

Helpful Hints for Babies

Colic	Various foods will help, e.g.: <i>Assimilaid®</i> , <i>Quinary® (Liqui-Five®)</i> , <i>Fortune Delight®</i> , <i>Evergreen®</i> (has peppermint oil in it) and <i>NuPlus® Regular</i> Rub small amount of <i>Sunbreeze® Oil</i> on tummy
Constipation	<i>VitaDophilus®</i> , <i>Fortune Delight®</i> , and <i>Calli®</i>
Stuffiness	<i>Sunbreeze® Oil</i> (hold bottle under nose for breathing or put several drops of oil in humidifier)
Colds, Ear infections, Irritability	<i>VitaDophilus®</i> , <i>Alpha 20C®</i> , <i>NuPlus®</i> , <i>Fortune Delight®</i> , <i>Liqui-Five®</i> are very helpful. Eat regularly.
Diaper rash or other skin eruptions	<i>VitaDophilus®</i> , <i>Oi-Lin® Night Emulsion</i> (contains Vit. E and A)
Extra Nutrition	<i>Regular NuPlus®</i> with warm <i>Calli®</i> (use a cross-cut nipple as <i>NuPlus®</i> may clog a regular nipple) 6 months on: Feed baby <i>NuPlus® Regular</i> , <i>Quinary®</i> , <i>SunnyDew™</i> , <i>Calli®</i> , and <i>Fortune Delight®</i>

Possible Pregnancy Imbalances

Fatigue	Eat lots of <i>NuPlus®</i> which is 93-100% complex carbohydrates and is a good source of protein; get plenty of rest
Morning sickness	Drink <i>Calli®</i> with <i>Evergreen®</i> <i>Assimilaid®</i> – Swallow 1-2 caps or open & add to warm <i>Calli®</i> <i>VitaSpray™</i> is a good source of B vitamins (esp. B6 and B12) which lack of can contribute to nausea.
Leg cramps/ Charley Horses	<i>Beauty Pearl & SportCaps®</i> for additional calcium. Also, eat lots of green leafy vegetables & whole grains.
Constipation/ Hemorrhoids	<i>Fibertone®</i> and <i>Vitalite SunBar®</i> for fiber <i>Lifestream®</i> to nourish and strengthen veins to prevent rectal and leg varicose veins Eat lots of fresh fruits, vegetables, & grains; drink plenty of fluids, and get regular exercise.
Pre-eclampsia (toxemia)	To avoid this serious but easily prevented complication eat: 60-80 gm. of protein daily (include <i>NuPlus®</i> , <i>Vitalite® SunBar®</i>) Foods high in calcium and potassium like fresh vegetables (most Sunrider foods, especially <i>Beauty Pearl</i> , <i>SportCaps®</i> , & <i>Dandelion Root</i>) Sufficient calories <i>Sunrider Dandelion Root</i> daily to strengthen the liver
Fluid retention Insomnia Hypoglycemia	<i>NuPlus®</i> , <i>Fortune Delight®</i> , and <i>Quinary®</i> are very helpful
Infertility	<i>Prime Again®</i>