This nutritional information has been compiled to assist in education on how the body functions, and what foods you can eat that will keep the body healthy. It has been combined from many sources and where available, is documented with footnotes. This should not be used in any way for diagnosis or prescribing for disease or illness.
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Why Should I Eat Sunrider Foods?

There are many reasons to use Sunrider products and it would take time to list them all. For some, better health or more energy is desired. Whatever the reason, everyone feels the benefit and regenerative effect of Sunrider’s whole foods. More so now than ever, the whole foods that Sunrider offers are needed to keep our bodies healthy. There seem to be more people claiming that they have products “just like Sunrider”. On the box it may look like something good, but it is what is on the inside that counts. Since 1982, Sunrider has been at the forefront of the herbal food industry producing and selling products far superior to anyone else. The competition cannot even come close to Sunrider as far as concentrated whole foods are concerned. The reason Sunrider is still the best buy for your money is the concentration. Four to seven pounds of herbs go into ½ to 1 pound of finished products. All of the products are nutritionally balanced. Take a look at what some professionals and experts outside of Sunrider have said:

Americans are malnourished. Even when we succeed at eating a balanced diet, our systems still suffer from the actual lack of nutrients in foods. For example, raw carrots differ widely in beta-carotene content, often showing variances from 18,000 IU to 70 IU per 3 1/2-ounce sample. Produce and natural foods such as whole grains on the other hand are robbed of fertilizers. Wheat from the U.S. has been rejected at China’s ports because the protein content was so low. US Agriculture Department figures show that today’s wheat often contains only 20% of the protein it used to have.

Dr. Michael Colgan, LaJolla, CA.

Depleted soil. The congress of the United States is also aware of the problem relating to our depleted soil. The following experts on mineral deficient soils, plants, and foods are part of Senate Document #264 as adopted and ordered reprinted by the second session of the 74th Congress of the United States of America:

- The impoverished soil of America no longer provides plant foods with the mineral elements essential to human nourishment and health.
- Laboratory tests prove that the fruits, vegetables, the grains, the eggs, and even the milk and meats of today are not what they were a few generations ago.
- No man of today can eat enough fruits and vegetables to supply his system with the minerals he requires of perfect health because his stomach is not big enough to hold them.
- Physical, mental, and moral fitness depends largely upon an ample supply and an proper proportion of the minerals in our foods.
- Artificial manure’s inevitably lead to artificial nutrition, artificial food, artificial animals, and finally, to artificial men and women.

An Agricultural Testament, Sir Albert Howard
One of the biggest tragedies of human civilization is the precedence of chemical therapy over nutrition. It’s substitution of artificial therapy over natural, of poisons over food, in which we are feeding people poisons (drugs), trying to correct the reactions of starvation.

*Dr. Royal Lee*

Depleted soils produce deficient foods and deficient foods bring us ill health. Two food items may look alike, but one may have everything that a food should have because it was grown on healthy soil while the other is worth no more than a glass of water if grown on sick soil.

*Dr. Wm. A. Albercht*

A recent USDA study found that the majority of Americans—supposedly the best fed people in the world—are getting less than 70% of the recommended daily allowances of calcium, iron, an magnesium. And if a deficiency in any one nutrient is a sign of inadequate nutrition, more the 80% of the Americans are suffering from malnutrition.

*Larry Ephron, Ph.D.*

The staple foods may not contain the same nutritive substances as in former times... Chemical fertilizers, by increasing the abundance of the crops without replacing all the exhausted elements of the soil, have indirectly contributed to change the nutritive value of cereal grains and vegetables.

*Dr. Alexis Carrel, Nobel Prize Winner*

The highest qualities of food are the natural, raw foods. All the enzymes are found intact. The amino acids are in their finest form. The minerals, vitamins, carbohydrates, trace elements and “life force” are present. The “life force,” in turn, is capable of reproducing healthy tissue. When the quality of food coming into the body is of higher quality than the tissues which the body is made of, the body begins to discard the lower grade materials and tissues to make room for the superior materials which is uses to make new and healthier tissues.

This is the plan of Nature (regeneration). The body is very selective and always will be unless our interference is too great. Only then do we fail to recover and degenerate further into disease. The self-curing nature of many conditions such as cold, fevers, cuts swellings, injuries, pain, etc., furnishes endless examples of how the body tends toward health—always unless we do something to stop the process.

What are the symptoms or signs which become evident when we first begin to omit the lower grade foods and instead introduce superior foods—those which are more alive, more natural than we are accustomed to? When the use of the toxic stimulation such as coffee, tea, chocolate, or cocoa is suddenly stopped, headaches are common and letdown occurs.
Excerpt from Detoxification and Regeneration Through Diet,
Ede Koenig, PH.D, N.M.D.
Regeneration

A philosophy worth living for

I’ll never forget the first meeting we attended where Dr. Chen began to teach us a philosophy that was to change our lives and our health. He started the meeting by showing the chemical structures of numerous herbs and showed how they worked chemically. While we common folk were scratching our heads, a medical doctor was sitting on the edge of his seat enthralled with what Dr. Chen was teaching. Despite Dr. Chen’s broken English, we began to understand this philosophy of regeneration and here is what we learned.

Historically, the Chinese have been the only people to develop an organized method for recording and documenting the effects of herbs. Although there are many sources cataloging herbs to some degree (usually 100 to 200 varieties), the Chinese—over the last 5000 years—have specialized in understanding thousands of herbs and their effect on the human body. They are specialists in the usage of herbs. Their health, long life, and medical philosophies reflect this herbal knowledge.

The Chinese study of herbs began with one man eating an herb and recording the effects on his body. Through the years this information was categorized and organized until it was an exact Chinese science. Their gathering of information is “observed experience.” Today, scientists “experiment” with animals which theoretically respond like humans. From these reactions, the scientists draw conclusions about future human response. Then, as the product of this experimentation is used by humans, experience shows whether the scientific conclusions were healthful or harmful. (Please note the difference between experience and experiment.) The Chinese took the first approach. Their knowledge is based on 5,000 years of experience with herbs and is neither theoretical nor experimental. They know what effects herbs have on the human body.

With this experience, the Chinese have classified all herbs into three groups. The first is called food herbs. These herbs do not control the body, but as food, will feed the body nutritionally and support proper functioning and self-regulation. The second group is called medicinal herbs. These herbs will control body functions similarly to the drugs commonly used in the medical profession today. The third group is poisonous herbs. These herbs will cause death or extreme illness.

With this categorical approach to herbs came two health approaches. The philosophy of regeneration states that the human body is fully capable of building a strong, healthy, balanced body, when the body obtains proper whole food nutrition. With good nutrition, the body creates the energy necessary to function properly. Add good eating habits, exercise, and positive mental attitudes, and a person can develop excellent physical strength and health.

An opposing philosophy is substitution, which states that when a body function does not work properly or ceases to work at all, it becomes necessary to institute “crisis management.”
The use of controlling substances (herbs or drugs) either stimulates the function so it works or gives it a rest so that it might regain strength to begin functioning on its own. It is called substitution, because a drug, herb, or chemical is used as a substitute for a function the body was designed to perform on its own. Both principles have their place. Regeneration creates health when the body has proper nutrition, exercise, and mental attitudes. Substitution is used when the body, through lack of proper nutrition, has lost its ability to function properly, thereby creating the need for outside control to help begin solving the problem.

Let’s consider an example of the body’s digestive system. To operate properly the digestion system needs hydrochloric acid. After going to the doctor, it is found the digestive problems stem from lack of hydrochloric acid. A prescription is given for pills with synthetic hydrochloric acid. After taking the pills, the digestion system works! The stomach problems seem to be gone. That is, until the hydrochloric acid in the stomach leaves, then the ache is back and it is necessary to take more pills.

The body is a self-regulating mechanism and is designed to create its own hydrochloric acid when given the proper nutrition. The question is, does substitution solve the problem of the body’s inability to produce hydrochloric acid? No, it is substituting the acid so the body does not have to create it on its own.

Unfortunately, substituting tends to create some negative effects, and the problem is not solved. First, it creates greater weakness of the body function. Like your muscles, if a body function isn’t used, it weakens until it dies. This is called atrophy. Second, when the function ceases to operate, the body creates a dependency on the substitute.

Third, substitution rarely only affects the function it is intended to help. There are almost always side effects, many of which are dangerous to good health. If you take a substitute to help with high blood pressure, it may cause nausea. Then if you take a substitute for nausea, it may cause dizziness. Then you take a substitute for dizziness... it goes on and on.

Now, let’s apply this same example of digestion to the principle of regeneration. The Chinese have found from experience that certain food herbs feed specific systems of the body. From this information, they developed food formulas to feed specific systems of the body. Now, suppose you have a stomachache. You decide to see if the digestive function can be regenerated by giving it proper nutrition. You eat the herbs the Chinese have used for years to feed the digestive system. The body then takes the nutrients from those herbs and feeds the digestive system. As the digestive system receives these nutrients it is now, once again, able to produce hydrochloric acid.

This is regeneration. The body obtains the proper nutrients through whole foods, then utilizes the energy and elements necessary for the body to function properly and regenerate itself.

The Philosophy of Regeneration

1. The body has the ability to create balance and health when given proper nutrition.
2. This proper nutrition must come from whole foods.
3. You must take responsibility for your own health.
Choosing Peak Health

Why do people look at Sunrider? Everyone has slightly different reasons, but if you sort through them you find that many of the reasons are the same and they can be organized into one of three stages.

Level one - SICKNESS & IMBALANCE: a lot of people in our modern society find themselves here. The health care systems in most western industrialized systems are bulging at the seams. Many of the killers of today are referred to as "lifestyle related" - that is they are affected by our eating, drinking and exercise habits.

Most of us already know what is bad for our health and what kinds of things degenerate our body. Things like sugar, salt and chocolate, regular tea and coffee, preservatives, smoking, processed foods, chemicals and fertilizers, bad water, bad air and stress. All of us, no matter how carefully we try to eat, just can't avoid all of these things.

Level two - MAINTENANCE: Once people decide that they want to be more healthy, they start buying more fresh fruits and vegetables from the grocery store, and they exercise a bit more. They may try vitamins or medicinal herbs. They may get some benefits, but they can easily fall back into sickness, because they are working on a maintenance level. They never actually start rebuilding their body - just maintaining it better than before.

At the maintenance level, lots of fruits and vegetables improve the diet. However, due to poor soil quality and corporate concern for profit rather than nutrition, grocery produce rarely provides all the necessary nutrients. People also don't eat enough variety or quantity of these or in the right combinations. It's just not enough.

Level Three - REGENERATION & PEAK HEALTH: We create an environment in which the body can rebuild itself to optimum functioning, which is already programmed into our genes. By providing the balance and raw materials our body needs, it begins to renew or regenerate, and actually become younger. This can take us beyond both sickness and maintenance.

To create this regenerative environment, we must give our bodies the highest quality food possible and in just the right amounts and combinations.

When given these options, who is going to choose maintenance?

The only company in the world, which deals exclusively with this high level of regenerative foods, is Sunrider International. Other companies might have one good product in one hundred, but every single formula by Dr. Chen has this purpose in mind. To provide just the right nutrition in the right combinations you really have to know herbs and you really have to understand the body. The body is incredibly complicated and no one food or herb is perfect in itself - they must be balanced with other foods or herbs to make them work properly.

The Chinese have studied foods for thousands of years, and they have developed a system of principles by which you can tell which herbs go together and which ones are balancing on very important levels. Dr. Chen is a genius in the field of nutrition, food and herbs.
These principles come from a health system that was creating healthy people and healthy societies thousands of years before western societies even began to study "modern" nutrition.

You can verify these principles yourself simply by incorporating Sunrider into your lifestyle!

**Cleansing**

**What Symptoms to Expect when Your Diet Improves**

Excerpts from an article by Dr. Stanley S. Bass, N.D., D.C., and Ph.D.

Perhaps the greatest misunderstanding in the field of nutrition is the failure to understand and interpret the symptoms and changes which follow the beginning of a better nutritional program. A remarkable thing happens when we IMPROVE the quality of the food we consume. When the food we ingest is of higher quality than the tissues from which the body is made, the body DISCARDS the LOWER QUALITY TISSUES, to make room for the higher quality materials to make HEALTHIER tissue.

During this process of regeneration--lasting about 10 days to several weeks--the emphasis is on breaking down and eliminating lower quality tissue. The vibrant energy often found in the external parts of the body, the muscle and skin, moves to vital organs and starts reconstruction. This movement of energy produces a feeling of less energy in the muscles, which the mind interprets as weakness. At this time, more REST and SLEEP is often needed, and it's imperative to AVOID STIMULANTS of any kind which will abort and defeat the regenerative process. Remember the body isn't getting weaker, it's simply using its energies in more important internal work rather than the external work involving muscle movements. With patience and diligence, a person will soon feel more energy than before.

By ingesting higher quality foods, the body begins a process called "retracting." The initial focus is on eliminating the waste and toxins deposited in the tissues. However, the process creates symptoms that are often misinterpreted.

For example, a person stops consuming coffee or chocolate and experiences headaches and a general letdown. The body begins discarding TOXINS (caffeine or theobromine) by removing them from the tissues and transporting them through the bloodstream. However, before toxins are passed through elimination, they register in our conscience as pain--in other words, a headache. These same toxins also stimulate the heart to beat more rapidly, thus producing the feeling of exhilaration. The letdown is due to the slower action of the heart, which produces a depressed mind state.

The SYMPTOMS experienced during "retracting" are part of the HEALING process! They are NOT deficiencies. DO NOT treat them with STIMULANTS or drugs. These symptoms are constructive even though unpleasant at the moment; don't try to cure the cure.

The symptoms will vary according to the materials being discarded, the condition of the organs involved in the elimination, and the amount of available energy. They can include headaches, fever/chills, colds, skin eruptions, constipation, diarrhea, fatigue/sluggishness,
nervousness, irritability, depression, frequent urination, etc. The symptoms will be milder, and pass more quickly, if one gets more rest and sleep.
UNDERSTAND that the body is becoming healthier and eliminating waste and toxins. Had they remained trapped in the tissues, eventually they would have brought about illness and disease, thus causing greater PAIN and SUFFERING. The body is becoming healthier by eliminating TOXINS.

Finally, don't expect to improve your diet, and feel better and better every day, until you reach PERFECTION. The body is cyclical in nature. Health returns in a series of gradually diminishing cycles.

For example, you may begin eating better and start feeling better. After some time, you experience a symptom such as nausea, or diarrhea. After a day, you feel even better than before and all goes well for a while. Then you suddenly develop a cold, the chills and lose your appetite. Without the use of drugs, you recover from these symptoms and suddenly you feel great. This well-being continues for a time until you break out in a rash. The rash flares up, but finally disappears. And suddenly you feel better than you've felt in years. As the body becomes cleansed, each reaction becomes milder and shorter in duration; followed by longer and longer periods of feeling better than ever before, until you reach a level plateau of VIBRANT HEALTH.
Phytonutrients

Functional Food Factors Add To The Quality Of Life

Phytonutrient is a term that is gaining much recognition since the cover story article in the April 25, 1994 issue of Newsweek Magazine. Phyto comes from the Greek word plant; phytonutrient means, “plant nutrients.” The term phytonutrient goes beyond just vitamins and minerals, it refers to the other micro nutrient compounds such as flavanoids and carotenoids.

Plant nutrients are chemicals that help the plant to survive. Plant nutrients in this group may act as hormones, enzymes, pigments or they may simply provide color, odor, or taste. Their first purpose is to help the plants survive and flourish in their normal environment. These nutrients help the plants to protect themselves from free radicals, insects, parasites, bacteria, viruses, and general damage that can occur in the normal daily life of the plant.

Interestingly enough, phytonutrients offer some of the same protection for human life. They are the key factors helping the body to balance itself.

Maybe the term functional food factors would be more acceptable to lay people rather than phytonutrients. Most of us just need to recognize that foods have a functional value, not value contrived or market positioned. Maybe we need to revert to the Hippocratic rule of letting food be our medicine. The functional food factors could be a key to understanding and accepting the fact that our body does have the ability to balance itself.

So often the western world is sold on the concept that food from the animal kingdom is crucial for human growth and development. A prime example is the campaign of the dairy groups for the value of milk and dairy products or other campaigns like the “goodness of eggs” or that “pork is better than beef or “chicken has less fat.” All messages return to the notion that “quality life for humans is best from the animal kingdom.”

This is not to suggest that there is no value in consuming animal products, rather that our emphasis is incorrect. Maybe there needs to be an American Plant Council that would do massive advertising and could teach our children the value of plants? Or maybe a company is needed that would teach the value of adding whole plants to our diet on a daily basis?

The study of phytonutrients is relatively new. Some scientists speculate that to date only 10% of the phytonutrients have even been discovered and identified. These functional food factors have only been seriously investigated for the past two decades.

The major groups of phytonutrients are phenols, carotenoids, limonoids, thiols, genistein, indoles, and isoprenoids. They have been divided by their similar protective functions. *The vast majority of single nutrients in all classes are anti-oxidants.*

The phenol class, for example, protects plants from oxidative damage, a similar function it performs for humans.

Flavanoids, or the common reference of bio-flavanoids, is a major subdivision of phenols with over 1500 identified to date. The majority that are found in herbs and plants are flavones, flavonols, and flavanona. Their greatest benefit is that they block certain damaging enzyme action. They are very much a food, yet they are great for balance.
Scientists are especially excited about the phenol’s cancer fighting properties. Phenols potentially defeat cancer by three mechanisms. “They can shut off the formation of the carcinogens, turn up the body’s natural detoxification defense and suppress cancer promotion.”

“Polyphenols are thought to function as anti-cancer agents because they have an anti-mutant factor that helps cell DNA to reproduce itself accurately rather than in mutated forms that may lead to cancer.”

Polyphenols are just one of the flavonols. Tea contains specific polyphenols called catechins, epicatechin, epicatechin gallate, epigallocatechin gallate, and proanthocyanidins. The catechins give tea its tart flavor.

Because polyphenols are antioxidants, they help slow the daily deterioration that the body experiences from stress, pollution, and a poor food supply. As good as exercise is for your size, shape and longevity, exercise is also a source of free radical damage.

A single plant like Ginseng may contain hundreds of phytonutrients. Their grouping in nature may have specific benefits to human use. For example, research today is looking into single plants as well as a variety of combinations that the Chinese have used for centuries. Greek history as well as Chinese history has recorded uses of plants for both medicinal and nourishing benefits. Today’s western scientific experiences and a desire to know all the secrets of nature are confirming the work of these ancient cultures. Using western scientific language broadens the acceptance and often awareness by more consumers.

As a rule, most lay people don’t need scientific evidence they can’t really understand to recognize the importance that food, whole foods, play in the quest for improved quality of life, longevity, and over all better health. Foods that contain nutrients are good for the body no matter what name a scientist places on them.

Isolated nutrients that man has created in the test tube are not understood by the human body nearly as well as the food in its whole unmanipulated state. For this reason many grams of Vitamin C alone are needed to change the body, where consistent intake of whole plant foods allow the body to accomplish the same with less intake of any individual nutrient. This is especially true of Vitamin C when the bioflavanoids are present.

We all have biochemical individuality. This means that we all have different needs on the inside, just as we have different looks on the outside. The basic mechanics are the same, but for optimum operation or balance, we each have unique nutritional needs that are supplied from the functional food factors.

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2 Let’s Live, March, 1996 p.45.
3 Let’s Live, March, 1996 p.45.
NuPlus Herb Food Concentrate

What is NuPlus?

NuPlus is a rich blend of whole fruits and vegetables, packed with vitally live nutrients. They have been carefully combined and concentrated in a powder form. NuPlus is nearly 70% complex carbohydrate with more than 20% vegetable protein and very low in fat. The ingredients include: coix fruit, soy bean, Chinese yam, fox nut, lotus seed, lotus root, waterlily bulb, green bean, red bean, black bean, white bean and imperate root.

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 build up lean muscle tissue, improves fat metabolism and greatly increases stamina and energy. Athletes use NuPlus in large amounts to improve performance, and people convalescing from illness find it substantially aids their recovery.

NuPlus is highly nourishing, with foods that complement one another, and we get complete total nutrition. Nutrition is energy. Energy gives peak levels of stamina, vitality and longevity.

How do you eat NuPlus?

There are many ways to prepare NuPlus. I generally blend 2 scoops (2 packets) in about 4 ounces of soymilk and 4 ounces of filtered or bottled water. I then add SunnyDew or Sunectar (Stevia) for added flavoring and nourishment for my pancreas. Many folks blend it into their favorite fruit juices and some simply blend it in their Calli or Fortune Delight. A tasty evening snack for me is to mix it into unsweetened applesauce or tapioca pudding with soymilk and Sunectar or SunnyDew. It can also be used to replace flour in muffin recipes. The different ways to eat NuPlus are endless and many kitchen-tested recipes are available from other Sunriders you will be sure to network with.

NuPlus comes in a 10-pack of your favorite flavor (ten 15-gram packets) or in 630-gram bulk containers. The flavors are Naturally Plain, Piña Banana, Mixed Berry, Apple Cinnamon, and Simply Herbs. The Original Simply Herbs without the beans (NuPlus Regular) is also still available in 500-gram bulk containers.

Possible Benefits of Sunrider NuPlus

- Regenerating effect on:
  - adrenals
  - reproductive glands
  - liver
  - pancreas
  - kidneys
  - nervous system
- Helps to build up lean muscle tissue.
- Improved fat metabolism.
- Increased stamina and energy.
- Aids in convalescence and speeds recovery.
- Quicker recovery from surgery.
- Promotes general feeling of well being.
- Promotes better use of all other nutrients.
- Promotes reduced cholesterol.
- Promotes clearer thinking.
- Promotes body-led healing of addictions and cravings for alcohol, cigarettes and recreational drugs.
- Allows reduced craving for unwholesome food.
- Allows getting more nutritional benefit out of ordinary table foods.
- Improves ability to overcome addictions.
- Reduces the occurrence of mood swings.
- Enhanced concentration.
- Quicker recuperation from stress.
- Better sleep.
- Increased endorphin levels in the brain (natural pain relief).
- Relief from teething pain in infants.
- Helps babies sleep through the night (because of complex carbohydrates).

**REMEMBER: CONSISTENT CONSUMPTION GENERATES THE GREATEST BENEFIT!**

**NuPlus: A Product Endorsement by Trish Powers**

I suppose everyone in Sunrider has a product, which they’d hate to do without. For me, although I love the Calli, Fortune Delight, Quinary, and other products, the food my body needs most is NuPlus. You see, it seems to me that just as certain families may have a tendency not to produce, say, enough insulin, it is also true that some families tend to have a tougher time producing proper brain chemistry, resulting in depression and other disorders like learning disabilities and eating disorders.

Before Sunrider, I had suffered from lifelong depression, which appeared to worsen, the older I got. Despite all manner of pharmaceutical intervention, by age 40, I could no longer work. The doctors, exasperated with my case, finally pronounced my condition “old age” (at 40 mind you!), and told me that I’d just have to learn to live with it.

There was nothing left for me to do but to pray for a miracle. Two long years later, that’s exactly what I got... in the form of a SunPack, of all things. I ate the SunPack as directed, and on the fourth day, I was granted my miracle... the depression was lifting! I could once again think and remember and make decisions.

It seems that what was wrong with me was that my brain was just hungry! For some reason I just couldn’t make brain chemicals out of ordinary table food. For me, NuPlus seemed to be a “cake mix” for the brain chemistry my body was so desperate for.

Could it have been so simple all along? Skeptically, I put my own theory to the test. After I had eaten my entire first supply of NuPlus packets, I didn’t replace it right away. Guess what? I found that if I went without NuPlus for four days, the symptoms returned. My dear husband Tom, who had watched me struggle for nearly a quarter of a century, observed all this and simply but emphatically said, “Don’t ever run out of that stuff again!”

I have since learned that in certain kinds of depression like Seasonal Affective Disorder (S.A.D.), blood serotonin levels normalize when patients spend two hours a day in the sun, four days in a row (just like four days of Sunrider!). Here up north in snowy Michigan, NuPlus is my “sunshine in a canister.” And guess what? I took my husband’s advice: Twelve years later, I have never let myself run out of “that stuff” again!
VitaShake

One packet of VitaShake contains a full serving of NuPlus plus more protein, vitamins, minerals and fiber. The fiber in the new VitaShake is from FOS.

FOS is an acronym for fructooligosaccharides. These are naturally occurring sugars that have beneficial effects and health enhancements as a food ingredient. FOS comes from a variety of edible plants such as garlic, onions, oats, and chicory root. Sunrider uses chicory root for our source of FOS. FOS is not only in the new VitaShake, it is also in the newly improved Vitalite Sunbar, both fruit flavored and chocolate.

I have been learning from the Internet about many of the benefits of FOS. Below is a list of some of the benefits:

- Helps in digestion and absorption of food through the intestines.
- Stimulates growth of the good bacteria in the intestines, such as Acidophilus, Bifidus, and Faccium.
- Helps reduce Candida Albicans.
- Minimizes osteoporosis, yeast infection, and bloating.
- Reduces cholesterol and triglycerides.
- Helps over a long period of time to reduce the LDL or bad cholesterol, while not affecting negatively the good cholesterol, the HDL.
- Enhances the lipid metabolism, therefore reducing or normalizing the triglycerides.
- Traps fats and cholesterol in the intestinal tract, so they can be flushed out with Calli or Fortune Delight.
- Helps suppress the appetite (great for anyone who is trying to lose weight)
- Helps slow the assimilation of carbohydrates over a longer period of time. This is very good for blood sugar regulation and helps with cravings.

For additional information on FOS, try the Internet at these web sites:

http://www.uaslabs.com/frcto.html
http://members.aol.com/hlthresrch/jafa.html

Sunrider has added more vitamins and minerals to the VitaShake. These nutrients are “bonded” to the NuPlus ingredients. This is a special process that Dr. Chen has developed in order for the body to accept the vitamins and minerals as food. What this means to you and me is that all of the nutrients are 100% assimilated, unlike most isolated vitamins and minerals. This is a truly unique product that is a result of Dr. Chen’s research and formulation.
Each packet of VitaShake contains:

- Calories: 95
- Protein: 4 g
- Carbohydrates: 18 g
- Fat: <1 g
- Dietary Fiber: 3 g
- Sodium: 54 mg
- Sugars: 5 g
- Cholesterol: 0 mg

It also contains vitamins A, C, D, E, K, B6, B12, Thiamin, Riboflavin, Niacin, Folate, Biotin, Pantothenic acid, Phosphorous, Iodine, Magnesium, Zinc, Selenium, Copper, Manganese, Chromium, Molybdenum.

Compare VitaShake with Ensure or SlimFast. Ensure and SlimFast contain sugar, isolated protein, isolated vitamins and minerals, and numerous chemicals. The body cannot digest most protein drinks because they are usually made from “isolated” protein, which clogs the lymphatic system. VitaShake is real food.

Eating VitaShake is like taking Vitadophilus, but the FOS doesn’t just implant in the colon like acidophilus, it helps the body make its own good bacteria. Most fiber only “sweeps” the intestines, but FOS fiber also aids digestion thus boosting assimilation of all foods through the intestinal walls. When we have enough friendly bacteria in the colon, then the body can be able to produce its own abundant amounts of all of the B vitamins.

Because of the FOS, plus the other nutrition in the NuPlus, the VitaShake may help to minimize osteoporosis and Candida. It may help lower cholesterol and triglycerides. And over a longer period of time, it may bring down the LDL cholesterol, while boosting the HDL cholesterol. Of course, it is important to include VitaShake as part of an overall healthy diet in order to create positive change. VitaShake helps us to feel full and satisfied and helps with the assimilation of carbohydrates, which may be helpful to those who have blood sugar imbalances.

How do you eat it? VitaShake should be consumed with at least 16 oz. of liquid. If you mix a full serving of VitaShake in only 8 oz. of liquid, be sure to drink more Fortune Delight, Calli, or even water; this helps to prevent bloating or constipation. As with all fiber, the FOS needs to be consumed with plenty of liquid.
Tea Catechins

Green and Black Tea: Simple Solution to a Radical Problem

Green and black teas contain potent anti-oxidant polyphenols called flavanoids. These teas show much promise as a convenient way to add valuable nutrients to our daily diet.

In green and black tea, the polyphenols give the tea its tart flavor. Catechin, Epicatechin, Epicatechin gallate, Epigallocatechin gallate and proanthocyanidins are some of the polyphenols found in green tea.4

"Scientists are especially excited about the phenols’ cancer-fighting properties. They potentially defeat cancer by at least three mechanisms. Firstly, they can shut off the formation of carcinogens, secondly they turn up the body’s natural detoxification defenses, and finally they suppress cancer promotion." 5 Green tea polyphenols seem to increase the actions of a number of our detoxification enzymes, including catalase and Glutathione peroxide.6

Polyphenols are most abundant in green tea, but are also present in black tea. Both teas are made from the leaves of the same plant, Camellia sinensis, but each is dried differently giving different polyphenol contents.

The total polyphenol content in dried green leaves is around 8 to 12%. The catechin content of black tea is between 3-10%, while green tea is 30-40%.

Experiments have shown that tea catechins are effective in suppressing the excessive accumulation of body and liver fat.7 The amount needed is only a few cups of tea a day. The chances are great that obesity or fatty liver will be lessened by the habit of drinking tea-containing catechins.

Studies also confirm that when teas containing catechins were given before starches were consumed; the increases of glucose and insulin concentrations in the blood plasma were significantly suppressed compared with those of the control group. Catechins suppressed the levels of the glucose and the insulin in the plasma, otherwise elevated by sucrose. These results indicate that tea catechins are effective in suppressing the increase of the glucose concentration in the blood.

The conclusion is clear, drinking the tea containing catechins before and during a meal containing starches and fats is far more effective in regulating blood sugar, cholesterol and fat than when consumed only after the meal. Again the reference is to black and green tea, not the common herbal teas.

There is also evidence in the literature relating to the additional benefits of lowering blood pressure as well as having great anti-bacterial properties.

A 1992 paper published by the University Hospitals of Cleveland and Case Western University described the anti mutagenic affects of green tea polyphenols. These polyphenols inhibited the p450 enzyme system in the liver, which is responsible for the production of

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4 Let’s Live, Drink Up, P 45, March 1996.
7 Fukuyo, M. Hare, Y. and Muramatsu, k. Nippon Eiyo Shokuryo Gakkaishi., 39, 495-500 (1986)
carcinogens. The green tea polyphenols also inhibited the mutagenic effects of a variety of potent toxins including salmonella typhimurium.\textsuperscript{8} In a recent study of 1300 men over 40, Japanese researchers correlated dietary factors to cholesterol levels and liver function tests. The men who drank the most tea had the lowest cholesterol levels and the most normal liver function results. The research again recognized the benefits of polyphenol flavanoids.

A recent report\textsuperscript{9} stated that black tea was associated with a much lower risk of stroke in a study of 553 Dutch men. The flavanoid content appeared to be the reason for the findings. Catechins make certain blood cells, called platelets, less prone to clotting and they also act as anti-oxidants, countering the artery damage potential of highly reactive chemicals.

In the Dutch study, men with high flavanoid intake had a 73 percent lower risk of stroke during 15 years of follow up, compared to men with lower flavanoid intake. These men got 70 percent of their flavanoids from tea and 10 percent from apples. Those who drank 4.7 cups of tea a day had a 69 percent reduced risk of stroke.

Another study was recently released by John Folts, a professor at the University of Wisconsin Medical School,\textsuperscript{10} suggesting that black tea flavanoids have the ability to reduce blood clotting. He and his colleagues also found that the flavanoids in tea do a better job of lowering platelet activity than any other beverage tested. Coffee was of NO value.

Folts was the researcher who first showed that aspirin helps guard against heart disease by making blood platelets less likely to stick together and form blood clots that trigger heart attacks and strokes. Black tea sounds like a good alternative to an aspirin a day.

Other studies have shown the relationship of flavanoids and heart attacks. Many of us know that flavanoids exist in red wine and may account for the French paradox. However, this study is also reinforced by the work done in Asian countries pointing to green tea as a reason for the lower than normal incidences of heart disease and certain cancers.

As scientific research continues to emphasize the importance of added flavanoids to the diet, we need to continue to search for convenient sources. The key will be regular, consistent consumption of these valuable micronutrients. As their name implies, they are small, but research is verifying their huge value to longevity and overall quality of life.

Remember that the blend of both black and green is the ideal scenario. Consistency is important. Don’t miss a day; the quality of your future depends on it.

\textbf{The Difference}

\textit{The difference between traditional forms for black and green tea and Calli and Fortune Delight are:}

- Calli and Fortune Delight are \textit{concentrated}. It would be difficult to drink enough black and green tea to actually enjoy the preventative benefits of catechins. However, Calli and Fortune Delight are \textit{concentrated}, thus making the catechins strong antioxidants.

- Calli and Fortune Delight have minor amounts of caffeine (about what you would obtain from a piece of chocolate cake), while black and green tea are typically much higher.

\textsuperscript{9} Nutriceuticals: The New Food Medicine by Chris Kilham
\textsuperscript{10} Canton Repository. p I March 25.1996.
Calli and Fortune Delight

Did you know that Calli and Fortune Delight are blends of both black tea and green tea? And, have you been seeing all the articles recently about how green tea, in particular, may have cancer preventative or maybe even cancer curing properties? (Readers Digest, June, 1997) In addition to black and green tea, these unique beverages also have many herbs that were included in the formulas to help cleanse the body of wastes and toxins that we may have consumed from our foods or from the environment.

I’m convinced that the rapid growth of cancers of various kinds in the U.S. is a direct result of the typical American lifestyle. Cancers are growing in other countries now, but I believe it is because they are adopting many of our bad habits. We’ve managed to prolong life and that is something very significant, but note that I didn’t say it was a good thing or a bad thing, just significant. We’ve also managed to develop illnesses and diseases that were relatively unheard of 50 or 60 years ago. Chronic Fatigue Syndrome? Parkinson’s Disease? Etc.? Where did these come from?

Now before we can change the world, we have to change ourselves. We should all strive to nourish our bodies as best we can and also cleanse our systems as best we can. This brings us to the primary topic of this article... cleansing. Calli and Fortune Delight are not ordinary “teas”. To be officially called a tea, a beverage must contain Camellia Sinensis or “tea leaves”. “Green” tea is when the tea leaves are heated whole with dry air or steam. These leaves are then shredded or ground and used directly in hot water or packaged in a tea bag. Now “black” tea is when the leaves are fermented, rolled and allowed to air dry. This is the more typical tea that you will find on the grocery store shelves. Black tea is still very good for you but it contains only one sixth the amount of antioxidants found in green tea.

Let’s talk about Calli first. Each “tea” bag makes a quart of Calli beverage. Water should be heated to steaming in a coffee maker or glass or stainless steel pot. Steep the bag for 5-10 minutes and remove. Can be served hot or cold. We like to add SunnyDew or Sunectar (Stevia to nourish the pancreas) for added flavoring.

The leaves within the bag are coated with numerous other concentrated herbs that quickly disperse in water when you steep it. That is why you only need to steep it a few minutes and also why you should only use the bag once. In addition to Camellia leaf, these special herbs include Perilla leaf, Mori Bark extract, Alisma Root extract, and Imperate Root. Calli assists our bodies’ natural purification and elimination processes. But more than just supporting these processes, Calli is designed to enhance the communication processes among the body’s five basic systems: immune, endocrine, digestive, respiration, and circulation. Greater balance and harmony in the body is achieved when these systems are healthy and working in concert with one another. Calli’s purpose is to support the body’s natural path, and as the energy flow is facilitated, our state of well being and alertness is enhanced. Unlike many herb beverages, Calli is alkaline in nature. In an alkaline environment, impurities are less likely to be absorbed into our bodies’ systems during digestion. And while Calli is neither a diuretic nor a laxative, it does enhance the removal of wastes and by-products that result through normal digestion and metabolism.

What each body does with Calli is highly individual but results reported by many others include: Improved mental clarity; natural slenderness; improved fat digestion; improved cleansing of body wastes, toxic substances, heavy metals, etc.; increase in energy; and lower blood cholesterol levels.
Fortune Delight is in a powdered form that makes it very convenient to mix when you’re at work or in a restaurant. Simply mix one packet in 8-10 ounces of hot or cold water. Again, we like to add SunnyDew or Sunectar (Stevia to nourish the pancreas) for added flavoring.

It is also a cleansing beverage with herbs, such as, Camellia extract, Lemon extract, Chrysanthemum Flower, Jasmine extract, and Lalang Grass Root. The human body’s natural systems and processes remove impurities and wastes. Fortune Delight is one of Sunrider’s herb beverages designed to assist these natural elimination processes. While many of the undesirable elements we take into our bodies are quickly eliminated, others may be stored — and even trapped — in the body, especially in fat cells. Fortune Delight complements the natural processes assisting in the elimination of wastes and impurities which may be stored in the body’s cells. Many consumers have reported improved digestion; increased energy and stamina; natural slenderness; and lower cholesterol levels.

Calli Night

Calli Night was created to help us relax and get the most from our sleeping and resting hours. It combines the best of the Calli base with special soothing ingredients designed to help relax the mind and calm the spirit, allowing the body to rest. Following is some basic information about these some of these special herbs that all work together to provide us with a superb formula to enrich our lives.

Passion Flower: is a pure and natural, mild sedative. Useful to calm nerves and blood pressure. It is traditionally used to alleviate neuralgia and insomnia.

Ho Shou Wu: The longevity tonic... it has been used through the centuries in the Orient as a rejuvenator and sexual tonic, at the same time being relaxing and sleep inducing. Taken regularly it is said to restore hair color. Ho Shou Wu offers “generative” energy, increasing sperm count in men and fertility in women. Many of the remarkable benefits of this herb come from its ability to cleanse the blood of toxins, which has a strong rejuvenating effect. Clinical studies have shown it to increase lipid metabolism, thereby lowering cholesterol, and also to improve the body’s ability to metabolize glucose.

Jujube Seed: Nourishing to the heart and liver and calming to the nerves, therefore useful for insomnia, irritability, anxiety and stress.

Poria: Breaks up moisture and promotes diuresis. Benefits stomach, spleen and digestion. It is a calmative, nerve and emollient. It is useful where there is a tendency to hold water, where there is difficulty urinating, for cellulite, diarrhea and vomiting. Used for apprehension, insomnia and forgetfulness. It is a good source of potassium.

Camellia Leaf: Vitamins C and B, 6% volatile oils, trace elements of caffeine (note: because it is correctly processed and balanced with the other herbs there is no stimulating effect). Useful for menstrual problems, menopause (hot flashes), hypertension, kidney disorders, skin diseases (especially eczema), after childbirth, red and swollen throat, boils and abscesses, early stages of epidemic encephalitis and diphtheria.

Sage Root: Has potent bacteriostatic and immunologic effects as well as mind calming properties which make it useful for anxiety, mental stress and insomnia. Assists in lowering cholesterol and liver triglycerides.

Rose Hip: High vitamin C content. Good for stress of all kind. An infection fighter.
Imperate Root: Clears fever, stops bleeding, quenches thirst, antiviral, anti-bacterial, anti-arthritic, anti-inflammatory. Promotes urination where there is edema. Stops nausea. Clinical studies have shown it to be effective.

Winter melon Seed: Clears toxins and mucous from the body.

Always remember that the secret to a successful combination of herbs lies in the “synergy” that is created... the whole is greater than the sum of its parts. Creating synergy requires an extensive knowledge of herbs from centuries of empirical understanding as well as knowledge of biochemistry and pharmacy.
Circle of the Quinary
The Importance of "Five" in Chinese Philosophy

The Chinese teachings of color as well as the number five are essential aspects to understanding the difference between Western and Chinese thinking on the laws of nature and how balance affects the quality of human life. These teachings begin with an explanation of the five elements, the five systems, the five colors, and then advance to the five seasons, the five flavors, and the five constitutions. For our purposes, let’s just touch on the first three.

The teaching begins with the concepts of Yin and Yang. Basically it means opposing or balancing forces: up and down, right and left, hot and cold, negative and positive, Nourish "in" and cleanse "out." Yin is "in" and Yang is "out." We nourish "in" so we have energy "out." Most western people now understand that we will not be healthy if we have poor nutrition. The Chinese also teach that without proper cleansing, your body is not balanced. A toxic body will affect the chi and the ability of the body to balance itself by not allowing the harmony necessary between yin and yang.

The most visual example of yin and yang is black and white. Black and white is extreme ends of the color spectrum. The five-element theory really expands Yin and Yang into the spectrum of living color. Color adds dimension to the world and helps clarify what lies in between the extremes of Yin and Yang.

If we recognize the existence of a Yin and Yang "outline of life," then we can accept the further explanation of the five elements and the five colors as a "coloring in" of the basic workings of life in general. We are not practitioners, but the visual tools of the Chinese teaching can help any of us better understand our bodies. This is a concept we call the "Circle of the Quinary."

"Circle of the Quinary" refers to the Chinese teaching of five elements, five systems, and five colors as part of the life cycle. It is the interdependent nature of a circle which represents the total involvement of the five parts that makes this so clear. All five parts need each other to complete the circle of life. Independently none of the five elements or systems can maintain life. It is the state of balance among the five that is life. Balance is what truly determines the quality of life. Thus the "Circle of the Quinary" is basic to the understanding of the Chinese philosophy of balance or regeneration.

The Chinese teach that the five systems of the body correspond to the five elements of the world: Wood, Fire, Earth, Metal, and Water. These elements are part of all forms of life. The five elements govern the five major systems of the body. They correspond as follows: wood corresponds to defense, fire to endocrine, earth to digestive, metal to respiratory, and water to circulatory.

They also believe that there is a natural flow or balance needed among the elements. The flow is: wood produces fire, fire produces earth, earth nourishes metal, metal produces water, and water nourishes wood. This is a basic explanation of the interdependency of the organs and systems.

The Chinese also believe that there is a law of production and control. For example it says that the liver controls the stomach, wood controlling earth. This sets the pattern for the
relationship among the systems. This is another explanation for interdependency and a concrete view of the "Circle of the Quinary." This control or interdependency can go beyond one organ controlling or affecting another. It is a play or relationship existing at the core of the balance principle. Balance is really dictated by the quality and consistency of nourishment and cleansing. This happens in the body when the body is fed the proper combination of foods.  

*With attention paid to the body first and the mind second, balance or harmony develops. It is then, that the true spirit of health unfolds.* The traditional Chinese philosophy does not look to Western science, rather it looks to nature. They have a philosophy referred to as Tao: the world is a single wholeness. They then follow a logic that life is a magnetic interplay referred to as Yin and Yang. Opposites are good examples, up and down, dryness and wetness, heat and cold, in and out. There is a relationship between these pairs, as there is a relationship with all living processes.

Western thinking is to diagnose, cure, and heal. The Chinese thinking is simple: health is the result of proper balancing. **The body is capable of restoring balance if it is nourished correctly with food, exercise and air.**

The explanation also goes to colors. Each organ relates to a color. The stomach (*earth*) is yellow, kidney (*water*) is black, the lung (*metal*) is white, the liver (*wood*) is green and the heart (*fire*) is red. The Chinese philosophy allows us to see the value of a variety of colorful foods. Western teaching suggests that we eat 5 to 7 portions of fruits and vegetables a day. Think of the color involved! How does this compare to the foods with the fewest colors, for example, animal products? Recently the United States Department of Agriculture released the food pyramid, its chart for explaining proper eating habits. The food pyramid has the colorful foods at the base, signifying greatest importance. These are the fruits, vegetables, and grains. They are to be eaten in the greatest quantities. What is more colorful than fruits, vegetables, and grains as well as herbs?

Interestingly enough, in the past 5 years the scientific community has taught us that bioflavanoids are a key factor of life. There are over 20,000 in our food supply. They are found in the bark, stems, seeds, skin, and roots of plants. They are prevalent in the most colorful plants. If we can accept that colors relate to organs, and that organs are *interdependent* upon each other, especially for the systems to be balanced, then you have a basic understanding of the "Circle of the Quinary." *The Western scientific community simply verifies what the Chinese have taught for thousands of years.*

If you draw five circles that do not touch or overlap, they can be said to be independent of each other. If the circles are drawn to overlap, then their roles take on a new dimension, one that is more complex. Our body is certainly complex. All life is certainly complex. This is the reason science has been unable to produce it, and has been unable to explain it at all levels. Science can control and explain reproduction, certain energy transfers, and even have a great understanding about digestion, but when overlapping factors like stress and pollution and even genetics and environment are introduced into the equation, science has difficulty proving or explaining the activity. Those factors that affect life are more complicated than 5 *independent* circles.
Western scientific thinking starts with the idea that everything can be proven for its value and existence.
They test to prove its value or worth. They do not accept a principle as a law unless it can pass tests, maybe even double blind studies.

Chinese teachings are principles, which point out the need for flexibility in thinking and basic respect for the complexity and multi-dimensional nature of life. From this point forward, never think of an organ or a system as working independently, but rather interdependently.

Interdependent systems and organs of the body reinforce the notion that we are what we eat and how we live. Factors such as stress and poor diet can effect all parts of the body in an almost even pattern of destruction, just as relaxation and eating of whole foods can regenerate.

We can develop a basic understanding of how it always works together, if we learn from the simple teaching of the Chinese. This can help us to develop an appreciation for life so we can honor and respect it as we should.

The Chinese teaching does not rely on scientific discoveries such as protein, carbohydrates or bio-flavanoids. These recent Western scientific discoveries are better understood by the scientific community. They are confused and often oversimplified by the nonscientific, lay community. Repairing a diseased body, for example, needs to remain with the qualified professional. The lay person’s role is to maintain the quality of life received at birth.

This can be facilitated by the basic understanding of life referred to as the "Circle of the Quinary."

To improve the understanding of life is really to appreciate the complexity. Memorizing the systems, elements and colors as well as how they are interdependent is not our purpose. One can appreciate fine art without being able to copy the technique. Waste less time on the detail and spend more time appreciating the beauty, then you will see the need for better maintenance of your body.
The Eastern view of health is refreshing. It simply explains health in relation to balance and harmony. The balance is controlled through the pathways of body energy called meridians. They originate in the internal organs and transverse to the surface of the body. Before food reaches the internal organs, it passes through the meridians. For this reason we balance the body by respecting the wholeness of the body and its systems, and not the isolated needs of an organ or especially a particular body function.

There is a distinctive difference between Eastern and Western thinking. Western thinking bases its decisions for health on needs determined through tests, tests that look to isolated specific deficiencies. The Eastern thinking is to look at the system and the whole body in order to keep it in harmony. This Eastern or Chinese thinking has a recorded history of more than 23 centuries, the concepts are now known around the world. In the United States we have reports that Chinese methods were used here with great success as early as the mid 1800s. Many in the United States think of acupuncture as the center of the Chinese traditional way of changing health because we have heard so much about it in the last decade. In reality, it is only one part of the philosophy.

Western thinking follows the Cartesian paradigm. From this has emerged modern medicine. Essentially the theory goes that we can only recognize tangible structures of matter. These are things that can be measured, quantified and analyzed. They separate the mind from the body simply because the mind, or psyche as we call it today, cannot be understood by physical evaluation. It is best, therefore, to explain an understanding of the body mechanically, breaking its operation into smaller parts.

The Chinese might describe the body like a tree. Our health must come from the roots up. As the tree nourishes from the roots, the moisture travels through the roots to the branches and stems. Our body uses systems and organs to dispense moisture and nutrients.

Nutrients must not be isolated, but be presented to the body in a whole form for the body to blend and use. The earth blends and uses what it knows is part of its make up. When we create chemicals that the earth is unable to recognize, it is unable to blend it back into the earth. We have recently been made aware of the need to recycle and to stop using products that damage the atmosphere like fluorocarbons. We are now taught that even plastic garbage bags or baby diapers will not break down in land fills. The earth is unable to process them. It is out of sight in the landfills, so it is out of mind. This is a similar attitude many have about their bodies.

On the other hand herbs have active nutrients called plant or phytonutrients. They are part of the whole plant. Selecting herbs that have high nutritional value and a good food base are essential to good balance. The Chinese, with over 5900 years of study, have learned to combine herbs to strengthen their wholeness and create positive effects on the systems instead of weakening organs. Herbs are nutrient dense. They present to the body nutritional value in a whole, complete manner. Herbs also have greater quantities of vital nutrients that are even enhanced when concentrated. This is a process developed by the Chinese over the past centuries.

Chinese thinking is diverse from the Western, yet it offers an interesting perspective for all people to observe. The choice is one the individual must make. The Eastern principles require participation and involvement in the daily maintenance of the body in the process of nourishing all systems of the body to maintain the wholeness. This foundation for health requires awareness of food, exercise, and cleansing. The philosophy does not eliminate the need for Western medicine. Chinese thinking is great for our day to day handling of our own body’s operation.
The Sunrider Quinary contains over 50 concentrated, unique herb foods synergistically combined. The word “Quinary” means consisting of five things or parts. These herbs nourish the life-support systems, “the work horses” of the body: Circulatory, Respiratory, Immune, Endocrine, and Digestive. The combinations are very carefully selected to bring life to those systems rather than substituting for weaknesses… Regeneration vs. Substitution! With whole food nourishment, the body “knows” how to correct its own weaknesses, bringing balance and health to the entire body. Where can we eat 50 properly combined, powerfully concentrated “vegetables” (food-grade herbs) for such a low cost per serving? Quinary nourishes the organs in these systems to bring balance within the body. Individual formulas that nourish the individual systems may be added and eaten separately, or can be eaten all together in Quinary capsules, powder, or Liqui-Five (liquid vials). Note: 1 powder package = 10 capsules or 1 vial.

Five Individual System Foods – Formulas that make up the Quinary Food Formula:

Lifestream (L.S. in Canada) – Food for the Circulatory System. All fluid-related areas are nourished. For example, blood picks up nutrients from the intestines, transports them to our tissues, and carries off waste. The heart acts as a pump, with the veins and arteries as major pipelines, but the most important circulatory activity occurs in the capillaries. During the two seconds that blood flows through the capillaries, all the critical exchange between the tissues and the blood take place. This formula nourishes this vital system. All other circulating fluid related areas of the body are nourished also. Emotional food for “fear”. Signs of imbalance – blood pressure imbalance, cold and numb hands and feet, varicose veins, slow healing, high cholesterol, fluid retention, and weak eyesight.

Conco – Food for the Respiratory System. This phenomenal anti-viral formula nourishes all the functions associated with respiration (breathing) and the lymphatic system. Helps perform the oxidation essential to the release of energy stored in our foods. Emotional food for “grief”. Signs of imbalance – frequent chest colds, asthma, bronchitis, congestion, recurrent cough, etc.

Alpha 20C – Food for the Immune System. This food nourishes the immune system by strengthening the bone marrow, liver and adrenals. A healthy immune system is critical to resisting foreign substances called antigens such as viruses and bacteria, and controlling the growth of dangerous and destructive extraneous cells, such as those in cysts and tumors. Emotional food for “anger”. Signs of imbalance – frequent colds, viruses, cold sores, infections, tumors, cysts, etc.

Prime Again (P.A. in Canada) – Food for the Endocrine System. This formula strengthens all the functions associated with glands, hormones, heart, reproductive system, and nervous system. Emotional food for “lack of joy.” Signs of imbalance – nervous weakness, emotional instability, inability to handle stress, premenstrual syndrome.

Assimilaid (A.D. in Canada) – Food for the Digestive System. This formula nourishes all the functions that deal with digestion of foods and the body’s ability to absorb the nutrients vital to health. Regeneration and degeneration begin in the digestive system. Emotional food for “lack of contentment”. Signs of imbalance – stomach discomfort, nausea, gas, constipation, indigestion, tendency towards food allergies, ulcers, Crohn’s, colitis, etc.
Stevia
Stop the Sugar Blues

Stevia Rebaudiana is a plant native to northeastern Paraguay. The Guarani Indians in Paraguay have used Stevia since before the colonization by the Spaniards in the 16th Century. It was used for its sweet taste in most beverages, but by 1950 some Paraguayan physicians used Stevia Rebaudiana for the treatment of diabetes. In fact, a key research study published in the Brazilian Journal of Medicine showed that Stevia Rebaudiana actually “increased glucose tolerance.” There is no suggestion that this dietary supplement should replace any medical treatment.

In Paraguay, it is generally known that Stevia benefits blood sugar levels. They have also used Stevia “to relieve physical and emotional fatigue.” In the United States, excess consumption of sugars and fats has created a need for a safe dietary supplement that can help the imbalances created by our diet.

There are no reports in medical literature in Paraguay of any adverse effects as a result of using Stevia. It is recognized to have a “wide margin of safety.” In Japan over 100 metric tons were consumed in 1987 alone with no adverse reactions noted in any scientific or medical literature during that period. Extensive studies have been done in Japan, Paraguay, France, Brazil, the United Kingdom and the United States that verify the safety of Stevia.

According to Pearson and Shaw in their now famous book, Life Extension: “Problems can develop when individuals chronically eat large amounts of sugar. When common table sugar (sucrose, a simple sugar) is eaten, the pancreas, to metabolize the sucrose quickly releases insulin. The sugar is quickly used up, but the insulin remains in circulation for hours afterward because it has a much longer half-life*. The insulin can lead to a hypoglycemic rebound because the circulating insulin continues to keep blood sugar down, even though the original sugar meal which caused the insulin to be released has been used.” *The length of time it takes for the concentration in the blood to drop by half that of the sugar.

All of the simple carbohydrates as well as the artificial sweeteners we consume today, tend to confuse the pancreas, thus creating a state of imbalance. Proper levels of sugar in the blood are important for mental clarity, energy, muscle recovery, and proper metabolization of fats. Stevia can be added to the diet to benefit the balancing of blood sugar. The pancreas is a large gland that secretes a digestive fluid into the intestine and also secretes insulin.

Based on this information, in September of 1995, the FDA approved Stevia as a Dietary Supplement. Exact statements have yet to be approved by the agency. However, the work of Sunrider International in securing the dietary status has been recognized in professional journals across the United States. Thus, Stevia based products may be sold as dietary supplements and NOT as sweetening agents or as an ingredient in a food to flavor or enhance.

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12 Ibid. P.6
14 Kinghorn. p. 7.
15 Ibid. p.7.
16 Ibid. p 12
Books such as *The Zone*, by Barry Sears, discuss the problem of too many carbohydrates and the difficulty the body has in dealing with the insulin hormone. It is Sears’ belief that too many carbohydrates effect weight and lead to the poor physical condition of our country today.  

Though recognized as simple or complex, all carbohydrates eventually become simple with the help of the pancreas. Too many carbohydrates for many people create an imbalance that effect their weight, size, shape and even health as reflected by blood pressure and cholesterol. A number of Brazilian studies have shown that blood glucose was lowered after four weeks of continuous use of Stevia Rebaudiana. Therefore, Stevia may be beneficial to a large number of individuals that either eat too many carbohydrates or have a body that can’t handle the amount consumed.

There was an interesting study done in Brazil that showed a “9.5% lowering of systolic and diastolic blood pressure” in a group of subjects ranging in age from 20-40 years. This also corresponds with Barry Sears reports of irregular blood pressure from poor metabolism of carbohydrates.

Paulette Caster, in her book *Balanced for Life*, makes a clean and distinctive difference between grain carbohydrates and vegetable carbohydrates. It is important to keep the quantity of carbohydrates in a reasonable range. The source needs to be balanced to give the pancreas a chance to handle the flow.

In summary Stevia Rebaudiana may be helpful for the following:

- Regulating blood sugar
- Improving pancreas activity
- Better glucose balancing
- More even energy flow
- Keeping Chi balanced
- More consistent blood pressure
- Improving muscle density
- Better and faster muscle recovery after exercise
- Improving ability of body to burn fat
- Improving thinking capacity
- Lessening tissue degeneration
- Evening the ups and downs of energy levels

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18 Sears, Barry, *The Zone*, 1984
19 Kinghorn, p. 30
20 Kinghorn, p. 27
21 Sears, Barry, *The Zone*, 1984 p. 23
In 1995, Sunrider International of Torrance California petitioned and received approval from the United States Federal Government for Stevia to be sold as a dietary supplement. The safety of Stevia is well documented. Its reported benefits of balancing blood sugar and helping with blood pressure and cholesterol are heavily researched. However, Stevia sold as a dietary supplement should never be used in place of any medication.

Sunrider International introduced Sunectar to the market about 15 years ago. This very concentrated, water based solution of Stevia Rebaudiana is combined with Chrysanthemum for the benefit of nourishing the body.

In 1995, Sunrider introduced a new dietary supplement called SunnyDew. This clear, concentrated dietary supplement is Stevia based yet has added citrus bioflavanoids for even greater anti-oxidant qualities.

SunnyDew is the first clear water based Stevia liquid in the marketplace. Other clear liquids may be alcohol based and are not nearly as concentrated as is SunnyDew.

SunnyDew can be added to water, hot or cold beverages or drink mixes like NuPlus. Its pleasant sweet taste and its convenient one ounce bottle make it easy to use.

Many people suffer with cravings for sweets. This is often reflected in their size and shape. We often succumb to the desire for sweets and justify it with low calorie or no calorie sugar substitutes that satisfy the basic need for sweetness. Sunectar and SunnyDew are not sweeteners nor are they to be consumed as a sweetener or sugar substitute. Rather they are a dietary supplement that satisfies the basic demand for sweetness, yet does not create a state of imbalance.

The real problem with sugar is that ingestion of too much sugar or any simple carbohydrate creates insulin rushes that overwork the insulin receptors in the body. Over periods of time the body’s ability to handle all sugars, and even most grain carbohydrates, begins to weaken. This can ultimately lead to various pancreas disorders.

Sunectar and SunnyDew nourish and balance all aspects of our energy activity, bringing harmony and balance as well as nourishment to the pancreas. It is also important to recognize that, like all Sunrider products, Sunectar and SunnyDew are part of a balanced nutritional approach to a healthy lifestyle. Its real value is from consistent use. The convenience of Sunectar and SunnyDew help make our choice for better health more attainable.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
Flavanoids and Carotenoids

More Weapons Available In Free Radical Fight

There are now even more weapons available to slow free radical damage besides vitamin E, Vitamin C, Selenium, and Beta-Carotene. Herbs that the Chinese have identified over the past 5000 years for nourishing and cleansing are now being studied for their anti-oxidant properties. These studies may prove the “why” in the quest to understand “how” they have worked so well over the centuries.

Western scientific communities and the marketing departments of major companies are joining forces to find, blend and market the perfect nutrient products for improved human development. The plant kingdom has the most to offer. Start with the 5000 years of Chinese research and development, prove it by modern western techniques to satisfy the needs of the intellectual, inquisitive minds of 21ST century humans and you will find simple solutions in plants that fight free radical damage and improve the quality of life.

Regularly feed your body the nutrients it needs from fruits, vegetables, grains and herbs. These foods should be eaten fresh, organically grown, consistently, 4 to 5 times daily to fuel the body with the material necessary to balance pollution, stress and poor quality food. The food should be whole in a variety of colors and types. Bark, stems, seeds, skins and roots of fruits, vegetables, grains and herbs are the best sources of plant anti-oxidants.

We accept that the human species needs micronutrients (vitamins and minerals) as well as macronutrients (proteins, fats, and carbohydrates) for long life. It is also proven that micronutrients go way beyond just vitamins and minerals. For example, there are huge categories of micronutrients that are the center of the “spark of life” that is so critical to longevity, good size and shape, energy, and solid mental attitude. Since entering the last decade of the 20th century, we have learned about two of these micro nutrient categories and have labeled them flavanoids and carotenoids. They help protect from the destructive effects of free radicals.

Flavanoids as a grouping of micronutrients are 12 classes that individually total over 20,000 varieties. One plant or herb may contain hundreds of flavanoids. The better-researched flavanoid classes are flavones, flavonols, isoflavones, quercetin, anthocyanidins, and catechins. Flavanoids, therefore, make up the largest group of anti-oxidants.

The carotenes are another group of micronutrients. Over 600 carotenoids have been identified to date. They are divided into five major classes: beta-carotene, alpha carotene, lutein, and lycopene. Carotenes provide the color in green, yellow and orange fruits and vegetables. A large body of scientific research shows that carotenes help protect against cancer and heart disease and the degeneration of the body caused by free radicals.

Never is one food source going to supply just one flavanoid or one carotenoid. A carrot is said to have beta-carotene. Remember that beta-carotene is actually one of the classes of carotenoids. The carrot, then, has many, different carotenoids from a few different classes.

Because of the complex structure and arrangement of the flavanoids and carotenoids in the food supply, it is accepted that the most affective way to keep a steady, even flow of these key micro nutrients in the body is by eating foods with the least amount of processing, in their most complete whole state. This, however, flies in the face of those that advocate isolated vitamins and minerals for better health.

Through closer observation it is easily understood that one need not replace the other. It is more important to respect the value of the flavanoids and carotenoids and seek ways to include
them in the diet in a regular manner. Flavanoids and carotenoids occur in nature as highly intricate combinations in synergy, not as individual nutrients.

**Flavanoids** and **carotenoids** are the foundation to all life’s actions and reactions. They are the basis for enzyme production, insulin production, stomach acid production, as well as cell reproduction. These micronutrients are basically responsible for the regeneration that the body is constantly experiencing. Flavanoids reinforce capillary walls and make them more resilient. Different flavanoid groupings deliver protective antioxidants to both the capillary walls and to other cells in the body, preventing free radical damage. This leads to better oxygen and nutrient flow to all cells and organs.

The body that is properly balanced will be best suited for complete regeneration. To quote Dr. George Kriley, “The human body has one ability not possessed by any machine, the ability to repair itself.”

The first and most important step to longevity, better size, shape, improved athletic performance and general quality of life is to focus on increasing the intake of **flavanoids** and **carotenoids**.

Eating whole foods to receive the known benefit of **flavanoids** and **carotenoids** is valuable. To date it is the wholeness, the way that nature structures the individual flavanoids and carotenoids together that is the key. *It is the combination and arrangement of these in nature that only the body can recognize and use.*

The second choice is in eating foods with processing that only removes the water and non-nutritive fiber, yet that keeps all of the original flavanoids and carotenoids together. The ideal way is to concentrate the product so that greater quantities can be consumed with the least amount of volume.

For 5000 years the Chinese have experienced herbs and have documented their results. They have mastered the process of drying, then grinding specific parts of the plant, the bark, stem, or the root, and adding it to water. They heat the herbs until the water is dissipated, much like you might with tomatoes you cook on the stove to concentrate before canning.

In a fast paced, nutrient deficient world, convenient concentrated foods are gaining greater acceptance. Eating less volume with greater density of nutrients is certainly a positive movement away from the trend of empty calorie and nutrient deficient foods that face us daily in advertising and fast food restaurants. Nutrients that are whole (not isolated) are in a state that the body can recognize.

Adding a greater variety of micronutrients to the diet is more than a luxury or alternative, today it is becoming a necessity. We definitely need to get back to the basics: feeding the body a variety of foods that have many, many bio-available nutrients so our body can balance itself.
VitaFruit

VitaFruit is a concentrated, great tasting, herbal, nutritional “JUICE”. It is a wonderful source for bioflavonoids, vitamins, minerals and carotenoids. Sunrider VitaFruit is most beneficial for tissue repair throughout the entire body. This is a great antioxidant product in a honey base, which helps to preserve the high level of nutrients contained in this food. This formula like all other Sunrider herbal nutritionals does not have any added isolated nutrients. The nutrients are still in their whole state. The concentration process only removes the volume, not the nutrition. It comes in a liquid extract and is delicious when added to water, Fortune Delight or Calli. It increases the nutritional value of whatever you add it to. It is rich in the vitamin C complex family, vitamin A family and iron.

Free radicals are chemical buzz bombs that, if allowed into the body, can cause the cells to change abnormally. When the body has plenty of antioxidant foods like VitaFruit and many more of our Sunrider foods, it helps the body fight off, or ward off, the negative effects of pollutants and chemicals we are all bombarded with every day of our lives. We know vitamin C and vitamin A are great antioxidant nutrients that fight the free radicals and help prevent the damage they do in our bodies.

According to Dr. Chen, there are naturally occurring nutrients in the VitaFruit that man has not discovered yet! There are 200 to 300 flavanoids in VitaFruit, bioflavonoids being only one type of flavanoid! There are 2,000 to 3,000 carotenoids in VitaFruit, “beta-carotene” being only one of the many carotenoids in the vitamin A family!

Can you imagine, 5000 years of research, tasting, testing, eating by humans of these herbs by the Chinese has preceded all of the formulas Dr. Chen is bringing back to us today? Some of the drugs sold from our pharmacies today might have a 7 to 10 year testing, and still result in serious side effects many years later.

Dr. Chen made this formula for his wife, Oi-Lin, when she was recovering from her bout with cancer. She had surgery on her throat and it had disturbed her ability to speak and her saliva glands had been affected. So, we now see Oi-Lin with a glass of Fortune Delight and VitaFruit almost everywhere she goes. The Lou Han Guo herb in the VitaFruit has been known to help with the throat, voice and speaking.

If I had to rank the Sunrider foods as to which are most important for my personal health, VitaFruit would easily be near the top! It has natural vitamin C that has been stabilized and will not dissipate out for 72 hours after it has been mixed up. When you cut an orange open, the vitamin C will dissipate out in about 20 minutes. Most orange juice products have to be fortified with synthetic ascorbic acid because the vitamin C has been lost in processing.
Let’s talk about the JET SET for our nervous systems. Each of these three herbal blends is formulated for three specific and different purposes though each nourishes our nervous systems. They feed processes related to focus and concentration. Focus and concentration come from the property we might call mental stillness, which essentially barricades us against things that might otherwise disturb and distract us, like pain. A still and focused mind lets us concentrate keenly during periods of activity, yet sleep peacefully during periods of rest.

This is a formula that nourishes the nervous system with special emphasis on pain and discomfort in the joints, bones and muscles. These whole food herbs allow the body to reduce or eliminate the pain of joint, bone and muscle related ailments and diseases, while nourishing the body systems to restore balance. The name JOI is short for joints, which helps us remember its function. Personally, I use it for pain in my elbows and wrists caused by overstretching these joints working around the house and also from poor ergonomic positioning when on the computer.

This formula contains: Siberian Ginseng, White Willow Bark, Mint, Silver Flower, Yeuan Wu Root, Chuan Xiong Root, Angelica Root & Golden Bell Fruit.

This formula nourishes the nervous system as it regulates the body’s response to stress. Its calming effect allows for relief from restlessness, anxiety and sleeplessness. Better rested, the body is more able to deal with stress, and a clearer mind will enhance the powers of concentration. It basically helps our thought messages get to where they are meant to go. It doesn’t create neurotransmitters, but feeds them. Can be used for hyperactive children or nervous adults or just about anyone with a stressful lifestyle — in other words, just about everybody! But remember, this is not a medicine. It is a food. Like all of these formulas, it is not intended to replace your medical doctor’s instructions. Sometimes, my mind can’t stop when it’s time to go to sleep. ESE is a good addition to a night time cup of Calli Night to insure a good, quality sleep. It’s also good for memory. A great food for students to take while studying or just prior to taking exams. A good way to remember its function is to associate ESE with how it helps us be at “ease”.

This formula contains: Cassia Tora Seed, Gou Teng, Ji Tsau Herb, Sophora Flower, Yeuan Wu Root, Orange Peel and Pinelliae Root.
This is a nourishing formula for pain relief and systemically improved concentration. These herbs are formulated to nourish the nervous system and help the body achieve relief from headaches and other forms of pain, without numbing the senses or dulling the powers of concentration as most other pain relievers do. This formula encourages the body to actually enhance the powers of concentration as it eliminates pain.

Personally, I don’t need to be in pain to use this formula. I use it more for its ability to enhance my concentration and focus whether I have pain or not. I am easily distracted and sometimes I need extra help to bring me back to the task at hand. I also use it to help me achieve emotional balance. It can sometimes help us get through those “blue” periods of life that we cannot avoid. A good way to remember its function is to associate it with the TOP of your body. It is food for the brain.

This formula contains: Mint, Silver Flower, Chuan Xiong Root, Yeuan Wu Root, Angelica Root, Golden Bell Fruit, Ji Tsau Herb and White Willow Bark.

The JOI, ESE and TOP formulas are a unique blend of herb foods, which the Chinese have traditionally eaten to enhance an overall sense of well-being. It is recommended that these three formulas should be eaten together because they compliment each other. Again, Dr. Chen’s formulations of these three products are very important. If you note the ingredients, you will see some of the same herbs used. But, the proportion and combining has been done by the master himself. Dr. Chen’s expertise here can only be appreciated by those who eat these special foods.

In a nutshell, the JET SET helps to balance us more mentally and spiritually and helps us to be more in harmony with those around us and with nature.

— Chinese Herbs, 3rd Edition by Suzanne S. Dean & Donna L. Sorensen; Regeneration by Dean Black.
Sunny Fresh

Sunny Fresh is a delicious mint, liquid extract designed to soothe and invigorate the mouth, throat, and upper respiratory tract (promoting freer breathing). Helps clear phlegm from the throat, bronchioles, and lungs and allows easier breathing. This skin and throat food is very rich in antioxidants, so will also nourish the tissues throughout the entire body. Sunny Fresh is extremely beneficial for regeneration. It contains 20% honey, compared to most loquat cough syrups, which contain 70% honey. Known to stop a cough when taken straight from the vial or diluted with water. Sunny Fresh is great for singers and public speakers, or those who just like to talk!

Fibertone

Fibertone is unlike any of the many fiber products on the market. Most bulking and fiber products are a single type of fiber. The body requires a balance of many fiber sources. Fibertone contains balanced soluble and insoluble grain and vegetable fibers. This formula gently massages the intestinal tract, pulling our acid waste and removing debris, anything which can impair absorption.

Since Fibertone contains no laxatives of any kind, it is not habit forming. Fibertone activates the natural peristaltic and cleansing processes of the body, unlike laxatives, which force the body. With laxatives, people reach a plateau, and have to take more and more to get the same response. Laxatives destroy friendly bacteria. Fibertone promotes and supports friendly bacteria.

Fibertone complements the SunBar. Fibertone's primary purpose is to tone and clean the intestinal walls and intestinal action. Fibertone is a unique concentration of soluble and insoluble fiber to help maintain efficient digestion. It improves bowel functioning, pulls out acid waste and helps stabilize blood sugar.

VitaDophilus

Good, “Friendly”, Live Bacteria!

VitaDophilus is a breakthrough in nutrition. Each packet contains 1.5 billion Lactobacillus Acidophilus micro—organisms in the delicious base of high-fiber apple flakes. The coating allows the living acidophilus to pass through the stomach acids unharmed and the live bacteria reaches the intestines. Together, these two ingredients effectively assist in balancing the body and benefiting digestions. Once inside the intestines, the friendly bacteria promptly destroys harmful bacteria, cleanses the body of mucous and debris and supports the delicate acid/alkaline balance.

Most people need to bring “good bacteria” balance to the intestinal tract to prevent the spread of fungus through the body. Fungus/Candida overgrowth is often at the root of health challenges. Fungus overgrowth happens when the body pH is acid, when a person has taken antibiotics, when there are hormonal imbalances, and from most poor diets, etc. It is delicious and easy to use; you can pour directly into your mouth.
The Vitalite SunBar combines the powdered ingredients of NuPlus with other fiber rich herb foods, such as dried fruits, soy protein nuggets, nuts, asparagus root and psyllium. The formulation is designed to fill you up, not out, so you feel full without discomfort.

High in fiber and heart-healthy, Vitalite SunBar is a great source of energy. It also assist the body's natural elimination process. It contains no added preservatives. Great for a quick meal replacement too!

Fiber is a mixture of six basic categories: celluloses, hemi-celluloses, gums, mucilages, pectins, and lignins. These ingredients create the following benefits when they are a major part in your food intake. A high fiber diet is one that contains 30 to 50 grams per day.

Why is fiber so important?

1. It contributes to a fast intestinal transit time of meals.
2. High intake of fiber-rich foods stabilize blood glucose and insulin metabolism.
3. Fiber-rich foods create non-calorie-containing bulk which totally supports weight management.
4. Poisonous and toxic substances in the digestive tract are eliminated from the body instead of being absorbed.
5. High fiber intake combats constipation.
6. Rich fiber food intake prevents gallstones.
7. Coronary heart problems are often reduced by a fiber-rich diet.
8. Fiber-rich diets reduce body fat.

**British Experts Insist: Fiber Is Key Protector Against Cancer**

By Patricia Reaney [Reuters] February 16, 1999

LONDON — British cancer experts stuck to their claim that a high fiber, low-fat diet can protect against bowel and rectal cancers on Tuesday and disputed the findings of a U.S. study, which said they did not.

Professor Gordon McVie, director general of Britain's Cancer Research Campaign, said research published in the New England Journal of Medicine last month was a small study and the nurses who participated in it were not representative of the general population.

The U.S. study of 89,000 nurses, which found no evidence that dietary fiber reduced the risk of colorectal cancer, contradicted the accepted wisdom of the benefits of fiber.

The U.S. researchers said cancer was as common in women regardless of how many fibers they ate.

But McVie, who along with other experts reviewed all the scientific research done on fiber and cancer, said the overwhelming medical evidence supports the benefits of a high fiber diet, which can also reduce the risk of heart disease, high blood pressure and non-insulin dependent diabetes.

Of the 39 medical studies on fiber and cancer, the majority showed it had a protective effect. The latest research, published in the European Journal of Cancer Prevention, was further proof of the benefits of fiber, he added.

"Cereals were protective against both colorectal and breast cancer," the researchers said in the latest study.

McVie added that more research was needed into fiber and how it protects against cancer but the recommended intake of 18 to 20 grams of fiber, or five portions of fruit and vegetable a day, still stands.

"Eighty percent of the population do not come near to the government's recommended 18 grams a day," he said.

Ten slices of whole meal bread, 18 bananas, four baked potatoes or 64 whole meal crackers contain the suggested daily allowance of fiber but McVie suggested people eat a variety of fiber-rich foods to keep cancer at bay.

Vitalite Weight Management

How Fat Metabolizing and Sunrider Products Work

The body is designed to have an optimal weight and shape. During our life, choices in lifestyle decisions, eating habits, available foods, and our environment work together to move us away from that optimal position.

Most nutritional and herbal companies approach to solving the excess fat of the body is to get the fat out using ways that are not generally healthy for the body. They use procedures, herbs, or other ingredients, such as Ma Huang (ephedra) and Guarana (high caffeine content) to this intent. While these herbs will decrease appetite and increase energy, they do it for the wrong reasons.
**The means is as important as the end.** In Sunrider, the way you achieve weight loss is just as important as the end result. Consequently, Sunrider strives to take natural body functions and nourish them so they work at optimal levels. The results are startling!

<table>
<thead>
<tr>
<th>Body Part/Function</th>
<th>Sunrider Nourishment</th>
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<tbody>
<tr>
<td><strong>Kidneys:</strong> Maintain proper water and electrolyte balance, regulate acid-base concentration, and filter the blood of metabolic wastes, which are then excreted as urine.(^{22}) If the kidneys are not working correctly, the liver has to divert its attention to cover for the kidneys, and then the liver cannot focus on its main tasks.</td>
<td><strong>Fortune Delight:</strong> An antioxidant concentrate that assists the body’s natural elimination processes.</td>
</tr>
</tbody>
</table>
| **Liver:** Secretes bile and is active in the formation of certain blood proteins and in the metabolism of fats, carbohydrates, and proteins.\(^{23}\) | **Slim Caps:** This formula is made up of dark, green, bitter herbs that help to nutritionally assist the liver in:  
- Detoxifying  
- Enhancing the fast metabolizing of the cellulite fats  
- Lowering cholesterol and triglycerides |
| **Gall Bladder:** This is where bile secreted by the liver is stored until needed by the body for digestion.\(^{24}\) Bile emulsifies the fat before the fat moves into the colon. | **Vitalite SunBar:** The Slim Caps cause so much fat to move through the system that the gall bladder cannot produce enough bile to emulsify all the fat. Thus, the addition of fiber will firm up the fat and mitigate the diarrhea effect of un-emulsified fat. |
| **Colon:** The section of the large intestine extending from the cecum to the rectum.\(^{25}\) If fat lingers in the colon too long, the body has the ability to re-absorb the fat back into the body. Consequently, you want the fat to move through the colon as quickly as possible. | **Slim Caps:** Slim Caps contain Aloe Vera Leaf, which speeds up the transit time of fat through the colon without causing diarrhea. |

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**Slim Caps**

\(^{22}\)The American Heritage® Dictionary of the English Language, Third Edition copyright © 1992 by Houghton Mifflin Company. Electronic version licensed from INSO Corporation. All rights reserved.

\(^{23}\)Ibid.

\(^{24}\)Ibid.

\(^{25}\)Ibid.
Maximizing Your Weight Management Program

There are many optional activities and Sunrider products you can take that will enhance the results of your Sunrider weight management program.

<table>
<thead>
<tr>
<th>Nutritional Preparation.</th>
<th>NuPlus. A powerful nutritional foundation containing a variety of proteins, vitamins, minerals, and is a dense carbohydrate.</th>
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</thead>
<tbody>
<tr>
<td>Maximum weight management will happen when the body is properly prepared health wise.</td>
<td>Quinary. Designed to help address the nutritional needs of the body’s five major systems ... endocrine, digestive, respiratory, circulatory, and defense systems.</td>
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<tr>
<td></td>
<td>Sunectar/Sunny Dew. Brings balance as well as nourishment to the pancreas.</td>
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<tr>
<td></td>
<td>Optional preparation for the body and colon by taking 1-2 days prior to eating the Slim Caps ...</td>
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<tr>
<td></td>
<td>• Night Calli</td>
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<tr>
<td></td>
<td>• Evergreen</td>
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<tr>
<td></td>
<td>• Lifestream</td>
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<tr>
<td></td>
<td>• Vitalite Sunbars</td>
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</tbody>
</table>

<table>
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<tr>
<th>Sunrider Weight Management Program.</th>
<th>Slim Caps. Start by taking 2 capsules, morning and night, over the first week. Depending on your response to the Slim Caps, increase until you are taking 6-8 capsules, morning and night.</th>
</tr>
</thead>
<tbody>
<tr>
<td>These are the core products that will enhance the body’s ability to lose weight. Using all three at the same time is important.</td>
<td>Fortune Delight. Drink constantly throughout the day. Do not take Slim Caps unless you are drinking lots of Fortune Delight.</td>
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<tr>
<td></td>
<td>Vitalite Sunbar. Eat at least one per day, depending on the consistency of your elimination. You may eat as many as you desire. Three bars give the full daily requirement of 24 grams of fiber. Also, the SunBar contains the Sunrise formula that assists in recovery.</td>
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<tr>
<td>These are additional Sunrider products that will assist in other natural body functions to enhance the weight management processes.</td>
<td>NuPuffs. Great for helping to curb snack foods desires.</td>
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<td></td>
<td>Suntrim. Promotes proper eating habits by decreasing the body’s desire to eat more than necessary.</td>
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<tr>
<td></td>
<td>Action Caps. Nourishes the fat metabolism processes by enhancing the body’s ability to combine lipids (fats) and proteins.</td>
</tr>
<tr>
<td></td>
<td>Fibertone. Soluble and insoluble fiber help to maintain efficient digestion.</td>
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<tr>
<td></td>
<td>Vitataste. Inhibits the taste of sugar, assisting your desires toward nutritional requirements rather than taste.</td>
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| Periodic Rest. | Every two to four weeks you should go off the Slim Caps for at least a week, continuing to eat the rest of the Sunrider products. The actual amount of time off will vary depending on your individual tolerance for intense elimination. |

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26 For survival, the body tries to repair those processes that are most vital for sustaining life. Fat metabolizing is far down the priority list as fat is a major last defense to sustain life. Consequently, if the body is focused on other health issues, then the weight management results will not be as good as possible.

27 This information was given by Dr. A. Van Beveren, PhD, CNC, a Nutritional Biochemist from New Jersey at a seminar in Los Angeles on August 5, 1999. This preparatory program will assist in the body’s ability to evenly distribute the effects of the Slim Caps throughout the body.
Keeping it off. The only permanent weight loss program is death. Consequently, we need to change our lifestyle to maintain the results of this program.

Eating habits. Your eating habits will play a major part in how well you maintain your new weight and shape. You should review what you eat and try to maintain what is called the 80% / 20% alkaline/acid diet. Eat 80% alkaline foods such as fruits and vegetables, and 20% good acid foods such as most grains and meats. Minimize or eliminate the use of popular acid foods such as meat, fast food, prepared or over processed food, and snacks.

Exercise. Exercise, like brisk walking for 30 minutes per day, will strengthen your body so it will maintain your optimum weight. Remember, it takes 30 days of exercising to convince the body that you are serious, and then the results of exercise will begin to manifest themselves.

Pregnancy/breast feeding and weight management. If you are pregnant or nursing a baby you should not be on any weight management program. Part of the nutritional value a mother provides to her baby is the fat content. This fat, in addition to being nutritionally necessary, provides hormones that are critical to the proper development of the baby. As such, doing anything that eliminates this fat would be unhealthy for the baby.

Be patient. There will be plenty of time to lose your weight and fat after pregnancy and nursing.

The Simple Vitalite Regimen has been improved with the addition of two exciting products: Slim Caps and the new Sunbars! Just follow these simple steps for a weight management program for optimum health that adds vitality to your life!

1. At breakfast and lunch, eat one or two meal replacement SunBar. Drink at least 8 ounces of Fortune Delight concentrated herbal beverage with each bar. Use a few drops of SunnyDew or Sunectar as desired for added nutrition and flavor. Take 6-8 Slim Caps with meals twice daily.
2. For maintenance, consume Action Caps, VitaTaste, SunTrim Caps or Tabs and Fibertone as part of your daily regimen.
3. When you feel hungry in between meals, eat NuPlus, NuPuffs and Vitadophilus as all-natural, low-calorie snacks.
4. Remember to eat sensibly at dinner. We recommend high-fiber, low-fat foods such as vegetables, fruit and lean white meats or fish. For best results, exercise 30 minutes daily.

The Slim Caps are an amazing combination of herbs that, not only cleanse, but also enable our bodies to come into balance particularly in the most important organs of the kidneys, spleen and liver. In so doing, the body benefits in many ways, only one of which is a slimming effect. As our spleen, kidneys and liver cleanse and regenerate, we should see healthier blood, lower cholesterol, increased circulation and, what could be better for a healthier heart!

Take care to measure yourself before you start eating Slim Caps because the benefits will be far greater in inches than in pounds!

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28 There are many fine nutritional books that can assist in listing alkaline and acid foods and how to prepare them. One source is Tape of the Month. Call 801-768-0560.
Following are some of the more interesting facts about the ingredients, but take care... the synergy of the combination of all these herbs is extremely important and I’ve learned to listen to Dr. Chen and only eat these in Sunrider’s formulations.

**Capillary Artemisia Stem** (*Artemisia capillaris*) (*Yin chen hao*) is a powerful parasite exterminator. It is compatible with intestinal flora and cleanses the intestines eliminating parasites and worms. It is beneficial for soothing inflamed intestinal tissues, aiding digestion, promoting the circulation of nutrients to the cells and alleviating abdominal cramping. Used to alleviate constipation, diarrhea and yeast infections, stimulate uterine circulation, and promote healthy menstruation. It is antimicrobial, diuretic, lowers both cholesterol and blood pressure. Used to treat imbalances in the liver and/or gall bladder.

**Gardenia Flower** (*gardenia augusta*) has been used in traditional Chinese medicine (TCM) to treat urinary tract infections and is anti-inflammatory. It is effective for any bleeding in the mucous membranes, such as the bowels or the urinary tract. It is also considered a “yellow” herb and thus is invigorating to the spleen according to the ancient Chinese color theory.

**Chinese Rhubarb Root** (*Da Huang*) is an herb that supports and strengthens the lower bowel. It stimulates the production of bile and digestive fluids, improves liver function and helps improve colonic action. Beneficial for decreasing abdominal cramping and eliminating waste and toxins from the body. It is also antibacterial and antiviral, found to inhibit *Bacillus subtilis* and *Staphylococcus aureus* and *Candida albicans*. In a clinical test in Long Hua Hospital, Shanghai, 76 women with endometriosis (blood stasis with lower abdominal masses) were given a formula with Chinese Rhubarb as the chief ingredient and the overall effectiveness rate for reduction of symptoms was 80.26%. In TCM applications, it is purgative, antibacterial, antitumor, antifungal, diuretic, hemostatic, lowers serum cholesterol and anti-inflammatory. Although it is purgative, it also has an astringent effect following this. It therefore has a truly cleansing action upon the gut, removing debris and then astringing with antiseptic properties as well.

In traditional Chinese medicine (TCM), **White Peony Root** (*Bai shao yao*) is used in general gynecological health remedies including heavy bleeding, menstrual pain and premenstrual syndrome (PMS). It helps build and nourish blood, increases vitality, strengthens the spleen and spreads liver Qi (life force).

**Rehmannia Root** (*Sheng Di Huang*) is often found in herbal formulas to tonify the kidneys. It is sometimes found in formulas to treat anemia and fatigue. In TCM it is used to promote kidney functions, tonify the small and large intestines and stimulate metabolism. Has purgative and diuretic actions.

**Chinese Goldenseal Root** (*Coptis Chinensis*) (*Huang Lian*) has strong anti-inflammatory properties. It stimulates the flow of bile and is also very effective for infections, fevers, abscesses and hemorrhage.

**Baikal Skullcap** (*Scutellaria baicalensis*) — This contains a flavonoid substance called baicalin that is known to have an anti-inflammatory effect. Test data suggests that baicalin may serve as a useful flavone for the treatment and prevention of HLV infections. Baicalin also inhibits human T cell leukemia virus type I. Another closely related flavone (baicalein) has been shown to be a significant antifungal substance and is particularly effective against candida albicans, cryptococcus neoformans and pityrosporum ovale. Overall, baikal skullcap has protective effects on the liver and has been used in Chinese herbal combinations to treat inflammatory skin conditions, allergic diseases, high cholesterol and triglycerides and high blood pressure.

**Phellodendron Amurense Bark** (*Huang Bai*), when formulated properly with other herbs such as Coptis Chinensis, inhibits gastric hemorrhagic lesions. This essentially means that this herb has an anti-ulcer effect. It also aids in the detoxification process.
Aloe Vera Leaf (*Lu hui*) has been shown to have strong antibacterial and antifungal properties against a broad range of microbes. Carrisyn, an extract of aloe, appears to stimulate the immune system to trigger the production of T cells thereby increasing immune function. The salicylates control inflammation and pain. Aloe latex, a derivative of the leaf, is a strong laxative.

The combination of *Saigon Cinnamon Bark*, *Tree Peony Root*, *Mushroom Powder* (*poria cocos*), *White Peony Root* and *Chinese Rhubarb Root* has an effect of invigorating the blood, transforming blood stagnation and helps the body reduce fixed abdominal masses.

The *Saigon Cinnamon Bark* contains various terpenoids among which are eugenol and cinnamaldehyde. These are potent antifungal compounds and also have demonstrated antibacterial action. It is often found in formulas to alleviate heavy menstruation and yeast infections (*Candida albicans*).

**Chinese Thoroughwax Fruit** (*Bupleurum falcatum*) helps regulate liver Qi. It is effective for women with menstrual problems associated with premenstrual syndrome (PMS). It is also antibacterial, antifungal, lowers cholesterol, anti-inflammatory, antioxidant, antiseptic, antitumor, antiviral, diuretic and increases metabolism.


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**SunFit**

The Most Advanced Weight Management Product

**SUNFIT** is a concentrated, unique and effective weight management product that contains of only the most beneficial parts of high quality herbs.

**SUNFIT** is the highest achievement Dr. Chen has ever created! It works in the following 5 ways:

1. **Stress fighter:** when you have no tension or nervousness, you’ll eat less. SUNFIT also acts as a mood elevator. Many people overeat when they are depressed but when they are happy and content they tend to eat less.
2. **Starch blocker:** body will reduce the craving and absorption of carbohydrates. SUNFIT does not block the nutrition from coming in like a lot of other products on the market do. These other products (carbo-blockers) make the body produce more insulin to use more carbohydrates. Eventually this can create diabetes.
3. **Fat blocker:** like VitaTaste, which helps the body reduce sugar intake, SunFit helps reduce fat intake. SUNFIT makes better use of the carbohydrates so that whatever is not burned will not be stored as fat by the body.
4. **Increases metabolism rate** without any side effects. It does not contain ephedra or ma huang, guarana, added caffeine, sugar, artificial sweeteners or chemical additives.
5. **Sensitivity to insulin:** Glucose goes into muscles. When exercising, we burn it. What is not burned goes to the liver and later changes into fat. High insulin level will help burn fat but may create diabetes. Instead of stimulating the pancreas, SunFit will help the body to increase your body’s sensitivity to insulin. With half the insulin you’ll be able to achieve double the result.
Use 2 to 3 caps 15 minutes before meals with NuPlus or VitaShake. It is very important to drink plenty of Fortune Delight with generous amounts of Sunectar or Sunny Dew (Suncare). The result will be a happier you, you’ll eat less and you’ll be losing weight. You should see results in a week or two, which will be long lasting. It is now available in USA and Canada.

High protein - low carbohydrate diet it is not recommend as it can be dangerous to our health. It can create kidney, cardiovascular and other problems when used for a longer period of time. Carbohydrates are necessary for the brain to function properly. Stick with balanced diet and eat complex, some simple and stay away from refined carbohydrates.
Acid / Alkaline Foods

Sunrider whole foods work by restoring the operation of weak body systems and reducing cravings for unhealthy foods. Diet and lifestyle changes are the most effective treatment for chronic forms of disease, far surpassing in results any drug or surgical therapy, according to scientific and medical literature. This should not surprise you; what causes disease promotes disease. If you eliminate the cause, then the body’s healing mechanisms can take over, resulting in improvement or recovery.

Diet is a primary causative factor in disease. Smoking, alcohol, lack of exercise, stress, and negative thoughts, are also factors which are controllable.

It is recommended that our diets should consist of 80% alkaline ash foods. These foods leave an alkaline ash when the body burns them for fuel. (NOTE: SUNRIDER FOODS ARE ALKALINE)

<table>
<thead>
<tr>
<th>ALKALINE ASH FOODS</th>
<th>BETTER ACID ASH FOODS</th>
<th>Why eat this way? Because when Acid Ash foods burn, they leave a sulphur ash. It is in these acid ash pockets where disease begins.</th>
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<tbody>
<tr>
<td>Eat 80% of these foods daily. Alkaline ash foods burn clean and leave a clean ash.</td>
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<td>Eating too many acid foods causes the body to retain fluid. The body can retain up to 90 lbs. Excess fluid and the stomach can retain up to 5 gallons fluid. If you want to lose weight, eat Alkaline foods, along with no added salt, no sugar or hydrogenated oils.</td>
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<tr>
<td>Almonds</td>
<td>Celery</td>
<td>Peaches</td>
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<td>Apples</td>
<td>Cherries</td>
<td>Pears</td>
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<td>Apricots</td>
<td>Coconut</td>
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<td>Avocados</td>
<td>Dates</td>
<td>Pineapple</td>
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<tr>
<td>Bananas</td>
<td>Figs</td>
<td>Potatoes</td>
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<td>Beans, all</td>
<td>Grapefruit</td>
<td>Radishes</td>
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<tr>
<td>Beets</td>
<td>Grapes</td>
<td>Raisins</td>
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<td>Brazil Nuts</td>
<td>Green Beans</td>
<td>Raspberries</td>
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<tr>
<td>Broccoli</td>
<td>Lettuce</td>
<td>Sauerkraut</td>
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<td>Brussels Sprouts</td>
<td>Limes</td>
<td>Soybeans</td>
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<td>Buckwheat</td>
<td>Lima Beans</td>
<td>Spinach</td>
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<td>Cabbage</td>
<td>Millet</td>
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<td>Cantaloupe</td>
<td>Molasses</td>
<td>Tangerine</td>
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<td>Carrots</td>
<td>Onions</td>
<td>Tomatoes</td>
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<td>Oranges</td>
<td>Watermelon</td>
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<td>Barley</td>
<td>Corn</td>
<td>Lentils</td>
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<tr>
<td>Blueberries</td>
<td>Honey</td>
<td>Oatmeal</td>
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<tr>
<td>Neutral – Butter</td>
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<td>Pasta</td>
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<td>ACID ASH FOODS</td>
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<td>Flours – ALL (except buckwheat &amp; millet)</td>
<td>Nuts – most</td>
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<tr>
<td>Carob</td>
<td>Peanut Butter</td>
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<tr>
<td>Chocolate</td>
<td>Plums</td>
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<tr>
<td>Cranberries</td>
<td>Poultry – ALL</td>
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<tr>
<td>Dairy – ALL</td>
<td>Prunes</td>
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<tr>
<td>Fish – ALL</td>
<td>Squash</td>
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<tr>
<td>Meats – ALL</td>
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<tr>
<td>OTHER ITEMS TO AVOID</td>
<td>Alcohol</td>
<td>Pop/Soda</td>
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<tr>
<td>Beer, Wine</td>
<td>Overcooked food of all types</td>
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<tr>
<td>Coffee</td>
<td>Sugar</td>
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<td>Hydrogenated Oils</td>
<td>Soy Isolates</td>
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<td>Pesticides</td>
<td>Vitamin Pills</td>
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<tr>
<td>BETTER ACID ASH FOODS</td>
<td>Animal – ALL</td>
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<td>Flours</td>
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Excerpts from JW Emerson’s seminar
Carbohydrates

Carbohydrates - A large class of organic compounds that includes sugars, starches and fiber. The body requires about 60-65% carbohydrates to feed the brain, nervous system and muscles. The predominant carbohydrate of the body is glucose. Glucose in the blood is called blood sugar and is a major fuel source for most cells of the body. The muscles store glucose in the form of glycogen for endurance. The brain relies on glucose to meet its energy needs. Unless the diet supplies adequate carbohydrates, the body's metabolism switches to starvation mode, in which body fat is burned to meet most energy needs. To fuel the brain during starvation, glucose is synthesized from amino acids obtained by the breakdown of muscles. You can see why the right kinds of carbohydrates are essential for a balanced body.

The problem with understanding carbohydrates is classification. For simple distinction, there are three categories of carbohydrates: 1) complex, 2) simple and 3) refined or processed. A few of the foods placed in those categories are:

Complex - Cereal grains such as wheat, rice, rye, millet, sorghum and corn. Beans and seeds or legumes contain 40% of their weight as starch. Complex carbohydrates occur in plants as starch and fiber.

Simple - Sucrose, dextrose, fructose and corn syrup or anything on a label ending in -"ose." Simple carbohydrates are referred to as sugars.

Refined or Processed - Sugar and white flour are highly refined materials, containing little, if any, of the nutrients found in the whole food from which the carbohydrate was prepared; therefore, they supply mainly empty calories.

As Dr. Van Beveren so beautifully puts it, "Unfortunately, the public has not been protected from lumping all carbohydrates in the same category. To the unsuspecting lay person, even fruit is now sugar. This overwhelming simplification has done more harm, sent more people to doctors and hospitals, than all other scams combined." About the need for carbohydrates to feed the brain, Dr. Van says this, "In part, we evolved and are able to think abstract thoughts - due to the proper molecules of carbohydrates: this is known as 'ortho-molecular nutrition (brain fuel = muscle fuel). Sugar is not (brain fuel)! Sugar is something you buy in 5-, 10- or 20- pound bags in the grocery store. And it comes in highly charged, crystallized particles that act much more like giant explosions of dynamite rather than the gentle solar energy push that products like Sunrider's Evergreen and Sunny Dew encourage. No wonder our children can’t think and have no stamina."

Study more about carbohydrates in The Encyclopedia of Nutrition & Good Health by Robert A. Ronzio, Ph.D., C.N.S., F.A.I.C.
Exercise — Essential for Fat Loss

There is a principle in Sunrider’s philosophy of “taking responsibility for your health and life” that many people don’t fully grasp. In reference to “fat loss”, we have products that work very effectively. But as the philosophy states with taking responsibility, we ought not to assume that Sunrider can do it all for us. This is not regenerative thinking, expecting Sunrider products to do all the work without the effort. Without effort, you can not improve. What other things can you do to improve your size, shape and performance?

If we want to look great and feel our best we need to have the balance of weight-bearing exercises, stretching and aerobic activity in our lives. Yes, effort!

Weight lifting? Scary! Many women especially have negative beliefs that if they start lifting weights they will get bigger and look like a man. Yes, muscle is heavier than fat, so the scale may go up, so throw those scales away! In reality, women do not have enough male hormones (testosterone) to really build themselves up big.

Why Weights Anyway?

There is good evidence that resistance exercises like weightlifting can prevent osteoporosis and even reverse the effects. New evidence has found that without resistance exercises any calcium supplementation taken is poorly absorbed and does little if anything for the bones. Weight-bearing exercises cause the muscles to put tension on the bones and stimulate them to absorb calcium and reinforce their structure. The thinner frame you have, the more prone to osteoporosis and the more reason to do weight-bearing exercises. Also, as we get older, we start to lose muscle, but weight-bearing exercises can prevent this loss that naturally occurs and a stronger frame makes you less prone to injury.

Essential for Fat Loss

We’ve shared with many distributors that we need a big muscle cell to burn the fat, because fat is burnt in the muscle cell. If the fat cell is bigger than the muscle cell, it is difficult to burn fat. So, increase the size of the muscle cells. Weight training rips muscles apart only to repair, rebuild and grow bigger ones. Muscles also require energy even at rest when other tissues do not. Weight training exercises are most effective at raising your metabolism and helps your body burn calories for the rest of the day. More muscle means a higher metabolism and more fat burned, even when you’re not working out.

The Right Turbo Fuel

Because the muscle cell requires energy even at rest, supporting them and maintaining any new growth takes fuel. Eating a balanced, quality, not necessarily quantity, diet of high nutrient dense food is optimum. If you do not feed them adequately and frequently enough, your body will access the muscles you just tried to create for fuel. Muscles are made of protein, which is more easily accessible than tightly bound fat cells.
NUPLUS and NUPUFFS

We are told over and over that a good source of complex carbohydrates is needed before and after exercise. Many people just think that they can go to the gym on an empty stomach and be fine. Before you know it, your stamina is gone. Why? No fuel! This efficient machine called your body will utilize protein from your muscles to get the fuel. Vegetables, whole grains, beans and seeds are great sources of complex carbohydrates. But who has the time to do the cooking before and after exercise, and besides, it usually takes a good hour to digest this meal.

NuPlus is the answer! A combination of 5 different beans, vegetables, stems, grains and some fruits packed full of amino acids which are the protein building blocks to make more muscle. Dr. Chen has taken out the bulk from the 15 plants and made it into an easy form that you can eat just before, during and after exercise for more energy. It is not uncommon for athletes to eat 6 – 10 NuPlus servings a day, but even one is a great start. Eating it will increase your performance!

The main ingredient in NuPlus and NuPuffs is COIX FRUIT and, according to pharmacological research, the fatty acids in Coix Fruit help to maintain a healthy immune system, healthy nervous system, and healthy cholesterol levels. Dr. Chen says that this herb is full of anti-oxidants and fatty acids that can help slow down the aging process by nourishing the skin, making you beautiful and young looking. Just look at anyone who has been eating NuPlus for several years. Just eating NuPlus on a regular basis does more than we ever dreamed. Dr. Chen produced NuPuffs so that we can get more of this wonderful food into our children, grandchildren and ourselves.

SportsCaps

SportCaps are for everyone. They are a great source of both calcium and iron. Many people are unaware of the benefits of this wonderful formula, or misinformed, thinking they have to be active to use them. Everyone has muscles and the older you get the more nutrition they need. When you stress a certain muscle consistently, it needs support or it will start to break down! A perfect example is someone like a teller using their wrists a lot, or those working on a computer, could start carpal tunnel symptoms. Anyone on their feet all day or using their back muscles for lifting, etc. need to support the muscles by feeding them.

SportCaps were designed to support the muscle tissue of our body. Sometimes we forget that our heart, organs, glands and even the discs in our spine are made up of muscle tissue. The natural ingredients of SportsCaps complement the body processes in peak performance, muscle recovery, increased stamina and endurance and repair. Let’s take a look at the major ingredient in SPORTS CAPS

SIBERIAN GINSENG – So many people hold this plant in so much awe! It is loved and cherished in all countries of the Far East. For the Chinese it is the “single most powerful and beneficial herb” for almost seven thousand years. They claim it gives them endurance, energy and stamina. Some claim it helps with metabolism, strengthening the circulatory system. Also, that it nourishes and strengthens the liver, bone marrow and adrenal glands.
Other very beneficial ingredients in SPORTS CAPS are: Bee Pollen (blood builder), Kelp (nourishes the thyroid function), Cosnoposis Root (great for Oxygen transport in the body) and Boschniakia Herb (to help prevent dehydration).

**Sunrise**

*Another product that goes along with the Sport Caps is the food formula called Sunrise.*

Sunrise is a low calorie, natural, nutritional boost that helps enhance energy levels and strength. Sunrise contains readily convertible proteins and provides much needed nourishment to those who work out. Sunrise has a warming, cooling effect so it can support the body as it goes through the transition phases of warming up and cooling down - before and after exercise. Sunrise is a great choice when feeling sluggish or feeling stressed. Helpful whether you are under mental, physical or emotional stress.

Sunrise is designed to give a definite energy burst. Since it is in the liquid form, it is digested quickly and rapidly absorbed into the body system. Sunrise is a high-energy food for “the quick start”, increase of stamina and endurance, “warming” or “cooling” the muscles, shorter recovery time – great for athletes or any exercise program. When “running out of energy” and in times of great physical challenge, remember Sunrise!

**Ingredient Details:**

Lycii Fruit, which is noted for assistance in:

- Renewing cells
- Restoring kidneys
- Increasing acidophilus in the intestines
- Strengthening the bones
- Strengthening male sexual stamina
- Increasing body strength
- Balancing blood pressure
- Balancing blood sugar
- Reducing fat
- Assists organs and functions
- Endurance
- Supports Adrenal Glands

Japanese Dodder is a good tonic for the body and brightens the eyes.

Chinese Asparagus Root helps detoxify the body, cleanses as well as strengthens the heart and kidneys.

Boschniakia Herb is a good body tonic, which helps to activate the hormone secretions in the body.

Codonopsis Root cleanses the toxins, especially from the lungs, and is another really good body tonic.
Bella

Benefits reported:
- Silkier skin
- No more hot flashes!
- Firmer breast tissue
- Decreased cellulite
- Clearer thinking
- Decreased fluid retention
- Smoothing of "turkey neck"
- Reduction of crow's feet around the eyes
- Easier time losing weight
- More ambitious
- More productive
- More confident
- Nice sustained energy
- Sense of wellbeing
- More ambitious
- Warmer hands and feet
- Replenishing moisture in formerly dry eyes
- More romantic
- Smoothing of vertical wrinkles around the mouth
- Fewer mood swings

What is Bella

“Bella” means “Beautiful” and this much anticipated food formula is now here. I am very excited about having this fabulous new food formula for women as there is a huge need for this.

First, let me tell you a little about what I am experiencing with it. I just wish I had it about 4 years ago but I am happy to have it now. I have experienced …
- better sleep at night
- no more hot sweats
- more “vigor”
- I just want to achieve more.

Women have cycles. We are pre-menopausal, menopausal, and post-menopausal. This product, as I understand it, can be for women of all ages, for hormonal balance.

Estrogen. Women are designed to produce the hormone Estrogen. This hormone has a lot to do with women’s moods, behavior, and actions. It is what makes women feminine. It is what keeps us looking and feeling young. It affects the skin. Estrogen has a great role to play in women’s bodies being able to absorb calcium. In a woman’s body, estrogen is like a bank teller, allowing the calcium to be assimilated.

When a woman goes through the change of life or menopause, or has a hysterectomy, then the ovaries which produce estrogen and progesterone no longer produce the needed hormones. Women suffer with mood swings, depression and bone loss. Their teeth are affected because of the inability to absorb calcium and minerals. The adrenals are supposed to “kick in” to produce the needed estrogen, but in today’s world so many women’s adrenals have
been stressed and worn out that they do not produce the smaller amounts of hormones needed. Women suffer the consequences of imbalanced hormones in their systems.

Another symptom is hot flashes. When the needed hormones are no longer being produced in the body, this triggers Mother Nature to start burning up or shriveling the ovaries. This process makes women feel hot and they break out with hot flashes, perspiring profusely for a few minutes, and it is terribly uncomfortable. For this reason, the medical profession advises Hormone Replacement Therapy (HRT), but synthetic hormones, while helping to eliminate hot flashes, have awful side effects. The most popular synthetic hormone, Permarin, is made from pregnant horse mare’s urine, and the side effect is cancer of the breast or uterus.

Science is scaring women into not using any outside estrogens or natural sources of sources of estrogen. For instance, some herbal companies now produce hormone patches made from an herb called Mexican Wild Yam. However, Dr. Chen has warned us of this source, telling us that it is a steroid containing cortisone. While the calming down of the flashes brings temporary relief, the long term effect of these steroids makes women gain weight and causes the bones to be soft, brittle, and easily broken, contributing to osteoporosis.

The natural estrogen that a woman produces has many benefits:

1. When the proper balance of estrogen in the body, it controls the body’s ability to absorb calcium. This is critical for the prevention of osteoporosis, osteoarthritis, arthritis, etc.

2. When we eat sugar or sugar laden food, this affects the calcium in our body. Sugar stripes the liver of stored nutrients and depletes calcium out of the bones, affecting bone density. If we are menopausal, then we cannot assimilate calcium well. Is it any wonder that our body, at this time, starts showing signs of aging? Then, according to which symptoms we have in our body, we give them disease names such as:
   a. Osteoporosis
   b. Osteoarthritis
   c. Arthritis
   d. Fibromyalgia or muscles aching

Lack of calcium may not be the only cause of these conditions, but it is certainly a big contributing factor.

3. Natural Estrogen keeps us feeling young and acting young. It keeps our skin young, and gives us our sex drive, our vigor for life....feeling wonderful!

The opposite is true when we start aging. We see the effects. Our skin gets dryer, wrinkles start appearing, and we start feeling and showing the aging process.

One out of every four women is affected by osteoporosis. BELLA! does not contain hormones, but is capable of connecting to the body’s hormonal receptors making the body “think” it is receiving hormones. Thus, calcium is utilized by the body as if normal hormone levels are present.
Veros

If you are searching for the fountain of youth, Dr. Chen, world-renowned herbalist, pharmacist, and biochemist, has come close! Whether you want to improve your workouts and energy level, or simply feel younger, help prevent wrinkles, reduce fat, add muscle strength, increase your bone density, stabilize your kidneys....... this is the formula for you!

Sunrider is known for its concentrated formulas. The concentration ratio has always been approximately 7 to 10 pounds of herbs concentrated down to 1 pound of final product.

The herbs used in Veros are 30-40 times more concentrated than any of Sunrider's previous formulas.

In case you've ever wondered why Sunrider herb-food formulas are "Simple the Best", here is an example of how Dr. Chen goes about formulating this products. To create the Veros, Dr. Chen said he studied nearly 300 herbs to figure out how to help men look younger and lose the stubborn fat that tends to stay on the body with age. He narrowed it down to 20 herbs and then pinpointed which herbs were best. The main herb has seven species, so he had to figure out which species was best for his purposes. Would it be from Japan, or China (with thicker leaves), or from Korea (softer and easier to break). He extracted ALL seven species with 20 grams of methyl alcohol, took 10 mg out from that solution, and dried it in a Petri dish. He then added more methyl alcohol, took 10 micro milligrams out, and repeated this process until the extraction was pure and very concentrated. Then he put 7 drops of each extraction in the chromatography machine and then under ultraviolet light and could see the different samples move and determine which one would work best. The Korean species was superior. He repeated this process with EVERY ingredient in the Veros formula and then had to "treat and enhance" each individual ingredient differently.

Dr. Chen said that in order to know what to put in this formula, he studied Yohimbe (from India), Spanish fly, and Viagra . . . everything on the market that is touted for male potency. He found that Viagra makes the blood go out to only one "area" of the body but it does not return, and can lower blood pressure. He said it is more important to strengthen ALL the muscles of the body, not just one, and that the bone masses of older males also need increasing. When the formula was complete, EVERY molecule was 99.99% pure! Dr. Chen then concentrated the Veros formula 30-40 lbs. of herbal extract to 1 pound of final product so that taking 3 Veros caps is like taking a whole bottle.

It may take at least 3 days for a person to notice a change in their physical body. Here are some of the results shared from people over 55 who have been testing the product for 3 months:

- Experience more energy
- Decrease in wrinkles
- Faster recovery rate after workouts
- Increased libido
- Relief of aching joints
- Feel younger

55
Dr. Chen’s Men’s Formula

Designed to promote a confident lifestyle for men over 40, this proprietary formula includes herbs, antioxidants and carotenoids that represent a unique blend of Eastern herbal expertise and Western nutritional science.29

This formula is designed for the prostate. It lowers PSA. Helps men enjoy a good night’s sleep without disturbance. 75% of all men will develop prostate problems sooner or later. If a man has had his prostate removed, he does not need this formula, but should take Sunrise instead. Some men report that this formula is helping to stop hair loss. Suggested use of Men’s Formula: Men 35 – 45 years of age, take 1 capsule 3 times per day. Men 45 and up, take 2 capsules 3 times per day. Men with prostate problems, take 3 capsules 3 times per day. Women can also take the Men’s Formula. It helps build muscle, it increases libido and can also helps with menopause.30

We have heard of many men with varying prostate problems who have had significant improvements when they started taking Dr. Chen’s Men’s Formula. If you have a prostate ... you will want to try it!

For Men Only
By Cal Orey31

Now that many baby boomer men are entering their fifties, they’re waking up (often in the middle of the night) to what can happen when a prostate gland enlarges.

When the prostate gland begins causing discomfort, often in a man’s middle age, it often creates an urgent need to urinate. That results from the prostate’s pressure on the urethra, the tube that connects to the bladder.

“Most men know more about a woman’s monthly cycle than they do about their own body and its sexual health, yet problems with the prostate gland are as common in men as period problems in women,” says Sarah Brewer, MD, in her book Saw Palmetto: Natural Prostate Relief (Thorsons).

The statistics on prostate problems are eye opening. An estimated 14 million men suffer from an enlarged prostate, according to the New England Journal of Medicine (6/26/98). But men can turn to natural relief.

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Prostate Anatomy

The prostate gland is below a man’s bladder and surrounds part of the urethra. This chestnut shaped organ, which weighs about two-thirds of an ounce, makes semen and secretes it into the urethra during ejaculation.

“From around the age of 45, the number of cells in the prostate gland starts to enlarge in most men. This is a non-cancerous process known as benign prostatic hyperplasia, or BPH for short,” points out Dr. Brewer. But it can be a troublemaker.

“In some men, the prostate gland grows large without causing problems with passing water. This may be because their urethra is wider than average, or because the gland tends to enlarge outward. In many, however, enlargement of the prostate gland squeezes the urethra to interfere with urinary flow,” Dr. Brewer says.

This, in turn, can lead to urological symptoms such as difficulty when starting to urinate and dribbling after urinating. In addition, the bladder may feel full even after urinating.

While aging contributes to an enlarged prostate gland, hormones may play a role. “Once in the prostate cells, testosterone is converted into another, more powerful male hormone, dihydro-testosterone (DHT),” explains Dr. Brewer. “DHT is responsible for triggering the division of prostate cells so their numbers increase.”

She goes on, “Levels of DHT are known to be 5 times higher in enlarged prostate glands than in those of normal size. If the conversion of testosterone to DHT is prevented, BPH does not occur and can even be reversed once it has developed.” (If you suffer significant prostate problems, consult your health practitioner.)

Toasted Prostate


Aerobic exercise (jogging, swimming, dancing) can potentially improve the state of the prostate. Dr. Brewer reports, “Research shows that men who are more physically active are significantly less likely to develop lower urinary tract symptoms due to BPH. Men who walked for two to three hours per week were 25 percent less likely to develop BPH then those who did little walking.” (Arch Intern Med 158 (21): 2349-56, 1998)

Frequent lovemaking may also help your prostate, since experts believe the release of semen may help keep the prostate working properly.
Over the past decade, the need to eat better has been more clearly defined to include eating more fruits and vegetables. Today, we are aware that the phytonutrients in those fruits and vegetables play a key role in the body’s daily need to regenerate and repair itself. We are even aware that the naturally occurring colors in the food are also of great importance to our overall health.

The most important color in the food chain is green. Generally green foods are often referred to as super foods. Most of the green foods are high nutrient dense foods in the cereal or algae family. Alfalfa is an example of a cereal food and Spirulina is a good example of an algae food. Green foods like these are efficient sources of phytonutrients. Their anti-oxidant, complex structure makes great nourishment and fuel for the body.

Plants from the sea that are single celled and high in nutrients are called phytoplankton. Spirulina is a good example.

Spirulina, a one celled organism, is a part of the first reported forms of life. To the age-old question, what came first the chicken or the egg, the correct answer might be Spirulina. The simplicity of the structure makes for easy absorption. Spirulina contains high concentrations of beta-carotene and chlorophyll and is 65 percent protein by weight. It is also a great source of complex minerals.

All green foods get their distinctive nature from chlorophyll. Chlorophyll is said to be the single most versatile cleansing, healing and detoxifying substance known. There are noteworthy similarities between human blood and chlorophyll. This may account for green food’s great anti-oxidant properties.

Green foods, especially algae like spirulina, would be a luxury during past generations. But today these phytoplanktons are readily available in convenient capsule form. Adding any green foods to the diet is only valuable if the source is pollution free and grown without treatment of pesticides or herbicides.

When consuming an alfalfa product, make sure the alfalfa is processed in such a way as to be assimilated by humans. Liquid forms are often the most preferred.

Your first priority is to eat 5 to 7 portions a day of colorful fruits and vegetables. However, the addition of the algae and/or a cereal form of green food is a great insurance that you are getting the daily needed phytonutrients important for balance.
Sunrider’s Spirulina
Superior & Concentrated Blue Green Algae

*Spirulina* is a blue green algae high in chlorophyll, iron, carotenoids and other micronutrients. As is the case with all whole foods, Spirulina has compounds that do much more for our health than the obvious. It has been found to be effective against a series of viruses. Spirulina is proving to be a very important food on this planet. The particular combination of nutrients found in this “super food” supplement cannot be seen in any other single grain, herb or food. Spirulina is even being studied in several countries as an answer to malnutrition in underdeveloped countries, producing twenty times the amount of protein as that of soybeans on an equal land area.

*Spirulina* is over 60 percent naturally occurring protein and amino acids, and is low in fat and calories.

*Spirulina* has...

- High amounts of B12 needed for healthy blood cells.
- 300 percent more protein than fish, meat or poultry... but without the cholesterol.
- 60 percent vegetable protein, the highest known source.
- Perfectly balanced essential amino acids in almost the same proportions as the human body.
- More energy boosting iron than spinach.
- Virtually no calories.
- Neuropeptides: food for the brain and nervous system to produce endorphins.
- Trace minerals and lipids.
- More protein than tofu.
- 26 times more calcium than milk.
- GLA (gamma-linolenic acid) which feeds the immune system.

More and more research is being done on this phenomenal food. In the April, 1996 issue of *Vegetarian Times* magazine, it was reported that clinical trials showed an additional, significant, proven benefit to eating the supplement: *Spirulina* can prevent and even reverse certain types of cancer, especially among populations without access to fresh fruits and vegetables. Oral leukoplakia, a pre-cancerous mouth lesion, showed complete regression among 45 percent of subjects (tobacco chewers in Kerala, India) when they were fed 1 gram of Spirulina per day for one year. The same results were seen in only 7 percent of tobacco chewers fed a placebo. In Russia, children, who had been exposed to high levels of radiation, were fed 5 grams of Spirulina per day and experienced less radiation sickness & fewer allergies than a control group.
In the March, 1997 issue of *Prevention* magazine, it was reported that a promising new study bolsters earlier research suggesting that GLA (Gamma linolenic acid) may offer relief to *arthritis* sufferers. In the most recent test, for six months, 56 men and women took either GLA capsules (2.8 grams per day) or sunflower oil placebos in addition to their regular prescription arthritis medications. Results were provocative: Those taking GLA were more than six times more likely to have significant improvement in swelling, joint tenderness, stiffness and pain. Symptoms in the other group remained the same or worsened. It’s important to note that it is not fast acting though, but it has no side effects as seen with commonly prescribed arthritis medications like NSAIDs or prednisone.

Some of the other health benefits reported by *Sunrider Spirulina* users:

- More physical stamina
- Improved memory, mental clarity and focus
- Alleviated stress, anxiety and depression
- Relief from fatigue, hypoglycemia and PMS
- Control of excess appetite and cravings
- Relieved allergy symptoms
- Speedy recovery from medical therapy side effects
- Heightened immune function

References: InBALANCE magazine, issue 30, pg. 7; Vegetarian Times magazine, April 1996; Delicious magazine, October 1996; Prevention magazine, March 1997.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*
**Evergreen**  
*A Source of Chlorophyll*

*Evergreen*, by Sunrider International, is a liquid herb concentrate, which contains licorice, chlorophyll, iron zinc, and peppermint oil.

**What is chlorophyll?** Chlorophyll is the green colored matter of plants. The green plant used in *Evergreen* is Alfalfa.

**Why is chlorophyll so important?** There are five points worth reviewing:

1. Chlorophyll dense foods such as alfalfa are rich in trace minerals. One of these important trace minerals is strontium. Strontium helps our bones *retain* and hold such minerals as calcium and magnesium.
2. Chlorophyll is also an excellent source of organic iron. With this type of iron, there is no constipation or stomach distress. In fact, chlorophyll and human blood are similar in their makeup. The only difference is that the center element in chlorophyll is magnesium and center element in blood is iron. If you have iron poor blood, chlorophyll would be a good addition to your diet.
3. Chlorophyll assists in improving circulation and letting blood flow more easily through the arteries.
4. Chlorophyll is an alkaline food. Many of the foods we eat daily such as wheat, diary, meats and most other grains are acid-forming foods. Too many of these foods put our body in an almost constant acidic state. Poor health is often associated with an extremely acidic body. We need to *balance* this with more alkaline forming foods. Chlorophyll rich foods are alkaline forming and are good for the body.
5. Chlorophyll rich foods also have high *enzyme activity*. Enzymes are responsible for hundreds of chemical activities in our body. Without enzymes we could not live. Chlorophyll increases enzyme activity in the liver and the pancreas. It helps us to digest our food and to break down fats and carbohydrates so we can use them for energy. Chlorophyll rich foods are natural *energy boosters*.

**Why Sunrider Evergreen?** *Evergreen* is a chlorophyll rich food in a convenient, whole, concentrated form. It has all of the benefits mentioned, but unlike any other chlorophyll based product on the market, it is fat soluble, thus more bio-available.

*Evergreen* is available in convenient 15 ml bottles packed 10 per box. Mix with water or juice daily for optimum chlorophyll intake.
Proper Dental Care

Maintaining Healthy Teeth and Gums

The key to longevity for our teeth and gums is a solid maintenance program. Brushing our teeth at least twice daily is the optimum program. Flossing after each meal helps remove small particles of food that get trapped between teeth and cause irritation to the gums which eventually can cause tooth decay. Flossing also helps prevent tarter build up caused when food particles are left near the teeth and gums.

Besides removing food particles, brushing regularly massages the gums. This helps avoid the dreaded gum diseases we see pictured in the dental office. Brushing with good antiseptic toothpaste as well as a non-alcoholic mouth rinse is most helpful.

Adding a safe and balanced antiseptic solution to the mouth after each meal is the most effective method of reducing unwanted bacteria from the mouth and gum area. Bacterial plaque is the cause of tarter which can lead to various gum diseased states. Bacteria are also a key factor in tooth decay.

There are many products available today that are designed for this exact purpose, however most are alcohol based. Alcohol strips the mouth of its natural protective coating. This can cause mouth sores as well as other ulceration's of the mouth. Alcohol based mouthwashes accidentally consumed are the leading cause of brain damage in young children.

The recommendation is to find a wash that is free of alcohol but effective for bacteria retardation. There are a number of herbs that are safe and effective for this purpose, Neem tree bark is one. Using a wash that includes neem is an excellent choice. Recently there have been a number of teeth whitening products introduced to the market. Our foods, and more likely our beverage choices, can affect the whiteness of our teeth. Habits such as smoking can obviously worsen the appearance of our teeth. It is advised that a whitening gel be used that contains no bleaching by-products. Most dental offices can treat your teeth, but using a safe product in your own home is a better alternative.

The Fluoride Fallacy

From Natural Living Today
July/August 1998

Fluoride is another bone of contention between conventional and holistic dentists. A known carcinogen (according to the National Cancer Institute), fluoride’s accumulation in the body increases the risk of bone cancer, hip fractures, osteomalacia (brittle bones), dental fluorosis (a browning of the teeth), and female infertility. What’s more, ingested fluoride does not reduce tooth decay—a conclusion reached by comprehensive reviews of water fluoridation conducted in 1998 by the Canadian Dental Association (CDA) and a committee of scientists in Natick, Massachusetts.

Although topical application of fluoride inhibits streptococcus mutans (the major cavity-causing bacteria in the mouth), it isn’t necessary for cavity-prevention. Jeff Green, volunteer
director of Citizens for Safe Drinking Water, explains that “Gargling with salt water and brushing with pulverized salt and baking soda accomplishes the same thing without the use of fluoride, since the bacteria cannot survive in a saline environment.” The bottom line: You don’t need to drink, brush, or supplement with fluoride to ensure healthy teeth!

**Fluoridation: How wise is it?**

Fluoride is a poison. According to an editorial in the Journal of the American Medical Association, it calls fluorides “general protoplasmic poisons”. That means it poisons *protoplasm*—the contents inside our cells where our body chemistry takes place. A researcher looked up fluorides on TOXNET, the National Library of Medicine’s computerized data service on toxic substances. It rated fluorides “4 - 5”. A rating of “4” means “very toxic”; a rating of “5” means “extremely toxic”. There is no rating higher than a 5.

Your next question should be, “Why is the government putting fluoride in our water?” A dentist working for the PHS (Public Health Service) did the early studies done in 1930. He compared two areas: one area had a high level of natural fluoride in the water supply and he noted that this area had lower than average occurrence of tooth decay. He didn’t investigate alternative explanations. Starting in 1945 and continuing for 10 years, PHS researchers would count cavities in two cities, and compare the rate of occurrence of cavities. The test didn’t run but 5 years as someone leaked information that the city with the higher level of fluoride in their water had a decrease in cavities. This was all they needed and so fluoride was approved to be added to the water.

Yet other studies don’t support that argument. For example, researchers in Missouri looked at tooth decay in “optimally fluoridated” cities, ending with a sample of 6,584 children. They expected to find more cavities in the “sub-optimally fluoridated” group, but they didn’t. Instead, they found “no significant differences between those children drinking optimally fluoridated water and those drinking sub-optimally fluoridated water.”

So what does help discourage tooth decay? Brushing obviously helps, but the body also has natural defenses against tooth decay. The health of our immune system, therefore, determines how many cavities we get. One can logically reason that a weak immune system will open the door for disease in mouth as well as in the rest of the body.

So, if you want healthy teeth, then you must eat right and maintain a strong immune system. Of course, brushing with SunSmile Toothpaste will help keep the smile on your face, without the toxic presence of fluoride. You will love the way it makes your mouth feel. If your teeth need whitened, then you may try our SunSmile Whitening Gel. You will achieve white teeth without the harsh treatment of most whiteners. Here’s a big SunSmile for you!
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SunSmile Dental Care

Toothpaste-Refresher Drops-Whitening Gel

SunSmile Toothpaste is “Simply the Best” toothpaste available on the market today. Its quality ingredients are vital for healthy teeth and gums. Four times more concentrated than regular brands, SunSmile Herbal Toothpaste contains refreshing and soothing herbal extracts including Neem Tree extract and camellia extracts.

The key feature to this product is that it cleans with enzymes. The toothpaste contains no sugars, saccharin, or fluoride. SunSmile Toothpaste uses such quality herbal ingredients as:

* **Neem Tree Extract**: Neem branches have been used as “toothbrushes” in India for centuries. People would break a stem from the neem tree and chew the end until it became soft and brush like. They would then scrub their teeth and gums with the stem.

Most importantly neem is helpful in preventing bacterial buildup. Unwanted buildup results in tartar, which precedes plaque, which is the start of poor quality gums. Most importantly, the unsightly presence of tarter and plaque may be avoided. Consistent use of SunSmile Toothpaste will help with the cleaning and slowing of tartar, plaque and cavities.

* **Chlorophyll**: A natural deodorizer, which has an obvious purpose in toothpaste.

* **Grape Seed Extract**: This is a great source of bio-flavanoids. The bio-flavanoids help the tiny capillaries in our gums to stay strong and healthy. This plays a key role in keeping the bleeding in the gums to a minimum.

* **Camellia Extract**: This source of polyphenols is also a great source of anti-oxidants important for healthy and strong gums.

The fruit enzyme bromelain and papain are in the formula to naturally break down food particles missed by flossing.

This product tastes great because of the natural clove oil, cassia seed extract, eucalyptus oil, peppermint oil and licorice extract. Nourishing the gums with neem tree extract, Vitamin E, allantoin, carrageenan and camellia extract give us the assurance that if we are brushing at least twice daily we are maintaining the teeth and gums in a most balanced manner. The antiseptic properties of many of these ingredients are another major plus.

Many health care professionals talk about the importance of healthy teeth and gums. The SunSmile Toothpaste and Refresher Drops both clean the teeth and nourish the gums.

SunSmile Refresher Drops are a concentrated liquid that when added to water help rinse the excess toothpaste from the mouth. Not only does it give you fresher breath, it also does not take away from the positive results of the toothpaste. As an added benefit you will have fresher breath. It is a great companion to the SunSmile Toothpaste. The Refresher Drops give us the most complete oral hygiene program available today. You will want to use SunSmile Refresher Drops to replace any and all mouthwash products. This alcohol free product is ideal for the whole family.

SunSmile Refresher Drops contains no alcohol. It does contain the protective ingredient clove oil, peroxide, neem extract and grape extract, which can reduce the harmful effects of decaying food in the mouth, but does not harm the delicate tissue of the checks and gums. Bacteria can grow in less than
5 hours, no matter what the program. No other rinse is any faster. Use the Refresher Drops in the morning as well as at bedtime. Simply add a few drops to 6 ounces of water and rinse.

SunSmile Whitening Gel, unlike so many others on the market, is 100% non-abrasive and uses no bleach. There is no harm to the teeth and gums.

The SunSmile Whitening Gel uses an oxygenation process for whitening, not a bleaching system, as do many of the commercial brands. Urea peroxide is used as an oxygen donor that helps this balanced formula with gradual release so it can clean and whiten teeth. There is no harm to the teeth and gums as the natural oxygenation process whitens the teeth. The SunSmile Whitening Gel is also 100% non abrasive. This gives a highly effective whitening and cleaning action without any harm.

As with all Sunrider products for “healthy living,” SunSmile tooth care products are the best available for maintenance and balance of the mouth. Always remember the old Chinese proverb, “Ignore your teeth and they will go away!”

A Plan for Success

Though rarely done, the plan is to brush and floss your teeth after every meal. This will ensure that no food particles remain between the teeth and gums causing irritation and eventual decay from the rotting food. Bacteria in the mouth, often caused by rotting food, is what produces tarter that leads to plaque which is the ultimate culprit in gum disease and cavities.

Brushing and flossing is obviously the best deterrent.

Every brushing should be preceded by a rinse with SunSmile Refresher Drops. Swish for about a minute, spit, and brush your teeth thoroughly. Do NOT rinse with plain water, rather rinse with SunSmile Refresher Drops, added to water. Again, swish for about one minute and spit.

This program will protect the teeth, gums and mouth better than any other program available today. For whiter teeth, use the SunSmile Whitening Gel weekly. Apply directly to the teeth or with a mouthpiece and keep the gel against the teeth for 10 minutes. Rinse with SunSmile Refresher Drops. Continual, consistent use will produce the whitest teeth possible. Healthy teeth and gums are attainable with a simple maintenance program. The Sun Smile program is Simply the Best.

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Herbal Tooth Whitening Products

A brilliant idea from Sunrider! Now you can have the clean, white teeth and brilliant smile you’ve always wanted — with Sunrider’s sensational SunSmile products.

The SunSmile® Advantage:
- May be used independently or in combination.
- Contains Sunrider’s superior herbal formulations.
- Accelerates the oxygenation, antiseptic and whitening processes.
- Delivers powerful cleaning action.
- Gentle and non-abrasive.
- Simple, effective and easy to use.
SunSmile Deodorant
Is SunSmile Deodorant For You?

Did you know that we’re actually supposed to perspire? This shouldn’t come as a big surprise to most of us. The sweat glands are designed to help our bodies excrete waste materials that we certainly don’t want sealed up inside. The big issue is... foul odor, stink, B.O., and comments like “What died in here?” or “Ack! I can’t breathe!” This might bring a smile to your face, but it’s truly no laughing matter! Jobs are lost, friends are avoided, wars are started... well, maybe not wars, but don’t you agree that this is a serious issue?

Along comes the chemical industry to solve this problem. They determined that it was the bacteria in the waste materials that the body was excreting that created the odor. This bacteria grows in water which permeates the odor problem. So, think about it... we could kill the bacteria, stop the sweating, stop the waste materials from excreting or any combination of the above. The chemical industry chose the latter two, stop the sweating and block the excretion of the waste. They did this with chemicals like aluminum and also with fragrances for masking the odor should any bacteria succeed in spreading. The trouble with this approach is that we need to excrete these wastes. Also, aluminum has been linked with breast cancer and with Alzheimer’s disease.

Now, enter Dr. Chen. He can clearly see that sweating is good for us. Why not simply allow the toxins and waste materials out of the body and deal with the offending bacteria with safe, natural herbs? The solution? SunSmile Herbal Deodorant! Some of the ingredients are: zinc, vitamin E, baking soda, benzoin extract (also in Fruit & Veggie Rinse and the Refresher Drops), thyme extract, chamomile extract, balm mint extract, oat extract, Tea Tree oil, lemon oil, cypress oil and evening primrose oil. These ingredients not only kill the offending bacteria, they also give us a very pleasant, fresh smelling scent. Zinc is a mineral that is good for the skin and is a good antioxidant, Vitamin E nourishes the skin and is also a powerful antioxidant, baking soda sweetens or neutralizes odors and benzoin extract kills bacteria. Tea Tree oil has also been touted as an effective anti-bacterial agent.

The following was written by Kerri Bodmer, Founder and Editor of Women’s Health Letter. She writes:

Does your deodorant cause breast cancer? In the course of a typical day, there’s a lot we take for granted. We rarely stop to ask questions about everyday items, like the deodorant we put on this morning. But we should! For instance, most deodorants are really chemical cocktails for your armpits!

Did you know:

- The chemicals seep through your skin and creep into the immediate and nearby underlying soft tissue.
• The little microscopic nicks we get from shaving make the journey even easier.
• The labels on these deodorants even warn us not to apply them to broken skin!

In case you’ve never seen one, Diagram 1 is a breast cancer map. It shows you where breast cancer is most likely to occur. Did you realize that, if you do develop breast cancer, there’s a 50% chance the tumor will appear in the area closest to your underarm? There is a 6% chance that cancer will appear in the farthest area from the underarm. “Just think of it; you are eight times more likely to develop breast cancer next to where you apply your deodorant.”

Scientists can’t say for sure — yet — that deodorant causes breast cancer. But it makes you wonder, doesn’t it? We do know that most deodorants are laced with powerful chemicals that have yet to be thoroughly tested for safety. Combining these chemicals may lead to toxic interactions. And the fact that most breast cancers develop nearest to the underarm is very suspicious and frightening.

Are antiperspirants even more dangerous?

If you use an antiperspirant (more than half of us do), you may be creating a double danger. You see, the chemicals in those antiperspirants help prevent sweating. And sweating is one of the ways the body cleanses itself of toxic substances. Every time you apply an antiperspirant, it’s like damming up a river, sweat backs up in and around your armpits. The result? The toxins in your sweat become trapped there. And worst of all, fatty breast tissue is especially efficient at storing those poisons.

If you want to be at your healthiest, you need to sweat more — not less! Exercise, which promotes sweating, has been proven to lower breast cancer risk.

Safe to Eat?

FRUITS AND VEGETABLES
PESTICIDE AND BACTERIA RESIDUE HARMFUL!

“Five a day” is the plea from the nutritionists today. We are urged to eat five fruits or vegetables a day for their fiber and phytonutrient content. The evidence is overwhelming that the many benefits of fresh fruits and vegetables can counter the effects of too much fat and the poor quality of our food. These factors lead to increased incidences of heart disease and cancer.

The good news is that today people are eating more fruits and vegetables. However, the National Academy of Science (NAS) points out that we are, therefore, consuming more insecticide-toxic substances than ever before. Alarming, it must be noted that according to the NAS, children tend to eat more fruits and vegetables per pound of body weight: therefore, they consume more toxic substances.

Fruits and vegetables themselves give many great benefits to the body. However in an attempt to increase crop yields, insecticides are used regularly both in the United States as well as overseas.
Let's not ignore herbicides. Herbicides are used to kill weeds but are also toxic to human processes. These chemicals are widely used but are often not recognized as toxins to humans.

Hundreds of millions of dollars in crops would be lost annually without the use of pesticides. We must also look at the costs we pay for hazardous waste removal disposal and clean up as well as soil and environmental damage caused by these chemical killers.

The United States has done a great job of utilizing insecticides. Only 6% of the available land for agriculture is in the United States but 50% of the insecticides used worldwide are used in the United States. 85% of these are used in cotton, corn and apples.

Insecticides are compounds intended to kill insects. Most insecticides attack basic physiological processes such as nerve transmission or cellular respiration. These are common processes both in man as well as insects. The bottom line is that pesticides are poisons designed to kill living organisms and can be harmful to humans also.

Insecticides and herbicides are tested to make sure that a particular dose is not harmful if consumed. All insecticides are tested for LD 50. This is the lethal dose required to kill 50% of an animal test population. What is not measured is the cumulative effect. The lethal dose is normally huge. However, the cumulative effect of ingesting insecticides is unknown. We do know that juicing apples for example or making applesauce increases the presence of the toxic chemicals in the final product. The only way to prevent this cumulative effect of the harmful chemicals is to wash all fruits and vegetables in properly approved solution to remove the residue. The added benefit of this process is the removal of any harmful unknown bacteria. This is a necessary step in food preparation today that was not required 30 years ago.

We need to be concerned because humans are at the top of the food chain. We take food and water from sources that have been treated with pesticides or herbicides, whether intentionally or accidentally, through water run offs, air pollution, or industrial accidents. So many or these substances are not biodegradable and store in fatty tissues of humans as well as animals. They can be secreted into the butterfat of milk, thus easily getting into children as well as adults.

For example, DDT is still found in human blood serum, yet it has been banned for over 20 years. We can look to the fruits and vegetables that are treated the most and take precautions. In ingesting animal products, remember that the toxins store in the skin and the fat. When selecting food, avoid the dark meat of fish, the skin of animals and fish as well as the fat of all animals. Wash all fruits and vegetables in an approved substance to reduce the chemical residue as well as well as the bacteria. Organically grown fruits and vegetables also need to be rinsed as they can be exposed to environmental conditions and human contact that can transmit bacteria.

Organically grown fruits vegetables and grains is our long-term solution. We can decrease the price if we increase the volume through demand. Farming organically is good for the environment. It is non-polluting and regenerating in itself.

Farming organically also will restore value to the depleted soil. The “modern” agriculture technique of chemical fertilizers, pesticides and herbicides is an economic consideration not a health
consideration. Today, farming organically means safe food and good crop yields, but more importantly it means higher nutritional value for humans.

It is known that minerals such as selenium and calcium are grossly deficient in the soil used to grow much of our staple crops like corn, wheat, and soybeans. Fruits, vegetables and grains are the best source of minerals for humans if the minerals are in the food to begin with. By using proven growing techniques to preserve the soil, organically grown improves the nutritional value and also prevents further eroding of all environmental factors.

Being concerned about eating fruits, vegetables, and grains that have the highest nutritional value with the least chemical residue is very difficult for the layperson. We must rely on the integrity of the grocery or natural food storeowner. No matter what we believe, the need to remove bacteria and chemical residue on our food is a problem. In the future, if we succeed in totally eliminating all chemical residues on food through responsible growing methods, we will always have the threat of bacteria. Bacteria can come from the irrigation, air, or handling during picking or processing. It is fair to say that bacteria is a long-term problem. Always wash your fruit and vegetables in an approved non-toxic substance known to remove residue chemicals and kill bacteria.

The highest fruits with chemical residue are apples, cranberries, raspberries and strawberries. The vegetables of greatest concern are corn, celery, lettuce, and spinach. As a general rule the domestic fruits and vegetables are no better than the imported variety.

It seems wise to consume at least five servings of fruits and vegetables a day, but always be careful to wash them in an approved solution to remove as much chemical residue and bacteria as possible. The simplest method is to wash the fruits and vegetables after they are purchased. Soak and rinse before putting them in a clean plastic bag or directly into the refrigerator. These little measures can make a difference in the long-term quality of life that we are all striving to achieve.

Fruit and Vegetable Rinse

Consumption of fresh fruits and vegetables has been touted for some time as being important in preventing cancer - specifically colon and rectal cancer. Substituting fruits and vegetables and eliminating saturated fat consumption in our diet has also been promoted as a sure way of reducing heart disease. These two diseases have long been the two leading causes of death in the United States.

We have also had several public alerts concerning pesticide and insecticide use on our crops, especially the fruits and vegetables that we receive from Mexico and Central America during the winter when our own crops are not available. These have contained an even higher level of carcinogenic sprays that are not under the control of the EPA. In addition, there are various germs and parasites that exist on these fruits that we are unable to wash away. It is not easy to estimate the amount of illness that is transmitted in this manner; however, health officials concede that it is considerable.

Now comes the answer — SUNSMILE FRUIT AND VEGETABLE RINSE. This breakthrough product is without equal. In fact, there is nothing presently being offered in the marketplace that can accomplish what Sunrider research has shown what this rinse will do. Dr. Chen's simple explanation is, "It is like a
fire — everything that is thrown into the fire is consumed.” This product will literally destroy all harmful organisms on the fruit or vegetable and neutralize each of the carcinogenic sprays (herbicides and pesticides). It can even penetrate the wax (and remove most of it) to destroy any pesticides or germs that existed prior to the wax application. This includes organisms that cause intestinal worms and amoebic dysentery. When fruit is rinsed or soaked in this solution and removed, it will stay fresher for a longer period of time because oxidation has been reduced. One capful in one gallon of water stays active for about one hour.

SunSmile Fruit and Vegetable Rinse can also be used to sterilize against Strep, Staph, E.coli, etc. on surfaces in the kitchen where food is prepared. Any cuts, scrapes, or burns can be sterilized immediately and thoroughly with this solution. It need not be applied full strength, but can be if so desired. Any mold or fungus spores will be destroyed. In fact, nothing could clean children's hands more thoroughly than soaking them in this solution for a few minutes. This rinse is environmentally friendly for those who have septic tanks; it will not destroy the bacteria required for decomposition of the waste. It can also be used for those who are in the insecticide and pesticide spraying industry. These workers can use this to wash any exposed skin surface. For those few who use masks, the masks could be soaked in this solution and no harmful solutions can penetrate through the mask.

OTHER AMAZING APPLICATIONS FOR SUNSMILE FRUIT & VEGGIE RINSE:

- STREP
- STAPH
- E.COLI
- SALMONELLA
- DUST MITES
- LICE
- FLEAS & THEIR EGGS
- CONTACT DERMATITIS
- RING WORM
- ECZEMA
- IMPETIGO
- PSORIASIS
- NAIL FUNGUS
- ATHLETES FOOT
- WARTS
- DOUCHE
- POISON OAK
- POISON IVY
- GARDEN INSECT SPRAY
- CANDLE WAX AND EAR WAX

SuperClean

SunBright Household SuperClean

Why clean when you can SuperClean? Super Clean is a true all-purpose cleaner. It is perfect for a multitude of household cleaning chores from floors, walls, windows, counter tops, bathroom fixtures, and more. You'll love this multi-tasking cleaner and find ways of using it in every room of your home. Available in two convenient sizes, you can use SunSmile SuperClean in the handy two-headed bottle for easy measuring and dispensing.

Because Super Clean is non-abrasive and non-corrosive, it is even perfect for cleaning valuable possessions like your automobile. Its all-purpose nature makes it great for the exterior as well as the interior of the car. It will not damage the paint, remove the wax or harm the interior. The secret is to properly dilute. Five drops can be enough in a spray bottle for the
windows, where no more than 1/2 capful in a spray bottle is perfect for the interior. A capful in a bucket is great for the exterior.

It will replace all of the toxic and often harmful cleaning solutions under your kitchen sink and in your bathrooms. Not only does this make for convenience, but also for a great cost saving. One capful of Super Clean in a 22 ounce spray bottle costs under 15 cents which is over 200% lower than those sold in markets in the United States.

SunSmile Fruit and Vegetable Rinse is compatible with Super Clean and the combination makes a great team for deodorizing and for rinsing away bacteria from those cleaning jobs in the home. Add a capful of SunSmile Fruit and Vegetable Rinse to a bucket of Super Clean and water for household disinfecting. This is a great replacement product that is more effective and a major cost savings to the cost conscious consumer today. Safe, effective, and cost efficient are great reasons to replace all of your cleaning products with Super Clean and Fruit and Vegetable Rinse.

SunBright Laundry SuperClean

This superior SuperClean formula is designed specifically for laundry use. It is biodegradable, phosphate and ammonia free. It is not petroleum based, thus reducing irritations and allergic reactions. Powerful enzymes remove protein stains, grease and oil. Water conditioners clean and reduce calcium buildup. Natural oils and extracts deodorize leaving a clean fresh scent. The oxygenated bleach is color safe, unlike chlorine bleach.

It's concentrated, so just half a capful does a regular load of laundry. This gentle yet effective formula is safe for virtually all washable fabrics and colors. You can pre-spot directly by diluting 1 part Super Clean to 10 parts water. Apply, let soak for a minute, and then rub. On sensitive material do not apply Super Clean full strength. Remember that the concentration allows for dilution with no loss of cleaning power.

Sunbreeze Essential Oil and Balm

Soothing, healing oils and balms have been a part of Chinese herbalism for centuries. Sunrider’s Sunbreeze formula follows this tradition. Today’s Sunbreeze is based on knowledge gained through Chinese herbal traditions combined with modern technology. Essential Oils

Sunbreeze Oil is made from the pure essential oils of flowers and herbs, while the balm is made from the same oil blended in a natural beeswax base. Essential oils are widely respected and routinely used in Europe. One writer explains their appeal: “In the plants themselves, essential oils function as hormones, regulators and catalysts (and) help plants fight
diseases and parasites. Aromatherapists believe the oils can be as beneficial to humans as plants.\textsuperscript{32}

Wrote another researcher; “Essential oils—which are distilled from the roots, bark, peels, seeds, flowers and leaves of various plants—have been used for such ailments as...headaches and digestive disorders for thousands of years. Even now, products like Vicks Vapo-Rub, which contains eucalyptus oil, are used to clear up respiratory congestion.” The aromatherapist Marcel Lavabre writes...that the molecules of essential oils are small enough to “diffuse through the skin and membranes and penetrate deeply into the tissues and the circulatory system...making application very efficient...”\textsuperscript{33}

The Real Thing

In your local natural store you’ll find a number of different oils and balms, many from Asia. You can’t always be sure of what you’re getting. Some may contain synthetic oils.

States one article, “Synthetic perfumes, which are made from chemicals and have an inorganic base, were created in the 1800’s. Because it was cheaper to make fragrances artificially than to extract essential oils from plants, chemical scents began to replace natural ones, and people forgot essential oils possessed healing properties.”\textsuperscript{34}

Aroma consultant John Steele advocates using only naturally occurring essential oils. “Take oil of rose, for example,” he says. “It has approximately 2,000 different groups of aromatic molecules. Of those groups, a synthetic rose oil will synthesize only the 50 most prominent.” Leaving out the remaining 1,950 or so molecular groups, adds Steele, diminishes the effect of the oil. “It’s exactly like eating synthetic vitamin C instead of eating the whole food with its complex interactions of other vitamins and trace elements.”\textsuperscript{35}

Sunbreeze is made from only pure essential oils.

Using Sunbreeze

Gently rub a few drops of oil or the equivalent of balm on the temples, on the back of the neck at the base of the skull, or onto the shoulders. You may experience the soothing, temporary relief of headache, muscle tension or drowsiness. Gently rub balm or a few drops of oil on the skin and massage into any area of tenderness, or any other part of the body as needed for congestion, insect bites and stings, and burns. For soothing sunburn, blend a drop or two of the oil with Kandesn Hand and Body Lotion. Some people rub Sunbreeze on the stomach to soothe upset.

Sunbreeze is perfect for those all-over rubdowns. Combine a few drops of oil with Kandesn Hand and Body Lotion and experience the relaxing sensation of soothing, tingling warmth all over your body. Blend a few drops of Sunbreeze with Kandesn Shampoo.

Ingredients:

\textsuperscript{32} Kathe A Conti, Good Scents - The Art of Aromatherapy, Delicious! Magazine March 1993, pp. 48 - 50.  
\textsuperscript{33} Debra Blake Weisenthal, What the Nose Knows, Vegetarian Times October 1992, pp. 95 - 101.  
\textsuperscript{34} Kathe A Conti, Good Scents - The Art of Aromatherapy, Delicious! Magazine March 1993, pp. 48 - 50.  
\textsuperscript{35} Debra Blake Weisenthal, What the Nose Knows, Vegetarian Times October 1992, pp. 95 - 101.
Menthol, Camphor, Cassia oil, and other essential flower oils. The essential oils provoke a brisk sensation, which may be either warm or cool, so avoid contact with eyes. Keep out of the reach of children. For children less than two years old, dilute with cream or lotion before applying.

**Following are just some of the ways in which Sunbreeze is used:**

**Rub on the temples, forehead and/or the back of the neck for:**
- Headache
- Muscle Tension
- Drowsiness
- Motion Sickness

**Rub on other parts of the body for:**
- Sinus Congestion
- Strains
- Sprains
- Arthritis
- Canker Sores
- Toothache
- Muscle pain
- Back pain
- Minor Wounds
- Rheumatism
- Insect Bites/stings

**Place on tongue for:**
- Heartburn
- Sinus Congestion
- Upset Stomach
- Drowsiness
- Sore Throat
- Motion Sickness
- Morning Sickness

A couple of drops of oil on a Q-tip applied to the ear for infections, water-logging and wax buildup. This may also relieve motion sickness and ear pain while flying.

Avoid getting it in your eyes or on very sensitive areas *(You know where I mean!)*. The essential oils provoke a brisk sensation, which may be either warm or cool.

**Electrosport**

**Liquid Mineral Concentrate**

*Electrosport* is a concentrated drink mix designed to help replenish fluids, electrolytes and minerals lost during strenuous activity. This formula may appear to be solely a "sports drink," and in fact, one vial of Electrosport mixed with two quarts of *Fortune Delight* beverage creates an advanced fluid replacement drink without the energy-sapping sweeteners or high sodium content of other sports drinks. But this is only the beginning. Electrosport is also an effective mineral source, and a defense against "free radicals."

**Mineral Balance**

The human body requires a precise balance of nutrient minerals to maintain life. We get these minerals from the foods we eat. States a government report, "A balanced diet must contain something like a score of mineral salts. 99 percent of Americans are deficient in these minerals, and a marked deficiency in any one of the more important minerals actually results in
disease. Any upset of the balance, any lack of one or another element, however microscopic, can cause us to sicken, or shorten our lives.\textsuperscript{36}

In addition to a balanced diet of vegetables, fruits and grains, Sunrider concentrated herb food formulas are a source of pure, enhanced nutrients. Every Sunrider formula contains nutrients within their natural food complex. ElectroSport can be an important addition to your diet.

ElectroSport contains a synergistic combination of easily assimilated minerals including calcium, potassium, magnesium, zinc, iron, manganese, chromium and selenium. Most popular forms of mineral supplements today are indigestible by the human body. With ElectroSport, Sunrider has developed a concentrated, easily absorbed and stable liquid mineral supplement.

\textbf{The Free Radical Threat}

One of the most interesting benefits of ElectroSport is the way in which it binds with the foods in the herbal drinks you mix it with to have an immediate and direct effect on the body. Stated Dr. Chen at the convention, "ElectroSport is much more than just an electrolyte refresher. Its one element that helps fight free radicals in the body that damage cells and organs."\textsuperscript{37}

A recent issue of \textit{Time Magazine} stated, "Free radicals are cellular renegades. They wreak havoc by damaging DNA, altering biochemical compounds, corroding cell membranes, and killing cells outright. Such molecular mayhem, scientists increasingly believe, plays a major role in the development of many ailments. Many researchers are convinced that the cumulative effects of free radicals also underlie the gradual deterioration that is the hallmark of aging in all individuals, healthy as well as sick.\textsuperscript{38}

Most free radical research has centered on isolated vitamin antioxidants like C, E and beta-carotene. They've been found to protect the body cells against damage from the toxic free radicals produced during metabolism.\textsuperscript{39} "Antioxidants work by preventing free radicals from "oxidizing" or damaging healthy cells and tissues."\textsuperscript{40} Research has concluded that antioxidants can effectively neutralize free radicals.

While isolated vitamin supplements can have their place in our diets, experts emphasize that the best source of free-radical fighting antioxidants should come directly from fruits and vegetables. In addition to your balanced diet, ElectroSport ultra-concentrated drink additive can be an excellent source of easily assimilated antioxidants.

You can see for yourself the immediate effect of ElectroSport when added to one of Sunrider's herb food beverages. As you pour the clear ElectroSport liquid into the beverage, the beverage will darken as the ElectroSport binds with the food particles contained in Sunrider.

\textsuperscript{36} U.S. Government Document Number 264
\textsuperscript{37} Sunrider \textit{SunSpot}, Aug 1992, page 7
\textsuperscript{38} From \textit{Time Magazine} April 1992, as quoted in \textit{Innovation}, the Health Letter of the Foundation for the Advancement of Innovative Medicine, 1992 No 1, page 15.
\textsuperscript{39} \textit{Muscle and Fitness Magazine}, Oct 1992, page 16.
\textsuperscript{40} "Trio of Vitamins are Recruited in the Fight Against Heart Disease," \textit{Environmental Nutrition}, Sept 1992, page 1.
herb foods. This binding process helps the body to better utilize the components of the Electrosport formula.

**Adding Electrosport to Your Diet**

While the other herbal food liquid concentrates can be consumed directly from their vials, 1 vial of Electrosport should be mixed with 2 quarts of any liquid, preferably Fortune Delight or Calli. One can use Electrosport all through the day, in any number of combinations. If you prefer to mix one glass of Fortune Delight or Calli at a time, simply add 1/3 or 1/4 vial of Electrosport to the single glass. One important caution: Be sure to use the entire vial within 24 hours. As this formula is a food, it spoils within that time if not used.

**VitaSpray**

VitaSpray is Sunrider’s first all-natural vitamin spray, with *no sugar added* and it still has a fruity and refreshing taste. It contains *Vitamin B-12, Vitamin B complex, minerals, and herbal extracts*. One spray contains enough *Vitamin B-12* to meet the recommended daily requirement! The mouth spray enables the vitamins to be absorbed into the body quickly and efficiently under the tongue. This is a whole lot more comfortable and safer than injections! The packaging is great too. It will easily fit into your purse or pocket. Keep it readily available to show everyone you meet. It’s too great a product to keep to ourselves!

**Why B-12?** B-12 offers numerous benefits to our health. This page is dedicated to listing many, but not all, of the benefits of eating *B-12, B-complex* and some of the *essential minerals* and *herbs* contained in this fantastic product.

Vitamin B-12 has often been touted as the “pep vitamin” because it helps form and regenerate healthy red blood cells which carry energy-giving oxygen into our bloodstream. This vitamin is necessary to prevent anemia and to metabolize carbohydrates, fats and proteins. It is also needed for calcium absorption. It is most commonly available from animal sources which makes vegetarians likely candidates for B-12 deficiency. It is also quite common for those with digestive problems to be deficient in this vitamin. Early symptoms of B-12 deficiency can include sore tongue, pain in swallowing, tingling fingers and toes, balance problems, memory loss, depression, weakness and fatigue.

Some of the other B vitamins in the complex are also very important as well. B-2 (riboflavin) is necessary for red blood cell formation, antibody production and cell growth. It is also necessary for the maintenance of good vision, skin, nails and hair. Symptoms of a B-2 deficiency include cracks and sores at the corner of the mouth, purplish tongue and tearing, red, inflamed eyes.

Vitamin B-1 (thiamine HCl) helps the body turn starch or sugar into energy. Lack of B-1 can make it more difficult for the body to metabolize carbohydrates. It is essential for the normal functioning of the nervous system, muscles and heart. It also stabilizes the appetite. Deficiency symptoms could include loss of appetite, weakness and feeling tired, nervous irritability, insomnia, mental depression and constipation.

Vitamin B-5 (panthenol) is sometimes referred to as the “anti-stress” vitamin. It helps the body utilize two other B vitamins, PABA and choline. It helps in cell building and the development of the
central nervous system. It is also key to the production of the adrenal hormones and helps in the release of energy from fats, carbohydrates and proteins.

Vitamin B-3 (niacinamide) functions in over 50 metabolic reactions in the body. All of these are important in the release of energy from carbohydrates. B-3 is also very important for proper functioning of the nervous system, for healthy circulation and is essential in the production of hydrochloric acid in the digestive system. It also has been shown to play a key role in lowering harmful levels of LDL cholesterol and triglycerides while raising protective HDL levels.

**Biotin** (part of the B-complex) is important for maintaining tissue health, is necessary in the body’s utilization of the B-complex vitamins and for converting folic acid into its biologically active form.

**B-6** (pyridoxine hydrochloride) is necessary for the synthesis and breakdown of amino acids, the building blocks of protein and aids in fat and carbohydrate metabolism. It is also vital in the normal function and growth of red blood cells. It aids in the absorption of vitamin B-12 and several trace minerals including copper, iron and zinc. It promotes healthy skin and reduces muscle spasms, leg cramps, hand numbness and stiffness of hands. An insufficient amount of B-6 is associated with such ailments as carpal tunnel syndrome, anemia, and mouth sores. Recent studies have shown that a deficiency of B-6 may impair the immune system. Studies have also shown that it can help to balance hormones during menopause, relieve water retention, control PMS symptoms and morning sickness in women.

**Bioflavonoids** are the vitamin P-complex. Found in many plants but primarily in citrus fruits.

**Bisabolol** is a natural flavoring usually extracted from the fruit of a tropical tree.

**Stevia extract** is so beneficial to our bodies that it would require a whole article in itself to describe it. For this article, suffice it to say that stevia adds a great flavor, and it nourishes the pancreas. It also has been shown to help regulate blood pressure.

**Sorbitol** is found in most berries (except grapes), plums, pears, apples, seaweed and algae. It aids in the smooth flow of the liquid through the nozzle and has a sweet taste. It is a humectant, which aids the nozzle from drying out. It also helps make the vitamins and minerals more absorbable.

**Glycerin** is similar to Sorbitol in that it tastes sweet, aids in the smooth flow of the liquid and is a humectant.

**Bromelain** is an enzyme extracted from the stem of the pineapple. It is mainly a proteolytic digesting substance, which means that it breaks down proteins into smaller peptones. It’s primary benefit is in its ability to aid digestion, ease stomach aches and most importantly, recognize the beneficial proteins which make up normal cells and refrain from attacking them.

**Calcium** is not only for building and maintaining bones and teeth, it is also essential in the body to help regulate the passage of nutrients in and out of the cell walls, to help maintain proper nerve and muscle function, to assist in normal blood clotting, to help heart functions and to work with enzymes.

**Potassium** is needed for a healthy nervous system and regular heart beat, plus it plays a major role in conjunction with sodium to control water balance. When there is too much sodium and not enough potassium in the body, sodium enters cells and robs them of water, resulting in edema and
high-blood pressure. Potassium needs magnesium to be present to maintain proper potassium levels in the cells. It also plays a role in maintaining stable blood pressure, transmitting electrochemical impulses, regulating transfer of nutrients to the cells, metabolizing proteins and carbohydrates and energy production.

**Magnesium** is responsible for more biochemical reactions in the body than any other mineral. It acts in concert with calcium and phosphorous to ensure proper metabolism and with potassium, to modify sodium levels in the blood. It is a major mineral needed by the cells for the production of energy. It acts as a natural tranquilizer and can help reduce tremors and cramps. It’s a vital enzyme that ensures a properly functioning nervous system.

**Zinc** is an antioxidant nutrient & is required for protein metabolism & collagen formation. It is necessary to maintain healthy vitamin A levels and has also been found to be helpful in speeding the healing of cold symptoms by boosting the body’s immune response.

**Iron** is the mineral responsible for rich, red blood cells. It produces hemoglobin and oxygenation of the red blood cells. It is essential in numerous enzyme systems and is required for energy production and a healthy immune system. It is particularly important for normal growth in children and resistance to disease.

**Manganese** is an antioxidant nutrient and is important in the breakdown of amino acids and the production of energy. It is also necessary for the metabolism of vitamin B-1 and vitamin E. It activates various enzymes which are important for proper digestion and utilization of foods, is a catalyst in the breakdown of fats and cholesterol, helps nourish the nerves and brain, is necessary for normal skeletal development and assists in the maintenance of sex hormone production.

**Chromium** is necessary for insulin to work in our bodies. Insulin is not just to control our sugar levels but it is also one of our body’s fundamental metabolic hormones and is involved with weight control, cardiovascular health and muscle growth. In the presence of chromium, insulin helps the body burn carbohydrates and fats to produce energy and helps convert proteins to muscle tissue. Athletes and physically active individuals may be at special risk for chromium deficiency. Research shows that aerobic exercise and training causes significant loss of the body’s chromium reserves.

**Selenium** is another antioxidant nutrient which protects cell membranes against oxidative destruction by free radicals. Some surveys have shown that adequate selenium may decrease the risk of breast, colon, lung and prostate cancer. It also preserves tissue elasticity and slows down the aging and hardening of tissues through oxidation.

**Neem Tree extract** is often used as an antiseptic in toothpaste and soap. Particularly healing to gum tissue, it is one of the ingredients in the SunSmile™ Toothpaste too!

Other ingredients in VitaSpray not specifically described in this article include **Lemon oil, Honey, Luo Han Guo, Winter Melon, Dates, Orange peel, Bitter orange, Menthol, Clove oil, Eucalyptus oil, grapefruit extract, licorice extract**, and **soy lecithin**. Many of these are flavorings but they also contain vitamin and/or mineral benefits as well.

In a table on “Nutritional Teamwork” in the January/February, 1996 *The Natural Way* magazine it was written, “Certain vitamins and minerals affect the absorption of others, so that a careful balance must be achieved to make sure supplements help, not hinder, each other.” For example, if
you need **Folic acid** (a B vitamin that aids in making DNA; helps prevent birth defects, cervical cancer and possibly lung cancer), **add B-12**. Folic acid can mask a form of anemia caused by vitamin B-12 deficiency, so cover yourself by getting adequate amounts of B12 in the first place.

Another reference to **B-12** in the January/February *The Natural Way* magazine: “If you are a teenage vegetarian... (you should) worry about a lack of vitamin **B-12** and iron.”
VitaTaste

A healthy body is physically satisfied and has no unnatural cravings for sugar or other stimulating or addictive substances. Sugar cravings can be caused by low endorphin levels, low endocrine hormones, nutritional deficiencies (especially B vitamins and zinc), low blood sugar, lack of exercise, and yeast overgrowth syndrome. Effectively dealing with sugar cravings requires correcting the root causes and often requires a complete regenerative whole food nutritional program. One herbal formula that corrects many nutritional and metabolic imbalances associated with sugar craving is VitaTaste.

VitaTaste is a behavioral modification formula made from concentrated food grade herbs, not ‘medicinal herbs’. It is considered a "tonic" for the body and seems to tone the pancreas, giving it a rest so it doesn’t metabolize excess sugars. When one capsule is eaten before or with a meal, the body doesn’t metabolize the sugar in food. This formula is beneficial for anyone with hypoglycemia or low blood sugar. Because this formula deals with the nature of cravings in general, it may also be helpful for those who crave tobacco, alcohol or drugs.

VitaTaste is based on the ability of certain plant substances to block the taste of sugar. After tasting plants containing these substances, sugar no longer tastes sweet, which you can prove for yourself by tasting the VitaTaste and then tasting sugar. Open 1 VitaTaste capsule, rub the contents all over your tongue, hold it there for 1 minute, then rinse it down with water and for the next 1 to 2 hours you will NOT be able to taste sugar. Taste a cookie, a piece of candy or anything else containing refined sugar and you’ll find that you can no longer taste the sugar at all. What you will taste is the lard, soda, chemicals, emulsifiers, flavor enhances and everything else that the sugar was hiding. The reason is that the molecular "fit" of these plant substances allows them to block the sugar receptors in the body. The taste of other foods will not be affected.

In addition to other potentially addictive components of tobacco, most cigarettes are also made with sugar. Tobacco leaves are soaked in a sugar during processing. Place the contents of one VitaTaste capsule on the tongue for one full minute, then rinse. Most people find they don’t desire a cigarette for several hours after doing this, and if they do smoke, the taste of the cigarette is unpleasant. Using VitaTaste in this manner can gradually aid in successful behavior modification. Through the same process, it is also possible that alcoholics may see a difference in their cravings as well. Research shows that "sugar-holics" and alcoholics are both suffering the same craving, just at different levels. Liquor turns to sugar in the bloodstream, therefore giving a temporary high. Because VitaTaste can help nourish and tone the adrenal glands and pancreas, it may also help with drug addiction as these are two organs affected by drug use.

VitaTaste is also beneficial for those who want to lose weight, but can’t control their appetite (especially their cravings for sugar). Take 1 or 2 capsules with a meal or before a meal containing sugar and the sugar will not be metabolized into fat. To reduce cravings for unwholesome foods in general, take 2 or 3 capsules one half hour before each meal. VitaTaste may also help those who suffer from yeast disorders or candida because sugar is the primary source of energy for growth of the yeast’s in the system.
Golden Seal Root

Herbal knowledge falls into two basic classes: Food herbs and Medicine herbs. Most herbs used today are used as medicine; in times of body crisis and as a safer option to drugs. Sunrider is the one company firmly committed to providing formulas made from carefully blended and balanced food-grade herbs. The focus of the Sunrider whole-food program is not on “curing disease,” but on feeding and nourishing the body for prevention and protection. On the other hand, the focus on medicine, whether it is drugs or medicinal herbs, should be solely to temporarily curb illness.

Sunrider has the most advanced perfectly balanced system of whole food nourishment available today. This program is found in the Sun pack, which consists of NuPlus, Calli Beverage, and the five system-specific herbal food formulas. As companions to the foundation Sun pack program, Dr. Chen has also concentrated and enhanced five single herbs available in capsules: Siberian Ginseng, Korean White Ginseng, Dandelion Root, Golden Seal Root and White Willow Bark. In this issue, we profile on of the most popular American herbs, Golden Seal Root.

Golden Seal’s Roots

Golden Seal was first discovered and used by the Cherokee Indians and later admitted to the official US pharmacopoeia. In the late 1800’s, Golden Seal became so popular and scarce it was selling for 100 times that of other herbs. The Rodale Press Herb Book says of Golden Seal; “The botanical name Hydrastis, derived from tow Greek words meaning water and to accomplish, is a clue to the principal property of the root. It is a general tonic for the mucous membranes.” Golden Seal is considered one of nature’s greatest antibiotics, and acts as a tonic to the entire system.

In his classic herbal reference work, School of Natural Healing, Dr. John R. Christopher writes of Golden Seal; “This is a powerful tonic for assimilation. It effectively tones the mucous membranes and any other tissues it contacts, increases and improves the appetite, gastric secretions and flow of bile, and aids in digestion.”

Other reference books also mention these possible nourishing benefits of Golden Seal Root: Extremely beneficial in relieving congestion and fighting infection; special aid for the liver, gall bladder, circulation and veins; and tonic for the pancreas. Many herbalists have used Golden Seal in formulas for the eyes, which make sense. One of the Golden Seal’s components, hydrastine, is an ingredient in commercial eye drops like Visine.

The Sunrider Difference

All Golden Seal is not created equal. Like Ginseng, there are many different varieties and grades. In addition, the root of the plant is much more potent than the herb (leaves, flowers and stems.) Most Golden Seal found in health food stores are leaves. The root is more
expensive, and for good reason. In fact, The Cherokees gave Golden Seal its name because they revered the potency of its yellow root.

What’s the difference between Sunrider Golden Seal Root and others? You’d think they’d be pretty much alike. In fact, Sunrider herbal concentrates are far advanced above regular herbs. Sunrider’s unique processing greatly enhances the viability and nourishing benefits of all Sunrider herbs. How?

When herbs are processes by ordinary means, the manufacturer takes the root, leaf, stem, whatever, and simply grinds them up. This powder is then placed into a capsule or tea bag. Utilized by most herbal producers, this procedure creates two primary concerns, which underscores the Sunrider difference.

**Difference Number One:**

**Standardization**

With ordinary processing, you can’t be certain how much of the herb’s beneficial components are in each capsule or tea bag. A plant has its components concentrated at different points in the plant. For example, salicin, the primary component in White Willow, is not evenly distributed throughout the plant, but found in a few concentrated spots in the bark. With grinding, the beneficial parts of the plant may be concentrated in a few capsules and missing from the rest. Sunrider’s concentration and enhancement processes insure that the beneficial components of each plant are consistently and evenly distributed throughout the concentrate powder. It is this type of precise control and enhancement that sets Sunrider apart and makes our foods so effective. No other manufacturer uses this process. (Please review the section on Sunrider processing in your Sunrider Anthology.)

This enhancement is clearly evident in Sunrider Golden Seal Root. A young mother from California relates her experience; “My two youngest children and I came down with an infection at the same time. I didn’t have any of our Golden Seal Root, so I went to the health food store and bought the popular brand of the root. I had taken other brands before and had never noticed much improvement. It always ends up costing a lot more than the Sunrider because I have to take a lot more of the health food store brand to notice anything at all. I mixed their Golden Seal into my three year – old’s cereal and he couldn’t eat it. He told me it “stung his mouth.” Well, I got a hold of Sunrider’s Golden Seal Root, and began taking that. Within a few days, my infection began to clear up, and not only was I able to mix the herb into my son’s cereal, but I diluted it and dropped it into the baby’s nose and eyes for her infection as well. (I would never trust another Golden Seal enough to do that!) She cleared right up. I now keep a few bottles of Sunrider Golden Seal on hand, especially at this time of year.”

**Difference Number Two:**

**Quality**

The second area of concern is herb quality and integrity. Most herb companies’ purchase their herbs in bulk from one of a couple major herb brokers much like they do with
the generic USP powders for their vitamins. These herbs sit on docks and in warehouses for months at a time, and are often moldy, cut with dirt and other plants, and infested with insects, all of which go into the grinder. Some just buy the herb already ground, which is even more suspect. The consumer not only pays for the herb, but all those little “extras” as well. The first step in the Sunrider process is to get rid of all the parts of the plant we don’t need.

Dr. Chen is an herbal perfectionist. He insists on controlling every step of Sunrider herb production. Sunrider herbs are manufactured by Sunrider. Every batch of raw herbs is tested for purity and freshness. This is Dr. Chen’s greatest source of pride. In fact, several times a year, he flies to any one of several worldwide growing locations to personally oversee every stage of herb development. Sunrider herbs are the purest, finest herbs available.

**Biochemistry of Golden Seal**

There has been some misunderstanding with Golden Seal Root and blood sugar. Golden Seal has a component that gently tones and stimulates the pancreas. People with blood sugar irregularities like hypoglycemia are often warned not to eat Golden Seal. Dr. Chen understands the biochemistry of the herbal plant and the body’s response. During the process of enhancement, he makes certain that any unbalancing effect of the plant is balanced. This evident in our Golden Seal Root. In my own experience, before Sunrider, I fought blood sugar imbalances, and had reactions to regular Golden Seal Root. I have eaten our Golden Seal many times, and find it very beneficial.

Dr. Chen states that Golden Seal Root is a plant that does not need to be eaten continually. Only eat it when you need it. Golden Seal is one of the support herbs to the basic foundation whole food formulas, and forms an important part of your “prevention and protection” program. Conco and Alpha 20 C can nourish and strengthen the body’s natural immune response. When the body becomes run-down we may require the temporary nourishment of a herb like Golden Seal.

**Dandelion Root**

Dandelion Root is one of the seven single herbs concentrated and enhanced for Sunrider by Dr. Chen. Dandelion Root is one of the most economical single herbs we have, and considering its many nourishing benefits—it’s an excellent value!

Dandelion is truly an "international" plant, one of the few herbs used by peoples and cultures as diverse as the ancient Chinese and settlers of the American west. The ancients viewed Dandelion's wide distribution in nature as a sign from the heavens, and considered it a valuable whole body tonic. By virtue of its abundance growing wild, it began revealing its nutritional value through constant use. For decades, people would gather dandelion just before it bloomed, and add the young leaves to their salads, or cook them like spinach. The root was often cooked like other vegetables. Countless texts describe Dandelion as one of nature’s finest tonics.
Sunrider Dandelion Root is a companion support herb to the foundation SunPack whole food program. When eaten in conjunction with the balanced whole food formulas of NuPlus, Calli, Assimilaid, Alpha 20 C, Conco, Lifestream, and Prime Again (the Quinary formula), Dandelion can provide superior nutrition.

**Nutritional Benefits**

The book Herbally Yours says, "Dandelion acts as a tonic to the system. It destroys acid in the blood. As it contains organic sodium, it is very good for the deficiency of nutritive salts, and is recognized as a great blood builder and purifier. It is also a food for the liver. It is very high in calcium and other nutrients. It can be used as a tea for babies and children." (p. 24)

Other herbal texts mention Dandelion's ability to aid skin problems, as well as detoxify poisons and toxic waste in the body. Herbalist Louise Tenney writes, "Dandelion is a natural source of protein, and is very high in vitamins A, B, C and E. It is rich in potassium calcium and sodium, with some phosphorus and iron."

One new mother called to tell us of her experience with Dandelion as a source of iron, which makes sense, considering Dandelion's nourishing benefits for the blood. She was suffering from iron deficiencies, but didn't want to take isolated iron because she was pregnant. She instead ate Dandelion during the pregnancy, and had no further iron deficiencies.

**The Liver and Dandelion**

In the herbal texts, the strengthening benefit most often mentioned is Dandelion as food nourishment for the liver.

In his book Own Your Own Body, Stan Malstrom writes, "A physical plant to reproduce materials manufactured by the liver, to separate the toxins, to purify the various poisons and perform other liver functions would require a building five stories high and one block square. It would feature all our technology in miniature to perform the same functions of our five-pound liver."

Louise Tenney writes in Today's Herbs, "The liver is our personal food storage. Starches are stored in the liver, and changed to glycogen and released as the body needs energy-building material. Fats are stored in the liver as well as proteins, where they are changed into amino acids. White blood cells are manufactured in the liver to destroy germs and poisons, which come from the intestines. The liver is responsible for the substance that causes blood to clot. The liver also detoxifies. It renders harmless the toxic end-products of the digestion process. When the liver is working properly, it has the task of eliminating toxic metals."

"When the liver is in trouble, it puts strain and congestion on all the glands, muscles, joints and the body structure.

"Dandelion strengthens the liver with its easily assimilated minerals concentrated in the roots of the plant."

*This information is provided for nutritional purposes only. It is not the intent of the author to diagnose, prescribe or imply treatment. If you have a medical condition, by all means, consult a physician.
Dong Quai

The National Academy of Sciences and the U.S. Department of Health Education and Welfare are two of many diverse agencies as well as countless independent researchers who have studied the herb Dong Quai. Dong Quai or tang kwei (Angelica sinensis) is from the carrot family. This is Chinese angelica - Eastern sister to Western Angelica archangelica sharing some, but not all its properties. It has been cultivated in China for thousands of years as a treatment for women’s health. Modern research affirms its muscle-relaxing, pain-relieving, immuno-modulating and antibacterial activity.

The main reason for Dong Quai’s recent fame is its ability to promote the hormone estrogen. This discovery has led to misconceptions about Dong Quai's "dangers" for people whose estrogen level is already too high, such as in fibrocystic breast lumps, fibroids, and certain estrogen-dependent cancers. The hormone in Dong Quai is converted to estrogen when the body's estrogen production is too low. However, if we don't need the Dong Quai estrogen, we excrete it. In the herbal form, the plant hormones are about 400 times less concentrated than animal or human estrogen, so it is highly unlikely that side effects would occur.

Dong Quai is used for both low and high estrogen conditions. Recent research shows that if the body’s estrogen level is low, the herb helps boost those levels. If estrogen levels are too high, the plant’s weaker estrogen precursors send a signal to make less of the ‘abundant’ estrogen. This may explain why Dong Quai has been used for all kinds of imbalances - to promote fertility, establish normal menstrual cycles, ease uterine and intestinal spasm and pain, build up the muscle tone of the reproductive tract, and prevent many problems associated with menopause and the sudden drop in estrogen. Dong Quai is rich in an easily absorbed form of calcium, is an immune system enhancer, and also helps to stabilize cardiovascular function, lower blood pressure and prevent anemia. Dong Quai may improve blood circulation, and help the blood to become richer in nutrients and oxygen. It also feeds the endocrine glands and is helpful in nourishing the body's production of hormones.

Herbalist Magazine published an in depth article about Dong Quai. Here are some excerpts from that article. "There are various tonic herbs that can maintain the proper balance needed in ovarian function. One of the best is the Chinese herb Dong Quai, which is considered to be the 'queen of female herbs'. Its name means 'compelled to return', which is a reference to it’s ability to restore a woman to normalcy, and to maintain proper balance in health."

For centuries, the Orientals have maintained that this plant has the power to open blocked passageways throughout the body, and alleviate hot flashes and female problems. Research shows that Dong Quai is exceptionally rich in vitamins A, B12, and E. The National Academy of Sciences made the following statement: "Extracts of Dong Quai have shown in vitro (in the test tube) and in vivo (in the body) antiviral activity. Various Angelica species have shown the following pharmacological activities in animals: anti-inflammatory as well as in vitro antibacterial, anti-fungal, and antiviral activity."

Research conducted by Dr. C. P. Li, M.D., for the U.S. Department of Health Education and Welfare, showed that this herb possessed qualities favorable to female problems, aided in overcoming symptoms induced by vitamin E deficiency, and produced a tranquilizing effect upon the cerebral nerves."
The Beauty Pearl

The nutrient-rich Beauty Pearl was originally developed for the Empress of China as a tonic to preserve youth and beauty. As part of the Kandesn Skin Care line of natural products that cleanse and feed the outer skin surface, Beauty Pearls provide the internal nourishment needed to promote mental and emotional stability and to benefit the cellular regeneration process.

One of the most interesting advantages of eating the Beauty Pearl for both men and women has been the manner in which it appears to moderate and stabilize the processes of the hormone system. Women have reported relief from PMS symptoms and hot flashes. Dr. Chen has referred to the Pearls as “Macho Marbles” because men report feeling more centered and able to deal with anger. Good results have also been achieved in controlling acne and other hormone-related skin conditions.

Two important ingredients in the Beauty Pearl are Korean Ginseng and Royal Jelly. The combination of these essential natural properties works synergistically to facilitate the benefits of this special product.

- Royal Jelly produced by “worker bees” for the “Queen” is extremely beneficial to the skin with proven healing and regenerative properties. The extract contains 18 amino acids, pantothenic acid, B vitamins and numerous minerals.
- Korean Ginseng especially benefits the nervous system and is known for its effect on the sex glands and hormone production.

The Beauty Pearl also contains Chrysanthemum Flower Extract, which works most completely when mixed with herbs, and is widely used as a tea. It is known for its anti-infection, anti-inflammatory and cell-proliferating properties.

One pearl taken daily can prove very beneficial in normalizing and re-establishing hormonal balance, cell revitalization and assimilation of whole food vitamins and minerals. Overall, the unique properties of the Beauty Pearl contain the nutritional catalyst, which has been known to...

- Offer relief from PMS symptoms and hot flashes — stabilize the hormone system of both men and women.
- Enable the body to assimilate and ingest all-important calcium efficiently.
- Improve skin texture and skin conditions. Promote moisture retention on the face and other areas of the body. My friend Myrtle says since she began eating 4 to 5 of these nightly, she has been accused of having a face-lift!

To maximize absorption, it is recommended that the pearls be eaten at night, chewed or cut in half; this also promotes more peaceful sleep.
Metabalance 44
Complete Vitamin and Mineral Supplement

Metabalance 44 is designed for people who take vitamins and minerals every day. Metabalance 44 provides a complete combination of the known and needed nutrients, including 12 macro minerals, 6 trace minerals, 8 special purpose food elements, 10 high-nutrient foods.

Dr. Chen added whole foods because they contribute to the activity of the isolated vitamins and minerals and provide overall balance. For example, wheat germ oil, flaxseed meal, and rice bran stabilize the fat-soluble vitamins. Without these food oils as a base, the vitamins tend to break down before they can be used. They are also highly beneficial in their own right. For example, wheat germ oil has an abundance of the entire Vitamin E complex. Flaxseed is an outstanding source of omega-3 essential fatty acids. And rice bran contains a wide range of vitamins, minerals, enzymes, and amino acids, including over 70 antioxidants.

Other whole foods include rose hips (for Vitamin C), kelp (for iodine), bee pollen, beet root powder, alfalfa, and parsley (all of which contain numerous vitamins and trace minerals). In particular, these last four are incredibly beneficial foods/herbs; I think we can learn a lot about the benefits of Metabalance 44 by taking a closer look at these power-foods.

Bee Pollen is probably one of the best-kept secrets as a source of vitamins, minerals, and amino acids. Bee Pollen may also be useful in combating fatigue and depression. Many athletes use bee pollen to enhance their endurance and strength (it is also in SportsCaps). In addition to vitamins and minerals, it contains a healthy balance of carbohydrates and protein.41

Beet roots are also rich in vegetable protein and contain several important minerals, particularly iron, calcium and potassium. It is believed to be helpful for hypertension/cardiovascular disease, as well as improving circulation, never function and memory and kidney problems.42

Alfalfa is called the “father of all foods”. Its roots burrow deeply into the ground, absorbing minerals not commonly available to other plants. It is high in phosphorus, iron, potassium, chlorine, sodium, silicon, magnesium and other trace elements, as well as vitamins A, E, K B and D. It is also an excellent source of protein. Alfalfa has eight enzymes known to promote proper assimilation of food in the body. It has been shown to be effective in aiding stomach complaints and the pain and stiffness of arthritis. It may also be helpful in treating various addictions and in helping to lose weight.43

Parsley is a remarkable source of nutrients. It has more vitamin C than citrus and is one of the higher sources of provitamin A, chlorophyll, calcium, sodium, magnesium and iron (its roots grow deeply like alfalfa). Parsley is a diuretic that helps with hypertension, congestive heart failure and PMS. It can also be helpful for kidney and/or bladder problems. Parsley strengthens the adrenal glands and benefits the nervous system.44

As you can see, Metabalance 44 is so much more than simply a collection of vitamin and mineral fragments that you would typically find. It is a fabulous combination of numerous herbs/foods

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41 Van Beveren
42 Van Beveren
43 Kirschmann
44 Pitchfor, Kirshmann
enhanced with specific vitamins and minerals in a balanced formula. It is ideal for everyone to give his or her body an extra nutritional edge. It is excellent for pregnancy women as a prenatal vitamin (it has all the necessary nutrients for healthy fetal development, including folic acid).

**Energy Plus**  
(Synergy Plus in Canada)

Energy Plus is a vitamin E supplement that, like the others, has an herb food base. Each capsule contains vitamin E, lecithin, Korean white ginseng, bee pollen, and wheat germ oil. Bee Pollen is also known as a blood builder and has a lot of naturally occurring vitamins and minerals. Lecithin is a fat emulsifier and is known to help the body to utilize fat as a source for energy. Wheat Germ Oil has essential fatty acids as well as vitamin E.

Vitamin E is well-known as an antioxidant, but it has many other benefits as well. As mentioned above, it plays an important role in energy production and it also increases endurance and stamina. It is also very beneficial for the heart, causing dilation of the blood vessels and permitting a fuller flow of blood to the heart. It also helps to prevent blood clots from forming. As a mild diuretic, it can help reduce edema (swelling) and lower elevated blood pressure. In addition to these benefits, there is also some evidence to suggest that vitamin E may be useful in slowing the aging process, since aging in the cells is largely due to oxidation and vitamin E is so effective as an antioxidant.\(^{45}\)

Korean white ginseng is wonderful for overall strength and stamina. It builds up general mental and physical vitality and resistance to disease by strengthening and stimulating the endocrine glands. It also raises the good kind of cholesterol (HDL). It strengthens the heart and nervous system and enhances memory and learning. It is known as a “tonic” herb, which means that it strengthens and improves the body overall.\(^{46}\) You can see why Energy Plus has been a winner in Sunrider for years.

**References:**

- *Nutrition Almanac*, by Gayla Kirschmann and John Kirschmann
- *Healing with Whole Foods*, by Paul Pitchford
- *Metabalance 44*, A. Van Beveren, Ph.D.CNS, CNC.

\(^{45}\) Kirschmann

\(^{46}\) Kirschmann
Sunrider’s Herbal Calcium

As most people know, regular exercise and a healthy diet with enough calcium is essential in building and maintaining good bone health during adolescence and early adulthood. Calcium may also reduce the risk of osteoporosis later in life, particularly in postmenopausal women. Calcium is necessary for building strong bones and teeth.

Dr. Chen has worked a long time on this formula to give us a calcium supplement that is optimally absorbable. Most over-the-counter calcium supplements simply do not get into the bloodstream to be distributed throughout our bodies where calcium is needed. As always, Dr. Chen refused to market this product until he was satisfied that it met his high standards for excellence.

What makes *Herb Cal Tab* better than any other calcium on the market? First of all, there are three types of calcium included in the forms of calcium carbonate, calcium citrate and calcium gluconate. Each type of calcium has different absorption characteristics that enable the highest chance for our bodies to be able to absorb them. For example, calcium citrate requires less hydrochloric acid for absorption, which makes it a good choice for the elderly who often have lower levels of hydrochloric acid in their stomachs. Calcium carbonate has a high elemental amount of calcium, about 40%, which reduces the volume or number of tablets required to achieve the RDI (Reference Daily Intakes) or DV (Daily Values). In the “proprietary blend” portion of this formula, Dr. Chen has also added dandelion, which is a natural source of calcium in “whole food” form; two essential proteolytic enzymes, bromelain (from pineapples) and papain (from papaya fruit) to help in the digestion process by breaking down protein into amino acids; and alfalfa which also has a high level of calcium with naturally occurring enzymes and chlorophyll. Vitamin D₂ is in this primo formula as a necessary component to work with calcium for improved bone strength and density. Don’t even consider eating calcium without vitamin D! In addition to helping build bone density, vitamin D₂ aids the body in absorbing calcium.

Elemental magnesium is another necessary mineral that helps with the absorption of calcium. About half of the magnesium present in our bodies is in our bones. No magnesium, no bone formation. It’s as simple as that.

This formula defines **SYNERGY!**

*Herb Cal Tabs* have calcium in at least five forms (counting the whole food forms) with many other herbs and enzymes specifically included to optimize calcium *absorption*. And, by no accident, many of these herbs and enzymes have anti-inflammatory actions as well!

*Herb Cal Tabs* contain:

- Vitamin D₂ — 40 I.U.
- 250 mg Calcium — as calcium carbonate, calcium citrate, calcium gluconate.
- Proprietary blend: 85 mg — dandelion green powder, alfalfa powder, bromelain, papain, flaxseed oil.
- Other ingredients: Xylitol, cellulose, guar gum, natural flavor, stevia powder, silicon dioxide, magnesium stearate, stearic acid.
The Importance of Calcium

An Interview with InteliHealth

Americans just don't get enough calcium and a lack of calcium means a lack of bone density. While that might not be something you think about in your 20s and 30s, you should, because you're setting yourself up for osteoporosis later in life. Although it's hard to think of children at risk for a disease associated with little old ladies, levels of calcium consumption have dropped alarmingly. In an InteliHealth interview, Yvonne Bronner, Sc.D., R.D., an assistant professor of population and family health sciences at the Johns Hopkins Medical Institutions, explained just how much calcium we need and why, and offered lifestyle tips to help us achieve those goals.

InteliHealth: What does calcium do?
Dr. Bronner: It's a mineral that is part of the matrix of the bone, so it has an effect on bone density and strength. ...growing continues into the third decade of life. We used to think that once the epiphysis (a part of a long bone where growth occurs) closed, that was it, that was a marker for the ending of growth. But now we're defining growth as the adding on of bone mass, and that continues into the 30s. That is critical to preventing osteoporosis.

IH: So how much calcium do we need?
Dr. Bronner: We have new guidelines, which call for adults between ages 19 and 50 to consume 1,000 milligrams per day. The old guidelines called for adults to have 800 milligrams a day, but we were assuming bone growth had ended and were only interested in preventing deficiencies. Now we're interested in preventing disease, and that's a whole different perspective. For children ages 9 to 18, the guidelines call for 1300 milligrams per day, and that's up from 1200 in the old guidelines. People older than 50 should consume more than 1200 milligrams a day.

IH: How much are people really getting?
Dr. Bronner: Nowhere near what they should be. Women in particular don't consume enough calcium. The average consumption is only 600 to 700 milligrams a day; for young people it's only 500 milligrams. Young people identify calcium-rich food, such as milk, as "children's food"; so when they become teen-agers, when they should be eating these food, they're not. And we really have a public health problem. Also, when women become pregnant, then they come out of it with a calcium deficiency. We really worry when teen-agers get pregnant because they have the double problem of a pregnancy while they're still growing.

IH: Which foods are rich in calcium?
Dr. Bronner: Dairy products, but not just milk. Yogurt and cheeses are rich in calcium, but dairy products are rich in fat; so look for low-fat versions. Also green vegetables are rich in calcium,
although they have chemical "binders"; so all of the calcium in them isn't available for use in the body. I do think people are eating more vegetables, in part because of the five-a-day campaign for fruits and vegetables. The word has gone out on that, but the problem is that we don't know which of the fruits and vegetables they're eating. Are they eating the green leafy ones?

**IH: Which ones are the highest in calcium?**

Dr. Bronner: Collard greens and broccoli. Kale, too. The food industry is making it easier to cook collard greens; they can be stir-fried. Plus, it's becoming more acceptable to chew things; it used to be you cooked them until they were completely soft and that took a long time. Stir-frying is a busy family's way out of this. Plus it makes the house aromatic, and it looks as if somebody cooked.

**Who Need Supplements?**

The following may require a multivitamin and mineral supplement to replace missing nutrients.

- **Women** who have cut back on dairy products. Calcium citrate and calcium carbonate are considered the best supplemental sources; up to 2,000 mg daily can be taken safely by most people. Calcium supplements are best absorbed when taken in no more than 500 mg doses at a time, with meals. Women who bleed excessively during menstruation may need to take a multivitamin and mineral supplement that contains iron to meet the daily recommendation of 15 mg. Pregnant and lactating women have increased nutrient needs and are usually given supplements by their doctors.

- **Teenagers** with irregular eating habits who may not eat a balanced diet.

- **Vegetarians** who eat absolutely no animal products, and who aren't extremely careful about their diet.

- **Dieters and people who avoid entire food groups.**

- **Smokers** may have lower vitamin C levels in their blood than nonsmokers and may benefit from supplementation of up to 500 mg a day.

- **People with deficiency diseases or absorption disorders** may need therapeutic doses of nutrients (two to 10 times the RDA) prescribed by a physician. People who take prescription medications that interfere with nutrients or who abuse alcohol or other drugs may also need a supplement.

Unlike other Calcium tablets on the market, Herb Cal is formulated with concentrated herbal extracts such as dandelion, a natural source of Calcium, and papain and bromelain, enzymes, which aid in digestion by breaking down protein into amino acids. It also contains alfalfa, a natural source of enzymes and chlorophyll. Vitamin D2 helps the body absorb Calcium.
Sunrider’s Citric C

Sunrider has always provided us with the highest quality food products on the planet. Well now, we have a new, chewable vitamin C tablet to add to our wonderful repertoire! Each tablet contains 200% of the recommended Daily Value.

Unlike other vitamin C tablets, Sunrider’s formulation contains a number of different sources for vitamin C, which makes it more likely to be absorbed and made available to our bodies.

Vitamin C is a water-soluble vitamin and a powerful antioxidant. It is an essential nutrient that we do not have the ability to produce in our bodies. We can only get it through our diets. There are many health benefits provided by vitamin C and one easy way to remember some of the more important facts is to build on the letter C:

- **C** — found in Citrus fruits
- **C** — antioxidant properties may help to prevent and treat the common Cold, flu, and Cancer.
- **C** — helps form and maintain healthy Collagen, the protein “Cement” that is formed with ascorbic acid as the basis of Connective tissue.

There is much data from numerous scientific studies that both prove and disprove the health benefits of vitamin C. Overall though, the research is heavily weighted to the positive side for its use in the treatment of many conditions, including the common cold. You can be assured that, regardless of what those evening news “health” experts say, *Vitamin C is a good thing!* In addition to its antioxidant properties, it also stimulates the immune system to help our bodies fight invaders.

Dr. Chen has expanded on the antioxidant benefits in Citrus C Tabs by adding additional citrus bioflavonoids and green tea leaf extract.

Bioflavonoids possess antiviral, anti-carcinogenic, anti-inflammatory, antihistamine, and antioxidant activities. These bioflavonoids also increase vitamin C absorption.

The phenol groups in green tea leaf extract called polyphenols are a special class of bioflavonoids. The most important of these polyphenols are the catechins, and in particular EGCG (Epigallocatechin Gallate) which is 20 times more potent than vitamin E in reducing the formation of dangerous and potentially mutagenic oxidants.

Can you have too much vitamin C? Probably not, because it is water soluble and the body naturally excretes the excess. Amounts over ten grams of vitamin C (nearly a whole bottle of Citric C Tabs) eaten in one day could result in diarrhea, nausea or dysuria (burning with urination). With any of these symptoms, it is wise to decrease intake. In rare cases, vitamin C in any amounts can result in mild stomach discomfort. Consuming it with food at mealtime should ease this discomfort.

**Citric C Tabs** contain:

125 mg vitamin C — 200% DV as ascorbic acid, sodium ascorbate, rosehips powder.
Proprietary blend: 33 mg — citrus bioflavonoids, green tea leaf extract.
Other ingredients: Fructose, sorbitol, cellulose, guar gum, natural orange flavor, silicon dioxide, magnesium stearate.


**How to Avoid Chronic Conditions!**

Tonic Herbs Can Help?

Why do we think doctors have all of the answers? It is probably because our parents taught us, either directly or indirectly, that a doctor was one step below God. When we become sick, our mom or dad took us to the doctor and we got better. It worked! If we think back on our trips to the doctor as children, it was almost always for an “acute” rather than a “chronic” illness.

By that I mean we needed help right away. If we had a raging fever, the doctor fixed it by giving us an antibiotic. If we fell down and got a bad cut, the doctor stitched it up and put an antiseptic on it. If we had a bad case of diarrhea, the doctor gave us medicine to stop it. It was great. The results were quick and effective when given immediate attention. In these kinds of situations, we had no better friend than our doctor.

We still have no better friend than our doctor in an “acute” medical crisis. I was reminded of this about two years ago during a very cold and icy Ohio winter. I was at work and began experiencing some pain in my right shoulder. I thought it would go away by itself but it didn’t. It grew steadily worse and the more I used it, the worse it got. Finally the pain was so severe that any position I got into was killing me!

I don’t like going to doctors but I knew there was nothing more I could do. He told me I had “bursitis” (an inflammation of the bursa or sac around my shoulder) and I needed an anti-inflammatory medicine and a painkiller. I hate to take drugs, but at that point I was so out of balance and in so much pain, I had no other choice. Thank God, I only needed two days of the medication and I felt much better. I was in an acute stage of the problem and that kind of conventional treatment was necessary.

The treatment was not without side effects, however. I had terrible nightmares from the pain medicine and an insatiable appetite from the anti-inflammatory drug. The short term use made the side effects bearable because the pain did subside. Long term use would have been very difficult.

I learned a lot from this situation. One thing was that my husband, Don, always seems to be traveling on business in a warm climate when I am at home freezing with bursitis! But more importantly, I learned that conventional or allopathic medicine, as we know it, is necessary and scientifically credible in acute and traumatic conditions.
To better understand this concept, let’s briefly examine the history of Western medicine. Twenty-five hundred years ago Hippocrates, the “father of medicine”, developed a philosophy called “physis”. The word physician was derived from this philosophy. Basically his philosophy stated that the body has an inner adaptive or an inner healing power. He believed we should be doing everything possible to nurture, support and strengthen this “physis.” That’s why Hippocrates believed that we should not intrude, unless absolutely necessary, into the body.

Throughout history, many schools of thought denounced Hippocrates philosophy of an inner healing power. The more accepted concept that all diseases had physical causes, therefore all diseases must have physical cures, became very popular. A scientific procedure was developed where everything had to be measurable, all doubt had to be eliminated and everyone had to agree. Thus, allopathic or conventional medicine was born. The practice of medicine as we know it today became the norm.

According to Dr. Dean Black, author of Health at the Crossroads, two words help to define the difference between conventional medicine and natural healing. They are REPLACE and RESTORE. Conventional medicine is the science of replacing body functions. Natural healing is the science of restoring body functions. In conventional medicine, many drugs or procedures replace body functions. For example:

- Insulin replaces pancreas function.
- Cortizone replaces adrenal function.
- Antibiotics replace immune system function.
- Organ replacement replaces failed organs.

Obviously, many times these replacement treatments are necessary because the body has become so out of balance that something drastic is needed to bring it back quickly or the outcome may be death. However, conventional medicine and many of its followers, would have us believe that we have no choice but to eventually succumb to one of these conditions and follow only the accepted and approved therapy which they have designed. We may once again feel like a little child in the doctor’s office, however this time the situation is very different.

The treatments that they have designed for many of the chronic illnesses such as arthritis, diabetes, cancer and heart disease have not fared as well as the treatments for acute conditions. In fact, sometimes the side effects of the treatments are as bad as the disease itself. It is no wonder that many people have become disillusioned, deeply concerned and downright disgusted with what our conventional medicine has to offer for chronic diseases.

As we enter the twenty-first century, there is a growing awareness and desire to use alternative forms of healing. This will be most effective when society understands the need to deal with chronic and acute conditions differently. We know that the alternative as well as the conventional methods have failures. The key is to be aware of the strengths and weaknesses of both and to determine the most appropriate application based on the individual needs of the person.
Perhaps it is time to look at Hippocrates once again. I’d like to think he and some great thinkers and healers from around the world today such as Andrew Weil, MD, Deepak Chopra, MD, Bernie Siegel, MD, and the respected Chinese herbalist Dr. Tei Fu Chen are on the right track in their teachings. A common thread among their teachings is that if we give our bodies the right combinations of foods, then perhaps we have a very good chance of staying in that state of balance and good health that we all are trying to achieve.

What we must do as individuals is become responsible for ourselves. There are many things we can do to avoid certain chronic conditions. Exercise and maintaining proper weight are key factors in reducing the incidences of cancer, heart disease, adult onset diabetes, and arthritis.

Also we should not forget the importance of a positive mental attitude. Recently I read an article that referred to Howard Friedman, a psychology professor at the University of California, Riverside. He analyzed a hundred different studies that connect people’s state of mind with their physical health. He found that certain states of mind are absolutely **TOXIC**. If you are chronically pessimistic, irritated, cynical, depressed and anxious, then it doubles the risk that you will succumb to a major disease.

We now recognize that this has to do with a recently discovered link between the emotional centers of the brain, and the immune system. When the stress hormones and other brain chemicals that go with negative emotions are flooding the body, they actually hamper the ability of the immune system to fight the disease.

Likewise, positive emotions can be very healing. For example, empathy, identifying with and understanding the feelings of another person, is a very positive emotion. I find that this emotion is fundamental if we are to be truly happy and healthy. Never judge someone else unless you have walked a mile or two in his or her shoes. Caring and compassion is an opening, healing process. If we get ourselves into balance, physically and emotionally, then we can bring this healing message to others.

Basically balance can be viewed as a kind of steady-state among all of the processes in the entire body. Poor health reflected as chronic or acute conditions result when processes become **imbalanced**. One alternative method for dealing with chronic conditions is the use of herbs. Tonic herbs can improve balance which can remedy a chronic condition. However, acute conditions need the attention of a qualified professional.

The herbs best suited for chronic conditions are classified as tonic herbs, Tonic herbs possess a property called bi-directionality, that which exerts action in opposing directions, thus having the ability to restore and maintain balance in the body’s systems.

Oftentimes, reference may be made to tonic herbs as being “food grade.” This is done in western teachings because we often think of food as good or nourishing. A more appropriate term might be nourishing or cleansing herbs.
Drugs and non tonic herbs are powerful and unidirectional; they cannot balance. Drugs are like a teeter-totter with only one player. Bi-directional actions working in opposite directions is what imports to tonics the special ability to maintain balance. Drugs have a place when properly dispensed and regulated by a professional who can compensate for the imbalances created. The use of acidophilus following antibiotics is a good example of balancing after a disruptive, but necessary drug.

Tonic herbs really do not fix something that is already broken. They do not have the ability to do that. Tonic herbs are the tools of wellness. Tonic herbs are the highest class of herbs for balancing the organ systems of the body. You use them to stay well and to help offset imbalances that arise from time to time.

A good example is Ginseng. Ginseng can both lower and raise blood pressure, thus effecting balance. The body recognizes and utilizes the function it needs and ignores the other. All ginsengs are considered adaptogens, according to the ancient classification system of Chinese medicine. That is, they are recognized for their ability to normalize body functions. The value to the tonic herb is that it allows the body to choose the property it possesses to help balance.

To be classified as an adaptogen, a substance must meet these criteria:

1. Be safe
2. Have a non-specific action
3. Have a generalized normalizing action

Adaptogens work upon the central nervous system gland, or organ systems of the body, to maintain homeostasis. Homeostasis is the total of regulatory mechanisms in the body that maintain the “constancy” of its internal environment. The Chinese describe homeostasis using the terms “yin” and “yang”. Yang represents a warm, outgoing expansive nature. Yin represents the opposite, cool, condensed and restoring. All ginsengs and other adaptogen herbs have both yin and yang qualities.

Herbs are safe and effective for daily use if you are using them for chronic and not acute conditions. Never, never self diagnose a pain or discomfort that persists for more than 72 hours. Fevers, headaches, and bowel problems are normally chronic conditions that can be dealt with simply and safely, however, when they persist and linger and recur often, seek professional advise.

If, after counseling with a professional, it is determined that lifestyle has brought this condition about, use your tools for chronic relief, then review what brought you to the chronic state. We all, individually, are responsible for the maintenance of our bodies. Most chronic states can be avoided through proper balancing, health principles and by respecting the nourishing and cleansing requirements of the body. The responsibility for maintenance is yours.
The tools are often as simple as rest, sleep, more whole colorful food, regular intake of nourishing and cleansing herbs as well as the elimination of stimulates like soft drinks, coffee, and alcohol. This should be common sense, but worth reviewing. To be in a state of balance, consistent rest, nourishment and cleansing of the body must occur. Regular exercise as well as proper breathing will make major contributions to this homeostasis especially as we age. And again always remember the value of a positive mental outlook.

Kandesn
“The Beauty Within”
By Maria McCue, Licensed Cosmetologist

Although Sunrider began as a producer of herbal nutritional products, they began to produce their own line of natural herbal-based skin care in 1990. Dr. Chen recognized the need to give special attention to feeding and enhancing the largest organ of the body, the skin. To help you better understand the need for proper skin care; let’s start out with some of the basics regarding the skin and how it works. This information is pertinent to both men and women.

WHAT IS THE SKIN?
Your skin is a key organ in your defense system. It is also part of your respiratory system and must be kept open and unblocked so that your skin can breathe. The skin regulates your body temperature and is such a great cleansing organ that health professionals call it a third kidney. It is a barrier that keeps harmful bacteria out and the process of regeneration happening within.

SOME BASIC FACTS:
The outer layer of the skin is covered with a protective coating called the “acid mantle”. It is made up of oil secreted from your oil glands and water secreted from your sweat glands. The acid mantle should have a pH of 4.5 – 6. Most of the cleansing products on the market are too high. This disturbs the acid mantle and creates havoc in the oil/water balance of the skin. This imbalance results in aging, dry skin, fine lines, or excess oil production, leaving your skin dry in some spots and oily in others. Sound familiar to anyone? The most sensitive area affected is around the eyes, where the first signs of wrinkles begin. Please note that your skin needs both oil and water for it to be healthy. The key is to have them in balance, something Kandesn Skin Care provides simply and beautifully.

Just like the universe where everything is constantly moving, changing and growing, our skin is no exception. Approximately every 4 weeks the outer layer of the skin is new. Made in the deeper layers of our skin, over that 4 week period, new cells are pushed up to the outer layer
which we see and feel. Therefore, feeding the skin from within with herbal nutritionals is of
great value to the quality and texture our skin will have.

WHAT CAN WE DO TO HELP?
Four of the most important things that we can do to produce the most youthful smooth and
soft skin is to:
1. NBC – Nourish, Balance & Cleanse our skin daily.
2. Help to exfoliate and remove the old skin.
3. Protect the new skin from being damaged by the harmful rays of the sun.
4. Nourish the skin from within giving the body the building blocks and the nutrients it
   needs to create beautiful and healthy skin from the inside out. This is done most
effectively when the Sunrider herbal nutritionals are consumed consistently.

THE SIMPLICITY OF THE PRODUCTS:
If you can remember the little slogan of NBC ETC it will help you to remember the benefits and
functions of the products.

N - Nourish
B - Balance
C - Cleanse
E - Exfoliate
T - Take it off
C - Crinkle Relief

You begin your Skin Care program with NBC. Follow the NBC slogan - just work it backwards.
Lets introduce the products that give you each benefit.

CLEANSE - We use Kandesn Cleansing Cream to clean the oil-based impurities and then a
“choice” of Kandesn Cleansing Foam for normal skin, Oi-Lin Warm Facial Scrub for an
advanced treatment or Gentle Cleanser for oily acne prone skin, to clean the water-based
impurities.

A two step cleansing process is very necessary to truly clean your skin. Chemically, oil and water
do not mix together. Try mixing the two together in a glass and you will see they separate from
each other. The oil will sit on the top. This principle also applies to cleaning your skin. Remove
the top oil layer of impurities with Kandesn Cleansing Cream and then remove the deeper
water layer of impurities with a choice of Kandesn Cleansing Foam, Oi-lin Warm Facial Scrub or
Gentle Cleanser.

BALANCE - When we discuss balance, we are referring to balancing and reinforcing the pH of
the acid mantle of the skin. This is done with Kandesn Balancing Splash for Normal skin or
Kandesn Astringent for oily, sensitive & acne prone skin. Remember, the ideal pH of your skin
should be 4.5 – 6.0. This allows for protection against bacterial invasion. Kandesn Balancing Splash and Kandesn Astringent are alcohol-free and refine the skin’s texture and tone without compromising the skin’s natural moisture.

**NOURISH** - This phase also is a two-step process. We need to nourish and hydrate the skin with water-based nutrients. It is then ideal to seal that moisture into the skin. Here is the visual I like to share to explain this two-step principle. Visualize cutting open a high quality watermelon...inside the watermelon, it is nice and moist..... But, what would happen if we let the melon sit out on the counter all day with no protection? The watermelon would start to dehydrate and dry out. So.... How do we usually protect and seal in that moisture? We usually “wrap it up” with some saran wrap! Once wrapped-up, the melon will stay moist and hydrated longer. Our skin needs that same kind of care and protection.

We “Nourish” the skin with water based nutrients and herbs that help the skin to attract and capture moisture with either Kandesn Deep Moisture Lotion for regular hydration or Oi-Lin Deep Moisture Lotion for advanced intense hydration.

We then “Wrap-Up” and seal that moisture in with a choice of Oi-Lin Exception Cream or Oi-Lin Supreme Emulsion during the day.

Some other benefits to our daytime “wrap-up” creams are.... Oi-lin Exception Cream seals in moisture, is light in texture, and is designed to brighten, smooth, and refine the skin. Oi-Lin Supreme Emulsion is more of a medium texture and contains alpha hydroxy acids to help speed the skin’s natural cycle of renewal. I like to alternate between the two every other day as my daytime “wrap-up” cream.

**Nourish** and **Wrap-Up at night** with Oi-Lin Night Emulsion. Oi-Lin Night Emulsion is an advanced age-defying formula designed to work in synergy with the skin’s natural restorative powers. Your skin will be nourished with an exclusive combination of essential oils, vitamin E and herbal extracts. You won’t believe how soft your skin will feel in the morning...it’s wonderful!!!!

**Exfoliate** is what we want to do to the old dead skin cells that are being shed from the skin, therefore allowing the newer cells to give your skin a more youthful appearance. Remember, about every four weeks a new top layer of skin has been created. Exfoliation is best accomplished with Oi-Lin Rebuild. Oi-Lin Rebuild contains alpha hydroxides which are acids derived from fruits and herbs that gently loosen the old skin cells. Be aware, most other companies use synthetic AHA’S and they may give someone negative, irritating side effects.

**Take it off** – As your old skin cells start to build up and younger cells move closer to the surface of your skin we can help “take off” the old dead skin by using Kandesn Revitalizing Mask. Ever wonder why men’s skin can look so good? They “take off” dead skin cells daily by shaving. When skin cells are not removed the skin becomes keratonized (rough or hardened). Keratonized skin prevents the absorption of beneficial nutrients and impedes the vital functions of the skin. Use the Kandesn Revitalizing Mask a few times a week to remove dead skin cells.
The Oi-Lin Clay Mask is excellent for “taking off” excess oil from the skin. Those suffering from acne or breakouts will benefit greatly by using the Oi-Lin Clay Mask. The clay mask works wonders to dry up blemishes…. just apply a dab to the blemish and leave it on for 15 to 20 minutes or sleep over night with it applied to problem spots. The healing the next morning will amaze you.

Crinkle relief is one of the most important benefits. If you are like most people, the area we all want to take care of the most is the delicate tissue that surrounds our eyes. This is the area that develops those little lines I call “Crinkles”. Crinkles are usually caused by dehydration and worsened by the cleansers on the market that are too alkaline and strip the very important oil layer of our acid mantle. Most of the time we can improve and diminish some of those crinkles by using Oi-Lin Replenish Gel. Oi-Lin Replenish is a wonderful oil based gel that nourishes your skin with essential oils and vitamins, especially vitamin E, which is a necessary building block for fresh skin. I call Replenish “Liquid gold” because of its color and benefits. Your skin is left feeling like silk and smelling wonderful. Why use anything less than the best!

Why Sunrider’s Kandesn products are “Simply the Best”!

1. Drs. ‘Oi-Lin Chen and Tei Fu Chen have the expertise in the areas of the body and herbs.
2. Sunrider controls the quality of all raw materials as well as the development of their products until final packaging.
3. Sunrider’s exclusive formulations are pH-Balanced for the skin. Kandesn products are slightly acidic so a natural barrier against bacteria is created on the skin protecting you from bacteria and environmental pollutants which would otherwise invade and cause breakouts and possible infections
4. Sunrider does not use animal by-products, nor do we test our Kandesn products on animals. We use vegetable-based proteins, herbal extracts, vitamins and minerals that fulfill the special nutritional needs of the skin.
5. The Kandesn line utilizes only the purest and fines ingredients such as squalane, which has emollients and moisturizing properties that help fight the effects of dry skin and aging. Other precious ingredients used include jojoba oil, royal jelly extract and essence of pearl.
6. Kandesn products are highly concentrated.
7. Kandesn products do not contain mineral oil and petroleum by-products because their particles are large and will block pores and dull the skin’s appearance.
8. The Dr. Chens researches develop and manufacture all products in our state-of-the-art facilities. You can’t buy our products any place in the world, except through our Sunrider distributors.
Here is a summary of your morning and evening routine.

<table>
<thead>
<tr>
<th>Morning</th>
<th>Evening</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Cleansing Cream (optional)</td>
<td>Cleansing Cream</td>
</tr>
<tr>
<td>Cleansing Foam / Warm Facial Scrub / Gentle Cleanser</td>
<td>Cleansing Foam/Warm Facial Scrub/Gentle Cleanser</td>
</tr>
<tr>
<td>Balancing Splash / Astringent</td>
<td>Balancing Splash / Astringent</td>
</tr>
<tr>
<td>Deep Moisture Lotion (choose type)</td>
<td>Deep Moisture Lotion (choose type)</td>
</tr>
<tr>
<td>Exceptional Cream / Supreme Emulsion</td>
<td>Night Emulsion</td>
</tr>
<tr>
<td>Replenish Gel (eyes &amp; lips)</td>
<td>Replenish Gel (eyes &amp; lips)</td>
</tr>
</tbody>
</table>

* Use the Revitalizing Mask 1-2 times per week after Balancing Splash or Astringent.
* Use the Clay Mask as needed.
* Rebuild can be used during the day and/or at night after “wrap-up” nourishment product.

Invest in the part of you that is seen more than any other thing you possess - your skin. By using Kandesn you will look and feel your very best. It is time to begin......Start glowing with BEAUTIFUL SKIN.
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