

Hope & Help for Brain Epidemics



*Autism & ADHD, Bipolar Disorder; OCD, Seizures, Dyslexia,
Dementia & Alzheimer's, Chronic Depression, Stress & Anger
And everyday challenges for most of us!*

“The Toxic Battle Inside Our Brains”

Presented by:
Donna Ehrlich, ND

Topics Explored:

- What is draining our brain energy faster than most can replenish it?
- Why do 1 in 37 kids now experience Autism?
- What's behind bipolar disorder and OCD?
- Why are we losing our loved ones to Alzheimer's?
- What's causing seizures?
- What's causing these skin issues?
- Understanding brain fog
- Why do bouts of frustration, anger, or deep depression occur so easily?

We Have Hope to Share!

We don't have to struggle, we just need to know what to do.

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The Toxic Battle Inside Our Brains

How many of us have experienced:

- Senior moments when we just can't remember? We try hard, and it almost hurts to think. We have post it notes everywhere to remember.
- Or we can't recall our best friend's name when introducing them to someone. How embarrassing!
- Or we search the house for our glasses, only to discover they are sitting on top of our heads.
- Or we walk into a room and forget what we came in for.

What about those more serious, life-altering issues?

- Why has there been a dramatic increase in autism, from 1 in 1,000 not so long ago to now 1 in 37?
- Why are we losing so many of our loved ones to Alzheimer's?
- Why is there so much chronic depression leading to suicide?

So, what is going on? The good news is that we're not necessarily "losing it." Something is happening in the brain that is altering our designed thinking process, and that is what we are here to explore.

Perhaps this story will be a good one to begin with.

Introduction & Story

"Eden, lay still, you've got to swallow this!"

Amidst Eden's cries and struggle, his parents managed to get one capsule of *ESE* down his throat without him gagging. With hopes of some quiet time and relief from their demanding and totally frustrating lives, they headed to church, leaving Eden at the children's division. Eden, their precious child, was autistic.



After the service, his teachers approached them with amazement, exclaiming, “What did you do to Eden? Look at him; he’s playing quietly with other kids; he’s never been like this.” Typically, the staff struggled to prevent Eden from harming himself or others. As soon as they arrived home, Eden returned to the spot where his parents had gently but firmly held him down to administer the capsule. He laid down, spread his arms as they had before, and spoke his very first independent sentence, *“Do it, Momma, quick!”*

This powerful transformation in Eden's life symbolizes the potential hope we have found—a hope that extends beyond Autism to include ADHD, Bipolar disorder, OCD, Alzheimer's, dyslexia, chronic stress, and chronic depression anger.

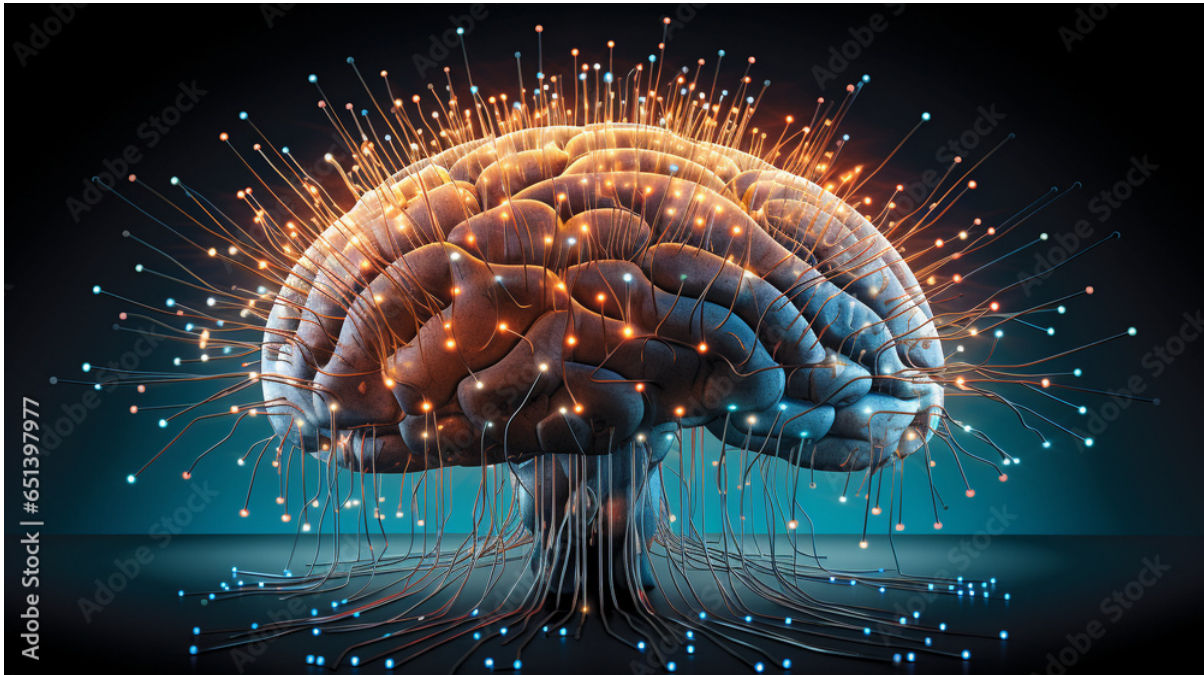
Imagine with me, the possibility of transforming the lives of millions battling these challenges. Both the cause and the solution are astonishingly simple. Tonight, we delve into a groundbreaking yet straightforward approach that empowers you to initiate this change.



Part 1

Our Amazing Electrical Plant and Control Center

Electricity in the brain isn't just a hot wire; it is an electrical plant & substation that carries the pulse of intelligence and information throughout our entire body.



For our brains to function as designed, they require optimal fuel and an optimal coolant to keep the brain cool with all the intense heat created by the electricity racing through it.

Glucose: Fuel and Coolant

As we have just said, brain cells create the electricity and then the electricity carries information from the brain to all areas of the body through an intricate nervous system. As this electricity goes from one neuron brain cell to the next - it sparks - just like a spark plug in your car - igniting and moving that information to the next neuron, and then sparking again as it goes to another neuron cell, sparking and moving, sparking and moving to the next cell - connecting the electricity to the different parts of the brain - sending, receiving, interpreting and sending out again the intelligence and information through out the body.

The brain needs Glucose for two of it's most critical functions: Fuel to create the electricity and coolant to immediately cool the spark so the brain does not overheat as it is sparking and moving thru the brain. Glucose instantly cools the spark after transmitting the electrical information to the next cell (neuron). Glucose helps to protect the brain from overheating.

What is Glucose? Glucose is the sugar found in healthy complex carbohydrates. When you skip meals, go too long between them, or participate in fasting, your brain runs low on glucose. Remember it needs glucose for fuel to create the electrical energy and glucose to keep the brain cool. This is why when you haven't gotten enough glucose to the brain you feel "hangry"—your brain is hungry. You can fly off the handle more easily, feel depressed, and struggle to think, as your brain lacks its main energy and cooling source.



Best Table Foods for Brain Glucose: Fruits are a top source of complex carbohydrates because they digest quickly, allowing glucose to rapidly reach the brain. Fruits not only give the body that optimum fuel but also cools the brain from the intense heat created by the electrical center. Other excellent sources of glucose include potatoes, especially red potatoes, winter squash, tomatoes, sweet potatoes, and raw honey.

For Sunrider Fans: We love Sunrider's NUPLUS, an exceptional source of complex carbohydrates added to the benefits of fruit for a fantastic fruit smoothie. NuPlus consists of 12 live plant foods, concentrated 8 to 10 times into an easy-to-digest powder that can be added to smoothies, made into a milk, a meal in a mug, or eaten straight from the package. Within minutes, it enters our bloodstream and goes directly to fuel our brain. **NuPlus is phenomenal glucose for brain food!**



6 Varieties of NuPlus:

1. **Original:** Original Ancient NuPlus formula called "Angel's Manna"



2. **Simply Herbs:** Original NuPlus plus five different colors of sprouted beans – red, black, yellow, white, green,



3. **Fruited NuPlus:** Simply Herbs NuPlus -10% real fruit vs just flavors.



4. **VitaShake:**

- The Original NuPlus plus 44 bonded vitamins and minerals, enabling the body to recognize it as a whole food. It also includes a beneficial prebiotic.



5. **Protein Plus:**



Original NuPlus combined with Pea and Rice Protein. (Choices: Vanilla, Carmel Macchiato, Pumpkin Spice, Ginger Tumeric)

6. **Protein Plus Coco Mint:**

- a. Original NuPlus combined with Soy Protein



Stories About NuPlus: We've witnessed remarkable transformations with NuPlus.

- Children who were struggling in school found their focus improved dramatically with just a little NuPlus, opening their minds to learning.
- A student nurse shared, "Working nights and studying days left my brain tired. I was afraid I'd make a mistake on the meds at work. After trying NuPlus, I said, 'I can think again.'" **NuPlus is fuel for the brain! It's Simple to enjoy in so many ways, cost-effective, and really Works!**

Water – Delivers the Glucose to the Brain & Remove Toxins.

80% of Health Challenges are caused by the body not getting enough water into the cells.

We need to super hydrate our body. We may be drinking lots, but is it getting into the cells? Through our water (into clean healthy blood) Oxygen and nourishment are delivered to the brain while toxins are removed through our water (in healthy blood)! To ensure your water is truly hydrating our body and reaching the brain cells, use the cleanest source of water.

How much water do I need each day? Take your weight and divide it by two. That's how many ounces a day you should drink. Divide that number by 8, and that tells you how many cups a day you need. Drinking caffeinated beverages can actually dehydrate the body. You'll need to add 2 extra cups of water for every 1 cup of caffeinated beverage you consume.

Super Hydrate Your Brain and Body: Some people use Alkaline water thinking it will help to hydrate the body without realizing that that will actually compromise the digestion process. We do not want to neutralize the strong digestive acids in the digestive system. Consider instead, adding Sunrider's superhydrating food beverage, FORTUNE DELIGHT. It consists of 5 whole herbal foods including green tea, only without the caffeine and tannic acids, and is concentrated 8-10 times. It actually nourishes the digestive and cleansing organs so that THEY can do their designed job of helping our water actually enter the cells, delivering oxygen and nutrients and removing toxins. *Fortune Delight* for super hydration and digestive system cleansing for a healthy gut.



Part 2

The Battle in our Brains...What's the Culprit?



The Number One Culprit is the Presence of Heavy Metals in the Brain.

The range of problems Heavy Metals create includes, but is not limited to:

- ***Mental and Neurological Challenges***

- Mood and Mental Health:
 - Depression
 - Anxiety
 - ADHD
 - Autism
 - Bipolar Disorder
- Neurological Disorders:
 - Epilepsy
 - Parkinson's
 - ALS (Amyotrophic Lateral Sclerosis)
 - MS (Multiple Sclerosis)

- ***Physical and Systemic Symptoms***

- Disease and Symptoms:

- Lyme Disease Symptoms
- Shingles
- Numbness
- Tics, Twitches, Spasms, Seizures
- Other Concerns:
 - Hot Flashes
 - Heart Palpitations
 - Hair Loss
 - Memory Loss, Confusion
- ***Broader Health Issues***
 - Physical Health Effects:
 - Insomnia
 - Loss of Libido & Infertility
 - Fatigue
 - Migraines

A Message of Hope

The good news is that there are positive steps we can take to rid our bodies of these toxic heavy metals. But first, let's understand a few key points:

Trace Minerals vs. Toxic Heavy Metals

What's the Difference?

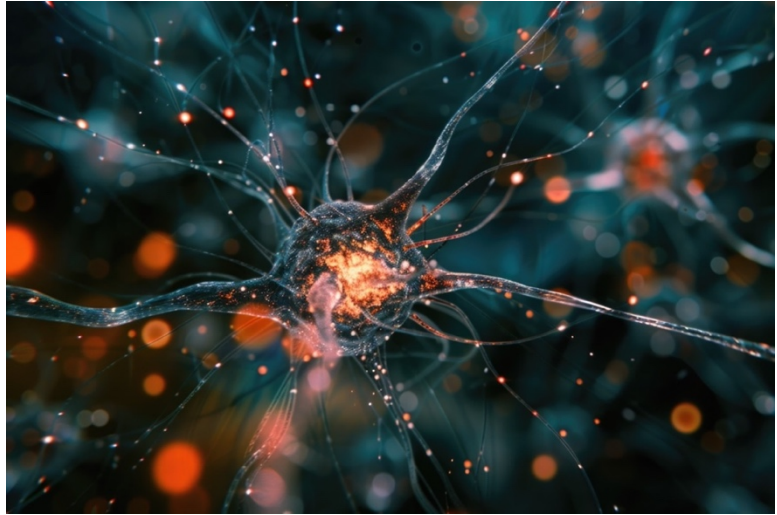
- **Trace minerals** are taken from the earth up into our foods so that our body and brain can utilize them. Trace minerals are critical for brain and body health...to keep the electrical flow going. Our liver then takes the food we eat, extracts the minerals, stores some for future use, and sends the rest wherever they are needed in the brain and body. These trace minerals are in a living form.



processes, they change, losing their natural energy and become toxic metals. This transformation renders them extremely harmful to our bodies, associating them with serious health challenges.

- **Heavy Metals** are *minerals* that have been affected by some form of industrial process. When trace minerals undergo industrial

- **Polar Opposites:** Heavy metals and trace minerals are polar opposites of each other and counteract the body's positive electrical charge. Toxic heavy metals are the primary enemies of trace minerals and can actually destroy trace minerals along with their beneficial effects.
- **Magnetic Pull of the Brain:** The brain acts like a magnet, pulling essential trace minerals from the blood to boost intelligence more and more over time. However, this magnetic pull of the brain also attracts toxic heavy metals, which settle in the brain. These deposits grow over time, strengthening the brain's pull and leading to more accumulation of more heavy metals accelerating the development of serious health challenge. It is crucial to remove these metals and also crucial to prevent more from entering the bloodstream.
- **Invisible Intruders:** Toxic heavy metals are tiny nanoparticles that easily enter our brains and organs. These particles can get stuck between brain cells, disrupting communication and brain function. Their small size often makes them undetectable in regular tests or MRIs. However, when these metals are removed and the brain is nourished, the body's healing ability can be amazing.
- **Generational Transmission of Heavy Metals:** Heavy metals can pass from one generation to the next, settling in the brain and liver. They do not leave naturally and can transfer from mother to baby, impacting development. Often unnoticed, their effects become evident as children grow, necessitating specific detox efforts to remove them.
- **Heavy Metals Create Brain Heat:** Toxic heavy metals act like hot coals, retaining heat. When the brain's electricity moves between neurons, heavy metals keep it hot, disrupting normal instant cooling that is so necessary. This can lead to headaches, stress, anger, depression, and unexpected reactions.



Anyone relate to this? Remember glucose as a coolant. This is why we often feel a calming effect after eating NuPlus. We've had moms say that they feed fussy babies NuPlus, and they calm right down, becoming happy again or going to sleep. This is why we call it "Happy Food." It's the cooling effect of glucose on the brain.

- **The Alloy Effect:** When the brain contains a mix of heavy metals, it forms an "alloy" that can cause various symptoms like depression, anxiety, tics, spasms, brain fog, memory loss, obsessions, and compulsions, all affecting decision-making. Alloy blends can scramble words and alter memories. That's why three people can recall the same event but each one remembering it differently. Different metal mixtures in the brain lead to unique responses, highlighting the importance of being patient with each other.
- **The Rusting Effect:** As heavy metals age in the brain, they rust, a process called oxidation. This breakdown releases harmful substances into brain tissue, leading to increasing brain damage over time.



- **Conclusion: Awareness is Silenced!** Although we know about heavy metals, they are rarely discussed in mainstream medicine. People who highlight their harmful effects on our brains and bodies are often dismissed as alarmists or misinformed and are frequently "silenced."

What is the #1 Contributor to Most Brain Challenges?

Mercury!

Historical Context of Mercury Use

- **A Fountain of Youth and Remedy:** For nearly 2,500 years, mercury was revered as a fountain of youth and a cure-all for various ailments. This cherished elixir played a vital role in the medicinal practices of Asia, England, and Europe, later gaining popularity in America. By the 1800s, prescribing a glass of mercury water had become standard practice for doctors, administered to patients regardless of age, gender, or symptoms.
- **Consequences:** Patients often returned from the doctor exhibiting alarming symptoms such as uncontrollable shaking, fevers, rage, body tics, and incoherent speech. The asylums became overcrowded with individuals suffering from severe insanity and convulsions. For nearly 25 years, people ceased visiting doctors, leading to stagnation in the medical field as patients preferred to endure their ailments rather than risk the dangers associated with consultations.
- **Historical Impact:** It is believed that Abraham Lincoln's depression was significantly exacerbated by the use of mercury pills. His battle with severe depression may have originated from or intensified after consuming just a few glasses of medicinal mercury elixirs.
- **Knowing this, what is the current state of mercury use?** Is this mercury nightmare truly a relic of the past? Have we come to our senses? Unfortunately, no! When addressed or questioned, mercury's presence in our lives remains a highly controversial topic. Mercury issues remain hidden from view and are overlooked.
- **Continued Exposure in Medical Treatments:** There are alarmingly high levels of mercury and aluminum in medical treatments given to babies, children, and adults, including pregnant women. Despite this, a persistent narrative suggests that this is acceptable. This highlights the need for greater awareness and scrutiny regarding the safety of such practices.
- **A Question of Vaccination:** Let me pose a straightforward question: How many vaccinations did you receive 30 years ago? Today, think about how many vaccinations a child will have by the age of 3, or by the time they start school. This increase prompts us to consider the cumulative exposure to substances like mercury and aluminum found in some vaccines, urging us to contemplate the implications for our health.
- **The Good News** is that steps can be taken to improve our situations instead of continuing to struggle.

PART 3

THE STRUGGLE...WHAT'S THE IMPACT?

But before I show you how to eliminate these toxic heavy metals and alloys that disrupt our peace, we will briefly discuss how these harmful substances specifically relate to the following challenges:

Autism & ADHD

- **Mercury and aluminum** are the real culprits; they tend to accumulate in the midline cerebral canal of the brain, which separates the left and right cerebral hemispheres. When electrical currents flow through and interact with these alloys, they produce complex and challenging effects.
- **ADHD** – they struggle to focus, remain still, or manage impulses. They may be easily distracted, struggle with task organization, or act hastily without consideration.



Autism – they struggle to communicate and interact with others; can cause repetitive behaviors; can cause intense focus and enthusiasm for certain interests, yet find it hard to understand social cues; They may have sensitivity to lights, sounds, or other sensory experiences.

- **Misconceptions:** There's a popular misconception that ADHD and autism result from a poor intestinal environment. While improving gut health can benefit sufferers significantly, it doesn't address the underlying cause of these conditions. Until we address the underlying cause, we will continue to see millions struggle.



Bipolar Disorder

- **Toxic Alloy Combinations:**

The toxic heavy metals of calcium, copper, arsenic, platinum, and nickel form an alloy brain condition, keeping the brain in a constant state of heat. Then adrenaline surges in, leading to increased emotional sensitivity.

- **Bipolar** – they experience extreme mood swings, including intense *emotional highs and periods of depression*, with normal

moods in between. Individuals may experience significant happiness and excitement, taking more risks than usual, accompanied by excessive talking and racing thoughts. Conversely, they might feel very sad and low, with decreased energy, difficulty enjoying activities, and changes in sleep and appetite.

- **The Cooling Effect of Glucose:** When the brain receives sufficient glucose—natural sugars and healthy carbohydrates—it feels a cooling effect. This is comparable to rain extinguishing a fire after a lightning storm, helping to stabilize emotional response.



Obsessive-Compulsive Disorder (OCD)

- OCD can be attributed to the presence of a mix of mercury and copper in the brain. When an electrical impulse carrying a thought moves across neurons and encounters hits a metallic wall, this interaction causes electrical messages to explode or project off course, like hitting a metallic wall.

This disruption causes unfinished thoughts or actions, prompting repeated attempts to complete them. When an electrical impulse cannot pass through a brain area on the first try, individuals feel compelled to try again, leading to repetitive behaviors associated with OCD. Common obsessions might include fear of germs, involve frequent hand-washing or checking multiple times to see if they locked the door



Seizures

- **Mercury is responsible for most seizures.** Some of these include sudden twitching or jerking movements, loss of consciousness, confusion, staring spells, or uncontrollable movements. They can last for a few seconds to several minutes and often happen unexpectedly.

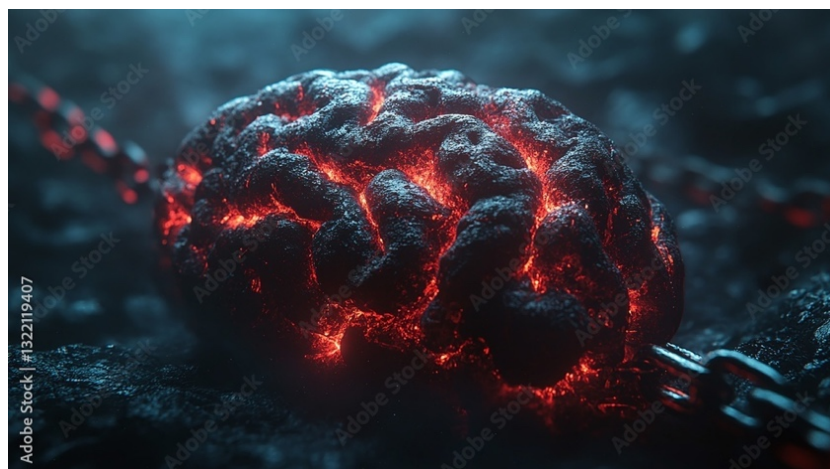
Dyslexia

- **Oxidized Mercury:** Early in life, oxidized mercury has saturated key areas of the brain involved in language, learning, visual processing, and recognition, obstructing normal neural pathways causing difficulty reading words accurately, struggle with spelling, mixing up letters or words, all affecting reading and comprehension.



Dementia and Alzheimer's

- These conditions are entirely caused by mercury, and often aluminum, which leads to severe brain tissue damage through large, oxidized deposits. The saturation of these metals results in dead zones within the brain, where electrical signals should be active. This obstruction leads to brain deterioration and atrophy, contributing to the progression of these debilitating conditions.
- **Dementia** affects a person's ability to think, remember, and make decisions over time.
- **Alzheimer's** is the most common type of dementia, where they might start forgetting recent events, have trouble finding the right words, or get confused about time or places. They could also experience changes in mood and behavior, making everyday activities hard to manage.
- Dementia and Alzheimer's are frightening and challenging conditions that are becoming increasingly prevalent. We don't have to become the next victim.



Depression

- Profound despair can again be linked to toxic heavy metals disrupting the brain's electrical grid, interfering with normal neurological function. They often struggle feeling they haven't accomplished anything, feel adrift, sensing they're missing out on life without understanding exactly what it is. Alongside these emotions, they often cannot find relief. Again, this profound despair can be linked to toxic heavy metals.

Chronic Stress & Anger

When heavy metals are present in the brain, they prolong its heated state, resulting in increased activity leading to frequent bouts of anger and persistent feelings of stress as the brain struggles to cool down and regain a state of calm.

- **Chronic stress:** They struggle with tension that can last over a long period, often in response to ongoing situations such as work pressures or financial worries where the brain retains the heat in a heightened state of alert for extended periods, leading to other health issues over time.
- **Chronic Anger:** Chronic anger is the persistent state of anger that is not necessarily linked to specific triggers, but instead it's the body's inability to cool down in the brain. Carrying this simmering sense of hostility or resentment over a prolonged period creates unresolved conflicts, perceived injustices, deep-seated frustrations; this can create even more significant health implications, one being deep depression, hypertension, and even heart disease.



Copper's Legacy

- Copper, another common toxic heavy metal, is easily encountered in daily life and passed down from generation to generation. Larger amounts of toxic copper deposits stored in the liver can lead to eczema, psoriasis, and other skin conditions during childhood or adulthood. Most all skin challenges result from toxic, sluggish, overburdened liver issues.

Encouraging Insight

The good news is that none of these are chronic illnesses, and we can rid the brain and body of these toxic heavy metals. To shield ourselves and our families, we must ask questions about everything, including whether mercury or other heavy metals are involved in medical treatment and what environmental factors are introducing these culprits into our lives.

Part 4

Where's the Culprit Hiding... Sources?

So where do we get all these Toxic Heavy Metals that we are continuously exposed to and that our bodies accumulate? Because they are present in such small amounts, it's easy to underestimate their impact. However, our ongoing exposure can result in significant accumulation over time, which is the critical part.

- **Medical and Pharmaceutical Industries:**

Mercury, aluminum, and other heavy metals are commonly utilized in medical and pharmaceutical applications.

- **Cosmetic Industry:**

Mercury and aluminum have long been essential *components* in cosmetic products. This further highlights our appreciation for Sunrider's pure, clean, natural, and safe skincare and cosmetics.

- **Food and Beverage Industry:**

The history of aluminum usage includes food preparation, beverage cans, and cooking utensils.

- **Chemical Industry:**

Aluminum often appears in traditional cleaning products. Once again, Sunrider comes to the rescue! Sunrider's safe and effective ***SUPER CLEAN*** replaces all the cleaning products under the sink. It is safe, economical, and highly effective.

- **Personal Care Products:**

Many deodorants include aluminum compounds. Fortunately, Sunrider's herbal deodorant is both safe and effective, and it does not include aluminum.

- **Environmental Contaminants:**

Exposure to toxic air sources—such as fragrances, air fresheners, pesticides, chemtrails, and scented candles—contributes to the problem. Sunrider's FRUIT AND VEGGI RINSE provides 32 additional uses beyond merely cleaning fruits and vegetables.

- **Dental Amalgams:**

Mercury is a component of some dental amalgams. Exercise extreme caution when removing them; do not remove them all at once. Furthermore, Sunrider dental products help strengthen and protect the gums and teeth, promoting exceptional dental hygiene without toxic ingredients.

PART 5

4 IMPACTIVE STEPS

#1. Purge the Heavy Metals from the Brain & Body

There is arguably no better action for our health and our lives than removing heavy metals from our brains and bodies. By doing so, we can halt the development of and begin reversing these devastating symptoms. Chelation is a medical therapy used to remove these metals, but it is expensive and can have dangerous side effects. Instead, we use the Sunrider method of chelation. It is a simple yet highly effective approach. It relies on food! It is not a stressful detox! You can easily incorporate these practices into your home and everyday lifestyle.

• Chelation the Sunrider Way – Strong Calli & Spirulina

- **Sunrider CALLI** is a delicious beverage made from five herbal foods, concentrated 8 - 10 times. It nourishes the five cleansing organs—the liver, colon, kidneys, lungs, and skin—enabling them to cleanse the body even more effectively. Concentrating Calli enhances its potency, aiding in the removal of deeper layers of toxins and heavy metals from the cells, tissues, and blood.



- **Sunrider SPIRULINA** is a blue-green algae that is safely cultivated in clean tanks, as opposed to an ocean source that may contain mercury. Spirulina is a wonderful whole food, concentrated 8 to 10 times. It possesses the remarkable ability to assist the Calli in extracting heavy metals, particularly mercury and toxic copper, from the brain, central nervous system, liver, intestinal tract, reproductive system, and thyroid. The toxic debris that the Calli removes attaches to the Spirulina. We continue consuming weaker Calli throughout the day to help safely flush this debris out of the body.



• Simple Chelation Method

1. Make Calli Beverage in your Coffee maker – 1 tea bag with 8 cups of water
2. Take one of those eight cups, add another tea bag to that cup, and let it steep for ten minutes.
3. Drink that extra strong cup of wonderful Calli beverage and eat three capsules of Spirulina.
4. Continue drinking the remaining 7 cups of regular Calli with the Spirulina capsules to flush the heavy metals from the body and prevent them from settling elsewhere.
5. This strong Calli and 3 Spirulina can be repeated two or three more times a day for even more benefits.
 - Starting your day with a strong cup of Calli and drinking the rest through the day just might become part of your lifestyle.
 - That's why we have more mental clarity, calm energy, and overall feeling of well-being.
 - Many of us may have these toxic heavy metals buried deep inside the organs and glands, connective tissue, or even bones. It can take some time to draw them all out. Begin extracting layers of these metals that are embedded within the body and watch for renewed health and vitality. Be patient, understand what your body is eliminating and stick with it. Your body will thank you for years to come!

- **Table Foods** that also help draw heavy metals out of the brain, can be added to the combination:



- **Cilantro:** helps remove toxic heavy metals in the stomach, intestinal tract, liver, and gallbladder.

- **Wild blueberries:** draw heavy metals out from your brain, help heal and repair gaps that the metals create in the brain. If you can't get frozen, wild blueberry powder is an option.



#2. Restore Liver Vitality:

The liver is designed to trap, stop, and eliminate harmful substances *before* they cause damage and reach the brain or other parts of the body. Revitalizing the health of a sluggish, stagnant, and dysfunctional liver (fatty liver) can be one of the most significant actions you take for your overall wellness.

Causes of fatty, sluggish, ineffective liver function: what are the culprits? Heavy metals, high-fat diets, preservatives, and chemicals – anything toxic that the liver must filter out. The liver performs over 2,000 functions. A well-functioning liver is essential for eliminating the sources of many health challenges. It acts as the body's primary filter.

LIVER CLEANSE:

- **DANDELION ROOT:** Consider supporting a struggling liver with *Dandelion Root* for an effective liver cleanse. Avoid adding fats and oils during a liver cleanse, as these substances contribute to the sluggish, overburdened condition. Sunrider's Dandelion Root is particularly effective, being 8-10 times more concentrated and utilizing the most nourishing part of the plant for liver detoxification- the root.
- **Detox Plan:** A 10-day regimen involving 10 capsules of *Dandelion Root* per day can boost liver function. Relieve and revive the liver. This can be done alongside chelation or separately.
- **Recommendation:** To maintain a strong and functioning liver for optimal health, cleanse at least once a season, adopt a lower-fat diet, and minimize environmental hazards in your lifestyle. Remember that high-fat foods are often accompanied by sugary items.
- **The Same Sunrider products help both the brain and the liver:**



- **Glucose** is also the primary fuel for the liver, just like it's the primary fuel for the brain. Again, fruit and NuPlus are important sources of glucose.
- **Spirulina** removes heavy metals from deep pockets of the liver. Spirulina rejuvenates a sluggish liver.
- **Calli** significantly supports liver health and help keep the brain and liver cleansing effectively.

#3. Restore and Support the entire Nervous System

Remember the story of Eden with just one capsule of ESE?

Sunrider Nervous System Foods: TOP, JOI, ESE – We call them the Jet Set: These are a wonderful combination of herbal whole foods that do not interfere with medications, are concentrated 8-10 times and each herbal food is combined to restore the working balance in the Nervous System:



TOP – Left brain – analytical

ESE – Right brain - emotional

JOI – Feeds nerves to joints, muscles and bones



- **TOP: This Central Nervous System Whole Food Combo** helps manage the working balance between the two hemispheres of the brain, encompassing everything from the shoulders up. Feel these benefits:

BRAIN FUNCTION

- Feels like your head is on straight
- Mental clarity – ready to take it on
- Critical thinking
- Creative thinking
- Lower lobe of brain
- Chemically balances the left and right hemispheres
- Improved mental clarity
- Nourishes production of endorphins
- Promotes calmness
- Reduces pain
- Relieves headaches/migraines
- Focuses on Sinus congestion



- **ESE –This Nervous System Whole Food Combo** works with the brain to promote focus, sleep, stress management, and more. Feel the benefits:

CALMS

- Emotions in check
- Calms panic attacks
- Tension let go
- Natural Sleep
- Concentration
- Capacity to handle stress
- Overcome addictions
- Diabetes – relaxes stomach muscles
- Relaxes clenched jaws
- Relieves muscle spasms
- Lowers blood pressure – body simmers down



- **JOI—This Nervous System Whole Food Combo** works by connecting the brain to any part of the body that moves.

FEEDS THE NERVES TO THE JOINTS, MUSCLES, BONES

- Dissipates pain with any of the Osteo challenges
- Lowers back pain when under stress –
- Happier mood, emotional wellbeing –
- Nerve flow increased – Helps repair crumbling discs (6-10/day)



A NEW Morning Routine: Brain and Nervous System Beverage

- **INTELLIRISE** is our beautiful new Sunrider mushroom combo beverage: Lion's Mane, Chaga, Cordyceps, Reishi, Rhodiola Rosea, and Panax Ginseng. These mushrooms and herbs have long been recognized for their benefits to brain and nervous system function. This powder is blended with roasted cocoa, creating a delicious drink that can be enjoyed hot or cold, or it can be added to water or any of our other wonderful foods.
- **Just a few of our life-changed stories**
 - A 6-year-old who couldn't swallow capsules opened the TOP, JOI, AND ESE and filled his own smaller capsules. He could tell the difference. He did this himself. He wanted these foods.
 - A mother in delivery ate the JET Set and experienced hardly any pain.
 - A gentleman with Parkinson's had to give up driving his new Cadillac but started the JET set and was soon back behind the wheel of his new car, which made him so happy.
 - A 12-year-old boy with Down syndrome stopped stuttering, and another 10-year-old girl with Down syndrome finally started speaking on her own.
 - A woman with bipolar disorder showed significant improvement in three months, and her psychiatrist was completely amazed!
 - Students writing term papers love TOP/ESE for creative thinking.
 - A student who was struggling to understand his work and was failing found his future changed by TOP/JOI/ESE, and he was excited to become an honor student.
 - Students who struggle with tests learn to relax and remember, allowing them to ace their tests.



#4. Feed the Brain's

1. Glucose (*NuPlus*)
2. Super hydrate your brain & body with enough water & added (*Fortune Delight*)

Summary:

Again - Hope and Help – 4 Impactive Steps

1. **Purge heavy metals**
 - Chelate - Strong **Calli** and **Spirulina** to effectively remove heavy metals from the body.
2. **Rejuvenate the Liver:**
 - Liver Cleanse with **Dandelion Root**
3. **Restore & Rebuild the Brain and Nervous System**
 - Nourish with **TOP**, **JOI**, **ESE**, the Nervous System foods, and **Intellirise** the brain beverage.
4. **Fuel your brain with the Essential Brain Food & Hydration:**
 - Glucose & Water with added **Fortune Delight**.

Shop to Begin:

TOP Priorities for Getting Started:

1. **BRAIN AND LIVER FUEL:**
Nuplus - Internal Energy to Regenerate, 12 foods, 1-3 servings a day



2. **SUPER HYDRATE:** **Fortune Delight** – 1-2 pkgs a day (5 foods)



3. **CHELATE:** **Calli** – (Chelation + Daily Detox) 2 tea (one weak, one strong) (box of 60)

Spirulina –Chelation & an excellent protein source. Take three capsules with each STRONG CUP of Calli (1 bottle).



4. **LIVER CLEANSE:** **Dandelion Root** - 10 capsules For 10 days (1 bottle)



5. **REBUILD NERVOUS SYSTEM:** **ESE** &/or **TOP** &/or **ESE** – 3 caps/day (1 bottle ea.)



Connect for Support: Ensure you obtain your sponsor's link for complete service and the best account discounts.

Why struggle any longer? There is hope and help at your fingertips!

Begin your transformation Today! Commit to a dynamic, healthier future. Your brain is a phenomenally designed organ. Maximize what it is designed to do!

We're here to support you!



Why Are We Sunrider Fans?

- **Founder, Owner, Creator:** Dr. Tei Fu Chen, the founder of Sunrider International and creator of all Sunrider foods, is a world-renowned herbalist whose products are rooted in ancient Chinese wisdom and contemporary scientific knowledge. His products are typically years ahead of current market offerings. He understands the synergy between the brain and body, as well as what is essential for optimal health. He has developed Sunrider Foods to promote a simple, cost-effective lifestyle with whole, live, concentrated herbal foods that restore balance to the body rather than merely treating symptoms. When properly nourished with the right tools, the body instinctively knows how to heal itself, leading to the gradual disappearance of symptoms. Sunrider foods are effective, and they work quickly!
- **Begin a revolution of hope:** By sharing this information with others, you can begin a revolution of hope, health, and healing within your family and friends.
- **You can have your food paid for** and so much more. As you share and make a difference, Sunrider pays you. A Sunrider IBO Business Account gives you that opportunity. Eat, Talk, and Earn!
- **Support:** To help you in your mission of help and hope, share these documents, videos, and the website for this specific formation and so much more: <https://Cleanslate.live> We love to do three-way phone calls to support you in your mission to make a difference. We work together!
- **Sunrider, a company you can trust:** After 37 years, I couldn't be more grateful to Sunrider International, a company with utmost integrity, full support, and phenomenal, safe, and effective products that have stood the test of time for over 42 years in 37 countries around the world. It's a much-loved, multi-generational company worldwide. <https://Sunrider.com>

Appendix:

For EXTRA Nutritional SUPPORT:

1. Feed All Your Organs!

All your life support organs make up 5 Life-Support Systems: Digestive, Hormonal (Endocrine), Respiratory, Circulatory, & Immune System. Each system is totally dependent upon the other systems to function optionally. Dr. Chen has created a very unique food that specifically nourishes each system individually and then has carefully combined them into one food called *Quinary* (meaning 5). There are 50 amazing foods, concentrated 8-10 times, specific to restoring the working balance of each system and its working relationship to all the other organs. We call Quinary our fix-it-find-it- food. You eat it and the body knows how to fix itself. By nourishing all 5 systems the body can work together to address the weaknesses. If you need to, you can nourish a specific weakened system individually, with the individual system food, to speed up the strengthening process, while also supporting all 5 systems with Quinary. As the weakened system/s, are properly nourished with ENOUGH of the RIGHT KINDS of WHOLE FOODS, weaknesses are strengthened and the symptoms, sickness, disease quietly goes away. Quinary is a very unique to the market-place whole food combination and we have amazing results. **Restore the working balance of all your life-support organs with Quinary.**

SUNRIDER®
A *Holistic* Approach to Wellness

- ALPHA 20C®** Nourishes your immune system with antioxidants and calcium.*
- CONCO®** Supports respiratory health while cleansing with yin and yang energy.*
- ASSIMILAD®** Aids digestion for efficient food processing.*
- LIFESTREAM®** Promotes balance and fluidity in the circulatory system.*
- PRIME AGAIN®** Enhances the endocrine system in harmony with glands and organs.*

SUNRIDER quinary®

*This statement has not been evaluated by Health Sciences Authority. This product is not intended to diagnose, treat, cure or prevent any diseases.

2. ELECTROLYTES & TRACE MINERALS:

Heavy Metals Destroy Electrolytes and Trace Minerals in the brain and body. Electrolytes are the major minerals Trucks, such as sodium, potassium, and calcium, that deliver the critical smaller trace minerals to the brain. These essential trace minerals enable electrical information to travel seamlessly from one neuron to another, helping to prevent overheating, blockages, and short circuits. What occurs when we lose our thoughts and can't remember why we entered a room? Something obstructed the message from continuing.

Best Foods for Electrolytes: Celery and lemons are excellent sources of essential trace minerals that support brain function and electrical flow. Both electrolytes and trace minerals are crucial for optimal electrical activity and overall function



For Sunrider Fans: We love ELECTROSPORT. We call this our “Mineral Toddy.” It is a liquid vial containing 10 essential minerals, including electrolytes and trace minerals, sourced from Utah sea salts. It is sugar-free and preservative-free. It’s also an excellent source of minerals for sports and hot weather, when we sweat and lose electrolytes and trace minerals.



Key Ingredients:

- Water
- Chloride
- Calcium
- Potassium
- Sodium
- Magnesium
- Zinc
- Iron
- Manganese
- Chromium
- Selenium
- Lemon Oil.

Remember, Heavy Metals Destroy Trace Minerals. It would be great to restore these destroyed minerals with this great Mineral Toddy and then make sure you have enough to replenish them from time to time. Some need it daily for a while.

3. B12 – Protection:

Vitamin B12 acts like the insulation around electrical wires, keeping our cell walls strong so we don’t short-circuit causing overheating.

Source of B12: Did you know our bodies can produce their own B12 when we maintain good gut health through sufficient beneficial bacteria in our digestive tract? The ileum, the lowest part of the small intestine, is where the body produces its own B12. When we have robust gut health and an adequate amount of good bacteria, our body can create its own B12.

Sunrider Fans Love VITASPRAY. A single spray under the tongue delivers a refreshing burst that contains 200% of the recommended daily value of Vitamin B12, essential B-complex vitamins, a stable form of Vitamin C, antioxidants, and vital minerals. One bottle is equivalent to the potency of 80 B12 shots.. You can’t get too much B12; it simply washes out of the body if not needed. needed. Let’s keep our brains protected, B12, no burning out!



4. Gut Health Compromised?

Good bacteria in the gut are critical for healthy digestion and elimination. Antibiotics and poor eating habits can destroy the good bacteria, greatly affecting the gut health. Most probiotic sources fail to reach the gut because they are often destroyed by the strong digestive juices in the stomach. Sunrider's probiotic



Vitadophilus is our probiotic that is apple-pectin coated to ensure that the bacteria can effectively reach the gut without being destroyed by the strong digestive system juices. This is critical for gut health and for the ileum for B12 production.



Simply
the **BEST**®