

# The Nichols Newsletter

April 2005  
Edition No. 60

**“Do the Thing and You Will Get the Energy to Do the Thing” – Emerson**

## **March Rank Advancements!**

*Executives!* Trish Knoke!

*Managers!* Benton Hunter III, Peggy Walker, James Wilson, Robin Cash and Ronald Clevenger!

*Supervisors!* Carolyn Harris, Warren Smith, Phyllis Milligan, Sally Ann Lietz, William Edward Smith, Tonya Woodham, Diana D’Amelio, Ronald Burgess, James Kozmar, Richard Miller, John Outen and Bridget Kerr!

## **Top Ten Volumes – March**

1. Danice Cash
2. James Long
3. Karen and David Sandler
4. Richard Miller
5. Robin Cash
6. Beverly Long
7. Billie Hatzenbuehler
8. Iva Poole
9. Scott Wade
10. Jim Purvis

**Congratulations Top Ten and Rank Advancements!!!**

## **Words For Thought**

"To be successful you have to be selfish, or else you never achieve. And once you get to your highest level, then you have to be unselfish. Stay reachable. Stay in touch. Don't isolate."

**- Michael Jordan**

## **Contest Drawing**

If money were no issue and you had more than you could use what would you do with the extra money to help others?

Please write a sentence or two (or more) about what you would do with an abundance of money for donating/helping others and get your name in a drawing for Neways promotional items and your response posted in the Nichols Newsletter – everyone is welcome to participate (sideline, downline, everyone!).

**Entries must be received by June 15, 2005.**

## **DREAMS**

**By Billie Rose (Hatzenbuehler) 1964 – Rev. 2005**

**I often wondered how it would be  
To travel to some far off land,  
And wondered of the things I’d see  
Just how much I’d understand.**

**Or dream I sailed the ocean blue  
To some distant island fair  
And see a lot more customs new  
To someone who had not been there.**

**And then I’d fly off in a plane  
Above some mountains white with snow  
To see the lovely distant dales  
Or tree filled valleys down below.**

**To travel here and travel there  
To live awhile where trade winds blow.  
Oh how I often wished that I  
Could leave off dreams and really go.**

**But now I know I’ll do these things  
The dreams I wished are in my sights.  
My Neways business will be my key  
To realize my fancied flights.**

*What Are Your Neways Dreams?*

## **My Favorite Product**

“The other day a stainless steel frying pan lid fell off the counter onto my shin! The edge was sharp and it broke the skin. Immediately a bump the size of a big marble started to puff up and it started to get blue!

I hobbled out to my car for the S Cream in my work box...I slathered it on and it stung a little but the pain subsided. I put some more on before I went to bed. I noticed the marble was no longer there and the blue faded and went away entirely.

The cut was still there so I put some antibiotic ointment on it but covered the rest with the S Cream. No pain! The next day I thought it would still be black or blue or both but it wasn’t!”  
S Cream is great for bumps and bruises!

**-Thank you Louise Carrillo, CA-**

## **Tips on How To Tell If Your Nutritional Are High Quality**

From Modern World Modern Health: How to  
Navigate the Natural Health Scene with Confidence  
and Control by Dr. Joel Brame

### **Tip 1**

Look at the color of your multivitamins or vitamin tablets. Is it a vivid color, or is it a dull brown/green with dark flecks? Vivid colors usually come from one source: food coloring.

Most commercial food colorings are artificial chemicals that are toxic to the human body. Usually the multivitamins with food coloring are the inexpensive ones found in grocery stores. When you look at the risks of ingesting toxins, versus the minimal benefit of cheap ingredients, is it worth the health risks? Is it even worth those few dollars that you spend on it?"

### **Tip 2**

Take a close look at the ingredient list. Are you unfamiliar with the strange names of some of the vitamins, such as pyridoxine (vitamin B6) or cobalamin (vitamin B12)? I encourage you to look at each and every unfamiliar name. If the name has "titanium" or any name with a number such as Polysorbate 80, it is likely a filler, binder, or additive that's designed to make the pill look nice and hold the pill together.

Did you know that many of these additives are chemicals, and just like food coloring, they are considered toxins in the body? On the bright side many multivitamin companies manufacture their products using binders from natural sources, with no artificial additives. However, natural binders can be more costly. For this, I also ask my patients,"Would you prefer to take the artificial toxic fillers and save \$10 each month? Is it worth the health risks?"

Another noteworthy point about binders: sometimes they don't unbind! I have seen documented cases in which the health-conscious consumer gave a stool sample, only to find whole vitamin pills in their stool! The cheap binders used in poor-quality, low-potency multivitamins sometimes prevent the pills breaking apart during digestion.

The pills pass through the digestive tract unabsorbed, so the person gets no nutrients from it whatsoever. This yields some very expensive stool! Just ask the many workers who clean out the Porta-

Potties and find dozens of whole pills amidst the waste. In this case, the \$5 spent monthly on the multivitamin is completely wasted.

### **Tip 3**

Finally, test the disintegration. Simply put your multivitamin supplement (and any other tablet supplement) in a glass of vinegar for 20 minutes and see if it disintegrates or falls apart. I often tell my patients to do this simple test on their multivitamin.

Afterwards, I tell them, "If it didn't disintegrate at all in the vinegar, it may not be disintegrating in your body. Maybe it's time to change to a quality multivitamin that is encapsulated in a vegetarian capsule."

**The good news:** Neways uses no food coloring or harmful binders that don't unbind and all the tablets disintegrate quickly in vinegar – try it for yourself!

## **Four Simple Steps to Taking Your Supplements**

If you take supplements, vitamins, or herbs, the following can help to lessen or prevent any side effects - and help to promote the benefits vitamins can provide:

1. Take your supplements during or after a meal, unless directed otherwise, and drink plenty of fluids as well.
2. Take consistently to achieve maximum health benefits. It usually takes two to three months before you feel the full positive effects of adding nutritional supplements.
3. Take as indicated. Your supplements may be packaged for morning, noon, or evening dosages, based on your individual health needs. For maximum benefit, take your supplements at the time of day indicated on the package.
4. Keep your physician informed. Discuss any symptoms or health concerns with your physician, and inform them that you are taking dietary supplements.

### **How To Contact Karl and Signe**

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