

# Strength & Vitality Bulletin

Volume 17 Issue 4

Our 100th Edition!

15th August 2020

We are delighted to write to you on this significant occasion as a result of our publication hitting it's 100th edition, as well as it coinciding with entering our 25th year of being in business. It's slightly larger than normal because of the addition of 2 new pages which will appear on a regular basis onwards. What started out as being a minor way of communicating with our small customer base, has grown into an international piece of information due to our letter now being listed on our website. Which by the way, if you happen to lose one of the letters and wish to refresh your mind by reading the article again, then all it takes is to go onto the website [www.activehealthservices.co.nz](http://www.activehealthservices.co.nz) and you will find it under the subheading: Newsletters.

What is happening within our country at the moment is concerning, and we feel for those in Auckland who at present have to live at Level 3. Our business has been particularly busy since the original lockdown, and we are extremely proud of what the products are doing for our customers and clients, who all report they are enjoying freedom from bug's & viruses. We do however ask you all to give careful attention to what Patrick Fahy has to say about Vitamin D on pages 4 & 5 and we ourselves have no doubt whatsoever that this humble vitamin is essential for continuing good health.

Kind regards Gordonna

## STRENGTH & VITALITY TURNS 100!

Our publication is now being read worldwide

We are certainly more pleased than usual to produce the semi monthly edition of our newsletter. As can be seen we have managed to hit a century of publications, and also as can be observed by looking to the right our newsletter has kept a similar look throughout that time. One of

Although we receive enthusiastic approval of these articles, from time to time we have wondered if we are doing justice to all concerned.

the major changes can be noted by the fact we used to run two articles beginning on the front page. This went on until 2013, until the introduction of a new format with newsletter 66 which opened up with only 1 major topic for discussion.



## Strength & Vitality Bulletin

VOLUME 1, ISSUE 2 15TH OCTOBER 2004

Welcome to your 2nd newsletter. We certainly enjoyed hearing your feedback, and will work on some of the suggestions received. So what's happened since we last published four weeks ago? Well the biggest news has to be the global recall of the painkilling drug Vioxx. It immediately brought to our mind the words of Paddy Fahy (the resident naturopath for Nature's Sunshine) who stated at the October 03 seminar "the drug companies are running scared. There is at least 6 major drugs that are in serious issue that will be withdrawn in the near future." This is such an important issue that we have devoted an article helpful to understanding the major difference between drugs and herbs.

Before we know it the Christmas rush will begin and then to be followed by the celebration of a new year 2005. That is a perfect time to reflect on what has been and what might occur. Life moves much faster as we enter the upper age bracket - therefore we encourage you all to sit back in the new year and consider what changes could be made that will enable us to delight in our life as it inexorably passes by.

**Kind regards,  
GORDONNA**

### Nature's Sunshine a company helping multitudes world-wide

When it comes to health improving the lot of mankind, Nature's Sunshine is a company achieving much without a lot of fanfare or hoopla.

**"Kristine (Gene's wife) suggested putting the powder inside gelatine capsules. This simple idea was met with scepticism particularly as it had never been done before."**

Whereas most multilevel or network marketing companies are known to be strong on enthusiasm and hype (putting some people off them) Nature's Sunshine continues to get the job done of improving people's health quietly and efficiently. This has always done this because he took it by the spoonful! He the way, as can be seen by examining the history of considerable improvement this 30 year old company and a new belief was born. Hence at a later time an idea discussed at the when the talk around the kitchen table of the Hughes kitchen table turned to family in Utah, America, business matters, Kristine Gene Hughes suffered (Gene's wife) suggested from stomach problems putting the powder inside and after enduring an gelatine capsules. This operation, was rattled to simple idea was met with discover that this was not scepticism particularly as it the end of the matter but had never been done only the beginning when before. And further to that his doctor said to him "I how could it ever be a will see you again." In a profitable state of depression he business? casually talked to his neighbour about his health. Kristine acknowledged this condition. Acting upon the by stating "Our of improving people's suggestion to take cayenne independent distributors.

### Drugs and Herbs - Why so different?

What would you consider to be the basic difference between drugs and herbs? In the other. The knife if major difference between tender to answer this question manually applied can have herbs and drugs is their it would be good to use an catastrophic consequences, safety margin. In the entire analogy: A very sharp knife and so of course can a pair of history of world wide usage and a pair of efficient scissors. But the scissors there is no documented scissors. What's the usually win out because the deceptiveness difference here? Well both greater control that is exerted.

*Strength & Vitality Bulletin is the monthly newsletter of Active Health Services*

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**Our very first issue of Strength & Vitality Bulletin appeared on 15th September 2004, and the electronic version has since been lost - so accordingly the above is a replication of our 2nd.**

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