



Baby Boomer Health

Helping America's Largest Generation to Remain Healthy & Productive

At the end of World War II, Americans were anxious to get on with family life in a new era of peace. Over the next two decades (1946-1964) more babies were born than during any other period in American history. This generation has been dubbed the Baby Boomers or just Boomers. Today, this group of about 78 million people is reaching retirement age with the oldest Boomers about to turn 67 and the youngest Boomers 49.

In this age of high-tech medicine and effective natural remedies, Baby Boomers want to stay sharp mentally and avoid many of the health problems associated with aging. They hope to avoid Alzheimer's disease, cancer and heart disease. They don't want arthritis to stop them from leading an active lifestyle or lose their eyesight due to macular degeneration or cataracts. Many are aware of the growing problems with diabetes, and wish to avoid this disease and the many health risks that go with it.

Baby Boomers have had more interest in physical fitness and have been more health-conscious than many previous generations. They grew up in an age of ever growing scientific advancement, so they believe answers can be found to their health problems. Furthermore, Boomers grew up in a period of time when many traditional values were rejected or redefined, so they are more open than previous generations to alternative ways of maintaining good health.

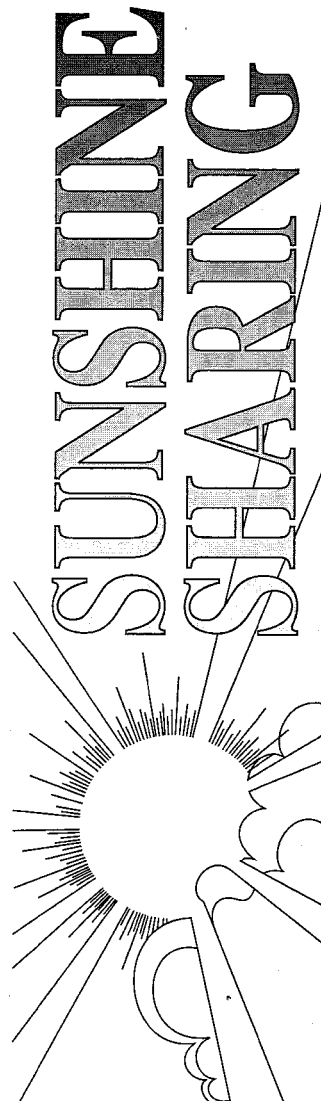
Boomers have generated more wealth and consumer demand for goods and services than all other demographic groups combined. Boomers buy over half of all prescription and over-the-counter drugs. Many also take nutritional supplements and shop at health food stores, which is why this industry continued to grow during the recent recession.

The Need for Baby Boomer Health

Because the health care needs of Boomers are growing as they age, we're going to discuss some of the ways Boomers can maintain the health they desire using natural means. We're going to start with some general principles of good health and then provide some specific tips Boomers can use to avoid some of the common health problems associated with aging.

If you're part of this Baby Boomer generation, we hope you'll use this information to improve your own life. However, even if you're not a Boomer, consider this as a starting point to develop the knowledge and skills you need to help Boomers counteract the effects of aging, because the need for this knowledge is going to increase as the Baby Boomer generation ages. Boomers can and should be able to enjoy good health in their later years with the help of good nutrition and lifestyle habits, along with the right herbs and nutritional supplements.

Continue reading and learn how to help Boomers stay health naturally...



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.

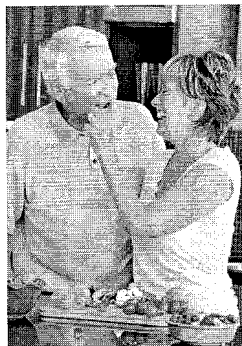
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Managing Editor/Writer: Steven Horne
Assistant Writer: Kenneth Hepworth
Editor: David Horne
Associate Editors: Carolyn Hughes, Leslie Lechner, Sharon Grimes

Basic Tips for Baby Boomer Health

Many people enjoy excellent health into their 70s and 80s. How do they do this? The best way is to establish good health habits and positive attitudes about life when you're young. However, it's never too late to start. Even if you're in the Baby Boomer generation and have been living on a diet of junk food, you can still reap positive benefits by adopting good health practices now. Here are some basic tips.



Eat Well to Live Well

Good nutrition is one of the fundamental principles of good health. The research is pretty clear that people who adopt a diet with lots of fresh and natural (preferably organic) foods live longer and are in better health than those who primarily consume modern processed and refined foods.

Most nutritional experts agree that one of the best ways to avoid cancer, heart disease, loss of memory and other degenerative diseases is to eat plenty of fresh fruits and vegetables. These foods are naturally high in antioxidants that protect the body from free radicals and environmental toxins. Some great antioxidant foods to include in your diet are berries, tomatoes, leafy green vegetables and a little dark chocolate. Cruciferous and leafy green vegetables like broccoli, cauliflower, cabbage, spinach, kale and Swiss chard can help protect your body from toxins and cancer as you age. Include some of these foods in your diet everyday.

Another good food to consider is nuts, which are a rich source of unsaturated fats, vitamins and antioxidants. Good fats and fat soluble vitamins are important for protecting the brain, so eating foods such as deep ocean fish, wild caught salmon, organic butter (from pastured cows if possible), free-range eggs and grass fed meats, is also very helpful for maintaining physical and mental health. Good oils to use include olive oil and coconut oil.

Minimize the Bad Stuff

To keep your health as you age, there are some things that are best to avoid. For instance, don't smoke. Smoking just half a pack of cigarettes per day for 10 years will put you at higher risk for heart disease, cancer and stroke.

It's also wise to go easy on the alcohol. Having an occasional glass of wine or a beer with a meal is fine, but regular consumption of beer and hard liquor is detrimental to the health of your liver and your brain.

Another major thing to avoid is too many simple carbohydrates (refined sugars and white flour). These foods raise insulin levels, promote weight gain, increase inflammation and contribute to the development of diabetes. Also avoid processed fats such as partially hydrogenated vegetable oils, margarine and shortening. Of course, it helps to avoid processed foods in general, especially ones that contain a lot of chemical additives. Keep in mind that it's easier to avoid the "bad stuff" when you concentrate on getting more of the "good stuff."

Use the Right Supplements

Since it's hard to eat right all the time in our society, it helps to take a few supplements. A good basic supplement is **Super Trio**. This product contains **Super Supplemental** (a high quality vitamin and mineral supplement), **Super Omega-3 EPA** (a fatty acid supplement) and **Super ORAC** (an antioxidant supplement). It comes in convenient packets that can be carried in a pocket or purse.

One of the major secrets to avoiding the problems associated with aging is to get your body the antioxidants it needs. This is one of the reasons fresh fruits and vegetables are so important to health. Super ORAC supplements these antioxidants. You can also increase your antioxidants by taking **Thai-Go**, a special juice blend with a certified high ORAC value. (ORAC is the ability a food has to neutralize free radicals).

Omega-3 fatty acids are also a critical anti-aging nutrient. They are particularly helpful for the brain, which is 50% fat by dry weight. These fatty acids have been shown to help protect memory and brain function. They can also reduce joint pain, protect the cardiovascular system and ease prostate problems in men. These good fats are found in both Super Omega-3 EPA and **Krill Oil with K2**.

Besides these basic supplements, you may also want to take supplements to reduce your risk of specific ailments. These are covered on the next page.

Take Good Care of Yourself

Maintaining a healthy lifestyle and a positive attitude is also critical to enjoying good health as we grow older. If you're experiencing emotional stress, try using some **Distress Remedy** or another flower essence blend to help you have a more positive mood. It also helps to adopt a healthier lifestyle.

For starters, make sure you're staying physically active. Exercise strengthens your heart, reduces your risk of diabetes and high blood pressure, relieves the pain of osteoarthritis, fights depression, and may prevent certain types of cancer. Adults over 50 should avoid strenuous, high-impact exercises in favor of walking, running, bicycling, swimming and other low-impact activities. As little as 30 to 45 minutes every other day will make a big difference.

Make sure you're getting 8-9 hours of sleep every night, too. As people age, they often experience difficulty sleeping. Sleep is very important to mood, immunity and overall health, so if you're having trouble sleeping, try taking **Herbal Sleep**, **5-HTP Power** or **Melatonin Extra** before bedtime. If you're tense and anxious, **kava kava** can also be helpful.

Maintaining meaningful relationships will improve your quality of life and your longevity. A study led by Julianne Holt-Lunstad at Brigham Young University found that people with strong social bonds reduced their risk of mortality by as much as 50 percent. So, stay socially active as well by spending time with family and friends on a regular basis.



Avoiding Age Related Diseases

Besides the basic tips found on the previous page, there are specific supplements and lifestyle changes one can make to avoid specific age-related diseases. Here are a few of the major health issues Baby Boomers (and others) will want to avoid.

Reducing the Risk of Cancer

While heart disease is the leading cause of death over age 70, cancer is the leading cause of death between 40 and 70, the age group for Boomers. This means Boomers are much more likely to suffer an early death due to cancer than to heart disease. From a holistic perspective cancer is caused by a toxic environment in the body, coupled with stress and a weakened immune system. This is why holistic anti-cancer treatments often focus on detoxification, stress management and strengthening the immune system.

Avoiding chemicals and making sure you have a good diet and plenty of antioxidants is one of the primary things you can do to prevent cancer. Those with a family history of cancer can take additional precautions by doing a periodic cleanse, supporting the liver's ability to detoxify the body and by strengthening the immune system.

The **Tiao He Cleanse** is an excellent cleansing program that also supports the liver. Doing this cleanse twice a year can help rid your body of cancer-causing chemicals. For those who work around chemicals frequently, **Milk Thistle Combination** can be taken daily to protect the body from them. Finally, if you have a tendency towards a weak immune system, try taking **Trigger Immune** to boost your energy and immunity.



Preventing Heart Disease

All of the basic health tips on the previous page reduce one's risk of heart disease, strokes and other cardiovascular problems. Those with a family history of heart disease may wish to take additional precautions, especially if they have high blood pressure or are overweight.

Solstic Cardio is a good supplement to consider here. It contains five grams of L-arginine. Research suggests that this amount of L-arginine can help to reduce blood pressure and inhibit plaque formation in the arteries. Solstic Cardio also contains vitamin D3 and other nutrients that promote cardiovascular health.

Another important supplement for reducing the risk of heart disease is **CoQ10 75**. If you have problems with your gums, you have cardiovascular inflammation and a higher risk for heart

disease. CoQ10 is a powerful antioxidant that helps both the gums and the arteries to heal. It also helps with recovery from cardiovascular disease. Statins deplete CoQ10, so anyone taking statins should consider adding CoQ10 to their supplement program.



Finally, some people over 60 replace their Super Supplemental multivitamin with **MegaChel**. MegaChel still provides them with extra vitamins and minerals, but also contains herbs and nutrients that can reduce plaque formation, improve peripheral circulation and otherwise enhance cardiovascular health. Other good supplements to consider for a healthy heart and cardiovascular system are **Ginkgo and Hawthorn** and **High Potency Garlic**.

Defeating Diabetes

The high blood sugar levels found in diabetics can cause damage to the blood vessels in your kidneys, heart, eyes and other areas. Diabetics are more prone to heart disease. To avoid diabetes, adopt a healthy diet and lifestyle. It is especially important to stay physically active and to avoid all refined carbohydrates and simple sugars. If you're starting to develop blood sugar problems, try taking **SugarReg** or **Target P14**. These formulas contain herbs and nutrients that help the body overcome cellular resistance to insulin. If you have diabetes, it is a good idea to take supplements to support the cardiovascular system such as **CoQ10 75** and **High Potency Garlic**.

Maintaining Mental Health

Nobody wants to lose their mind, so to stay healthy as we age we want to reduce the risk of Alzheimer's disease, dementia and Parkinson's disease, all which diminish quality of life and productiveness. While the complete cause of these conditions is unknown, scientific research increasingly points to processed foods, overconsumption of sugar, simple carbs and unhealthy fats, environmental toxins and heavy metals as contributing factors.

Good fats and fat-soluble vitamins are very important to the brain. So, getting the long chain omega-3 fatty acids, DHA and EPA, is important to keeping a healthy mind. The fats in organic butter, coconut oil and eggs are also helpful.

Research shows that declining levels of magnesium in the brain are part of the picture of memory loss. Researchers at MIT found a highly absorbable form of magnesium, magnesium L-threonate, which has been shown to cross the blood-brain barrier and increase the brain's magnesium level. It stimulated the growth of new synapses and increased cognitive functions in both the old and the young.

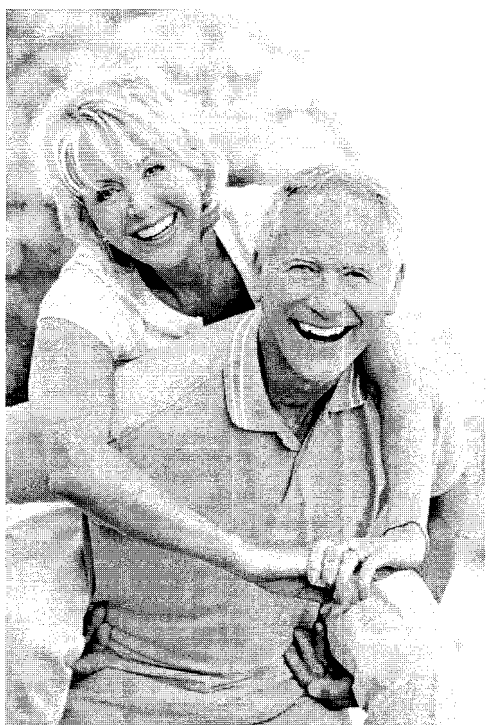
Mind Max contains magnesium L-threonate in a base of three herbs that have been used to increase cognitive function and protect the brain during aging: gotu kola, bacopa and ginkgo. This is a great supplement to take for anyone who is concerned about cognitive decline and memory loss associated with aging.

Additional Help and Information

For more tips on helping baby boomers stay healthy as they age, contact the person who gave this newsletter to you. Their information should be found at the top of the following page. You can also consult the following sources:

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light
The Anti-Aging Zone by Barry Sears

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Improving with Age

As America's largest generation approaches their retirement years, they can maintain their good health through good nutrition and lifestyle habits, along with the right herbs and nutritional supplements.

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Natural Aids for Arthritis

Many people experience joint problems as they grow older. Most wind up relying on pain relieving drugs like NSAIDS, which do nothing more than temporarily ease pain. Unfortunately, they can also increase the risk of liver problems, kidney failure and cardiovascular disease. Fortunately, there are supplements that offer real benefits for arthritic joints.

Everflex contains glucosamine hydrochloride, MSM, chondroitin sulfate, hyaluronic acid and devil's claw root—ingredients shown to restore joint mobility and comfort, while strengthening connective tissues. It is available in tablets for internal use and as a topical pain-relieving cream. Research has shown that healthy fats and fat-soluble vitamins are helpful in treating arthritis, so **Vitamin D3** and **Krill Oil with K2** can also be helpful. **Joint Health** and **Relief Formula** may also be helpful.

Keeping Your Eye Sight

Many adults lose their vision as they age due to macular degeneration, diabetic retinopathy, glaucoma or cataracts. About 1.8 million Americans suffer from age-related macular degeneration and there are about six million new cases of eye disease every year. The sad thing is that most of these eye problems are due to a lack of good fats (omega-3 essential fatty acids) and antioxidants. **Perfect Eyes** contains nutrients like lutein, n-acetyl-cysteine, quercetin and hesperidin, which help protect the eyes from free radical damage and aging. It can be used in addition to supplements like **Thai-Go** and **Super Trio** to protect the eyes from aging.

None of us can escape growing older, but with a healthy diet and lifestyle, we can escape many of the diseases associated with aging. Talk to the person who gave this newsletter to you for more information.