

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

