

IN-DEPTH

**“Everyone’s Sunrider
Newsletter”**

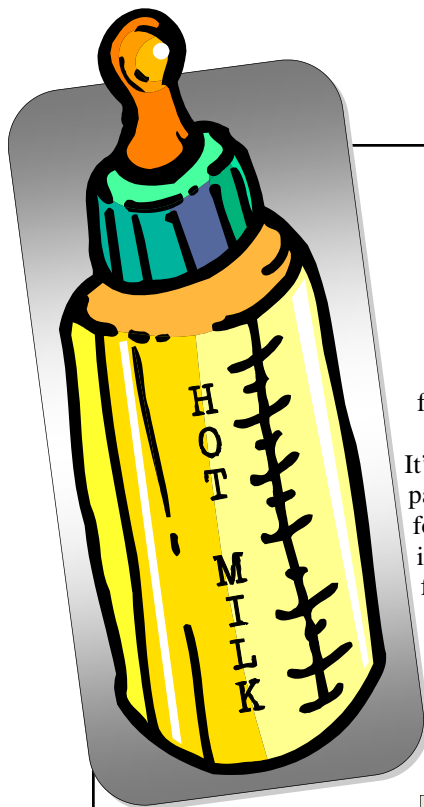


Pregnancy &



Babies

June 2005



The unbottled truth about formula

By John Hoffman
from TodaysParent.com

It's a safe bet that most parents who use infant formula know little about it. One reason is the difficulty in finding an unbiased, unpoliticized source of information about formula.

There are those who would prefer parents

didn't use it; they don't like to talk for fear of promoting formula. Others openly promote it, offering vague and sometimes misleading marketing info but few details. Still others try to be more balanced, but in an attempt to avoid guilt trips, they soft-pedal the differences between formula and human milk.

What is in formula?

Most infant formula comes from cow's milk (the exception is soy formula), but a lot has to happen before it goes from the cow to the can and, ultimately, babies. The short, blunt version is that the manufacturing process literally takes cow's milk apart and puts it back together again with some components left out and others added.

Cow's milk is very high in saturated fat, which human babies have trouble digesting, and low in monounsaturates, the main fats in human milk. So the first step is to remove all the fat. The resulting skim milk is heated, then dehydrated if it's going to be in powdered form. Then new fats, in the form of vegetable oil blends, are added along with proteins, milk sugar (lactose) and a long list of nutrients, vitamins and minerals that are required by federal regulation to approximate their levels in breast milk.

Cow's milk has three times as much protein as breast milk. Calves need this because they grow so quickly, but for human babies it would put too much of a load on the liver and kidneys. Cow's milk also has a higher proportion of casein to whey — the two kinds of proteins in mammal milks — than breast milk does. So formula manufacturers must reduce the overall amount of protein and add extra whey to mimic the protein balance found in breast milk.

Other ingredients prevent the mixture from separating or going bad. Some formulas have thickeners, and specialized formulas for premature babies have enhanced levels of nutrients. Any newly developed formula must meet a number of safety and nutritional standards, including clinical evidence that it is nutritionally adequate to promote normal growth.

What are the risks associated with Formula?

There are risks associated with formula feeding. To help mitigate them, parents need to fully understand them.

Improper mixing: Formula should be mixed exactly according to directions. Some parents have made mistakes, sometimes because of literacy or lan-

guage problems. Some have over-diluted powdered formula, which can lead to malnutrition, or failed to properly dilute concentrated liquid formula, sometimes in a misguided attempt to increase nutrients. The result can be dehydration and kidney problems.

Contamination: Formula manufacturers say their quality control and product safety are the tightest in the food industry. Still, any man-made food carries the risk of contamination. In recent years there have been several small, isolated outbreaks of serious illness and a few deaths (mostly premature babies or those with immune problems) caused by a bacterium called *E. sakazakii* which was found to have come from powdered formula. (The outbreaks prompted Health Canada to recommend liquid formula — which is less likely than powder to be contaminated — for bottle-fed babies who are immuno-compromised or in intensive care.)

(Continued on page 3)



(Continued from page 2)

The take-home message is that powdered infant formula is not a sterile product and must be handled and stored properly. Dawn Walker, a nurse and former executive director of the Canadian Institute of Child Health, says that one of the most common infant feeding questions she hears is, "Can I reheat formula?" "The answer is no," Walker says. "Once formula has been warmed up for use, if you reheat it, bacteria growth increases exponentially. It's very risky."

Illness: Statistically, formula-fed babies are more likely to get colds, ear infections, milk allergies, diarrhea, urinary tract infections and bacterial meningitis.

How much more likely? That's hard to say. Obviously, few babies (formula fed or not) get meningitis, so the risk is very low to begin with. With more common illnesses like ear infections, other factors also increase the risk — such as whether mom smokes or the child is in group day-care. One large study of two- to seven-month-old babies found that the risk of ear infection increased with the proportion of formula in the child's diet; those fed entirely on formula were twice as likely (13.2 percent) as those who breastfed exclusively (6.8 percent) to have had an ear infection in the past month.

Bottle-fed infants are also at greater risk for becoming overweight; they grow and gain weight more quickly and, on average, are less lean than breastfed babies. One large German study of five- and six-year-olds found a 4.5 percent rate of obesity among those who had been bottle-fed, compared with 2.8 percent for breastfed children. Since it's mom or dad who decides how much goes in the bottle and when, a formula-fed baby may not learn to read his body's signals as easily as one who nurses on demand. Stephanie Atkinson, professor of nutrition in pediatrics at McMaster University, comments, "I'm concerned that there may be some kind of metabolic programming going on that may explain the increased rates of obesity in formula-fed children."

Another concern is that formula-fed children may face an increased risk for developing Type 1 diabetes. Some studies have found a higher incidence in children who were exclusively formula-fed or who were breastfed for less than three months. Other research has found that early exposure to cow's milk increases

the likelihood of developing a type of antibody that can be found in children with diabetes. No clear link has been established, but a major ten-year international study was launched in 2002 to compare the rates of Type 1 diabetes in babies fed standard formula versus those fed hydrolyzed formula.

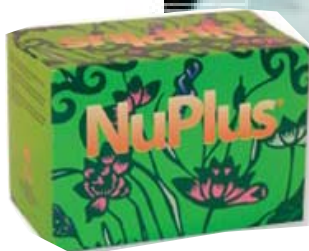
When you add up all the risk factors, it sounds daunting. However, trying to predict the likelihood that any one child will get any one illness is impossible. Likewise, lower risk is no guarantee; some breastfed babies get ear infections and some bottle-fed babies don't.

Keeping a balanced diet is essential for health. Our daily food intake, unfortunately, is often unbalanced. Sunrider's most basic herbal food is formulated with herbal ingredients that serve as a foundation on which to build a healthy diet and to fill in nutritional gaps.

NuPlus Concentrated Herbal Food blends herbal tradition and nutritional science. It's a balanced herbal formula based on the Chinese tradition of health maintenance through proper nutrition. Sunrider owner expertise integrates the Philosophy of Regeneration—to nourish (Yin) and cleanse (Yang) the body—with sound nutritional research.

It's naturally low in calories, fat and cholesterol, and makes a smart choice to consume in between meals and at any time throughout the day. The all-natural, superior ingredients avoid chemical isolates, preservatives, added sweeteners or fat.

Formulation : The unique NuPlus formulation incorporates the best of Chinese herbal traditions, which is to nourish (Yin) and cleanse (Yang) the body. Our formulations incorporate many ingredients that adhere to the Five Color Philosophy.



Five Color Philosophy
The five beans in the NuPlus formula nourish the entire body as well as the five key organs:





Pregnancy and Nutrition

What a pregnant woman eats in the first few days after conceiving could have an important impact on the health of her child, according to a report in *New Scientist* magazine.

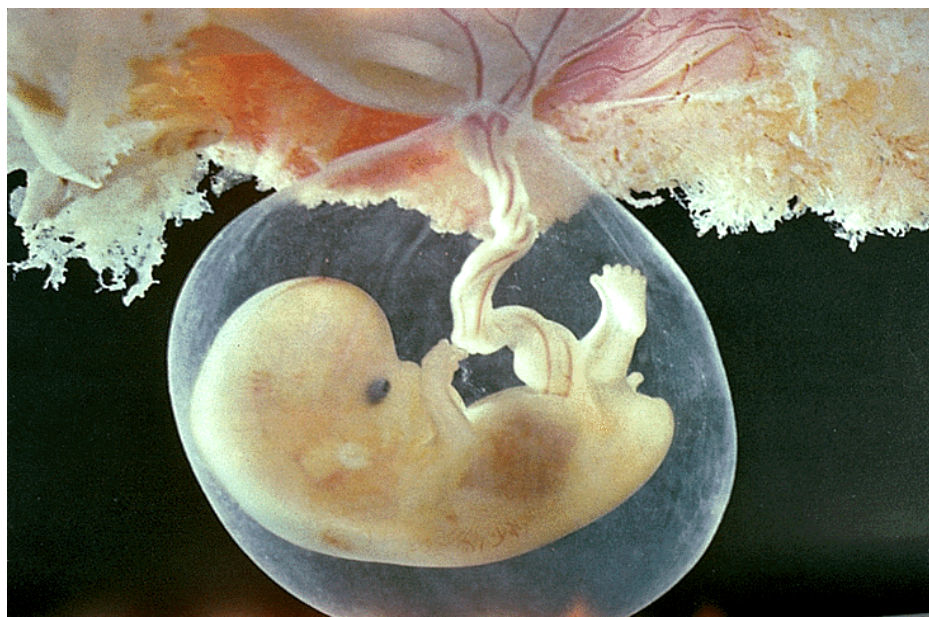
A woman's diet can affect whether her child will suffer health problems such as diabetes, high blood pressure and strokes later in life because an embryo programs its rate of development according to its environment.

"Now a team led by Tom Fleming of the University of Southampton (in England) suggests that programming may take place in the four or five days following fertilization, before the embryo even implants in the womb," the weekly magazine said.

The researchers fed rats a low-protein diet for four and a quarter days after they mated, the normal time between conception and implantation, and a normal diet for the remainder of their pregnancy.

Female rats born to the mothers had low birth weights but went through a spurt before reaching a normal weight. The males were born with an average weight but had abnormal growth patterns and developed enlarged kidneys, high blood pressure and small livers.

"When the team took early embryos from mother rats on the restricted diet and counted their cells, they found that these embryos had fewer cells than expected because they had gone through fewer divisions," the magazine added.



The researchers think the mother's nutrition affects how the embryo's genes are expressed. The same could apply to humans, they say.

Nutrition:

Becoming healthy before becoming pregnant:
Pre-conception nutrition is a vital part of preparing for pregnancy. Factors such as a woman's weight compared to her height and what she eats can play an important role in a mother's health during pregnancy and the health of her developing fetus.

Pre-pregnancy weight:

A mother's pre-pregnancy weight has a direct influence on her baby's birth weight. Studies show that underweight women are more likely to give birth to small babies, even though they may gain the same amount in pregnancy as normal weight women. Overweight women have increased risks for complications in pregnancy such as gestational diabetes or high blood pressure. Consult your physician about whether you need to lose or gain weight before becoming pregnant.

Pre-pregnancy nutrition:

Many women do not eat a well-balanced diet before pregnancy and may not have the proper nutritional status for the demands of pregnancy. Generally, a pregnant woman needs to add about 300 extra calories to meet the needs of her body and her developing fetus. However, those calories, as well as her entire diet, need to be healthy, balanced, and nutritious.

Using the food pyramid can help you plan the number of servings from each food group for a well-balanced diet. In addition, the following nutrients should be included in a woman's pre-conception diet and continued into pregnancy:

Folic acid:

The US Public Health Service recommends that all women of childbearing age consume 400 micrograms (0.4 mg) of folic acid each day.

Folic acid, a nutrient found in some green, leafy vegetables, most berries, nuts, beans, citrus fruits, fortified breakfast cereals, and some vitamin supplements can help reduce the risk of birth defects of the brain and spinal cord. However, a prenatal supplement does not replace a healthy diet.

Iron:

Many women have low iron stores as a result of monthly menstruation and diets low in iron. Building iron stores helps prepare a mother's body for the needs of the fetus during pregnancy. Good sources of iron include the following:

- meats - beef, pork, lamb, liver, and other organ meats
- poultry - chicken, duck, turkey, liver (especially dark meat)
- fish - shellfish, including clams, mussels, oysters, sardines, and anchovies
- leafy greens of the cabbage family, such as broccoli, kale, turnip greens, and collards
- legumes, such as lima beans and green peas; dry beans and peas, such as pinto beans, black-eyed peas, and canned baked beans
- yeast-leavened whole-wheat bread and rolls
- iron-enriched white bread, pasta, rice, and cereals

Calcium:

Preparing for pregnancy includes building healthy bones. If there is not enough calcium in the pregnancy diet, the fetus may draw calcium from the mother's bones, which can put women at risk for osteoporosis later in life. The recommended calcium intake for most non-pregnant women is 1,200 milligrams and an additional 400 milligrams is needed during pregnancy. Three or more servings of milk or other dairy products each day equals about 1,200 milligrams of calcium.

VitaSpray

The primary ingredient in VitaSpray is Vitamin B12, a water-soluble vitamin, part of the Vitamin B complex that is so important in the maintenance of optimum health. People following a strict vegetarian diet are more likely to

require B12 supplements, because B12 comes primarily from animal products, such as eggs, meat, poultry, shellfish and milk products.

Benefits

Vitamin B12 is important for metabolism, the formation of red blood cells and the maintenance of the central nervous system. *

Each spray of this specially formulated herbal complex provides 200% of the recommended daily value of vitamin B12, and is especially handy for people who have difficulty swallowing vitamin tablets and capsules.

Metabalance 44

Designed to be taken daily, Metabalance 44 soft-gel capsules are specially formulated with concentrated herbal ingredients as well as vitamins and minerals to enhance their inherent benefits.

Benefits

Each Metabalance 44 soft-gel capsule provides 80% of the recommended daily values for Vitamin C, 35% of the recommended daily values for Vitamin A and Iron and 8% of the recommended daily values for Calcium. Unlike other multivitamins, Metabalance 44 is enhanced with herbal ingredients in a unique formulation, so your body can better absorb the nutrients.

Herb Cal Tab

Using calcium mined from fossilized coral, chewable Herb Cal Tab is superior to other calcium supplements. It is formulated with concentrated herbal extracts, enzymes and Vitamin D2 to enhance absorption.

Benefits:

Calcium is necessary for building strong bones and teeth. Adequate intake of calcium may reduce the risk of osteoporosis. Regular exercise and a healthy diet with enough calcium is essential in building and maintaining good bone health during adolescence and early adulthood, and later in life, particularly in postmenopausal women. Calcium helps the nervous system work properly. It helps muscles contract and blood to clot.

A superior calcium supplement, Herb Cal Tab contains calcium from a combination of carbonate, citrate and gluconate forms that is mined from fossilized coral for purity. Many other brands contain calcium from oyster shell, which may contain lead, mercury, arsenic or other heavy metals from industrial run-off. Each tab contains 250 mg of Calcium, 25% of the recommended daily value.





Dental Care During Pregnancy

York University College of Dentistry and director of the College's Graduate Program in Clinical Research.

SunSmile Herbal Toothpaste

Concentrated SunSmile Herbal Toothpaste tastes so clean and fresh, even children like it, and it doesn't leave a gritty film on your teeth. It delivers powerful cleaning action without the potentially harmful ingredients found in regular toothpastes. Read the warning labels on retail brands, then feel the difference with SunSmile Herbal Toothpaste.

Recommended Usage: Brush your teeth regularly with SunSmile Herbal Toothpaste in the morning, after you eat, and at night. You will feel refreshed, smell great, and ready to smile all day long.

Oral Health Is Factor in Miscarriages

Healthy Mouth, Healthy Baby

Does the pregnant woman's diet affect the child's teeth?

Prevention of dental problems should ideally start during pregnancy. The pregnant woman should have wholesome and nutritious diet that would help in proper development of the growing fetus. The expectant mother should also have a diet that is rich in calcium to ensure the healthy development of the baby's bones and teeth. Good sources of calcium are cheese, milk, yogurt, leafy vegetables and dairy products. Good diet during pregnancy ensures to healthy teeth and bones in the child.

High levels of an oral bacterium associated with tooth decay and cavities place pregnant women at greater risk for delivering preterm low birth weight (PLBW) babies, according to a study published in the Journal of Periodontology.

This is the first research to associate preterm delivery with oral bacteria other than those that cause infections of the gums (periodontal disease).

This new evidence adds to the growing body of research showing that a pregnant woman's oral health is important to the health of her newborn.

Transient Bacteria Cause Preterm Birth

Oral bacteria associated with cavities can travel to the uterus as transient bacteria, hypothesizes the principal researcher, Dr. Ananda P. Dasanayake, associate professor of epidemiology and health promotion at the New



SunSmile Herbal Toothpaste

- Concentrated so you can use less.
- Natural baking soda gently polishes and cleans without added flavoring.
- All natural, without fluoride, sodium, sugar or saccharin.

SunSmile Herbal Whitening Gel

SunSmile Herbal Whitening Gel is formulated by owner expertise to whiten teeth effectively and safely. Use it on a toothbrush with SunSmile Herbal Toothpaste or apply it directly to teeth to brighten your smile.

Recommended Usage: SunSmile Herbal Whitening Gel can be used by itself, or together with SunSmile Herbal Toothpaste and SunSmile Refresher Drops daily to clean and brighten teeth. You'll notice a difference every time you smile.

SunSmile Herbal Whitening Gel

- Maximum strength peroxide and extra enzymes provide great stain removal.
- Whitens without scratching or harming teeth.
- pH is slightly acidic so will not harm enamel.



Mom Needs to Take Time to Relax

This has always been a good way to unwind. So turn your bathroom into an inviting, relaxing place. Simply adding a scented candle and soft music can give you and your partner respite at any time of the day or night, even for half an hour. Add a favorite bath oil to soften your skin, or create your own recipe of essential oils added to an unfragranced bath foam for a relaxing soak. Either way, don't make the bath too hot, or your skin will feel dry. A too-hot bath can also make you exhausted, rather than relaxed.

Kandedn Spa Bath Salt

Designed so you can experience a wonderful spa treatment in the convenience of your own home, Kandedn Spa Bath Salt features a special blend of ingredients known for their therapeutic and tonic effects.

The primary ingredient is Dead Sea Salt. Unlike ordinary sea salt, which is primarily sodium chloride, Dead Sea Salt contains a broad variety of mineral salts and is rich in magnesium, potassium and bromide. The presence of these salts endows the waters of the Dead Sea with its tonic properties, which are known worldwide.

Our enriched Spa Bath Salt also contains a special blend of Sunrider herbal ingredients based on the complex Quinary formulation, designed to keep the body's five major systems in balance by nourishing and cleansing. When you soak in our Bath Salt, you soothe your senses through aromatherapy and relax your stressed, sore muscles while helping your whole body's skin achieve balance.

Recommendation: Sprinkle about a tablespoon (18cc) or desired amount into the tub while filling with warm water. Allow the salt and herbal extracts to dissolve. Soak and relax.

Flotation is a brilliant method of hydrotherapy (water-therapy) and delivers total relaxation. Those who have tried it say an hour of flotation equals the benefits of an 8-hour sleep. Worth a try don't you think?

It was developed by Dr John Lilly who discovered that lying in a body-temperature bath, combined with sensory deprivation, produces a deeply relaxing effect which is also



effective against anxiety, depression and tiredness.

It involves floating in water in semi-darkness with no external distractions. You don't have to know how to swim because you will be floating in an extremely salty solution that keeps you buoyant and totally relaxed.

You can either 'float' at a spa or try it at home. To try it at home, simply bathe in plain water at body temperature (it's also called a neutral bath). The room should be comfortably warm to avoid getting a chill. Of course, keeping the water at a steady temperature is not quite as easy when you're doing this at home. So while you won't actually be floating but you'll still be relaxing.

Caring for Babies Delicate Skin

Always keep your baby's skin clean and dry. Babies cry to get your attention - so if the problem isn't hunger, wind or feeling lonely try changing that nappy again!

You can help prevent nappy rash by remembering these simple tips:

- Use cotton wool moistened with warm water to clean your baby's bottom.
- Dry gently with tissues and apply a barrier cream if your baby is sore before putting on a fresh nappy.

To avoid irritating your baby's delicate skin, choose natural fibers for bed linen, towels and clothing. Pure cotton helps skin breathe, lessens sweating, and keeps your baby more comfortable.

SunBright Laundry SuperClean

This superior SuperClean formula is designed specifically for laundry use. It's concentrated, so just half a capful does a regular load of laundry. This gentle yet effective formula is safe for virtually all washable fabrics and colors. It's available in bulk economy size with an easy pour container and also in our two-headed trial size bottle for easy measuring.



Pre-treat stains with SunBright Laundry SuperClean for 5 minutes. Rub and wash. Add SunBright Laundry SuperClean as washer fills with water, then add laundry.

Wash any new garments or bed linen before they're used for the first time. Manufacturers sometimes use a harsh detergent in the final stage of production at the factory.



Oh! Skin So Soft

Kandesn Beauty Bar

Indulge yourself in the luxury of a Kandesn Beauty Bar. It's a "soapless" soap that comes in a

recyclable container, so you can conveniently bring it everywhere. Its lightly acidic formulation parallels the natural pH balance of the skin, so your skin feels cleansed but not dry.

Do the pH test and see for yourself how even expensive brands of retail beauty bars are alkaline and will therefore dry out your skin. That's why we call our Beauty Bar a "soapless" soap, because it is so exclusive and special.



Benefits

Cleans and Moisturizes at the same time.

A truly wonderful smelling soap. Skin feels smooth and soft after you use it. Recommended Usage: Wet hands or body. Lather up and rinse off.

Kandesn Hand Cleansing Gel

How many times have you wanted to wash your hands but couldn't, because there wasn't any water around? You'll never have that problem again, as long as you carry Kandesn Hand Cleansing Gel with you. Take it with you everywhere. Parents of young children with sticky fingers will breathe a sigh of relief!

Benefits

Provides convenient, waterless cleansing.

Evaporates quickly.

Cleanses and moisturizes at the same time, so your hands don't feel dry.

Special formula prevents the chapped feeling produced by other brands.

Pleasant, refreshing scent.

Why It Is Better

Other brands often contain a very high percentage of alcohol, leaving your hands feeling dry and chapped. We use a much lower percentage of alcohol plus natural moisturizers

so your hands feel clean and refreshed.

Recommended Usage: Apply a small amount to hands and rub in evenly.

Kandesn Hand & Body Lotion

Kandesn Hand & Body Lotion nourishes and moisturizes dry skin naturally. You'll feel the difference the moment this herbal-scented lotion touches your skin.

Benefits

Designed to work in harmony with the body's natural pH balance.

Herbal formulation contains antioxidants to provide maximum hydration.

Natural ingredients selected to work with the body's own chemistry.

Why It Is Better

Our formula contains natural ingredients from plant origins and herbal extracts for effectiveness. We never use mineral oil, lanolin or petroleum by-

products because they may clog pores and increase the signs of premature aging.

Recommended Usage: Smooth Kandesn Hand & Body Lotion over entire body after bath and as needed to moisturize dry areas.



Oi-Lin Liquid Soap

Like no ordinary soap you've used, Oi-Lin Liquid Soap is perfect for the sink or shower.

Benefits

Moisturizes while it cleanses the hands and entire body

Gentle and advanced formula is ideal for all skin types and especially on sensitive and dry skin.

Leaves skin feeling soft and smooth. Why It Is Better Soap tends to clean but leave skin feeling dry. Oi-Lin Liquid Soap matches the skin's natural pH to help keep skin moisturized. When you do a pH test of many soaps on the market, you will find that they are highly alkaline and drying.

Recommended Usage: Place a small amount of liquid soap into palm. Bring to a lather with water and massage over skin. Thoroughly rinse off with water.





“Let’s
Talk
Business!”

Discover The Six Magic Steps To Super Productivity!

And 1 key
Factor!

DISCIPLINE
is in direct
proportion to your
DESIRE

Would it surprise you to know that the difference between super achievement and mediocrity in your SUNRIDER business comes down to 5 MINUTES a day!

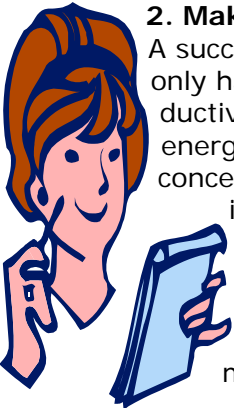
But what is the SECRET to those 5 minutes? It comes down to

Six Steps and 1 Key Factor.

The Six Steps are Simple:

1. Touch Something Once

The super successful don't waste time. When you get an email or a fax or anything across your desk, touch it once, AND MAKE A DECISION with it. It either gets filed, dumped, or acted on. Check your inbox. Is it clogged with emails? Learn to use filters and files and get organized.



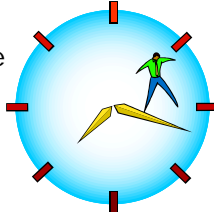
2. Make Lists

A successful Sunrider person knows they only have about 4-5 hours of super productive time in their bodies when the energy is high, creativity is high and concentration is high. The rest of the day is simply shades of grey.

Make a list every day of the 5 most important things that you need to accomplish no matter what each day. Write them down every morning.

3. Determine Time Lines

Take the list of the Top 5 Things To Do Today, and next to each one write the estimated time to do that task. Look at planning for interruptions, including the phone. Have set call back times when you can either take calls live or make return calls.



4. Schedule

Take the 5 tasks, and plug them into your personal calendar. Reference files where important resources are stored for that task.

5. Strive For Results

Now that you've written it down, **DO IT!** Will there be interruptions? Possibly. But since you've planned 4-5 hours worth of work in the day, you've got some slack in the line. The main thing when interrupted is after you deal with the crisis, GET BACK TO THE SCHEDULE.



6. Eliminate Clutter

Ask yourself repeatedly, "Will it hurt me to throw this away?"

The average person has too much clutter in their lives. They waste over 70 hours per year looking for missing staplers, three hole punches, printer paper, etc.

Over 80% of emails filed will never be looked at again. Over 80% of paper in filing cabinets will never be seen again. Reduce clutter.

Six simple steps will dramatically change your life.

But what about the **1 Key Factor** that makes the Six Steps work?

Discipline.

That is the **secret ingredient** in the recipe.

Discipline is the state of mind that means the difference between prime rib and bologna. Between watching life on TV and being there in person. Between a holiday and a vacation. Between renting and owning.

Your discipline is in direct proportion to your DESIRE.

Get excited. It will make your life run a lot smoother!



From:

Address Correction Requested

To:

*Your Newborn's Delicate Skin,
Needs a
Delicate Touch!
Kandesn!*

