

# Raising Healthy Children

November 2006 Tape of the Month

(As transcribed by Lititia Coleman, Lead Director from New Mexico)



## **Background** [30 minutes]

Hello! My name is Dr. Cynthia Fandrich, and I have a Chiropractic and a Nutrition Degree. I practice in Northern California with my husband who is also a chiropractor. My specialty is researching and providing Natural Healthcare for women and children. To begin with, I would like to share a little of my background. I've always had a great interest in health and the body. And I research constantly on how to achieve maximum health and restore health and balance into a body that has become diseased or out of balance.

Before I found Sunrider, I was recommending multiple nutritional supplements to my patient, depending on where their body was out of balance. I started to get frustrated and discouraged when patients didn't have much change, or, in a short period of time, I had to rotate them to another supplement because the first stopped having affects.

At the same time, my health was starting to fail me in spite of all the supplements I had taken over the years. Little did I know that they were being stored in my liver and trying to replace functions that my body should have been performing. Pretty soon, I felt like a drug pusher—only doing it with medicinal herbs and vitamins.

I grew up with the philosophy that if we just ate right, such as a healthy combination of food in its freshest or raw form, we wouldn't express illness, because the body would get all the necessary nutrients it needed for day-to-day function. But gradually, we started to hear about an article from Senate Document #264 in Congress. An agricultural testament By Sir Albert Howard said that the impoverished soil of America no longer provides plant foods with the mineral elements essential for human nourishment and health. And no man today can eat enough fruits and vegetables to supply his system with the minerals he requires for perfect health, because his stomach is not big enough to house them. (Minerals are where foods get its taste, and vitamins give it its rich color. Have you noticed lately that an orange just doesn't taste like it used to?) So, when this information was revealed from our government, vitamin companies were popping up all over, promoting taking supplements to replace nutrients.

But even with this occurring, people were still not getting enough nutrients because of the dead chemicals that are in supplements. And being that the body only recognizes whole food, it's hard for the body to break down and digest supplements, because they are isolated chemicals. The body ends up having to rob from organs and tissues to complete the missing pieces of the nutrients in order to break it down. Or, it just stores it in the fat cells.

Have you thought of this, that even with all the supplements that are being consumed in great quantities in American, that America is one of the sickest nations in the world? There were many times that I would be looking at an X-ray of a patient of their sacral area, their lower back, and notice 2-3 capsules in their colon, waiting to exit—not even broken down. So, as you can imagine, this was a little disturbing to me. This was when I started to search for something that was a whole-food formula, meaning it was composed of vitamins, minerals, essential fatty acids, proteins, and carbs in perfect proportion. On top of that, without the pesticides and chemicals that are grown on foods today. I

searched for 7 ½ years and could not find such a formula. There were companies that said they were whole food; however, by the time they processed the food and bottled it, it was no longer in its whole-food form. And little did we know if it had chemicals sprayed on it or grew in our nutrient depleted soil.

Well, eventually, I became very ill and was diagnosed with multiple sclerosis, hypoglycemia, anemia, celiac sprue (which is a gluten intolerance problem), mal-absorption syndrome, candida, multiple food allergies, and the list started getting longer and longer. This did not look impressive to be so ill and trying to help others get their health back.

At my lowest point of my journey, I was unable to digest almost everything and would walk around bloated for 3 days. It got to the point where my diet for 3 months was green beans, broccoli and broth with a treat of almonds every other day. This was even with 40-50 enzymes consumed in a day. I went from a size 10 to 4 in six months. This isn't too great for someone who is 5' 10".

Now you may ask, "What does this have to do with the kids and Sunrider tape?" Well, it has a lot to do with it. My illness or degeneration really started when I was a child. There were many new health recommendations and changes to our American diet that were starting to occur when I was born due to soil depletion and new illnesses that were being discovered. I was always very skinny and full of energy. So the doctors always gave me a clean bill of health. However, I had a mal-absorption problem. No matter how much I ate, I was never full. And trust me, I could put down a lot of food. I suffered with headaches, severe sugar cravings, rashes, PMS, irritability, yeast infections, ear infections, and stomach aches, to name a few. Even though my mother worked at a health food store and prepared our meals as healthy as she knew how, I still had my digestive and health issues, which were chalked off as normal, childhood problems—and I would grow out of them.

### ***Vaccines***

Now that I look back over my life, one of the first things I investigated was when I received my first vaccine and how many I was given. Throughout my education in college, I started to research the damage that vaccines can create in the digestive system and other organs of the body, such as the brain. Our first clue should have been when I did receive my vaccine; I would come home after my vaccination and be ill for 3-4 days. I would break out in hives and have a high fever. The doctor would tell mother this was normal. For those of you who read up about vaccination, as I know many mothers of autistic or learning disabled kids do, will see how many metals and preservatives are stored in the vaccine.

Barbara Low Fisher, a well-known researcher and informer of vaccine damage in current new vaccines being produced, wrote in the current "National Vaccine Information Newsletter" that in the past 25 years, as the CDC has increased the number of vaccines recommended for universal use by all children from 23 doses of 7 vaccines to 48 doses of 14 vaccines by age 6. "More and more children have been getting sick and regressing physically, mentally, and emotionally after vaccination. In the past few decades, there has been a tripling of the numbers of highly vaccinated children who are now chronically ill and disabled and suffering with learning disabilities: ADHD, asthma, diabetes, and autism. America's children are in the middle of a chronic disease and disability epidemic. And the only solution government health officials and professors of public health offer is to suggest ways to force more vaccines on sick children."

For children who are born with a weak immune system, you will see the results immediately. For other children, it will show up years down the road through allergies, asthma, diabetes and other

autoimmune diseases. The preservatives in the vaccines directly interfere with digestive enzymes and alter digestive function. And the metals in the vaccines interfere with mineral absorption in the body. It's no wonder why so many of our children are being diagnosed with autism, ADHD, diabetes, celiac sprue, leaky gut, and now the new epidemic: obesity, to name only a few.

The body's miraculous way of protecting itself from chemical toxins is to store toxins in fat cells. Since infants don't have a lot of fat cells, the body can only store toxins up to a certain point before it falls out of balance and becomes diseased. Keep in mind: that is 48 doses of 14 vaccines by the age of 6! This isn't even safe for a healthy adult.

We have a chart in their office that educates patients about all the toxins and preservatives in vaccine and following up with references of studies linked to vaccination side effects. I feel it is crucial for parents to be informed of the other side of the story, so they can make an informed decision. Unfortunately, they hear only one side of the story in the doctor's office.

I commonly see children with digestive and neurological problems from allergies, asthma, irritable bowel syndrome, colitis, tics, and autism. I had one young girl come into my practice with a constant tic that would make her neck muscles spasm and jerk like a minor seizure. It got worse under stress. She is now tic free and growing into a beautiful young lady. Her medical doctor always had a concern that she was not growing to the normal percentile. She is now the perfect height and weight.

We'll talk a little later of the Sunrider program that I place these children on to bring their bodies into balance again so they may have a normal childhood. Keep in mind, as I talk disease and cures on this tape, that it is NOT Sunrider that cures the body. It is the God-given wisdom in the body that cures itself. The Sunrider food is the optimal nutrition that feeds the body to regenerate and restore normal body function.

### ***Artificial Colors and Flavors and Combined Additives***

Another change that occurred due to a lack of nutrients in our soil, as I mentioned earlier, is that our foods started to change color and taste. So the government had to start figuring out a way to add color and flavor to our food. So they started to add artificial colors and flavors. Did you know that a strawberry milk shake at McDonald's does not have one strawberry in it? They use 32 different chemicals to give it that rich, artificial strawberry taste.

In the book, *Fast Food Nation* by Eric Schlosser, he talks about how they come up with the artificial flavors. And what they do is blindfold people and put certain chemical combinations onto the toothpicks and have them smell the toothpicks to determine what the food smell is. They will guess something like a cheeseburger; then they will take the blindfold off and there is just this measly little toothpick sitting there. Did you know that one drop of bell pepper flavoring flavors 5 swimming pools? As you can imagine, it's a lot cheaper to use artificial flavorings than to use the real thing.

Much of the food American eats has not even touched soil. It's been made in a laboratory with chemicals we cannot even pronounce. Keep in mind that these artificial food additives are dangerous cocktails for nerve cells—particularly when combined. And as an article from the "Healthy Living Magazine," 2006, says, "They may even cause hyperactivity or ADD," according to new research conducted at the University of Liverpool, "Toxicological Scientist," 2006. The studies show that nerve cells exposed to combinations of additives, on the amount found in typical snacks, experienced stunted growth and disrupted signaling. Those tested included MSG, which is disguised as autolyzed yeast, yeast extract, hydrolyzed protein, and hydrolyzed plant protein; also aspartame, which is also known as

NutraSweet or Equal, which we originally used for rat and ant poisoning, and they disguise this as “light” or the other “lite,” “diet,” or “low calorie.” Another one they tested is Splenda, which is chlorinated sugar and very toxic to the thyroid and body (We’ll discuss later on.), and artificial coloring, such as brilliant blue, which is disguised as “blue #1,” or “blue 1,” or “FD&C blue 1,” and quinoline yellow. So the safest thing to do is to read all the ingredients, and if you don’t recognize the word, don’t buy it. It’s more than likely a synthetic chemical and a neuro toxin.

### ***Sugar***

As mentioned a minute ago, sugar is widely used by food companies to create addiction. For instance, most of the foods at McDonald’s have sugar in them, according to the movie, “Super Size Me.” Keep your eyes open for how many foods have white sugar or high fructose corn syrup. These not only destroy the taste buds and are addictive, but they are also nerve irritants. Dr. Edward Howell says that nothing stresses the human body as much as refined sugar. In fact, he calls it a skeletonized food and a castrated carbohydrate. Dr. Ralph Golen, M.D. calls it a metabolic freeloader that drains the body of vitamins, minerals, and nutrients in the process of being burned for energy.

Sugar also stresses the pancreas, forcing it to pump out a surge of unneeded digestive enzymes. Sugar also undermines and retards the immune system. One study measured the effect of 100 grams of sugar on neutrophil, the white blood cell that comprises essential part of immunity. Within one hour of ingestion, neutrophil activity dropped 50% and remained below normal for another 4 hours.

Population studies have also linked sugar consumption with diabetes and heart disease. A researcher by the name of John Yudkins determined that the reason sugar elevates the risk of heart disease is due to an automatic built-in safety switch built inside the body to protect itself from being immediately poisoned from excess sugar. The body converts it into fat, like triglycerides. So, instead of killing you quickly, the body defends itself by clogging its arteries, thereby, killing you on an installment plan.

### ***Aspartame***

We have an article in our office titled, “125 Ways Sugar Can Harm Your Health.” When I read it, I realized that most of our chronic illnesses portray the same symptoms of how sugar damages the body. The worst dangers, though, are not found in natural sugars. But in the use of artificial sweeteners, as mentioned earlier, such as Aspartame—also known as Equal, Spoonful, NutraSweet, and Equal Measure, or Fat Free. 75% of adverse reactions reported to the Food and Drug Administration come from this single substance—aspartame. Aspartame users are suffering from symptoms ranging from headache, numbness and seizures, to joint pain, chronic fatigues syndrome, multiple sclerosis, and epilepsy. Aspartame is a neuro transmitter, facilitating the transmission of information from one neuron to another. Aspartame allows too much calcium into brain cells, linking certain neurons, earning aspartame the name of exotoxin.

A couple of by-products of aspartame metabolism are phenol alanine and methanol. Phenol alanine is an amino acid normally found in the body. It has been found that excessive amounts of phenol alanine found in the brain can cause serotonin levels to decrease. Does it seem that half the people you know are on Prozac and Zoloft?

Another concern to think about is possible seizures, or sometimes as seen in kids—tics. If you fly the friendly skies, you may want to be aware that the Air Force magazine, “Flying Safety and Navy Physiology,” detailed warnings about pilots being more susceptible to seizures after consuming Aspartame. The Aspartame consumer safety network knows that 600 pilots have reported acute reactions to Aspartame, including grand mal seizures in the cockpit.

Methanol is another by-product of aspartame. Keep in mind: when aspartame is heated above 86 degrees, it turns into methanol, also known as wood alcohol. Wood alcohol can lead to blindness or death. Methanol is truly criminal after it enters into your body. It breaks down into formic acid and formaldehyde. Formaldehyde is a known carcinogenic and can cause birth defects by interfering with DNA replication. Keep in mind: formaldehyde is what they embalm dead bodies with to preserve. In fact, morticians report frequently they don't have to use as much formaldehyde as 50 years ago, because bodies are already tainted with it. Can you imagine what we are doing to our organs? We are slowly preserving them with chemicals before we are dead. Maybe you'll think twice before you'll grab for one of the 9,000 products it's in, such as instant breakfast cereals, breath mints, cereals, frozen desserts, lite gelatin desserts, and even multi-vitamins. It's no wonder there is a virtual epidemic of memory loss.

### ***Splenda***

Splenda is another artificial sweetener we discourage in our practice. It is composed of sugar and chlorine. You might as well dump sugar in a pool and drink away. Chlorine is very damaging to the thyroid gland, among the other side effects of Splenda on the endocrine system of the body. This is not the new and better sugar; it's just another toxic chemical. We will discuss later a healthy sweetener with lots of benefits.

### ***Hormones and Pesticides (hormone derivatives): Two Other Types of Additives***

Now let's discuss another type of additive added to our diet. And these are hormones and pesticides, which are hormone derivatives. Would you agree with me when I say that most of our animal products that are consumed in America are riddled with hormones and antibiotics? Hormones are used to fatten animals and antibiotics used to kill infection. Do you think maybe that's why we have so many antibiotic resistant microorganisms? I always tell people to go to a dairy farm and look at a cow getting milked. I was used to seeing clean, clear, white milk squirt out from the cow when I grew up in the Midwest. Now you see yellow infected pus come out. If you haven't had the opportunity yet, I encourage you to read the book called *Milk: the Deadly Poison* by Robert Cohen for more information on our milk industry. I think the title describes the content.

There's another book I recommend called *Mad Cowboy: Plain Truth of Cattle Ranchers Who Won't Eat Meat* by Howard S. Lyman and Glen Merzer, if you would like to learn more about our meat and dairy that is being sold in the US. *Mad Cowboy* is a very informative book about a man who grew up on a farm and started to notice drastic changes as to how our meat industry was being handled.

Another good book to read with a chapter regarding dairy production is *Baby Matters: What Your Doctor May Not Tell You about Caring for Your Baby*, By Dr. Linda Folden Palmer, a San Diego author and mother who wrote about a study correlating cow's milk to diabetes, multiple sclerosis, heart disease, cataracts, leukemia, lung cancer, ovarian breast cancer, and osteoporosis. Dr. Palmer writes that (quote) "US dairy farmers have noted that milk production goes up when a cow is infected with this leukemia virus. So they promote ways to take advantage of this situation. They actually found a gene that will allow these cows to maintain their infection while converting to the full blown stage" (unquote). You know with the government, unfortunately, it's all about the health of the economy, not our health. I always recommend to my patients that if they choose to eat meat, to go organic meat products, preferably free range, and to avoid cow's milk and replace it with organic rice milk or almond milk. Some may still choose to consume milk. My advice is to know exactly where that milk is coming from and what is in it.

The media portrays milk as a necessary nutrient for strong teeth and bones. However, studies prove differently. Studies show that the countries that have the highest dairy consumption also have the highest rates of osteoporosis. In the book, *Baby Matters*, as mentioned earlier, she writes about studies done in China in the '90's that showed increased animal protein and dairy products caused calcium loss. In fact, Americans, like I said, have the highest rate of osteoporosis.

Another article I just read, talked of a study from the "American Journal of Clinical Nutrition" who discovered that 12-year-old girls who ate high amounts of fruit had significantly higher bone mineral density than moderate fruit eaters. This was because of the alkaline forming properties in fruit that will help with mineral absorption and acid base balancing. One other study regarding milk was done by Florida researcher, Robert Kade, M.D. and his colleagues, who have identified a milk protein, casomorphin, as a probable cause of ADD and aggravated the symptoms of Autism. There are several studies as to why milk ISN'T the beverage of choice, and you will find them in the three books I referenced earlier. The main thing to keep in mind is that milk is considered an acid food. And any time you put anything that is acidic in the body, the body will try to bring the blood back into alkalinity—even if it means robbing minerals out of the bones to do that. The truth is that people who eat mainly a plant-based diet and get proper exercise have a much stronger bone density and less risk of osteoporosis.

### ***What the Hormones and Pesticides Are Doing***

So let's take a look at what these hormones and pesticides are doing. First of all, when we put artificial hormones into the body, we automatically interfere with our normal hormone production and interfere with the cycle of life. Kids end up with stunted growth, early breast development, early menses, abnormal mood swings, and tumor growths, and fatty tissues—such as the pituitary gland—and a whole host of growth and developmental problems. In fact, studies show that the age of puberty is declining by 6 months every 10 years in the US. In China, where hormone usage is very low, puberty starts between 16-19 years of age.

Another article that caught my eye was from the magazine "Alternative Medicine," May, 2001, titled, "Pesticides Linked to Childhood Cancer" (dah!), wrote that children whose mother's use pesticides in the home once or twice a week were nearly 2 ½ times as likely to have non-Hodgkin's Lymphoma. Children whose mothers used pesticides on a more daily basis were 7 times more likely to have the cancer, according to the report published in the December 1<sup>st</sup> issue of the journal "Cancer." Keep in mind that this was mothers who used pesticides in the home for bugs. This wasn't even including all the pesticides on the child's foods that were bought at the store.

On that note of pesticides on our kid's food, and the importance of organic food, I would like to share an article titled, "More Good Reasons to Go Organic," written in the "Davis Food Coop Newsletter." (And if I wrote the article, it would have been titled, "More Good Reasons to Go Organic and Sunrider.") In the article, it talks about how, according to the Pesticide Action Network, that there were more than 2 million pounds of pesticide applied to crops annually in California. Eric Stromberg, who wrote the article, said, "Whatever your opinion about pesticide use, there is now a peer review study that indicates eating an organic diet significantly protects our bodies from pesticide residue buildup." The study was published in "Environmental Health Perspectives," a journal published by the National Institute of Environmental Health Scientists. They found that when eating organic foods, the average level of melathione (a commonly used toxic pesticide) in the children was 0. When eating the conventional diet, the levels averaged 160% higher. One child's level was 163 parts per billion. For the other common pesticide, clorpyrifos, the conventional diet had urine levels that were 5 times higher

than when the children ate organic produce. They also noticed that the levels of pesticide were dramatically reduced in just 5 days on an organic diet.

### ***GMO Foods***

Last, but not least, we are now suggesting to our patients to avoid GMO foods. That stands for genetically modified or engineered. I just started to research this topic about two years ago and just kept putting the articles and the books aside that talked about this. I didn't want to believe that our government was allowing this company, Monsanto's, to experiment on our foods, and we are literally guinea pigs. I got my hands on a book titled, *Seeds of Deception* and a CD series entitled "The GMO Trilogy" by Jeffrey Smith. Boy! Wake up world! Sometimes I feel ignorance is bliss, but not when it comes to our health.

If you recently ate soy sauce in a Chinese restaurant, munched popcorn in a movie theater, or indulged in an occasional candy bar, you undoubtedly ingested this new type of food. So what, exactly, is a genetically modified food? And are they good for us? In a nutshell, an article from "Yes! A Journal of Positive Futures," summer of 1999, titled, "Against the Grain" by Peter Montigie, wrote: "Genetic engineering allows scientists to play God by removing genes from a trout or a mosquito, and implanting them in a tomato with unknown long-term consequences. They do this to be able to give the tomato a special immunity to bugs, so they don't have to use as many pesticides. However, what some farmers in the Midwest found was that their pigs that were eating unsuspected GMO feed started delivering water sacs instead of baby pigs. Another study showed rats fed GMO tomatoes suffered from ulcerative stomach lining and had bloody stools.

I have two young children in my office who presently suffer from ulcerative colitis and irritable bowel syndrome. They are both under the age of 10. "Pathways," a chiropractic publication, wrote that children's bodies develop at a fast pace and are more likely to be influenced and show the effects of genetically modified food. That is why independent scientists use adolescent rats in their GM feeding studies. The rats show significant health damage after only 10 days of eating these foods, including damaged immune system and digestive function. This makes children more susceptible to allergies, by the way; smaller brains, livers, and testicles, partial atrophy of the liver, and potentially pre-cancerous cell growth in intestine. For more in-depth description and study, please read the book, *Seeds of Deception*, as referred to previously.

Or, do a search on Dr. Joseph Mercola who writes a very informative alternative health newsletter each week at [www.mercola.com](http://www.mercola.com). He wrote in an article entitled: "How do You Know If Your Food Is Genetically Modified?" He said that if you randomly pick an item off the grocery store shelves, you have a 70% chance of picking a food with genetically modified ingredients. This is because at least 7 out of 10 items have been genetically modified. Americans are in the dark about this because there are no labeling requirements for GMO foods. Unfortunately for us, the US is one of only few countries that is using genetically engineered food. Other countries test our food grown in the US and refuse it due to the GM crops in America.

The foods that are on the top of the GM food list are canola, corn, wheat, cotton, and soy. GM Soy, as some of you know, is used in infant formulas. This can cause sexual development in children and cause bowel obstruction. Dr. Mercola, in his article, said that these formulas feed the body 10 times the safe amount of estrogen. This list of food pretty much sums up the American diet.

There is a proactive group that is trying to get our schools to serve strictly organic food. The ones who have switched already are experiencing improved concentration, which leads to better grades, and less

vandalism or behavioral problems. The “GMO Trilogy” DVD tells you how to get on the bandwagon to help your children’s school to become completely organic.

Now, my question to all of you is “Do you wonder anymore why our kids are chronically ill in America?” Whether it’s obesity (which obesity is not caused by an inheritable gene, by the way) asthma, allergies, autism, ADD, ADHD, diabetes, neurological problems, heart attacks, digestive problems, and cancer—to name a few. The bottom line is our kids are toxic and malnourished. Keep in mind: the body doesn’t know disease; it only knows hunger. Kids aren’t getting the nutrients their growing bodies desperately need. Unfortunately, instead of taking care of the cause of the problem, we pretend a pretty purple or pink pill will fix it, or removing the problematic organ will do the trick.

I love the saying in our Sunrider family, and that is “Keep your part; God did not put them their by mistake.” We in America label diseases because then we can make money to treat these diseases. My goal is to offer hope and encouragement and give some refreshing news. And that is that your child does not need to suffer any longer, and they can be on their journey to better health through regeneration.

### **Sunrider** [20 minutes]

Everyone who is listening to this tape has been introduced one way or another to the fabulous Sunrider herbal foods. This is gold! The more you know about the company, listen to the Tapes of the Month, and read reference material from Tape of the Month, and other health books, you will agree with me. There is literally nothing else out there like these amazing foods and products. Keep in mind: this does not replace your meals. This is to eat in addition to your regular meals.

Sunrider bases their philosophy on regeneration. And regeneration is the body’s ability to repair itself and create balance and health with proper nutrients. The proper nutrition must come from concentrated, whole foods. Sunrider is the company who makes these concentrated, whole-food herbs, which are 8-10 times more concentrated than fruits and vegetables. This is one of the reasons we see such timely responses and regeneration in those who consume this food. I call it food for a king or queen; or, for the sake of this tape, fit for prince and princesses. Regeneration is accomplished by nourishing, balancing, and cleansing ourselves daily.

### ***NuPlus***

NuPlus is the nourish part of the Sunrider regeneration program. NuPlus is a concentrated, whole-food, herbal powder-pack with vitally, live nutrients. It is nearly 70% complex carbohydrate with more than 20% vegetable protein. NuPlus is a powerful herbal rebuilding formula that has a strong regenerating effect on the adrenals, reproductive glands, liver, pancreas, kidneys, and nervous system. It helps to build up lean muscle mass, improves fat metabolism, and greatly increases stamina and energy. Athletes use NuPlus in large amounts to improve performance. For students, this is the best nutrient you can eat, as it is perfect food for the brain, filled with complex carbs. NuPlus is completely allergy free and clear of chemicals or pesticides or animal products. NuPlus is 100% pure, live nutrients with no chemicals or radiation.

The NuPlus Regular with no beans is recommended for newborn babies, chronically ill, or with digestive problems, such as IVS, celiac, and Crohn's, to name a few. This was a miracle food for me as well as for several of my patients who were in a very chronic state and unable to digest regular table food. As the digestive regenerates, you can slowly start to add the flavored NuPlus with beans, starting out with Simply Herbs, which only has the addition of soybeans. Don’t worry. They weren’t grown

here in the US. So, those who tend to have soy allergies, like I did, shouldn't experience a problem with this formula.

NuPlus can be made into a shake with your favorite fruit and some organic rice milk or almond milk; it can be made as a porridge with warm water and some applesauce, as no-bake cookies. My recipe for this is vegetarian carob chips melted with extra virgin coconut oil, mixed with Barbara's Organic Fruit-juice Sweetened Rice Crispies, pecans or nuts of your choice, some dates, and 1-2 scoops of NuPlus. Then I drop little balls on wax paper, chill for 10 minutes, and wah-la-la! Great sugar-free cookies!

Another idea is to roll a banana in it as a snack, or mix NuPlus with juice and make Popsicles. I know of kids who just rip open the package and eat it straight out of the package for a quick energy boost before a game. Or, you can sprinkle NuPlus on any of your food, such as salads or soups. There really is no wrong way of eating it. You just don't want to cook it and destroy the live enzymes.

NuPlus can be eaten 15 minutes before a meal for appetite control, or along with a meal for those who need to gain weight. It can also be eaten as a mid-day snack. The recommended amount of NuPlus is three scoops daily. Another words, three complete nutritious meals. But you don't have to stop there; you can eat as much as your body wants. At first, kids may crave for this if their body is starving for nutrients, which most kids are on the American diet, according to recent studies. Don't worry. You have to eat approximately 60 scoops to gain one pound. However, if you need to gain weight, like I did, your body will automatically use the nutrients from the NuPlus and you will build lean muscle mass. We call Sunrider food our real food, and all the other foods? —we just call them our fun food.

For parents who are dealing with children who have a weight issue, a great tape to listen to from Tape of the Month is "Healthy Weight for Life" by JW and Lois Emerson. I love how JW stresses the importance of exercise in this tape, which I feel our kids are in need of now that schools have shortened recesses and we tend to have a more couch-potato society. Exercise is not only great for weight control but also aiding the digestive system.

### *Other Varieties of NuPlus*

Other varieties of having your child receive the nutrients of NuPlus are **NuPuffs**, **Vitashake**, and **Vitalite Sunbar** fiber bars. NuPuffs contain NuPlus and look like Cheese Puffs, but is a lot healthier and great to put in with your kids' lunches or to eat as cereal with rice or almond milk. NuPuffs is not to replace NuPlus; it is more to complement and to replace chips, sugary snacks, or cereals. NuPuffs comes in cheddar or cocoa flavor.

Vitashake is another food from Sunrider that comes in strawberry or chocolate flavor. One serving consists of a full serving of NuPlus, plus more protein, vitamins, minerals, and fiber. The fiber is from FOS. That is Fructooligosaccharide. These are naturally occurring sugars from edible plants. Those with glucose intolerance may want to stick with NuPlus, as the oat sugar in Vitashake may be a little difficult to digest. Vitashake makes a great healthy dessert for after lunch or dinner or a midday snack.

Vitalite Sunbars are a great fiber bar that contains half a scoop of NuPlus and 100% soluble fiber. This is a great snack for midday and a great source of natural energy. I like to crumple it up and sprinkle it on top of my NuPlus porridge in the morning. With those who have children with celiac or Crohn's, you may want to introduce this slowly into their diet six months after being on the foundation foods to help give their colon time to regenerate with healthier tissue and be able to assimilate it more effectively. Keep in mind: it's a fiber bar, so lots of liquids are necessary. I recommend this instead of the protein or energy bars at the store, which tend to have a lot of fillers in them.

For parents with children who have severe sugar cravings, you may want to incorporate Vitataste into their program. This is a great formula to help curb sugar craving. What is in Vitataste is in the NuPlus. When one capsule is eaten before or with a meal, the body doesn't metabolize the sugar in the food. Vitataste binds the sugar molecules and blocks the body from absorbing them. This formula is also great for diabetics and hypoglycemics. I would first start out with the NuPlus for 3-6 months and see if that takes care of your child's sugar cravings. If you don't see much of a difference, you can start to add one capsule to their shake or they can swallow it.

If you haven't done the Vitataste test yourself, try it. You take one capsule, open it in a cup of water, pour the mixture in your mouth and swirl it around for one minute. Then drink it. Now try to eat an M&M or drink some Coke. See how it tastes. Then, eat a piece of celery, and see how that tastes. That's the Vitataste test. It's fun to show others how sugary foods really aren't that tasty. It goes to show how our taste buds have been severely altered due to sugar in our foods. I have so many people tell me that before Sunrider they could sit down and eat a whole pound of chocolate in one sitting. This takes two days to digest, by the way. And since eating Sunrider, just one bite would make them feel sick. They said that chocolate tasted like wax.

### ***Quinary***

The balance part of the program is Quinary. Quinary comes in capsules, powder, and liquid form, which is called **Liqui-5**. This is liquid gold! And the more you know about this formula, you will agree with me. Especially Moms and Dads who have been on a journey to find the right formula to feed the systems of the body when a child is out of balance.

When I first started my practice, I would muscle test my patients to determine what systems in the body were the weakest, as if that made any difference. Now I know better. And that is that the body is only as strong as the weakest system. So, as I was playing guesswork and working on one system, the other systems were degenerating because they were not being fed.

The **5 major systems of the body** are the **digestive**, which houses the stomach, pancreas and spleen; the **immune system**, which houses the liver and gallbladder; the **respiratory system**, which houses the lungs, large intestine, and skin; the **endocrine system**, which houses the glandular system, heart, and small intestines; and the **circulatory system**, which houses the kidneys and the bladder.

Well, guess what! Quinary is the magical formula that feeds all 5 of the systems at one time and brings balance in the body. What a concept! And talk about affordable! Quinary will mean something different for everybody, depending on what is ailing you. I do have to say, though, I will commonly have someone come in with a chief complaint, such as digestive problems. And two months later say they no longer have allergies, because the Quinary was also feeding the respiratory and the immune systems.

The Quinary contains over 50 concentrated, food-grade herbs that are synergistically combined. The **5 individual system foods** are **Lifestream** (or **LS** in Canada), which is food for the circulatory system; **Conco**, food for the respiratory system; **Alpha 20-C**, food for the immune system; **Prime Again** (or **PA** in Canada), food for the endocrine system; and **Assimilaide**, food for the digestive system.

Quinary is the most effective when eaten 3 times a day. The recommended amount is 10 capsules per meal, starting out with 3 per meal, and in a 2-4 week time, working up to 10 capsules per meal. You can always modify it according to your budget. Once you are able to work up to 10 capsules a meal, I

would recommend to switch to powder or liquid form, as one packet of powder or one vial of liquid is equal to 10 capsules.

Quinary can have quite an odd taste to children who have been consuming sugar foods for a while. But eventually, their taste buds will come back into balance, and the taste will actually be craved. Different ways of eating Quinary is to mix it in with shakes and put some extra SunnyDew, which we will discuss later. You can also grind the capsules in the grinder with the NuPlus, since they are vegetable based and will dissolve quickly. For the Liqui-5, you can put it in organic grape juice and suck it down with a straw, or stick the straw right into the vial and suck it down that way. Again, there is no wrong way to eat it. Just have fun and be creative.

Keep in mind: If your child is on medication, Quinary will not interfere with it at all. As I said earlier, Quinary is a food-grade herb, and the body recognizes it as just that—concentrated food.

### ***Calli and Fortune Delight***

The cleanse part of the Sunrider regeneration program is **Calli** and **Fortune Delight** herbal teas. These can be enjoyed all day long and are a great replacement for plain water, soda, or any other beverage for that matter. On a side note, research shows that if you take soda out of your child's diet like an article in the "American Journal of Clinical Nutrition" reported, that just taking one can of soda a day out of your child's diet for a year will keep 15 extra pounds off your child. This significantly will make a difference in risks of obesity and diabetes.

Calli and Fortune Delight taste great and help to nourish the cleansing system of the body. I always describe Calli as the tea without the devil in it. Calli has been found to remove all metals from the body. This is great for kids who have had dental work with mercury, or metal damages from vaccines. Just heat up a gallon of water almost to a boil and pour over a Calli tea bag. I say a gallon of water because the Calli tea is very concentrated. So, start out slowly and work your way to eventually one tea bag to a cup.

You may want to ask the person who referred you to Sunrider what some cleansing responses are and to make sure you have a comfortable cleansing journey. Keep in mind: as the body is moving out toxins, it can make a lot of noise, such as gas, bloating, headache, light-headedness, runny noses, and rashes from candida coming out. This is why you want to start with a tea bag to a gallon of water. And if your child is on medication or suffering a chronic illness, I recommend the Calli Night flavor. It has extra food for the nervous system and helps to calm the nerves as it's feeding the cleansing system.

Fortune Delight is the other Sunrider beverage. This one comes in powder form and can be served cold or warm. This is great for *pushing* toxins out of the body, as Calli is responsible for *pulling* it out of the tissues. Fortune Delight is great at replacing electrolytes for active children and helps to kill off yeast (or known as Candida) in the body.

If you don't know what kind of damage Candida does or what it is, I recommend reading the book, *The Yeast Connection* by William G. Crook, M.D. This is the culprit of many childhood problems, ranging from ear infections to learning disabilities to sugar cravings and obesity. I recommend keeping a pitcher of Fortune Delight or Calli-Delight, which is Calli and Fortune Delight mixed together, in your refrigerator and encourage the kids to help themselves to this delicious beverage. These are also great made into ice cubes then blended into a NuPlus shake.

### ***SunnyDew and Sunectar: The All-natural Stevia Sweeteners***

You'll want to add an all-natural sweetener called stevia to your teas or NuPlus. Sunrider calls this liquid stevia SunnyDew or Sunectar; or, in Canada, it is called Suncare and Suncare Plus. SunnyDew is the first clear, water-based stevia liquid in the market place. Other clear liquids may be alcohol based and are not nearly as concentrated as SunnyDew. Stevia is 250-300 times sweeter than sugar. This is completely safe for diabetics or people with blood sugar disorders. Stevia is known to balance blood sugar and blood pressure. It is also great in evening the ups and downs of energy levels. You can also put it on cuts, moles, bites, acne blemishes, squirt it in the back of the throat for sore throat, helps to keep gums healthy, and you can bake with it to replace sugar.

Sunectar is a more concentrated version of SunnyDew, which has the same benefits as SunnyDew, but it is also combined with Chrysanthemum and Chlorophyll for the added benefit of nourishing the whole body.

My husband was hiking in Sedona last year and noticed red patches on his arm that started to itch. All he had with him was his bottle of Fortune Delight with Sunectar in it. So, he poured it on top of the red patches and noticed the itching and redness was gone within a minute. Sunectar, as well as the NuPlus will help to control sugar cravings and blood sugar imbalances in children. This is a much-needed source in the US with our rising epidemic of obesity and diabetes in children.

In the "San Diego Union Tribune," April 4, 2006, there was an article on how diabetes has doubled among children. Before, it was Type1 that was seen in children, but now Type 2, which is known as Adult Onset Diabetes, has increased at the greatest risk in recent years among teenagers between 15-19 years of age. In fact, the drug companies have gone out of their way to make these cute little Pokémon devices for kids to check their blood sugar. Too bad they don't put their money into nutrition courses in the schools to educate children on how to control diabetes through diet, since Type 2 diabetes has been reported as 100% diet related.

There are several patients that come into our office that were diagnosed with Type 2 diabetes, and after making significant changes in their diet and increasing their exercise, they were able to completely get off their medication. Imagine how much money they are going to be able to save in their lifetime and how many more years they have added onto their lives.

### **First Aid Kit [10 minutes]**

I will briefly cover a first aid kit you may want to have in your house for emergencies. You can talk with the person who shared this tape with you for more detailed information.

1. Number one: I recommend keeping a bottle of **JOY** capsules. This is food for the joints, muscles, and tendons. This is handy for a sprained ankle or any muscular, skeletal injury.
2. Number two: I recommend having **Sunbreeze Oil** or **Balm**. As a chiropractor, we don't do without this in our practice. This is great for sprains, strain injuries, bites, sunburns, headaches (you just rub it on your temples), asthma attack (You can put it in your Calli tea and drink it or rub some between you hands and cup over your nose and take a deep breath in.). You can rub on you stomach and lick it for motion sickness. I love it because it turns hot like the sun or cool like the breeze, whatever the body needs to bring it back into balance. I highly recommend visiting the Sunrider Plant in Southern California and stepping into the room where they bottle Sunbreeze. What an experience! My head and lungs have never felt so clear.

3. Another thing I recommend is **Fortune Delight**. This is a temperature regulator and it's great for naturally reducing fevers.
4. Another thing to have in your first aid kit is **Vitadophilus**. This is healthy probiotics; it's great for stomachaches and also to eat along with antibiotic use to restore healthy gut flora. This I also recommend for kids who have been on multiple doses of antibiotics in their lifetime to help to rebuild healthy gut flora. Tape of the Month has a great CD of Dr. Dean Black's sharing the benefits of Vitadophilus.
5. Another thing to have in the first aid kit is **Sunectar** or **SunnyDew**, which is great for cuts, bites, cancer spots, fungus issues such as athlete's foot and sore throat. Sunectar has chlorophyll, which has been found effective for sore throats.
6. The other thing for your first aid kit is **Alpha 20-C**. It's in the Quinary, but since it's food for the immune system, I recommend you eating additional when you feel your child may be expressing health, such as a cold or flu, or eating more if your child has an autoimmune disorder. In fact, the liquid form of Quinary has extra Alpha 20-C in it—so this is also an option. This is a GREAT alternative to the flu shot—which, by the way, I read an article 4-5 years ago about how you are guaranteed to get Alzheimer's just after 5 flu shots.

Remember how I said earlier that toxins are stored in fat cells where the brain is abundant with these? There's going to be an extra push for children to receive a flu shot this year, according to NVIC Newsletter. Instead of a flu shot, feed your child's immune system the healthy way, and help them keep their defense system at bay.

7. Number seven for your first aid kit is **Conco**. This is also in the Quinary and is the food specifically food for the respiratory system. Additional Conco is great for chronic coughs, colds, allergy, or sinus problems. Remember, the body doesn't know disease; it just knows it's hungry. Eat enough to make a difference. It's just food!
8. And Number Eight for your first aid kit is Sunrider **Fruit and Vegetable Wash [Fruit & Veggie Rinse]**. This is a great formula to wash fruits and vegetables in to remove pesticides, bugs, fungus and mold. And it's even safe enough to consume. In fact, if your child comes down with a little stomach bug, you can put 2-3 drops in their Calli tea, and they can drink that every 30 minutes until they are feeling better.

### ***Final Recommendations***

I will leave all the other wonderful products of Sunrider for the person who shared Sunrider with you. The most important thing is to eat enough of the **foundation foods**, which are **NuPlus, Quinary, Calli, Fortune Delight, SunnyDew or Suncare [Sunectar]** to make a difference. And be consistent! Keep in mind that it's not whether or not Sunrider works to improve health, it's whether you work Sunrider and you stay consistent. I also recommend that you put the product book away for at least 6 months to a year as you rebuild a healthier foundation with the Sunrider foundation foods. If, at that point, you need something to feed or nourish a system of the body, such as the brain that may have been damaged from vaccinations or medication, then sit down and talk with your sponsor, or, I like to call them health coaches, to see what would work best for your child. Many times the foundation foods alone will rebuild the damaged tissue. That's why I encourage you to give them at least 6 months to a year before adding anything else. If your budget only allows one regeneration meal a day, then be

consistent with that one meal a day. You WILL get results. It may take longer, because the body has fewer tools to work with, but you WILL see results.

One of the biggest factors in children having great results, was switching to healthier food choices is the parents. Many of the habits generally come from the parents. Many books write about how kids watch more of what their parents do than listen to them. This needs to be a whole family decision to take steps forward toward better health. If parents go home and say to the child that they need to start to eat differently, but they themselves demonstrate poor eating habits, the likelihood of the child listening is very low. I notice that it's the parents that I have to convince to change the whole-house eating habits and not the child. And it's the parents that do the grocery shopping and prepare the meals. I also know that kids are exposed to many types of junk food at school. However, this is where parents have the opportunity to educate their kids on good or bad fuels for their body.

In a recent article dated September 13, '06, from "Institute of Medicine;" it was titled, "Parents: The Weakest Link in the Childhood Obesity Link [Epidemic]," one-third of children and teens are either overweight or about to become overweight. Most overweight children also have at least one parent who is overweight. The children learn unhealthy behaviors from the parent at an early age. Mothers and fathers encourage their children to eat healthy fruits and vegetables, but the message doesn't come through unless the parents also do so themselves.

We have turned into a convenient society of fast foods and no scheduled meals. In fact, 2/3 of US adults are overweight or obese. We can be proactive in our children's health or watch our children get swallowed up in the disease epidemic of obesity, diabetes, ADD, autism, and autoimmune diseases, to name a few. It's ultimately your choice.

I love a quote I read last week; it said, "You can choose to be healthy or you can choose to be sick. It's your choice." This definitely puts things into perspective about food, exercise, and mental health and the choices we make. Ultimately, we make the decision for our child's future. I know that in growing up, I ate what was available in the house. And if my mother had celery or cut up apples with peanut butter or a glass of water setting on the counter. I would grab and eat or drink as I was passing through the house to go play some more. I am grateful she didn't have doughnuts setting on the table, as they would have robbed my energy an hour later as my sugar spiked and then dropped.

I think you get my point as to how important a parent's role is in the health of the child. Let's take this information and focus on the health of the whole family, like my great-grandpa who was a pharmacist would always tell the patient, "If you just ate right, I would be out of a job."

In conclusion: there are many great benefits of eating the Sunrider foods.

1. They taste great.
2. They're fast and easy to prepare.
3. They are pesticide and chemical free.
4. They are complete nutrition for our bodies.
5. They are easy on the digestive system.
6. They are delivered to your front door.
7. They are simply the best.

I encourage you to work with the person who recommended Sunrider to you, to help you and your family get started on the road to better health. May God bless you on your Sunrider journey.