

REGENERATION: N B C AND YOU

An Independent Sunrider

What is Regeneration? What affect does it have on me? How and why does the body regenerate? Regeneration is the basis of Sunrider's philosophy and product formulation. **The Philosophy of Regeneration states that if you nourish the body with a variety of concentrated herbal foods arranged in the right combinations, the body will regenerate itself.** This philosophy dates back three to five thousand years in China.

Regeneration is the way the body rebuilds and replaces cells, be they bone, brain or brawn. Sun Ssu-mo, a famous physician of the Tang Dynasty, placed the diet as of paramount importance to maintaining health. He said, "A truly good physician first finds out the cause of the illness, and having found that, he first tries to cure it by food. Only when food fails does he prescribe medication." Of course, treating illness and disease are left to trained medical doctors, but preserving health is everyone's opportunity.

Dr. Joseph Beasley, MD, explains western medicine's weakness in his book, *The Betrayal of Health*. Regarding the world's health crisis, he writes "On an individual level, it is felt most acutely in the doctor's office, where patients are asking for explanations that physicians simply cannot provide. Modern medicine, for all its wondrous technology, has only succeeded in describing and treating various symptoms of the crisis. It is currently almost completely unprepared to diagnose and treat the underlying causes."

"The chronic conditions that challenge us, he continues, "from hypertension to learning disabilities, do not respond to the simple formula of 'identify the cause and eliminate it' that worked so well for infectious diseases...Today, however, our health is compromised on many levels at once. The interaction of many factors dictates our health, not just a single event or agent. **Health, or the lack of it, is determined by the interrelationship of the human organism with its food supply, its environment, and other humans.**"

How are Sunrider's foods formulated to aid your body's perpetual quest to regenerate itself?

By highly concentrating the herbs and then combining specific herbs according to ancient Chinese formulas to Nourish, Balance and Cleanse your body. The combinations of the herbs enhance their affect on your body and make them easy to assimilate. In every pound of product you eat, Sunrider has concentrated from 8 to 14 pounds of herbs, fruits and nuts. When the herbs are concentrated, the entire essence of the herb is used. The Chinese believe that everything in a plant helps the body digest and extract the essential nutrients.

Depending on the formula, these herbs help your body stay nourished, balanced or cleansed. You find herbal foods that are not common in the standard American diet listed in the Sunrider formulas. These are herbal foods whose synergistic nutrition your body uses very effectively for regenerating and rebuilding itself.

Why does the body regenerate?

Why the body regenerates might be simply summed up by saying that life works to live and stay in balance. Dr. Deepak Chopra, in

his book *Quantum Healing* explains that our bodies are actually designed and "programmed" for health. Dr. Chopra is a respected endocrinologist who has brought together current research done by Western science, neuroscience and physics with the insights of Eastern health theories. He says that the human body is controlled by a network of intelligence and is itself the greatest healer known.

Today's "miracle drugs" come from medical science's efforts to replicate the body's own functions. Western medicine took the route of substituting synthetic chemicals for those made by the body, whereas the Chinese pursued the path of bolstering the body's own chemical producing factories, such as the glands, to effect change.

Dr. Chopra illustrates the problem with western medicine's approach: "A doctor can prescribe drugs that replace the missing clotting factor in the blood, but these are temporary, artificial, and have numerous undesirable side effects. The body's perfect timing will be absent, as well as the superb coordination of a dozen related processes. By comparison, a man-made drug is a stranger in a land where everyone else is blood kin."

"The frustrating reality, as far as medical researchers are concerned," he continues, "is that we already know that the living body is the best pharmacy ever devised...The dosage is always right and given on time; side effects are minimal or nonexistent; and the directions for using the drug are included in the drug itself, as part of its built-in intelligence."

How the body regenerates is complex. **By sending balanced nutrition to the cells and cleaning out toxins, Sunrider foods nutritiously supplement your regular diet.** This nutrition allows the cells (who are the ones who know how) to regenerate the body to the best of their ability.

What effect does regeneration have on you?

The body uses its vast internal intelligence system to sift through all the food you eat looking for the best nutritional building blocks available. Familiar foods like coffee, soft drinks and french fries, limit you body's energy and nutrition resources. When these foods are replaced with high quality foods, that actively nourish, balance and cleanse the body, regeneration takes place naturally. Why? Because your body is not using it's energy to hold the line against the negative effects of unhealthy foods. By adding Sunrider foods to an already healthy diet, your body will quickly begin working more efficiently and at a higher energy level.

The philosophy behind the Sunrider foods is "life replenishing life".

By providing your body the necessary **whole herbal foods**, you encourage it to function in the natural healthy and energetic way as it was designed to do. The Chinese herbal formulas in and of themselves cure nothing. The Chinese feel that it is always your body, fed the right foods, that has the ability to heal or balance itself.

The Natural Nourishment of NuPlus

The NuPlus formula was originally developed by the Chinese to sustain their bodies at the peak performance level necessitated by their arduous lifestyle. An additional benefit of their diet was longevity with health and vitality. Since the Chinese looked to the patterns found in nature to indicate fundamental natural laws, they turned to natural sources. Their diet achieved their goals of health,

harmony and balance. **Over two thousand years ago the Chinese found in their diet, the nourishment necessary to improve the overall condition of their organs, enhance the metabolism and balance the body's systems.**

The most common experience people who eat NuPlus relate is: "I get so much energy, but its not like coffee, where I zoom up and then drop down. It's more of an underlying bedrock of energy." This steady release of energy is due to the complex carbohydrate make-up of NuPlus.

A word about energy...

Complex carbohydrates are digested more slowly than simple carbohydrates and provide an even, sustained source of energy. Both simple and complex carbohydrates are broken down by the body into glucose. Simple carbohydrates are quickly metabolized and the glucose is dumped into the bloodstream tending to bypass the muscles and liver and the unused portion gets stored in the fat tissues. Complex carbohydrates take eight times as many calories to be metabolized and the glucose is used by the muscles and organs or stored ready for later energy requirements.

Eating NuPlus half an hour before meals fills in the nutrition gaps due to irregular or inadequate eating habits. It also supports the body's natural system of health and weight control. NuPlus provides necessary concentrated and balanced nutrition that the cells use to maintain themselves. **Food cravings develop when the body lacks nutrition and frantically seeks to get it.** Unfortunately, many people quiet the hunger craving with a quantity of food that lacks the quality needed.

Top notch quality control in processing.

Sunrider's standard of processing result in quality and purity. The water used is purified by reverse osmosis and ultraviolet light and even the air in the factory is purified with several filters. Sunrider's concentration process uses different treatments for the oil soluble and the water soluble nutrients. It carefully controls the heat and oxygen in order to prevent destruction of nutrients or undesirable enzymatic activities. Sunrider also controls the sequences of mixing and treatments in order to avoid the loss of nutrients through precipitation.

Just as in digestion, the non-nutritive bulk is separated out leaving the concentrated water and oil soluble nutrients. **This concentration process mimics the first stages of the body's digestion process, leaving the herbs' nutrition in it's original synergy and balance.** This easy-to-digest attribute of NuPlus makes the Simply Herbs flavor a great food for babies, the sick and the elderly.

The Balance of Quinary

Sunrider's Quinary consists of five unique herbal formulas: Alpha 20 C, Lifestream, Prime Again, Assimillaid and Conco. These formulas are designed to respectively feed and balance the body's five major systems: the immune, circulatory, endocrine, digestive and respiratory systems.

A body in balance is self-adjusting and self-regulating. This is a result of the five systems working in harmony, balance and in good communication with one another. Sunrider likens the action of the Quinary to a cart pulled by a team of five horses. It operates at maximum speed only when the horses are pulling in concert.

Dr. Beasley also points out, "If we are all, in fat, unique- the natural balance that the body instinctively maintains will be unique as well. What is normal for one individual (from body temperature to weight distribution) may be quite abnormal for another." **Sunrider's philosophy is to let the body's innate intelligence direct the use of the Quinary formulas in balancing the systems.** These herbs are designed to be eaten together to promote an overall balance and well-being among the various body systems.

Five formulas – three ways to take them.

The Quinary comes in packets of powder which are easily made into a tea or added to your NuPlus shake. Alpha 20 C, the immune system support, now comes in power form in 10 packs! Quinary and its individual formulas are available in a 100 capsule bottles, allowing you to take as little or as much of the formulas as you wish. Both the packets of powder and capsules (10 to a packet) come in 10 Packs and the larger 60 pack size. These packets are a convenient way to carry Quinary with you.

The Liquid-Five mini pack contains ten vials of the Quinary in liquid form. These vials are very easy to carry and take whenever you wish.

The Cleansing Quality of Calli and Fortune Delight

Cleansing is your body's natural process of ridding itself of waste products that are produced by digestion, muscle exertion and other processes. **Calli herbal tea is alkaline in nature, unlike many herbal teas. The alkaline environment enhanced by Calli makes it less likely that impurities will be absorbed during digestion. Even though Calli is not a diuretic nor a laxative, it does facilitate the removal of wastes that are a result of the body's digestive and metabolic action.** Calli's popularity has made it Sunrider's perennial number one seller.

Fortune Delight is another delicious Sunrider herbal beverage that is designed to help remove toxins that your body absorbs from air pollution or the undesirable elements that have found their way into our diets. Sometimes these polluting elements get stored in the cells instead of being eliminated. Fortune Delight complements the body's process of eliminating these wastes and impurities that the fat cells otherwise may hold on to for years.

Fortune Delight nourishes and supports all the organs of digestion and assimilation. This tasty beverage was mentioned in Mademoiselle magazine as the healthy refreshment of choice of super models, such as Cindy Crawford. It's unique ability to keep your body pure, clean and beautiful is being noticed!

The Vitalite Bar provides the necessary roughage the body needs to move out "waste" products. Even one bar goes a long way to keep you sleek and trim!

This publication was sent to you courtesy of your local Independent Sunrider Distributor.
