

Questions about Bella

By Sharon Farnsworth

Does Bella contain hormones?

Bella is *not* a true source of hormones such as estrogen or progesterone. Sunrider uses an herb or herbal source of glucose that the last part of the chemistry is like estrogen. So when it gets into the body, the body receptors seem to accept it as if it were estrogen, and gives all the benefits without the negative side effects of most sources of estrogen. For some women synthetic sources of estrogen like premarin, made from pregnant horse mare's urine, can cause bad side effects such as cancer.

Can Bella "over do" the estrogen levels in the body?

I can't answer if Bella will "over do" the estrogen levels, but because of the philosophy of Regeneration, which all of our products are based on I don't think so. On the other hand, I think one has to listen to your body for how much you should take. The suggestion on the label is to take one capsule in the morning and evening with food. One of the reasons for taking so little is that this formula is 30 to 40 times more concentrated than any of our other products. I was personally a Ginny Pig and found when taking more than three at a time that I was nauseated. When I took two I was slightly nauseated and one capsule was good. It seemed to control the appetite by not making me so hungry. Some people on the cruise actually lost weight on the cruise.

What is the difference between Beauty Pearl and Bella?

Men and women of all ages can eat the Beauty Pearl. The Beauty Pearl specifically helps with the skin, which is what we have always marketed as its main benefit. Some of the side benefits is that it especially helps young women with menstrual problems, PMS symptoms etc. We have specifically been told that Bella is for women over 40 years of age. Younger women should use Beauty Pearl and can take Veros. Bella is more for severe hormonal imbalance, menopause and

postmenopausal conditions.

Can you take Bella instead of Hormone Replacement Therapy?

Only your body will be able to answer this question.

How does Bella affect moods and depression?

From what I have heard reported it does help for women over 40 years of age. The Beauty Pearl also helps with moods and depression.

Can you take both Beauty Pearl and Bella together?

I do. I still eat one or two Beauty Pearl a day, with my one or two Bella. I have not heard from the Chens that you shouldn't take both together. But again, you need to listen to the body. You may need to take less of the Beauty Pearl depending on how you feel.

I've heard that some women have reported experiencing nausea?

Like I mentioned, some have reported experiencing nausea. I experienced it with the first bottle I tested. However, the Bella formula being marketed now doesn't seem to do that if you don't take too much. If you do feel nausea, cut back on the amount.

Are there any other benefits that will come from eating Bella?

Like I said in my newsletter I felt a renewed zest or energy for life. It was more an inner energy than a strong energy like from the Action Caps. It is difficult to explain except it just makes one feel younger, positive, and more like conquering life. It just makes one feel great! Bella is also excellent for helping with bone density, increased circulation and inner strength or energy.

What about cysts?

So many women are experiencing Fibroid Cysts on the ovaries. I think the Bella would be good, *but that is my personal opinion*. What causes the cysts, and why do more women have them today when they have been virtually unheard of twenty or thirty years ago? It is my opinion, we are experiencing these conditions, because of our environment, pesticides, sprays, and chemicals used everywhere. The only thing I know that can help is to get the

immune system fired up so to speak with eating lots of Alpha 20 C to help "reduce the extraneous and abnormal cell growth" And be sure and use lots of *Fruit and Veggie Rinse* to get it off our fruits and veggies before we eat them. We know DDT gets into the receptors and makes women, men, and animals infertile. It is my suspicion that the pesticides also affect the ovaries, causing the growths. My daughter Shelly has had one burst. It is so painful. She had to have microscopic surgery to clean up the remains of the burst cyst. Why do we have these things? Again, my suspicion it is these poisonous chemicals used on our food. And for us being on a fruit orchard, with the former use of such chemicals, only adds to my suspicion.

So is there ever a time when a woman under 40 years of age would take Bella?

Yes, Shelly is taking the Bella, and doing much better. Even though she is under 40, she has a severe problem and needed the additional help Bella gives her. So Shelly is benefiting from the Bella where she has had a cyst problem. All I can tell you is from our own personal experience. We have no data from Sunrider on this. But Mrs. Chen did say that women under 40 could use it if they had severe problems. When we did our newsletter, we had not been told about the 40 and under rule. But with Shelly's problem I had consulted Mrs. Chen and asked if I could give Shelly one of my bottles, as she was still having problems, and she said yes. Shelly felt so much better while on the one bottle. Then when she ran out she felt poorly again. Now she has it every day, I see Shelly feeling so much better, more energy and better moods. She still takes the Beauty Pearl, but those were not strong enough for her. She is finding the Bella is so much better for this situation. I do hope this helps you and your people to better understand a few particulars about Bella. I do get the question about taking B. Pearls with Bella all the time. I just tell people to listen to their body. There is no conflict with both of them as I understand it.

Bella must be used with NBC of SR.