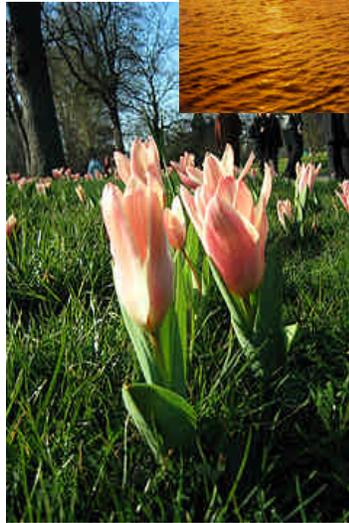


Regeneration: Life Replenishing Life

Sunrider is 100% Real Live Food!



**Something remarkable happens when you put
Sunrider foods into your body!**



The Sunrider Philosophy

The Sunrider philosophy does not concentrate on particular ailments, treatments, or cures. Cures and treatments belong to the medical profession. The Sunrider philosophy is more concerned with fortifying the body against the constant barrage of negative outside influences.

When the body is strong, it will generally repel illness and disease or cure itself as it is meant to. The body gives in to disease when it is lacking the proper nutrition. Poor nutrition for an extended period of time causes a degenerative cycle within the body. When one part of the body lacks nutrients it will take the nutrients from other parts of the body which creates new weaknesses which will eventually cause the body to degenerate. When the body begins to degenerate, most people from our western culture will make an effort to substitute something else for what the body needs – nutrition. The West has generally learned to sacrifice good health for an immediate solution to a problem. This culture must learn that good health can only be attained and retained when the body is supplied the nutrients it needs to perform its intended functions. As people gain an understanding of the unique nutritional nature of the Sunrider products, they can take the necessary steps to provide their bodies with the nutrition and fortification that is needed to remain healthy.

Dr. Tei-Fu Chen founded the Sunrider Corporation in December 1982. Dr. Chen has a background as a Taiwanese Medical Officer, pharmacist and a research biochemist. His wife, Dr. Oi-Lin Chen is a licensed Medical Doctor. Dr. Chen's Sunrider philosophy is REGENERATION. In order to understand what regeneration is, there are three important principles to remember.

Principle #1: The body heals itself with proper nutrition

Principle #2: The body is designed to obtain its nutrition from Whole Foods.

Principle #3: Each person must be willing to accept responsibility for his or her own health.

Most Sunrider formulas are based on ancient manuscripts recorded by temple priests and court doctors of China. Dr. Chen's great grandfather obtained the manuscripts during the Boxer Rebellion, and they remain in the family to this day. The manuscripts cover 5,000 years of experience with the use of plant and herbs, and the different ways in which they affect the body. Our Sunrider formulas have been used and eaten by people for 280 to 1,500 years. Using the manuscripts, Dr. Chen has applied modern technology to make these formulas available today in an easy-to-use form.

REGENERATION: THE PROCESS OF PURIFICATION

All cure starts from within then moving outward, from the head down and in reverse order as the symptoms have appeared. –HERING'S LAW OF CURE

Food for Thought

Those who are satisfied with their present circumstances usually reject most new ideas with varying degrees of scepticism. They are comfortable with their health belief system and see no need for any change on their part. Should one close their mind and throw away the key simply because a concept or an idea is "new" to them? In many cases what appears new is historically very old. The knowledge was lost, suppressed or just now becoming available. Just because the so-called "educated" may laugh, ridicule and then reject a truth does not make that truth a lie.

"If any man can convince me and bring home to me that I do not think or act aright, gladly will I change: for I search after truth, by which man never yet was harmed. But he is harmed who abides on still in his deception and ignorance.

Marcus Aurelius Antonius

We are already in the 21st Century and we still don't have a national interest or incentive to prevent disease. It is a sad truth that 90% of our population is merely interested in getting by and oblivious to the fact that they are committing a slow suicide every waking moment. They do not become interested in health until they lose it, or until their job is hindered. It is at this point that they begin looking for something to cure or remedy their condition. The solution that most are looking for is a quick-fix ("give me a shot, doc!"). Then they continue to abuse their body with the same injustices that caused their disease in the first place. When such a patient has been given up by his doctors, he at last awakens to the seriousness of his problem and is finally frightened enough to start doing something about it. Unfortunately, it may be too late.

Wouldn't it be better to seek health as a part of your lifestyle? We basically have two choices. We can pay now for higher quality food or we can pay a whole lot more later (in money and misery) just by trying to stay alive.

Food for Body

In order to overcome sickness and achieve vitality, superior health, higher energy levels and longevity, we must begin eating Nutrient Dense Foods. These are whole foods that are never the result of the processing activity. These foods are in the raw state and are electromagnetically charged with a "life force" that is separate and distinct from the caloric energy that is released from food by digestion, enzymatic action and assimilation. We must be eating whole, natural, and enzyme active foods that have not been refined, processed, overcooked or preserved with chemicals. These actions, plus micro-waving and the new problem of food irradiation with Cobalt-60 and Cesium 137, render conventional foods lifeless and devoid of any enzyme activity.

Gabriel Cousins, MD stated:

All life processes depend on enzyme function. When enzymes are depleted, so is our vital force and health.

Another physician, Yoshihide Hagiwara, MD stated:

Enzymes are involved in moving our hands and legs, and even in the process of thinking. If enzymes were lost, all the functions of our body would fail.

Take a sunflower seed and boil it in water. Plant it in fertile soil next to a raw sunflower seed. The concept of bio-energetic nutrition (the electromagnetic or vibrational qualities of living food) now becomes real...as only the raw and unheated seed will sprout.

LIFE BEGETS LIFE

If we continue to eat food in its unnatural state, we will deplete our body's supply of enzymes, which will result in the degeneration of our genetically weaker glands and organs.

SUNRIDER IS 100% REAL LIVE FOOD!!

No preservatives
No pesticides

No added Sugar
No chemical additives

Your body will feel the difference!

NOURISH – BALANCE – CLEANSE

NOURISH	BALANCE	CLEANSE
Nourish the entire body at the cellular level with NuPlus and/or VitaShake	Balance the 5 body functions or systems with Quinary or LiquiFive	Cleanse the cells with Calli and Fortune Delight

When you choose the Philosophy of Regeneration as your goal, you'll want to nourish the entire body rather than just the parts you think are weak or out of balance, because each body system affects the others. We restore this balance through putting in nourishment and taking out toxins and other wastes. We encourage you to eat the basic Sunrider foods 2 – 3 or more servings throughout the day, and commit to at least 100 days.

TEMPORARY CLEANSING

Often in the course of the healing process, old symptoms temporarily reappear. Why should people have to go back through these old problems in the course of getting better? Good question!

A quote from Dr. Dean Black, PhD states: "I like to picture the healing process as going up a flight of stairs. At the top of the stairs, the energy is balanced; all the nutrients are present in their proper ratios and the body is functioning properly.

When someone's health has begun to deteriorate, he moves down the stairs, and at each step along the way he experiences a specific kind of symptom – perhaps less energy at one step, headaches a little farther down, an ulcer still farther, and so on. As the body begins to heal itself once again, the person begins to move back up the stairs and re-experience the symptoms associated with these various levels of health"

Something remarkable starts to happen when you improve the quality of foods you eat – Your body starts discarding GARBAGE such as:

<ul style="list-style-type: none"> • Sludge in the arteries, veins and capillaries • Excess bile in the liver and gallbladder • Toxic mucous in the digestive tract • Masses that have been longstanding • Arthritic food preservatives and additives 	<ul style="list-style-type: none"> • Masses of fat and toxic laden mucous • Stagnant & polluted water in the cells suspending the toxins • Poisons and harmful drugs, sleeping pills, aspirin • Accumulated & impacted mucous in the colon • Yeast, fungi and parasites • Degenerating and dead cells 	<ul style="list-style-type: none"> • Unassimilated food components (especially fats and proteins) • Inorganic minerals, heavy metals, pesticides • Environmental pollution such as chlorine, carbon dioxide, nicotine build up in the lungs • Antibiotics and other substances built up in individual cells interfering with normal function
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ENERGY

Eating Sunrider's whole, live concentrated herbal foods gives the body the ENERGY to do major "housecleaning" which it is designed to do naturally, but couldn't do because it didn't have the ENERGY to do it thoroughly.

ESSENTIALS

Ridding the body of this garbage is absolutely essential in order to rebuild healthy cells and ultimately a healthy body. Realize that your body is becoming younger and *healthier* every day because you are throwing off more and more wastes which would eventually have brought pain, disease and much suffering.

Balancing our Health with Sunrider Basics



Regeneration Principles and Processes

By Ann Cue, M.A. M.H.

- 1. The human body is in constant change.** Its cells are continually wearing out and dying.
- 2. The human body has a built-in capacity to repair and replace cells** as needed. It has a perfect plan.
- 3. Degeneration is the process of replacing old cells with inferior-quality new cells.** This occurs when dietary materials have lost their life-giving power, because of poor soil conditions, improper harvesting, cooking, preservation, combining, or processing. Most of the "food" consumed today promotes degeneration.
- 4. Regeneration is the process of replacing old cells with superior-quality new cells.** It occurs when dietary materials have retained and enhanced their life-giving power, through proper growing, harvesting, preparation, combining, and assimilation.
- 5. Regeneration enables the body to perform all of its physical functions more efficiently.** These functions include respiration, circulation, reproduction, assimilation, elimination, and auto-immunization.
- 6. Regeneration on the physical plane opens new pathways to progression on emotional, mental, and spiritual planes.** Conversely, resistance in these areas can retard the body's physical regenerative progress.
- 7. Regeneration includes the process of cleansing (catabolism) and the process of building (anabolism).** At times, the body may emphasize one of these processes more than the other. Generally, neither process should be forced unnaturally.
- 8. Regenerative processes can occur in regular cycles throughout a lifetime, with periods of intense cleansing / rebuilding activity alternating with periods of balance and stability.** As long as regenerative food is available, the body will strive for higher levels of efficiency.
- 9. For most efficient functioning, the body has a constant daily need for regenerative food.** Because of the high concentration of nutrients needed to achieve this benefit, it is advisable to use concentrated whole foods, preferably herbal. It is equally important not to overload the body with "dead food" or with supplements containing isolates (vitamins and other nutrients reduced to their pure chemical state.)

Process of Regeneration: Cleansing

Cleansing is the process of breaking down and/or eliminating undesirable food components (especially fats and proteins); accumulated drugs, toxins, unassimilated minerals, and degenerating cells; and yeasts, fungi, and other parasites.

When detoxification and elimination functions are perfect, the person is not aware that cleansing is taking place. This state occurs when the liver, kidneys and bowels are strong and well supported nutritionally; and when enough fluid is being used to move toxic materials along quickly.

However, when these conditions are not met, cleansing "signs" may be experienced. As the toxic materials are broken down and released into the system for elimination, old aches and pains may be intensified, or new ones encountered. Depression, fatigue, and irritability may occur. These discomforts will pass when the elimination process is complete. As the body focuses its energy inward, it may experience chills, fever, thirst, weakness, tiredness, loss of appetite, and disinclination to exercise. At such times, nourishment should be easily digestible, with an emphasis on herbal beverages, whole food concentrates, steamed vegetables, or vegetable juices. Extra sleep is required, and fluid intake should be increased.

When the body's eliminative capability is overloaded, it will experience such discomforts as nausea, constipation or diarrhea, sores or bad taste in the mouth, skin breakouts and itching, excessive perspiration and body odor, frequent urination, etc. Managing these "problems" nutritionally is largely a matter of choice and experimentation. Increasing exercise and fluid intake will assist the body to eliminate more efficiently. Cleansing processes can be supported by a "lighter" diet and nourishing all body systems with regenerative foods. Increasing the use of cleansing beverages will allow the body to speed up the process, but might also increase the discomfort.

In a regenerative cleansing process, the body may loosen and release mucus-like waste from various body orifices. A loss of weight may occur, sometimes greater than what would be considered desirable. These are both temporary and normal conditions, and need not be disturbed. The body is indicating its need to "houseclean" before intensive rebuilding.

Achieving Balance

Persons who find themselves constantly in a "cleansing" process might ask themselves the following questions:

Am I eating enough regenerative food to allow my body to achieve the balanced state it naturally desires?

Am I drinking enough pure water?

Am I exercising sufficiently (according to my own needs and capabilities?)

Am I using enough of my "regular" diet to allow my body to make changes smoothly?

Am I eating excessive amounts of offending foods that are keeping my system constantly overloaded? (Some things to consider: dairy products may add mucus; meats, eggs or cheese may constipate; food allergens may provoke reactions; all forms of sugar may aggravate a systemic yeast infection, further compromising the immune system.) Complete elimination (for a few weeks) of all suspected sources of discomfort will help to identify food sensitivities. These foods should be introduced back into the diet gradually (one item at a time, not more frequently than once every four days), while carefully observing reactions. Eventually, as the body continues to regenerate, its tolerance levels will increase.

Signs of Rebuilding

When higher better nutrition is available to the body, it will selectively reject and replace lesser quality cells and tissues. The replacement process sometimes brings about temporary symptoms of "nutritional deficiency," as the body works to achieve a new level of efficient functioning.

As areas of the body literally "come to life," aches and pains may occur. The nervous system may be receiving signals from newly-functioning areas. It can be strengthened with herbal food concentrates.

As the body diverts energy to the building process, greater need for sleep occurs naturally. Similarly, as the body requires a greater supply of "building materials," appetite increases. At such times, it is important to feed the body high quality regenerative foods in adequate amounts.

As the body rejects lower quality mineralization, it may experience signs of increased need for "replacement" calcium and other minerals. Muscle cramps, breaking fingernails, toothaches, nervousness, and other symptoms may confuse a person by the resemblance to dietary "deficiency." Again, it is important to increase mineral-rich regenerative foods, and adequately feed the busy body.

*Ann Cue, Master Herbalist and nutritional counselor, has over 20 years' experience with the procedures of natural healing. This article is an updated version of one originally published in a **Cues for Health** newsletter. It may be copied freely for personal use, but only in its entirety.*

Cleansing Check List:

_____ Am I am drinking enough Calli? 4- 8 + cups/day – keep it diluted to 1/2 Gal/1 bag for the 1st month so as to not pull too much energy from the body with too aggressive cleansing.

_____ If you are drinking Fortune Delight also, remember this will increase the cleansing effect, especially for the digestive system. This is a powerful beverage and some people find they have to wait on F/D for awhile. It can send some to bed with the die off of Candida. Usually best not to combine Calli and Fortune Delight (Calli/Delight) in the early days of eating Sunrider foods, as together they make a very strong cleansing.

_____ Any **stressors** tearing your body down and decreasing your energy needed for cleansing & health?

1. **Sugar** - - #1 dietary cause of degenerating the body. It is a robber! Stop it in its tracks! All simple carbohydrates –Anything white & highly refined – white rice, white flour, pastas, white bread, pastries etc. quickly turn into sugar. Don't be tricked with white that has been "enriched! – only a fraction of nourishment has synthetically been put back.
We want to eat *complex* carbohydrates – fruits and veggies and whole grains as in nature.
2. **Dairy** – coats the lining of the digestive system with mucus so it can't absorb the nutrients and is loaded with antibiotics.
3. **Meat** – the taste in meat comes from uric acid and is extremely acidifying to the body. Once the meat is cooked, the protein becomes difficult to break down and digest.
4. **Hydrogenated fats** – these are like plastic clogging the body.
5. **Salt** – TV dinners, canned foods, processed foods create an extremely high sodium imbalance in the body. Check out a salt as it comes from nature.
6. **Caffeine** – we are living on borrowed energy, greatly stressing our adrenal glands.
7. **Alcohol and Cigarettes, Drugs** – Poison!
8. **Stress** – Seek inner calm among the storm—the more stress the more exercise is needed.
9. **Negative Thinking** – every negative thought creates a health-destroying chemical reaction in the body. Determine to be positive about everything in life.

Good News: Eating the Sunrider Whole Food Concentrates makes it easy to eliminate these foods without some of the typical withdrawal problems. Even our taste buds change and our desire for less nourishing foods diminish greatly. Caffeine Cravings: Drink more **Calli** and **Fortune Delight**; Other Cravings: Eat more **NuPlus** and VitaTaste. Smoking, Alcohol and Drugs: Add **TOP** and **ESE** to the basic foods

_____ Am I *nourishing* enough to give my body the energy to cleanse? Fuel your body's cellular energy generators with NuPlus 2-5 servings/day

_____ Am I *nourishing* my life-support organs enough? Eating Quinary each day helps the energy flow thru these vital life support organs. The more Quinary, the better!

_____ Am I *exercising* at least 30 minutes/day? Lymphasizing on a mini tramp (5-10 min.= approx. 20 min. of walking) is very effective way to remove the toxins from the tissues. Exercise is the *only pump* the body has to remove the toxins from the tissues in the lymphatic system.

YUCK LIST

Abdominal pain	Abscess	Aching or burning feet
Acid reflux	Acne	Adrenal exhaustion
Aging, premature	Agoraphobia	AIDS
Alcoholism	Allergies	Alzheimer's
Anemia	Anger	Angina Pectoris
Anxiety	Anxiousness	Appendicitis
Arteriosclerosis	Arthritis	Asphyxiation
Asthma	Athlete's Foot	Autoimmunity
Backache	Bacterial food-poisoning	Bad breath
Balding	Bedwetting	Belching
Bell's palsy	Beriberi	Bitot's Spots
Bladder infection	Bloating	Blood pressure (high or low)
Blood sugar problems	Blood vessel damage	Blurred vision
Body cold or hot	Body odor	Bone pain and discomfort
Bowel-related discomfort	Brittle bones	Broken bone
Bronchitis	Bruising	Burns
Bursitis	Cancer	Candida
Canker Sore	Carbuncles	Cataracts
Celiac disease	Cellular energy, poor	Chest pains
Chicken pox	Cholesterol, high	Chronic Fatigue Syndrome
Circulatory complaints	Cirrhosis of the liver	Cleansing, general
Cognitive problems	Cold, common	Cold feet
Colds, tendency toward	Colic	Colitis
Concentration, poor	Confidence, lack of	Congestion, chronic
Congestive Heart Failure	Conjunctivitis	Constipation
Corns	Coughs, persistent	Crave sweet or salty foods
Croup	Crying easily	Cuts heal slowly
Cystic Fibrosis	Cystitis	Cysts
Dandruff	Defense System, weak	Depression
Dermatitis	Detoxification	Diabetes
Diarrhea	Difficulty swallowing	Diverticulitis
Dizziness	Drowsiness	Dry mouth
Dry skin & general dryness	Dyspepsia	Ear infection
Earaches	Ears, drainage from	Eczema
Edema	Emotional instability	Emphysema
Endometriosis	Endurance, diminished	Energy, lack of
Epilepsy	Eye, inflammation and irritation	Eyes, drainage from
Eyesight, weak	Eyestrain	Fat deficiency
Fatigue	Feeling spacey or unreal	Fever
Fever Blister	Flu, tendency toward	Flush easily
Focus, lack of	Food addiction	Foot problems
Fracture	Frostbite	Fullness, feelings of
Fungus	Gallstones	Gas, stomach
Gastritis, painful or swollen	General tightness	Gingivitis
Glaucoma	Goiter	Gonorrhea
Gout	Growing pains	Gum sensitivity
Hair, falling out	Hair problems	Halitosis
Hay fever	Headache, tendency toward	Heart attack
Heart disease	Heart tone, weak	Heartburn
Hemophilia	Hemorrhage	Hemorrhoid
Hepatitis	Herpes	Hiccups
HIV	Hives	Hoarseness
Hot flashes	Hungry between meals	Hyperactivity
Hyperthyroid	Hypoglycemia	Impetigo
Impotency	Inability to make decisions	Indigestion
Infections, persistent	Infertility	Influenza

Injury, slow recovery from	Insect bites	Insomnia
Intestinal cramps	Intestinal flora, weak	Intestinal infection
Irritable or restless	Itchy skin	Jaundice
Joint pain and discomfort	Joint stiffness and pain	Joint-related stress
Kidney infection	Kidney stones	Leg cramps
Lice	Liver problems	Malnutrition
Measles	Memory loss and other simple mental malfunctions	Meniere's Syndrome
Meningitis	Menopause, discomforts of	Menstrual discomforts
Menstrual irregularity	Mental clarity, lack of	Mental illness
Metabolic efficiency, low	Metabolism, low	Migraines, tendency toward
Mineral deficiency	Miscarriage	Mononucleosis
Mood swings	Motion sickness	Multiple sclerosis
Muscle cramp	Muscle soreness	Muscle weakness
Muscle, loss of tone	Muscles, pain and discomfort	Muscular Dystrophy
Nail biting	Nail problems	Nails weak or have ridges
Nasal and sinus congestion	Nausea	Nervous weakness
Night Blindness	Night sweats	Nightmares
Nose bleeds	Nourishment, need for general	Numbness or tingling
Obesity	Organ function, decline in	Overeating
Overweight	Oxidation damage	Pain tolerance, low
Pain, general	Panic attacks	Parkinson's disease
Perspire easily	Phlebitis	Pneumonia
Poison Ivy	Poison Oak	Poison Sumac
Polio	Pollution from vehicles	Poor circulation
Poor memory	Post-Traumatic Stress Disorder	Pregnancy, difficult
Premenstrual discomfort	Premenstrual Syndrome	Prostatitis
Psoriasis	Puffy	Pyorrhea
Radiation burn	Radiation-poisoning	Rage
Rash	Rectal itching	Recuperation, slow
Recurrent Vaginitis	Reduced or increased appetite	Reduced urine
Rheumatic Fever	Rheumatism	Rheumatoid Arthritis
Rhinitis	Rickets	Ringling in ears
Salt craving	Sciatica	Scoliosis
Scurvy	Sex drive, loss of	Sexual response, weak
Shakes	Shingles	Sinusitis
Skin irritations	Skin tone, poor	Sleep, restless
Sleeplessness	Sleepy during day	Smoking addiction
Sore gums	Sore throat	Spinal Meningitis
Sprains	Stiffness	Stomach acid
Stomach discomfort, chronic	Stomach distension	Stress
Stress, head-related	Stress, mental	Stress, physical
Stroke	Sugar, craving for	Sunburn
Surgery	Swollen eyelids	Swollen glands
Syphilis	Tension, muscle	Thin or dry skin
Throat and voice weakness	Thyroid problem	Tissue repair, need of
Tonsillitis	Tooth and gum disorders	Tooth pain
Toothache	Trauma	Tuberculosis
Tumors, tendency toward	Ulcers, tendency toward	Underweight
Upset stomach	Varicose Veins	Venereal disease
Vertigo	Vision and focus disorders	Vitamin deficiencies
Vomiting	Water retention	Watery eyes or nose
Weak drive and energy	Weight problems	Weight, excess or insufficient
Worms	Wrinkles, premature	X-rays
Yeast infection		