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# THE BODY

# ELECTRIC

## ENERGY- WHAT IS IT & HOW DO WE GET IT ?

“The charge of the **body**” describes the ancient Chinese teaching on energy. They viewed **energy** as the “**CHI**” the life force of the body. Thousands of years the Chinese studied the way in which man could capture and harness this **ENERGY**.



This knowledge lives today in Sunrider whole foods.

## INSIDE OUT

When we think of **ENERGY**, we think of our “outer” activities, like running, climbing the stairs. This **ENERGY** is only the end result of the workings of a miraculous power plant we call the body.

Traveling from cell to cell at the speed of light are pulsating currents of pure **ENERGY** to organs and muscles to keep the body running efficiently.

But we rarely think of this continuous activity within the body, bodily processes that we take for granted like breathing, cleansing, elimination, fat control and healing all depend on these countless cellular energy plants.

Our bodies distribute the available **ENERGY** using strict priorities. **ENERGY** first goes to crucial body functions, **then** digestion, and **finally** to cleansing and elimination or healing, **IF THERE IS ENOUGH TO GO AROUND**. Because most people exist at barely half their energy potential, the body must choose which functions to support, and that means that some functions are always being denied full **ENERGY** supply.

Fortunately, since our body is a lot wiser than we are, it isn't going to cut off the energy for breathing so it can expend the abnormal amounts of digestive **ENERGY** we need to digest the typical North American meal. Instead, the body will carefully steal that extra digestive **ENERGY** from somewhere less important. Body processes like cleansing, elimination, fat maintenance, or muscle tone will be slowed down.

The activity that requires the most **ENERGY** and which frequently gets any is the natural healing processes of the body. **DISEASE IS AN ENERGY CRISIS OF THE BODY**. Our lifestyles and diets burn up so much **ENERGY** that our bodies never have any **ENERGY** left to heal themselves. **When our ENERGY supply runs low**, all the functions of the body are impaired. Digestion, Absorption, Assimilation, and Elimination drag; Circulation and Respiration are inefficient; and our Immune system begins to be overworked All the tissues and fluids of the body are sluggish. The cells are no longer nourished, and we feel unwell. **Health declines. We're sick!!**

This process is called DEGENERATION.

## **THE FOUR BASIC FOOD GROUPS**

Most of us know that to recharge our **ENERGY**, we must eat foods that provides **ENERGY** to the body. So we turn trustingly to the four basic food groups:

- 1) The Produce group
- 2) The Animal group
- 3) The Processed group
- 4) Sweet or Fatty Stimulant group

Today's foods are not produced with nutrition in mind. The concern often is producing foods less expensively and as quickly as possible – at the expense of nutrition.

Our **PRODUCE** is often force-grown in depleted soil, sprayed with toxic chemicals, placed in storage for months, and after just a few hours under supermarket lighting, these so-called “fresh” fruits and vegetables are depleted of much of their living nutrition. We then take them home and cook the rest out of them.

Our **ANIMAL PRODUCTS** are high in cholesterol and fat and low in fibre. This combination extracts a tremendous amount of **ENERGY** to digest. Lean beef stays in the stomach for up to four hours. Meanwhile, anything else we have eaten with the meat ferments while the body works on digesting the meat. In addition these animals are raised on diets of “bulking agents”, hormones, mold inhibitors and antibiotics. The results of this foodless diet are passed on to us, which gives the body added stressors to deal with.

The **PROCESSED FOOD** group is milk products, cereals, chips, noodles, breads, etc. We process the vital life **ENERGY** out of these foods to make them cheaper and more convenient. And forget canned foods, that stuff is DEAD. These foods may fill us up, but they do little to energize the body.

**SWEET OR FATTY STIMULANT** group receives the most attention and outsells the others by a large margin. This group is where most of us turn when faced with an **‘ENERGY CRISIS’** This food group offers the promise of “instant” **ENERGY** through coffee, soft drinks, cakes, candy, etc. As soon as the temporary surge of **“ENERGY”** begins to fade, we simply give ourselves another dose. We fall into bed at night dead tired but still wired. By the time our frazzled nervous system calms down enough to sleep, it's time to start all over again. The most innocent victims of this food group are the greatest consumers of sweet or fatty stimulants, our **children**. Destructive life patterns and a very unhealthy life are set early.

## **“FOOLS ENERGY”**

It has been well established by countless studies that the Average Diet is in big trouble. Depending upon our diets for **ENERGY**, is like mining for gold and settling for the false glimmer of fools gold. Empty depleted foods and stimulants do not adequately feed cells with nutrients to fuel our **ENERGY** stores. At best, they may only briefly stimulate our nervous systems. That’s why it is called nervous energy. This gives us a temporary false sense of **ENERGY – “FOOLS ENERGY”**.

With chronic **ENERGY** crisis deficits like this, it’s no surprise that an ever increasing segment of our society is Overweight. Is it any wonder we have sluggish fat regulation and organs not doing their jobs? The body gives us increasingly urgent signals until it finally orders a shutdown of some sort just to conserve enough **ENERGY** from our meager supple just to keep us alive.

## **THE ENERGY BANK**

We have reduced the Average Diet to mere chemical and caloric values, ignoring the basic **ENERGY** needs of the body. The **ENERGY (CHI)** comes from the synergistic structure of the food, not the chemical content. It’s this basic: Everything we put into our bodies either makes an **ENERGY DEPOSIT** or an **ENERGY WITHDRAWAL**. We are healthy when our savings and spending are balanced, and we’re sick when they are not. The body doesn’t look at foods as “calories”, it measures them in terms of energetic potential. This occurs in the digestion stage. Everything passes through digestion to be utilized by the body and digestion takes a great deal of **ENERGY**. If something we ingest uses up more **ENERGY** than it gives the body, we are operating at a deficit. This creates the slide toward DEGENERATION eg: because our Average Diet loses points for being foodless, digesting it will require a lot of **ENERGY**, more **ENERGY** than it provides and this is why we feel tired after most meals. Our body has to knock us out for a while just to have enough **ENERGY** to sort through the slush that was lunch. This is also the reason some meals are so unsatisfying.

Many people finish a heavy meal and continue to snack because they “still feel hungry”. Their cells are screaming for energetic foods, which we experience as hunger and we often quell this hunger for energetic food with generous servings of sweet or fatty

**ENERGY DEPLETING** desserts. Fat and Sugar are the most **ENERGY DEPLETING** foods there are. Take refined sugar for example – it takes the body considerable amount of **ENERGY** to deal with it. And refined sugar offers zero raw nutrition to the cells.

### WHAT ABOUT VITAMIN, MINERAL,

### AMINO ACID, & PROTEIN SUPPLEMENTS?

It should be obvious that the Average Diet doesn't lead to **ENERGY**. We don't know how energetic our fresh fruits and vegetables are so in an effort to compensate for our deficient food supplementation seems to be the answer. But, the instant a nutrient is isolated, it becomes a simple chemical, no matter where it came from; it's energetic life has been compromised. In this form, it now takes more **ENERGY** from the body than it gives. The body expends tremendous amounts of **ENERGY** vainly trying to put the missing pieces of the whole back together. Vitamins, Minerals and Protein Powders are **ENERGY** deficient. The further away from its original form a food is, the LESS it has to offer and the MORE ENERGY the body has to expend to deal with it.

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## ULTIMATE ENERGY

All Sunrider Food products are whole, living, viable foods. When eaten together with a good diet, Sunrider foods fill the “gaps” created by our stressful lifestyles, fast food choices and severely depleted foods. Sunrider formulas are fresh, organic fruits and vegetables which are harvested at their energetic peak, and then formulated to pass on that viable living **ENERGY** to us.

Whole, living Sunrider foods give the body more **ENERGY** than they use, which builds cellular **ENERGY** for the future. Sunrider’s exclusive enhancement and concentration processes means the body has to expend very little digestive processing **ENERGY** to utilize the Sunrider foods. The pure nutrition in Sunrider foods are ready to be utilized by the body in **minutes**. This is the ultimate in **ENERGY** efficiency.

Ordinary herbs require considerably more **ENERGY** to digest, because they are still in a crude state and simply ground up, so the body has to sort through useless bulk to find any nutrition. This takes **ENERGY** which some people just don’t have.

## ULTIMATE BALANCE

The Sunrider food formulas pay close attention to the **ENERGY** needs of the body as a whole. The organs are linked together and **ENERGY** flows from one organ system to another.

One food cannot be as beneficial as a combination of many foods. Each Sunrider formula is a perfectly balanced blend of whole foods that work together to provide cellular **ENERGY**. If we attempt to focus on a single organ or system, this interrupts the natural flow of **ENERGY**, stressing the other organs and systems. The integrated Sunrider food formulas have been designed to work together in supporting the **ENERGY** cycles in the body.

**NUPLUS** ----- The whole body cellular **ENERGY** formula

**CALLI** ----- The cellular cleansing foods

**QUINARY**----- Nourishes the Five Systems of the Body