

**Greetings all . . . . .** It may have been apparent from my Christmas message that this last year has not been everything I would have preferred it to be!

My physical health has been O.K; no colds or flues or any of the other bugs that attack people at times, but following my Knee replacement operation in November 2010 (which was absolutely successful! So don't let me put you off a knee operation - I'm just weird!) my immune system went awry and from month to month I have experienced some inexplicable happenings which have sometimes totally disorientated me - but at the moment I'm doing well!

The effects have been mainly physical, keeping me indoors a lot of the time, so the mind has been doing overtime and when I've not been in one surgery or another (I've seen more doctors in the last 12 months than I have previously seen in the whole of my life!) I've spent a lot of time in my study trying to learn how to do complicated things on my computer - not always successfully!!

But I have created a web site of which part is devoted to Food Supplements, on which I have placed a fair amount of information about NSP Products and what I hope will be seen as useful health advice. I invite you to take a look at <http://www.tanyfoel.me.uk> or you can use the following address to go directly to the 'Food Supplements' 'Blog' site

<http://www.tanyfoel.me.uk/option4.htm>

## **New emailing system**

I have also devised my own mailing system for emails, and in view of the ease of communicating - not to say the cost of postage. As part of this exercise I have discovered that I already have your email address on file, so in future I will send all my Newsletters and other communications to you by this method.

In order to thoroughly review my contact list I am on this occasion sending this Newsletter to all my Downline members - many by post, some of whom may never have heard of me before! But I hope it will help to keep us all in touch in the future.

## **Product from America:**

There has been some difficulty in the last year, for people wanting products from the American Product List which are no longer available from the UK warehouse - but the good news is that this has now been revamped, and instead of the prohibitive cost of carriage from the USA this has been modified to an affordable charge - although delivery tends to take a couple of weeks. You can get it within 5 days if you have a carriage account with 'Fedex' but this is much more expensive!

This facility can also be useful because some products are available from the USA list in larger capacity containers at more economical prices - not all listed on the Order form - so ask!

## 'Sunshine Direct'

The American end is very efficiently managed by Joanna Perez who can be reached by emailing [joannap@natr.com](mailto:joannap@natr.com) to which you can expect a quick response. She can also be reached by phone at 001 801 342 4515, during their office hours, but they're about 8hrs behind us.

These details can be found at the above 'Blog' site together with a copy of the current USA Product list. If you discover that the product you are after is not on this list contact Joanna and she will advise you.

## Dr. Scala

I am still in contact with James Scala, who recently sent me some 'wow' pictures taken from his planetarium, and he sends greetings to all his friends. If you are interested in things 'in the heavens' I am sure that Jim would be delighted to add you to his contact list - let me know! His latest ones are on my web site - click on 'Arfer's Blog'!

That's all for now, but all else will be found on the 'Blog Site'. Should you have any other queries or ideas of information that could be included on the site I would be pleased to know - and your comments will be welcomed!

Best wishes, Arthur.

*PS: Those people I have 'mailed' I have asked to send me their email address if they have one!*



## MARCH 2012 NEWSLETTER

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*Keep this leaflet in a safe place for future reference*