

Info Pak: Pregnancy and Babies

Sunrider Foods - Best Choice for Pregnancy, Birth, Nursing, & Babies



Sunrider Babies Show First Place!

“Sunrider provides safe and effective foods for pregnancy, nursing, moms, and babies. Our concentrated food-grade herbal formulas provide nourishment to the human body in times of high stress and demand, such as during pregnancy, childbirth, and lactation.”

Possible Pregnancy Imbalances

Fatigue	Eat lots of <i>NuPlus®</i> which contains 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>

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>

Sunrider Foods	Eating the Foods	Function
Beauty Pearl Supplement™	Great for pregnancy and during labor. Eat hourly or as needed. Chewing gets it into the circulation faster. After the birth eat daily.	<ul style="list-style-type: none"> • Helps balance hormones, especially helpful with “mood swings” • Helps increase pain threshold • Helps prevent post-partum “blues” (caused by hormones out of balance)
Sunrider Dandelion Root	Can eat daily during pregnancy	<ul style="list-style-type: none"> • Excellent source of iron • Easily assimilated • Doesn't constipate • Helps avoid anemia
Sunrider Dong Quai	Last trimester of pregnancy	<ul style="list-style-type: none"> • Helps strengthen smooth muscles of the uterus that work during the birthing process
NuPlus® Quinary® Calli®	Eat 3 times a day.	<ul style="list-style-type: none"> • NuPlus provides added nutrition and the ideal ratio of carbs to proteins • Quinary is good to nourish and balance the 5 systems • Calli and Fortune Delight to hydrate and assist the body to cleanse (body often chooses to cleanse during the first trimester) • Provides antioxidants and electrolytes
Evergreen® Fortune Delight® SunnyDew™	During pregnancy, drinking plenty of fluids during labor is essential. Use these foods as a base for continuous fluid intake.	<ul style="list-style-type: none"> • Chlorophyll, “Life's blood” of plants enriches circulatory system • Oxygenating properties • Provides essential iron and zinc • Helps to keep energy up • Replaces lost electrolytes • Helps guard against hemorrhage
JOI® ESE® TOP®	Eat in regular amounts throughout labor, every hour or two (as long as possible)	<ul style="list-style-type: none"> • Strengthens muscular/skeletal system • Improves ability to focus and think clearly • Helps the body to produce endorphins when under physical stress
Sport Caps®	During pregnancy, post-partum. Also for general every day use.	<ul style="list-style-type: none"> • Good source of calcium and iron • Helps prevent leg cramps • Rich in Vit. K which facilitates clotting (Preventing Post-partum hemorrhage)
VitaFruit™	Eat throughout pregnancy, labor, post-partum & everyday. Add to cool Fortune Delight, Calli, &/or NuPlus smoothies, or drink as fruit juice (dilute with water) Never heat!	<ul style="list-style-type: none"> • Whole food source of vitamins, especially Vit. C, A, E, B-complex, and minerals. Contains honey for a great sweet taste

SUNRIDER FOODS FOR PREGNANCY, BIRTH AND BABIES

by Marilyn Okita Matt

Dear Sunriders,

I believe that SR Foods are God's Highest Choice for pregnancy, birth and babies because I have personally experienced two pregnancies, births, and lactation periods without SR foods, and two with SR foods. There is a world of difference which you would be able to see if you saw my BEFORE and AFTER pictures. No one could ever convince me that any pregnant or nursing mother should not eat SR foods, because of my own experiences. SR products are safe and effective because our concentrated food-grade herbal formulas provide nourishment to the human body in times of high stress and demand, such as during pregnancy, childbirth, and lactation. Sunrider babies show first place without runny noses, ear infections, and all the childhood maladies that have been accepted as commonplace in America. No way!!!!!! **My babies are now 22, 16, and 13 and have NEVER been to any doctor's office for disease!!!!** When my oldest daughter was 13 years old, she came home from school and asked, "Mommy, what's the flu?" I asked her why she was asking that question and she said, "Lots of kids in my class get the flu and miss classes." I told her that most people take their kids to get flu shots because they think it's a virus when it is actually related to toxic buildup in the intestinal tract and if they would start drinking Fortune Delight, they would probably feel better. My daughter has NEVER had the flu and drinks LOTS of Fortune Delight everyday!!!!!! My younger daughter recently asked, "what's a headache?" and I asked why she asked. She said, "The little girl next door gets headaches all the time and cries." I told her that it's a buildup of chemicals from the junk foods and drinks that the little girl eats, like aspartame, food coloring, and excitotoxins. My daughter understood what I was saying because she has grown up in our home where we eat and drink lots of SR foods and beverages and discuss health matters, and she has never had a headache!!! Our son started eating SR foods when he was 3 years old and is now 22, living on his own, and eating SR foods on a regular basis. When he gets lazy about eating SR foods, he starts to notice hay fever symptoms and low energy and knows that SR foods are his insurance for physical health and stamina.

We are thankful for the gift of Sunrider because our family has experienced near perfect health with no sickness or disease in our household. And that's just part of my testimony about SR products.....because we've also lived the SR lifestyle of freedom without having to work at a job for over 20 years, earning enough money to pay the bills, eat lots of SR foods, use lots of Kandesn products, and travel when the need arises, doing our business everywhere we go, sharing from our SR Product Bags, with our cell phones and laptops to assist us in getting new people started with their own accounts so they can order from the company. I can't think of a better way to earn money than by sharing the wonderful benefits of SR foods, Kandesn skin care and cosmetics, and SunSmile environmentally friendly products with those we care about. Not only do we have our good health and high energy levels, but we have a generous income, too.....most of all.....we have TIME FREEDOM to do what we want, when we want, and where we want, any time of year, winter, spring, summer, or fall. What a blessing!!!!!!!

Thanks to Sharon Farnsworth, attached is a newsletter written by her on the subject of "Sunrider Food for Pregnancy, Birth, and Babies." Enjoy reading it and may you continue to bless those you know who are in need of good nutrition while carrying their newly developing babies within them, with the gift of SR foods!! And tell them about Sunrider's incredible moneymaking opportunity that doesn't require special skills or education to start their own home-based business. Wow!!!!!! Enjoy.....

Sincerely,
Marilyn Okita Matt
Pro Health International

Sharon's Notes
Information for Today's Sunrider Distributor

? 11228 South 700 East ? Sandy, Utah 84070 ? Office (801) 571-7119 ? Fax (801) 571-9822 ? sharon sunrise@aol.com ?

**Sunrider Foods for
Pregnancy, Birth, and Babies
— Simply the Best! —**

A Need For Good Nutrition

I am often asked about Sunrider and expecting moms, births, and babies. As a mother of five children and four grandchildren, I feel I have had a little experience with children. I see a never-ending need for mothers to know more about how to care for their children in a more natural way when it comes to nutrition which directly affects their children. There is nothing sweeter than a healthy, happy baby, and that doesn't just come by chance.

In the 70s I learned to do iridology, which is a pseudo-science where the iris of the eye is seen as a "map" of the body. (Incidentally, I don't do this anymore. I have found that if people will just eat Sunrider foods, they can bring their body back to balance.) I would often see three generations—grandmother, mother, and child—with the same inherent weaknesses in their bodies, which seemed to worsen with each generation. I was always amazed at how much degeneration had occurred. The youngest generation seemed weaker in so many ways, and the parents were struggling with the health of their children. I wondered to myself, "Why are we as a people becoming more sickly and weaker with each generation?" Even with my own children, I could see all their weakness that they had inherited from my family and from John's family. They, too, were weaker than we were, but why?

Do you think our nutrition has anything to do with our health? Does our environment have anything to do with our health? I was raised on a farm. My grandparents were raised on a farm. They endured a harder lifestyle. Their bodies were stronger. They had to work very hard and didn't have the luxuries that we enjoy today. Their food was simple and yet better, in my opinion. Why? Because they or their neighbors raised every thing they ate. The sod was prepared in a natural way. As a girl, I would help in the spring to get our garden going. We often cleaned out the chicken coop and the cow corral of the manure and would take it to the garden where it was plowed into the soil. In the spring the seeds were planted and irrigated.

I remember after World War II there was this new chemical spray that was a wonder—DDT. Now my mother had DDT to spray and kill all the bugs, and she used it. I remember following her around, even though she would encourage me to go into the house. It smelled good to me for some reason. She even sprayed the outhouse to kill the flies, so we were all exposed to this new wonder chemical that was such a solution to our problems (we thought). Farmers began the widespread use of chemicals in order to raise more beautiful bountiful crops. To me, the introduction of pesticides and sprays was the beginning of the

decline in people's health. Although the chemicals provided a better chance of feeding the world, what about the quality of nutrition contained in the food? Now almost all food is nutritionally inferior because of the use of chemicals and soil depletion. Unless you can grow your own fruits and vegetables or purchase organic, how can we get the proper nourishment from our table food. If we are eating out of the common grocery store, we may have a major problem.

I had many health problems as a girl growing up. I suffered from tonsillitis, hay fever, allergies, fatigue, and more. I was sick every morning. I had to push myself emotionally to get through school. When John and I got married, we had our first child after about a year but then couldn't seem to have anymore. This was a major motivation for me to search for answers and, in fact, was one of the major reasons I became interested in health, nutrition and herbs, I was led to the right answers for me, and it was herbs. First it was fertility drugs, then medicinal herbs finally Sunrider's herbal nutritionals. Randy is our fifth child and we call him our Prime Again baby, because after we started eating Prime Again we were surprised to find I was going to have another baby. Remember I had a hard time conceiving and thought I would only have one child, and now we have five!

Infertility

I believe that one of the major contributing factors to infertility in today's world is the use of harmful chemicals in our food chain as well as in many other very common items. Infertility in couples is rising at an amazing rate. An article in Newsweek Magazine¹, "The Estrogen Complex", reports on the harmful effects of chemicals and pesticides on our reproductive systems. This article really hit me right between the eyes, so to speak, because of the harmful pesticides I had been exposed to as a child and as an adult. After reading about the toxic effect of DDT on our reproductive hormones, I can now see why we were having such problems. The article starts by talking about a researcher from University of Florida, Louis Guillette, who was studying how to hunt the alligators from Florida's Lake Apopka without making the population crash. In the process, he made an alarming discovery:

Male alligators' penises were only one quarter the normal size; their testosterone levels were so low they were probably sterile. Soon after, Guillette met a researcher who had seen similar effects on lab mice exposed to a cousin of the chemical DDE, formed when DDT decomposes. Not coincidentally, thousands of gallons of DDT containing pesticide had spilled into Lake Apopka in 1980.

Hundreds of...chemicals of the post-war age—PCBs used in the manufacture of electronics, pesticides...polycarbonate plastic found in many baby bottles and water jugs, chlorine compounds that bleach paper—resemble the human sex hormone estrogen. Although these compounds were concocted in the lab for purposes having nothing to do with human biology, the molecular structure turns out to be so similar to estrogen's that they fit into the same "receptors" in the body. As a result, the estrogen mimics can trick the body into turning off, or ratcheting, certain bio-chemical pathways—especially those in the reproductive systems. The result: sexual development, in both males and females, gone seriously askew.

Now physicians are analyzing studies that link estrogen-like pollutants to breast cancer, and endometriosis, the painful inflammation of the uterine lining that often causes infertility. Perhaps the oddest thing about endometriosis is that there were only 21 reported cases in the world 70 years ago; today there are 5 million in the United States alone. In a new German study, women with endometriosis were more likely than others to have high levels of PCBs in their blood.

The article goes on to state that the Clinton administration had called for an 18-month study of chlorine, a component in many estrogen-like chemicals. Just think of how much of this chemical is used not only in making paper, but also in swimming pools, our water supply, and our laundry.

Sunrider to the Rescue

When we think about what is in the article I have just quoted, it seems obvious that we need to think about some of the preventative things we can do.

We need to be using more *SunSmile Fruit and Vegetable Rinse* to help get rid of the residues of pesticides used on our produce. You might say that DDT is illegal for use in the U.S. That is true, but what about the other pesticides and sprays they use? Also, we import a lot of grapes and other fruits and vegetables from Mexico and Chile that still do use DDT on the produce they raise and ship to us to the U. S. I sometimes double wash my strawberries and grapes with *Fruit and Vegetable Rinse* if I think they have come from these countries. We really should tell all our family members and friends about *Fruit and Vegetable Rinse*; it needs to be in every home.

We need to stress how important is to be using *SunSmile SuperClean* instead of bleach throughout our homes, especially in the laundry. It sanitizes, kills odors and bacteria, and brightens our clothes. That was what I used to use bleach for anyway. I don't use it any more; I just don't buy it. With *SuperClean*, I don't need it. Rather than using bleach for laundry items such as smelly dishcloths, I just add a little *Fruit and Vegetable Rinse* to the soak cycle or in the regular wash cycle. We can accomplish the same thing as bleach without using such very harmful chemicals.

Calli is an abundant source of polyphenols and catechins, which help to combat the pollution by increasing the actions of a number of our detoxification enzymes¹. We are also hearing more about antioxidants, which help our bodies eliminate the free radicals caused by chemicals in our environment. If we can just understand the importance of drinking *Calli* everyday, it can help cleanse our bodies of toxins and pollutants we are exposed to constantly, as well as help pull out those already stored in the cells. *NuPlus* to the rescue! In an earlier article we wrote on *NuPlus*, I quoted some information stating that soybeans were an excellent source of phytonutrients and phytoestrogens. Remember, "phyto" means "plant source". Now after the "Estrogen Complex" article I have just quoted from, you can see it is even more important to make sure our receptors are filled with the right source of estrogens. In the case of infertility, the imposter hormones need to be cleansed out, and the proper foods need to be eaten. Both of these steps are important to help get the body into balance and to create the best possible situation for conception.

Pregnancy

Many times I am asked, "Can an expectant mother eat the Sunrider products?" I have two daughters, Sherri and Shelly who have been good first hand examples for us to see what eating Sunrider before pregnancy and during pregnancy did for them and their children. We now have four grandchildren. Our latest, Jeremy John, arrived on November 23, 1997. His mother Shelly has eaten Sunrider for over 15 years. She continued eating Sunrider during her pregnancy. In addition to the experiences of my two daughters, over the years that I have been involved with Sunrider I have seen many women experience the benefits of Sunrider foods throughout their pregnancies. The following is information that I have found to be helpful for expectant mothers and their little ones.

General Nutrition and Exercise

Before and during pregnancy, nutrition is absolutely important. In my opinion, and from observation, a couple cannot be too healthy when planning to have a baby, so before pregnancy is the best time to prepare, for both mother and father. A basic Sunrider food program cannot be under-estimated, both before and during pregnancy.

The diet is very important; the expectant mother is eating for two. The nutrition will go to the baby first so if the diet is not excellent, the mother can be left depleted. This can result in many of the common

“pregnancy complaints” which we will discuss later. Eat plenty of fresh and steamed vegetables, fruits, whole grains, and good sources of protein. Stay away from junk food, fast food, and empty calories. Everything the mother eats should be nutritionally superior. During pregnancy it is imperative that the expectant mother take good care of herself and her developing baby.

Moderate daily exercise is also recommended. For the expectant mother, the best types of exercise are non- or low-impact exercise. Walking is always easy and safe, and it seems to help strengthen the muscles for the birthing process. Just listen to your body, and don't over do it. When you feel tired that is a signal for you to rest.

Sunrider Nutrition for Pregnancy

Our Sunrider foods, as we know them today, came about because of Dr. Chen's studies of ancient Chinese writings. I remember what Dr. Chen told us in the beginning that many of Sunrider's formulas were based on formulas developed by or for the emperors of China. They wanted to be healthy themselves, to live long and well, and to have healthy wives and children. The Sunrider herbal foods we have today are “power-nutrition”. In addition to the basics, such as *NuPlus*, *Calli* and/or *Fortune Delight* and *Quinary*, there are several other formulas and single herbs that are absolutely wonderful for pregnancy.

NuPlus should be eaten three times a day, if possible. It will provide the ideal ration of carbohydrates to proteins as well as other much needed nutrition at this time. The *Quinary* powder should also be eaten three times a day to nourish and balance the five systems. *Calli* and *Fortune Delight* are also important. Often during the first trimester of pregnancy, the body chooses to cleanse. This is common. (However if a mom has not been eating Sunrider foods before pregnancy, she may want to go a little easy on the cleansing beverages.) You can make a delicious *NuPlus* smoothie: in a blender put 16 ounces of fruit juice, add one serving of *NuPlus*, *Quinary* powder, one *Vitadophilus* and a good squirt or tablespoon *VitaFruit* (which is loaded with vitamins and iron). Include a banana (a great source of potassium) and any other fruit you might like such as fresh or frozen strawberries (a great source of vitamin C). Or just use *Calli* or *Fortune Delight* as a liquid base and add *NuPlus*, *Quinary*, *Vitadophilus*, *VitaFruit*, and *Sunny Dew*. If the stomach capacity is small, drink half for breakfast, and the rest as a mid-morning snack

Metabalance 44 is Sunrider's own multiple-vitamin. Most vitamin supplements are made in pharmaceutical laboratories, the largest being Kodak—that's right, the film people. Then they private label for companies that request its products. Dr. Chen manufactures *Metabalance 44* in Sunrider's own facilities. Research shows that very little of any isolated vitamins are assimilated. Dr. Chen's goal was to utilize a more natural source of isolated vitamins, so that they could be more easily assimilated. *Metabalance 44* is an excellent prenatal multi-vitamin and mineral supplement! One capsule should be taken five times per day with meals. During pregnancy, it is important to have sufficient amounts of folic (the recommended daily amount is 400 mcg, which is the amount contained in three capsules). It also has vitamins A, B complex, C, D, E, calcium, and many important trace minerals.

Evergreen is imperative during pregnancy. This is such a wonderful blood builder. It is rich in chlorophyll, which appears to help prevent excessive hemorrhaging or bleeding during labor and after. After Jeremy was born, I heard the doctor say, “She is not bleeding, this is so unusual.” Shelly had been drinking *Evergreen* throughout her pregnancy and during the early stages of labor.

Dandelion Root is an excellent food source of iron that is easily assimilated and doesn't constipate like isolated iron tablets sometimes can. It is particularly important to keep the iron up during pregnancy to help avoid anemia. Dandelion is one of the best herbs for this.

Beauty Pearls can be eaten in moderate amounts. The *Beauty Pearls* have many benefits. They are a great source of calcium, which is needed during pregnancy. They also help balance the hormone during

pregnancy to help with the “mood swings”, and also after the baby is born to help prevent after-baby-blues, which is caused by the hormones being out of balance. *SportCaps* are a terrific source of both calcium and iron. In fact because they are so good for the muscles, they have helped many women avoid leg cramps and charley horses. Alfalfa (one of the ingredients of *SportCaps*) is rich in vitamin K, which facilitates the clotting process and can help prevent postpartum hemorrhaging.

Dong Quai is an excellent herb for the last trimester of pregnancy. *Dong Quai* helps to strengthen the smooth muscles that come into play during the birthing process. Start with 2-3 capsules a day at first and working up to 2 capsules 3 times a day toward the end.

VitaFruit is a fabulous *whole food* source of vitamins, especially vitamin C (one serving has 50% RDA), as well as significant amounts of vitamin A and iron. It is delicious in *Fortune Delight* or in *NuPlus* smoothies!

Common Problems and Sunrider Answers

Fatigue: This is common, especially during the first trimester when there are enormous energy demands on the body. The best advice is to eat lots of *NuPlus*, which has lots of complex carbohydrates, and get plenty of rest.

Morning sickness: If nausea is present when first getting up, drink some *Calli* with *Evergreen* in it to settle the stomach. *Evergreen* has peppermint oil in it, which is very soothing to the stomach. Also *Assimilaid* either swallowed in the capsules or opened and added to warm *Calli* can help settle the stomach. Often morning sickness can be worse if the mother is short on B vitamins, particularly B6. Sunrider’s new *VitaSpray* is a fantastic (and delicious) mouth spray that is loaded with the B vitamins! Many moms have found that it helps with the nausea.

Iron Deficiency Anemia: Eat lots of *Dandelion Root* and *Evergreen*. And remember, this is a whole food source, not an isolate, so it is more easily assimilated into the body.

Leg Cramps/Charley Horses: If there seems to be a calcium deficiency during the pregnancy, it usually manifests itself with muscle aches and charley horses. The key is to make sure you are getting plenty of calcium in your diet. Many people have found good results with *Beauty Pearls* and *SportCaps*. Also make sure you are eating lots of green leafy vegetables and whole grains.

Constipation/Hemorrhoids: This situation is not during uncommon pregnancy, but can be avoided if careful attention is paid to the diet. As mentioned above, be sure to eat lots of fresh fruits and vegetables and whole grains. Drinking plenty of fluids and getting regular exercise are also extremely important. In addition, it may be helpful to add *Fibertone* capsules or *Vitalite Bars*. It should also be noted that hemorrhoids are actually varicosities of the rectum. Since *Lifestream* nourishes the circulatory system and can help strengthen the veins, it may be useful in helping to prevent both hemorrhoids and varicose veins in the legs.

Pre-eclampsia (Toxemia): This is one of the most serious and yet most easily prevented complications of pregnancy. To avoid pre-eclampsia, eat 60-80g of protein daily, salt to taste, eat foods high in calcium and potassium, and take in adequate calories. There are few foods or herbs better for preventing pre-eclampsia and strengthening the liver than dandelionⁱⁱ. *Dandelion Root*, for this reason and the others mentioned before, should be a part of every pregnant woman’s daily regimen. It is a truly wonderful, nourishing herb!

Herbs to Avoid

Ginseng: A word of caution—too much ginseng should be avoided during the last trimester of pregnancy. According to Dr. Oi Lin Chen, too much ginseng could possibly cause the fontanel (the soft spot on the top of the baby's head) to mature too soon. Those little bones should remain soft, so the baby's head can "mold" for the birthing process. Other sources also recommend avoiding ginsengⁱⁱⁱ. The important thing to keep in mind is that the ginseng herb in *large* quantities should not be eaten. For example, single herbs like Korean or Siberian ginseng in the straight form should be avoided during pregnancy. However, the smaller amounts that might occur in any of the formulas, like *Assimilaid* and *Lifestream* (Note: *Liqui-Five* contains no ginseng), and even *Beauty Pearls* and *Sport Caps* (ginseng is the second ingredient in these two products) seem to be fine. My daughter Shelly would eat one *Beauty Pearl* about three times a week. Others have eaten one or even two pearls a day without any problems. Use your best judgment.

Dong Quai: Dong Quai is a powerful uterine tonic. In many traditional herbals, it is recommended that Dong Quai not be used in pregnancy. However, experience has shown that Sunrider's Dong Quai does *NOT* have any detrimental effects associated with its use. In fact, to the contrary, it appears to be very *BENEFICIAL*, especially in the last trimester, in strengthening the uterus and preparing for birth. Again, use your best judgment.

Foods and Chemicals to Avoid During Pregnancy

Sugar: Avoid eating too much sugar during pregnancy because sugar tends to pull calcium out of the body, which can result in muscle aches/cramps. It also strips other stored nutrients, such as vitamins A and B, out of the body. Also mothers often have problems with their teeth if they eat too many sugar-laden foods during pregnancy (and before).

Coffee: Besides being a stimulant, coffee also strips the body of calcium. An expectant mother would not want to subject her baby to the chemicals in coffee or regular tea. (Most good herb teas are safe, like *Calli* and *Fortune Delight*.)

Tobacco: Smoking is very detrimental to the unborn baby. Besides the likely possibilities of low birth weight and respiratory problems, the baby can be born addicted to the nicotine and other harmful substances in cigarettes.

Alcohol: Alcoholic beverages should also be avoided during pregnancy. The dangerous effects of alcohol on the developing fetus are well documented and include both physical and mental birth defects.

The above-mentioned things have had a lot of studies over the years about the negative effects on the body, and it is pretty common knowledge. However, there are some substances that we might not be aware of as being bad for mom and baby. I am particularly concerned about NutraSweet. So many times we see expectant mother with a diet Coke or diet Pepsi. They often do not realize the possible risks to their unborn baby.

Aspartame: This product, sold under the names *NutraSweet*, *Spoonful*, or *Equal*, is a highly questionable chemical sweetener. Some scientists and consumer groups have charged that aspartame was a health hazard because it broke down and exposed consumers to excessive levels of methanol^{iv}. Documentation of well over 500 cases of birth defects directly related to NutraSweet has been identified in Canada^v (and that was in 1985!). In pregnancy the effects of aspartame can be passed directly on to the fetus, even in small doses. My question is, "Why would anyone knowing what this chemical might do, even want to take a chance of any of this happening?" The problem is that people just don't know. We need to teach them. We can encourage them to replace their sodas with *Fortune Delight* and/or *Calli* with our own wonderful *SunnyDew* or *Sunectar*, which is a safe and beneficial dietary supplement.

Sunrider and Birth

The issues surrounding birth are complex and very personal. Without a doubt, birth is one of the peak experiences in a woman's life, and rightfully, the power of decision-making about how to approach this tremendous experience belongs to the mother and father. There are many questions about what interventions are appropriated during labor and delivery. In order to create a satisfying and fulfilling experience the mother should search out and carefully consider her options, and then make the decision she feels is best for her and her family. So what role can Sunrider play in the labor and delivery? Probably the best word to describe it is "coping".

Birth is easily on the most emotionally and physically demanding experiences a woman will go through. It is a personal "Mount Everest" or "Iron Man Triathlon". Sunrider can help by giving nutritional support to the demands placed on the mother's body and psyche. One word about eating Sunrider during labor: some hospitals have regulations prohibiting food or drink; others will allow clear fluids; a very few will allow the mother to eat or drink as she needs throughout labor. It would be wise to find out the hospital policies beforehand, and perhaps make decisions about how long to labor at home based on their policies about food and drink (and mobility). Also bear in mind that many women are choosing safe and satisfying alternatives to the traditional hospital setting, including free-standing birth centers and birth at home with a qualified midwife. But regardless of where the mother chooses to labor and give birth, there is always a way to include Sunrider to give the mother the nutritional support she needs.

JOI, ESE, and TOP: Many athletes in Sunrider have used the "J.E.T. set" to help them in their training and competitions and find that they give them the "edge" they need to push their bodies to the limit. These three products are especially effective when used together. They strengthen the muscular/skeletal system, improve ability to focus intently and think clearly, and they help the body to produce more endorphins when under physical stress. What could be more important for the laboring mother?! Many women have found it beneficial to eat *JOI, ESE, and TOP* in regular amounts throughout the last month and then take it every hour or two throughout labor, or as long as possible.

Evergreen and Fortune Delight: Drinking plenty of fluids during labor is extremely important, and nothing is better than *Fortune Delight*. Adding *Evergreen* to it makes it a wonderful "labor-aide". Combine these two with plenty of *SunnyDew* for a power-drink that will help keep the energy up, replace lost electrolytes, and help guard against hemorrhage. Because it is a clear liquid, it may be allowed throughout the entire labor, even in the traditional hospital setting.

Beauty Pearls: Calcium helps increase the pain threshold^{vi}, and *Beauty Pearls* are an excellent source of calcium. It may be a good idea to crush the pearl between your teeth, rather than swallowing it whole; that way the nutrients will get into the bloodstream faster. Take hourly or as needed.

NuPlus: While in labor, high-energy, easily digested foods are important and *NuPlus* is the best! Try mixing some *NuPlus* into yogurt and sliced bananas or make a *NuPlus* smoothie with fruit juice, bananas, strawberries, etc. Drink *NuPlus* as often as you need to keep your energy level high. Your body is doing a tremendous amount of work and good nutrition is imperative!

Sunrider and the New Baby

Breastfeeding and NuPlus: To feed the new baby, breast-feeding is the very best especially when mom is eating plenty of Sunrider foods. Of course lots of fluids are important, and *Calli* and *Fortune Delight* are the best. *NuPlus* is probably the most wonderful food for a nursing mom to eat so that she'll have an abundance of milk. Drinking *NuPlus* either in a smoothie or in a "Meal-In-A-Mug" is always very beneficial, two to three times a day. Any of the Sunrider foods are always safe for mom and baby. In the early years of Sunrider when we received our first *NuPlus*, someone asked how old a baby should be to eat this food. Dr. Chen, in his humor answered, "Oh, I think if the baby is a few minutes old that should

be old enough!” So we learned from the beginning, this was a staple food used anciently for everyone. Babies, young people, middle-aged, even senior citizens can benefit from this all-purpose food!

Herbs to avoid during nursing: Sage and parsley will dry up mom’s milk, so mom should avoid using significant amounts of these herbs/spices while she is breast-feeding. Of course, when mom is through nursing, these herbs can be taken to help dry up her milk.

Substitute Formula: When mom is not home and baby needs a feeding, try some warm *Calli* with a little *Regular NuPlus*. That can fill in one feeding. (You will need to use a cross-cut nipple as *NuPlus* may clog a regular nipple.) I have used this for my grandson Jeremy at times, and it is wonderful. If mom is away longer, or if supplemental feedings are needed, almond milk is the best baby formula I am aware of. It is natural, healthy, and can be given long term if needed. The almonds give proper balance of amino acids, fatty acids and protein for baby. You can buy it at a health food store or make it yourself. (See the following recipe.)

Almond Milk Recipe:

1 c. almonds (blanched, or remove skins after soaking)

1 qt. distilled or boiled water cooled.

Add water to almonds, soak overnight in the refrigerator. Next morning, blend until smooth.

Prepare the baby bottle with the following:

4 oz. almond milk

1-2 tsp. of Regular NuPlus

1 squirt *Sunny Dew* or *Sunectar*

In Conclusion

Maybe we can’t change the destruction of the past, but we can certainly do something about the future. We owe it to ourselves, our children, and to future generations. If we would become more pro-active in talking to people about the problems of today and the solutions that Sunrider offers, I think people would be interested.

That is why I have been writing. I really do appreciate you who are Sunrider distributors and who subscribe to our *Sharon’s Notes*. This is one way that I can get the message out and communicate with you. Together, sharing and caring about our fellow men, we can make a difference. We have over one million Sunrider distributors in the world. That is good. We are gaining momentum. Sunrider is a leader in the market! We are the largest direct-sales herbal food company in the world^{vii}! We are the second largest network marketing company in the world. In the Farnsworth organization we now have approximately 100,000 distributors in the USA and Canada, about 3000 in Europe and about 2000 in Mexico. I really do love you and appreciate the team we are. Together we can truly make a difference in the world!

This information is provided for nutritional purposes only. It is not the author’s intention to diagnose, prescribe, or imply treatment. If you have a medical condition, consult a doctor.

“Sharon’s Notes” *may be photocopied for distribution.*

ⁱ Begley, Sharon. “*The Estrogen Complex*”, Newsweek, March 21, 1994.

ⁱ Carper, Jean. The Food Pharmacy. Bantam Books: New York, 1998

ⁱⁱ Weed, Susan. Wise Woman Herbal for the Childbearing Year. Ash Tree Publishing: New York, 1986.

ⁱⁱⁱ Ibid.

^{iv} Thompson, Edward. Abstract from the Dept. of the Army. (Taken from the FDA Consumer, February, 1985.)

^v Ibid.

^{vi} Davis, Elizabeth. Heart and Hands: A Midwife’s Guide to Pregnancy and Birth. Celestial Arts: Berkely, Calif. 1997

^{vii} Editors. Selling Power Magazine, September, 1997.

“Two days ago, I had my 11th baby, and I feel terrific!”



“I didn’t think we could afford to eat Sunrider Foods; now I know we can’t afford to *not* eat them.”

By Rose Ruhl, Exeter, Nebraska

Just in case you get discouraged when a friend doesn’t become a Sunrider after sharing it with them, it took me a whole year after my friend introduced these wonderful, life-giving foods to me before I started eating them. My experience tells me, Never give up on your friends and family!!!

I started praying to God for guidance. I’ve sold and taken other company’s vitamins, minerals, proteins, enzymes, and food supplements, and really didn’t notice that much long-term difference. Should I try still another company’s products?

About a year after my friend had started regenerating her family with Sunrider foods, I noticed how great they all looked. It had transformed her husband; she had more vitality, and tons more energy than I did. I couldn’t believe it! Every time I had gone on a diet, I would gain back 10 pounds! It was plain; there must be something to this “Sunrider Regeneration!”

My friend encouraged me to just “Nourish, balance and cleanse” for one month and see how I felt. My husband encouraged me to give it a try.

My 10th child was two years old when I started my Sunrider Journey that was 9 months ago. Two days ago I had my 11th child—yes, two days ago! I feel terrific! The last time I was pregnant, I felt and walked like an 80-year-old; I was tired and had no energy.

When I started on my new food journey I didn’t really enjoy some of the new tastes, but I continued learning how to eat the foods. My daily food program was *Calli* throughout the day, a scoop of *Mixed Berry Nuplus* in a cup of *Calli* with 2-3 drops of *Sunny Dew* in the morning and afternoon, and three capsules of *Quinary* a day (now I eat nine).

At the age of 41, I was low in progesterone and had one miscarriage. One month after starting to eat the Basics, I noticed I wasn’t tired in the morning, I didn’t need 10 hours of sleep, and I actually enjoyed getting up and starting my day (I never was a morning person). I was totally satisfied with one helping of food at a meal and no cravings for sweets or junk food.

I thought I was going through menopause and didn’t suspect a pregnancy, since I didn’t feel the same way I had during my other 10 pregnancies, but to my delight...I was pregnant and felt great! I faithfully continued to eat my Sunrider foods every day. When I once realized that these were not pills, drugs or medicine, instead, these were phenomenal whole, live foods; I could relax and know I was really nourishing my baby and myself!

I noticed that when I didn't eat my *NuPlus* for even one day, I would start swelling. I experienced no morning sickness, and if I experienced any heartburn *SunSmile Tabs* would neutralize the stomach acids. When I was seven months along, I developed a horrible cough and congestion for about two weeks. My sponsor suggested feeding my respiratory system *Conco*. In just three or four days I could tell a difference. I told my friends about this, because in previous pregnancies I could not take anything for colds. I was very impressed. I took *Conco* and Sunrider's "safe-for-pregnancy" *Goldenseal* when I felt like it was coming back and it worked. I was sold on these Sunrider foods!

During the last two to three weeks of my pregnancy, I added *Dong Quai*. When I started labor, my contractions were three to four minutes apart, so we started immediately on our 50-mile trip to the hospital. About 40 minutes later, our baby girl was born in our van. I didn't even have to push; she was born at the end of my last contraction.

Arriving at the hospital, the doctor finished taking care of me and I experienced no after pains of childbirth, and was able to go home the next day. Today is my second day home. I don't even feel like I had a baby and I'm only five pounds from my weight before pregnancy. I went for a 4-block walk today and still I feel energetic!

We are becoming a Sunrider family. I've been feeding Calli to my children, putting NuPlus in mashed potatoes, applesauce, spaghetti, and casseroles. I want my family to regenerate also!

I feel so blessed to have been introduced to Sunrider and to have faithfully used them for one month to notice a difference. I didn't think we could afford to use these products. Now I know, though, we can't afford to *not* use them. When I started using Sunrider, I told my friend that I didn't want to be a Distributor, because I had "been there, done that." Now, I can't keep my mouth shut, because they have made such a big difference in my life. I'm really excited about the new marketing plan. It will make it possible for anyone to be able to purchase the foods every month! I thank God for my friend who didn't give up on me, for I now have more energy to share about the wonderful life God has given to us. I love and praise God for family, friends, life, and most of all eternal life.

Update 8 weeks later: After having Faustina, our "Mercy Baby" (she was born on Mercy Sunday), I thought I would continue feeling great. Well, I have learned since that when we loose the placenta, it took all those nutrients out of the body, so I am really working on building up my body again. When I started to experience "Baby Blues" (lasted only one day), I began giving myself extra nourishment; more *NuPlus*, *Calli*, *Quinary* caps, and *Vitalite Sunbars*. *SportCaps* with a good exercise program are strengthening back muscles. These foods work! I'm looking forward to my new body at the age of 42.

One additional point was that when I began eating Sunrider, I had no desire to change my eating habits. Now that I no longer have cravings, and I feel so good, I have started asking myself, "Why am I feeding myself all this junk?" My desires are being regenerated also. I want to change now!

I want to keep up with my husband and 11 children, and I look forward to water skiing this summer. Each month I try one new product and I have enjoyed and trust this company because I've seen the results...not just promises. When you are ready to start "coming alive again," please give me a call. I'll share what I know and help you get started with your Sunrider Lifestyle. Looking forward to hearing from you!

As a home school Mom with 11 children, time for sharing Sunrider is at a precious minimum. But even with 2 hrs. A week, I am finding I can still nurture a growing Sunrider Family. People want what I have found and I want them to have what I have found! I can't be still!

Footnote 2005: Rose has now had an extraordinarily healthy 12th baby!