

# Drink Your Way to Better Health

When most people think of drinking, they don't associate it with health. The reason is obvious. Most of the beverages people consume aren't healthy. Most Americans start the day off with coffee or a sugary fruit juice, chug sodas throughout the day, consume energy drinks when they're tired, and/or have wine or beer in the evening. All of these common beverages pose problems for health.

For starters, most of these beverages are loaded with sugar. While we do need sugar, and it is naturally present in many foods, the sugars in whole foods are accompanied by vitamins and minerals that help the body utilize those sugars. In addition, the fiber in whole foods slows the absorption of sugar into the blood stream, which helps keep blood sugar levels stable.

In contrast, the refined sugars found in most beverages (like sucrose and high fructose corn syrup) are rapidly absorbed. They spike blood sugar and trigger the release of large quantities of insulin. A high level of insulin in the blood (hyperinsulinemia) is one of the primary characteristics of metabolic syndrome, an underlying cause of many degenerative diseases. Hyperinsulinemia increases inflammation; promotes diabetes, weight gain and heart disease; and may contribute to the development of cancer.

In addition, these simple sugars lack the chromium, zinc, B-complex vitamins, magnesium and other nutrients needed to efficiently burn sugar for fuel. Thus, they deplete nutritional reserves, diminishing health over time.

## The Case for Liquid Nutritional Supplements

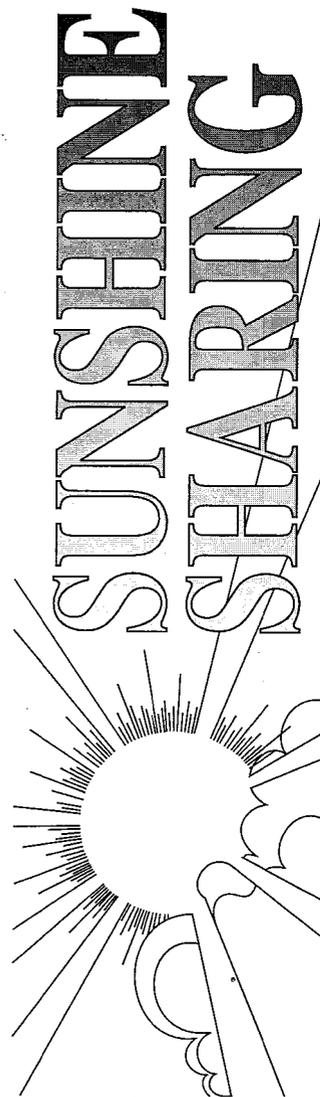
Ideally, people should be drinking pure water as their primary beverage. A person needs one-half ounce of water per pound of body weight per day. That means a 128 pound person needs two quarts (64 ounces) of water daily. A 192 pound person needs three quarts (96 ounces) and so forth. However, because many people are used to drinking something that's flavored, they're not likely to drink enough water. Adding something that flavors the water (while adding nutritional benefits at the same time) can help people consume more of the water they need, and improve their overall health. However it's still a good idea to drink lots of plain water, too.

There are advantages to taking nutritional supplements in liquid form, the most basic of which is you don't have to swallow a bunch of pills. This can be especially helpful for getting good nutrition into young children, the elderly or anyone who is having difficulty consuming their supplements in capsules or tablets.

Liquid supplements can also provide quick "on the go" nutrition for busy people. When they don't have time to fix a healthy breakfast or lunch, they can drink something nutritious on the way to work or in between meetings to get the nutrients they need. These are just a few of the many reasons to consider finding the liquid nutritional supplements that are right for you.

In this issue of *Sunshine Sharing*, our focus is on liquid nutritional supplements. We'll start by discussing how you can replace some of your unhealthy beverages with healthier options. Then, we'll suggest some healthy liquid nutritional supplements you can use. You'll discover just how easy it is to drink your way to better health.

**Turn the page to improve the quality of the beverages you consume...**



### Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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# Healthy Alternatives to Unhealthy Beverages

It's hard to give up a beverage we love, "cold turkey," even if we know that it isn't good for us. So, here is a list of some unhealthy beverages people consume and some suggestions on healthier alternatives a person can use to wean off of them.

## Soda Pop



One of the unhealthiest beverages people consume is soft drinks or soda pop. Soft drinks are a major source of excess sugar in American diets. If they aren't loaded with refined sugar or high fructose corn syrup, they contain artificial sweeteners, which can be just as bad, if not worse.

There is evidence that artificial sweeteners may actually promote weight gain. Here's why. The sweet taste of the beverage or food makes the body believe it is receiving sugars. It prepares for this sugar, but when the sugar doesn't show up, appetite increases. You'll probably never see a person getting skinny drinking diet sodas.

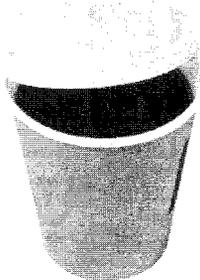
Artificial sweeteners have also been linked with other health problems, including increased risk of cancer and nervous system disorders. In fact, if you look at the label on most diet sodas, it reads like a "chemical soup." How can this be healthy?

The problems don't stop there. The phosphoric acid present in many soft drinks interferes with calcium absorption and weakens bones and teeth. And, last but not least, many soft drinks are loaded with caffeine, which we'll discuss next.

A great replacement for sodas is to make sparkling fruit juice. Purchase some sparkling water and add some lemon, lime, a little fruit juice or some **Thai-Go** to make a soda replacement. You can also break open a package of one of the Solstic products (listed on the next page) and add it to either sparkling water or regular water to make a healthy flavored beverage to consume.

## Caffeinated Beverages

Moderate caffeine consumption is not harmful to most people. However, many people are addicted to caffeine, either in the form of coffee, caffeinated sodas or energy drinks. If you "can't get through the day" without a caffeinated beverage, then you are probably chemically dependent on this stimulant. If you get headaches or don't feel good when you don't drink them, you're definitely addicted.



Caffeine doesn't actually give you energy. It stimulates the body to burn up energy reserves. This leaves you more tired and depleted over time. So, if you're tired caffeine isn't the answer.

There are other reasons to avoid caffeine. If you have high blood pressure, sleep problems or headaches, caffeine may be aggravating them. Pregnant women should avoid caffeine as it passes on to the unborn child, which may cause health problems in the developing fetus. Also, children (even teenagers) don't need the

stimulation of caffeine. It contributes to hyperactivity and other health problems in young people.

Of particular concern are modern energy drinks, which can contain as much caffeine as a six pack of cola drinks (or even more). These are definitely not healthy for children, teenagers or adults.

If you're a coffee drinker, try using **Herbal Beverage**. This coffee substitute is made from roasted grains (barley, malt, chicory and rye) and herbal flavorings. It has a mild liver cleansing effect. It also tonifies the digestive system and is a useful addition to adrenal rebuilding programs. A good way to wean off coffee is to start mixing a little Herbal Beverage in with your coffee. Gradually reduce the amount of coffee while increasing the amount of Herbal Beverage.

As an alternative to energy drinks, try **Solstic Energy** (described on the next page). Although this instant energy drink does contain a moderate amount of natural caffeine from guarana and green tea, it also provides B-vitamins which aid energy production and isn't going to give the "jolt" that most energy drinks do. Even better, try taking **Target Endurance**. Although not a liquid, Target Endurance capsules contain nutrients that increase energy production inside of the cells, thus building energy reserves, instead of depleting them like caffeine.

## Alcohol

Alcohol is, essentially, a pure, refined carbohydrate, which contributes to hypoglycemia. While a moderate amount of alcohol (such as a glass of wine with a meal) does not seem to cause any serious health problems, excessive alcohol consumption does. Overconsumption of alcohol damages the liver and brain, destroys personal relationships, and is the number one cause of traffic accidents.



If you do drink alcohol, consume an extra glass of water for every alcoholic beverage you consume. Alcohol acts as a diuretic and is dehydrating, so you need extra water if you consume it. It also helps to consume it with food, which helps keep your blood sugar more stable.

## Sugar-Sweetened Drinks and Fruit Juice

Soda pop isn't the only sugar drink out there. There are numerous sports drinks, punches, sweetened teas and fruit juices. All of these beverages are loaded with artificial sweeteners or simple sugars that spike blood sugar levels. Even fruit juice can be problematic for many people.

To wean yourself off of sugary drinks, try using one of the Solstic products described on the next page. You can also mix a little **Herbal Punch** with some water. Herbal Punch is sweetened with honey and flavored with herbal extracts. It also contains a variety of vitamins and antioxidants. Because of the honey content, Herbal Punch shouldn't be given to children under the age of one. Try mixing a little **Liquid Chlorophyll** and Herbal Punch (or **Thai-Go**) in your water for a tasty pick-me-up.

# Liquid Nutrition for a Healthier You

The Solstic products are a convenient way to get the nutrition you need while enjoying a healthy beverage. Packaged in convenient stick-packs, you simply tear the packet open and pour the powder into a glass or bottle of water. Stir or shake to mix, then drink and enjoy. You can also add the stick-pack powders to smoothies and meal replacement drinks. They are easy to carry in a purse or brief case for use while on the go. There are five products to choose from.

## Solstic Twenty-Four



Many people take a multiple vitamin and mineral supplement daily. Solstic Twenty-Four is the one-a-day supplement that you can drink, giving you 24 hours of extra nutrition. It contains vitamins A, C, D, E, K, B1, B2, niacin, B6, folic acid, B12, biotin, pantothenic acid, calcium, magnesium, zinc and potassium. It's a great product to mix in with your breakfast smoothie for some extra nutrition or to take as tonic for general health.

## Solstic Energy

This blend is an alternative to the sugary, caffeine-loaded energy drinks on the market. Simply empty the contents of a packet into a bottle of water and you have an instant energy drink. It is a great supplement to carry in your purse for when you need a pick-me-up. Solstic Energy is sweetened with stevia, a naturally sweet but sugar-free herb. It contains some natural caffeine supplied by the herb guarana and green tea. It also contains B-vitamins to enhance natural energy production. Flavored with natural lemon, mandarin orange and pineapple powders, Solstic Energy helps reduce physical fatigue and enhance mental clarity and focus.

## Solstic Revive

Solstic Revive is another caffeine-free alternative to energy drinks. It is also a supplement to take after exercise or strenuous activity. It contains B-vitamins for energy production and nervous system health as well as the amino acids l-carnitine, l-aurine and l-glycine. These amino acids boost endurance and support the structural system. Solstic Revive also contains glucosamine to help support joint and cartilage health.



## Solstic Cardio

Many people are concerned about keeping their cardiovascular system healthy. This innovative supplement contains l-arginine, which enhances nitric oxide, a messenger chemical that dilates blood vessels, reducing blood pressure. Studies suggest l-arginine also inhibits plaque formation in the arteries. The vitamins D and K have both been shown to inhibit cardiovascular disease and to enhance bone health. Solstic Cardio also contains grape skin extract and pomegranate fruit which act as antioxidants (along with vita-

min D and K) to protect artery linings. This supplement can enhance energy, aid exercise and may even be beneficial for erectile dysfunction in men.

## Solstic Immune

When it's cold and flu season, why not consume a beverage that will enhance your natural immunity? Solstic Immune contains elderberry, which has been shown to protect the body against viruses. It also contains echinacea, which boosts your natural immune response against both viral and bacterial infections. The beta-glucans and arabinogalactan in this blend stimulate natural immunity as well. The vitamins C and D, along with the mineral zinc, also enhance the immune system to keep you healthy. The formula is rounded out by various antioxidant fruits and a little Korean ginseng, which boosts energy and overall wellness.

Besides the Solstic line of products, there are a number of liquid supplements you can add to your water to flavor it and provide extra nutrition. Here are a few to consider.

## Liquid Chlorophyll

Chlorophyll is the stuff that makes plants green. In fact, it's been called the green blood of plants. That's interesting because this green liquid helps build good red blood. It enhances the oxygen carrying capacity of blood, which provides improved energy. It is an antioxidant and helps protect the body against toxins. It's also a natural deodorizer, acting as an internal "deodorant" to reduce body odor. Many people routinely add liquid chlorophyll to their drinking water and the drinking water of their children and pets to improve health. Liquid chlorophyll has a pleasant mint flavor, which also helps to settle the stomach, making it a good remedy for indigestion and gas, too.

## Thai-Go

This unique supplement is a blend of antioxidant fruits and herbs, including mangosteen, wolfberry, pomegranate, sea buckthorn, green tea and grapes. Thai-Go protects the body against oxidative stress and enhances the immune system. It cools inflammation and is a great beverage for hot summer days. It also has allergy-reducing properties. Thai-Go is low glycemic so it won't spike your blood sugar levels. Drink it straight or mix it with sparkling water for a natural soda alternative.

**Continued on page 4**

## Additional Help and Information

For more tips on healthy drinks and liquid nutritional supplements, contact the person who gave this newsletter to you. Their information should be found at the top of the following page. You can also consult the following sources:

*The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light  
*Water: for Health, for Healing, for Life* by F. Batmanghelidj, M.D.



# Healthier Drinks for a Healthier You

**Drinking doesn't have to be bad for your health! With the right liquid nutritional supplements, you can energize your body, protect yourself against disease and improve your overall health.**

## ***Continued from Page Three***

Thai-Go also tastes great when added to a little natural lemonade (made with lemons, maple syrup, and water or sparkling water). This beverage is helpful for working in the heat and for cooling fever and inflammation.

## **Liquid Mineral Supplements**

**Ionic Minerals with Açai** supplies a full spectrum of 70 highly bioavailable ionic minerals. It also contains the antioxidants açai berry and red grape skin. This isn't the tastiest beverage, but it can really help to build healthy bones, teeth and immunity. An even less tasty beverage is **Mineral Chi Tonic**, which also supplies 70 trace minerals along with adaptogenic and tonic herbs. This formula not only builds healthy bones and teeth, it also reduces feelings of stress and acts as a tonic to balance the glandular system. These supplements taste better when mixed with some natural fruit juice or in a smoothie.

## **Additional Supplements You Can Drink**

There are other healthy nutritional beverages you may want to consider. **Tofu Moo** is a natural alternative to dairy products made with tofu. It is available in plain or carob flavoring.

**Liquid Cleanse** is a detoxification formula in liquid form. It contains senna, a natural laxative, along with herbs to help detoxify the liver.

There are also many meal replacement powders that can be mixed to provide an instant meal for weight loss or convenience. These include **Love and Peas**, **Nature's Harvest** and **SmartMeal**. SmartMeal comes in vanilla, chai and chocolate flavors.

For more ideas about supplements you can use to drink your way to better health, talk to the person who gave this newsletter to you. Their contact information should appear above.