

From: JW & Lois Emerson

Subject: Quinary and the Emotions

MORE INFORMATION ABOUT THE POWER OF THE QUINARY FOODS.....

"WE ARE WHAT WE EAT!"

QUINARY AND YOUR EMOTIONAL BALANCE

Did you know that melancholy, despair and depression are more common today than ever before in history? In fact, people born after World War II have almost 10 times the depression rate of their parents or their grandparents. Emotions truly affect the body and your health. Did you know that tears of joy are biochemically different from tears of sorrow? To me this is fascinating.

As you know, the **Quinary** formula feeds 5 separate systems of the body: immune, circulatory, endocrine, digestive and respiratory. But did you know that each of these formulas is available separately in capsule form as well? Just as a good cook varies spices to influence the flavor and outcome of a special dish, so can a good Sunrider learn to use the formulas of the **Quinary** to enhance the texture of his/her physical and emotional well-being. This month I'd like to share with you some possibilities for using **Alpha 20C, Prime Again, Assimilaid, Conco and Lifestream** to adjust and fine-tune your "emotional soup."

ALPHA 20C – to nourish the immune system
(corresponds in Chinese philosophy to the WOOD element)

According to ancient Chinese writings, imbalances in the wood element seem to coincide with imbalances in anger. This might show up as crankiness, impatience, frustration, rudeness, edginess, arrogance, stubbornness, aggression, impulsiveness or explosive behavior. Oddly enough, an anger imbalance might also appear in a person who never expresses any anger at all. So if you're experiencing any of the above, just eat more **Alpha 20C**.

PRIME AGAIN – to nourish the endocrine system
(corresponds to the FIRE element)

The "fire" element addresses the emotion of joy. An imbalance might turn up as an excess of laughter, or no sense of humor at all, a scattered or confused mind, a coolness or aloofness, inappropriate friendliness or an inability to give or receive warmth from others. This metaphor of emotional warmth and coolness may actually manifest physically as cold extremities or, conversely, an aversion to heat. So when you feel as if you've lost heart, lost your spark, wonder where your burning desire has gone, just eat more of the fire element in the form of **Prime Again**. This is also good for those who have "a lump in the throat," who stutter, or who otherwise have trouble expressing themselves. Also, if stress is a factor in your life—that is, if you're always going like a "house afire," or it feels as if you're always "putting out fires," or people tell you, "Slow down—where's the fire?," you're probably overtaxing your adrenal glands, the organ of the "fight or flight" mechanism (again, part of the endocrine system). This situation might just call for the addition of **Prime Again** to your "emotional soup."

ASSIMILAID – to nourish the digestive system
(corresponds to the EARTH element)

Just as Mother Earth itself supports and nourishes all life on this planet, so does the earth element support our feelings of being nourished by our surroundings—and that includes our relationships. So if you're feeling rigid, or out of harmony with your life and/or your loved ones, eat more **Assimilaid**. If you need to feel more gratitude for the blessings in your life, eat more **Assimilaid**. Imbalances in the earth element have to do with worry. So if you're a chronic worrier (like I am!), eat plenty of **Assimilaid**.

CONCO – to nourish the respiratory system
(corresponds to the METAL element)

Respiration is a rhythmically repeating function, absolutely necessary to sustain life. We all go through a lifelong process of holding on and letting go. **Conco** helps the body do its grief work, when normally such a time would make one susceptible to colds and illness. Also, if you have the tendency to be a hoarder and a pack-rat, give some extra Conco a try. And if you have trouble with the "breathing in and breathing out" of life, eating more **Conco** may be helpful.

LIFESTREAM – to nourish the circulatory system
(corresponds to the WATER element)

The emotion related to this element is fear. **Lifestream** helps the body accept that there is a challenge, and that the challenge is more easily dealt with without paralyzing fear. So if fear is what spoils your emotional well-being, and you need a "cup of courage," eat more **Lifestream**. When you've done all you can, and still have trouble trusting the outcome, **Lifestream** may help.

Now, if you're a relatively new **Sunrider**, please don't be overwhelmed by the volume of suggestions and information I've just shared. Start eating the entire **Quinary** formula, in powder or capsules, every day. Begin with the recommended amount—or whatever your budget will allow. New **Sunriders** are often urged to "eat enough to make a difference." But what is sometimes NOT said is "**Eat it LONG enough to make a difference.**" Ancient Chinese texts say that it takes 100 days to make a shift in the body. Some physical symptoms may take months to balance out. So be patient with your body! Think of **NuPlus** and **Calli** as the stock of your "emotional soup." Then flavor it with **Alpha 20C** for taking the edge off; **Prime Again** for just the right amount of joy and self-expression; **Assimilaid** to feel nourished, understood and supported; **Conco** to help you hold on and let go, as well as to follow up; and **Lifestream** for courage and trust. Become your own emotional chef and . . . bon appetit!

We might want to also consider what 'negative' foods (if any) that we put into our bodies and how these might trigger some of these emotions. Take refined sugar for instance.....we all know where that leads us!!!
Think about and make good choices for emotional balance!

PLEASE NOTE: The **Quinary** individual formulas have instructions on their bottles to open the capsules and drink as tea. They may also be swallowed whole, as capsules.