

IN-DEPTH

**"Everyone's Sunrider
Newsletter"**

**"What's In
Or On Our
Foods, May
Harm Us!"**



Oct. 2006

E. Coli Effects Can Last a Lifetime

For some who survive infections such as the one recently linked to spinach, lingering ailments include kidney damage and diabetes.

By Mary Engel, Los Angeles Times Staff Writer
September 24, 2006

When she was 10 years old, Brianne Kiner became the public face of one of the country's worst outbreaks of food poisoning.

Television cameras zoomed in as she left Seattle's Children's Hospital in June 1993, six months after eating an undercooked Jack-in-the-Box hamburger contaminated by E. coli. **It was the same virulent strain that recently has been linked to California-grown spinach.**

Doctors called her survival a miracle. What most people outside her family didn't know then — and may not realize now — was that her recovery was just beginning.

"She had to learn to walk again. Think again. Learn her colors," said her mother, Suzanne Kiner. "She had such total body atrophy that she could not chew."

Brianne suffered from hemolytic uremic syndrome, or HUS, the most dreaded consequence of E. coli O157:H7 infection and the most common cause of kidney failure in children under 18. **Of the 171 cases identified so far in the current spinach-related outbreak, 27 have been diagnosed with HUS. One person has died. Two other deaths are under investigation.**

Not everyone who ingests this strain of E. coli falls ill, and not everyone who becomes ill develops the bloody diarrhea described by doctors and patients as worse than kidney stones, more painful than childbirth. But about 10% of those who do — the proportion is slightly higher for children and the elderly — come down with HUS.

As the Kiners' experience shows, the consequences can

be devastating, lingering far longer than most people's memories of the original outbreak.

The death rate from HUS is 3% to 5%, doctors say. Ten percent of patients survive but have long-term kidney damage and may eventually require dialysis or a transplant. The vast majority recover complete kidney function, but experts say even they should be tested regularly for abnormalities that may not be obvious but could cause high blood pressure or diabetes.

Brianne's case was so severe that just about everyone expected her to die. She was the last to leave the hospital among those stricken in the Jack-in-the-Box outbreak that sickened hundreds and killed four.



During the months she was laid up, the toxin produced by the bacteria attacked her brain, kidneys and liver, putting her in a coma for 40 days. She suffered strokes and seizures. Her infected pancreas lost the ability to produce insulin, and she developed diabetes. Doctors removed part of her inflamed intestine.

Brianne doesn't remember being rushed to the hospital. She does recall awakening in the intensive care unit and spending months in bed. She remembers all too well the rounds of doctor appointments after her release and the years of physical, occupational and speech therapy that extended into high school. She was left with damaged lungs and learning disabilities.

"I had to relearn how to read," she said. "And this is embarrassing, but I had to be potty trained all over again."

The \$15.6-million settlement the Kiners won in 1995 from Jack-in-the-Box provides for Brianne's support. She now lives on her own and takes community college classes part time — routine milestones for a 23-year-old, but they represent hard-won autonomy for someone stricken as severely as she was. Every three months, she visits her endocrinologist to check her diabetes, but she pronounces her health — and life — "Good."

"I have a house and I'm loving it," she said.

Her mother takes pride in Brianne's progress, calling her "blessed."

But letting go leaves Suzanne Kiner with time she hasn't had in years. Time to watch the spinach outbreak unfold and to think, "Oh, no. Not again."

E. coli is commonly found in cow manure and passed to people through contaminated food. Most strains are ubiquitous and relatively harmless.

But somewhere along the way, E. coli O157:H7 evolved the ability to produce lethal toxins that can cross the intestinal wall and enter the bloodstream.

The toxins flock to receptors in the kidneys, where they kill small blood vessels and clog waste filters. They can also harm the pancreas, liver and heart. Death is often a result of toxins infecting the brain and causing strokes or swelling.

"I lost one child to heart disease," said Dr. Richard Siegler, professor emeritus of pediatrics and kidney disease at the University of Utah School of Medicine and a widely published expert in the E. coli-caused syndrome.

"The autopsy found clots in the small blood vessels of the heart. One little girl came into the ER and couldn't breathe. She had damage in her lungs from the toxin. I had a child who developed blindness. The toxin attacked small blood vessels in the retina of the eyes." Sometimes, the damage reveals itself years later.

Each kidney has about a million filters. On average, most people lose about 20% of these filters by the time they're 80, just through wear and tear.

"Any child that's had this disease has lost some of those filters," said Dr. Sharon P. Andreoli, a pediatric nephrologist at Indiana University. "If they have lost 20% of their filters, they have the kidneys of an 80-year-old when they're 5 years old. So their kidneys have to work harder. And when they have to work harder, they wear out faster."

What saves the vast majority of children who fall ill

from HUS is the resilience of the human body. Virtually nothing can be done to fight the infection once it is underway. Treatment consists of supporting the patient — from something as simple as hydration, all the way to dialysis — while the body fights off the toxins.

"Kidneys have an amazing capacity to keep you going with very little left," said Dr. David Acheson, chief medical officer for the FDA's food safety division and an expert on the kidney syndrome. "Many folks can manage all their lives with just one."

Dr. Phillip Tarr, another expert on HUS and a professor of pediatric gastroenterology at Washington University in St. Louis, agreed.

"It is an absolute horrible experience to go through during the acute stage," he said. "But many people, if not most, get through it and do fine in the future."

Think of the horrifying scare put on everyone's mind. What is safe to eat, and

how do I help keep my family safe? These are things we all worry about. We need something that we can rely on and feel confident when it comes to feeding our families.

Sunrider Concentrated whole foods can put our minds at ease. We have the best and safest foods at our fingertips. We need to start

now to fortify our immune systems so that we have a strong body to help fight off any of these potential devastating illnesses or chemicals we encounter. We need to be aware that foods we prepare should be cleaned properly and safety standards around our homes be considered.

Sunrider is there to help with our nutritional needs.



Start with. . .

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

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

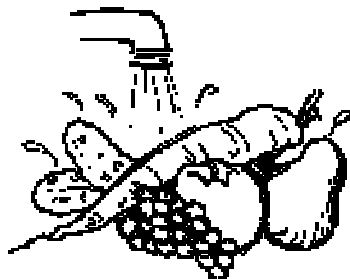
For fruit and vegetables, dip in diluted solution for 1-5 minutes. Pat dry or use straight out of the solution. For waxy coatings, dip fruit and vegetables in diluted solution for 5 minutes and wipe dry.

The Sunrider Fruit & Vegetable Rinse is highly concentrated, non-toxic and powerful enough to destroy harmful organisms, yet safe enough to swallow without harmful effects. This revolutionary rinse uses naturally - derived ingredients formulated by Dr. Chen to clean fruit and vegetables of herbicides, pesticides, oily contaminants and other harmful substances.

Fruit & Veggie Rinse is capable of safe guarding your home and family against E. Coli, Salmonella, effective in destroying wax, eggs, cysts, and larvae of intestinal parasites on fruits and vegetables and more!

Use it in the kitchen or bathroom for cleaning countertops where microorganisms could be a problem a few drops in the toilet tank. Spritz on plants where bugs or snails are a problem (great for roses).

The least expensive most versatile and effective fruit & vegetable rinse on the market today! You use only a few drops for any application. It kills organisms



that cause intestinal worms and amoebic dysentery, kills bacteria safe enough for douching, enemas, cuts, and a must for traveling out of the Country where clean water is an issue. Other uses: mix it with shampoo to kill head lice, add to your dish liquid or laundry detergent for an effective disinfectant.

It will remove all protective slime, mucus or wax from insects, ants, roaches, fleas, lice, and snails. Be creative! **DO NOT USE** in **AQUARIUMS, FISH BOWLS** or Ponds where live fish dwell as the removal of their protective slime or killing off the algae for food will not be appreciated.

Rinse away fleas and eggs with no harmful affects to our pets. A few drops in your pets food will eliminate worms during flea season. We have a choice other than highly toxic and expensive sprays, shots, dips, collars, or other poisons dabbed on or in their skin (largest organ of the body) for flea control. Spray your lawn and spritz carpet frequently for continued management during warm weather. The

notorious and highly toxic flea collar kills fleas that are on the neck but do little for the rest of the pets body, regardless of advertising. A more effective use for the flea collar is to cut a quarter of the collar and place it in your vacuum bag where fleas are trapped and killed while you vacuum with no harm to



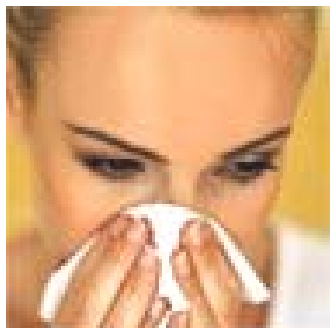
your pets or you! Another terrific use is for ear infections or occasional cleaning, **HOT SPOTS** or just itchy skin, use an empty VitaSpray bottle with a little water - Sunbreeze oil - Fruit/Veggie, if the skin has been broken Add a few drops of Sunectar and spritz the site generously. Usually one or two applications does it. Spritz carpets and spray your lawns during flea season. Your pets are happy, you are happy and the planet is happy!

The rinse will not destroy the bacteria required for decomposition of wastes for those people who have septic tanks. It is wonderful for people in the insecticide and pesticide industry. These people can use it to wash any exposed skin surface as well as to spray on or soak the face mask to prevent penetration of harmful sprays through their masks.

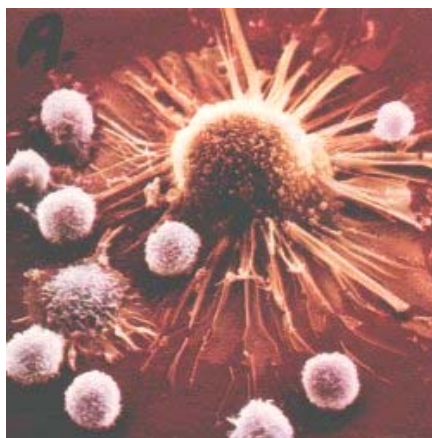
Strengthen. . . .

THE 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!

Your **immune system** works around the clock in thousands of different ways, but it does its work largely unnoticed. One thing that causes us to really notice our immune system is when it fails for some reason. We also notice it when it does something that

has a side effect we can see or feel.

The **immune system** operates throughout the body. There are, however, certain sites where the cells of the immune system are organized into specific structures. These are classified as central lymphoid tissue (bone marrow, thymus) and peripheral lymphoid tissue (lymph nodes, spleen, mucosa-associated lymphoid tissue):

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**

Alpha 20 C nourishes and improves liver function and feeds the immune system, aiding increased production of T-cells. T-cells are immune system cells that fight infection and play a major role in regulation of allergic response to invading organisms. Using **Alpha 20 C** to nourish and strengthen the liver and improve T-cell production often results in an improved capacity to fight infections, identify and break down growths and **normalize allergic reactions**.

Many people with severe immune system disorders have experienced very effective help in recovering by using **Conco** and **Alpha 20 C** in large amounts: the specific

ailments include chronic mucocutaneous Candida Albicans infections of the digestive tract, throat, sinuses, vaginal areas and skin, and others with universal reactor syndrome, chronic respiratory disorders and immune dysfunction conditions.

Alpha 20 C nourishes the immune system through the thymus, spleen, bone marrow and adrenals. The human immune system is a highly elaborate, intelligent system designed to protect the body from invasion from anything from the flu to cancer. T and B lymphocytes and white blood cells are the commonly known soldiers in the army.

When functioning healthily it is the greatest internal doctor we could wish for, surpassing the intelligence of any worldly physician.

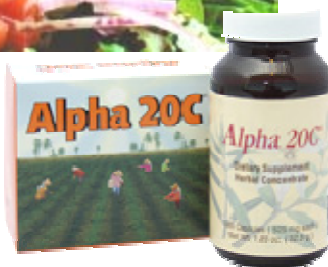
Some of the benefits of a healthy immune function are protection against tumors, reduction of swollen lymph nodes, more rapid healing of infections, protection against infections, reduced drainage from ears and eyes, and **increased protection against environmental toxins**. This food also comes in bulk.

Two to six capsules daily help prevent or heal mild illnesses. Up to 16 capsules daily are recommended for severe or chronic conditions. Very severe cases can use 25 to 50 capsules a day for a short duration to aid recovery.

We all want good health. But what is it? Health is not merely an absence of illness. It is evidenced by a steady state of euphoria and positive well-being. This is rarely experienced by humans today.

True health involves painless sound bodily movements, efficiently working vital organs, and mental facilities operating at full throttle. Much of our well-being stems from our heredity, but this is only our starting point for building and maintaining optimum health.

To fail or refuse to seek health will rob us of everything good. Without health, the opportunity or the potential each of us was born with will never have a chance to develop to its full potential. Sunrider's **Quinary** enables us to use these foods as a vehicle towards good health.



Alpha 20 C

- **Part of the QUINARY which nourishes the Immune System**
- **Nourishes functions associated with the body's resistance or capacity for immunity**
- **Protects against acute infections**
- **Reduces painful and swollen lymph nodes**
- **Gives more rapid healing of infections**
- **Reduced drainage from ears or eyes**

Dandelion Root

by Keith McBride *InBALANCE*

Dandelion Root is one of the five single herbs concentrated and enhanced for Sunrider by Dr. Chen. Dandelion Root is one of the most economical single herbs we have, and considering its many nourishing benefits—it's an excellent value!

Dandelion is truly an "international" plant, one of the few herbs used by peoples and cultures as diverse as the ancient Chinese and settlers of the American west. The ancients viewed Dandelion's wide distribution in nature as a sign from the heavens, and considered it a valuable whole body tonic. By virtue of its abundance growing wild, it began revealing its nutritional value through constant use. For decades, people would gather dandelion just before it bloomed, and add the young leaves to their salads, or cook them like spinach. The root was often cooked like other vegetables. Countless texts describe Dandelion as one of nature's finest tonics.

Sunrider Dandelion Root is a companion support herb to the foundation Sunpack whole food program. When eaten in conjunction with the balanced whole food formulas of NuPlus, Calli, Assimilaid, Alpha 20 C, Conco, Lifestream, and Prime Again (the Quinary formula), Dandelion can provide superior nutrition.

Nutritional Benefits

The book *Herbally Yours* says; "Dandelion acts as a tonic to the system. It destroys acid in the blood. As it contains organic sodium, it is very good for the deficiency of nutritive salts, and is recognized as a great blood builder and purifier. It is also a food for the liver. It is very high in calcium and other nutrients. It can be used as a tea for babies and children."

Other herbal texts mention Dandelion's ability to aid skin problems, as well as detoxify poisons and toxic waste in the body. Herbalist Louise Tenney writes, "Dandelion is a natural source of protein, and is very high in vitamins A, B, C and E. It is rich in potassium

calcium and sodium, with some phosphorus and iron.

In various cultures, Dandelion Root has been pickled or roasted as a coffee substitute. Extracts have been used as a flavoring for food and in teas.

The Chinese have long believed that Dandelion Root has been known to have a "cooling" effect on the body's circulation. Traditionally, this single herb has been attributed with properties that act as a tonic to the stomach to help the digestive system and to relieve minor sore muscle pain. Dandelion Root is a natural source of iron, flavonoids and glycosides.



The Liver and Dandelion

In the herbal texts, the strengthening benefit most often mentioned is Dandelion as food nourishment for the liver.

In his book *Own Your Own Body*, Stan Malstrom writes, "A physical plant to reproduce materials manufactured by the liver, to separate the toxins, to purify the various poisons and perform other liver functions would require a building five stories high and one block square. It would feature all our technology in miniature to perform the same functions of our five-pound liver."

Louise Tenney writes in *Today's Herbs*, "The liver is our personal food storage. Starches are stored in the liver, and changed to glycogen and released as the body needs energy-building material. Fats are stored in the liver as well as proteins, where they are changed into amino acids. White blood cells are manufactured in the liver to destroy germs and poisons which come from the intestines. The liver is responsible for the substance that causes blood to clot. The liver also detoxifies. It renders harmless the toxic end-products of the digestion process. When the liver is working properly it has the task of eliminating toxic metals.

"When the liver is in trouble it puts strain and congestion on all the glands, muscles, joints and the body structure.

"Dandelion strengthens the liver with its easily assimilated minerals concentrated in the roots of the plant."

Your Liver will Thank You!

Vital Principles for good Liver Health

Think Raw

Eat plentiful amounts of raw fruits and vegetables, especially dark green leafy vegetables and orange, yellow, purple and red colored fruits and vegetables. Thirty to forty percent of the diet should consist of raw fruits and vegetables. Try to eat some raw fruits or vegetables with EVERY meal as they contain living enzymes, vitamin C, natural antibiotic substances and anti-cancer phytonutrients.

Think Natural

Avoid artificial chemicals and toxins such as insecticides, pesticides, and artificial sweeteners and colorings, (especially aspartame), flavorings and preservatives. Excess alcohol, particularly spirits, should be avoided.

Be Diverse

Consume a diverse range of proteins from grains, raw nuts, seeds, legumes, eggs, seafood, and if desired, free range chicken (without the skin), and lean fresh red meats. If you do not want to eat red meat or poultry this is quite acceptable as there are many other sources of protein.

Let Food Be Your Medicine

Many diseases can be overcome by eating healing foods that contain powerful medicinal properties. Optimal health and the prevention of disease is only possible by including these healing foods regularly in the diet. The healing substances found in certain foods or therapeutically active chemicals are known as phytochemicals.

Watch That Sweet Tooth

Use natural sugars from fresh fruits and juices, dried fruits, honey, molasses, fruit sorbets, fruit cakes, fruit jams, carob, date sugar, maple sugar or syrup or rice syrup. Avoid refined white sugar and candies, fizzy drinks, cakes and biscuits made with refined sugars.

Rehydrate Your Body

Drink large amounts of fluids such as water, raw juices and teas (green tea, herbal and regular weak tea is fine). Aim for 2 liters of fluid daily and this will avoid constipation problems and help your kidneys to eliminate the toxins that the liver has broken down. The liver is the major organ involved in detoxification, however it is still important to support the other body organs of elimination. The skin and the kidneys eliminate toxins through sweating and urine and this is why saunas and a high intake of filtered water can reduce symptoms of toxic overload.

Go Organic

Not many people want to eat fruits and vegetables that have

been sprayed repeatedly with insecticides and fungicides, ripened with ethylene gas and perhaps waxed with an insect secretion. It is a little off putting while biting into your lovely red juicy steak to think that this animal may have been fed antibiotics and the ground-up remains of thousands of dead animals, and had potent sex hormones implanted into it to accelerate its growth. The healthy reputation of meat was tarnished by the epidemic of mad cow disease (BSE) that has been troubling England and other parts of Europe for some years now.

Keep Your Bowels Moving

Avoid constipation by having plenty of fiber found in unprocessed food and raw fruits and vegetables. One really good trick to keep your bowels moving is to grind flaxseed (linseed), sunflower seeds and almonds (LSA), in a coffee grinder to produce a fine powder, and eat 2 to 3 tablespoons of this powder daily. You can add other ground up seeds, that are high in fiber such as psyllium, pumpkin, sesame and alfalfa seeds to increase the fiber content of the powder.

Chinese Goldenseal Root

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.

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).

Sunrider 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.

Sunrise

Sunrise supplement provides a natural energy boost with herbal ingredients harvested only while their active components are at their peak. Whether you're a professional athlete or a weekend warrior, you'll appreciate the support Sunrise gives you. Because it is formulated with Sunrider owner expertise, there isn't a comparable product on the marketplace.

Formulated without artificial sweeteners, colors or preservatives, the nutrients in Sunrise are easily absorbed and processed by the body. Based on the Philosophy of Regeneration™, our formula helps you to maintain optimum health through proper nutrition and keep the body in balance.





**"Let's
Talk
Business!"**



**Don't Let it be . .
TOMORROW!**

If someone told you that you had just won a million dollars, how quickly would you claim it?

Most of us would be on the phone immediately or running out the door — whatever it would take to get that money in our hands as fast as possible.

Think about it. How many people would just lounge back in their chairs and say, "Eh. I'll take care of it tomorrow."

Not too many, right? So then why do some approach their Sunrider businesses with that mentality?

It's called procrastination and it's one of the most common diseases plaguing our down lines and up lines.

The next time you're about to put something off until tomorrow, just remind yourself: Your business has the potential to make millions. Why wait?



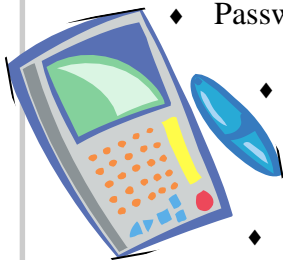
"Leave nothing for tomorrow which can be done today." -Abraham Lincoln

Security Tips to Protect Laptops, PDAs and Cell Phones

More and more Sunriders are using laptops, PDAs and cell phones for speed, convenience and mobility of communication. The benefits can be enormous but so can the security risks, if proper precautions are not taken. Here are some guidelines from the Better Business Bureau.



- ◆ Always keep your laptop, PDA, cell phone within sight at all times. Lock them in a secure location when not in use.
- ◆ Keep them within eyesight and easy reach when traveling. Stealing laptops at airports has become a popular data theft technique.



- ◆ Password-protect access to the laptop, PDA and cell phone.
- ◆ Turn off the devices when not in use.
- ◆ Do not download or accept file downloads from unknown sources.
- ◆ Back up all data regularly and keep back-up disks or materials in a locked, secure area.



From:

Address Correction Requested

To:

