

SUNSHINE SHARING

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Possible Uses for Nature's Fresh

Household Uses:

- Air Freshening and Odor Removal
- Carpet Cleaning and Spotting
- Dishwashing Aid
- Laundry Spot Remover and Freshener
- Mold and Mildew Remover
- Natural Underarm Deodorant
- Pet Deodorizer

Topical Spray For:

- Acne
- Arthritis Pain
- Back Pain
- Bites and Stings
- Breast Problems
- Broken Bones
- Bumps and Bruises
- Disk Problems (slipped, herniated, bulging, etc.)
- Fibromyalgia Pains
- Menstrual Pain
- Muscle Spasms and Cramps
- Rashes and Skin Irritations
- Sprains and Pulls
- Sunburn and Other Burns
- TMJ
- Wounds, Infection, Injuries

Internal Uses:

- Digestive Problems
- Gargle for Sore Throat
- Mouthwash
- pH Balancer
- Yeast Infections

Nature's Fresh First Aid Kit and Household Miracle Worker in a Bottle



In the 1980s, Nature's Sunshine Products (NSP) introduced an enzyme spray called Nature's Fresh, as household stain remover and deodorizing agent. The product is remarkably effective at knocking out all kinds of odors (pet smells, smoke, food odors, and even the smell of skunk). It is also a natural, and completely non-toxic, stain remover for clothing, carpets and household use. What Nature's Sunshine didn't realize was that they were also bringing an amazing aid for healing the body into the marketplace.

It all started when some innovative NSP Manager felt inspired to spray Nature's Fresh over the area of a spinal slipped disk. They had read that disks were composed largely of enzymes and decided to try using the enzymes in Nature's Fresh topically to promote healing in the disk. It worked! Before long, NSP Managers were spraying Nature's Fresh on just about everything with almost miraculous results.

The product has so many uses that some NSP Managers have started referring to it as the real Windex™ of *My Big Fat Greek Wedding!* (Of course, you would have to see the movie to understand this little joke.)

In this issue of Sunshine Sharing, we'll be highlighting some of the amazing uses for this versatile product. In fact, we hope you'll agree with us when you're finished reading this issue, that this is a product no home should be without!

What is Nature's Fresh?

Nature's Fresh is a mixture of six different classes of enzymes (derived from plants) suspended in water. It also contains a small amount of surfactant (an agent to reduce liquid surface tension so it will spread out) to help evenly disperse the enzymes when sprayed.

For those into chemistry, the enzymes in the Nature's Fresh product include oxidoreductases (enzymes that catalyze oxidation-reduction reactions), transferases (enzymes that promote transfer of a group from one molecule to another), lyases (enzymes that form double bonds on the substrate), hydrolases (hydrolytic enzymes-splitting water), isomerases (enzymes that catalyze the conversion of its substrate to an isomeric form), and ligases (enzymes that catalyze the linking together of two molecules).

For those who aren't into chemistry, this simply means that Nature's Fresh contains a wide variety of enzymes that can catalyze a wide variety of chemical reactions. This allows it to chemically alter a wide variety of organic odor molecules and organic stain molecules. It also allows it to catalyze a wide variety of healing actions in the human body.

Read the sidebar to the left for an overview of the uses of this amazing product, then turn the page to learn more about this versatile enzyme spray.



Keeping the Home Clean (and Safe) with Nature's Fresh

Unlike chemical cleaning products, deodorizers and household products, Nature's Fresh uses natural, non-toxic enzymes to break apart stain and odor molecules. It works much like the digestive enzymes in the body. By breaking apart amino acids (proteins) or fatty acids (fats or oils) that bind stains and odors to fabrics, carpets, etc., it helps to break them free and emulsify them (hold them in solution) so they can be removed. Nature's Fresh works on organic stains and odors and that includes just about everything.

Nature's Fresh used with NSP's **Sunshine Concentrate**, a natural household cleaning product, and a few essential oils can eliminate the need for just about all other household cleaning products. This helps protect the family's health by reducing exposure to chemicals. Here are some suggested uses for Nature's Fresh (and Sunshine Concentrate):

My boyfriend lives in the country. Not too long ago while on the way to his house I passed by a recently killed skunk and the windows were down in the car! Needless to say, the horrible odor permeated the car. I tried everything to get the odor out, driving for hours with the windows down, spraying Eucalyptus with water, Tea Tree with water etc. The only thing that worked was Nature's Fresh!! (Judy M.)

General Cleaning

Nature's Fresh is very effective for cleaning walls. It will remove food stains, cigarette smoke and dirt. For spots spray on directly, for large jobs mix 1/4 cup with one gallon of water and a capful of Sunshine Concentrate to create an effective general cleaning solution.

Nature's Fresh is also great for cleaning counter tops, cabinets and floors in the kitchen and bathroom. It can be sprayed on directly, or diluted in water (about 1/8 cup per gallon). Add about 15-20 drops of a disinfecting essential oil such as **thyme** or **tea tree** and you have an all-natural disinfectant

spray for bathroom and kitchen cleaning. Nature's Fresh can also be sprayed on towels and wash clothes to keep them smelling fresh. When diluted with an equal amount of water, Nature's Fresh makes an excellent glass cleaner.

Nature's Fresh can also be sprayed anywhere mold and mildew accumulate. It is even more effective when essential oils have been added to it. It removes the mildew and sets up a protective barrier that lasts about one month.

Clothes and Laundry

To remove odors, spray Nature's Fresh directly clothes and allow them to air out for a short period of time. This works for cigarette smoke, body odor and other smells. Nature's Fresh can also be sprayed directly on stains to help remove them and onto shoes to remove foot odors.

Use Nature's Fresh in your laundry to remove stains, eliminate bacteria and boost the strength of your detergent. It works better than other laundry stain removers. Put 1/4 to 1/2 cup in with each load and let it set for a few minutes before beginning the cycle. We also suggest using NSP's Sunshine Concentrate for your detergent.

Air Freshener

Nature's Fresh makes a great air freshener. It doesn't just mask odors, it actually breaks them down and eliminates them. Spray Nature's Fresh directly on to affected areas to help remove dirt, pet accidents and odors, cooking odors, etc. Many people have reported it works much better than Fabreeze™ and is completely non-toxic. To create a pleasant smelling air freshener spray, simply add about 15-20 drops of one of your favorite essential oils (**lemon, pink grapefruit, lavender**, etc.) to a bottle of Nature's Fresh.

Dishes

Many people have found that Nature's Fresh can be added to the dishwasher in place

of a spot remover. It helps remove stains and odors from plastic storage containers when sprayed onto the containers and allowed to sit for a few minutes before washing.

We add Thyme essential oil to the Nature's Fresh and use it to clean counter tops and the bathroom. The Thyme smell is very strong. We add 15 to 20 drops per bottle of Nature's Fresh. This is a great additive to underwear and towels in the wash to kill bacteria. We keep a bottle mixed up in each bathroom, the kitchen and in the laundry room. (Glenda H.)

Carpet Cleaning

Nature's Fresh can be used for spot cleaning stains and odors. Simply spray it directly on the affected area and blot with a towel. It can also be used in carpet cleaning machines. Mix 1/4 cup of Nature's Fresh with three gallons of water and use it in the carpet cleaning machine along with the detergent. Sunshine Concentrate and a few drops of essential oils also can be used as an alternative to the chemical carpet shampoos. Be sure to use cold water and let the mixture sit for about 30 minutes to activate the enzymes.

Other Uses

Traveling: Put a mixture of Nature's Fresh in a 2 or 4 oz. spray bottle with a few drops of **tea tree oil, eucalyptus oil**, or **Guardian** oil and carry it with you when you travel. Spray it around your hotel room to get rid of odors and chemicals. Spray it on toilet seats before using public restrooms. Nature's Fresh can also be used in the car to give automobiles a clean, fresh smell.

Clogged Drains: The enzymes in Nature's Fresh can break down material that is clogging drains. Pour a bottle of Nature's Fresh down the drain, let it sit overnight and run hot water through it the next morning. Enzymes are excellent for septic tanks, too.

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The enzymes in Nature's Fresh are stable as long as the product is not exposed to heat. (Enzymes become inactive or are destroyed at temperatures above 120 degrees.) For this reason, Nature's Fresh should be stored at a temperature less than 100 degrees Fahrenheit.

First Aid in a Spray Bottle

The enzymes in Nature's Fresh works wonders on the human body in ways we're just beginning to discover. According to the latest studies, we're learning that enzymes can not only break down substances, they also change chemical structures, creating new compounds the body can use.

Nature's Fresh can be sprayed on topically for a wide variety of health problems. It can even be taken internally (about 1-2 tablespoons per day) to help heal both acute and chronic health problems. Nature's Fresh tastes a bit soapy, but you can disguise the taste in something like pineapple juice without deactivating the enzymes.

Pain Relief

Nature's Fresh can be very effective in relieving pain when applied topically. It works

even better when some **Deep Relief** essential oil is added to it. Just spray it on for tension, back pain, arthritis, injuries, etc. Many people have reported dramatic results with easing various kinds of arthritis pain using Nature's Fresh. Others have reported using Nature's Fresh both topically and internally to ease the severe pains associated with fibromyalgia.

Nature's Fresh is not a permanent cure for these problems, so other supplements, dietary changes, etc. need to be implemented to remove the underlying causes of painful conditions like arthritis or fibromyalgia.

Back and Disk Problems

Nature's Fresh has worked wonders for many people with chronic back pain or disk problems. It can be used by itself or in combination with Tei Fu oil or Deep Relief oil to ease pain and promote healing. Massaging **Lobelia Extract** and **Tei Fu oil** into the muscles along both sides of the spine, then spraying on Nature's Fresh, can help realign the spine without having to go to the chiropractor.

Nature's Fresh is particularly effective

for disk problems. It has been applied topically to ease pain and promote healing for slipped disks, herniated disks and degenerative disks. It can also be mixed with **PLS II** and a little **goldenseal** to make a poultice, which can be applied over areas in the back with disk problems to promote healing without surgery.

Breast Problems

Women have been amazed to find that spraying Nature's Fresh on the breasts has helped lumps to disappear. There is some evidence that the use of underarm anti-



perspirant deodorants increases the risk of breast cancer because it stops toxins from being eliminated through the sweat glands under the arms. This causes toxins to build up in the lymphatics in the chest and breast area. One NSP Manager had a client who started using Nature's Fresh for a deodorant and had a breast lump she had had for over 10 years disappear. Other

women have started using chlorophyll internally and Nature's Fresh externally to control body odors as a means of keeping their breasts healthy and are reporting good results.

Injuries and Burns

Nature's Fresh can be applied topically to minor injuries to prevent bruising and reduce swelling. It also helps bruises to heal faster. Nature's Fresh can help sprains, strains and even broken bones to heal faster. It is applied topically to these injured areas. It can also be used as the liquid to mix a poultice to apply to an injury. Simply empty capsules of PLS II or **Bone/Skin Poultice**, then add enough Nature's Fresh to the powders to

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The Importance of Enzymes

Enzymes are organic molecules from living things that act as catalysts. A catalyst is a molecule that can speed up a chemical reaction without being consumed in the reaction. For example, sulfuric acid "speeds up" the dissolving of a metal such as gold and there will be sulfuric acid left.

Enzymes are organic catalysts. In chemistry, organic simply means that the compound contains carbon. Carbon is the basic element found in living things, which is why we are sometimes referred to as "carbon-based" life forms.

Enzymes are the chemical workhorses of the body. Enzymes make every biochemical reaction in the body possible, from cellular DNA replication to the production of hormones and neurotransmitters. Without enzymes we couldn't digest our food or activate our immune system to ward off an infection. Enzymes are energy—spark plugs for activating the various functions of the body.

There are 3000 to 5000 enzymes in the human body and without them there is no life. Now, here is the key secret—the human body will wear out faster if it has to make all of its own enzymes! That's right, if we are not getting a good supply of enzymes through our diet, our body loses vitality and becomes weaker.

Dr. Edward Howell, who has written two books on enzymes, theorizes that humans are given a limited supply of enzyme energy at birth, and that it is up to us to replenish our supply of enzymes to ensure that their vital jobs get done. If we don't replenish our supply, we run the risk of ill health.

In the enzyme nutrition axiom, Howell postulates that, "The length of life is inversely proportional to the rate of exhaustion of the enzyme potential of an organism. The increased use of food enzymes promotes a decreased rate of exhaustion of the enzyme potential."¹

In other words, the more enzymes you get, the longer and healthier you live.

That is why eating raw organic foods and taking nutritional digestive enzyme supplements is believed to help ward off chronic and degenerative diseases, maintain an optimum balance of health and increase overall vitality. By ingesting enzymes from organic raw foods and supplements, the body gets a break, does not have to work so hard, and may last longer.

Keeping the Home Clean

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Body Odor: Nature's Fresh can be used in place of chemical underarm deodorants. It eliminates odor for about 3-4 hours, but lasts even longer when essential oils have been added. To help eliminate odors from the inside out, take **chlorophyll** capsules or liquid internally, too.

Pets: Nature's Fresh is great for pets. Spray it on the cat litter box and give the cat some chlorophyll to eliminate odors. Spray it directly on dogs to eliminate odor. It will even remove the smell of skunk if your pet gets sprayed. Spraying Nature's Fresh on the fur between washings with **Paw Paw Lice Remover Shampoo** has proven to control fleas in animals, too.

Plants: Nature's Fresh can be mixed with the water used to water plants. It appears to help plants hydrate faster and grow better. It can also be mixed with water and sprayed directly on plants to freshen them, or put in the water for cut flowers.

Mouthwash: Swish a little Nature's Fresh around in the mouth to relieve bad breath. It also helps teeth and gums. Some people even brush their teeth with it.

Internally, Nature's Fresh can be used for herniated disks, recovery from surgery, internal scar tissue, to help hold chiropractor adjustments (sprayed on the spine too) You can place colloidal minerals on the spine and then spray the Nature's Fresh over them to drive them in. This is great in whiplash cases. (Kim Balas).

First Aid in a Bottle

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make a paste. Apply the paste to the injured area and cover with a bandage. (Poultices should be changed every 6-8 hours.)

Nature's Fresh has also been used topically to relieve the itch, swelling and discomfort of bites and stings. People report it has been effective for ant bites, mosquito bites, chigger bites, and even jelly fish stings.

Nature's Fresh can help ease the pain of sunburn and promote more rapid healing. Apply **aloe vera gel** liberally to the affected area, then spray repeatedly with Nature's Fresh to keep the skin moist.

Other Uses

Taken internally, Nature's Fresh really helps to balance out the body's pH. Test someone's pH with pH testing strips, have them take Nature's Fresh internally for a few days, then retest. It is a very effective way to balance the system.

Nature's Fresh can help to heal problems with teeth and gums. It can be used as a mouth rinse or brushed onto the teeth and gums. A great mouthwash solution for gingivitis is a mixture of Nature's Fresh and **colloidal silver**. Nature's Fresh and **clove oil** can be used together to ease toothache pain. Nature's Fresh has also been reported to keep teeth from getting sore after getting braces.

Summary

This issue contains a sampling of uses and testimonials on Nature's Fresh, collected by Kimberly Balas and edited by Leslie Lechner and others. There are many other potential uses for this product. Start experimenting with this product in your own home.

For more information on Nature's Fresh contact the person who gave you this newsletter. Their name should appear below. For more information on enzymes, check out the following resources.

Sources

¹ Howell, Dr. Edward, "Enzyme Nutrition, The Food Enzyme Concept".

Loomis, Jr. D.C., F.I.A.C.A., Howard F., "Enzymes, The Key to Health, Volume 1, The Fundamen-

Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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