

# IN-DEPTH

**“Everyone’s  
Sunrider  
Newsletter”**



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**It’s Spring Cleaning Time!**



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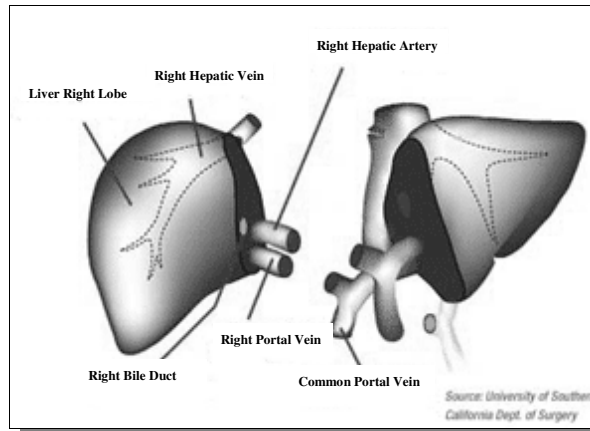
## The Liver . . . is the largest, most complex organ in the human body!

It plays important roles in detoxification, hormonal balance, fat regulation, digestion and circulation.

The Liver is the main chemical mill in your body, performing over 500 different chemical functions. Compounds are broken down, synthesized, altered, burned, detoxified and excreted.

Some of the liver's most important functions include:

- Metabolizing the nutrients for life: proteins, fats, carbohydrates.
- Detoxification... Turns toxic materials into non-toxic substances for expulsion.
- Manufacturing and secreting bile in order to absorb fat-soluble nutrients and eliminate toxic substances.
- Purifying the blood... Filters bacteria, endotoxins, antibodies-antigens and other particles from the circulation.
- Acts as a blood bank for 20 to 30% of your body's blood.
- Manufacturing blood clotting agents and blood proteins.
- Manufacturing metabolizing and storing hormones.
- Fat metabolism... Controls triglycerides, cholesterol, other blood fats and body fat levels



Overall health and vitality depends greatly on the health of your liver... but the liver is subject to many different assaults. It can malfunction and become over-burdened from the poisons it detoxifies and other factors, which then may contribute toward various health problems.

### Signs of a Congested and Sluggish Liver

This is a minimal loss liver function. It is often caused by a diminished amount of bile flow or Cholecstasis. But a sluggish liver can be a result of toxic chemicals, drugs, alcohol and gallstones.

Some signs of a sluggish liver include:

- PMS (Pre-menstrual syndrome)
- Chemical sensitivities
- Constipation
- Obesity
- Allergies

A sluggish liver may produce digestive dyspepsia - discomfort following meals... mostly on the right side, in the area of the gallbladder and an intolerance to eating fatty foods.

### Obesity may occur from a Sluggish and Damaged Liver

Liver functions are disturbed in many over weight people. A study of 534 over weight people proved it. Since the liver breaks down and metabolizes fats, you need a healthy liver for losing weight effectively!

### But many people today do not have a healthy liver function.

In fact, French doctors talk about a triad of obesity, rheumatism and arteriosclerosis as a constitutional family that responds to the lipid lower actions of botanical extracts on a congested liver.

Liver-kidney inflammation can prevent adequate urination... causing you to retain fluids and to have difficulty losing excess weight. Plus a damaged, sluggish liver can prevent the conversion of thyroid gland hormones -- the master regulators of metabolic rate -- into their active form, responsible for activating brown fat.

Brown Fat... is a permanent fat that burns up calories and actually prevents weight gain.

### Overcome a difficult weight loss through Liver Cleansing and Detoxification

For those people who are seriously trying to lose weight... the problems associated with achieving a successful weight loss and long-term, weight maintenance probably seem far greater than the available solutions.

The marketplace has been inundated in the past several years, with a myriad of weight loss products, plans and formulas...

But the fact remains... *Most people can't seem to lose weight no matter what they do!*

And even if they do lose weight... they often times reach a critical weight loss plateau that prevents any further weight loss. Usually this involves the last 5, 10 or 20 unwanted pounds.

### Is there a simple and effective solution?

**The answer is... Yes!**

After years of research into the causes of dif-

ficult weight loss problems... a simple, scientifically supported solution has emerged!

Because fat metabolism is so inextricably associated with - The Liver - the vital functioning of this detoxifying organ is crucial. It determines your overall health, vitality and certainly... regulates your body fat level.

The key to overcoming difficult weight loss - and assorted other health related problems - is to rejuvenate the Liver's natural detoxification and body cleansing function.

**BUT HOW!!!!???**

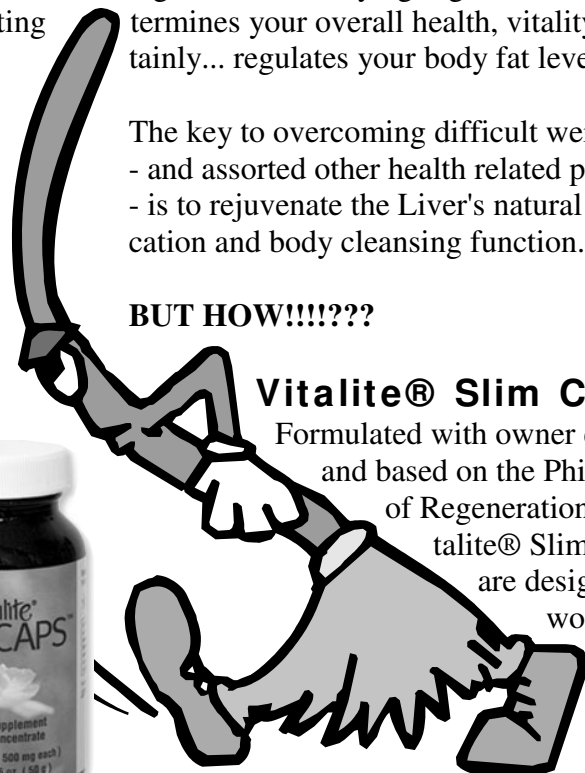
### Vitalite® Slim Caps™

Formulated with owner expertise and based on the Philosophy of Regeneration, Vitalite® Slim Caps™ are designed to work synergistically with the body's own

natural cleansing systems\*. Vitalite Slim Caps™ are designed to give you a jump start on a happier and healthier lifestyle.

The Slim Caps are an amazing combination of herbs that, not only cleanse, but also enable our bodies to come into balance particularly in the most important organs of the kidneys, spleen and liver. In so doing, the body benefits in many ways, only one of which is a slimming effect.

As our spleen, kidneys and liver cleanse and regenerate, we should see healthier blood, lower cholesterol, increased circulation and, what could be better for a healthier heart!





# The Colon

## What Is It?

Consisting of the terminal three to four feet of the GI tract, the colon and rectum function mainly to reabsorb water and store waste.

Colorectal cancer is common - it will be diagnosed in nearly 200,000 patients in the U.S. this year. Colorectal cancer is the second most common cause

of cancer death (lung cancer is first).

There are both benign and malignant colon diseases that require surgery. The benign problems include polyps (which can be pre-cancerous), diverticular disease (causing bleeding or infection), colitis, and obstruction. These diseases are usually treated non-operatively if possible, but sometimes surgery is needed for definitive treatment in severe cases.

Colorectal cancer usually requires surgery. Occasionally, a colon cancer may be small and located entirely within a polyp, and complete removal of the polyp can be performed with a colonoscopy.

Colon diseases that require surgery are usually treated with removal of the offending section of bowel, whether it's for cancer, bleeding, infection, or obstruction.

Most commonly, just a segment of colon needs to be removed, and the remaining large intestine can be re-connected. Colon resections can be performed laparoscopically or with an open technique. Colon cancers, unless they're very early, should generally be resected with an open technique in order to fully remove all the cancer.

For non-cancer colon surgery, however, I use a minimally invasive, laparoscopic technique whenever possible (emergency operations for obstruction or bleeding usually require an open approach).

Colon surgery is usually safe and effective. Antibiotics and a pre-op bowel prep are important in keeping infection rates low. Colon cancer staging is based on whether the cancer has spread through the bowel wall, to the lymph nodes, or to other organs. If the lymph nodes don't contain any cancer cells, surgery gives an approximate 75% cure rate. If there is lymph node or liver involvement, chemotherapy (and sometimes radiation therapy) is recommended to improve the chance of being cured. Colon function after surgery is usually not very different than before surgery. The stools might be more frequent or more loose, but your body usually establishes a new equilibrium within a few weeks after surgery.

Your risk of developing colon cancer is a combination of genetic and environmental factors. **The traditional Western diet, high in red meat and fat and low in fiber, is thought to increase the risk of colon cancer.**

A first-degree relative such as a parent, sibling, or child with colon cancer increases your risk.



Cancers can grow into the colon wall and spread to other parts of the body. Most colon surgeries remove the affected piece and then the two new ends are sewn together.

## Vitalite SunBar

Vitalite SunBar is moist, soft and tasty in two great flavors-chocolate and fruit! They come in packs of 30, and each bar is half the size of a meal replacement bar.

The formulation is designed to fill you up, not out, so you feel full without discomfort. Vitalite SunBar is made with wholesome ingredients, such as dried fruits, nuts, asparagus root and psyllium. High in fiber and heart-healthy, soy protein, Vitalite SunBar is a great source of energy. They also assist the body's natural elimination process.

They make healthy snacks and energize you before and after you work out. They're so delicious, you can even serve them for dessert.



**Recommendation:** Eat one bar for a snack. Eat two bars to replace a meal. For best results, drink plenty of Sunrider beverages, such as Fortune Delight or Calli, or drink lots of water.



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**The kidneys, liver and heart form a triad that does not stop working unless damaged.**

The kidneys are two bean shaped organs located above the tailbone and just below the mid-back on either side of the vertebral column. Our two kidneys filter waste from our blood and excrete it in our urine.

They regulate our pH balance and electrolytes, but can become inflamed, infected and develop kidney stones or worse.

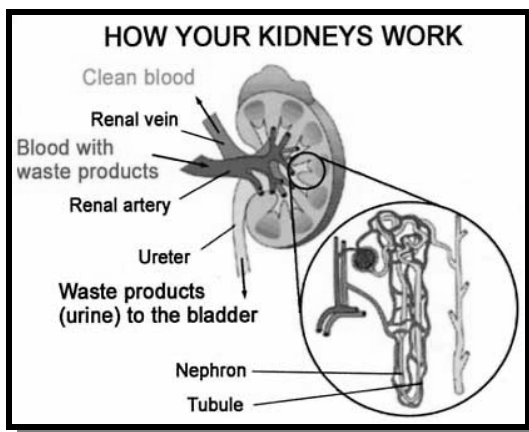
The filtering units of the kidney are called Nephrons. One healthy kidney has over one million Nephrons. But, Nephrons are delicate and can be weakened or damaged due to diet, stress and chemicals.

Albumin is a water soluble protein found in the blood. When the kidneys are weak, large amounts of Albumin can show up in the urine. Symptoms include edema, weakness, loss of appetite and nausea. Kidney maintenance is vital to our health. Poor kidney health can lead to diabetes and more. Your kidneys monitor and regulate your body's function.

The bladder, ovaries, testicles, prostate, pancreas, spleen, adrenal glands, tendons, sex drive, ligaments and joints are all influenced by the kidneys. If your lower back is hurting, it may actually be your kidneys.

**With so much riding on kidney health, why are they being ignored?**

As mentioned before, the liver heart and kidneys form a triad. If one is effected, a domino



effect can take place where all are weakened. The Chinese believe hair loss and even poor fingernails are precipitated by kidney weakness. Thanks to advertising, people want the "latest" and "newest". Fresh fruit and vegetables are never going to be new. Dangerous processed oil and sugar-laden foods always will be. Call it dietary roulette.

**What I ate can make me sick?**

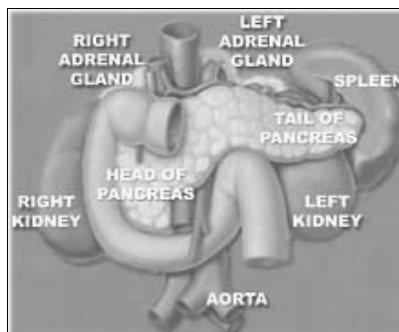
As a matter of fact it can. A diet high in refined sugar, processed carbohydrates such as, bread, crackers, doughnuts, pasta, cake or candy is very harmful, The resulting heartburn that often accompanies eating the foods is not an inconvenience, it is a warning.

**The Kidneys Your Master Organ**

The Chinese said our kidneys are one of the most important organs we have. Throughout history researchers have noted that kidneys, heart, liver and lung function are linked. When the kidneys are impacted the whole system feels it. An overworked set of kidneys may show signs of initial weakness in the afternoon, thus will feel tired and lackadaisical.

**The Kidney / Liver Connection**

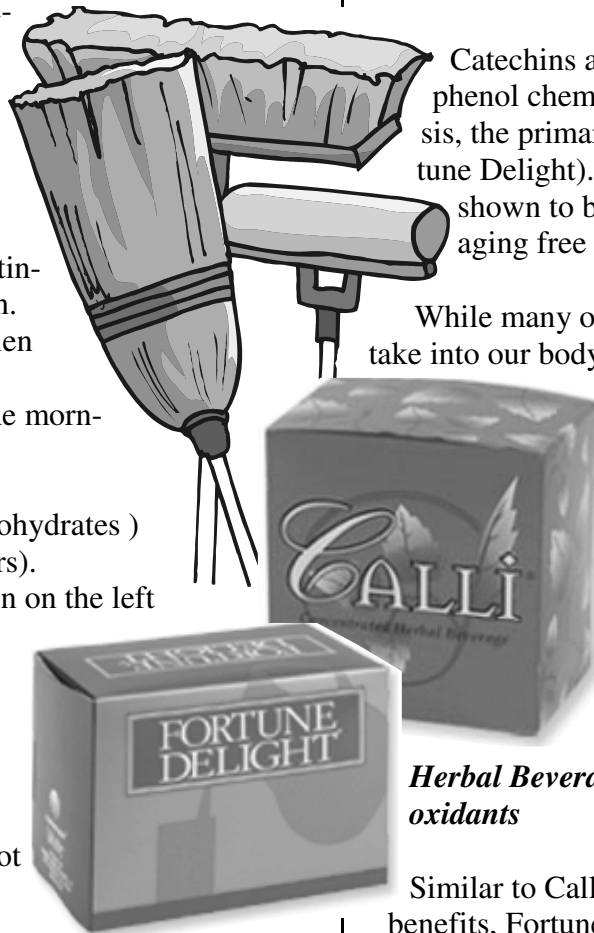
There are many filters in the body. The lymphatic system, the lungs, the kidneys, the liver, the colon and even the skin. Two of the most important are the liver and kidneys. When kidneys are overworked the liver tries to pick up the slack and always address the liver at the same time. Otherwise an "out of balance" condition will be created in the body.



**Do you suffer from any of these problems?**

- I have low back/hip pain.
- I feel "worn out" in the afternoon.
- I have pain in my muscles/joints.
- I have/had kidney or bladder infections
- I have/had pain in my ankles(s).
- I have left shoulder pain.
- My sex drive is reduced/sub par.
- I have wrist/elbow pain.

- My nails are weak/chip or break.
- I have puffiness/redness/bags/dark circles under my eyes.
- My muscles are stiff/painful long after I exercise.
- I have little stamina to perform everyday activities.
- My hair is thinning/thinned.
- I have scalp irritations.
- I have /had reproductive issues.
- I have pain/harsh period cramps.
- I have/had problems of the pancreas/spleen.
- I frequently have to urinate.
- I have deep muscle tingling/numbness/pain.
- I have/get/had swollen joints.
- I am exhausted in the morning.
- I eat sugar/caffeine
- I eat processed carbohydrates ( bread, pasta, crackers).
- I have weakness/pain on the left side of my body.
- I drink less than 80 ounces of water a day.
- I have been worried about my kidneys.
- I have never done/not recently done an herbal inner cleanse.



## Calli Regular, Mint & Cinnamon Herbal

Recently, many other Beverage manufacturers have "discovered" the various health advantages of drinking green tea. Sunrider has used it in Calli for 20 years. However, Calli is much more than just green tea. It's an exclusive formula created using owner expertise with proven effectiveness.

Catechins are naturally-occurring polyphenol chemicals found in *Camellia sinensis*, the primary ingredient in Calli (and Fortune Delight). These antioxidants have been shown to be effective in absorbing damaging free radicals.

While many of the undesirable elements we take into our body are quickly eliminated, others are not. Combined with a healthy meal and exercise program, the unique herbal extracts in Calli assist in the body's natural cleansing processes.

## 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.

Delicious hot or cold, all five flavors of Fortune Delight promote the body's natural cleansing processes. Because the powder dissolves so easily,

Does this describe you? Do you suffer from some of these problems? If so, you need to do some house cleaning for your health, NOW!

## Calli

*Concentrated Herbal Beverage  
Replacement for Coffee and Regular Tea*



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It is not the author's intent to diagnose, prescribe or imply treatment. If you have a medical condition, consult a physician.