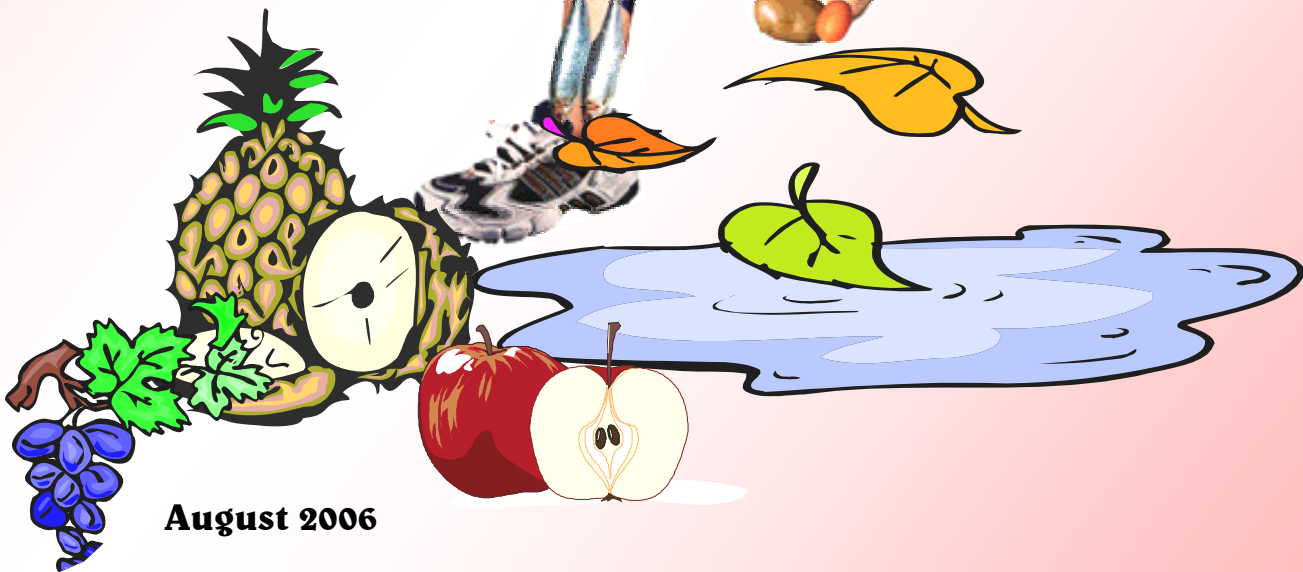




# IN-DEPTH

**"Everyone's Sunrider  
Newsletter"**

**"You Are  
What You  
Eat!!"**



**August 2006**

# 5 Tips for Controlling Your Portions

By Lynn Grieger RD, CDE

We're overeating. To the tune 500 calories per day. That's how many more calories we routinely eat today versus 30 years ago. No wonder we're gaining weight!

Where do the extra calories come from? Sweetened beverages and fast food are two oft-mentioned culprits, but I put my money on expanding portion sizes contributing to our expanding waistlines.

You've probably encountered one of the Frisbee-size cookies strategically placed next to the cash register at delis and quick stops. Did you know that those cookies are 700 times bigger than a standard cookie? Virtually every kind of food is now larger than it used to be: Muffins are 333 percent larger; pasta servings, 450 percent larger; and bagels, 200 percent bigger than they were 30 years ago.

## Fight back with reasonably sized portions

Use these five commonsense tips to take back control of the amount of food you eat. By getting back to realistic portions, you can enjoy your favorite foods without guilt and maintain a healthy weight!

### Measure!

If you want to know how much you're eating, you simply have to break out the measuring cups and spoons. Pour a typical bowl of breakfast cereal, then measure the amount in your bowl. Compare that to the serving size listed on the label, and adjust the amount in your bowl accordingly. Do the same for everything you eat, and you'll see exactly where you can make changes.

### Take the quiz

Check out the portion quiz from the Department of Health and Human Services. You'll find that 20 years ago a standard cup of coffee was eight ounces (quick — how many ounces does your coffee mug hold?) and had 45 calories from added milk and sugar. Today's regular coffee is twice as big, at 16 ounces, and contains 350 calories from added milk and sugar. Makes you rethink that morning cup of Joe, doesn't it?

### Purchase calorie-portioned foods

I love the new 100-calorie snacks, already portioned for us. No more guesswork or reading labels and then counting out the exact number of cookies or crackers in a serving. We can eat the whole bag and still feel proud of ourselves because it's only one serving. You can accomplish the same thing if

you prefer to purchase in bulk by simply pre-portioning your food into serving-size bags. It takes a bit more time, but it's cheaper in the long run.

## Use smaller plates and bowls

How big is your dinner plate? A standard dinner plate was 10 inches in diameter 30 years back, but many are now 12 inches — with 40 percent more room for food! While you're measuring your food portions, measure your plates and dishes as well. If yours are too big, it's time to purchase new, smaller dishes to help rein in expanding portions.

### Our recommended sizes:

**10-inch dinner plate**

**8-inch lunch plate**

**5.5-ounce cereal or soup bowl**

**6.5-ounce beverage glass**

## Use your hands

It's not convenient to carry around measuring cups all the time, but your hands are always available! Use these comparisons to estimate portion sizes when you're eating out or at a friend's house:

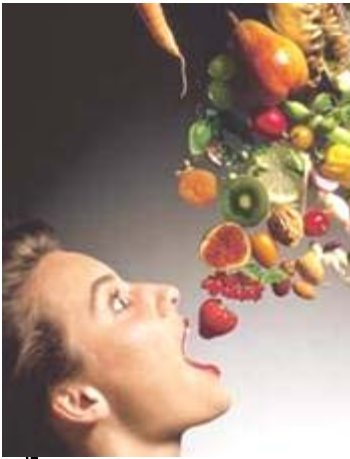
A woman's fist or a baseball — one cup serving of vegetables or fruit

- A rounded handful — about one-half cup cooked or raw veggies or cut fruit, a piece of fruit, or one-half cup of cooked rice or pasta; also a good measure for a snack serving, such as chips or pretzels

- A deck of cards or the palm of your hand (don't count your fingers!) — a three-ounce serving of meat, fish or poultry

- A golf ball or large egg — one-quarter cup of dried fruit or nuts
- A tennis ball — about one cup of ice cream, potato, pasta or rice
- A computer mouse — about the size of a small baked potato
- A compact disc — about the size of one serving of pancake or small waffle
- A thumb tip — about one teaspoon of peanut butter or margarine
- A Ping-Pong ball — two tablespoons of peanut butter or salad dressing





## FRESH VEGETABLE AND FRUIT JUICES

Dr. Walker was born January 28, 1867 and I have been told he died in December 1985. Dr. Walker began his journey into nutrition in his early 50s after he became very ill. At the suggestion of Dr. H. William

Baum, a chiropractor in New York City, Dr. Walker rejected the medical route, turned his back on the Sad American Diet of his day, and changed his diet to raw vegetarian. Not only did he recover from all of his physical problems, but he went on to live to the ripe old age of almost 120.

Dr. Walker was the "inventor" of carrot juice and became a prolific writer. You and you alone are responsible for the result of how you nourish your body. The LIFE in your food is what counts. Your body is composed of billions of microscopic cells. Your very existence depends on them. They need nourishment, live, active nourishment. It depends on you, and on you alone, whether the food you eat results in nutrition or malnutrition!

**ENZYMES** - The basic key to the efficacy of nourishing your body is the life which is present in your food and of those intangible elements known as enzymes.

In other words, the element which enables the body to be nourished and live, that element which is hidden within the seeds of plants and in the sprouting and growth of plants is a life principle known as enzymes.

Enzymes have been described as complex substances which enable us to digest food and to absorb it into our blood. It has also been claimed that enzymes digest cancers.

In order to perform such classified operations, enzymes would require a body of some kind, a physical or material organism. This they do not have, any more than electricity with its multitude of phases, such as voltage, amperage, wattage, etc., does not have substance, but it activates substances of which it is not an integral part. Thus enzymes are not 'substances.' Enzymes are an intangible magnetic Cosmic Energy of Life Principle (not a substance), which is intimately involved in the action and activity of every atom in the human body, in vegetation, and in every form of life.

Once we get this clearly into our consciousness, we will know definitely why our food should be intelligently and properly selected, and why it should be raw, uncooked and unprocessed.

We cannot have life and death at the same time, either in connection with our body, or with vegetables, fruits, nuts and seeds. Where there is life, there are enzymes. Enzymes are sensitive to temperatures above 118 degrees Fahrenheit [We teach 107 degrees]. Above 120 degrees enzymes become sluggish, just as the human body becomes languid and relaxed in a hot bath. At 130 degrees, the life of enzymes is extinct. They are dead.

Within seeds, enzymes are in a dormant state, and under proper conditions will remain in a state of suspended animation for hundreds and thousands of years.

Life as LIFE cannot be explained, so we describe enzymes as a vibration which promotes a chemical action or change in atoms and molecules, causing a reaction, without changing, destroying or using up the enzymes themselves in the process.

In other words, enzymes are catalysts and as such they promote action or change without altering or changing their own status.



With this brief explanation, you are better able to appreciate the value, reason, logic and intelligence of choosing the food with which you intend to nourish your body, not only food in the raw state, but also food used and prepared so that it will nourish the cells and tissues of your body in the most speedy and efficient manner possible.

The great Law of Life is replenishment. If we do not eat, we die. Just as surely, if we do not eat the kind of food which will nourish the body

constructively, we not only die prematurely but we suffer along the way.

Our body needs to be supplied daily with the same elements with which it is composed. Due thought, attention and consideration to the other two parts of our being, namely our mind and spirit, provides our total life with complete health. We can eat the finest and most constructive food in creation, but this will not prevent the disintegration of the body if resentments, fear, worry, frustration and negative states of mind are permitted to obsess us.

Health is the indisputable foundation for the satisfaction of life. Everything of domestic joy or occupational success

must be built on body wholesomeness and vitality..."

"Nutrition must be vital or ORGANIC. Salts and mineral matter must be vitally organic in order that they may be assimilated by the human body for the rebuilding and regeneration of the body cells and tissues.

The rays of the sun send billions of atoms into plant life, activating the enzymes and by this force they change inorganic elements into organic or life-containing elements for food. . . .

Our body is made up of many atomic elements. The principle ones are oxygen, carbon, hydrogen, nitrogen, calcium, phosphorus, potassium, sulfur, sodium, magnesium, iron, iodine, chlorine, fluorine, silicon, and manganese.

Except for accidents, all the repair and regeneration of our body must come from within. The body is out of balance when the blood stream, cells, tissues, organs, glands and the rest of the body do not contain these elements in proper proportion or are deficient. The result is a condition that is just plain poisonous. It is called toxemia.

In order to regain and maintain the proper balance of health, most of the food we eat must contain live, vital organic elements. These elements are found in fresh raw vegetables, fruits, nuts and seeds.

Oxygen is one of the most essential elements. As soon as food is cooked, its oxygen is lost. The enzymes are destroyed at 130 degrees, and most of the vital force needed for nourishment is dissipated.

The fact that for generations millions upon millions of people have lived and are living who have rarely if ever eaten anything but cooked foods does not prove that their being alive is the result of eating cooked foods. As a matter of fact, they are in a state of decadent existence which is confirmed by the toxic condition of their bodies. Else, . . . why such a high rate of heart trouble, diabetes, cancer, emphysema, premature senility and premature deaths?

When we eat anything that is 'not good' for us or that is incompatible with our nutritional requirements and balance, we suffer. We are warned and punished by pain or by cramps, leading eventually to disease and perhaps to any one or more of the infinite number of ailments which afflict humanity.

Such punishment may not manifest immediately, nor be immediately apparent, but because of the body's miraculous tolerance we will be kept waiting for days, perhaps months or maybe years, before the long-range retribution called for by Nature for the infraction of her laws catches up with us.

Once we discover the natural means to regain and to maintain our health at a high rate of vibration, we experience the bliss which results from putting that discovery into daily practice. It seems both strange and pitiful that so many people will not consider the matter but will deliberately continue into inevitable toxemia decadence. Mental and intestinal fortitude coupled with a little study could help them avoid premature and often painful disintegration.



#### WHY NOT EAT THE VEGETABLES?

Without the knowledge of the principles involved in the use of fresh, raw vegetable and fruit juices, one would naturally ask: 'Why not eat the **WHOLE** vegetable and fruit instead of extracting the

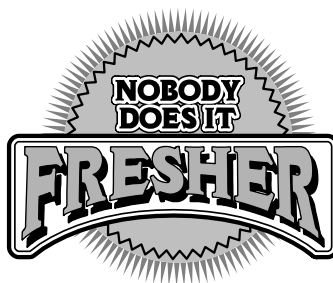
juice and discarding the fibers?'

The answer is simple: solid food requires many hours of digestive activity before its nourishment is finally available to the cells and tissues of the body. While the fibers in solid food have virtually no nourishing value, they do act as an intestinal broom during the peristaltic activity of the intestines, hence the need to eat raw foods in addition to drinking juices. However, the removal of the fibers in the extraction of the juices enables juices to be very quickly digested and assimilated, sometimes in a matter of minutes, with a minimum of effort and exertion on the part of the digestive system. . . .

Whole vegetables and fruits are composed of a considerable quantity of fibers. Within the interstices of these fibers are enclosed the atoms and molecules which are the essential nutritional elements we need. It is these atoms and molecules and their respective enzymes in the fresh raw juices, which aid the speedy nourishment of cells and tissues, glands, organs and every part of our body. . . .

The juices extracted from fresh raw vegetables and fruits are the means by which we can furnish all the cells and tissues of the body with the elements and nutritional enzymes they need in the manner they can be most readily digested and assimilated. . . ."

Sunrider Whole Foods has taken the work and mess out of Juicing your fresh fruits and Vegetables and has formulated them to be in tact, with live enzymes to fortify your bodies. They are highly concentrated



# “Give Me Some Good Reasons WHY I Should Eat Sunrider Foods!”

## 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

## 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
- Gives better complexion

## Beauty Pearl

- Helps with mood swings
- Moderates and stabilizes natural processes of the hormone system for both men and women
- Helps PMS symptoms and hot flashes
- Helps men feel more centered and able to deal with anger
- Helps control acne and other hormone-related skin conditions
- Contains Korean Ginseng which nourishes the muscles, and benefits the nervous systems
- Contains Royal Jelly which nourishes the skin
- Contains amino acids or protein, pantothenic acid, B Vitamins and other minerals
- Contains Chrysanthemum Flower Extract which is known for its anti-infection, anti-inflammatory and cell nourishing properties.
- Beneficial for cell nourishment and assimilation of other vitamins and minerals. Enables the body to assimilate and ingest all-important calcium more efficiently
- Improves skin texture and skin conditions

## HerbCal

- Essential to build and maintain good bone health

- Reduces risk of osteoporosis
- Is optimally absorbable; most over-the-counter do not get into the blood stream to be distributed throughout our bodies but this one does
- Contains 3 forms of calcium: calcium carbonate, calcium citrate and calcium gluconate; each type has different absorption making it easier for the body to assimilate and utilize the calcium for maximum benefit.
- Includes several ingredients designed to enhance absorption and effectiveness of calcium.

Includes Vitamin D2 to work with calcium for improved bone strength and density and aid in calcium absorption

- Contains Magnesium that also helps aid absorption

## 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.

## Citric C Tabs

Not a synthetic vitamin - is a natural source making it more likely to be absorbed and available to our bodies. Too much synthetic forms of vitamin C can deplete the liver of stored vitamins and minerals causing imbalances in the body and may result in symptoms such as diarrhea, nausea, or dysurea (burning

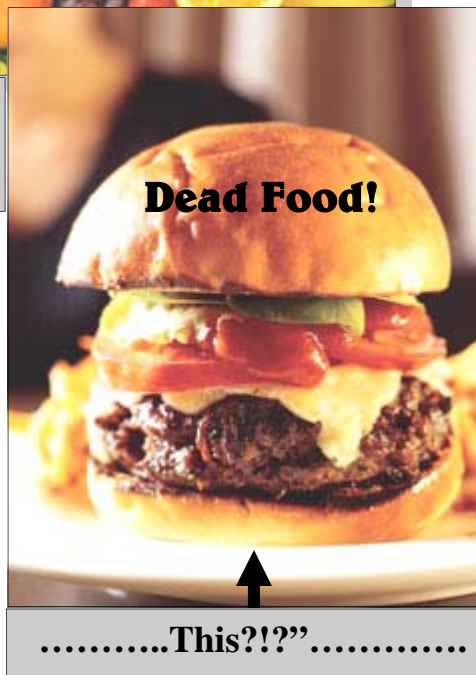
with urination).

- Has expanded antioxidant benefits
- Contains bioflavonoids which possess antiviral, anti-carcinogenic, anti-inflammatory, anti-histamine, antioxidant activities.
- Contains polyphenols
- Boosts immunity, assists healing, especially the skin and connective tissues, helps in forming red blood cells and acts as an antihistamine which may be very useful for those with allergies.
- Is a "stress vitamin" and is used up rapidly in times of mental and/or physical stress
- Is an "essential" nutrient which means that we do not have the ability to produce it in our bodies and must get it



**Live Food!**

↑  
Would you rather have this?...OR...



**Dead Food!**

↑  
.....This?!?".....

through our diet

### **Dandelion Root**

- Nourishes the liver
- High in calcium
- Aids skin problems
- Detoxifies poisons and toxic waste in the body
- Natural source of protein
- Very high in Vitamins A, B, C and E
- Rich in potassium, calcium and natural sodium with some phosphorous and iron
- Good for teens with acne because it helps to clean the blood and helps with liver function
- Has been taken by expectant mothers to help keep their blood nourished instead of taking constipating iron supplements

### **Dr.Chen's Men's Formula**

- Nourishes prostate glands
- Promotes smooth urinary flow
- Aids digestion
- May stop hair loss

### **Dong Quai**

- May alleviate hot flashes and female problems
- Rich in vitamins A, B-12 and E
- Aids in change-of-life challenges like hot flashes, and problems with the female cycle
- Nourishes and strengthens the smooth and small muscles
- Has anti-viral activity
- Anti-inflammatory
- Anti-bacterial
- Anti-fungal
- Produces a tranquilizing effect upon the cerebral nerves

### **ESE**

- Helps us to be at "ease" or cope with stress
- Nourishes the central nervous system
- Helpful to feed the neuro-transmitters in the brain, helping our thought messages to get to where they are meant to go
- Very good for hyperactive children or nervous adults or someone with a stressful lifestyle
- Good for students studying for exams
- Called a brain food
- Helps to have a more restful sleep, especially when taken with Calli Night tea
- Helps with mental clarity and seems to improve our mental powers to focus and concentrate
- May help some older people who seem confused and forgetful
- Good food for thought processes

### **ElectroSport**

- Helps replenish fluids, electrolytes and minerals lost during strenuous activity
- Effective mineral source
- Provides defense against free radicals

- Contains a synergistic combination of easily assimilated minerals including calcium, potassium, magnesium, zinc, iron, manganese, chromium and selenium

Most popular forms of mineral supplements today are indigestible by the human body. With ElectroSport, Sunrider has developed a concentrated, stable and highly assimilable liquid mineral supplement

- Is an electrolyte refresher
- Helps fight free radicals in the body that damage cells and organs. A recent issue in Time Magazine stated: "Free radicals are cellular renegades. They wreak havoc by damaging DNA, altering biochemical compounds, corroding cell membranes and killing cells outright. Such molecular mayhem, scientists increasingly believe, plays a major role in the development of many ailments. Many researchers are convinced that the cumulative effects of free radicals also underlie the gradual deterioration that is the hallmark of aging in all individuals, healthy as well as sick."
- An excellent source of easily assimilated antioxidants (which work by preventing free radicals from oxidizing or damaging healthy cells and tissues). Research has concluded that antioxidants can effectively neutralize free radicals

Each vial must be consumed within 24 hours, since this formula is a food and spoils within that time if not used

### **Evergreen**

- Concentrated liquid chlorophyll
  - Rich in trace minerals - iron and zinc, calcium
  - Strengthens lining of gastrointestinal-intestinal tract
  - Aids absorption problems
  - Speeds up healing
  - Historically been used to help burns, bad breath and gums
  - Enhances immunity – helps body ward off infection
  - Promotes healthy tissues
  - Detoxifies and purifies cells
  - Builds blood since it is rich in an iron form the body can use
  - Can help lubricate the ileocecal valve that opens and shuts allowing food and waste to move from the small to the large intestine
  - Sweetens breath and helps with body odors
  - Can neutralize gas
  - Regulates water functions of the body
- When consumed first thing in the morning with water on an empty stomach, may help rid the kidneys and bladder of stored urine and uric acid that collects during the night
- Beneficial for expecting mothers for nausea or morning sickness
  - Beneficial to add to newborn babies water to help with colic
  - Body best uses chlorophyll in natural OIL SOLUBLE state. However all chlorophyll supplements (except Sunrider) in order to remain stable and not spoil are chemically altered into a water soluble state during processing and the body does not receive as much benefit from them.

Consumed within 24 hours of opening the vial.

### **Fibertone**

- Contains grain and vegetable fiber
- Contains unique blend of soluble and insoluble fiber
- Massages the intestinal tract
- Pulls out acid waste
- Removes debris in intestinal tract
- Gets rid of excess mucous
- Not habit forming
- Activates peristaltic process
- Not a laxative
- Assists in cleansing action

### **Golden Seal**

Sunrider has only 2 medicinal herbs – Golden Seal and White Willow Bark. Since Golden Seal is a MEDICINAL HERB IT IS NOT RECOMMENDED to eat it on a permanent basis. Eat only when and as needed. (2 per day for 10 days only)

- Is a natural antibiotic and can be taken any time a person needs an antibiotic
- Is mild and does not destroy the friendly bacteria
- Effectively tones the mucous membranes and other tissues it contacts
- Increases and improves the appetite, gastric secretions and flow of bile and aids in digestion
- Beneficial in relieving congestion and fighting infection
- Special aid for the liver, gall bladder, circulation and veins
- Aids the eyes as it contains Hydrastine, commonly used in commercial eye drops like “Visine”

### **JOI**

- Helps joints, nourishes our skeletal and muscular systems
- Nourishes bones and muscles
- Good for broken bones, or bruises

### **Korean Ginseng**

- The Chinese claim Ginseng is a cardiovascular tonic strengthening the circulatory system
- Nourishes and strengthens the liver function
- Helps nourish and build bone marrow
- Nourishes the adrenals
- Over-all tonic for our entire system
- Stimulates mental and physical vigor
- Has beneficial effect on pituitary and adrenal glands
- Increases and strengthens the body’s entire defense mechanism
- Korean Ginseng is cooling to the body while Siberian Ginseng is warming to the body

With Korean White Ginseng, Dr. Chen uses only the inside of the bark, which is the strongest source of nutrients. Other companies use the whole herb which has weaker properties and nutrients, therefore selling their product much cheaper; Sunrider Korean Ginseng is more concentrated and pure.

### **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

### **Metabalance 44**

A full range of 44 vitamins, minerals in an herb base, easily assimilated by the body.

- Provides complete combination of known and needed nutrients including 12 water-soluble vitamins, 3 fat-soluble vitamins, 5 macro minerals, 6 trace minerals, 8 special purpose food elements and 10 high-nutrient foods.
- Fabulous combination of herbs/foods enhanced with specific vitamins and minerals in a balanced formula, ideal to give your body an extra nutritional edge
- Wonderful for pregnant women as it has all necessary nutrients for healthy fetal development, including folic acid

### **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

### **Sport Caps**

- Helps flush out lactic and/or uric acid trapped in muscles
- Contains Bee Pollen known as a blood builder, aids endurance
- Contains Ginseng to boost energy, aid body metabolism, tonic for cardiovascular system, strengthens liver, bone marrow and adrenals
- Contains Chinese Knot Grass to boost kidney function, preventing muscle cramping and aid recovery time for athlete's muscles
- Contains Cassia Tora to help strengthen body and help cleanse lungs
- Contains Boshinocia Herb which is a good body tonic, and humectants to improve body water to cells to help prevent dehydration.
- Nourish and satisfy an active body with nutritious, specifically concentrated enhanced high-performance foods like bee pollen, alfalfa, rose hips and kelp which are blended

with the herb foods  
Naturally contains a high concentration of vitamins and minerals in their whole form

### **Spirulina**

- Is a small algae that grows in alkaline water. Is a complete vegetable producing protein
- Seems to protect cell life and help endurance
- Helps cleanse the intestinal tract
- Relaxes smooth muscle of the bowels
- Helps produce green pigments produced by the spleen and liver such as Bilirubin (bile pigment) used in the purification of the blood and detoxification of bacterial and mineral poisons
- Has 3 times the protein value of beef, with nearly twice the protein content of soybeans, and 9 times the value of rice
- Rich in over 18 amino acids
- Helps curb appetite while feeding us nutritiously
- Rich in Beta Carotene, or Vitamin A. High source of Vitamin B12
- Rich in iron, phosphorous, calcium, zinc, potassium, magnesium
- Has trace elements of selenium and chromium

### **Energy Plus**

- Contains vitamin E, Lecithin, Korean White Ginseng, Bee Pollen and Wheat Germ Oil Vitamin E is widely recognized to be good for the heart.
- Each capsule contains 200 IU Vit.E Contains several beneficial herbs: Wheat Germ Oil which has a positive benefit for the heart; Lecithin which is a fat emulsifier (helps dissolve fat); Korean White Ginseng which nourishes the muscles and helps with energy; Bee Pollen which is also great for energy and improves the immune system.
- Nourishes the male reproductive system through Bee Pollen
- Is a blood builder
- Helps fat emulsify and helps the body burn up fat

### **SunnyDew**

- Balances blood sugars
- Enhances glucose balancing
- More even energy flow
- Improves muscle density
- Better and faster muscle recovery after exercise
- Improves ability of the body to burn fat
- Improves thinking capacity
- Lessens tissue degeneration
- Anti-fungal
- Anti-bacterial
- Anti-yeast
- Topical skin care - healing agent
- Non fermenting
- Non toxic
- Nourishes the adrenals
- Nourishes the pancreas and improves pancreas activity

### **Sunny Fresh**

- Aids voice and throat
- Good for coughs, colds and helps open up sinus passages
- Soothing for sore throats

### **TOP**

- Nourishes the central nervous system
- Nourishes the brain, more specifically the lower lobe of the brain called the Occipital. This part of the brain has the ability to produce endorphins which is a natural pain killing hormone
- Is a natural pain reliever; helps deal with pain. Won't take away severe pain, but helps you deal with the pain.

### **Vitadophilus**

The Lactobacillus Acidophilus is suspended in an apple base thereby protecting each live friendly bacteria from the being destroyed by stomach acid. Allows the good bacteria can get to the intestinal tract where it can do the best job

- Boosts the defense system and helps with energy
- Contains 20 million live Lactobacillus Acidophilus microorganisms

### **Vita Fruit**

- Best source of bioflavonoids, vitamins, minerals, and carotenoids
- Beneficial for tissue repair throughout the entire body
- Great antioxidant in a honey-base to preserve the high level of nutrients
- Nutrients are in whole state

### **Vitataste**

- Helps curb cravings and addictions i.e.: sugar, alcohol, tobacco, chocolate, coffee, etc.
- Nourishes the pancreas, boosting its efficiency to do its job Eating two or three capsules per day can be very beneficial in helping people transition away from whatever cravings they may have.

### **VitaSpray**

- Contains all of the B-complex family, B1, B2, B3, B5, B6 and B12
- Provides the body with energy by aiding in conversion of carbohydrates to glucose which the body "burns" to produce energy.

B vitamins are vital in the metabolism of fats and protein and play an important part in the formation of red blood cells in preventing anemia. Are also essential to proper function of the nervous system, and necessary for maintenance of muscle tone in the gastrointestinal tract, healthy skin, hair, eyes, mouth and liver.

- Also contains Vitamin. C, citrus bioflavonoids, bromelain, calcium, potassium, magnesium, zinc, biotin, iron, manganese, chromium and selenium.



“Let’s  
Talk  
Business!”

Work like it’s  
the day  
before  
vacation!



“... Move on  
to the next  
task. . . .”

**O**ften we don’t have a sense of urgency to get something done until a deadline is right on top of us.

Take for example, when we must sit down to make some Sunrider business phone calls, we are distracted by the 573 other things that need done. We jump from one thing to another without completing anything. We end up being busy, but not doing a single thing to move our Sunrider businesses forward.

Do you know when most company incentive trips are earned? During the last month of the contest period—often on the very last possible day. Why is this? It’s because people didn’t work steadily and consistently throughout the whole contest period. They procrastinated because they had a false sense of security in believing they had a lot of time to earn their quota. They didn’t work with a sense of urgency from day one.

Some people may say they work better under pressure. The truth is none of us works better under pressure—it’s just that we finally do the work. Anyone who believes they work better under pressure is perpetuating a myth that allows them to procrastinate. Don’t you fall into that same trap.

### **What happens the day before you go on vacation?**

Isn’t it amazing how much work you get done? Why is that? It’s because you have deadline when you need to get things completed. You finish one task and you move onto the next one with a sense of urgency.

Experts tells us “When you finish something, move on to the next task. Never allow yourself to have idle time.” That is a powerful but simple message!

Get into the habit of working every day like it’s the day before vacation. The reward is the peace and calmness you will feel (and you’re family will feel) because you’re not running around at the last minute trying to squeeze a week of preparations into the last few hours before you leave on vacation or before you must meet a business deadline.

What can you be doing **right now** with a sense of urgency to move your Sunrider business forward? My guess is that you have a whole list of people who need you to follow up with them on the phone. Is that right? What is preventing you from picking up the phone and making those calls right now—and then what will prevent you from moving on to the next task after you’ve finished with your calls? You see, it’s about discipline—doing the things you need to do and doing them now. You can bet the successful people in Sunrider are doing what they need to do right now--won’t you join them?



**From:**



**Address Correction Requested**

**To:**



**Did you know...?**

The average digestive tract is roughly the length of a Greyhound bus.  
An average stool is 75 per cent water.  
The remainder is made up of fiber, dead cells and bacteria.

The acids in your stomach are so strong, they kill bacteria and are similar to those used in industrial metal cleaner.