

IN-DEPTH

**“Everyone’s Sunrider
Newsletter”**

**Does the News scare you
about your Health?**



What can you do?

April 2004

Cancer Basics

What is Cancer?

Cancer isn't just one disease. It is a large and complex family of malignancies that can affect virtually every organ in the body. Cancer kills one out of every four Americans, surpassed only by heart disease as the leading cause of death in this country. Over 1.2 million new cases are diagnosed every year, with half of them occurring in the lung, prostate, breast, colon and rectum. Cancer can strike at any age, although it is most common in people over 50.

Cancer begins in the body's cells, which are constantly dividing and multiplying to replace old, damaged cells. Sometimes, cells begin to divide unnecessarily, forming excess tissue known as a tumor. In most cases, tumors are benign, meaning that they are not cancerous. Benign tumors, although they may cause some health problems depending on their size and location, are not life-threatening.

However, if an abnormal cell begins to divide, it eventually forms a malignant, or cancerous tumor. Most malignant tumors grow quite rapidly, invading nearby organs and tissues. Cancerous cells can also travel through the bloodstream to other regions of the body.

When cancer spreads from its original site, the process is known as metastasis.

The good news is that cancer death rates have been declining in recent years, especially among men, who generally experience higher rates than women. Increasing public awareness has resulted in more people getting regular cancer screenings, and practicing healthy lifestyles to reduce their risk.

Types of Cancer

There are many different types of cancer. Several factors, including location and how the cancerous cells appear under the microscope, determine how cancer is diagnosed. For example, there are several forms of breast cancer, classified according to where the tumors originate within the breast, and their tendency to invade surrounding organs and tissue. All cancers, however, fall into one of four broad categories:

Carcinomas are tumors that arise in the tissues that line the body's organs. About 80% of all cancer cases are carcinomas.

Sarcomas are tumors that originate in bone, muscle, cartilage, fibrous tissue or fat.

Leukemia are cancers of the blood or blood-forming organs.

Lymphomas affect the lymphatic system, a network of vessels and nodes that acts as the body's filter. The lymphatic system distributes nutrients to blood and tissue, and prevents bacteria and other foreign "invaders" from entering the bloodstream. There are over 20 types of lymphoma.

Causes of Cancer

The vast majority of cancers--about 80%--are considered sporadic, meaning that there is no clear cause. For some reason, certain normal genes begin to mutate (change), multiplying rapidly and becoming malignant. There are several environmental influences that may cause these gene mutations to occur. In fact, a large number of cancers are preventable because most of these factors can be controlled with healthy lifestyle choices.

Environmental causes of cancer include:

- **Age:** cancer is most common among people over the age of 50.
- **Diet:** high-fat, high-cholesterol diets are proven risk factors for several types of cancer, particularly colon cancer
- **Obesity:** although no clear link has been established, research indicates obesity may be a contributing factor to some cancers.
- **Cigarettes** greatly increase the lung cancer risk, even among non-smokers forced to inhale secondhand smoke. Other tobacco products, like pipes and chewing tobacco, are linked to cancers of the mouth, tongue and throat.
- **Long-term exposure to chemicals** like asbestos, radon and benzene
- **Exposure to high levels of radiation**
- **Harmful ultraviolet rays from the sun** are directly linked to melanoma and other forms of skin cancer
- **Some viruses**, including hepatitis B and C, human papillomaviruses (HPV), and the Epstein-Barr virus, which causes infectious mononucleosis, have been associated with increased cancer risk
- **Immune system diseases**, like AIDS, can make one more susceptible to some cancers

The other 20% of cancers are hereditary. This means that the abnormal gene responsible for causing the cancer is passed from parent to child, posing a greater risk for that type of cancer in all descendants of the family.

However, just because someone has a cancer-causing gene doesn't mean they will automatically get cancer. If hereditary cancer is suspected, family members should consider genetic counseling and testing to determine their risk. Regular cancer screenings are recommended for high-risk families so that if cancer does occur, it will be diagnosed in the early stages, when it's most responsive to treatment.



Signs of hereditary cancer include:

- Several relatives with cancer
- Cancers that occur at an earlier age than normal
- Multiple or bilateral cancers: for example, a person with breast cancer who also develops ovarian cancer
- Rare or unusual types of cancer
- Ethnic background: some cancers are more common among certain population groups

Symptoms of Cancer

Unfortunately, many types of cancer don't display any obvious symptoms or cause pain until well advanced. Because early-stage cancer symptoms tend to be subtle, they are often mistaken for signs of other, less-threatening diseases. Here are the seven warning signs of cancer:

- Changes in bowel or bladder habits
- A sore that does not heal
- Unusual bleeding or discharge
- Thickening or lump in the breast or any other part of the body
- Indigestion or difficulty swallowing
- An obvious change in a wart or mole
- A nagging cough or hoarseness

Some symptoms are specific to certain types of cancer, such as difficult urination for prostate cancer, or flu-like symptoms for acute leukemia. Don't be afraid to discuss unusual symptoms with your doctor! Diagnostic tests are available for most common cancers. If diagnosed early, your chances of surviving cancer are greatly increased.

Preventing Cancer

Did you know that up to two-thirds of cancers may be prevented through healthy lifestyle changes? And more cancers can be successfully treated if they are detected early? A healthy diet and avoiding habits like smoking are two of the best cancer prevention tools. Regular screenings can help detect many cancers in the earliest stages, when they can be treated successfully.

Diet Recommendations:

- **Include all types of fruits and vegetables** – they have little to no fat and are rich in vitamins and minerals, fiber, fluid, and phytochemicals (natural chemicals found in plants which are thought to be helpful against cancer). When choosing fruits and vegetables, think variety.

Fewer than one-third of Americans are getting the recommended amount of fruits and vegetables in their daily diet. The rest are missing out on important fiber

and many other compounds with potentially cancer-fighting properties. In recent years, many laboratory studies have revealed that substances found in fruits and vegetables have properties that can halt the carcinogenic process. For example, sulforaphane, a chemical found in broccoli and other vegetables, is believed to activate an enzyme that removes carcinogens from cells. Genistein, which is found in soybeans, may be helpful in suppressing the formation of blood vessels and tumors.

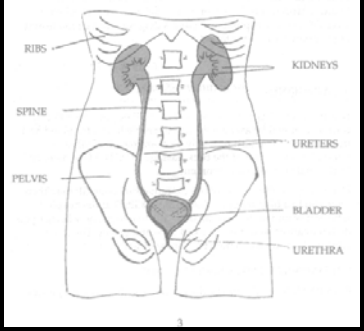
- **Choose from a variety of whole grains, cereals, and legumes** – they are high in fiber and rich in minerals. Choices for grains and cereals include arborio rice, basmati rice, brown rice, wild rice, barley, bulgar, corn, couscous, kasha, millet, oats, pasta, and polenta. Legumes choices include chickpeas, lentils, and black, fava, kidney, lima, mung, navy, pinto, soy or white beans. Most Americans get only half the fiber they need – 10 to 11 grams – when 25 grams a day is recommended.

Limit added fat – if your recipe requires fat in preparation or cooking, try to use olive, canola, or grape seed oil, limiting the amounts to approximately 1 teaspoon per serving for entrees or ½ teaspoon per serving for sides or accompaniments.



Most Americans today get as much as 36 percent of their diet as fat. A high-fat diet not only increase your cholesterol and your girth, it can also significantly raise your risk for cancer. Among the most undesirable fats are the saturated fats, which are found in meat, fish, poultry, eggs, nuts, and whole-fat dairy products. Polyunsaturated fats are acceptable, but should be kept to a minimum. The healthiest choice is monounsaturated fat, which is found in olive oil, canola oil, and grape seed oil.

- **If your recipe includes meat** – keep cooked portion sizes at about three to four ounces per serving, selecting leaner cuts of beef (eye of round, round tip, top round sirloin, chuck, flank, top loin or tenderloin), pork (center or tenderloin), poultry, veal or lean game (buffalo, skinless duck breast, quail, rabbit venison). Braising, grilling, pan-searing, roasting, and stewing are all cooking methods that can help keep fat levels low – when you barbecue, fat from the meat drips onto the flames and produces polycyclic aromatic hydrocarbons; these cancer-causing substances then rise with the smoke and settle on your food. In addition, smoked, salt-cured, and pickled foods often contain nitrates and nitrites, which have been linked to stomach cancer.



Vitamin E Said to Cut Bladder Cancer Risk

By **DANIEL Q. HANEY, AP**
Medical Editor

ORLANDO, Fla. - Scientists in search of cancer-preventing nutrients have found clues that

vitamin E may protect against bladder cancer. Their study, released Sunday, found that people who get lots of this vitamin in their food have only about half as much bladder cancer as those who take in relatively little. While intriguing, though, researchers say much more research is needed before they can recommend more than eating plenty of vitamin-rich fruits and vegetables.

Experts once had high hopes that vitamin E would prove to be an important safeguard against heart attacks. But that idea eventually faded as repeated studies failed to show any protective effect.

Now, some think the vitamin may protect against cancer perhaps by warding off the damaging effects of oxygen. The strongest evidence of this so far has been against prostate cancer, and a large federally sponsored experiment is under way to help prove this.

The new study offers a strong hint that dietary vitamin E may also protect against bladder cancer, which kills about 12,500 Americans annually and is four times more common in men and woman.

The actual difference in the amount of vitamin-rich food the two extremes ate was small, however, the equivalent of a single daily serving of spinach or a handful of almonds.

The research was funded largely by the state of Texas. It was presented by John Radcliffe, a nutrition researcher from Texas Woman's University, at a meeting of the American Association for Cancer Research in Orlando.

The reduction was roughly the same, regardless of whether people got their vitamin E from food alone or in combination with vitamin pills.

The team looked at the two most common forms of vitamin E, called alpha- and gamma-tocopherol, and found that only the alpha variety was linked with lower bladder cancer risk. Good sources of this include almonds, spinach, mustard greens, peppers, sunflower seeds and a variety of oils, including olive, cotton seed and canola.

Experts say it is too soon to make any firm recommendations about vitamin E intake for cancer prevention beyond the usual advice to eat plenty of vegetables and other plant-based foods.

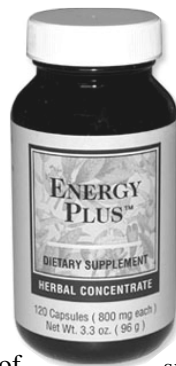
"People need not be afraid to incorporate nuts and seeds into their diets," Radcliffe said. "For a long time, dietitians would not recommend them because they are high in fat. But half an ounce to an ounce of nuts and seeds daily would not shoot up someone's calorie levels appreciably."

Many studies have shown that people who eat lots of fruits and vegetables have lower risk of cancer.

Some wonder whether people who often eat fruits and vegetables have healthier living habits overall, so their diets might have little real importance. For now, the best scientists can do is recommend that people eat five or more servings daily of a variety of vegetables and fruits.

The strongest evidence of vitamin E's cancer effects comes from a study several years ago on nearly 30,000 Finnish smokers. It unexpectedly found those who took alpha-tocopherol pills lowered their prostate cancer risk by one-third. The same study shocked researchers by showing that another once high-flying nutrient, beta carotene, appeared to actually increase their risk of lung cancer.

Energy Plus, Sunrider's wonderful Vitamin E



- Contains vitamin E, Lecithin, Korean White Ginseng, Bee Pollen and Wheat Germ Oil Vitamin E is widely recognized to be good for the heart.

- Each capsule contains 200 IU Vit.E Contains several beneficial herbs: Wheat Germ Oil which has a positive benefit for the heart; Lecithin which is a fat emulsifier (helps dissolve fat); Korean White Ginseng which nourishes the muscles and helps with energy; Bee Pollen which is also great for energy and improves the immune system.

- Nourishes the male reproductive system through Bee Pollen
- Is a blood builder
- Helps fat emulsify and helps the body burn up fat

Energy Plus

Energy Plus soft gelatin capsules combine the antioxidant protection of Vitamin E with the helpful benefits of natural ingredients in an oil base for optimum utilization by the body.

Benefits

Vitamin E, the primary ingredient in Energy Plus, is a fat-soluble vitamin that protects the body's tissues from the damage of oxidation. Vitamin E is important in the formation of red blood cells and the use of Vitamin K.

- May reduce the problems of memory loss and learning associated with normal aging.
- Energy Plus is enhanced with a proprietary blend of herbs and contains 4% of the daily value of iron.

The Cancer Detox System

The First Line of Defense against Developing Cancer

Drs. Peter Shields of the National Cancer Institute, Christine Ambrosone of the National Toxicological Research Center, John Gropman and Paul Talalay of Johns Hopkins University, and Richard N. Armstrong of University of Maryland are among the many scientists who in recent reports have uncovered the structures and functions of the enzymes that comprise the Cancer Detox System. This research confirms what was written by Angelo John in 1961 in one of the first anti-cancer diet and nutritional books titled *Diaitis; Anti-Cancer Nutrients In Cancer Prevention & Cure*.

Everyone is born with a built-in **Cancer Detox System** which protects the body against cancer-causing chemicals. Each of the trillions of cells that comprise the human body contains this Cancer Detox System which is made up of a network of enzymes, and enzyme systems.

Vitamins, such as niacin, riboflavin and certain minerals such as selenium, copper, zinc and manganese, are also members of the **Cancer Detox System** and act as co-enzyme factors. Other vitamins, such as A, C, E, and carotene, lycopene and tocotrienols support the **Cancer Detox System**, through their anti-oxidant activities.

Contrary to popular belief, it is the **Cancer Detox System**, not the immune system, that protects the cells of the body against cancer-causing chemicals.

Also contrary to popular belief, certain chemicals manufactured within the human body, such as the oxygen radicals, free radicals, and electrophiles, produce most, if not all, cancers in humans.

Toxic chemicals, such as those found in cigarette smoke, the air you breathe at home or in the workplace, increase your risk of developing cancer by stimulating the production of the radicals and the electrophiles within the body. In reality, it is your own body that determines when and if you will develop cancer in your life time.

Carotene plays an important role in support of the **Can-**

cer Detox System, by its ability to detoxify a cancer-causing radical called singlet oxygen.

Vitamin E exerts its protective effects against cancer-causing chemicals by its ability to detoxify the toxic lipid peroxy radicals.

Glutathione is the workhorse of the **Cancer Detox System**. It can work with the mineral called selenium to detoxify a wide range of cancer-causing chemicals. This enzyme is constantly being regenerated by the enzymes called NAD and FAD, which contain niacin and riboflavin.

Dietary Guidelines

In *Diaitis*, Mr. John explains why proper diet and proper nutritional supplements represent the best possible means of maintaining a healthy and effective **Cancer Detox System**.

Mr. John still recommends the same dietary guidelines he outlined in *Diaitis* some 45 years ago to regenerate the enzymes that comprise the **Cancer Detox System** and to replace the vitamins and minerals that are depleted during everyday wear and tear and through lifestyle abuses.

The dietary guidelines are as follows:

- 1) Consume approximately 15 to 25 grams of proteins (for an average weight person) at each meal (breakfast, lunch, and supper). Employ the following table: one ounce of meat, fish, fowl, cheese, one egg, one glass of milk, a serving of beans, nuts, or lentils all contain approximately 7 grams of proteins. A serving of a grain product or a serving of a vegetable contains approximately 2 grams of proteins. This is a crucial dietary rule because it is the only effective means of regenerating or replacing the worn out enzymes with the amino acids that make up the **Cancer Detox System** on a daily basis.
- 2) Consume from 4 to 7 servings of grain products daily, preferably of the whole grain variety.
- 3) Consume a minimum of 3 servings of vegetables daily, in addition to a salad. Use coconut oil or olive oil.
- 4) Consume a minimum of 3 servings of fruit of choice daily.
- 5) Consume approximately 3 servings of dairy products daily (milk, cheese, or yogurt).

How Do I Know What Products I Need In Sunrider, For Optimal Health?

Start with the basics: The Sun Pack Foods

A Daily Health Program. We all want to regenerate our bodies to feel and look better. The main issue with Regeneration is to achieve balance through putting **in** nourishment and taking **out** toxins and other wastes, everyone would need foods that achieve both of these objectives. To achieve this, SR provides a basic health program that includes the following products.

· **Nourishment. NuPlus, Vita-Shake, Quinary, and Sunectar.**

· **Cleansing. Fortune Delight and Calli Beverages.**

The exciting thing about all our food products is that **they either nourish the body or cleanse the body.**

Dealing with Specifics. Since all our foods tend to focus on certain body systems, it is simple. First, ask yourself which body system is not functioning at its peak level.

Then determine what food formula(s) nourish that system. And that is what you eat.

How much do I need? Start slowly and increase until you feel a difference. We are all different. Each person has different nutritional needs.

Our Main Nutritional Formulas

The following products are excellent for everyone. Our products will help people with good health reach their optimum health and people with poor health may soon experience improved health. Children, infants, and adults will all benefit from these formulas since they are superior food grade herbs, not medicinal herbs.

NuPlus, The Whole Body Tonic

This formula provides nourishment for the entire body, resulting in a general feeling of well-being. The body

responds quickly to the nourishment and energy it receives from this food. It appears to nourish the processes that produce cell energy. In addition, it enhances the effect of all the other formulas. NuPlus strengthens the body's systems by nourishing tissues and maintaining cell moisture.

Calli Beverage, A Cleansing Beverage.

Calli Beverage is formulated to help the body's natural cleansing process. This formula was developed to increase concentration during meditation. The clearer, more focused thinking that it produces seem to come from improved body cleansing, which is considered the formula's main benefit. The body receives impurities from our environment and produces toxic waste products. Consequently, the body has cleansing processes for getting rid of these toxins, which the formula seems to nourish. Calli is an important addition to even the most basic effort to cleanse and improve overall health and longevity.

Fortune Delight, A Cleansing Beverage.

Fortune Delight is another excellent cleanser for the body that focuses primarily on the digestive system as well as the overall body. It is beneficial for movement of fat and cholesterol as well as a great choice of anti-oxidants. It completes the natural process assisting in the elimination of wastes and impurities, which may be stored in the body's cells. It is loaded with Chlorophyll.

Sunectar & Sunny Dew

Sunectar and Sunny Dew are liquid herbal concentrates that are helpful in regulation of blood sugar as well as pancreas activity. Simply add a few drops to your food for many health benefits. This formula is based on the herb Stevia Rebaudiana Bertoni, which grows mainly in Paraguay and is used extensively in Japan. Although Sunny Dew is clear in color and Sunectar is dark in color, they both do the same thing.

The Quinary

Quinary is a blended combination of 50 concentrated unique herbs containing many anti-oxidants. There are virtually hundreds of body systems that work both col-



lectively and individually to carry out the variety of body functions. When these systems, and their components, function as they were designed, we enjoy good health.

The Chinese traditionally believe that just as the universe consists of five basic elements; our bodies have five major corresponding systems. The Quinary and Liqui-Five are designed to help address the nutritional needs of the body's five major systems: Defense, Endocrine, Digestive, Respiratory, and Circulatory. A system "in balance" adjusts itself and is self-regulating. Quinary or Liqui-Five is not isolated or man-made.

It can be purchased individually as listed below (Prime Again, Lifestream, Assimilaid, Conco, and Alpha 20C) or can be taken all together in Quinary capsules, powder or Liqui-Five.

The Quinary or Five System Formulas

Prime Again: Food for the Endocrine System. This formula provides the nutrients required in maintaining a healthy endocrine system. Strengthening hormonal control helps the body to regulate nearly all of its processes better.

Assimilaid: Food for the Digestive System. Each day, more than seven liters of digestive juices flow into our gastrointestinal tract from our mouth, stomach, small intestine, liver, and pancreas. In a healthy body, all of these organs work in harmony and balance, each secreting its chemicals at just the right time and amount.

When we don't digest well, it's usually because that coordination has broken down; one or more of the organs is secreting too much, too fast, or too slow.

The digestive system formula nourishes and brings balance to the organs that make up the digestive system so that they can give us their juices when we need them, and in the right amounts. It also appears to strengthen the link between the Digestive System and the Nervous system.

Conco: Food for the Respiratory System. The human

respiratory system performs oxidation essential to the liberation of the energy stored in such food materials as carbohydrates and fats.

Lifestream: Food for the Circulatory System. Blood circulation picks up nutrients from the intestines, transports them to our tissues, carries off waste, and cleans our blood. The heart acts as a pump, with the veins and arteries as major pipelines, but the most important circulatory activity occurs in the capillaries. During the two seconds that blood flows through the capillaries, all of the critical exchanges between tissues and blood take place. This formula nourishes and helps keep a circulatory system healthy.

Alpha 20C: Food for Defense/Immune System. The body's defense system helps resist foreign substances called **antigens**—viruses, bacteria, bacterial toxins, or certain nonliving substances—in the body. Always strive to feed the defense system.

Recipes and Preparation Suggestions

NuPlus: Eat 1 to 3 packages (or more) daily. Stir one package in your favorite juice or in a glass of water with a few drops of Sunectar, or mix into 8 ounces of water with VitaFruit. Many people enjoy pouring NuPlus mixed with water over their cereal in place of milk. You can also mix it with Calli or Fortune Delight. Just be creative.

Calli: Boil 8—10 or more cups of water. Take off the heat. In a non-metal container, steep 1 bag for 5 minutes. Drink it hot or cold and as often as you like. Calli is excellent with fresh lemon and Sunectar or SunnyDew. Once Calli is prepared, it should be refrigerated and consumed within 24 hours. Night Calli is wonderful after a long day.

Fortune Delight: Mix one 3-gram packet into 16 oz. of hot or cold water or mix one 20-gram packet into one gallon of hot or cold water. Add Sunectar or SunnyDew to enhance the flavor. Remember, the value of these beverages is in the live plant enzymes they contain. Refrigerate unused portions and drink within 24 hours. Keep in mind that Fortune Delight mixes easier in hot water.



Quinary: Eat 1 to 3 times per day. Ten capsules equal one packet of powdered Quinary or one vial of Liqui-Five. Excellent as a warm drink mixed in water with Sunectar or SunnyDew to taste. For a more complete drink, mix 1 envelope of Quinary, 1 package of NuPlus (Plain or Simply Herbs), and Sunectar or SunnyDew. Stir well. You can also mix into VitaFruit, Calli, or Fortune Delight. These are very compatible and will give you a good, healthy feeling.

Consume NuPlus, Quinary, Calli Beverage, and Sunectar/Sunny Dew every day.

These foods and drinks address processes that affect every bodily function. They lay a foundation for good health. In the suggestions that follow, assume that these three formulas are part of every one of them.

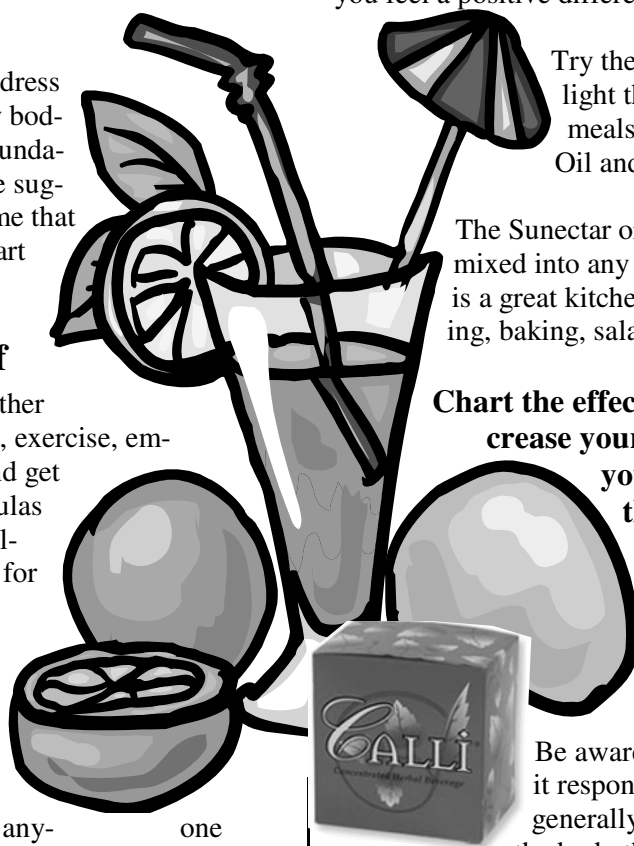
Follow principles of healthful living. In other words, eat balanced meals, exercise, employ a positive attitude, and get plenty of rest. These formulas are designed to support balanced living, not make up for abuse and poor habits.

Be responsible for your own health. Don't expect magic solutions from these products, from your doctor, or from anyone else. When we become responsible for our own health by following good principles of healthful living, we seem to trigger the body's inner healing powers.

Experiment with the formulas. The Chinese used the method of trial and error, which sounds unscientific, but with something as complex as the body, we really have no other choice. Even medical science is still largely trial and error. When we study the results of the effects of

these formulas in our own bodies, we have intimate, first hand knowledge of the consequences of our choices. We sense what is happening to us with an understanding that transcends logic.

We are all different. Fixed solutions won't work for everyone. Vary the amount. Try different formulas. Some people use two to six capsules of Quinary each day for maintenance... you may need more or less. If you are uncertain about how much to start with, begin with one to three capsules of Quinary three times a day and monitor and adjust as you go. Take enough until you feel a positive difference.



Try the Calli or Fortune Delight three times a day with meals. Apply the Sunbreeze Oil and Balm as needed.

The Sunectar or SunnyDew may be mixed into any liquid as flavoring and is a great kitchen ingredient for cooking, baking, salad dressings, etc.

Chart the effects you notice and increase your consumption until you feel you are getting the results you are looking for. You may feel that you need more of one specific formula than another person does.

Be aware of your body and how it responds to these foods. It is generally recommended to feed the body the Basic SR Program which consists of NuPlus, Calli and/or Fortune Delight, Sunectar or SunnyDew, and Quinary **for forty-five days** while charting the changes in your health, cleansing experiences, and sense of well being.

Set your goal at achieving optimum health, with SR foods as the foundation of your health maintenance program.