May is here and it started off with a great tour by Dr. Jay! Thank you to everyone who came out and supported us.

We have a lot of great webinars happening in May so make sure to check out the website and register for them.

Our 40th NSP Anniversary is coming up on June 11th and we are having a celebration at our head office in Brampton. Everyone is welcome! Space is limited so please register soon.

The IN.FORM Challenge is available to everyone not just IN.FORM coaches and participants. Let’s promote it to everyone so they can take advantage of the program and have a chance to earn some cash and prizes! Great way to start the year off: http://www.naturessunshine.com/ca/members/c1/inform-challenge/v=2.

Wishing you all a fantastic month of May!

Food For Thought

What is SUCCESS?
Success in life comes when you simply refuse to give up, with goals so strong that obstacles, failure, and loss only act as motivation. Success occurs when your dreams get bigger than your excuses.

SUNSHINE REWARDS
Top 6 Sunshine Reward Leaders - September 1st to April 30th

1. Lucy Taylor 13
2. Loretta Condruk 10
3. Charles Knockaert 7
3. Noémie Bergeron 7
4. Marie France—Mignerone 6
4. Sandy Basilone/Guiseppi Ianello 6
5. Julie Béasse 5
5. Ramona Kossowan 5
5. Nancy Syntak 5
6. Kathy Deane 4
6. Sherri Green 4
6. Shawna Schultz 4
6. Tammy Holmes 4
6. Jennifer Loewen 4
6. Mélanie Monette 4
6. Diane & Bill McLaren 4

We would like to congratulate the following Managers for maintaining Manager for 4 consecutive months:

<table>
<thead>
<tr>
<th>Name</th>
<th>Sponsor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lise Lono</td>
<td>Isabelle Langlois</td>
</tr>
<tr>
<td>John Walter</td>
<td>Eugene Orr &amp; Anne Irwin</td>
</tr>
<tr>
<td>Cassandra Timpano</td>
<td>Bahar Mahmoudi</td>
</tr>
<tr>
<td>Jennifer Loewen</td>
<td>Shawna Shultz</td>
</tr>
<tr>
<td>Michael Donck</td>
<td>Susan Roth</td>
</tr>
</tbody>
</table>

Visit the NSP promotions webpage for current promotions
https://www.naturessunshine.com/ca/shop/c1/promotions-summary/

Check out the IN.FORM Page
http://www.naturessunshine.com/ca/members/c1/about-inform/

Become a fan
www.facebook.com/NSP-Canada-Update-and-Educate-172751059031/timeline/
Judith Cobb's association with herbs and NSP products started for purely selfish reasons at first. It was 1979 and she was falling in love with her future husband, Howard, who happened to be the son of the successful NSP Manager and herbalist June Cobb. "She (June) suggested some herbs for me and I thought, 'He's cute.' If I keep using these herbs maybe her son will stick around. Worked like a charm! July 2016 is our 36 wedding anniversary."

It wasn't long after that and Judith too fell in love with helping others through alternative medicine and herbal remedies. She started working as a practitioner using NSP products in 1981 after the birth of their first child. She continued growing her NSP business through the births of six more children — all of whom she refers to as "herb babies." Their youngest is now 17 and graduating from high school and they have seven grandchildren.

Judith’s love for family gave her a natural affinity towards helping other mothers and children with natural remedies. Eventually her passion for helping others grew into Cobblestone Health clinic. Today her focus is on the whole family — from child birth to teenagers to adults, healthy aging, and weight loss. She’s also made excellent use of the internet for educating, training and promoting NSP products and Cobblestone health at CobblestoneHealth.com.

Recently we spoke to Judith from Calgary, Alberta about her thoughts on business and being successful.

Why Nature’s Sunshine?
"I choose NSP for the quality, the availability of products, and product information. Over the past 37 years I have had other product lines alongside my NSP. But over time the quality falters, or I don't get the kind of product detail I need for clinical work. NSP has always maintained it's quality and always provides the clinical detail I need to work with the products in my clinic."

Your 4 keys to success:
1) Excellent client care — really care about clients and stay in touch with them.
2) Support your downline — be available to answer questions, give support and encouragement.
3) Stay current on information, continue to learn. You can never know too much!
4) Support of my husband — “When I’m having a ‘down day’ he buoyis me up and helps me get back on track. I would not have lasted all these years without him."

What's your ultimate goal?
“My ultimate goal is to maintain my own health and that of my family. I'm watching senior people in my life decline rapidly for lack of self-care. I intend to never be as old as my birth certificate says I am.”

How I grow my business
“The main emphasis to growing my NSP business has been through teaching classes and workshops. I lost focus of that and stopped for many years and watched the business decline."

That taught me the importance of information sharing and personal contact in this type of business. You need those two ingredients to make it work. Not surprisingly, I started back with workshops and meetings and I'm seeing slow but steady growth again.

How I build Managers, Associates and Clients
“Years ago I taught free weekly classes to my downline. I have 52 wellness topics and 52 business topics in my file — so it was a different topic each week. I built many Managers through these classes. Today, however, the Internet has changed this dramatically. One needs to continuously search for opportunities to develop others and keep them focused through the use of websites, webinars, email, Facebook, YouTube, etc.”
2017 Qualifications

In 2017 select NSP Managers from around the world will gather in Utah for several days for a life-changing experience. They will receive intense training from renowned experts. Their business will be energized and their vision more sharply focused.

Rising Star Qualifications

Qualification Period: April 1st, 2016 to March 31st, 2017

Requirements:

- Be a Silver Manager who has never attended or qualified for Rising Star.
- Be Silver rank or higher by April 1st, 2017.
- Accumulate 40,000 TGV or more over the qualification period.
- Be a qualified Silver Manager or above for 4 months during the Qualification Period.

Will you join us?

MORE RECOGNITION from April 2016

Top 10 PV for April 2016
1. Margie & John Kadynuik
2. Diane & Bill McLaren
3. Mariłène Perreault
4. Jen Penner
5. Muhammad Ali
6. Jean Dansereau
7. Rhéa Goudreau
8. Rachel Smith
9. Behrooz & Elaine Tahririha
10. Sarah Nickel

Top 10 PGV for April 2016
1. Diane & Bill McLaren
2. Margie & John Kadynuik
3. Mariłène Perreault
4. Rhéa Goudreau
5. Jean Dansereau
6. Behrooz & Elaine Tahririha
7. Jen Penner
8. Muhammad Ali
9. Sarah Nickel
10. Megs & Ramila Padiachy

Top 9 PC Sponsors (YTD)
Since Sept. 1st (Conference Awards)
1. Kathy Deane 111
2. Lisa Lancaster 34
3. Rob Tomilson 31
4. Victoria Willard 22
5. Eva Welska 19
6. Noémie Bergeron 18
7. Donna Roth 17
8. Diane & Bill McLaren 15
9. Julie Béasse & Carl Dufresne 15
10. Betsy Vourantoni 14

Top 9 BA Sponsors (YTD)
Since Sept. 1st (Conference Awards)
1. Sarah Nickel 199
2. Bob & Helen Pauls 118
3. Megs & Ramila Padiachy 57
4. Kathy Deane 46
5. Dominique Loyer 40
6. Gladys & John Dueck 32
7. Caroline Huppé 29
8. Guylaine Simard 29
9. Valérie Bélanger 26
10. Mariłène Perreault 21
MORE RECOGNITION from April 2016

Top 10 PGV by Rank (YTD)
Since Sept. 1st (Conference Awards)
MANAGER
1. Lisa Lalonde
2. Ruth Walter
3. Estelle Morin
4. Denis & Francine Lamadeleine
5. Jacob Friesen
6. Carrie Forsythe
7. Karen Burton & Janet Husak
8. Genevieve Poulin
9. Aganethe & Francisco Rempel
10. Jackie Johnson

BRONZE
1. Mark Stahl
2. Aganetha Wall
3. John & Gladys Dueck
4. Bruce & Claudine Sweeney
5. Jackie Boyd
6. Nicole Roy
7. Cara & Ross Mullen
8. Janet Farmer
9. Johan & Mary Loewen
10. Amy Raistrick

SILVER
1. Muhammad Ali
2. Darlene Balaz
3. Carol Vrbanek
4. Federico Hiebert
5. Charlene & Mike Toews
6. Doreen Saltzberry
7. Odette Cousineau
8. Terri Morrisseau
9. Kaveesh Padiachy
10. R Kovacs & M Ewoniak

GOLD
1. Rachel Smith
2. Yvonne Dollard
3. Deborah Ferguson
4. Mélanie Monette
5. Kathy Deane
6. Isabelle Langlois
7. Marlene & Hans Pietschmann
8. Joelle Jay
9. Brian & Marj Bugara
10. Mary Ann Palmer

MASTERGOLD
1. Margie & John Kadynuik
2. Elaine & Behrooz Tahririha
3. Megs & Ramila Padiachy
4. Jen Penner
5. Penny & Powell Slimmon
6. Rob Tomlinson
7. Judith & Howard Cobb
8. Lynne Kildaw & Ean Langille
9. Carla & Robert Brown
10. Kim & Hugh Gair

PLATINUM
1. Diane & Bill McLaren
2. Sarah Nickel
3. Jean Dansereau
4. Lise Harbeck
5. Terry & Joanne Bell
6. Elise Fontaine
7. June & Charlie Cobb
8. Donna & Burt Gaynor
9. Joanne Thaxter
10. Jane & Ray Friesen

Top 3 PGV by Rank (YTD)
Since Sept. 1st (Conference Awards)
DIAMOND
1. Bob & Helen Pauls
2. Betsy Vourantoni
3. Vivian & Rob O’Neill

Top 5 PGV by Rank (YTD)
Since Sept. 1st (Conference Awards)
SENIOR DIAMOND
1. Marilène Perreault
2. Donna Roth
3. Rhéa Goudreau
4. Florence Dyck
5. Eugene Orr & Anne Irwin
MORE RECOGNITION
Since Sept. 1st (Conference Awards)

<table>
<thead>
<tr>
<th>Top 4 Manager Increase (1st level)</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>1. Mегs &amp; Ramila Padiachy</td>
<td>7</td>
</tr>
<tr>
<td>2. Lynne Kildaw &amp; Ean Langille</td>
<td>4</td>
</tr>
<tr>
<td>3. Joanne Thaxter</td>
<td>3</td>
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<tr>
<td>3. Hans &amp; Marlene Pietschmann</td>
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<tr>
<td>3. Guylaine Simard</td>
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<tr>
<td>3. Josée Landry</td>
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<tr>
<td>3. Betsy Vourantoni</td>
<td>2</td>
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<tr>
<td>4. Cheryl Johnson</td>
<td>2</td>
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<tr>
<td>4. Mariènne Perreault</td>
<td>2</td>
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<tr>
<td>4. Jocelyne Hovery</td>
<td>2</td>
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<tr>
<td>4. Elaine &amp; Behroz Tahrirha</td>
<td>2</td>
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<tr>
<td>4. Sandra King &amp; Fergus Millar</td>
<td>2</td>
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<tr>
<td>4. Mélanie Monette</td>
<td>2</td>
</tr>
<tr>
<td>4. Mary &amp; Pete Giesbrecht</td>
<td>2</td>
</tr>
<tr>
<td>4. Ramona Kossowan</td>
<td>2</td>
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<tr>
<td>4. Lucy Taylor</td>
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<table>
<thead>
<tr>
<th>Top 10 Manager Increase (group)</th>
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<tbody>
<tr>
<td>1. Alain Plante</td>
<td>42</td>
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<tr>
<td>2. Carol Nilsson</td>
<td>41</td>
</tr>
<tr>
<td>3. Rhéa Goudreau</td>
<td>39</td>
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<tr>
<td>4. Lily Dingwall &amp; Charlotte Lawrence</td>
<td>30</td>
</tr>
<tr>
<td>5. Donna Roth</td>
<td>28</td>
</tr>
<tr>
<td>6. Robert &amp; Nicole Fournier</td>
<td>27</td>
</tr>
<tr>
<td>7. Jeff &amp; Chelsie Wolff</td>
<td>19</td>
</tr>
<tr>
<td>8. Mariènne Perreault</td>
<td>18</td>
</tr>
<tr>
<td>9. Betsy Vourantoni</td>
<td>15</td>
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<tr>
<td>10. Frieda Anderson</td>
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</table>

<table>
<thead>
<tr>
<th>Top 10 PGV Increase ($ average)</th>
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</thead>
<tbody>
<tr>
<td>1. Margie &amp; John Kadynuik</td>
<td></td>
</tr>
<tr>
<td>2. Jen Penner</td>
<td></td>
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<tr>
<td>3. Mary &amp; Johan Loewen</td>
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<tr>
<td>4. Diane &amp; Bill McLaren</td>
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<tr>
<td>5. Ruth Walter</td>
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<tr>
<td>6. Jane &amp; Ray Friesen</td>
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<tr>
<td>7. Muhammad Ali</td>
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<tr>
<td>8. Mary &amp; Pete Giesbrecht</td>
<td></td>
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<tr>
<td>9. Rhéa Goudreau</td>
<td></td>
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<tr>
<td>10. Mark Stahl</td>
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</table>

<table>
<thead>
<tr>
<th>Top 10 TGV Increase ($ average)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Alain Plante</td>
<td></td>
</tr>
<tr>
<td>2. Rhéa Goudreau</td>
<td></td>
</tr>
<tr>
<td>3. Alesia Gordienko / D.Bailey</td>
<td></td>
</tr>
<tr>
<td>4. Margie &amp; John Kadynuik</td>
<td></td>
</tr>
<tr>
<td>5. Jayne Kadynuik</td>
<td></td>
</tr>
<tr>
<td>6. Mariènne Perreault</td>
<td></td>
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<tr>
<td>7. Lise Harbeck</td>
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<tr>
<td>8. Mélanie Monette</td>
<td></td>
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<tr>
<td>9. Jen Penner</td>
<td></td>
</tr>
<tr>
<td>10. Donna Roth</td>
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</tr>
</tbody>
</table>

**New Breakout Managers**

**Congratulations** to the following who broke out to Manager status during April 2016 *(first month at Manager status)*:

<table>
<thead>
<tr>
<th>Name</th>
<th>Sponsor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Danielle Main</td>
<td>Camille Coudari</td>
</tr>
<tr>
<td>Margie Hill</td>
<td>Mегs &amp; Ramila Padiachy</td>
</tr>
<tr>
<td>Jacob &amp; Margaret Wolf</td>
<td>Yesica Bueckert</td>
</tr>
<tr>
<td>Marianna Mendaglio</td>
<td>Diane &amp; Bill McLaren</td>
</tr>
<tr>
<td>Colleen Hanna</td>
<td>Mегs &amp; Ramila Padiachy</td>
</tr>
<tr>
<td>Annette Sims-Thomas</td>
<td>Jean Dansereau</td>
</tr>
<tr>
<td>Helena Bergen</td>
<td>Mary &amp; Pete Giesbrecht</td>
</tr>
<tr>
<td>Jennifer Haig</td>
<td>Laura Bachand</td>
</tr>
<tr>
<td>Kathy Masters</td>
<td>Donna Cox</td>
</tr>
<tr>
<td>Maxine Lappe</td>
<td>Annette Sims-Thomas</td>
</tr>
<tr>
<td>Sharon &amp; Bill Lees</td>
<td>Donna Roth</td>
</tr>
<tr>
<td>Johanne Parent</td>
<td>Marielle Verrier</td>
</tr>
</tbody>
</table>
## New Premier Associates

**Congratulations** to our New Premier Associates for April 2016:

<table>
<thead>
<tr>
<th>Premier Associate (first/last)</th>
<th>Sponsor (first/last)</th>
</tr>
</thead>
<tbody>
<tr>
<td>JASON CAUFIELD</td>
<td>SHAWNA SCHULTZ</td>
</tr>
<tr>
<td>SUSAN DEJONG</td>
<td>MARNIE GRIMES</td>
</tr>
<tr>
<td>ANA PAULA BULHOES</td>
<td>MARIE-FRANCE MIGNERON</td>
</tr>
<tr>
<td>COLLEEN HANNA</td>
<td>MEGS &amp; RAMILY PADIACHY</td>
</tr>
<tr>
<td>DEANNA BODNER</td>
<td>KELLY WILLIAMS</td>
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<tr>
<td>JULIA ORLOVA</td>
<td>DIANE &amp; BILL McLAREN</td>
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<tr>
<td>SHIRLEY TATE</td>
<td>MEGS &amp; RAMILY PADIACHY</td>
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<tr>
<td>ESTHER SMITH</td>
<td>JENNIFER SMITH</td>
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<tr>
<td>SHERYL MILLER</td>
<td>BARB BAKKE</td>
</tr>
<tr>
<td>LORI HARRISON</td>
<td>TAMMY &amp; ALVIN HOLMES</td>
</tr>
<tr>
<td>ROBERT NOVELLO</td>
<td>KIM &amp; HUGH GAIR</td>
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<tr>
<td>MONA FREMONT</td>
<td>MICHELLE OUELLETTE</td>
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<td>THERESA JACKSON</td>
<td>TAMMY &amp; ALVIN HOLMES</td>
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<tr>
<td>LESLIE MERCER</td>
<td>TAMMY PHYE</td>
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<tr>
<td>JUDITH &amp; MARVIN PENNER</td>
<td>JESSIE PENNER</td>
</tr>
<tr>
<td>RACHEL BELANGER</td>
<td>CHRISTOPHER &amp; BARBARA OPOLSKI</td>
</tr>
<tr>
<td>RANDALL MOORE</td>
<td>YVONNE DOLLARD</td>
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<tr>
<td>NANCY BERGEN</td>
<td>HELENA BERGEN</td>
</tr>
<tr>
<td>ANNA BUECKERT</td>
<td>KATHERINA FRIESEN</td>
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<tr>
<td>KAREN TICKELL</td>
<td>LARA BAYNES</td>
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<tr>
<td>BOB DEMEYER</td>
<td>NANCY SYNTAK</td>
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<tr>
<td>SUSANNA GARSIDE-HERRALA</td>
<td>YVONNE DOLLARD</td>
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<tr>
<td>VICKI PLITT</td>
<td>LORETTA CONDRUK</td>
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<tr>
<td>MARGARETHA JANZEN</td>
<td>ANNA BUECKERT</td>
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<tr>
<td>JAMIN LEE</td>
<td>CHERYL COURTNALL</td>
</tr>
<tr>
<td>SUSAN DUMAINE</td>
<td>KATHY DEANE</td>
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<tr>
<td>ANNA &amp; JACOB LOEWEN</td>
<td>KATHERINA &amp; DAVID REMPEL</td>
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<td>WILL &amp; TINA FRIESEN</td>
<td>ABE &amp; EVA BERGEN</td>
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<td>JOHN &amp; MARIA KNELESEN</td>
<td>ABE &amp; EVA BERGEN</td>
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<td>JOHAN &amp; KATHARINA WIEBE</td>
<td>YESICA BUECKERT</td>
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<tr>
<td>MAXINE LAPPE</td>
<td>ANNETTE SIMS-THOMAS</td>
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<tr>
<td>SHARON LI</td>
<td>BETSY VOURANTONI</td>
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<td>ANGELA ALLAIN</td>
<td>ROB TOMILSON</td>
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<tr>
<td>DELILAH NEWBERRY</td>
<td>KIM &amp; HUGHGAIR</td>
</tr>
<tr>
<td>COLLEEN HALLIDAY</td>
<td>BEHROOZ &amp; ELAINE TAHIRIHA</td>
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</table>
New Premier Associates (continued)

Congratulations to our New Premier Associates for April 2016:

<table>
<thead>
<tr>
<th>Premier Associate (first/last)</th>
<th>Sponsor (first/last)</th>
</tr>
</thead>
<tbody>
<tr>
<td>GLENDA ARCHIBALD</td>
<td>DOREEN DELGATY</td>
</tr>
<tr>
<td>LOU EGUARAS</td>
<td>CHRISTOPHER &amp; BARBARA OPOLSKI</td>
</tr>
<tr>
<td>KAREN ARMSTRONG</td>
<td>JEAN DANSEREAU</td>
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<tr>
<td>ARED LEBLANC</td>
<td>YVONNE DOLLARD</td>
</tr>
<tr>
<td>KIMBERLEY HEIDINGER</td>
<td>WAYNE K. SMITH</td>
</tr>
<tr>
<td>CHRISTIAN RENAUD</td>
<td>DOMINIQUE LOYER</td>
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<tr>
<td>GUYLAINNE GAGNON</td>
<td>SYLVIE GAGNON</td>
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<tr>
<td>NICOLE ALLARD</td>
<td>ANGÈLE BELAVANCE</td>
</tr>
<tr>
<td>FABIO CARDENAS</td>
<td>INTERNATIONAL SPONSOR</td>
</tr>
<tr>
<td>VERONIQUE MENARD</td>
<td>ISABELLE LANGLOIS</td>
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<td>DOMINIQUE PELLETIER</td>
<td>MICHELLE OUELLETTE</td>
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<tr>
<td>MANON SAVARD</td>
<td>THERESE/JB DUBE-LEVASSEUR</td>
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<tr>
<td>RACHELLE HAMIDA</td>
<td>VIRGINIE PLANTE</td>
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<tr>
<td>LISE VAILLANCOURT</td>
<td>ANGÈLE BELAVANCE</td>
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<td>LOUISE LAPLANTE</td>
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<td>PATRICIA SABBAGH</td>
<td>DIANE BLAIS</td>
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<tr>
<td>LYNDA GRAVEL</td>
<td>LOUISE LAPLANTE</td>
</tr>
<tr>
<td>MILAN DUMOULIN-D’AOUST</td>
<td>MEGS &amp; RAMILA PADIACHY</td>
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</tbody>
</table>

Premier Associates Sponsoring Promo

Earn a $50 product credit plus FREE Shipping for attaining 300 PGV or sponsoring 3 new Associates within your first 3 months
Beat Your Cravings With Stixated

**Stixated (30 drink stick packets. Appetite Control Drink Mix):** Stixated helps the body properly metabolize sugar (glucose) and keep blood sugar levels already in the normal range. Out of control blood sugar levels cause hunger cravings and mood swings. By keeping blood sugar stable, the body does not need to secrete large amounts of insulin to clear the blood of glucose. The more controlled blood sugar the less feelings of hunger.

*Ingredients:* Medicinal Ingredients: Each packet contains *Garcinia cambogia* (malabar tamarind) fruit rind extract 580 mg standardized to 300 mg hydroxycitric acid and chromium (chromium (III) picolinate) 500 mcg. Non-medicinal Ingredients: isomaltooligosaccharides, erythritol, fructooligosaccharides, citric acid, raspberry flavour, açai (*Euterpe oleracea*) fruit flavour, natural fruit flavour, grape skin extract, *Stevia rebaudiana* leaf, silicon dioxide and blueberry flavour.

*Recommendation (adults):* Take one drink packet and mix in 500 mL of water daily. Take before meals. Consult a health care practitioner for use beyond 6 months.

**Benefits:**
- Provides support for healthy glucose metabolism.
- Helps the body to metabolize carbohydrates and fats.
Sharing Sunshine

Every new May Sign Up receives a FREE STIXATED with a $75 Sign-Up order.

Offer is valid from May 1st to 31st, 2016. Join through Web, Customer Service or FAX.

Not valid with any other offer. Only one product offer per new sign up order. NSP reserves the right to substitute product offering should quantities dictate.
Renew your Membership with a $75.00 product order plus Renewal Fee* and receive a FREE Stixated.**

Plus, receive a FREE Product Guide and Master Price List.

Total Retail Value $54.76

Valid from May 1st to 31st, 2016.

To renew your Membership, please call Customer Service at 1-800-265-9163. Not valid over the web.

(*Renewal fee is $15 Preferred Customer and $20 Business Associate.)

(**Offer does not include shipping/handling. Nature's Sunshine reserves the right to substitute or modify any part of this special offer as supply of items or availability warrants. Not valid with any other promotion.)
WEBINARS
MAY & JUNE
SCHEDULE
WEBINAR SCHEDULE 2016

MAY
May 4th  Pain webinar with Cindy Klement  9 pm EST
https://attendee.gotowebinar.com/register/3422349060955912962

May 9th  New Business Associate webinar  12 noon EST
https://attendee.gotowebinar.com/rt/2970392602135065346

May 10th Manager Development webinar – How to follow up with PC's and BA's  9 pm EST
https://attendee.gotowebinar.com/register/7704618095770598402

May 17th  Your are only as young as your metabolic age with Dr. Jay Vanden Heuvel  9 pm EST
https://attendee.gotowebinar.com/register/8186075549214800899

May 24th  What is IN.FORM webinar  9 pm EST
https://attendee.gotowebinar.com/rt/3541929745727926274

May 30th  The NSP opportunity webinar  9 pm EST
https://attendee.gotowebinar.com/rt/8475138252884716290

JUNE
June 8th  Manager Development webinar – Compensation Plan – Overview and how to promote  9 pm EST
https://attendee.gotowebinar.com/rt/2970392602135065346

June 13th New Business Associate webinar  12 noon EST
https://attendee.gotowebinar.com/rt/2970392602135065346

June 13 -17  Education Week (USA sponsored event details to come)

June 20th  What is IN.FORM webinar  9 pm EST
https://attendee.gotowebinar.com/rt/3541929745727926274

June 21st The NSP Opportunity webinar  9 pm EST
https://attendee.gotowebinar.com/rt/8475138252884716290
Earn I-Inspire Points when you participate in May webinars

May 4th
Pain Webinar at 9 pm EST
with Cindy Klement — 25 Points

May 10th
Manager Development at 9 pm EST
How to Follow up with PC’s & BA’s — 25 Points

May 17th
Dr. Jay’s Webinar: “You are only as young as your metabolic age” — 25 Points

Attend all 3 and get an EXTRA 50 I-Inspire Points!
**“You Are Only As Young As Your Metabolic Age”: Daily Essential Nutrients required for a Transformational Habit of Healthy Aging.**

Join us as Dr. Jay reveals the secrets to healthy aging. Learn how you can regain metabolic health to feel and look younger than your years. Learn what supplements turn back the clock on metabolic aging. And discover how diet and lifestyle can keep you fit and active as you age.

**Tuesday, May 17th, 2016  9:00 PM EST**

with Dr. Jay Vanden Heuvel, (IMD, PhD, ARCB, CFT, ACS Divisional Manager and 2011 U.S. Manager of the Year)

Dr. Jay P. Vanden Heuvel, Ph.D, is a much sought after lecturer. Dr. Jay has numerous degrees in the area of natural health and he is noted for his wide range of knowledge and experience which he brings to each audience.

**Go to link:**
https://attendee.gotowebinar.com/register/8186075549214800899

Note: After registering you will receive a confirmation e-mail containing information on how to join the webinar.

****Special Webinar Promo for participants only!****
All you need is a computer with sound and internet connection!

**Participation Is Easy:** All you need is a computer that is connected to the internet and has sound capabilities and you’re ready to participate. You’ll listen to live trainers take you through an informative learning experience right from your computer in the comfort of your home or office.

**Login:** Click the link below and follow online instructions to register and join the webinar.

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**What is IN.FORM? with Rhancha Trick**

WELCOME to IN.FORM, a uniquely different, wonderfully effective, 13-week health, weight management and lifestyle program.

IN.FORM is a stress-free, information-rich plan that helps people achieve their health and weight-loss goals.

Go from “I want” to “I’m ready!” Anyone can say, “I want to lose weight.” It’s much more difficult to declare your health independence with, “I’m ready to change my life and my habits for the better.”

IN.FORM helps you do just that. It quickly shows you how great life can be once you commit to improving some key health and eating habits. And it’s SO worth it!

To learn more about IN.FORM and what it means to be a participant in this amazing program join us for this informative webinar.

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**Tuesday, May 24th at 9 pm EST**

**Go to link:**
https://attendee.gotowebinar.com/rt/3541929745727926274

**Note:** After registering you will receive a confirmation e-mail containing information on how to join the webinar.
SIGN UP FOR THE NEW IN.FORM CHALLENGE AND YOU COULD WIN CASH AND PRIZES!

New winners chosen every quarter!

Formerly our Transform Challenge, the new IN.FORM Challenge pays:

<table>
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<tr>
<th>Place</th>
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<tr>
<td>1st</td>
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The top three winners also get an IN.FORM Challenge Swag Pack!
And every participant who completes the challenge gets $25 in free products!

NEW!
IN.FORM coaches of Challenge winners will get cash bonuses up to $500!

Invite people to join your IN.FORM group and take the Challenge. Spread the word!

GRAND PRIZE WINNER
TAMIE MATHEWS lost 34.4 pounds and lowered her metabolic age from 61 to 28!
She also lost over 31 pounds of fat during the challenge!

“IN.FORM is so easy. Everyone sees results. I never imagined I could look and feel this good again! My confidence is higher too. IN.FORM is exactly what I needed in my life.”

Since completing the challenge, Tamie has lost a total of 40 pounds!

Sign up now at [www.naturessunshine.com/informchallenge](http://www.naturessunshine.com/informchallenge) and see requirements and contest rules. Register any time.

Note: ANYONE may participate. You do not need to be enrolled in an IN.FORM group to take the Challenge.
Start a new IN.FORM group in May (5 or more people) and for each participant who places a minimum 200 PV order you will be entered into a Special Prize Draw.

If the same participant also signs up in the SunshineRewards Program, you will be entered into the Special Prize Draw twice.

Your name must be drawn twice to win and we will have 2 lucky winners! Draw will be held on June 3rd. You MUST enter your classes/participants on the online Coaches portal in order to be included in the draw.

SPECIAL DRAW PRIZES TO CHOOSE FROM

$200 NSP Product Basket

$200 $200 $200

vistaprint Credit Spafinder Wellness365

taxiement Gift Certificate

PLUS Every Coach who starts a new IN.FORM group (5 or more people) in May will receive a FREE BUILD IN.FORM PACK consisting of Probiotic 11, CardioxLDL, Super Trio and Nature’s Harvest. ($263.63 Retail Value)

NATURE'S SUNSHINE
COACHES CERTIFICATION TRAINING

ACHIEVING SUCCESS WITH IN.FORM

TORONTO JUNE Certification Course

Sunday, June 12th, 2016
NSP Canada Office
44 Peel Centre Dr., Suite 402
Brampton, ON
L6T 4B5  905-458-6100
Time: 9:00 am to 5pm  (Lunch included)

IN.FORM instructors:  Rhancha Trick & Bahar Mahmoudi

Cost:  $700 per participant plus tax
which includes the following:
• IN.FORM Coach certificate
• IN.FORM Coach Kit ($1,000 retail value) which includes:
  • 3 beautiful, branded stanchion banners for your weekly meetings
  • NSP branded IN.FORM BioTracker
  • Newly Designed Coach’s Manual with all 13 modules
  • Stylish Coach’s Shirt. Walk the walk and build your business wherever you go!
  • 2 IN.FORM Tape Measures
  • 15 participant manuals
  • 15 food journals
  • Resource CD of PowerPoint presentations

Or:
$550 per participant plus tax. Includes all of the above excluding the 3 stanchion banners.

Also:
$150 for Assistant Coach (they will only receive coaches shirt & coaches manual)
$ 50 for refresher course for current Certified INFORM Coaches.

Note: Space is limited so please make sure to reserve your spot as soon as possible.

To register please call: Milly Deaken at 1-877-257-4372 ext. 3919 or email millyd@natr.com.
NSP Canada 40th Anniversary Open House Celebration

We are so excited to celebrate our 40th anniversary with our wonderful clients and managers! We are also thrilled to let you know that the Founders of Nature’s Sunshine, Gene and Kristine Hughes, will be in attendance! Come out and meet this wonderful couple!

We will have our NSP Canada staff in attendance who are excited to meet you as well!

We will have refreshments and light finger foods. We will also have NSP products to sample. We will be doing draws every hour for great product baskets!

We will have the finalists of our SHAKE OFF competition there to be sampled and the winner will be announced!

When: Saturday, June 11th, 2016 from 11 am to 2 pm
Where: Nature’s Sunshine Headoffice, 44 Peel Centre Dr., Suite 402 Brampton, ON L6T 4B5
Who: All of our NSP clients and managers are welcome!
Why: It’s our 40th Anniversary! Time to Celebrate!
How: Call and register with Milly at millyd@natr.com or 1-877-257-4372 ext. 3919. Space is limited to 80 people so RSVP as soon as you can.

We will also be giving away prizes for orders placed at the event*!
- The first 50 people that place an order between 100 – 250, will receive Influence Book/DVD pack
- The first 30 people that place an order between 251 – 500, will receive a NSP conference bag & notebook
- The first 20 people that place an order between 501 – 1000, will receive a NSP leather binder
- The first 20 people that place an order over 1000+, will receive a NSP roller bag

*you must be at the event and place the order at the event in order to win.
April showers bring May SUNSHINE REWARDS

Dinner with the founders of NSP...

During the month of May (1-31st), the Top 3 people who have the most Points* will have dinner with our founders, Gene and Kristine Hughes on June 11th after our NSP Open House Celebration!

Way to earn points:

- New Sign up - 25 points
- Sunshine Reward NEW Sign up - 40 points
- New Manager Breakout - 60 points

*If there is a tie, PGV increase over prior year (May) will be the tie breaker. Also, if you live out of town, transportation would be at your own expense.

Come Celebrate our 40th Anniversary Open House
June 11th, 2016
We are looking for the best Shake recipes using our NSP products:

- You must submit a picture of the final product along with the recipe.
- You must post the recipe on our NSP Facebook page — NSP Canada Update and Educate by May 31st in order to be entered into the competition.
- Only one shake recipe per person.
- We will announce the Top 3 finalists on Facebook on June 6th.

The top 3 shakes will be featured at our NSP Open House on June 11th in Brampton. We will announce the 1st, 2nd and 3rd place winners at our Open House. Winners will be chosen by our Head Office staff.

**1st Place**  $200 product credit and 75 Fun In The Sun Vacation ballots.

**2nd Place**  $125 product credit and 50 Fun In The Sun Vacation ballots.

**3rd Place**  $75 product credit and 25 Fun In The Sun Vacation ballots.

The winners will be posted on Facebook on June 11th.