

## September/October 2010

### Your Immune System is the Real Hero

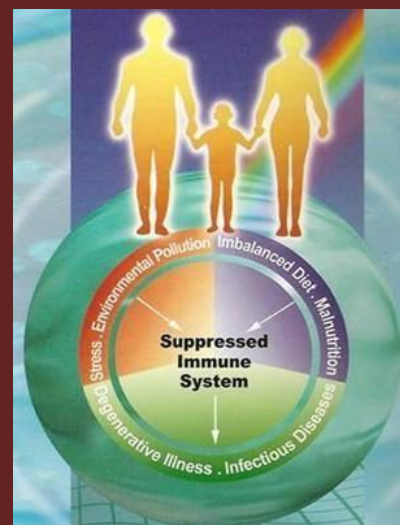
The theory of vaccination is this, they take disease organisms (viruses and bacteria) and they weaken or kill them, then inject the weakened or killed organisms into the bloodstream. The body still sees these organisms as foreign invaders and builds an immune defense against them, which means the body is now prepared with the right antibodies to defend itself in case the real disease comes along. The bottom line is that the vaccine isn't what makes you immune; it only challenges your immune system. It's your immune system's response to the vaccine that creates immunity. The real hero is our own immune system. When you reason this out, we really don't need to vaccinate. Instead, we should focus on building a strong immune system.

There are many articles and books about the controversies surrounding vaccinations. But, our purpose in writing this article is not to give you the reasons why we think vaccines are not a good idea. Instead, we want to inform you of what you can do to build a strong immune system.

For starters, nature has provided a natural way to immunize children against diseases their mom is already immune to. It's called breast feeding. The Colostrums from breastfeeding are nature's natural vaccine. It provides antibodies the baby needs to fight off infections. Children should be breastfed for at least one year and ideally for two. Nutrition is also an important element in keeping a strong immune system. When people buy into the "myth" that vaccines, *by themselves*, are going to create a strong immune system, they don't worry too much about things such as nutrition. The fact is that one can't have a strong immune system on a modern "junk food" diet. So, whether you choose to vaccinate your children or not, you can't ignore good nutrition. It is appalling to see parents putting coca cola in a baby bottle for the child to drink. It shows how ignorant of the importance of good nutrition many people are. Also, children should not be fed solid foods until they start to develop teeth. Feeding them before this irritates their digestive tract and contributes to the development of food allergies and intestinal problems later in life. When our children are old enough to start eating they shouldn't be fed baby foods from jars. They should be eating fresh mashed fruits and

vegetables, such as bananas, potatoes, carrots, etc. Children will never complain about eating fruits and vegetables if they grow up eating them. Immunity is linked to our mental and emotional state. We must refuse to allow anything negative to be put after the words "You are..." when talking to our children. Our children need lots of hugs and affection and words of praise and encouragement. Stress causes a weakening of the immune system in children. Demanding, abusive, negative parents are the biggest sources of children's stress. Our children's immune systems can be improved with herbs. Unlike vaccines which challenge the immune system, the plant kingdom actually has properties that boost it. A favorite one is NSP's **Ultimate Echinacea**. You can give this to your children whenever something is "going around" boosting their immune response. Another good one is **Fizz Active Immune**. For teenagers and adults, **Immune Stimulator** or **Echinacea w/ Golden Seal** are wonderful products.

Finally, even if you do choose to vaccinate your kids, these four suggestions for boosting their immune response are still important, because it is the immune system, not the vaccine that ultimately makes you immune.



## MESSAGE FROM THE FOUNDER

### The Sure Cure: Prevention

When I first got into the health field I was just trying to get over my Prostate Cancer. As I began to take the herbs, I began to feel like exercising, eating healthier, getting massages, stretching, reading uplifting books and the list goes on. I never knew that I could feel so good, especially after firing all of my expert doctors. That truly came as my serendipity. I began to realize that my health was my responsibility.

Here at UCS/TMI we have customers not consumers. We have no desire to become your doctor, we want to teach you how to be your own doctor. Information is our greatest asset. We believe that knowledge is the antidote for fear. "F.E.A.R.:" is "False Evidence Appearing Real". In the book of Isaiah, God says, "I have not given you a spirit of fear but of a sound mind. Fear is faith in Satan. A fearful person never makes a right decision. It's like a deer standing in front of the headlights, it freezes and its death is certain. Medicine uses fear to trap its victims with words like, "if you don't do what we say, you will have a heart attack, or a stroke or even die"! The herbs are our heritage and I would never use words that destroy the soul. The medical field has become so refined in using fear, that they even have clinics that teach people how to approach their newly acquired diagnosed disease. H. Wilbert Welch writes in the L.A Times, "My profession has gotten good at terrifying and operating on pregnant women during what should be one of the greatest experiences in their life. We are equally proficient at dragging the elderly through all sorts of misery on the road to death". There is an indication that he might be able to keep you alive if you will just follow his orders by only using medication. Because when you question about the procedure, they guarantee absolutely nothing. In fact, they make the patient (victim) sign a paper which makes the patient responsible for what the doctor does, just in case the patient is totally disabled or dies during the procedure. Be careful of anyone who will not accept responsibility for what they do, because when you sign that paper it means you now become responsible for the actions of another adult. The doctor is now relieved of all accountability and you are now his scapegoat. The word Doctor comes from a Latin word, "Da Dakta", it translates to "one who dispenses knowledge". But he hides knowledge from us, refusing to let us see our own chart and never really telling us what our problem is for fear of being sued. There is no occupation on earth that has the rate of failures that doctors have and continue to stay in business. In his in-ability to help you "overcome" your problem he blames you by saying, "if you would have come to me sooner, we would have been able to help you". BOLONY! I firmly believe that when it comes to the medical field, they are the most successful Failures! They cure no one and are very rich doing it! Please, don't become a victim!

Be well, *Tim Morrow*



### DID YOU KNOW?

#### **THERE IS SOMETHING CALLED: TYPICAL FLEX SPENDING ACCOUNT ALLOWANCES.**

It is sometimes referred to as a Cafeteria Plan, or a Section 125 plan. A Flexible Spending Account (FSA) lets you set aside a certain amount of your paycheck into an account-before paying income taxes.

During the year, participants have access to this account for reimbursement of expenses that insurance does not cover. For example:

- ✓ Dietary Supplements and vitamins with doctor's letter of medical necessity
- ✓ Dental services, orthodontics, and dentures
- ✓ Eyeglasses & Contacts Lenses
- ✓ Adult and child daycare services

And much more...

**For more information, contact your employer.**

## PROMOTIONS

### WE'LL BE CLOSED MONDAY-SEPTEMBER 6, 2010

#### Q: What is Iridology?

Iridology is science based on the analysis of the iris. It is a method where the health practitioner can tell, from markings or signs in the iris, the reflex condition of various organs and systems of the body. These markings represent a detailed picture of the integrity of the body, its constitutional strength, areas of congestion, or toxic accumulations, and inherent strengths and weaknesses.

### IRIDOLOGY SPECIAL

September 1, 2010-September 10, 2010

Two People For the price of one!  
\$65.00

One person \$40.00  
Regular \$65.00

Also

Child (up to age 12) \$25.00  
Regular \$35.00

#### VITAMIN D3

**BUY ONE GET ONE FREE!**

**"The Sunshing Vitamin"**

This important vitamin does wonders for the body's immune health. It also provides uplift in our mood and energy. Our body drinks Vitamin D3 from our earth's sunshine, which is often in short supply during the winter.

#### Join Nature's Sunshine Natural Health Education Series 2010 Seminar Featuring **Brilliant Body**

(A brand new series on the body systems).



- **The Glandular System:** Take a closer look at the system that regulates all of the hormones in our bodies.
- **The Digestive System:** A healthy digestive system ensures that you get all of the available nutrients from the food you eat. Learn how to keep this system running smoothly.

**September 11, 2010**  
**\$35.00**

**Embassy Suites LAX South**  
**1440 E. Imperial Avenue**  
**for details call: (310) 640-3600**  
**See You There!**

Looking Ahead  
We'll be closed  
November 25-26, 2010  
December 24, 2010

**WE HAVE GIFT CERTIFICATES AVAILABLE ALL YEAR LONG!**

## CLASSES/ANNOUNCEMENTS

**Classes Location:**  
14209 Inglewood Ave.  
Hawthorne, Ca. 90250  
(Corner of Inglewood Ave & Rosecrans Ave.)  
**Phone: (800) 527-5682**

### **Learn How to:**

Sprout, Prepare a Vegan/Raw Meal and  
Make a Delicious Vegan/Raw Dessert.

**What is Vegan?** It is a lifestyle which excludes the use of animals for food, clothing, or any other purpose. Vegans choose not to use or consume animal products of any kind.

**What is Raw Eating?** Raw eating is when one makes the choice to eat foods that have not been cooked above 118 degrees Fahrenheit. They contain a high level of enzymes that are essential for digestion and a wide variety of nutrients that are good for your body. Raw foods are fruits, vegetables, nuts, seeds and herbs enjoyed in their natural state. Cooking them above 118 degrees Fahrenheit kills off the enzymes.

**\$25 Adults/\$10 Children per Class  
(Ages 4-10)**

There will be food & beverage sampling  
(Jars and seeds will be available as a separate purchase)

WHEN: **Sunday- October 17, 2010**  
TIME: **11:00am-1:00pm**

WHEN: **Wednesday- October 20, 2010**  
**En Español/Spanish Class**  
TIME: **6:30pm-8:30pm**

WHEN: **Wednesday- October 21, 2010**  
TIME: **6:30pm-8:30pm**

Please arrive a few minutes ahead of schedule,  
class will begin promptly.  
Thank you.

### Free Health Classes:

Monday: September 6, 2010 **-NO CLASS-STORE CLOSED**

Monday: September 20, 2010 **-NO CLASS**

Monday: October 4, 2010  
Time: 6:30 pm

### **The Dangers of Radiation & Chemotherapy**

### **HOMESCHOOL CLASS**

Monday: October 18, 2010  
Time: 1:00 pm

### **Learn Your Own Body**

Monday: October 18, 2010  
Time: 6:30 pm

### **Own Your Own Body**

### Audio Conference Calling

To those of you who cannot attend our meeting nights, you can use our conference calling feature.

Simply Dial: **(760)-569-6000**.

Then dial the code **476923#**.

ALL PARTICIPANTS SHOULD UTILIZE THEIR HANDSETS.

**(PLEASE DO NOT USE THE SPEAKER FEATURE).**

AS A COURTESY TO THE OTHER CALLERS AND TO IMPROVE SOUND QUALITY, PLEASE MUTE YOUR PHONES BY PRESSING **\*6** WHEN NOT SPEAKING.

**(To un-mute, press \*6 again).**

AT THE END OF EACH MEETING YOU CAN ASK QUESTIONS.  
TO END THE CALL, SIMPLY HANG UP.

NOTE: Only 50 people can listen in at one time, so make sure you call in early!