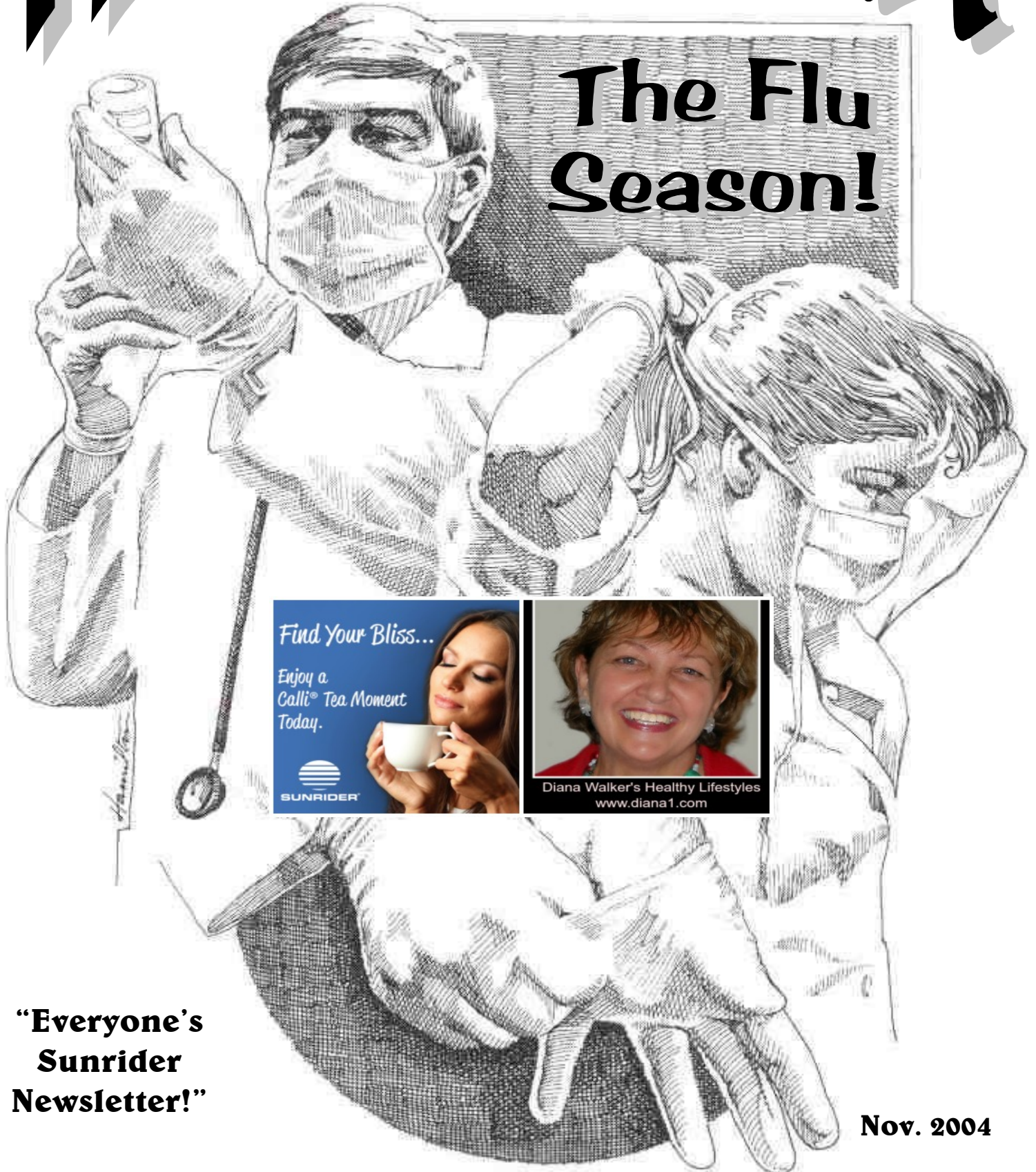


# IN-DEPTH

The Flu Season!



Find Your Bliss...

Enjoy a  
Calli® Tea Moment  
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Diana Walker's Healthy Lifestyles  
[www.diana1.com](http://www.diana1.com)

**"Everyone's  
Sunrider  
Newsletter!"**

**Nov. 2004**



## Clinical Signs and Symptoms of Influenza

Influenza viruses are spread from person to person primarily through the coughing and sneezing of infected persons. The incubation period for influenza is 1-4 days, with an average of 2 days. Adults typically are infectious from the day before symptoms begin through approximately 5 days after illness onset. Children can be infectious for more than 10 days, and young children can shed virus for less than 6 days before their illness onset. Severely immunocompromised persons can shed virus for weeks or months.

Uncomplicated influenza illness is characterized by the abrupt onset of constitutional and respiratory signs and symptoms (e.g., fever, myalgia, headache, malaise, nonproductive cough, sore throat, and rhinitis). Among children, otitis media, nausea, and vomiting are also commonly reported with influenza illness. Respiratory illness caused by influenza is difficult to distinguish from illness caused by other respiratory pathogens on the basis of symptoms alone. Reported sensitivities and specificities of clinical definitions for influenza-like illness in studies primarily among adults that include fever and cough have ranged from 63% to 78% and 55% to 71%, respectively, compared with viral culture. Sensitivity and predictive value of clinical



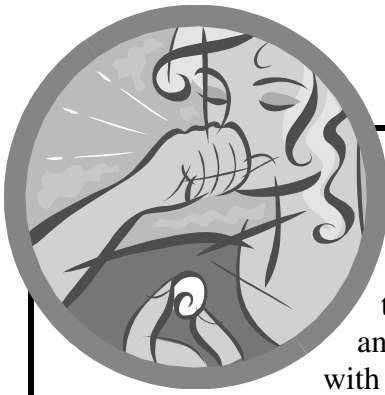
definitions can vary, depending on the degree of co-circulation of other respiratory pathogens and the level of influenza activity. A study among older non hospitalized patients determined that symptoms of fever, cough, and acute onset had a positive predictive value of 30% for influenza, whereas a study of hospitalized older patients with chronic cardiopulmonary disease determined that a combination of fever, cough, and illness of less than 7 days was 78% sensitive and 73% specific for influenza.

However, a study among vaccinated older persons with chronic lung disease reported that cough was not predictive of influenza infection, although having a fever or feverishness was 68% sensitive and 54% specific for influenza infection.

Influenza illness typically resolves after a limited number of days for the majority of persons, although cough and malaise can persist for more than 2 weeks. Among certain persons, influenza can exacerbate underlying medical conditions (e.g., pulmonary or cardiac disease), lead to secondary bacterial pneumonia or primary influenza viral pneumonia, or occur as part of a co-infection with other viral or bacterial pathogens.

Young children with influenza infection can have initial symptoms mimicking bacterial sepsis with high fevers, and less than 20% of children hospitalized with influenza can have febrile seizures. Influenza infection has also been associated with encephalopathy, transverse myelitis, Reye syndrome, myositis, myocarditis, and pericarditis.

# Oh...I Feel Awful! How Can I Help Prevent My Family From Catching This Bug?



It's that time of year again. The kids are going back to school, the leaves are beginning to turn gold and crimson and you've come down with your first major cold the season. As you reach for that last tissue, you're probably wondering what you could have done to prevent all the sniffing and sneezing in the first place.

The best thing you can do is to avoid the source of the virus. In other words, stay away from people who have colds or flu. Sounds simple enough, but this can be a challenge, especially if you're stuck inside with someone who is sick. Flu and cold viruses tend to breed in nursing homes, schools and day-care centers and can lead to serious and sometimes fatal conditions like bacterial pneumonia if not treated properly.

## What can you do?

Here are some ways to steer clear of bacteria and viruses:

### Practice your best hygiene.

- Wash your hands often with soap and water, especially after sneezing or blowing your nose.
- Keep your hands away from your eyes, nose and mouth.
- Cover that cough or sneeze! Use disposable tissues and dispose of them promptly.
- Don't share eating utensils or drinking glasses.
- Don't let dish or hand towels become a breeding ground.
- Use a cloth moistened with alcohol or bleach to kill germs on doorknobs, countertops, telephones and handrails.

**Cut down on handshakes.** Today, schoolchildren are taught to cough and sneeze into the crook of their elbows. But most adults still use their hands to cover up a cough or sneeze. While this prevents infected droplets from getting into the air, it makes hand-to-hand contact risky business for anyone trying to stay well. **Protect your immune system.** Like the rest of your body, your immune system works better when it gets enough rest, enough exercise and enough of the right foods. Eating a balanced diet that includes lots of fruits, vegetables and grain products will supply your body with the vitamins and minerals it needs to fight off illness.



## Kandesn Hand

**Cleansing Gel** 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.



## Our Immune System Defends Us Against Infectious Diseases

Our immune system protects us against threats. These include viruses, bacteria and parasites causing infectious diseases, from ordinary flu to full-blown malaria. The white blood cells of the defense system are produced in the marrow of our bones. The cells are carried in the blood to specialized organs, where they develop and communicate to launch immune responses against infections.

Immune responses are aggressive and must be controlled. They should be activated only when the body is threatened by disease. To learn how to start or stop the immune system we must understand how microorganisms and sick cells are recognized by white blood cells.

Some white blood cells, like macrophages, destroy and eat bacteria and damaged cells.

The B cells produce antibodies, which can neutralize viruses, bacteria or toxic proteins in the blood and other body fluids. The T cells can trace microorganisms that leave the body fluids to invade cells.

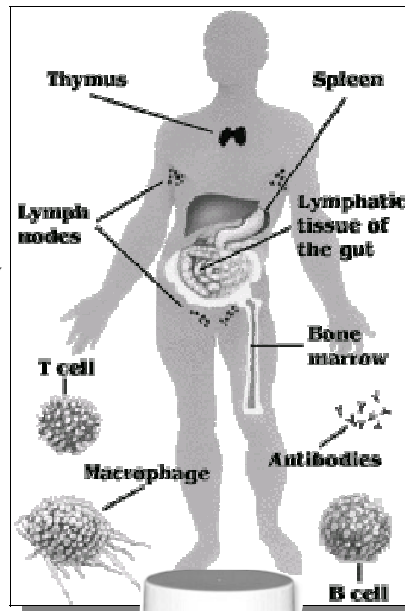
Each T killer cell carries receptors for one type of foreign substance, "antigen". T cells can bind to infected cells and kill them. This can prevent spread of the microorganism within the body.

### Ways to strengthen the immune system:

The immune system protects the body by helping it to ward-off and recover from various diseases. While stress reduction and regular exercise are known to assist in strengthening the immune system, the types of food consumed make the largest contribution to a healthy immune system. Eating a well-balanced diet including a variety of healthful foods will boost this system's effectiveness like nothing else.

The chief destructive force that the immune system has to contend with is free radicals. Free radicals damage healthy cells by causing cell alterations (mutations) which can lead to serious illnesses such as heart disease and cancer. However, certain substances present in food can destroy free radicals. These substances are called antioxidants.

One of the strongest antioxidants is vitamin C, which boosts the immune system to aggressively react on cancer cells. Diets high in this nutrient are linked to reduced risks for stomach, breast, colorectal and prostate cancers. Good sources of vitamin C are citrus fruits, green peppers, cantaloupes and broccoli. Those who use tobacco products should eat even more foods containing vitamin C or take supplements since smoking deplete vitamin C reserves quicker than others.



**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,

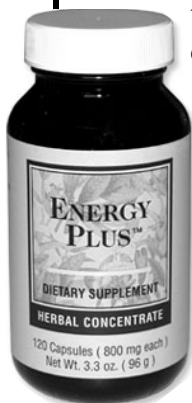
chewable Citric C Tab is formulated with owner expertise and contains herbal concentrates in a proprietary blend. The natural orange flavor makes these tabs taste delicious

**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.



Another important antioxidant is vitamin E. This nutrient helps to slow down the symptoms of aging and strengthen body cells that fight infection. People who eat

foods rich in vitamin E or take supplements have an added weapon against bacteria and viruses. Vitamin E also helps in the fight against heart disease and cancer. Good food sources of are whole grain foods and vegetable oils.

**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.


**Recommendation:** One soft-gel capsule at mealtime.



**Chinese Goldenseal Root**

Scientific Name: *Coptis chinensis*

A hardy perennial that is native to the bogs and damp coniferous woods of China, Chinese Golden-seal Root is a pungent, very bitter



Grandma was Right!  
How many sitcoms and commercials have you seen where a person with a head cold is offered chicken soup? Well, researchers at the University of Nebraska Medical Center have found that chicken soup really does soothe cold symptoms. In laboratory tests, researchers found that chicken soup contains ingredients that act as natural anti-inflammatory and reduce the pain of sore throats. As if that weren't enough, chicken soup also seems to slow down the movement of the white cells called neutrophils that cause the mucous associated with coughs and runny noses. Researchers found no indication that noodles or matzo balls make any additional difference. But they couldn't



herb. It is considered one of the major beneficial herbs in Chinese culture. Its bright yellow pigments have been used in dyeing.

**Benefits:**

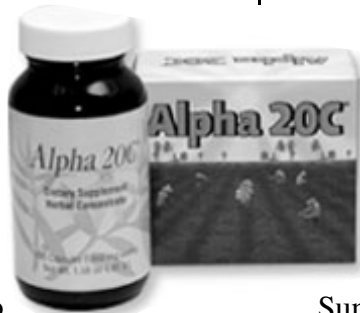
This herb contains Berberin and Coptisin and is believed to soothe the mucous membranes and respiratory tract. It has been used traditionally for a variety of purposes, including in tonics to help circulation and support the immune system.

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.

**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.

**Recommended Usage:** Take two capsules, or consume one package in 8 oz. of water at mealtimes.

**Sunrider VitaFruit**

*Great Herbal Fruit*

*Drink*

*Rich in Vitamin C*

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 (about one .5 fl. oz. Mini Pack bottle) 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%

**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.



**Recommended Usage:** Consume one 15-ml bottle of Sunrise at mealtimes.

Also lowering fat in the diet can help your immune system. This can be accomplished by limiting the intake of fatty foods and making low fat and low calorie meal substitutions.



# First Aid For Your Cold and Flu

**Colds and flus** are viral in origin and their symptoms are practically the same: a tickle in the back of the

throat, the nose that's starting to get blocked, sneezing, headaches, fatigue, watery eyes...except that if you've ever had the flu, you know the difference between the two!

Generally the flu comes on more suddenly, brings on fever and aches, and necessitates immediate bed rest without question. It must be taken more seriously than a cold.



Did you know that on average adults catch one or two colds a year? If your average is higher, there might be a weakness in your immune system. Here's a simple reminder: there is a direct link between diet and immune system function. Would an ill-fed army be strong and resistant in battle?

How do you defend yourself if the enemy shows up? Here are a few means at your disposal to support and help your body in its fight:

- lighten your schedule as much as possible and get some rest;
- ***drink lots of fluids***, favoring water, broths and herbal teas (**Calli and Fortune Delight**) over sweet juices that reduce the effectiveness of your white blood cells;

• *As soon as the first symptoms show up, consider:*

- **SunnyFresh.** To help soothe your throat.
- **GoldenSeal Root.** This herb is a natural Antibiotic has anti-viral properties, increases and supports the immune system's resources.
- **Citric C Tabs,** (Vitamin C) this stimulates the antibodies' response and reduces the symptoms' severity and duration.

• **VitaFruit,** highly concentrated, Sunrider's VitaFruit contains the antioxidant vitamins such as vitamin C and Beta Carotene, along with other nutrients and minerals. Because Sunrider's VitaFruit is a highly concentrated whole food – not a chemical isolate—the body naturally responds better and with quicker results.

Sunrider VitaFruit's natural vitamins include the antioxidants so necessary in today's complex environment.

- **Conco,** Food for the respiratory system and helps strengthen the immune system.



Keep plenty of Fruit and Vegetable Rinse on hand for washing your dishes and laundry. Also adding some to water and spraying your house, especially the bathroom and bedroom where someone has been while having the flu or cold. And be sure to wash your hand frequently and use the Hand Cleansing Gel to protect from spreading germs.



Sunrider Leader  
Diana Walker  
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@gmail.com



# VitaFruit

by Sharon M. Farnsworth

Do you usually start your day with a glass of juice? If so, you can throw away your juicers! The perfect replacement drink is manufactured by Sunrider and it's called **VitaFruit**. VitaFruit is a powerfully concentrated, all natural herb fruit juice rich in vitamins, minerals, and nutrients.

This delicious-tasting drink contains no chemical isolates or additives. Much more than a glass of freshly squeezed fruit juice, Sunrider's unique **VitaFruit** formula preserves the natural nutrients from whole food and concentrates them into one small, convenient vial.

VitaFruit contains exotic herbs and herb fruits; some or which were picked in the wilds of Western China.

People everywhere are realizing the need to

ingest more antioxidants on a consistent basis. Folks are constantly searching for new and natural sources of antioxidant vitamins they can use to supplement their regular diets. In fact, this relatively new craze has really been a boon to the entire health food and supplement industry.

Often people take mega doses of vitamins formulated from chemical compounds - more than the recommended daily allowance. With Sunrider's **VitaFruit**, you are feeding your system natural whole herb food vitamins and nutrients, which are easily assimilated

and efficiently utilized by the body. Highly concentrated, Sunrider's **VitaFruit** contains the antioxidant vitamins such as vitamin C and Beta Carotene, along with other nutrients and minerals. Because Sunrider's **VitaFruit** is a highly concentrated whole food - not a chemical isolate—the body naturally responds better and with quicker results. Sunrider VitaFruit's natural vitamins include the antioxidants so necessary in today's complex environment.

As a compliment to a healthy diet, Sunrider's **VitaFruit** actually benefits the skin too! Through regular use, it may help restore luster, radiance and softness to prematurely aging

skin for a more youthful and healthy appearance. **VitaFruit** utilizes only natural whole herb foods with absolutely no added chemicals, preservatives, enzymes or isolates. You'll find that many fruit juices found in your local grocery store have artificial ingredients added.

**VitaFruit** contains: Honey (which provides a terrific natural sweetness), Buckthorn Fruit, Lou Han Guo, Lemon Oil, Winter-melon, Dates, Orange Peel, and Bitter Orange.

For a delicious refreshing drink, mix Sunrider's **VitaFruit** with a glass of cold water, **NuPlus** or **Fortune Delight**. Never combine Sunrider's **VitaFruit** with hot water or a scalding beverage. Heat can destroy the natural nutrients in Sunrider's **VitaFruit**, and you want to get all of the natural nutrients into your body as quickly as possible!

