 serving daily as part of your daily health routine. Take 2-3 servings per day for therapeutic use.
60 servings per bottle

To read this article in Spanish, please see Page 9

Another great product to try when you want to give your immune system a boost is **Naturcudin™**!

Naturcudin™ is a potent botanical compound designed to support the entire immune system! The ingredients contained in Naturcudin all play a key role, making this product highly beneficial for your optimal health.

Goldenseal:

Goldenseal restores integrity within mucus membrane tissue. It also remedies many conditions relating to inflamed or disturbed mucosa. It is an important anti-inflammatory herb particularly related to the stomach, intestines and respiratory tree.

Echinacea & Garlic:

Both have the ability to bolster the immune system. They assist the body in its defense against environmental challenges and can be very effective on pathogens.

Black Walnut & White Willow:

Both contain many immune benefiting effects by strengthening tissues that protect the body. They also have the ability to quell inflammation. They are considered as an original and natural form of aspirin. Both increase micro-circulation and historically were used to treat painful rheumatism and gout.

Essential Oils: (Oregano, Galbanum, Tea Tree Oil and Lavendar)

Essential Oils positively benefit the respiratory tract and support normal respiration. They help reduce reactivity and assist in supporting calmness and tranquility. They are antimicrobial, antifungal and anti-parasitic.

Gentian:

Gentian optimizes digestive capacity and tones the digestive tract. This also may stimulate the body's production of digestive enzymes. It is used especially in states of exhaustion, chronic disease and weakness of digestive organs. Also an excellent stomach ache tonic.

With these incredible ingredients, **Naturcudin™** is a powerhouse product that has the potential to benefit in many ways.

Aller-ease™ Tea

Control allergies using your body's own natural healing energy!

Drink it now and feel the effects in half an hour!

Traditional Chinese Medicine believes that allergy problems begin in the stomach, the seat of digestion. This concept is endorsed by modern research that points to undigested proteins in the blood that cause the immune system to launch an aggressive attack, releasing histamines which cause numerous symptoms referred to as "allergic reactions".

*Allergies are a very common problem, affecting at least 2 out of every 10 Americans. The most common allergy symptoms include: itchy eyes, throat and skin, sneezing, nasal congestion, wheezing, and rash or hives.

Other exposures can cause different allergic reactions:

Food allergies. An allergic reaction to food allergens can cause stomach cramps, vomiting or diarrhea.

Insect stings. The allergic reaction to a sting from a bee or other insect can cause local swelling, redness and pain.

The severity of an allergic reaction's symptoms can vary widely.

Mild symptoms may be almost unnoticeable, just making you feel a little "off."

Moderate symptoms can make you feel ill, as if you've got a cold or the flu.

Severe allergic reactions are extremely uncomfortable, even incapacitating.

New Spirit's **Aller-ease™ Tea** is a pleasant tasting, fast acting Traditional Chinese Herbal formula that balances the stomach energy. **Aller-ease™ Tea** is also extremely effective for general food allergies and it acts quickly to relieve congestion and is recommended at the first sign of a cold.

Aller-ease™ Tea uses the following herbs to help control allergies:

Bitter Orange (Citrus aurantium) is a key herb, stimulating Qi circulation and supplying old energy. Aids the spleen and stomach.

What it does: Regulates energy; stomach ache, anti-diarrhea, expectorant.

Benefits: Bitter Orange purges and helps heal the digestive tract. It contains a minor amount of the naturally occurring Synephrine (an alkaloid) which combined with other phyto-nutrients in Bitter Orange may provide a decongestant effect.

Chinese Kudzu (Puerarin lobata) helps move "Stagnant Qi" from the inner body to the outer areas which allows the body to heal. Aids the spleen, pancreas, and stomach.

What it does: Diaphoretic, cooling, dilator of arteries and veins.

Benefits: This tonic helps reduce alcohol cravings and the daidzin in kudzu blocks enzymes which cause alcohol poisoning and hangover. It has a protective effect on the heart and helps with headaches by the effect of having better blood flow to the brain.

Panax Ginseng is a balancer, supplying warm energy. Aids the spleen and lungs.

What it does: Boosts energy, immunity and sexuality, strengthens male reproductive organs and the adrenal glands and improves the body's ability to handle stress.

Benefits: Helps regulate blood pressure and blood sugar, promotes secretions of sexual hormones in men and women and promotes blood production.

Ginger (Zingiber officinale) Aids the heart, lungs, spleen, stomach and kidneys.

What it does: Ginger is a warming, stimulant to yang energy. It dissolves phlegm, helps stomach aches and prevents vomiting.

Benefits: The fluid extract of ginger has been used since the 1500's for gastrointestinal distress. It helps with motion sickness, vestibular (spatial or balance) disorders and morning sickness. Ginger also acts as a powerful antioxidant and promotes potent anti-ulcer activity.

Chinese Blackberry (Rubus suavissimus) nurtures the kidneys, liver, lungs and spleen energy for maximum benefits. In a recent Japanese study, Chinese Blackberry was proven effective in fighting inflammation and allergies.

What it does: A powerful kidney tonic and astringent.

Benefits: May help improve vision and kidney functions.

Lo Han Kuo (Cucurbitaceae fruit -Momordica grosvenori) Aids the spleen and liver.

What it does: Reduces fever, is calming and relaxing.

Benefits: This herb is effective for elimination of constipation, diarrhea or other digestive problems. It also relaxes the digestive tract.

Aller-ease™ Tea contains 60 servings and can be mixed with 6 to 8 ounces of hot or cold water. It contains no preservatives or alcohol. Great for children and individuals who have trouble swallowing capsules.

* 2014 WebMD, LLC. "Allergy Basics"



Vitality™ Tea

Nourish Your Energy

Vitality™ Tea is designed to increase kidney function, improve sexual energy and immune function and support cardiovascular health. In this tea are powerful ingredients: Tribulus Terrestris, Dong Quai, Knotweed, Cayenne Pepper, Panax Ginseng, Licorice, and Horny Goat Weed including a blend of herbs used from the Chinese traditions. In the Chinese tradition, the herbs of **Vitality™ Tea** nourish yang. Yang is what warms and promotes the function of organs and tissue.

Vitality™ Tea enhances the kidney's Qi, by spreading out energy and storing it in different areas of the body. It promotes a healthy cardiovascular system that will help fight fatigue and improve your circulation. All the energy produced from the kidneys create a healthy sexual energy and promotes long life.

You can benefit from each herb that is in **Vitality™ Tea**:

Horny Goat Weed: Promotes a healthy liver and kidneys and may help to lower blood pressure.

Don Quai: Great for women! This wonderful herb is best for menstrual disorders. It strengthens female reproductive organs and regulates hormone levels and also eases the effects of menopause.

Lo Han Kuo: This beneficial herb helps improve your digestive system. It may help to eliminate constipation, diarrhea and other digestive problems. It can help reduce headaches by relieving tension in your digestive system.

Panax Ginseng: Excellent for your lungs and spleen. Good for women, and great for men! This herb strengthens the male reproductive organs. It also boosts energy and the adrenal glands which improves your body's ability to handle stress. Panax Ginseng is also beneficial for men and women's sexual hormones. Additional benefits include assisting in regulating blood pressure and blood sugar levels. If you experience a weak pulse, energy deficiency, diabetes, heart palpitations or lack of appetite, Panax Ginseng is a great herb for you.

Chinese Licorice: This is one of the most common herbs used in Chinese Herbal Medicine. This herb not only has a good taste but it also prolongs the effects of strong tonic prescriptions, giving you that long lasting restored feeling.

The powerful formula of **Vitality™ Tea** is excellent for men and women! Enjoy drinking a hot or cold cup of this delicious tea for a longer healthy life.

If you experience coldness in your extremities, **Vitality™ Tea** is just the formula for you to increase your warmth by bolstering your yang energy!

For better results, take our **Kidney Enhancer™**! Also, take a look at our Women's and Men's value pack. All great additional products to enhance **Vitality™ Tea**.



"Whenever I'm feeling like I'm running low on energy, I drink my Vitality™ Tea and I feel like a new person! This amazing tea gives me that extra boost to help me get going!"

-James K., Oregon

To read this article in Spanish, please see Page 10

Three Treasures Tea™ Foundation Pack



Three Treasures Tea™ Foundation Pack provides traditional Chinese formulas that address a wide range of health concerns.

Many of us focus on the outside of our bodies, our appearance. What many of us don't consider is what the inside of our bodies look like and how that actually affects our outward appearance.

Poor diet, toxins, lack of exercise and pollution amongst many other things cause what we know as free radicals and affect our bodies inward and outward. Free radical exposure is virtually impossible to avoid. What are free radicals? Simple, an atom or group of atoms that has at least one unpaired electron and is therefore unstable and highly reactive. Free radicals can damage cells and are believed to accelerate the progression of cancer, cardiovascular disease, diabetes and age related diseases. With the excess amount of chemicals and pesticides in our foods and environment, as well as the mounting levels of stress in our society, our body is weighed down with toxic buildup and needs the supplementary help in expelling and neutralizing unnecessary and unwanted waste material.

Detoxification is so vital because it can literally reverse the symptoms of some illnesses and will unquestionably change your life. The liver, small intestines, kidneys and colon are the major organs engaged in the body's detoxification system. Our New Spirit Naturals **Three Treasures Tea™ Foundation Pack** is a great aid in balancing your organ systems.

What Makes Three Treasures Tea™ Different?

It has been scientifically proven that many of the benefits of tea are lost when leaves or tea bags are used to brew a regular cup of tea. New Spirit Naturals offers teas that are in liquid form, concentrated, economical and easy to make. They are a great way to detoxify your body and regain energy. Doing a liquid cleanse gives your system a rest allowing it time to repair and rejuvenate. Our **Three Treasures Teas™** are quickly absorbed and fast acting. The teas flood your body with an abundance of antioxidants that help neutralize free radicals as well as strengthen and support the immune system. In addition they help harmonize the organs, reduce blood pressure, improve sleep, concentration and memory, improve circulation and enhance energy. Plus, our teas even have anti-aging properties!

Our **Three Treasures Tea™ Foundation Pack** includes four powerful teas: Liver Chi™, Kidney Enhancer™, Longevity Heart Chi™ and the Energizing Tea™ and comes with a convenient carrying case.

Total Retail Value: \$124.95

Special Retail Price: \$115.00

Did You Know?

You can combine teas for maximum benefit? Call New Spirit Naturals for recommendations on your perfect tea tonic! (800) 922-2766

Liver Chi™

The liver is the largest organ in your body and performs over 500 functions. Three of the main functions of the liver are:

1. Detoxifying and cleansing the blood of harmful chemicals and toxins
2. Metabolizing proteins, fats and carbohydrates to provide the body with energy and nutrients
3. Breaking down and helping eliminate excess hormones

Take this formula to nurture and detoxify your liver and protect it from damage, inflammation, oxidation and infections. **Liver Chi™** delivers maximum benefits of historically proven edible, precious and beneficial mushrooms and extracts. A key ingredient in these mushrooms are called polysaccharides which have been scientifically proven effective for modulating the immune system.

Ingredients: Ganoderma (Linzhi)(Reishi), Poria Cocos(Fu-Ling), Cordyceps sinensis, Grifola(Maitake), Lentinus(Xiangxun)(Shitake mushroom), Hericium(Yamabushitake)(Houtou), Schisandra(Schisandrachinensis), Skullcap(BaciaSkullcap)(ScullallariaBacicalensis) LoHanKuo "Magic Fruit"(Cucurbitaceae fruit-Momordicagrosvenori) and Milk Thistle(Silymarin)(Carduimariaeherba).

Kidney Enhancer™

Every day, your kidneys filter around 120 to 150 quarts of blood to produce about 1 to 2 quarts of urine, composed of wastes and extra fluid. The kidneys keep electrolytes stable, such as sodium, potassium, and phosphates and also create hormones that help to regulate blood pressure, make red blood cells, and help keep your bones strong.

Take this formula when you feel you are losing sexual interest due to low vitality and low sexual energy or when you have symptoms of chronic fatigue. Improving kidney energy boosts sexual energy for men and women while promoting vitality and longevity.

Kidney Enhancer™ dilates capillaries and larger blood vessels and balances blood pressure. The herbs used in this formula may help prevent thinning of your hair, premature greying, soreness and pain in the Lumbar sacral region and disorders of fluid metabolism.

Ingredients: Dong Quai(Angelica sinensis), Horny Goat Weed(Epimedium Sagittatum), He Sho Wu(Polygoni multiflori), Panax Ginseng, Chinese Knotwood(Polygonum cuspidatum) and Schisandra(Schisandra chinensis).

Longevity Heart Chi™

The heart is a muscular organ about the size of a fist. The main job of the heart is to pump blood to every part of the body. Blood carries oxygen and all the food, vitamins and minerals that your body needs to move, think, grow and repair itself. At the very same time the blood picks up toxins that your body doesn't need and helps eliminate them through the lungs, kidneys or liver.

Support heart health and the body's detoxification systems with this great tasting, caffeine-free, traditional herbal formula. This tea harmonizes the five organ systems including the liver/gall bladder, heart/ small intestines, spleen/stomach, lung/large intestines, and kidney/small bladder. High levels of polyphenols (80%) in this formula provide powerful antioxidants directly to your system, supporting your immune system and encouraging body fat cleansing providing additional support in fighting cancer cells, controlling cholesterol, hypertension, and inhibiting microbials.

Ingredients: Green Tea(Camellia sinensis), Lycium Barbarum(Lycium), Jujube (Ziziphus), Hawthorn Berry (Crataegus monogyna), Orange Peel (Acanthodoris lutea), Liriope (Lily-Turp), Ginger(Zingiber officinate), Astragalus (Radix astragali), Rehmannia (Rehmannia elata) and Lo Han Kuo (Cucurbitaceae fruit-Momordica grosvenori).

Energizing Tea™

Energy fuels your body's internal functions, repairs, builds and maintains cells and body tissues, and supports the external activities that enable you to interact with the physical world. Water, your body's most important nutrient, helps facilitate the chemical reactions that produce energy from food.

Energizing Tea™ helps guarantee improvement in both physical and mental performance without consuming excess calories or caffeine. This delicious tea also improves the body's ability to handle stress by promoting overall health. It is a great beverage to balance the energy of those experiencing ADD (Attention Deficit Disorder). **Energizing Tea™** contains standardized herbs to improve circulation, enhance metabolism and balance your energy.

Ingredients: Panax Ginseng, Siberian Ginseng(Eleutherococcus), Schisandra(Schisandra chinensis), Astragalus(Radix astragali), Chinese Kudzu(Puerarin lobata), Lo Han Kuo(Cucurbitaceae fruit-Momordica grosvenori), Bitter Orange(Citrus aurantium), Chinese Blackberry(Rubus suayissimus) and Chinese Licorice(Radix Glyrrhizae).

Jubilee™ Tea

A Natural Mood Enhancer



Our bodies go through many changes that can affect our mood. Stress and hormone changes are some of the leading causes for depression. Stress symptoms can affect your body, feelings and behavior.

Depression can lead to symptoms of anxiety and nervousness. Hormone imbalances affect our energy level, mood and even weight gain. **Jubilee™ Tea** is a natural solution to help lift the mood within minutes.

Jubilee™ Tea can help improve spiritual vitality, protect brain cells from degeneration and improve blood circulation. It can also provide positive support for depressed mood and mild to moderate mood changes caused by everyday stress including occasional nervousness, nervous tension and anxiety.

Jubilee™ Tea contains a natural patented formula with key active ingredients including:

St John's Wort: Most commonly used for depression and conditions that sometimes go along with depression such as anxiety, tiredness, loss of appetite and trouble sleeping. There is some strong scientific evidence it is effective for mild to moderate depression.

Ginkgo Bilboa: With a long history of being used in traditional medicine to treat blood disorders and improve memory, it's best known today as a way to potentially keep your memory sharp. Laboratory studies have shown that ginkgo improves blood circulation by opening up blood vessels. It's also an antioxidant.

Additional Chinese herbs that have been used for 1000's of years to balance our mood included in our formula are:

- Horny goat weed
- He Sho Wu
- Schisandra
- Chinese Knotweed
- Astragalus
- Dong Qual
- Lo Han Kuo
- Rehmannia
- Lycium
- Bupleurm

Traditional Chinese medicine focuses on restoring a balance of energy, body and spirit to maintain a healthy lifestyle. Chinese herbal medicine may also be used to assist with general health maintenance and disease prevention. By strengthening and enhancing normal body functions, the immune system is boosted and a general sense of well-being promoted.

Jubilee™ Tea is a natural solution to feeling your best by balancing your mood, energy, and hormonal symptoms with no side effects.

It's simply easy and tastes great!

Feel your best with one serving a day or three times a day (therapeutic level) with hot or cold water.



To read this article in Spanish, please see Page 11

Echinacea Complex™ & Naturcidin™



Un dúo dinámico para el Sistema Inmune

Tome esta maravillosa y sabrosa fórmula herbal diariamente como una fuerte dosis de protección en la estación de gripe y resfriados. **Echinacea Complex™** hace un doble trabajo fortalece el sistema inmune y desintoxica el organismo.

Existen muy buenos beneficios en cada uno de los ingredientes de **Echinacea Complex™** incluyendo:

Echinacea:

Echinacea ayuda a combatir las infecciones y también aumenta las células blancas de la sangre. Es usado para tratar la fiebre común así como la tiroides, meningitis y difteria.

Ginger:

(Jengibre) Ayuda con los mareos, trastornos vestibulares, náuseas del embarazo, y es un agente cardio-tónico. El jengibre también actúa como un poderoso antioxidante, tiene agentes que defiende de úlceras, agentes químico-preventivo contra neoplasia intestinal e impulsa la energía facilitando la acción ATP mejorando el uso del oxígeno en el cuerpo.

Green Tea:

Eficaz para eliminar el estreñimiento, diarrea, u otros problemas digestivos; relaja el tracto digestivo, relacionado con tensiones y ayuda a reducir dolores de cabeza. También ayuda a mantener los pulmones húmedos.

Echinacea Complex™ provee un excelente beneficio durante los periodos de gripe y en los momentos que no se sienta bien.

Uso sugerido:

1 gotero por día como mantenimiento diario de su salud. Tome 2-3 goteros por día como uso terapéutico.
60 tomas por botella.

Naturcidin™ es otro excelente producto que debe de tratar cuando quiere aumentar la fuerza de su sistema inmunológico. Es un potente compuesto botánico que protege todo el sistema inmune. Los ingredientes que contiene **Naturcidin™** desempeñan un papel muy importante, por lo que este producto es altamente benéfico para su óptima salud.

Goldenseal:

Restaura la membrana mucosa de los tejidos. También recupera muchas condiciones relacionadas con la inflamación o disturbios de la mucosa. Es un importante anti-inflamatorio principalmente cuando esta relacionado con el estómago, intestino y las vías respiratorias.

Echinacea & Garlic:

(Ajo) Ambos tienen la habilidad de reforzar las funciones del sistema inmune. Ayudando al cuerpo a defenderse contra los constantes retos del medio ambiente, también es un agente anti-parásitos.

Black Walnut & White Willow:

Ambos contienen muchos efectos que beneficia el sistema inmune mediante el fortalecimiento de los tejidos que protegen el cuerpo. Tienen también la habilidad de controlar la inflamación. Se consideran como una forma natural de aspirina. Aumentan la micro-circulación y antiguamente se utilizaban para tratar el dolor del reumatismo y la gota.

Essential Oils: (Orégano, gálibano, Tea tree oil, lavandar)

Los Aceites Esenciales benefician a las vías respiratorias y ayudan a la respiración normal. Ayudan a reducir la reactividad, a mantenerse en calma y en tranquilidad. Estos aceites esenciales son antimicrobianos, anti-hongos y anti-parásitos.

Gentian:

Optimiza la capacidad digestiva y tonifica el tracto digestivo. Estimula al organismo para producir enzimas digestivas. Se utiliza especialmente en estados de agotamiento, enfermedades crónicas, y en la debilidad de los órganos digestivos. También es un excelente tónico para el dolor de estómago.

Estos increíbles ingredientes hacen de **Naturcidin™** un potente producto con muchos beneficios.

Vitality™ Tea

Nutre su Energía

Esta diseñado para aumentar la función renal, mejorar la energía sexual, la función inmune y la salud cardiovascular. En este té se encuentran poderosos ingredientes: Tribulus Terrestri, Dong Quai, knotweed, pimienta de cayena, Panax ginseng, regaliz, Horny Goat Weed y una mezcla de hierbas chinas. En la tradición china las hierbas usadas en **Vitality™** han sido usadas para nutrir el Yang. Yang es la energía que da calor y promueve la función de órganos y tejidos .

Vitality™ mejora el Qi del riñón, propagando la energía y almacenándola en diferentes áreas del cuerpo. Dando como resultado un sistema cardiovascular saludable que le ayudará a combatir la fatiga y a mejorar la circulación. Toda la energía producida desde los riñones crea una energía sexual saludable y promueve una larga vida.

Usted puede beneficiarse con cada una de las hierbas que están en **Vitality™ Tea** :



Horny Goat Weed: Promueve un hígado y riñones saludables y podría ayudar a bajar la presión arterial alta.

Don Quai: ¡Fabuloso para la mujer! Esta maravillosa hierba es ideal para trastornos menstruales. Fortalece los órganos reproductores femeninos y regula los niveles hormonales y también calma los efectos de la menopausia.

Lo Han Kuo: Esta hierba es beneficiosa para mejorar su sistema digestivo. Puede ayudar a eliminar el estreñimiento, diarrea y otros problemas digestivos. Puede ayudar también a reducir el dolor de cabeza alivia la tensión del sistema digestivo.

Panax Ginseng: Excelente para los pulmones y el bazo. Excelente para la mujer y genial para el hombre. Esta hierba fortalece los órganos reproductores masculinos. También aumenta la energía y mejora la capacidad del cuerpo para manejar el estrés protegiendo las glándulas adrenales. Panax Ginseng es de gran beneficio para las hormonas sexuales tanto para el hombre y mujer. Beneficios adicionales incluye regular los niveles de la presión arterial y la azúcar en la sangre. Si usted experimenta un pulso débil, deficiencia de energía, diabetes, palpitaciones y falta de apetito Panax Ginseng es de gran ayuda para usted.

Chinese Licorice: (Regaliz chino) Es una de las más comunes hierbas usadas en la Medicina Herbaria China. Esta hierba no solo tiene buen sabor si no que también prolonga los efectos de un tónico, dándole una prolongada sensación de bienestar.

¡La formula ponderosa de **Vitality™ Tea** es excelente para hombres y mujeres! Disfrute bebiendo una taza deliciosa de este té ya sea frío o caliente para una larga y saludable vida.

En el caso de que usted experimente frío en las extremidades, **Vitality™** es la fórmula para que aumente el calor impulsando su energía yang.

"Para mejores resultados, tome Kidney Enhancer! También prueba nuestro paquete especial para hombre y mujer. Estos magnificos productos aumentan las funciones de Vitality™ Tea."

-James K. , Oregon

Jubilee™ Tea

Una forma natural de mejorar el estado de ánimo



Nuestros cuerpos atraviesan por muchos cambios que afectan nuestro estado de ánimo. El estrés y los cambios hormonales son algunas de las principales causas de depresión. Los síntomas del estrés pueden afectar su cuerpo, sentimientos y conducta.

La depresión puede llevar a síntomas de ansiedad y nerviosismo. El desequilibrio hormonal afecta nuestro nivel de energía, estados de ánimo e inclusive se puede ganar peso. **Jubilee™ Tea** es una natural solución para ayudar a levantar el ánimo en solo minutos.

Jubilee™ Tea puede ayudar a mejorar la vitalidad emocional, protegiendo las células del cerebro de la degeneración y mejorando la circulación sanguínea. Puede también servir de apoyo positivo para el estado de ánimo depresivo y cambios de humor causados por el estrés diario, incluyendo nerviosismo ocasional, tensión nerviosa y la ansiedad.

Jubilee™ Tea contiene una fórmula patentada con ingredientes claves tales como:

St John's Wort: comúnmente usado para la depresión y condiciones que acompañan a la depresión, ansiedad, cansancio, pérdida de apetito y problemas para dormir. Existen evidencias científicas que aseguran que es efectiva para la depresión leve a moderada.

Ginkgo Bilboa: Con una larga historia de ser usada en la medicina tradicional china, para tratar trastornos de la sangre y para mejorar la memoria, es mejor conocida por ayudar a mantener una memoria aguda. Estudios de laboratorio demuestran que ginkgo mejora la circulación de la sangre mediante la apertura de vasos sanguíneos. También es un excelente antioxidante.

Además contiene hierbas chinas que se han agregado y que se usan por miles de años para mantener el balance del estado de ánimo:

- Horny goat weed
- He Sho Wu
- Schisandra
- Chinese Knotweed
- Astragalus
- Dong Quai
- Lo Han Kuo
- Rehmannia
- Lycium
- Bupleurm

La medicina tradicional china se centra en la restauración del equilibrio de la energía, el cuerpo y el espíritu para mantener un estilo de vida saludable. La medicina herbal china puede usarse también para ayudar a mantener la salud en general y la prevención de enfermedades mediante el fortalecimiento, además mejora las funciones normales del cuerpo.

Jubilee™ Tea es una solución natural para su mejor bienestar y sin efectos secundarios! Dando balance a su estado de ánimo, energía y mejorando los síntomas del desbalance hormonal.

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Siéntase de lo mejor con solo una porción al día o 3 veces al día para uso terapéutico, sírvase con agua caliente o fría.



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January 16th - 19th, 2015 • Irvine Hilton in Irvine, California

- **New product introductions.** You will be the first to see and get your hands on our new products and services.
- Practical and easy solutions to make a **healthy lifestyle** fun for you and your family.
- Learning how to **reduce your risk of disease** and illness at any age.
- Identifying new ways to **incorporate nutrition into your life.**
- Sharing your knowledge of health with other like-minded professionals, members, nutritionists and doctors and discovering how to turn your passion into a **successful opportunity.**
- **Dynamic Speakers** with up-to-date **knowledge** on advancements you need to know in the **Health and Wellness** Industry.
- Lunch/Dinner included in certain Registration Packages.



Masquerade Party

Come dressed in your very best and join us for New Spirit's first masquerade party. Ladies come in your loveliest dress or gown and gentlemen in your finest suit. Bring your mask and be a part of the biggest party of the year!

We will be celebrating those special members who have worked hard building their business and have earned the illustrious status of Presidents Club Member. We will also unveil the 2015 President's Club Trip to an exciting location!

There will be prizes for the Top 5 Most creative masks and/or costumes. Plan on being a winner!

VIP Registration \$249.95
Preferred Registration \$199.95
Basic Registration \$149.95
There is limited space

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