

IN-DEPTH

Let's Build a
Strong Body!



"Everyone's Sunrider
Newsletter"

June 2002



Immune System Alpha 20 C

THE IMMUNE SYSTEM

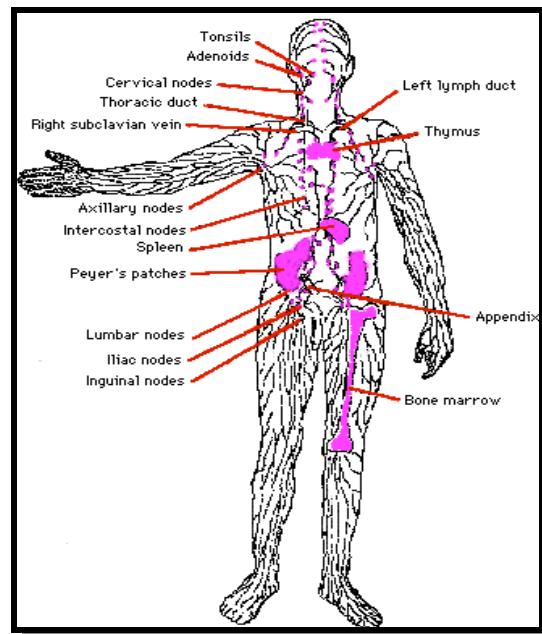
Inside your body there is an amazing protection mechanism called the **immune system**. It is designed to defend you against millions of bacteria, microbes, viruses, toxins and parasites that would love to invade your body.

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 pro-

tection against environmental toxins. This food also comes in bulk.

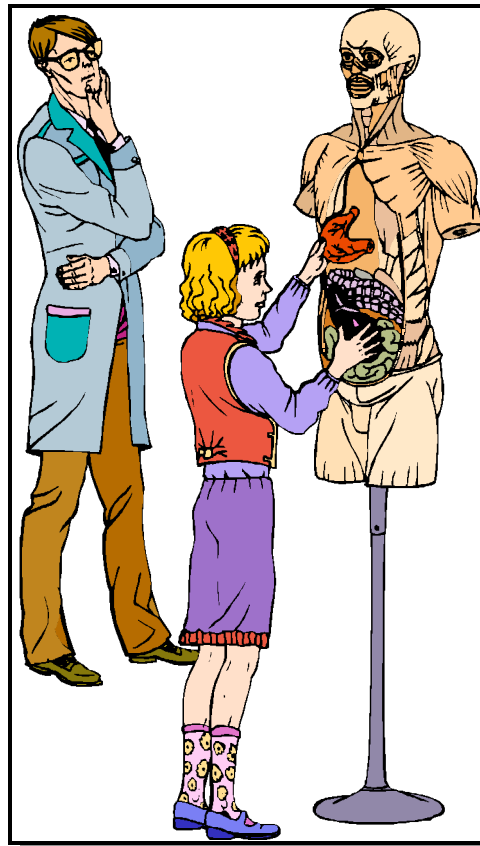
Two to six capsules daily help prevent or heal mild illnesses. Up to 16 capsules daily are recommended for severe or chronic conditions. Very severe cases can use 25 to 50 capsules a day for a short duration to aid recovery.

We all want good health. But what is it? Health is not merely an absence of illness. It is evi-

denced 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.



Trying to Build a Good Immune System!

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**



Respiratory System Conco

The primary function of the **respiratory system** is to supply the blood with oxygen in order for the blood to deliver oxygen to all parts of the body. The respiratory system does this through breathing. When we breathe, we inhale oxygen and exhale carbon dioxide. This exchange of gases is the **respiratory system's** means of getting oxygen to the blood.

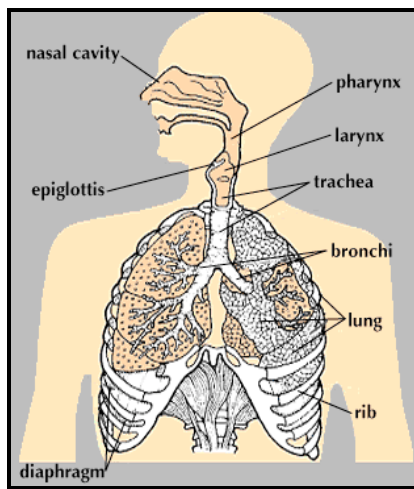
Respiration is achieved through the mouth, nose, trachea, lungs, and diaphragm. Oxygen enters the respiratory system through the mouth and the nose. The oxygen then passes through the larynx (where speech sounds are produced) and the trachea which is a tube that enters the chest cavity. In the chest cavity, the trachea splits into two smaller tubes called the bronchi. Each bronchus then divides again forming the bronchial tubes. The bronchial tubes lead directly into the lungs where they divide into many smaller tubes which connect to tiny sacs called alveoli.

The average adult's lungs contain about 600 million of these spongy, air-filled sacs that are surrounded by capillaries. The inhaled oxygen passes into the alveoli and then diffuses through the capillaries into the arterial blood. Meanwhile, the waste-rich blood from the veins releases its carbon dioxide into the alveoli. The carbon dioxide follows the same path out of the lungs when you exhale.

The diaphragm's job is to help pump the carbon dioxide out of the lungs and pull the oxygen into

the lungs. The diaphragm is a sheet of muscles that lies across the bottom of the chest cavity. As the diaphragm contracts and relaxes, breathing takes place. When the diaphragm contracts, oxygen is pulled into the lungs. When the diaphragm relaxes, carbon dioxide is pumped out of the lungs.

Conco helps rebuild and improve immune system functions. It will strengthen the body's natural defenses and enable it to better overcome colds, viruses, and other forms of infectious illness.



The immune system and glandular system are the body's main mechanisms for preventing and recovering from illness. Certain foods and food herbs provide nutrients which greatly improve immune system function.

Conco

- **Part of the QUINARY which nourishes the Respiratory system.**
- **Protects against**

colds and flu; reduction of pain and fever

- **Gives relief of headaches, including migraines**
- **Gives relief from congestion (allergies)**
- **Regulation of auto-immune conditions**



Endocrine System Prime Again

The Endocrine System

The definition of an organ system as a group of organs which work together to provide for a common function is somewhat stretched here. Instead, the endocrine system many times is better described as a group of organs and glands which work in a similar way to provide for communication in the body.

- **Major Functions:**

- Coordinate homeostasis in the body
- Allow communication among organs

- **Major Organs:**

- Hypothalamus
- Pituitary Gland
- Pineal Gland
- Thyroid Gland
- Parathyroid Gland
- Ovaries
- Testes
- Pancreas (islets of Langerhans)
- ... (there are many other endocrine glands)

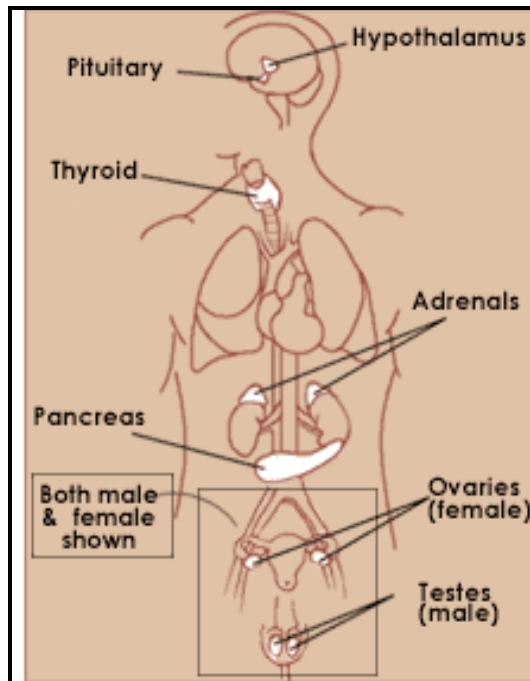
Although we rarely think about them, the glands in the **endocrine system** and the hormones they secrete influence practically every cell, organ, and function of our bodies. As the body's chemical messengers, hormones transfer information and instructions from one set of cells to another. They regulate our mood, growth and development, tissue function, metabolism, and sexual function, and in women they support pregnancy and other reproductive processes.

Why Is the Endocrine System Important for Living?

The **endocrine system's** effects on the body are wide-reaching. Its message-sending hormones influence the operations of all of the body's tissues and organ systems. This centralized role in controlling body functions is sometimes compared to that of the nervous system. But in general, the **endocrine system** operates in a less rapid but longer-lasting manner than the nervous

system, regulating slower processes, such as metabolism and cell growth. The nervous system's functions, on the other hand, are more immediate, such as the control of breathing and body movement.

Although hormones circulate throughout the bloodstream, each kind of hormone affects only its target cells that are genetically programmed to receive and respond to its message.



Hormone levels vary and can be influenced by factors such as stress, infection, and changes in the balance of fluid and minerals in blood. When the endocrine system doesn't function properly, a variety of disorders can arise.

Prime Again feeds and improves functions of the endocrine glands, including the adrenals, thyroid, and reproductive glands. These glands produce hormones which are essential to life and regulate all the body's major functions and energy cycles. Among these are the blood sugar level, protein assimilation and muscle building, nervous system function, mental well-being, immune system function, detoxification of poisons, digestive processes, body stamina, body temperature and other essential body processes.

Many illnesses, from arthritis to a susceptibility to recurrent infectious diseases and many vague bodily disorders such as fatigue, overweight, poor digestion, and poor nervous system strength, are caused by weak or under functioning glands.

Strengthening and improving their function often clears up a whole host of disorders and dramatically improves overall body health and personal enjoyment of living.

Prime Again, as well as Beauty Pearl, Korean Ginseng, Calli, Action Caps, and Nuplus have all demonstrated safe, repeated success in *feeding and Improving function of the endocrine glands.*

Irregular menstruation, PMS and menopausal symptoms have been greatly helped when taken along with Beauty Pearl.

This food nourishes the entire glandular system. The hormones secreted by these glands have a profound influence on longevity; youthfulness and reproductive ability. ***95% of all the energy in the body is supplied by the adrenals and thyroid.*** Weakness in the glandular system can be responsible for moodiness, depression, anxiety and inability to handle stress. Some of the benefits of a healthy **endocrine system** are:

enhanced sexual response, stronger muscles, relief of PMS, emotional stability, resistance to allergens, fertility, overall energy increase.

Recommended dosage is three to six capsules

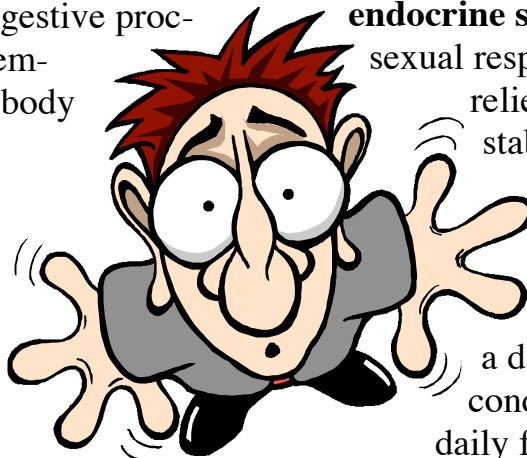
a day for mild to moderate conditions, and up to 12 daily for severe conditions.

Pregnant women should not take more than one capsule a day, as it might contribute to

the baby's development as unusually large and cause difficult delivery.

Prime Again

- **Part of the QUINARY which nourishes the endocrine system**
- **Nourishes functions associated with activity and performance, including activities of communication integration associated with the endocrine and nervous system**
- **Relief of allergies, including hay fever**
- **Stronger muscles**
- **Improved nervous system response**
- **Greater ability to handle stress**
- **Reduction of wrinkles**
- **Relief of premenstrual syndrome**
- **Improved drive and energy**
- **Improved emotional stability**



“Are You Stressed To the Max?”

How To Build a Strong:



Digestive System Assimilaid

The **digestive system** is made up of organs for changing food chemically for absorption by body tissues. Digestion involves breaking organic compounds into simple soluble substances absorbable by tissues.

For many people the simple act of digesting food may seem like a daily soap opera. Mealtime can bring with it unexpected reactions, complicated by an out of balance digestive system.

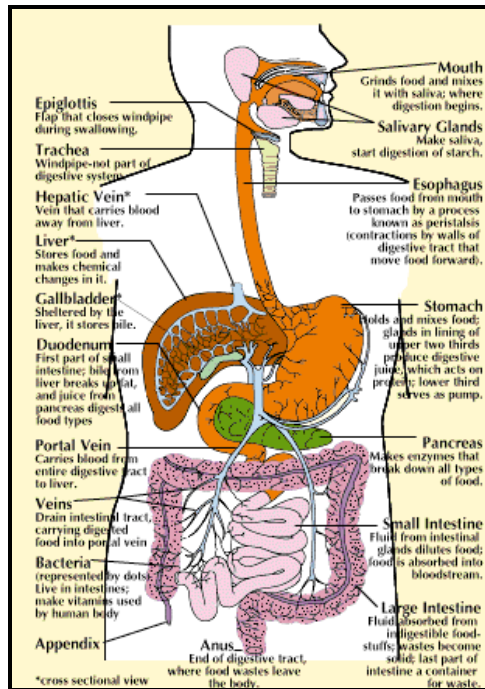
You probably have heard before – "You are what you eat." A more accurate statement may be, "You are what you eat and digest."

You eat food to sustain life. When the body's **digestive system** is working properly, nearly everything of nutritional value is absorbed. By the time digestion is complete, only fiber, fats, and other waste matter are left to be excreted.

Digestion begins in the mouth. Teeth grind the food while chemicals in your saliva turn the food with gastric juices containing enzymes such as pepsin, which breaks down proteins. Food then moves to the first section of the small intestine, where some juices from the pancreas continue the breakdown of proteins and carbohydrates, while others work with bile from the liver to break down fats. The small intestine takes in almost all of the nutrients the body needs.

Sunrider's Assimilaid is one of the five formula-

tions of the Quinary. This formulation was designed to address the nourishment needs of the **digestive system**.



This **digestive system** formula feeds and helps heal the digestive tract. Cases of poor assimilation, lack of enzymes, excess or insufficient hydrochloric acid, and intestinal irritability can be greatly improved with use of Assimilaid. This formula does NOT work by providing additional digestive enzymes or by temporarily covering up the symptom - though many digestive remedies take that approach.

Instead, this formula feeds and strengthens the stomach and the supporting digestive organs, so that their production of enzymes and acid secretions can be normalized and restored.

Assimilaid part of the **QUINARY** which nourishes the **Digestive systems**:

- **Nourishes functions associated with the digestion and assimilation of food**
- **Gives relief from pain, cramping, vomiting, nausea, gas, indigestion, gastric ulcers, gastritis, colic and stomach distention**
- **Improves the body's ability to extract maximum nutritional benefits from food**
- **Improves sleep**
- **Gives stronger liver function**
- **Improves appetite**

How To Build a Strong:



Cardiovascular System Lifestream

The **circulatory system** is, in anatomy and physiology, the course taken by the blood through the arteries, capillaries, and veins and back to the heart. In humans, the heart is made up of four chambers: the right and left auricles, or atria, and the right and left ventricles. The right side of the heart pumps oxygen-poor blood from the cells of the body back to the lungs for new oxygen; the left side of the heart receives blood rich in oxygen from the lungs and pumps it through the arteries to the various parts of the body. Circulation begins early in fetal life. It is estimated that a given portion of the blood completes its course of circulation in approximately 30 seconds.

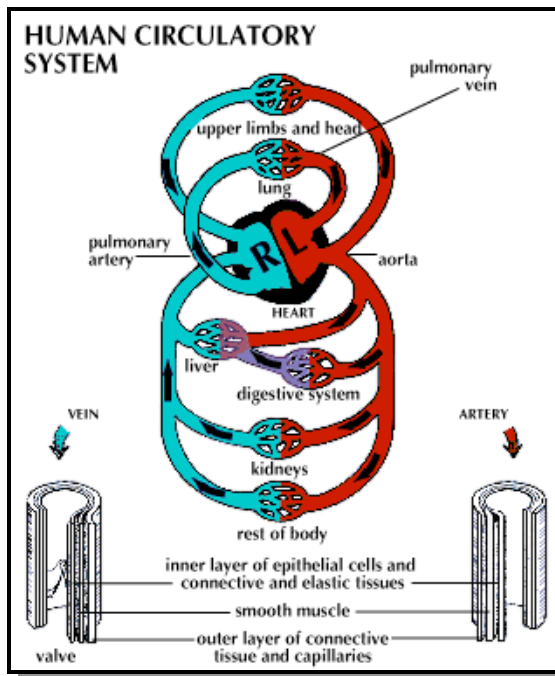
Blood from the entire body is transported to the right auricle through two large veins: the superior vena cava and the inferior vena cava. When the right auricle contracts, it forces the blood through an opening into the right ventricle.

Contraction of this ventricle drives the blood to the lungs. Blood is prevented from returning into the auricle by the tricuspid valve, which completely closes during contraction of the ventricle. In its passage through the lungs, the blood is oxygenated, that is, saturated with oxygen; it is then brought back to the heart by the four pulmonary veins, which enter the left auricle.

Poor circulation is a factor in many illnesses. A de-

creased blood supply to the brain and nervous system will cause depression and poor memory. A diminished blood supply to body tissues and organs will cause a decreased amount of oxygen and nutrients, and a buildup of toxins which will create the conditions favorable for all types of diseases to develop.

Lifestream increases vascular elasticity and helps heal circulatory disorders including varicose veins, hardening of the arteries, blood pressure problems, excessive fat and cholesterol levels, and will also improve eyesight. Use three to six capsules daily for mild to moderate conditions and prevention of illness. Use up to 16 capsules per day for severe or chronic conditions.



Lifestream

Part of the QUINARY which nourishes the circulatory system:

- **Nourishes functions associated with the fluid-related process of the body, including general circulation**
- **Blood pressure regulation**
- **Stronger capillaries**
- **Stronger heart tone**
- **Lowers cholesterol**
- **Improved eyesight**
- **Stronger nervous system**



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



**DEALING WITH
NEGATIVITY
Part 1**

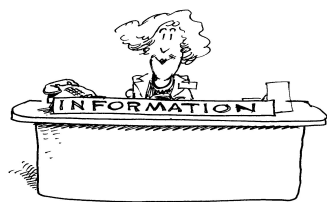
Remember: Negativity is a Part of life!

This is an important look at what you can do to both deal with and reply to the almost certain negativity you will encounter in your efforts to build your Sunrider business.

We choose to participate in an industry that has an unfortunate negative connotation to a lot of people. You are bound to run into a few MIS-informed, angry people. And, no one likes the feeling of someone criticizing what they are doing. **So, what can you do to protect yourself against negativity?**

Here are a few ideas . . .

#1 - Inform Yourself



One sure way to arm yourself mentally against the nay Sayers is to know in your own mind that what you do is legitimate, profitable, and respect-

able. Educate yourself. Read books on the Industry, attend industry conventions when possible.

Network Marketing (SUNRIDER) IS a tremendous opportunity, and is very widespread. Have confidence and take pride in your industry based on **FACT!**

FACT: The Sheffield Resource Network, a network marketing consulting company in Tempe, Arizona, estimated that 1 out of every 10 US households are involved in network marketing.

FACT: The World Federation of Direct Selling Associations estimated that network marketing accounts for approximately \$30 billion in annual sales in the US, and worldwide sales are estimated at approximately \$80 billion annually.

**"IT'S A
PYRAMID
SCHEME!"**



FACT: According to the World Federation of Direct Selling Associations (WFDSA), there are over 1000 network marketing companies, approximately 35 million network marketers worldwide, and 10 million network marketers in the US alone.

FACT: The Direct Selling Association (DSA) estimated that over 150,000 people join network marketing companies each week.

Do your research. You'll be astounded at the credible, third-party information you will find!



#2 - Maintain a constant, steady stream of activity in your business.

This is SO important, and is a sure-fire way to combat negativity.

When you have dozens of people who are responding positively to your marketing campaign, you won't have time to agonize over the 1 or 2 people who respond negatively.

There are many, many people out there who are looking for a legitimate way to improve their lives. Focus your time on finding them.

From:

Address Correction Requested

To:



"Hold it steady Fred,
and I'll get it secured.
Don't want to
damage these
very important
Building Blocks!"