

IN-DEPTH

**“Everyone’s Sunrider
Newsletter”**



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Diana Walker's Healthy Lifestyles
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**“It’s Cold &
FLU Season
Again!
Are You
Prepared?”**

Nov. 2005





Protecting and strengthening Your Immune System

Inside your body there is an amazing protection mechanism called the immune system. It is designed to defend you against millions of bacteria, microbes, viruses, toxins and parasites that would love to invade your body. To understand the power of the immune system, all that you have to do is look at what happens to anything once it dies. That sounds gross, but it does show you something very important about your immune system.

When something dies, its immune system (along with everything else) shuts down. In a matter of hours, the body is invaded by all sorts of bacteria, microbes, parasites... None of these things are able to get in when your immune system is working, but the moment your immune system stops the door is wide open. Once you die it only takes a few weeks for these organisms to completely dismantle your body and carry it away, until all that's left is a skeleton. Obviously your immune system is doing something amazing to keep all of that dismantling from happening when you are alive.

The immune system is complex, intricate and interesting. And there are at least two good reasons for you to know more about it. First, it is just plain fascinating to understand where things like fevers, hives, inflammation, etc., come from when they happen inside your own body. You also hear a lot about the immune system in the news as new parts of it are understood and new drugs come on the market -- knowing about the immune system makes these news stories understandable.

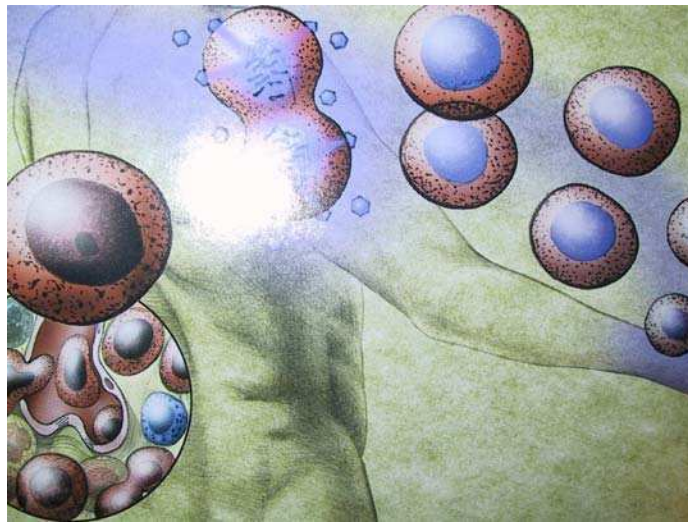
Viral or Bacterial Infection

When a virus or bacteria (also known generically as a germ) invades your body and reproduces, it normally causes problems. Generally the germ's presence produces some side effect that makes you sick. For example, the strep throat bacteria (*Streptococcus*) releases a toxin that causes inflamma-

tion in your throat. The polio virus releases toxins that destroy nerve cells (often leading to paralysis). Some bacteria are benign or beneficial (for example, we all have millions of bacteria in our intestines and they help digest food), but many are harmful once they get into the body or the bloodstream.

Viral and bacterial infections are by far the most common causes of illness for most people. They cause things like colds, influenza, measles, mumps, malaria, AIDS and so on.

The job of your immune system is to protect your body from these infections. The immune system protects you in three different ways:



It creates a barrier that prevents bacteria and viruses from entering your body. If a bacteria or virus does get into the body, the immune system tries to detect and eliminate it before it can make itself at home and reproduce.

If the virus or bacteria is able to reproduce and start causing problems, your immune system is in charge of eliminating it.

Bacteria and Viruses

Your body is a multi-cellular organism made up of perhaps 100 trillion cells. The cells in your body are fairly complicated machines. Each one has a nucleus, energy production equipment, etc. Bacteria are single-celled organisms that are much simpler. For example, they have no nucleus. They are perhaps 1/100th the size of a human cell and might measure 1 micrometer long. Bacteria are completely independent organisms able to eat and reproduce - they are sort of like fish swimming in the ocean of your body. Under the right conditions bacteria reproduce very quickly: One bacteria divides into two separate bacteria perhaps once every 20 or 30 minutes. At that rate, one bacteria can become millions in just a few hours.

A virus is a different breed altogether. A virus is not really alive. A virus particle is nothing but a fragment of DNA in a protective coat. The virus comes in contact with a cell, attaches itself to the cell wall and injects its DNA (and perhaps a few enzymes) into the cell. The DNA uses the machinery inside the living cell to reproduce new virus particles. Eventually the hijacked cell dies and bursts, freeing the new virus particles; or the viral particles may bud off of the cell so it remains alive. In either case, the cell is a factory for the virus.

Components of the Immune System

One of the funny things about the immune system is that it has been working inside your body your entire life but you probably know almost nothing about it. For example, you are probably aware that inside your chest you have an organ called a "heart". Who doesn't know that they have a heart? You have probably also heard about the fact that you have lungs and a liver and kidneys. But have you even heard about your thymus? There's a good chance you don't even know that you have a thymus, yet its there in your chest right next to your heart. There are many other parts of the immune system that are just as obscure, so let's start by learning about all of the parts.

The most obvious part of the immune system is what you can see. For example, skin is an important part of the immune system. It acts as a primary boundary between germs and your body. Part of your skin's job is to act as a barrier in much the same way we use plastic wrap to protect food. Skin is tough and generally impermeable to bacteria and viruses.

The skin also secretes antibacterial substances. These substances explain why you don't wake up in the morning with a layer of mold growing on your skin -- most bacteria and spores that land on the skin die quickly.

Your nose, mouth and eyes are also obvious entry points for germs. Tears and mucus contain an enzyme (lysozyme) that breaks down the cell wall of many bacteria. Saliva is also anti-bacterial. Since the nasal passage and lungs are coated in mucus, many germs not killed immediately are trapped in the mucus and soon swallowed. Mast cells also line the nasal passages, throat, lungs and skin. Any bacteria or virus that wants to gain entry to your body must first make it past these defenses.

Once inside the body, a germ deals with the immune system at a different level. The major components of the immune system are:

Thymus

Spleen

Lymph system

Bone marrow

White blood cells

Antibodies

Complement system

Hormones

Lymph System

The lymph system is most familiar to people because doctors and mothers often check for "swollen lymph nodes" in the neck. It turns out that the lymph nodes are just one part of a system that extends throughout your body in much the same way your blood vessels do. The main difference between the

blood flowing in the circulatory system and the lymph flowing in the lymph system is that blood is pressurized by the heart, while the lymph system is passive. There is no "lymph pump" like there is a "blood pump" (the heart). Instead, fluids ooze into the lymph system and get pushed by normal body and muscle motion to the lymph nodes. This is very much like the water and sewer systems in a community. Water is actively pressurized, while sewage is passive and flows by gravity.

Lymph is a clearish liquid that bathes the cells with water and nutrients. Lymph is blood plasma -- the liquid that makes up blood minus the red and white cells. Think about it -- each cell does not have its own private blood vessel feeding it, yet it has to get food, water, and oxygen to survive. Blood transfers these materials to the lymph through the capillary walls, and lymph carries it to the cells. The cells also produce proteins and waste products and the lymph absorbs these products and carries them away. Any random bacteria that enter the body also find their way into this inter-cell fluid. One job of the lymph system is to drain and filter these fluids to detect and remove the bacteria. Small lymph vessels collect the liquid and move it toward larger vessels so that the fluid finally arrives at the lymph nodes for processing.



Lymph nodes contain filtering tissue and a large number of lymph cells. When fighting certain bacterial infections, the lymph nodes swell with bacteria and the cells fighting the bacteria, to the point where you can actually feel them. Swollen lymph nodes are therefore a good indication that you have an infection of some sort.

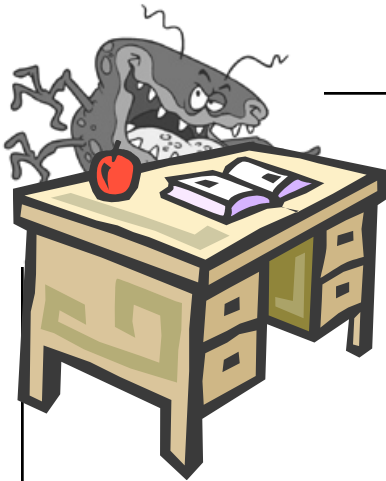
Once lymph has been filtered through the lymph nodes it re-enters the bloodstream.

Thymus

The thymus lives in your chest, between your breast bone and your heart. It is responsible for producing T-cells, and is especially important in newborn babies - without a thymus a baby's immune system collapses and the baby will die. The thymus seems to be much less important in adults - for example, you can remove it and an adult will live because other parts of the immune system can handle the load. However, the thymus is important, especially to T cell maturation.

Bone marrow

Bone marrow produces new blood cells, both red and white. In the case of red blood cells the cells are fully formed in the marrow and then enter the bloodstream. In the case of some white blood cells, the cells mature elsewhere. The marrow produces all blood cells from stem cells. They are called "stem cells" because they can branch off and become many different types of cells - they are precursors to different cell types. Stem cells change into actual, specific types of white blood cells.



Flu season office etiquette

Hacking cough? Aching muscles? High fever? Sidelong glances from your coworkers?

Do yourself and your colleagues a favor--stay at home! You may have the flu! Allow your body to fight the virus and become well again. Since your body is working hard to become well again, your energy and concentration is less likely to be at its peak. This will affect your productivity. Furthermore, you put your colleagues at risk of becoming ill because the surfaces you touch (desks, computers, phones, etc.) can remain contaminated for up to two hours after you handle them.

So, instead of one person being out of the office for one day, three more may easily become infected and be out of the office for a few days. "And he infected two people, and she infected three, and so on, and so on..." The issue of one person's productivity has now turned into an entire office issue!

Wash your hands

In addition to staying home, there are easy, non-vaccination things you can do to protect yourself and others from catching the flu. One key to avoiding the flu is the washing of the hands. In fact, this is one of the most important things you can do. Frequently washing your hands dislodges and washes away germs that you've picked up from other people or contaminated surfaces. Hand-washing may even prevent other serious diseases--like hepatitis A, meningitis, and infectious diarrhea--if made a habit.

How many times have you wanted to wash your hands but couldn't, because there wasn't any water around? You'll never have that problem again, as long as you carry **Kandesn Hand Cleansing Gel** with you. Take it with you everywhere. Parents of young children with sticky fingers will breathe a sigh of relief!



Benefits:

- Provides convenient, waterless cleansing.
- Evaporates quickly.
- Cleanses and moisturizes at the same time, so your hands don't feel dry.
- Special formula prevents the chapped feeling produced by other brands.
- Pleasant, refreshing scent.

Why It Is Better

Other brands often contain a very high percentage of alcohol, leaving your hands feeling dry and chapped. We use a much lower percentage of alcohol plus natural moisturizers so your hands feel clean and refreshed.

Recommended Usage: Apply a small amount to hands and rub in evenly.

When should you wash your hands? "Frequently" is one answer, but here are some good times to wash your hands: before, during, and after you prepare food; before you eat;

after you use the bathroom; after handling animals or animal waste; when your hands are dirty; when someone in your home is sick.

While washing your hands is one manner of prevention, here are some other tips to protect yourself and your coworkers from the flu.

Cover your nose and mouth with a tissue when you cough or sneeze; dispose of the tissue.

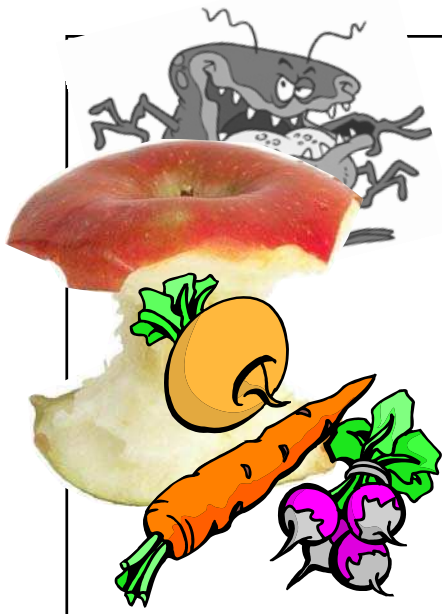
Avoid touching your eyes, nose, or mouth.

Avoid sharing or lending pens. Bring your own writing utensils to meetings.

Beware of the office kitchen. Keep it clean.

If you get the flu, avoid exposing others. Again, stay home from work!

If you do become ill, here are steps you can take for treatment. Get plenty of rest, drink a lot of liquids, avoid using alcohol and tobacco, and remember that over-the-counter medications help to relieve symptoms of the flu, not cure them. "Stay home from work"?



Top Flu Fighting Foods

It's that time again! Flu season is starting, and this nasty virus is on everyone's mind.

What should you do if you get the flu, and how can you protect yourself against the flu?

There are two key factors to remember in both cases:

1. Get plenty of rest
2. Drink lots of fluids

If you do wake up one morning suffering from flu-like symptoms, try to stay hydrated. Consume small amounts more often so your stomach doesn't get upset. And water is best for hydration.

And just because you feel miserable, doesn't mean you have to give up on your plan. Many of the foods that help people heal are healthier. For example, Chicken soup or bouillon or other light, clear broths. **Research shows that chicken soup helps liquefy nasal secretions** better than water or tea.

Eating something sweet for energy is another important part of the healing process. Tea with honey, a natural alternative to cola, fits the bill. (Caution: diet sodas offer a sweet flavor but no energy.)

People with the flu often lose their appetites, but need to keep their electrolytes raised.



Fortune Delight
Herbal Beverage with Concentrated Antioxidants
Similar to Calli in providing antioxidant benefits, Fortune Delight is also concentrated and comes in powder form. Catechins are naturally occurring polyphenol chemicals found in Camellia sinensis, the primary ingredient in Fortune Delight. These antioxidants have been shown effective in absorbing damaging free radicals.



"Get plenty of rest when you have the Flu"

Drink it all day for a healthy lifestyle.

The 3-gram packs are great for travel and introductions, while the 20-gram packs are great for family use or large gatherings.

Getting plenty of rest and drinking enough fluids have both been shown to increase immunity, while overly strenuous exercise, like running a marathon, temporarily decreases your immune system. Moderate exercise is no problem. Adding that it can actually boost your ability to fight off the flu virus. But if you're already feeling sick, take it easy—no amount of exercise is good for you.

Eating foods high in antioxidants helps boost immunity and speed the production of white blood cells, which fight infection. When choosing fruits and vegetables, the general rule is that the **more colorful they are, the more antioxidants they contain.** Items in this category include:

- spinach,
- carrots,
- squash,
- blueberries,
- cranberries,
- kale and
- sweet potatoes.

Try steaming your spinach and kale and baking your sweet potatoes and squash, rather than frying them or sautéing them in butter. You'll also get to enjoy the natural flavor of these tasty foods!

Alternative medicine says you can also build immunity by eating garlic and onions, taking Vitamins C and E, and eating foods rich in zinc, like meat, chicken, peanuts and peanut butter. Cheese and other dairy products contain a substance that has been shown to boost immunity in animals. The active cultures in yogurt may also increase immunity. Although the jury's still out on the health affects of many these nourishing foods, including them as a part of your diet can't hurt.

Another natural remedy that has shown promising results in clinical trials, is ginseng. It appears to offer some degree of protection against influenza and other viral infections.

Even if you use food to fight off the flu, it's still important to take a multivitamin, as health experts suggest. This way, you can be sure your body gets any vitamins and minerals you might be missing in your diet, and correct any depletion you experience from illness.

Eating right, exercising and getting enough sleep can both help you combat the flu, or prevent yourself from suffering its miserable fate. Either way – you can take your health into your own hands.

Alpha 20C

Alpha 20 C is designed to address the body's defense system with "wood element" herbs that contain naturally occurring antioxidants and calcium as well as those with fortifying properties. It's available in both capsules and powder form. Remember to consume when traveling to help maintain optimum health.



VitaFruit



Getting the essential daily nutritional benefits from fruit is now easier than ever. All-natural Sunrider VitaFruit® conveniently provides vitamins derived from concentrated herb fruits.

Delicious when served over ice or mixed with your favorite Sunrider herbal beverage (such as Fortune Delight® or Calli), Sunrider VitaFruit is a unique herb-juice concentrate.

Recommendations: Add one tablespoon of Sunrider VitaFruit to 6 to 8 ounces of cold water. Drink as often as desired.

Refrigeration of this product is recommended for maximum shelf-life of nutrients.

Amount Per Serving

%DV

Vitamin A 20%

Vitamin C 25%

Calcium Less than 2%

Iron 4%

Percent Daily Values (DV) are based on a 2,000 calorie diet.

- Sunrider VitaFruit
Contains exotic natural herbs blended into a unique, tasty and refreshing beverage.
- A natural source of antioxidants that help the body to fight free-radicals, which can damage cells, particularly as we age.
- No added chemical, preservatives, enzymes or isolates.
- Naturally rich in vitamin C.
- Keeps body hydrated for a youthful, energetic and healthy appearance.
- Easily assimilated and efficiently utilized by the body.



Citric C Tab

The primary ingredient in Citric C Tab is Vitamin C, a water-soluble vitamin that is necessary for normal growth and development. Unlike other Vitamin C, chewable Citric C Tab is formulated with owner expertise and contains herbal concentrates in a proprietary blend. The natural orange flavor makes these tabs taste delicious



Benefits:

Vitamin C is a known antioxidant, which has been shown to inactivate damaging free radicals and play an essential role in collagen formation, necessary for strengthening bones and blood vessels.

Vitamin C promotes healthy teeth and gums and helps in the absorption of iron.

It aids in the maintenance of normal connective tissue and helps the body's immune system.

The natural ingredients in the proprietary blend of Citric C Tab are known for their antioxidant properties. For example, our Citric C Tab is a dusty orange color, because it contains concentrated Rose Hips, a natural source of Vitamin C. Other brands may contain minute quantities of Rose Hips, if any.

Each Citric C Tab contains 125 mg of Vitamin C, 200% of the recommended daily values. Recommendation: As a dietary supplement, chew one to two tabs daily or as desired.



Conco

Conco is designed to address the body's respiratory system with "metal element" herbs that help balance the body with a combination of "warming" (cleansing, Yang energy) and "cooling" (nourishing, Yin energy) herbs.

If you are unfortunate to get the flu then you may want to add the following to your routine:



Sunny Fresh

Sunny Fresh is a unique all-natural supplement that soothes and revives a dry scratchy throat. It contains an extraordinary blend of concentrated herbs including licorice, peppermint and cloves, all traditionally used to aid digestion, sooth the stomach and freshen the breath.



Benefits:

Soothes muscles
Ideal for overall rubdowns
Cool and refreshing

Recommendation: Gently massage into muscles and temple area. Caution: Avoid eye area.



Chinese Goldenseal Root

Scientific Name: Coptis chinensis

A hardy perennial that is native to the bogs and damp coniferous woods of China, Chinese Goldenseal Root is a pungent, very bitter herb. It is considered one of the major beneficial herbs in Chinese culture. Its bright yellow pigments have been used in dyeing.

Benefits:

This herb contains Berberin and Coptisin and is believed to soothe the mucous membranes and respiratory tract.

It has been used traditionally for a variety of purposes, including in tonics to help circulation and support the immune system

Known as a "cooling herb," it has been used traditionally to alleviate "hot" conditions (conditions that benefit from cleansing). Recommended Usage: Two capsules at meal-times.



Sunbreeze Balm & Oil

You won't find anything comparable to Sunbreeze Oil on the market. That's because it's formulated by owner expertise for quality and safety. It's a great product to use when introducing people to Sunrider, because you can have a refreshing experience by massaging a few drops to your neck, muscles or temples.



SunSmile Fruit & Vegetable Rinse

There really is no product equal to SunSmile Fruit & Vegetable Rinse. We use naturally-derived ingredients to clean fruit and vegetables of herbicides, pesticides, fungicides, dirt, waxy coatings, oily substances and other undesirable substances.

The primary cleansing agent is decyl poly-

glucose, a biodegradable surfactant derived from corn starch and coconut oil.

Avoid Accidents: Keep SunSmile Fruit & Vegetable Rinse out of the reach of children. If product gets in your eyes, rinse thoroughly with water. If swallowed, drink a glass of water to dilute.

Dilution Instructions: Mix 1 inner capful of SunSmile Fruit & Vegetable Rinse in one gallon / 3.75 liters of water.





Sunrider Leader
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Spirulina – The Ultimate Superfood ... Why is Sunrider’s Simply the Best?

Spirulina is blue green algae high in chlorophyll, iron, carotenoids and other micronutrients. As is the case with all whole foods, Spirulina has compounds that do much more for our health than the obvious.

The name "Spirulina" is derived from the Latin word for "helix" or "spiral"; denoting the physical configuration of the organism when it forms swirling, microscopic strands. Spirulina is proving to be a very important food on this planet. The particular combination of nutrients found in this “superfood” supplement cannot be seen in any other single grain, herb or food. Spirulina is even being studied in several countries as an answer to malnutrition in underdeveloped countries, producing twenty times the amount of protein as that of soybeans on an equal land area.

Sunrider’s Spirulina is “grown” and not from contaminated lakes avoiding contamination from lead, dead animals and heavy metals.

The iron in our blue-green algae is easily absorbed by the digestive system, unlike the iron found in spinach and various other plant sources.

Our Spirulina is composed largely of protein and is noted for its essential and non-essential amino acids. It contains Pro-vitamin A, which is converted to Vitamin A by the body.



Did you know that Spirulina is the highest, most concentrated, whole food source of...

1. Protein: 65%-72%, easily digestible and assimilable proteins.
2. All 9 Essential Amino Acids: the “building blocks” of the body, in a perfect, synergistic balance.
3. Human Active B-12: Highest source on the planet, 12 times that of the RDA.
4. Beta-Carotene, Mixed Carotenoids and Phytonutrients: strongest concentration available.
5. Full-Spectrum Antioxidants
6. Chlorophyll: directly harnesses sunlight, a powerful, strengthening pigment.
7. Phycocyanin: Very high concentrations of this powerful, blue, immune-stimulating protein.
8. GLA: In concentrations second only to mother’s milk.
9. Rhamnose: Rare, biologically active sugar, transports nutrients across the blood-brain barrier.
10. Glycogen: The only vegetable source for this ready-made glucose in stored-energy form.
11. Essential Fatty acids: The much needed Omega 3- and 6- fatty acids.
12. Vitamins: The full spectrum, in balanced concentrations.
13. Over 14 Minerals: Including Iron and Magnesium, naturally balanced and chelated for assimilation.
14. Over 2,000 Active Enzymes: RNA, DNA, S.O.D., Glycolipids
15. Free of Cholesterol & Starches: Very low in sodium and calories, high in energy