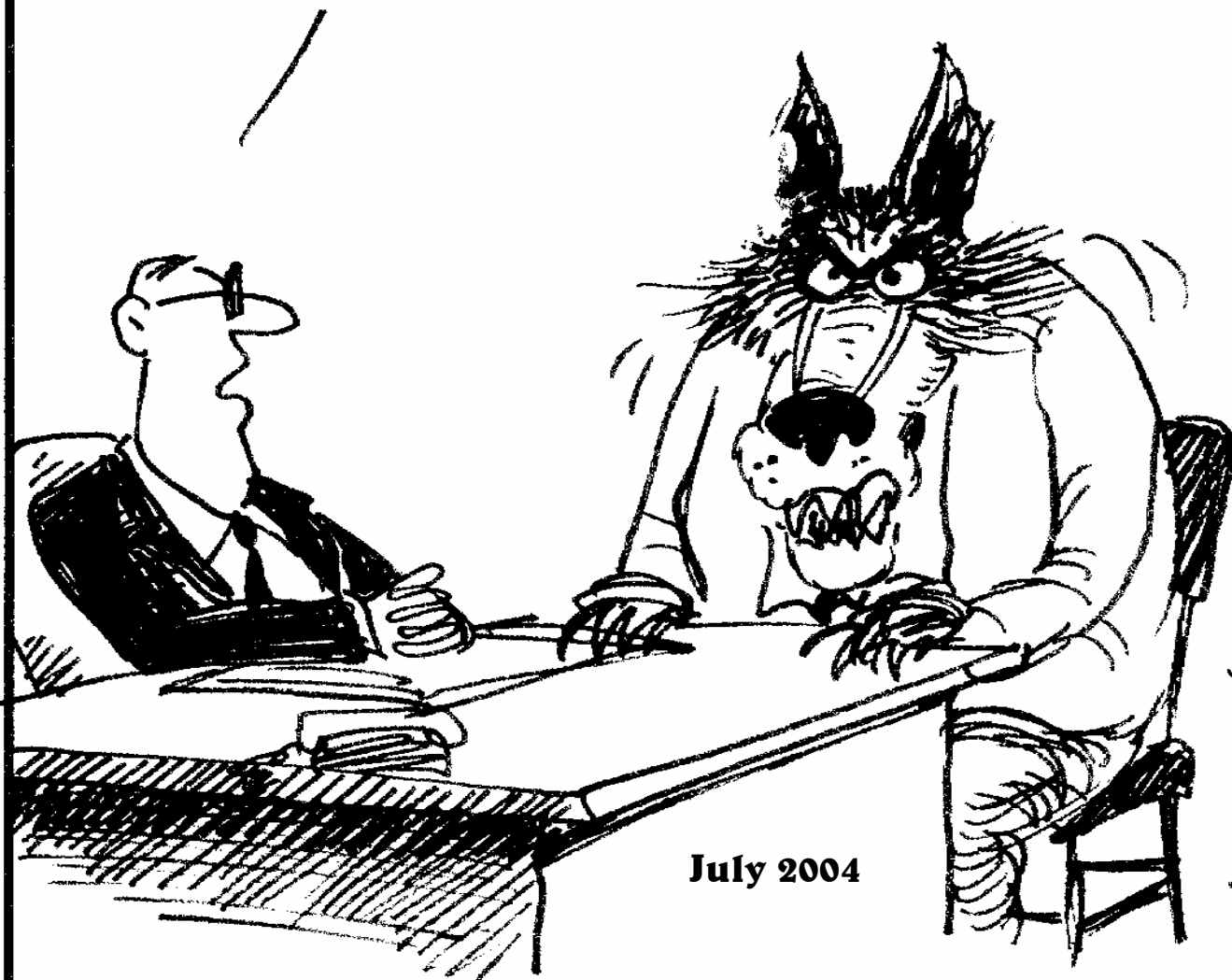


IN-DEPTH

**"Everyone's Sunrider
Newsletter"**

Let me guess... you need
a couple of days off
because of stress?



July 2004

Phil Frank

STRESS

ALL OF THESE ARE STRESS

If you are used to thinking that stress is something that makes you worry, you have the wrong idea of stress. Stress is many different kinds of things: happy things, sad things, allergic things, physical things. Many people carry enormous stress loads and they do not even realize it!

WHAT IS STRESS?

It is different things to different people. To a mountaineer it is the challenge of pushing physical resources to the limit by striving to achieve a demanding goal. To the homeward bound motorist it can be the hassles of heavy traffic and obnoxious exhaust fumes. To the student it can be exam pressure.

We are all familiar with the word "stress". Stress is when you are worried about getting laid off your job, or worried about having enough money to pay your bills, or worried about your mother when the doctor says she may need an operation. In fact, to most of us, stress is synonymous with worry. If it is something that makes you worry, then it is stress.

Your body, however, has a much broader definition of stress. **TO YOUR BODY, STRESS IS SYNONYMOUS WITH CHANGE.** Anything that causes a change in your life causes stress. It doesn't matter if it is a "good" change, or a "bad" change, they are both stress. When you find your dream apartment and get ready to move, that is stress. If you break your leg, that is stress. Good or bad, if it is a **CHANGE** in your life, it is stress as far as your body is concerned.

Even **IMAGINED CHANGE** is stress. (Imagining changes is what we call "worrying".) If you fear that you will not have enough money to pay your rent, that is stress. If you worry that you may get fired, that is stress. If you think that you may receive a promotion at work, that is also stress (even though this would be a good change). Whether the event is good or bad, imagining changes in your life is stressful.

Anything that causes **CHANGE IN YOUR DAILY ROUTINE** is stressful.

Anything that causes **CHANGE IN YOUR BODY HEALTH** is stressful.

IMAGINED CHANGES are just as stressful as real changes.

Let us look at several types of stress -- ones that are so commonplace that you might not even realize that they are stressful.....

Emotional Stress

When arguments, disagreements, and conflicts cause **CHANGES** in your personal life -- that is stress.

Illness

Catching a cold, breaking an arm, a skin infection, a sore back, are all **CHANGES** in your body condition.

Pushing Your Body Too Hard

A major source of stress is overdriving yourself. If you are working (or partying) 16 hours a day, you will have reduced your available time for rest. Sooner or later, the energy drain on your system will cause the body to fall behind in its repair work. There will not be enough time or energy for the body to fix broken cells, or replace used up brain neurotransmitters. **CHANGES** will occur in your body's internal environment. You will "hit the wall," "run out of gas". If you continue, permanent damage may be done. The body's fight to stay healthy in the face of the increased energy that you are expending is major stress.



Environmental Factors

Very hot or very cold climates can be stressful. Very high altitude may be a stress. Toxins or poisons are a stress. Each of these factors threatens to cause **CHANGES** in your body's internal environment.

The Special Case of Tobacco Use

Tobacco is a powerful toxin!! Smoking destroys cells that clean your trachea, bronchi, and lungs. Smoking causes emphysema and chronic bronchitis, which pro-

gress to slow suffocation. The carbon monoxide from cigarette smoking causes chronic carbon monoxide poisoning. Tobacco use damages the arteries in your body, causing insufficient blood supply to the brain, heart, and vital organs. Cigarette smoking increases the risk of cancer 50 fold.

Poisoning the body with carbon monoxide, and causing the physical illnesses of emphysema, chronic bronchitis, cancer, and arterial damage, tobacco is a powerful source of added stress to one's life.

Hormonal Factors

PUBERTY

The vast hormonal changes of puberty are severe stressors. A person's body actually **CHANGES** shape, sexual organs begin to function, new hormones are released in large quantities. Puberty, as we all know, is very stressful.

PRE-MENSTRUAL SYNDROME

Once a woman passes puberty, her body is designed to function best in the presence of female hormones. For women past puberty, a lack of female hormones is a major stress on the body. Once a month, just prior to menstruation, a woman's hormone levels drop sharply. In many women, the stress of sharply falling hormones is enough to create a temporary **OVERSTRESS**. This temporary **OVERSTRESS** is popularly known as Pre Menstrual Syndrome (PMS).

POST-PARTUM

Following a pregnancy, hormone levels **CHANGE** dramatically. After a normal childbirth, or a miscarriage, some women may be thrown into **OVERSTRESS** by loss of the hormones of pregnancy.

MENOPAUSE

There is another time in a woman's life when hormone levels decline. This is the menopause. The decline in hormones during menopause is slow and steady. Nevertheless, this menopausal decline causes enough stress on the body to produce **OVERSTRESS** in many women.

Taking Responsibility for Another Person's Actions

When you take responsibility for another person's actions, **CHANGES** occur in your life over which you have little or no control. Taking responsibility for another person's actions is a major stressor.

Allergic Stress

Allergic reactions are a part of your body's natural defense mechanism. When confronted with a substance which your body considers toxic, your body will try to get rid of it, attack it, or somehow neutralize it. If it is something that lands in your nose, you might get a runny, sneezy nose. If it lands on your skin, you might get blistering skin. If you inhale it, you'll get wheezy lungs. If you eat it, you may break out in itchy red hives all over your body. Allergy is a definite stress, requiring large changes in energy expenditure on the part of your body's defense system to fight off what the body perceives as a dangerous attack by an outside toxin.



OVERSTRESS will make you sick. Carrying too heavy a stress load is like running your car engine past the red line; or leaving your toaster stuck in the "on" position; or running a nuclear reactor past maximum permissible power. Sooner or later, something will break, burn up, or melt down. What breaks depends on where the weak links are in your physical body. And this is largely an inherited characteristic.

Here are the common "weak links", and the symptoms of their malfunction

- **Brain OVERSTRESS:** Fatigue, aches and pains, crying spells, depression, anxiety attacks, sleep disturbance.
- **Gastrointestinal Tract:** Ulcer, cramps and diarrhea, colitis, irritable bowel.
- **Glandular System:** Thyroid gland malfunction.
- **Cardiovascular:** High blood pressure, heart attack, abnormal heart beat, stroke.
- **Skin:** Itchy skin rashes.
- **Immune System:** Decreased resistance to infections and neoplasm.

We have known for a long time that **OVERSTRESS** could cause physical damage to the gastrointestinal tract, glandular system, skin or cardiovascular system. But only recently have they have learned that **OVERSTRESS** actually causes physical changes in the brain. One of the most exciting medical advances of our decade has been an understanding of how **OVERSTRESS** physically affects your brain. They now know that the fatigue, aches and pains, crying spells, depression, anxiety attacks and sleep disturbances of **OVERSTRESS** are caused by brain

CHEMICAL MALFUNCTION.

Brain Chemical Messengers

They now know that vital chemicals carry messages between brain cells. In essence, they allow brain cells to "talk to" one another.

On a typical day in the brain, trillions of messages are sent and received. The messages that are happy, up beat messages are carried by the brain's "HAPPY MESSENGERS" (technically known as Biogenic Amine/ Endorphin System). Other messages are somber and quieting. They are carried by the brain's "SAD MESSENGERS". Most nerve centers receive input from both types of messengers. As long as this input is balanced, everything runs along on an even keel.

Stress, however, causes problems with the brain's Happy Messengers. When life is smooth, the happy messages keep up with demand. But when too much stress is placed on the brain, the Happy Messengers begin to fall behind on their deliveries. As the stress continues, the happy messages begin to fail. Important nerve centers then receive mostly SAD MESSAGES, and the whole brain becomes distressed. The person enters a state of brain chemical imbalance known as -- OVERSTRESS.

OVERSTRESS makes people feel terrible. With SAD MESSAGES overwhelming the happy messages, a person feels "overwhelmed" by life. People complain of being tired, unable to fall asleep or to obtain a restful night's sleep. They have plagues of aches and pains, lack of energy, lack of enjoyment of life. They feel depressed, anxious, or just unable to cope with life.

Low Stress Tolerance -- The Inherited Factor

Everyone inherits a certain ability to make and use Happy Messengers in the brain. As long as you can make enough Happy Messengers to keep up with the stress in your life, you will find stress to be fun, exciting, enjoyable, challenging. In fact, without it you would be bored.

However, when the amount of stress in your life is so great that you begin to run out of Happy Messengers, then bad things begin to happen. You may have sleep disturbances, aches and pains, lack of enjoyment of life and even panic attacks.

The amount of stress that you can tolerate before your Happy Messengers malfunction is referred to as your "Stress Tolerance". Your Stress Tolerance is set by your genetic inheritance. Most of us have inherited sufficient Stress Tolerance to allow us to weather the stresses of daily living. We still feel well and enjoy life. Yet, each of us, at some time has experienced short periods of brain chemical imbalance.

The night you couldn't sleep before your big test at school, or your important job interview, or your "fabulous date"...

The sadness and crying you may have felt when a friend or relative passed away, or a girlfriend or boyfriend left...

The chest pains or the headaches that you may have thought were heart problems or migraine, but your doctor said came from too much stress and strain...

You see, one in ten persons has inherited a **LOW STRESS TOLERANCE**. This means that his/her Happy Messengers "poop out" at stress levels which the rest of us would consider "normal, everyday stress." The result of inheriting such a Low Stress Tolerance may be a disaster. Such a person will be operating his or her life in practically permanent OVERSTRESS. Sleep disturbances, aches and pains, fatigue, depressions, mood swings, anxiety attacks, and even drug addiction can become life long problems.

To understand how stress results in this disastrous condition for so many people, let us begin by examining the brain's HAPPY MESSENGERS.

Three Happy Messengers

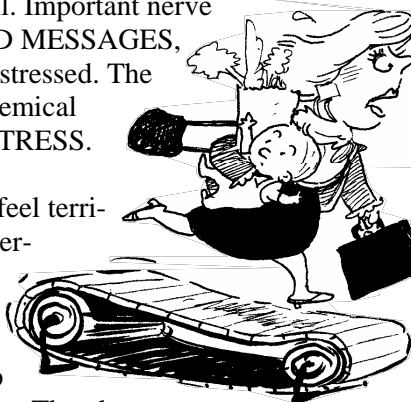
There are three Happy Messengers: **SEROTONIN**, **NORADRENALIN**, and **DOPAMINE**. These are the brain chemicals that begin to malfunction when stress levels become more than a person can handle.

Serotonin

SEROTONIN LETS YOU SLEEP

The Happy Messenger, Serotonin, must work properly in order for you to sleep well. Serotonin is responsible for making sure that your body's physiology is set for sleeping. If Serotonin does not do its job properly, you will not be able to obtain a restful sleep, no matter how hard you try.

SEROTONIN SETS YOUR BODY CLOCK



Inside every one of our brains is a very accurate "Clock".

The Body Clock is located deep in the center of the brain, in a little group of cells known as the Pineal Gland. Within the Pineal Gland is a store-house of the messenger Serotonin, which is the chemical "mainspring" of the Clock. Each day the Serotonin is chemically converted to a related compound, Melatonin; and then the Melatonin is converted right back to Serotonin. The whole cycle from Serotonin to Melatonin and back to Serotonin takes exactly 25 hours -- and this forms your Body's Clock.

Twenty five hours? Yes, under experimental conditions of an unchanging environment, such as in a cave kept at a constant level of illumination for weeks on end, this Body Clock cycles every 25 hours. If, however, a person is exposed to a natural outdoor cycle of daylight and darkness, the Pineal Gland will automatically set itself to a 24 hour day. That is, the Pineal Gland will automatically match its cycle to the length of one Earth's day. That way, noon in the Pineal Gland is always noon on Earth. If exposed to daylight, the Pineal Gland will neither gain nor lose time, but will always cycle exactly in concert with the Earth as our planet twirls through space. The whole process of setting the Body Clock to Earth time takes about three weeks.

The 24 hour cycling of the Body Clock is important. It adjusts your body chemistry for sleeping and for waking. Every evening your Body Clock will set your physiology for sleeping; then you feel drowsy and sleep soundly. After a while, your Body Clock adjusts your physiology for waking. You then wake up and feel refreshed.

We mentioned that the Body Clock is the coordinator of your physiologic orchestra. Three important players in that orchestra are your body temperature, stress fighting hormone, and sleep cycles. Each of these must be properly coordinated by the Body Clock in order for you to sleep soundly, and awake feeling rested.

THE BODY CLOCK AND YOUR BODY TEMPERATURE

Every 24 hours, your body temperature cycles from high to low, varying by as much as one degree. When it is time to wake up and be active, your body temperature

rises slightly. When it is time to fall asleep, your body temperature dips slightly. Most of us have felt how difficult it is to fall asleep on a very warm night, when you toss and turn and wish you could cool off. Contrast this with the relative comfort when one is tucked in a nice bed in a room that is slightly cool, or even downright cold. To achieve the best sleep, the body thermostat is supposed to lower slightly at night, a timing which is coordinated by your Body Clock.

THE BODY CLOCK AND YOUR STRESS FIGHTING HORMONE

The body has a vital hormone called Cortisol, which is the body's chief stress fighting hormone. When Cortisol secretion is high, the body shifts to a "war footing". It is prepared for stress conditions such as hunger, trauma, hemorrhage, fighting, or running. Ordinarily, one's Cortisol drops substantially in the evening, as one relaxes, settles down, and prepares for sleep.



As with body temperature, the ups and downs of your stress fighting hormone must cycle properly during a 24 hour day for you to achieve a restful night's sleep and awake refreshed. Any disruption of your Cortisol cycle, and restful sleep will become very difficult.

THE BODY CLOCK AND YOUR SLEEP CYCLES

After falling asleep, one normally goes DEEPER and DEEPER into sleep, finally reaching a state of deep restorative sleep. Then sleep becomes LIGHTER and LIGHTER until one enters dreaming sleep. Then the whole cycle begins over again. About every 90 minutes one goes through this cycle. In the early part of the evening the cycle pauses a relatively long time in the deepest restorative phase. As the evening progresses, the amount of time spent in deep restorative sleep lessens, and one spends more and more time dreaming. In order for one to feel rested, this sleep pattern must be cycling properly. And, of course, the cycle is regulated by your internal Body Clock.

STRESS DESTROYS YOUR SLEEP

The Body Clock is essential for the proper harmony of your body temperature, stress fighting hormone, and sleep cycles. In order to fall asleep easily, sleep soundly, and awake refreshed, your Body Clock must be functioning properly. The Happy Messenger, Serotonin, is the "mainspring" of the Body Clock. If stress causes Serotonin to fail, the Body Clock will stop working. You

will not be able to obtain a restful sleep, no matter how hard you try.

Noradrenalin: Giving Us Energy

I am sure you have all heard of "Adrenalin". When you are frightened, Adrenalin is released into your blood stream by your adrenal glands. Your heart beats faster, blood flow is shunted away from your skin and intestines and towards your muscles. Perspiration appears on your palms and forehead. You are ready for "fight or flight".

A cousin of Adrenalin, named Noradrenalin is one of the Happy Messengers. Noradrenalin has many important functions in the body's nervous system. The one that most concerns us here, however, is the role of Noradrenalin in setting your energy levels. Proper functioning of Noradrenalin in the brain is essential for you to feel energized. Without enough brain Noradrenalin you feel exhausted, tired, droopy and without energy. You just don't feel like doing anything.

People with Noradrenalin failure become progressively more and more lethargic. They do not seem to have any energy to do anything. Running your brain with low Noradrenalin is akin to running your car with a failing battery. Sooner or later, it just won't start.

Dopamine: Your Pleasure and Your Pain

As you probably know, morphine and heroin are the most potent pain relieving and pleasure producing medications known to man. They are so potent in fact, that they were long believed to mimic some unknown, but naturally occurring, body chemical. A recent technological advance has led to the remarkable uncovering of natural morphine-like molecules that are, indeed, made in each of our brains. Collectively, these substances are known as ENDORPHINS, and they are responsible for regulating our moment to moment awareness of pain.

It appears that in the discovery of Endorphins we have found our body's naturally occurring mechanism for regulating pain. It is likely that a certain baseline secretion of Endorphin occurs at all times in the body. Under certain conditions, this Endorphin secretion may rise, making the person relatively insensitive to pain. Under other conditions, the Endorphin levels may drop, making a person more sensitive than usual to pain.

Now, our third Happy Messenger, Dopamine, seems to be concentrated in areas of the brain immediately adjacent to where the major Endorphin releasing mechanisms lie. When Dopamine function declines, Endorphin function also declines. Hence, when too much stress causes

failure of Dopamine function, it also causes loss of your body's natural "pain killer".

Dopamine also runs your body's "Pleasure Center". This is the area of your brain that allows you to enjoy life. When stress interferes with your Dopamine function, the Pleasure Center becomes inoperative.

WHAT OVERSTRESS FEELS LIKE

If your total stress load is high enough to interfere with your brain's Happy Messengers, then your Body Clock is going to stop working. You will find yourself having difficulty falling asleep, and frequent awakenings during the night, perhaps with vivid dreams. When morning rolls around, you will not feel at all rested.

Next, you will note lack of energy, lack of desire to get out and do things, lack of interest in the outside world.

Next, you will have aches and pains. Particularly common are chest, shoulder, back and neck pains. But, it will seem like you are aware of vague, uncomfortable feelings from all over your body. Along with increased sensitivity to aches and pains, there is a decreased sense of pleasure in life. Things that used to be fun or pleasurable do not seem enjoyable anymore.

When all of these symptoms coincide--lack of sleep, fatigue, aches and pains--you feel that life is not enjoyable anymore. You feel overwhelmed by life. Now you may cry easily, and feel that you are "depressed".

You may also feel quite anxious. All these strange changes in your body. Why can't I sleep? Why do I ache all the time? Am I having a heart attack? What is happening to me? It is not uncommon for persons who are experiencing the strange changes in their body caused by Happy Messenger failure to have periods of panic. It is during these so-called "panic attacks" that you feel as if you can not catch your breath. The heart races in panic, the muscles ache and pain all over the chest. You may even get light-headed. You may have stomach upset and diarrhea. Stress has caused your body to behave in strange and difficult ways. Under these circumstances, anxiety and fear are not at all unexpected.

All of us have experienced some periods of OVERSTRESS in our lives. Usually they will be of short duration. We live in such a high stress society, however, there is something you can do that will help with your stress, **Please read on.....**

How I Can strengthen my body when under Stress? By Eating Sunrider Whole Foods!

Some years ago the sages of China developed herbal formulas with special extraction and concentration methods that are among the most powerful substances known to regenerate and heal weak, deficient body systems.

Chinese Doctors believed that most illness was caused by weakness of a particular glandular or organ system. They observed that the human body is composed of seven basic functioning systems: The immune, digestive, nervous, glandular, respiratory, muscular-skeletal, and circulatory-lymphatic systems. When illness manifested, rather than identifying and labeling tens of thousands of separate symptomatic disease entities and treating them as isolated events, they saw the illness as caused by weakness or imbalance of a total body system. They then fed the person the foods and nutrients that would strengthen and regenerate the malfunctioning system and the disorder cleared up automatically.

All the ways in which these Chinese formulas help to regenerate the body will probably never be understood, but five principal functions are known:

1. They give concentrated nutrients that are readily assimilated by the glands and organs for use in tissue repair and regeneration.
2. They provide precursors for the glands and organs to use in their manufacture of key hormones and enzymes.
3. They provide basic elements (such as organic germanium) which release energy and oxygen at atomic and molecular levels.
4. They provide substances which feed the basic energy cycles, such as the Krebs cycle, in the body's metabolic processes to liberate energy, heat and oxygen.
5. They have powerful cleansing properties.

This brings us to the formulas for helping all of us cope with the Stress in our lives.

Calli: Tissue Cleansing & Energizing Formula

This is a very powerful deep tissue cleanser. It has been known to dissolve arthritic deposits, help break down plaque in hardened arteries, leach out heavy metals, break up cysts, help neutralize free radicals, and help remove parasites. It also has antifungal properties. It improves liver function, aids fat metabolism, increases energy, strengthens digestion, and improves nervous system function and mental clarity.



Fortune Delight: Digestive Cleansing & Energizing Formula

This formula cleanses the digestive tract, kills yeast, improves digestion, and aids fat and cholesterol metabolism. It nourishes the nervous system and increases energy and stamina. It is especially good as a kidney, bladder and urinary tract cleanser.

People often experience slight nausea and intestinal upset initially as it kills yeast colonies and cleans toxic matter from the digestive tract. Calli and Fortune Delight can be mixed together to produce a beverage with much greater and more complete cleansing and metabolic effects. (Many people use 1 to 3 quarts a day and find that it greatly enhances their sense of well being).



NuPlus: Nourishing, Strengthening, and Regenerating Formula

This formula is one of the most powerful herbal rebuilding formulas known. It has a strong regenerating effect on the adrenals, reproductive glands, liver, pancreas, kidneys, and nervous system. It helps build up lean muscle tissue, improves fat metabolism and greatly increases stamina and energy. Athletes use it in large amounts to improve performance, and people convalescing from illness find it substantially aids their recovery. People with severe fatigue or blood sugar problems, and those recovering from addictions will find that it greatly stabilizes their metabolism and increases their energy when they use it several times a day. It is an excellent food for infants, as well, and will build up their health.



Prime Again: Endocrine Glandular Formula

This preparation feeds and improves functions of the endocrine glands, including the

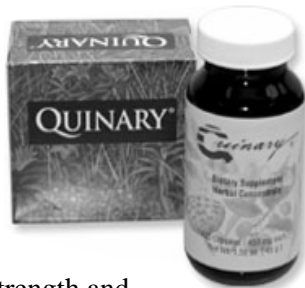
adrenals, thyroid, and reproductive glands. These glands produce hormones which are essential to life and regulate all the body's major functions and energy cycles. Among these are blood sugar level, protein assimilation and muscle building, nervous system function, mental well-being, immune system function, 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.

This Endocrine Formula, has demonstrated 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 the Beauty Pearl and of course now, Bella.

**Quinary:
Five System Formula**

This ancient and comprehensive formula was designed to nourish and strengthen the five major systems of the body. It provides key nutrients to the Endocrine Glandular, Respiratory, Circulatory, Digestive, and Liver-Immune systems. This formula increases the strength and proper functioning of the entire body.



**Action Caps:
Metabolism Regulation Formula**

A very powerful preparation with broad effects on many body functions. Excellent for weight management, it helps restore normal fat metabolism function. Many people report not only a loss of excess fat but a building up of lean muscle tissue as well. It picks up stamina and overall body energy, is a superlative cleanser of the digestive tract, and also improves the spleen-pancreas, liver, digestive, and glandular functions. This formula is also



great for building up muscle tissue and strength in those who are underweight.

**Top & Ese:
Nervous System Formulas**

Scientific research today is turning up evidence supporting what the Chinese sage doctors knew thousands of years ago. Recent studies on the health and functioning of the nervous system have discovered that certain key nutrients, neurotransmitters, prostaglandins, and hormones are essential to normal nervous system perception and function.



Stress, poor nutrition, poisons and genetic impairment can all contribute to creating a deficiency of these substances which will, in turn, cause serious malfunction of the nervous system.

Today's pharmaceutical pain killers work by deadening the nervous system, and all have certain side effects. Proper nutrients and food herb formulas work by nourishing, normalizing and increasing the capacity of the nervous system to function well under stress.

While there is clearly a place for using individual substances in improving nervous system function, the most important thing is to provide complete nourishment of all essential nutrients through the use of whole foods and whole food extracts.

Ese is the basic formula for strengthening nervous system function. Its use is indicated in conditions of general pain, burn out, and arthritis. It is used to aid mental concentration and perception.

Top is used with the Ese to enhance mental acuity. This formula is also good for headaches, neck and shoulder tension, insomnia, and mental difficulties. People recovering from addictions have reported it gives them great relief from mental clamor.

Korean White Ginseng:

Ginseng is considered to be the King of tonic herbs. It feeds and strengthens the endocrine glands and overall metabolism. Athletes use Ginseng to increase their stamina, and people convalescing from illness use Ginseng to build up their health. It is used to strengthen the heart and normalize blood pressure. It also nourishes the blood, having a beneficial effect on anemia.





"Let's
Talk
Business!"

Attitude verses Aptitude

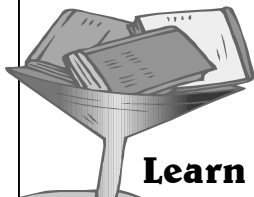
Use The 80/20 Rule

The 80/20 rule is as applicable to Sunrider business builders, as it is to a large sales force. Fully eighty per-

cent of your success as a Sunrider business builder will be determined by your **attitude** and only twenty percent by your **aptitude**. Some people feel that attitude is ninety percent of success in all human endeavors involving other people, but we can quite comfortably use eighty percent as a figure for our purposes.

Develop a Positive Attitude

A positive mental attitude, or a constructive and optimistic way of looking at yourself and your Sunrider business, goes hand-in-hand with success in every field and in every market. The development of this unshakable attitude of cheerfulness and enthusiasm is your springboard to greatness as a Sunrider business builder, no matter what is going on around you.



Learn Your Product Well

The twenty percent of business effectiveness that comes from product knowledge and professional skills is terribly important as well. It is only when you are thoroughly knowledgeable about what

Sunrider offers and thoroughly skillful in your ability to present it effectively that you develop the calmness and confidence upon which a positive mental attitude depends.

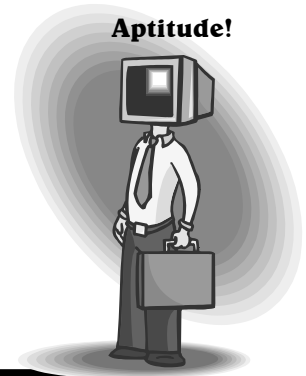
Upgrade The Quality of Your Thinking

The quality of your thinking determines the quality of your life. If you improve the quality of your thinking, in any area, you improve the quality of your life in that area. By using your mind, your ability to think, you



Attitude!

Vs



become a creator of circumstances rather than a creature of circumstances. You move from being powerless to being powerful. You determine everything that happens to you by the way you think about it, in advance. You may not be what you think you are, but what you think, you are!

Change Your Inner Attitudes of Mind

The most rapid and positive changes in your personality and your Sunrider business results come about when you change your thinking about yourself and your possibilities with Sunrider. When you reprogram your subconscious mind so you feel a sense of unshakable optimism and self-confidence, every part of your life begins improving immediately. As William James of Harvard wrote in 1905, "The greatest revolution of my generation is the discovery that individuals, by changing their inner attitudes of mind, can change the outer aspects of their lives."

Expect The Best

The very best people in Sunrider have an attitude of calm, confident, positive self-expectation. They feel good about themselves and they have absolute faith that everything they are doing is contributing toward their inevitable success. They are cool, relaxed, happy and cheerful about their lives and their Sunrider business. They know, deep in their hearts, that they are good at what they do, and the ones around them know it as well. Often, their customers decide to buy from them even before they've made a presentation or described their product or service. They are the champions, or superstars, of the Sunrider business everywhere. And you can be one of them by developing the same attitudes and attributes that they have.



From:



Address Correction Requested

To:



I hope this gets there on time!!

Step one of the stress seminar is entitled. "Learning to Relax."

"I see we forgot to take our ESE today!"

