

# Sharon's Notes

Information For Today's Sunrider Distributor

**Sharon's Sunrise Enterprise, Inc.**

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Sharon M. Farnsworth

**Can an expectant mother eat the Sunrider products?**

**Birth: a personal "Mount Everest" or "Iron Man Triathlon"!**



## Sunrider Foods for — Pregnancy, Birth, and Babies *Simply the Best!*

### A Need For Good Nutrition

I am often asked about Sunrider and expecting moms, births, and babies. As a mother of five children and four grandchildren, I feel I have had a little experience with children. I see a never-ending need for mothers to know more about how to care for their children in a more natural way when it comes to nutrition which directly affects their children. There is nothing sweeter than a healthy, happy baby, and that doesn't just come by chance.

In the 70s I learned to do iridology, which is a pseudo-science where the iris of the eye is seen as a "map" of the body. (Incidentally, I don't do this any more. I have found that if people will just eat Sunrider foods, they can bring their body back to balance.) I would often see three generations—grandmother, mother, and child—with the same inherent weaknesses in their bodies, which seemed to worsen with each generation. I was always amazed at how much degeneration had occurred. The youngest generation seemed weaker in so many ways, and the parents were struggling with the health of their chil-

dren. I wondered to myself, "Why are we as a people becoming more sickly and weaker with each generation?" Even with my own children, I could see all their weakness that they had inherited from my family and from John's family. They, too, were weaker than we were, but why?

Do you think our nutrition has anything to do with our health? Does our environment have anything to do with our health?

I was raised on a farm. My grandparents were raised on a farm. They endured a harder lifestyle. Their bodies were stronger. They had to work very hard and didn't have the luxuries that we enjoy today. Their food was simple and yet better, in my opinion. Why? Because they or their neighbors raised everything they ate. The soil was prepared in a natural way.

As a girl, I would help in the spring to get our garden going. We often cleaned out the chicken coop and the cow corral of the manure and would take it to the garden where it was plowed into the soil. In the spring the seeds were planted and irrigated.

I remember after World War II there was this new chemical spray that was a wonder,



DDT. Now my mother had DDT to spray and kill all the bugs, and she used it. I remember following her around, even though she would encourage me to go into the house. It smelled good to me for some reason. She even sprayed the outhouse to kill the flies, so we were all exposed to this new wonder chemical that was such a solution to our problems (we thought). Farmers began the widespread use of chemicals in order to raise more beautiful bountiful crops. To me, the introduction of pesticides and sprays was the beginning of the decline in people's health. Although the chemicals provided a better chance of feeding the world, what about the quality of nutrition contained in the food? Now almost all food is nutritionally inferior because of the use of chemicals and soil depletion. Unless you can grow your own fruits and vegetables or purchase organic, how can we get the proper nourishment from our table foods? If we are eating out of the common grocery store, we may have a major problem.

I had many health problems as a girl growing up. I suffered from tonsillitis, hay fever, allergies, fatigue, and more. I was sick every morning. I had to push myself emotionally to get through school. When John and I got married, we had our first child after about a year and a half but then couldn't seem to have any more. This was a major motivation for me to search for answers and, in fact, was one of the major reasons I became interested in health, nutrition and herbs during the eight years between our first child and our second child. I was led to the right answers for me, and it was herbs. First it was fertility drugs, then medicinal herbs, finally Sunrider's herbal nutritionals. Randy is our fifth child and we called him our Prime Again baby, because after we started eating Prime Again we were surprised to find I was going to have another baby. Remember I had a hard time conceiving and thought I would only have one child, and now we have five!

## Infertility

I believe that one of the major contributing factors to infertility in today's world is the use of harmful chemicals in our food chain as well as in many other very common items. Infertility in couples is rising at an amazing rate. An article from Newsweek Magazine<sup>1</sup>, "The Estrogen Complex", reports on the harmful effects of chemicals and pesticides on our reproductive systems. This article really hit me right

between the eyes, so to speak, because of the harmful pesticides I had been exposed to as a child and as an adult. After reading about the toxic effect of DDT on our reproductive hormones, I can now see why we were having such problems. The article starts by talking about a researcher from University of Florida, Louis Guillette, who was studying how to hunt the alligators from Florida's Lake Apopka without making the population crash. In the process, he made an alarming discovery:

Male alligators' penises were only one quarter the normal size; their testosterone levels were so low they were probably sterile. Soon after, Guillette met a researcher who had seen similar effects on lab mice exposed to a cousin of the chemical DDE, formed when DDT decomposes. Not coincidentally, thousands of gallons of DDT-containing pesticide had spilled into Lake Apopka in 1980.

Hundreds of...chemicals of the post-war age—PCBs used in the manufacture of electronics, pesticides..., polycarbonate plastic found in many baby bottles and water jugs, chlorine compounds that bleach paper—resemble the human sex hormone estrogen. Although these compounds were concocted in the lab for purposes having nothing to do with human biology, the molecular structure turns out to be so similar to estrogen's that they fit into the same "receptors" in the body. As a result, the estrogen mimics can trick the body into turning off, or ratcheting up, certain biochemical pathways—especially those in the reproductive system. The result: sexual development, in both males and females, gone seriously askew.

Now physicians are analyzing studies that link estrogenlike pollutants to breast cancer, and endometriosis, the painful inflammation of the uterine lining that often causes infertility. Perhaps the oddest thing about endometriosis is that there were only 21 reported cases in the world 70 years ago; today there are 5 million in the United States alone. In a new German study,

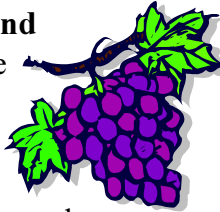


women with endometriosis were more likely than others to have high levels of PCBs in their blood.

The article goes on to state that the Clinton administration had called for an 18 month study of chlorine, a component in many estrogen-like chemicals. Just think of how much of this chemical is used not only in making paper, but also in swimming pools, our water supply, and our laundry.

Sunrider to the rescue: When we think about what is in the article I have just quoted, it seems obvious that we need to think about some of the preventative things we can do.

1. We need to be using more **Fruit and Vegetable Rinse** to help get rid of the residues of pesticides used on our produce. You might say that DDT is illegal for use in the U.S. That is true, but what about the other pesticides and sprays they use? Also, we import a lot of grapes and other fruits and vegetables from Mexico and Chile that still do use DDT on the produce they raise and ship to us to the U.S. I sometimes double wash my strawberries and grapes with Fruit and Vegetable Rinse if I think they have come from these countries. We really should tell all our family members and friends about Fruit and Vegetable Rinse; it needs to be in every home.
2. We need to stress how important is to be using **SuperClean** instead of bleach throughout our homes, especially in the laundry. It sanitizes, kills odors and bacteria, and brightens our clothes. That was what I used to use bleach for anyway. I don't use it any more; I just don't buy it. With SuperClean, I don't need it. Rather than using bleach for laundry items such as smelly dishcloths, I just add a little Fruit and Vegetable Rinse to the soak cycle or in the regular wash cycle. We can accomplish the same thing as bleach without using such very harmful chemicals.
3. **Calli** is an abundant source of polyphenols and catechins, which help to combat the pollution by increasing the actions of a number of our detoxification enzymes<sup>2</sup>. We are also hearing more about anti-oxidants, which help our bodies eliminate the free radicals caused by chemicals in our environment. If we can just understand the importance of drinking Calli everyday, it can



help cleanse our bodies of toxins and pollutants we are exposed to constantly, as well as help pull out those already stored in the cells.

4. **NuPlus** to the rescue! In an earlier article we wrote on NuPlus, I quoted some information stating that soybeans were an excellent source of phyto-nutrients and phyto-estrogens. Remember, "phyto" means "plant source." Now after the "Estrogen Complex" article I have just quoted from, you can see it is even more important to make sure our receptors are filled with the right source of estrogens.

In the case of infertility, the imposter hormones need to be cleansed out, and the proper foods need to be eaten. Both of these steps are important to help get the body into balance and to create the best possible situation for conception.

## Pregnancy

Many times I am asked, "Can an expectant mother eat the Sunrider products?" I have two daughters, Sherri and Shelly who have been good first hand examples for us to see what eating Sunrider before pregnancy and during pregnancy did for them and their children. We now have four grandchildren. Our latest, Jeremy John, arrived on November 23, 1997. His mother Shelly has eaten Sunrider for over 15 years. She continued eating Sunrider during her pregnancy. In addition to the experiences of my two daughters, over the years that I have been involved with Sunrider I have seen many women experience the benefits of Sunrider foods in throughout their pregnancies. The following is information that I have found to be helpful for expectant mothers and their little ones.

### *General Nutrition and Exercise:*

Before and during pregnancy, nutrition is absolutely important. In my opinion, and from observation, a couple cannot be too healthy when planning to have a baby, so before pregnancy is the best time to prepare, for both mother and father. A basic Sunrider food program cannot be underestimated, both before and during pregnancy.



The diet is very important; the expectant mother is eating for two. The nutrition will go to the baby first, so if the diet is not excellent, the mother can be

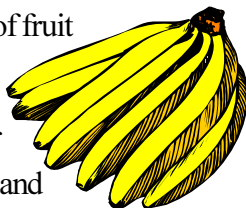
left depleted. This can result in many of the common “pregnancy complaints” which we will discuss later. Eat plenty of fresh and steamed vegetables, fruits, whole grains, and good sources of protein. Stay away from junk food, fast food, and empty calories. Everything the mother eats should be nutritionally superior. During pregnancy it is imperative that the expectant mother take good care of herself and her developing baby.

Moderate daily exercise is also recommended. For the expectant mother, the best types of exercise are non- or low-impact exercise. Walking is always easy and safe, and it seems to help strengthen the muscles for the birthing process. Just listen to your body, and don't over do it. When you feel tired that is a signal for you to rest.

### *Sunrider Nutrition for Pregnancy:*

Our Sunrider foods, as we know them today, came about because of Dr. Chen's studies of ancient Chinese writings. I remember what Dr. Chen told us in the beginning—that many of Sunrider's formulas were based on formulas developed by or for the emperors of China. They wanted to be healthy themselves, to live long and well, and to have healthy wives and children. The Sunrider herbal foods we have today are “power-nutrition”. In addition to the basics, such as NuPlus, Calli and/or Fortune Delight, and Quinary, there are several other formulas and single herbs that are absolutely wonderful for pregnancy.

**NuPlus** should be eaten three times a day, if possible. It will provide the ideal ration of carbohydrates to proteins as well as other much needed nutrition at this time. The **Quinary** powder should also be eaten three times a day to nourish and balance the five systems.. **Calli** and **Fortune Delight** are also important. Often during the first trimester of pregnancy, the body chooses to cleanse. This is common. (However if a mom has not been eating Sunrider foods before pregnancy, she may want to go a little easy on the cleansing beverages.) You can make a delicious NuPlus Smoothie: In a blender put 16 ounces of fruit juice, add one serving of NuPlus, one Quinary powder, one Vitadophilus, and a good squirt or tablespoonful of Vitafruit (which is loaded with vitamins and



iron). Include a banana (a great source of potassium) or any other fruit you might like such as fresh or frozen strawberries (a great source of vitamin C). Or just use Calli or Fortune Delight as a liquid base and add NuPlus, Quinary, Vitadophilus, Vitafruit, and Sunny Dew. If the stomach capacity is small, drink half for breakfast, and the rest as a mid-morning snack.

**Metabalance 44** is Sunrider's own multiple-vitamin. Most vitamin supplements are made in pharmaceutical laboratories, the largest being Kodak—that's right, the film people. Then they private label for companies that request



its products. Dr. Chen manufactures Metabalance 44 in Sunrider's own facilities. Research shows that very little of any isolated vitamins are assimilated. Dr. Chen's goal was to utilize a more natural source of isolated vitamins, so that they could be more easily assimilated. **Metabalance 44 is an excellent prenatal multi-vitamin/mineral supplement!** One capsule should be taken three times per day with meals. During pregnancy, it is important to have sufficient amounts of folic acid; the recommended daily amount is 400 mg, which is the amount contained in three capsules. It also has vitamins A, B complex, C, D, E, calcium, and many important trace minerals.

**Evergreen** is imperative during pregnancy. This is such a wonderful blood builder. It is rich in chlorophyll, which appears to help prevent excessive hemorrhaging or bleeding during labor and after. After Jeremy was born, I heard the doctor say, “She is not bleeding, this is so unusual.” Shelly had been drinking Evergreen throughout her pregnancy and during the early stages of labor.

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**Dandelion Root** is an excellent food source of iron that is easily assimilated and doesn't constipate like isolated iron tablets sometimes can. It is particularly important to keep the iron up during pregnancy to help avoid anemia. Dandelion is one of the best herbs for this.

**Beauty Pearls** can be eaten in moderate amounts. The Beauty Pearls have many benefits. They are a great source of calcium, which is needed during pregnancy. They also help balance the hormones during pregnancy to help with the “mood swings”, and also after the baby is born to help

prevent after-baby-blues, which is caused by the hormones being out of balance.

**Sport Caps** are a terrific source of both calcium and iron. In fact, because they are so good for the muscles, they have helped many women avoid leg cramps and charley horses. Alfalfa (one of the ingredients of Sport Caps) is rich in vitamin K, which facilitates the clotting process and can help prevent postpartum hemorrhaging.

**Dong Quai** is an excellent herb for the last trimester of pregnancy. Dong Quai helps to strengthen the smooth muscles that come into play during the birthing process. Start with 2-3 capsules a day at first and working up to 2 capsules 3 times a day toward the end.

**Vitafruit** is a fabulous *whole food* source of vitamins, especially vitamin C (one serving has 50% RDA), as well as significant amounts of vitamin A and iron. It is delicious in Fortune Delight or in NuPlus Smoothies!

#### ***Common Problems and Sunrider Answers:***

***Fatigue:*** This is common, especially during the first trimester when there are enormous energy demands on the body. The best advice is to eat lots of NuPlus, which has lots of complex carbohydrates, and get plenty of rest.

***Morning sickness:*** If nausea is present when first getting up, drink some Calli with Evergreen in it to settle the stomach. Evergreen has peppermint oil in it, which is very soothing to the stomach. Also Assimilaid either swallowed in the capsules or opened and added to warm Calli can help settle the stomach. Often morning sickness can be worse if the mother is short on B vitamins, particularly B6. Sunrider's new VitaSpray is a fantastic (and delicious) mouth spray that is loaded with the B vitamins! Many moms have found that it helps with the nausea.

***Iron Deficiency Anemia:*** Eat lots of Dandelion Root and Evergreen. And remember this is a whole food source, not an isolate, so it is more easily assimilated into the body.

***Leg Cramps/Charley Horses:*** If there seems to be a calcium deficiency during the pregnancy, it usually manifests itself with muscle aches and charley horses. The key is to make sure you are getting plenty of calcium in your diet. Many people have found good results with Beauty Pearls

and Sport Caps. Also make sure you are eating lots of green leafy vegetables and whole grains.

***Constipation/Hemorrhoids:*** This situation is not during uncommon pregnancy, but can be avoided if careful attention is paid to the diet. As mentioned above, be sure to eat lots of fresh fruits and vegetables and whole grains. Drinking plenty of fluids and getting regular exercise are also extremely important. In addition, it may be helpful to add Fibertone capsules or Vitalite Bars. It should also be noted that hemorrhoids are actually varicosities of the rectum. Since Lifestream nourishes the circulatory system and can help strengthen the veins, it may be useful in helping to prevent both hemorrhoids and varicose veins in the legs.

***Pre-eclampsia (Toxemia):*** This is one of the most serious and yet most easily prevented complications of pregnancy. To avoid pre-eclampsia, eat 60-80g of protein daily, salt to taste, eat foods high in calcium and potassium, and take in adequate calories. There are few foods or herbs better for preventing preeclampsia and strengthening the liver than dandelion<sup>3</sup>. Dandelion Root, for this reason and the others mentioned before, should be a part of every pregnant woman's daily regimen. It is a truly wonderful nourishing herb!

#### ***Herbs to Avoid:***

***Ginseng:*** A word of caution—too much ginseng should be avoided during the last trimester of pregnancy. According to Dr. Oi-Lin Chen, too much ginseng could possibly cause the fontanel (the soft spot on the top of the baby's head) to mature too soon. Those little bones should remain soft, so the baby's head can "mold" for the birthing process. Other sources also recommend avoiding ginseng<sup>4</sup>. The important thing to keep in mind is that the ginseng herb in *large* quantities should not be eaten. For example, single herbs like Korean or Siberian ginseng in the straight form should be avoided during pregnancy. However, the smaller amounts that might occur in any of the formulas, like Assimilaid and Lifestream (note: LiquiFive contains *no* ginseng), and even Beauty Pearls and Sport Caps (ginseng is the second ingredient in these two products) seem to be fine. My daughter Shelly would eat one Beauty Pearl about three times a week. Others have eaten one or even two pearls a day without any problems. Use your best judgement.

*Dong Quai:* Dong Quai is a powerful uterine tonic. In many traditional herbals, it is recommended that Dong Quai not be used in pregnancy. However, experience has shown that Sunrider's Dong Quai does *not* have any detrimental effects associated with its use. In fact, to the contrary, it appears to be very *beneficial*, especially in the last trimester, in strengthening the uterus and preparing for birth. Again, use your best judgement.

### ***Foods and Chemicals to Avoid During Pregnancy:***

*Sugar:* Avoid eating too much sugar during pregnancy because sugar tends to pull calcium out of the body, which can result in muscle aches/cramps. It also strips other stored nutrients, such as vitamins A and B, out of the body. Also mothers often have problems with their teeth if they eat too many sugar-laden foods during pregnancy (and before).

*Coffee:* Besides being a stimulant, coffee also strips the body of calcium. An expectant mother would not want to subject her baby to the chemicals in coffee or regular tea.

(Most good herb teas are safe, like Calli and Fortune Delight.)



*Tobacco:* Smoking is very detrimental to the unborn baby. Besides the likely possibilities of low birth weight and respiratory problems, the baby can be born addicted to the nicotine and other harmful substances in cigarettes.

*Alcohol:* Alcoholic beverages should also be avoided during pregnancy. The dangerous effects of alcohol on the developing fetus are well documented and include both physical and mental birth defects.

The above mentioned things have had a lot of studies over the years about their negative effect on the body, and it is pretty common knowledge. However there are some substances that we might not be aware of as being bad for mom and baby. I am particularly concerned about Nutrasweet. So many times, we see expectant moms with a diet Coke or diet Pepsi. They often do not realize the possible risks to their unborn baby.

*Aspartame:* This product, sold under the names Nutrasweet, Equal, or Spoonful, is a highly questionable chemical sweetener. Some scientists and consumer groups have charged that aspartame was a health hazard because it

broke down and exposed consumers to excessive levels of methanol<sup>5</sup>. Documentation of well over 500 cases of birth defects directly related to Nutrasweet have been identified in Canada<sup>6</sup> (and that was in 1985!). In pregnancy the effects of aspartame can be passed directly on to the fetus, even in small doses. My question is, "Why would anyone knowing what this chemical might do, even want to take a chance of any of this happening?" The problem is that people just don't know. We need to teach them. We can encourage them to replace their sodas with Fortune Delight and/or Calli with our own wonderful Sunny Dew or Sunectar, which is a safe, and beneficial, dietary supplement.

### **Sunrider and Birth**

The issues surrounding birth are complex and very personal. Without a doubt, birth is one of the peak experiences in a woman's life, and rightfully, the power of decision-making about how to approach this tremendous experience belongs to the mother and father. There are many questions about what interventions are appropriate during labor and delivery. In order to create a satisfying and fulfilling experience the mother should search out and carefully consider her options, and then make the decision she feels is best for her and her family. So what role can Sunrider play in the labor and delivery? Probably the best word to describe it is "coping".

Birth is easily one of the most emotionally and physically demanding experiences a woman will go through. It is a personal "Mount Everest" or "Iron Man Triathlon". Sunrider can help by giving nutritional support to the demands placed on the mother's body and psyche. One word about eating Sunrider during labor: some hospitals have regulations prohibiting food or drink; others will allow clear fluids; a very few will allow the mother to eat or drink as she needs throughout labor. It would be wise to find out the hospital policies beforehand, and perhaps make decisions about how long to labor at home based on their policies about food and drink (and mobility). Also bear in mind that many women are choosing safe and satisfying alternatives to the traditional hospital setting, including free-standing birth centers and birth at home with an experienced and qualified midwife. But regardless of where the mother chooses to labor and give birth, there is always a way to include Sunrider to give the mother the nutritional support she needs.

*JOI, ESE, and TOP.* Many athletes in Sunrider have used the "J.E.T. set" to help them in their training and competitions and find that they give them the "edge" they need to push their bodies to the limit. These three products are especially effective when used together. They strengthen the muscular/skeletal system, improve ability to focus intently and think clearly, and they help the body to produce more endorphins when under physical stress. What could be more important for the laboring mother?! Many women have found it beneficial to eat TOP, JOI, and ESE in regular amounts throughout the last month and then take it every hour or two throughout labor, or as long as possible.

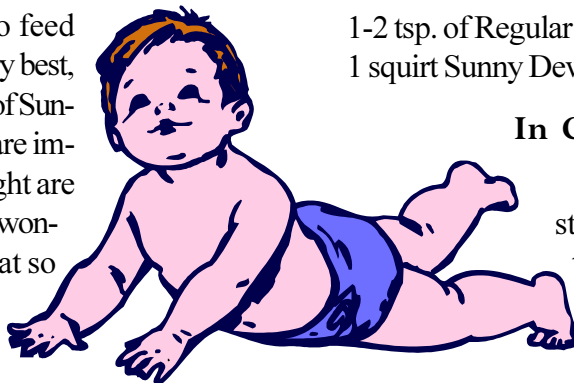
*Evergreen and Fortune Delight:* Drinking plenty of fluids during labor is extremely important, and nothing is better than Fortune Delight. Adding Evergreen to it makes it a wonderful "labor-ade". Combine these two with plenty of Sunny Dew for a power-drink that will help keep the energy up, replace lost electrolytes, and help guard against hemorrhage. Because it is a clear liquid, it may be allowed throughout the entire labor, even in the traditional hospital setting.

*Beauty Pearls:* Calcium helps increase the pain threshold<sup>7</sup>, and Beauty Pearls are an excellent source of calcium. It may be a good idea to crush the pearl between your teeth, rather than swallowing it whole; that way the nutrients will get into the bloodstream faster. Take hourly or as needed.

*NuPlus:* While in labor, high-energy, easily-digested foods are important and NuPlus is the best! Try mixing some NuPlus into yogurt and sliced bananas or make a NuPlus smoothie with fruit juice, bananas, strawberries, etc. Drink NuPlus as often as you need to keep your energy level high. Your body is doing a tremendous amount of work, and good nutrition is imperative!

## Sunrider and the New Baby

*Breast feeding and NuPlus:* To feed the new baby, breast feeding is the very best, especially when mom is eating plenty of Sunrider foods. Of course lots of fluids are important, and Calli and Fortune Delight are the best. NuPlus is probably the most wonderful food for a nursing mom to eat so that she'll have an abundance of milk. Drinking NuPlus either in a smoothie



or in a Sunpack-in-a-mug is always very beneficial, two to three times a day. Any of the Sunrider foods are always safe for mom and baby. In the early years of Sunrider when we received our first NuPlus, someone asked how old a baby should be to eat this food. Dr. Chen, in his humor answered, "Oh, I think if the baby is a few minutes old that should be old enough!" So we learned from the beginning, this was a staple food used anciently for everyone. Babies, young people, middle-aged, even senior citizens can benefit from this all-purpose food!

*Herbs to avoid during nursing:* Sage and parsley will dry up mom's milk, so mom should avoid using significant amounts of these herbs/spices while she is breast feeding. Of course when mom is through nursing, these herbs can be taken to help dry up her milk.

*Substitute Formula:* When mom is not home and baby needs a feeding, try some warm Calli with a little Regular NuPlus. That can fill in one feeding. (You will need to use a crosscut nipple as NuPlus may clog a regular nipple.) I have used this for my grandson Jeremy at times, and it is wonderful. If mom is away longer, or if supplemental feedings are needed, almond milk is the best baby formula I am aware of. It is natural, healthy, and can be given long term if needed. The almonds give proper balance of amino acids, fatty acids and protein for baby. You can buy it at a health food store or make it yourself. (See the following recipe.)

### Almond Milk Recipe:

- 1 c. almonds (blanched, or remove skins after soaking)
- 1 qt. of distilled or boiled water, cooled.
- Add water to almonds; soak overnight in the refrigerator. Next morning, blend until smooth.

Prepare the baby bottle with the following:

- 4 oz. of almond milk
- 1-2 tsp. of Regular NuPlus
- 1 squirt Sunny Dew or Sunectar.

### **In Conclusion:**

Maybe we can't change the destruction of the past, but we can certainly do something about the future. We owe it to ourselves, our children, and to future generations. If