



January Newsletter

New Year Naturally from Ms. Judy Gray



2022 is here. It's hard to believe that could possibly be true. Yet, time has a way of flashing by us. Even as we contemplate our day's

activities, whoosh---yet another year is behind us. We always want to make every year the best it can be. We DO have that choice. Once we fully believe that and we begin to live that philosophy every day, miracles happen.

Make up your mind:

“To never be sick”

Being sick when everyone else is enjoying life and especially the holidays is a real misfortune. However, here are some words of wisdom that will help you to never be bothered with that again. This is what I've learned over many years of practice. Growing up, I was that sick one in the family---always. Now I'm always well and the one who never gets sick. Here are my secrets:

1. Eat organic or wild raw food as much as possible, and make sure it's as fresh as possible. Then you will get as many benefits as are available.....naturally.
2. Don't mix too many food combinations at one time, since some foods digest faster than others. Fermentation can result with the slow digestors, resulting in stomach upset and gas. One common example is cooked meat with a fruit sauce. Cooked meat slowly digests, while fruit is quickly digested. That combination can be a disaster. There are many other combinations that just don't work. Study food combining and see if that way of eating stops your digestive complaints. It's certainly worth a try.

3. Stay away from junk food. It's habit forming, and those empty calories pack on the pounds. Plus, they are full of chemicals the body doesn't need which stresses the liver. Liver disease is increasing rapidly. This is no surprise, since the liver performs over 500 processes and is our first line of defense against toxins and poisons. Cooked, chemical laden "food" detracts from health and wellness.
4. Today, our food is not as nutritionally dense as it once was due to depleted soil, long transit time between picking and eating, and improper storage and preparation. North American Herb and Spice Purely Paks provide the concentrated nutrients that we all need to ingest every day. Nothing is synthetic in the Purely Paks. However, most all vitamin supplements today ARE synthetic. For example, vitamin C supplements are known as ascorbic acid which is a synthesized chemical made in a laboratory. Vitamins A, B's, D, E, and K are also devised from chemicals. For continuous good health give your body what it needs and understands--- the purest form of natural nutrients from real food sources. All North American Herb and Spice formulas are real, wholesome food-based supplements---always. Purely Paks provide the real vitamins that are missing in our diets and are derived from naturally wholesome foods. They are an easy way to insure against nutritional deficiency and the miserable consequences that result. I take a Purely Pak every day and add additional Paks when stress or travel are a part of life.
5. Drink pure water every day. We need at least 8 glasses of

clean water for the body to function as it must to maintain excellent health. That is does not include the liquid from tea, coffee, soup, juice, or other forms of fluid intake. The body's immune system requires the lymph glands to bring nutrients to the cells and provide protection from all kinds of pathogens. When fresh water is not available every day, this impedes lymphatic flow. Rosemary oil used both topically and internally helps to keep the lymph flowing. North American Herb and Spice gathers wild rosemary which is steam distilled. It smells wonderful and provides the help you need.

6. Exercise is a must every day. That means moving the body. Walking in the sunshine is a wonderful way to give the body what it needs for daily movement. When the weather doesn't cooperate, there are many machines that are advertised (I love my ROM), and the trampoline or rebounder is best for lymphatic flow. It's advised to jump for 2 to 5 minutes every hour for best results. Also always use stairs when possible. If you live in a high-rise building, that may be less than appealing, but climbing stairs is good for vascular health. Also, our Polar Power derived from wild Sockeye provides the essential fatty acids (EPA and DHA) and natural--not synthetic—vitamins A and D. This helps the cardiovascular system to thrive as well as vision protection, immune fortification, and so much more.
7. Good bowel health is a must. When we eat only fast food, cooked food, and processed food every day, bowel health cannot be optimal. In fact, if this type of "food" is consumed

daily along with a high stress lifestyle, grossly serious disease is imminent. Proper elimination should occur every time a meal is ingested. A minimum of once-a-day bowel activity is a must. Constipation is a sign of improper diet, lack of water, parasites, lack of exercise, allergies, or failure to heed the body's messages to stop what you are doing and "go".

Constipation is not healthy, nor is diarrhea. Healthy, fresh, raw fruit, vegetables, and high fiber foods with adequate water intake and a superior supplement such as HealthBac, North American Herb and Spice's friendly bacteria, will help keep the bowels and digestion functioning as they should. Of course, parasites must be addressed if they are present. We have Paraclenz, The Purge, and Oreganol when those are a problem. Plus, fasting and then eating only raw pumpkin seeds for 3 days will remove certain parasites such as tape worms. Parasites are more common than you may think, and they are difficult to detect. Further, abnormal bowel health is a precursor to serious disease and care should be taken to change this condition in a healthy way.

8. Cleanse the body inside and out. Lemon juice and warm water are a refreshing way to start the day and help with natural cleansing. However, lemon is one of my allergies, so, Total Daily Purge, Greens Flush, and Super 5 Greens are my go-to for helping my body to cleanse both blood and cells for more vibrant health. These also help the stresses on the liver, gallbladder, and bowels as well.
9. To sleep is to heal. As anyone who has experience sleep

deprivation knows, it can drive you to distraction. With prolonged sleep deprivation one cannot function physically or mentally with any proficiency. That's why during this strange time in our history, two very helpful sleep aids were designed to help us rest and achieve a deeper level of sleep. Hempanol PM came first and is formulated to help those who have extreme sleep problems and failure to dream. Herbal zzZ's is for the whole family. Mr. Bungeroth, our COO found that 2 Herbal zzZ's will send him to sleep soundly, and he's fully rested the next day without groggy side effects.

Those are some simple suggestions to make 2022 a better year. We must do all we can to keep ourselves healthy both physically and mentally. As we strive to keep a positive attitude and way of life, a momentum will ultimately be achieved. That's when this world-wide strife will begin to change to a time of productivity, fulfillment, and happiness. Fear, loss, and imminent death threats will be left behind. It's all happened before in history, and it will happen again. However, let's make 2022 the year that we focus on all that is good and celebrate with thanks to our creator for all blessings and those yet to come.

I thank all of you who support North American Herb and Spice. Our goal is always to provide you with the best that the world holds to make your life and health better and better. May 2022 be the most wonderful year ever.

#RealPeopleRealNeeds



"If you know me you know Oregano Oil is my favorite natural antibiotic! It has sooo many benefits."

@psychosomatic_coach

"My favorite product from North American Herb & Spice is SinuOrega. It is a potent mixture of wild oregano oil, clove bud oil, sage oil, bay leaf oil and sea salt."

@mattblackburn



January Featured Healthy Recipes

Cabbage Caboom (Vegan & Paleo)

Brought to you by our Sales Director, Mr. Justin Porter!

Thank you for this delicious recipe

This simple dish is rampant with flavor and enough to satisfy anyone's cravings.





Ingredients

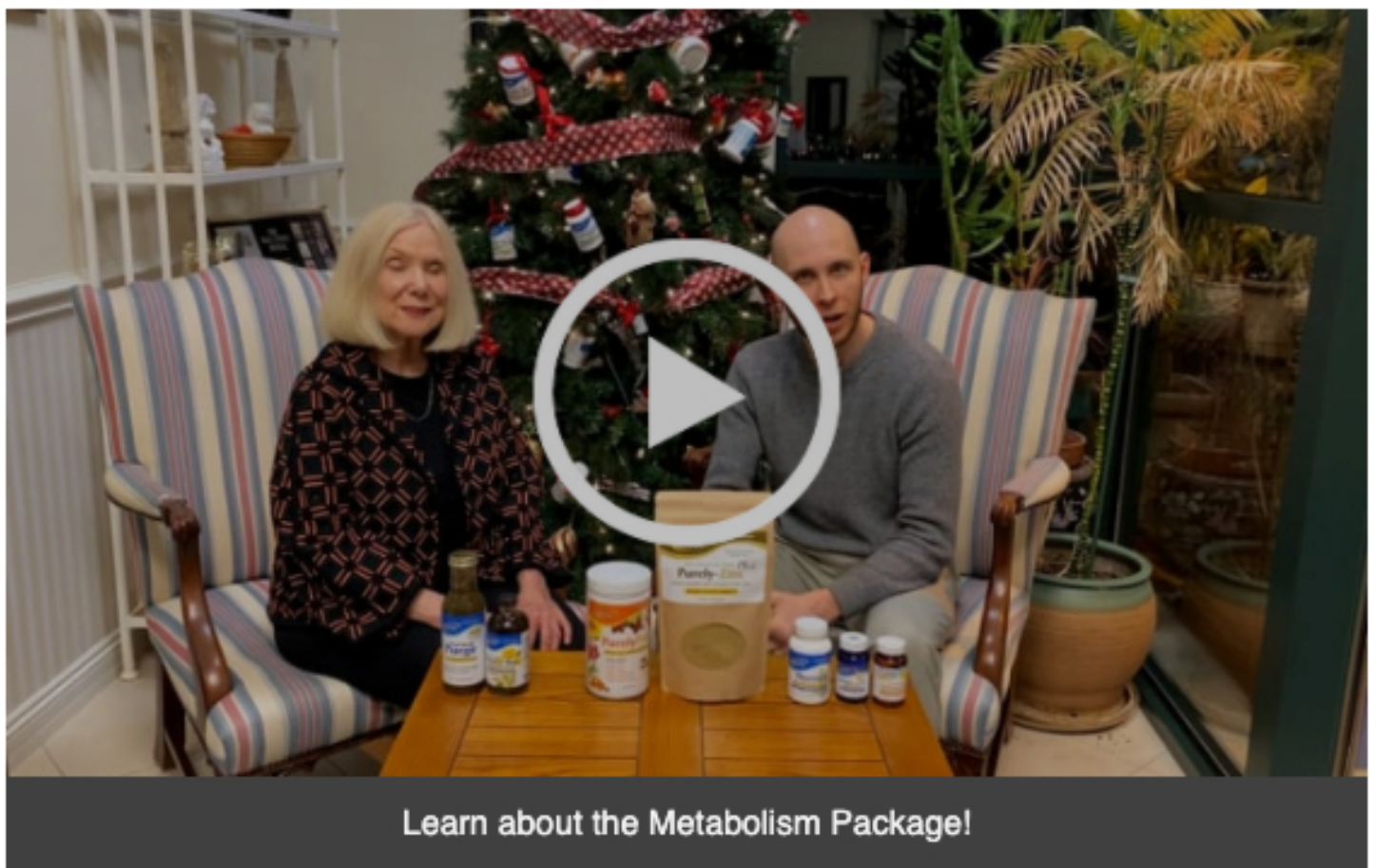
- Half of one organic red cabbage
- 4 organic celery stems diced
- 1 organic zucchini diced
- 1 organic red onion diced
- ½ cup of organic apple cider vinegar
- 1 cup of organic olive oil
- ½ cup of organic cilantro chopped
- ½ cup organic parsley chopped
- ½ cup organic spring onion diced
- 1 tsp [NAHS OregaWild](#)
- ½ 3 tsp organic sunflower lecithin
- 1 tbsp [Purely B](#)
- Coconut wraps

Instructions

1. Add cabbage, onion, celery, and zucchini to saucepan over medium heat. Cook for approximately 5 minutes. Move flame to low, cover pan and continue to cook for 8 more minutes.
2. In a separate bowl combine apple cider vinegar with olive oil and add sunflower lecithin to emulsify

3. Add Purely B, cilantro, parsley, spring onion, and NAHS OregaWild to ACV-Olive Oil blend and stir together.
 4. Serve cooked blend into a glass bowl and add raw ACV-Olive Oil blend over the top. Stir together and serve.
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Cheers to a New You in 2022! Promoting Healthy Metabolism for Everyone



Learn about the Metabolism Package!

What is Metabolism? This is the process of converting foods into energy for the benefit of all cells and systems inside the human

body. The health of our digestive system, muscular tissue, immune system, energy levels, hormonal systems, reproductive health, and even our brain chemistry depend on it. For many of us, metabolism is the X-factor between excellent and poor health.

Are you experiencing these tell-tale signs of poor metabolism?

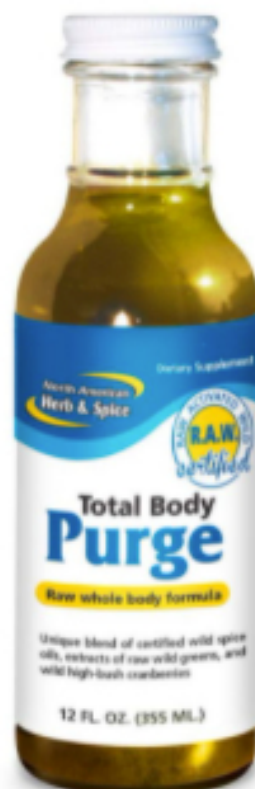
- **Ongoing fatigue and low energy**
- **Cold body temperature, frequently feeling cold**
- **Thinning hair**
- **Low libido and poor sexual health**
- **Irregular periods**
- **Trouble sleeping through the night**
- **Constipation and slow-moving bowels**
- **Bloating after eating**
- **Mood disorders like anxiety and depression**
- **Frequently urinating**
- **Struggling to lose weight**
- **Excessive thirst and dry mouth**
- **Trouble concentrating or brain fog**
- **Allergies and hypersensitivities**
- **Low motivation**
- **Dry skin**

How can I improve and maintain my healthy metabolism in 2022?

It's as easy as 1,2,3! North American Herb & Spice has a simple 3 stage process you can follow.

Stage 1: Detox, Purge, Cleanse, Flush- Start with our two most important detoxification products, drink plenty of pure water, combined with healthy food choices and a basic exercise routine you hold yourself accountable to.

1. Total Body Purge - Take one ounce each day, for twelve days. That's all you have to do!



2. DandoMax - After your initial detox, continue to take 1-2 tablespoons of the raw and wild dandelion greens water extract each day. Those who have more toxins to cleanse can take one ounce daily. Do this until the bottle is done, and use a second bottle as needed.



Stage 2: Prime the body with powerful essential nutrients- such as vitamins and minerals, enzymes, antioxidants, and essential fatty acids This comes from wild and organically sourced unrefined whole foods.

1. [Purely Pak 30](#) - Take one packet of capsules daily to receive Vitamin A, B complex, C, D, E, and K in their most pure and absorbable forms. You will also receive extra omega fatty acids and an abundance of life-supporting antioxidants. Take one packet daily for 1 month. This is like 93 octane fuel for your body.



2. [Purely Zinc](#) - This nutritional powerhouse fills in the remaining gaps and deficiencies in your diet. More than just zinc, this formula offers Austrian pumpkin seed powder which is rich in protein, fiber, and six additional minerals like copper, magnesium, iron, phosphorus, and more. You'll also fill up on



Vitamin C and more B complex vitamins, all from exclusive premium whole food sources. Take 2 tablespoons once or twice daily in your favorite smoothies and oatmeal bowls.



Stage 3: Thyroid, Adrenal Glands, and Sleep Regimen-

Improving our metabolism has a direct effect on improving our endocrine system, that is to say, a healthy hormonal response. Both Thyroid and Adrenal glands are responsible for master hormones that govern processes such as sleep, weight gain, stress, fertility, hair growth, muscle growth, aging, emotions, and even mental health.

1. Thyroset for Thyroid

Balance- The majority of problems surrounding Thyroid balance revolves around a lack of 2 very crucial nutrients needed by the Thyroid to make its T4 master hormone. Those are Iodine, and the amino acid L-Tyrosine, respectively. This formula is powered by wild kelp, full of iodine, and together with wild spices and royal jelly, delivers the rare nourishment needed to promote the healthy function



of your Thyroid gland so you can feel your best.

2. AshAdrene for Adrenal Balance- The adrenal glands are responsible for dozens of hormones and are known as the body's coping mechanism. When we encounter constant stress, go through a personal crisis or tragic event, adrenaline and other hormones are released. Burnout can often occur, which is that wired and tired feeling you can't seem to shake off. Many take caffeine in excess instead of nourishing these glands with the nutrients they need to build back better. Ashwagandha and royal jelly team up to complete our rescue formula. They supply the adrenals with B vitamins, amino acids, and steroid precursors needed to rejuvenate and restore energy. Protect your adrenal glands at all costs, they keep us going through the good times and bad.



3. Herbal Zzs for a consistent night's rest- Quality sleep seals your health routine. Research shows the brain starts to shrink without at least 7-9 hours of rest on a nightly basis. Stress hormones like cortisol will rise and your adrenal glands



will burn out when quality sleep is being missed. Toxins will build up as your detoxification slows down at night, so do not allow this to happen to you! Use the 100% pure Herbal Zzs formula each night and take back your beauty sleep.

Recharge and repeat nightly for the best you in 2022. For those who do not dream or have extreme difficulty sleeping, try our cannabinoid formula, Hempanol PM.



*Ask about our special one-time pricing for these packages all throughout the month of January!

January 2022 Important Dates

January 1st – New Year's Eve

January 3rd – International Mind-Body Wellness Day

January 4th – World Braille Day

January 6th – World Day of War Orphans

January 9th – Law Enforcement Appreciation Day

January 11th – National Human Trafficking Awareness Day

January 17th – Martin Luther King Day

January 27th – International Holocaust Remembrance Day

Store Feature

Healthy Way Store, Massena NY



Are you looking to pursue a healthier lifestyle? At Healthy Way, we don't "treat" diseases or symptoms. Instead, we help you with your

health issues with natural nutrition changes.

The body is designed to heal; all you need are the right tools. Take back your health and reap the benefits of nourishing your body with all natural, organic foods and products. We guarantee to always stock our shelves with only the best, healthy foods and products available.

It couldn't be said better, since 1984 Healthy Way has been an authentic part of our industry and now, like never before we rely on stores and people to stand for good health.

Message from David Broadbent – Supplement Buyer

About a year ago I was given NAHS to be one of the product lines I buy for the store. Working with Renee, I explained how much I loved the Oreganol and how I was promoting it to our customers. She in turn sent us information on many of the other products from NAHS.

One of my co-workers, Andrew, a naturopathic doctor, saw the many other products and was hopeful we could bring them into the store. Working together with Andrew and Bing, the store owner, we have expanded our line to include ChagaMax, Black Seed Oil, Dand-O-Max, OregaSpray and OregaDent.

The sales of NAHS products are continuing to grow as more and more people experience their positive benefits and learn about the

unique sourcing and formulation methods. My favorite is the OregaResp oil. The taste is not too strong with the cinnamon, cumin and sage added to the oregano and the health benefits are great.

A testimony from Al, another one of my co-workers came down with a certain respiratory illness and was hit pretty hard with it. Working with Andrew, he was taking OregaResp, OregaMax, with a few other supplements. Within 48 hours he was recovering and within 5 days he felt he could start working out again.

One customer came in with a toothache and we sold him the OregaDent. The next day he came in and said he couldn't believe how quickly his toothache was gone.

Bing and Betsy Thomas, the owners of Healthy Way love NAHS products as well. To sum it up, we will be continuing to promote the NAHS line of products simply because we believe in the great health benefits to our customers. We love your products.





Monthly Challenge

New Year New You 2022

N	N	R	W	E	I	G	H	T	N	I	T	S	O
S	U	R	P	U	R	G	E	T	E	A	O	T	I
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U	R	U	H	W	X	O	T	E	D	E	N	O	C
E	N	M	I	N	E	R	A	L	A	L	O	L	E

FLUSH
 DETOX
 MINERAL
 NUTRITION
 NEWYEAR
 WEIGHT
 HORMONE
 IMMUNE
 DIGESTION
 SLEEP
 PURGE
 VITAMIN
 CLEANSE

Customer Testimonials



"I just wanted to drop you a quick note I've been dealing with shooting pains in my legs and feet. I tried the Oreganol P73 cream at the suggestion of my mother. It has quelled much of the pain, allowing me to sleep again. I also wanted to tell you I had Necrotizing Fasciitis 10 years ago and P73 helped to keep the infection from spreading while I was in ICU for a month.

My mother would come to the hospital daily and rub the areas around the infection. Thank

you for all you do and the trueness of what you
do and products are made.”

- Wendell A. (satisfied customer)

“The last newsletter from NAHS was one of the
best! Good coverage of a lot of products with
differences in them. Will really help with the
line.

**- John from Marlene’s Market (satisfied
retailer)**



Have you been personally helped by our products?

We would love to hear your story.

Email us as support@p-73.com or

Call our customer service at 1-(800) 243-5242

1-800-243-5242 • 1-847-473-4700 • fax: 1-847-473-4780

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.