

Collective Thoughts on Health and Wellness

from JW & Lois Emerson & Other Top SR Leaders

additional notes from Donna Ehrlich, ND

Emerson Nuggets of Wisdom:

- We are a byproduct of everything we put in the hole under our nose
- Everything we eat will make a difference...table food is very important for our success
- JW quoted Dr. Gresham: "If every patient could eat 15-20 lbs. of organic food, it would cure most illnesses." The concentration of SR's food is one more reason why it's so powerful.
- Most all diseases: are from a poisoned liver and low potassium – Potassium sodium balance is upside down. *NuPlus: 55 potassium, 5 sodium – terrific balanced food –
- For any Serious Problem: Take Quinary Every Hour
- All Animal *Protein* is at the base of most health challenges

Acid Reflux Heartburn Digestive System	Digestive System is struggling. Not caused by too much hydrochloric acid, but not enough – not breaking the foods down. Never add HCA, instead nourish the Digestive System – the body will balance itself as it is strengthened. <ul style="list-style-type: none"> • Basics first: Nourish, Balance, Cleanse (NuPlus, Quinary, Calli) • VITADOPHILUS • Avoid Acid Foods- see the Acid/Alkaline Food List by JW • Herb Cal is very alkalizing • Dissolve 2 caps Assimilaid in a cup of Calli 3 xs a day drink before or with meals. • Hydrate with glass of liquid before drinking NuPlus – can swell • Rebuild Microbiome of Digestive System – Evergreen, Vitadophilus • Liver (Dandelion Root) will pull inflammation out of the body and send it to the digestive system to convert it into Hydrochloric acid.
Acme	<i>Clean up digestive system, large intestines</i> <ul style="list-style-type: none"> • Calli & Fortune Delight – cleansing • Evergreen – healing and cleansing • Vitadophilus – good bacteria • Fruit & Veggi topically, Sunbreeze • SR Skin Care Products
<u>ACTION CAPS</u>	Our Natural Weight Loss Formula Digestion+ assimilation of fat and proteins <ul style="list-style-type: none"> ▪ Not for nursing Moms – baby needs 1st. ▪ Moves out stored fat for fat burning ▪ Can help tummy feel better 1-3 caps with lunch and supper. ▪ Drink Fortune Delight ▪ Also good with Vitatase and Slim Caps ▪ No nervousness, jitters or lost sleep <p>Promotes a thermogenic effect that activates your body's brown fat to burn white fat. Made with a potent blend of herbs and natural concentrates, free of added stimulants, hormones, and artificial additives.</p>
ADHD	STREP IS THE # 1 BACTERIA in children with ADHD <ul style="list-style-type: none"> ○ Feeders of the bacteria: <ul style="list-style-type: none"> ○ heavy metals getting to the brain. ○ Vaccinations – high levels of mercury

	<ul style="list-style-type: none"> ○ Gluten is a big feeder ○ Other big feeders to avoid: soy, gluten, eggs, canola oil, dairy, corn • Basics + *Conco – Lymphatic System is most congested • *3-4 NuPlus – cellular regeneration • Chelate heavy metals with calli and Spirulina - detox • ESE – The Nervous system food – FOCUS! • TOP – chemical brain balance • Evergreen – heal the microbiome • Vitadophulus – probiotic that actually gets to the gut • Lifestream – circulatory system <p>Strongly consider a 10-Day Candida Blitz</p>
Adrenals	<ul style="list-style-type: none"> • Stress affects adrenals • Fortify kidneys & immune system. (Lifestream and Alpha 20-C) • Hormonal Balance (Prime Again). – Bella, Veros, Beauty Pearl
Age Spots - Skin	<p>Most all type of skin conditions come from different troublemakers in the liver providing different type of pathogenic fuel.</p> <ul style="list-style-type: none"> • Age spots are caused by dermatoxins made of one half methylated aluminum and the other half a mix of methylated cadmium, nickel, lead, and mercury; different type of age spots depend on the composition of that second half. • The position of the age spot indicates where in the body it has settled.
Aging	<p>We can't stop aging, but we don't have to be feeble.</p> <ul style="list-style-type: none"> • Metabooster and Metashaper – together or individually!!!! • NuPlus, NuPlus, NuPlus – cellular regeneration
Alkaline/Acidic pH	<p>Saliva reflects liver health, urine digestive & elimination, speed food passes thru Herb Cal – helps the acid/alkaline balance</p> <ul style="list-style-type: none"> • Dead food adds acid to the body, live food alkalizes • Oxygen alkalizes the body • Acid foods pull calcium from bones to neutralize • 6.4 is the ideal. We don't want to be alkaline or acidic • When we are not at our ideal pH, the body is unable to pick up the minerals from our food • Ask us for the pH chart to see what minerals cannot be picked up when off even a little bit.
AIDS	<ul style="list-style-type: none"> • New vaccine induced AIDs • Dandelion Root 10/day • See cancer –
ALLERGIES, Seasonal	<ul style="list-style-type: none"> • Regular NuPlus • Basics +Synergy of: <ul style="list-style-type: none"> ○ 6 PRIME AGAIN – exhausted adrenals – glandular system <p>People have been able to get off their inhalers with Prime Again</p> • Extras: CONCO – Respiratory our inside skin + SunnyFresh <ul style="list-style-type: none"> ○ ALPHA 20-C – Immune System • Sinus – kill the bacteria - spray Fruit & Veggi Rinse up nose in a small Vitaspray bottle • Drink lots of Fortune Delight – hydrates and cleans up digestive system

	<ul style="list-style-type: none"> • Wash out eyes with Fortune Delight • Strengthen the liver – Dandelion Root
ALLERGIES, food	<ul style="list-style-type: none"> • Regular NuPlus • Basics + Prime Again(glandular) and Conco (Lymphatic)10/day of each • Detox – Drink strong Calli • Evergreen is excellent for allergy sufferers • Undigested Animal protein – Assimilaid before meals – balance Hydrochloric Acid • Assimilaid helps eliminate things unwanted in the digestive system, • and restore balance in the digestive system. • Could be parasites, something robbing system of nutrition and irritating • Body, F/V rinse - Squirt in ½ c water also squirt of SunnyDew • Drink lots of Fortune Delight - - cleans up digestive system
Alzheimers - Dementia	<ul style="list-style-type: none"> • Remove heavy metals –Chelate: Strong Calli & Spirulina • Toxic liver – toxic brain toxic liver – Calli, Dandelion, Alpha 20-C • Nourish: NuPlus, TOP, ESE, Metabooster
Ammonia Permeability	<ul style="list-style-type: none"> • See Leaky Gut
Anemia	<p>Blood cannot carry as much oxygen as needed</p> <ul style="list-style-type: none"> • Calli & Dandelion Root – clean up blood so it can carry oxygen • Basics + Evergreen (Oxygenate) Great blood balance • Calli & Dandelion Root – clean up blood so it can carry oxygen • Spirulina – phenomenal chlorophyll & protein • Metabooster – renew the DNA
Anemia, Pernicious	<ul style="list-style-type: none"> • Basics • B12-Vitaspray • Spirulina – put into your morning drink • Evergreen – Great blood balance
Anti-inflammatory	<ul style="list-style-type: none"> • Grapefruit, lemon, ginger, turmeric cyanne pepper • Dandelion Root moves the inflammation from the body and moves it to the digestive system where it is converted to hydrochloric Acid • Nourish the liver with Dandelion Root
Amino Acids	<p>This is digested or broken down protein</p> <ul style="list-style-type: none"> • Phenomenal sources: NuPlus, Spirulina, Sport Caps
Animals (also Pets)	<p>Any Sunrider product can be used with animals.</p> <ul style="list-style-type: none"> • They respond quickly to the SR foods and usually with less quantity than humans. Used Calli tea bags added to animals food makes a huge difference in their health • Any Sunrider product can be added for animals. They know what is good for them and usually eat the SR readily.
Animal Protein	<ul style="list-style-type: none"> • Basic to most health problems
Antibiotics & Chemo	<p>Very hard on the blood vessels & destroys the good bacteria</p> <ul style="list-style-type: none"> • Basics: • After use: Rebuild good bacteria • Substitute: Highly nourish NBC & Natural Antibiotic - Goldenseal

	<ul style="list-style-type: none"> • Very hard on and destroys the blood vessel
Aneurism	Brain bleed <ul style="list-style-type: none"> • Fortune Delight – super hydrate to keep blood vessels pliable and strong so body d • doesn't have to create cholesterol to protect the vessel walls • Highly oxygenate the brain: Evergreen, Tissue Repair • Basics: Restore the Balance in the Body • NuPlus, NuPlus, NuPlus • Kathie C. story 1 Month: 6 Alpha, 6 Quinary, 3 Evergreen, 6 NuPlus,
Anxiety	ESE – Nervous System Food Calli Night (which is like liquid ESE)

Arthritis & Rheumatoid	<ul style="list-style-type: none"> • A Virus (a variety of Epstein Barr Virus) afflicts the joints, bones and nerves, creating the pain and inflammation in your joints. <p>Below are numerous Healing Recommendations – Consider 1 or 2 for a month, then move to deeper healing with 1 or 2 more recommendations. Always NOURISH BALANCE CLEANSE using parts of these recommendations to restore the health to the liver & all the digestive system, resulting in healthy joints, ligaments & tendons</p> <ul style="list-style-type: none"> • JOI, Calli, Nuplus 1-3xs a day for 3-6 months! • See Healing Recommendations for Ridding body of Epstein Barr Virus • Free the brain and body of toxins: Spirulina and Chelate with. Calli • Arthrities also indicates a sluggish or fatty liver where the virus can be settling – For the ultimate in liver cleaning: 10 - 20 days: Dandelion Root 10/day + Slim Caps 3-4/day , plus Goldenseal 10/day + Fortune Delight 4/day • Ci Wu Jai 10/day for 10 days – arthritic conditions – healing to the joints, tendons, ligaments • Metabooster also highly recommended • ESE helps to rebuild the myelin sheath of the nerves eaten away by the microphasia • A Candida Blitz would also be very helpful. • Antibiotic Formula 3xs a day: Alpha 20-C, (Immune), Conco (Lymphatic & Respiratory), Goldenseal – (natural antibiotic) • Clear up Digestive Issues: • Dandelion Root moves the inflammation from the body and moves it to the digestive system <ul style="list-style-type: none"> ○ where it is converted to hydrochloric acid for healthy digestion. • Assimilaid for healthy Hydrochloric Acid and Enzyme production: - Assimilaid, Assimilaid tea before meals, Dandelion 10-Day Blitz • Vitadophilus - Good bacteria protected with apple pectin so isn't destroyed by stomach acids • Evergreen to Heal and cleanse lining- • Eliminate significant virus feeders: Corn, Soy, Canola Oil, Sugar, Eggs, Dairy, • Pork, Farmed Fish, Gluten, MSG, Natural Flavors <p>Be aggressive for at least 90-180 days with any of the above recommendation. Be patient with your body.</p>
Asmatic	<ul style="list-style-type: none"> • Sunbreeze • Basics 3 xs a day – for several months • Extra Alpha 20-C, Conco Prime Again 3 xs a day for 6 mo. • Fortify the kidneys & Adrenals – Lifestream • Might as well do more Quinary since All the systems are affected • Spinal Alignment – very important (see an Atlas Orthogonal Specialist) <p>Story: 6 Conco, 6 Prime Again, 3 NuPlus, 3 Quinary</p>
Athletes Foot	<ul style="list-style-type: none"> • Soak in Fruit & Veggi Rinse (2 caps/1 gal) • Restore good bacteria – Vitadophilus • Alpha 20-C - Immune system

Atrial Fib	<ul style="list-style-type: none"> • Circulation – Lifestream, • Mineral/Electrical – Electroport • Daily Calcium – Herb Cal • Spinal Alignment
Autism	<p>STREP IS THE # 1 BACTERIA in children with Autism</p> <p>Gut Health & Nervous System affected</p> <ul style="list-style-type: none"> • Basics: Restore the balance in the body • For every 1 cup (1 bag/8c strength) Calli – 3 NuPlus • Fortune Delight gut cleansing • TOP & ESE – Nervous System food • Gut Health - Vitadophilus, Assimilaid tea, Evergreen - Oxygenate & heal gut • Feeders of the bacteria: <ul style="list-style-type: none"> ○ Heavy metals getting to the brain - Chelate with Calli & Spirulina – ○ pull out heavy metals especially aluminum ○ Vaccinations – high levels of mercury ○ Gluten, it's is a big feeder ○ Avoid viral & bacteria feeders: soy, gluten, eggs, canola oil, dairy, corn
Baby Formula	<p>Terry Garberding, a registered pharmacist in Phoenix evaluated this formula against commercial grade formulas. The full strength formula is equivalent in fat, calories carbohydrates and proteins</p> <ul style="list-style-type: none"> • 32 oz. purified drinking water • 6 scoops of Original (no bean) NuPlus • 1 pkg Quinary • 2 Tbsp. Flax Seed Oil – cold pressed • 24 drops of Sunnydew/Sunnectar • Blend, pour into bottles & keep refrigerator until ready to serve. • We used crosscut nipples, may need to make opening a big bigger. • If you need to thin down add a little more water.
Baby thriving Breast Feeding	<p>SR safe for nursing moms – makes phenomenal babies</p> <ul style="list-style-type: none"> • NuPus, NuPlus, NuPlus • Prime Again – Reproductive System – restore balance after pregnancy • Dong Quai – queen of female herbs - “compelled to help return to normalcy”
Baby Rash	<ul style="list-style-type: none"> • Fortune Delight
Back Challenges	<ul style="list-style-type: none"> • Degeneration Disks – JOI • Muscles, ligaments, tendon - Sport Caps 10/10 days, Ci Wu Jia • Blockages - Sport Caps 10/10 days – • Spinal Misalignment – Pinched nerves, discs etc Atlas Orthogonal, NUCCA, etc. <p><i>“Yes, SportsCaps are wonderful! I did 10 a day with 1 evergreen for 6 months and rebuilt my spine back to completely normal. I had a ruptured disk and degenerated spine really bad. With constant pain. It was worth every penny!” Trudi E.</i></p> <p>Story: 1 Sunrise, 10/day Sport Caps, 10/day Lifestream – Amazing help!</p>

<u>BEAUTY PEARL</u>	Excellent source of calcium & hormonal balancing foods Benefits: <ul style="list-style-type: none"> • Smooths out those difficult dispositions, PMS, especially teen and pre-teen years; start little girls 4-5 yrs. on half a pearl for healthy egg production and sweeter disposition; • Collagen production for keeping our skin, cartilage, bones, and connective tissue pliable and in shape; back & neck issues strengthened • sleep apnea (calcium levels are low) • accelerate growth • asthmatic conditions. • Great for knitting back broken bones For boys and men we call the pearls Macho Marbles.
Bladder Infections	<ul style="list-style-type: none"> • Basics: Restore the balance • Probiotic: Vitadophilus • Chronic: 3 Antibiotic Formula: Alpha 20-C, Conco, Goldenseal - 10 of each/day 10 days: Aggressively
Bleeding/Receding Gums	<ul style="list-style-type: none"> • SR Dental Products • SR Basics 3x a day for 1 good month: Restore the balance
Balding	<ul style="list-style-type: none"> • Circulatory System: Lifestream • Mineral Imbalance- ElectroSport, Herb Cal, pH • NuPlus, Nuplus, NuPlus • Sunsmile Shampoo – has Sunbreeze in it • Check for fungus – wash once or twice with Fruit and Veggie Rinse
Bee Stings	<ul style="list-style-type: none"> • Sunbreeze immediately • Calli bag compress – pull out the toxins
<u>BELLA</u>	A marvelous hormonal balancing food. <ul style="list-style-type: none"> • Usually 1 or 2 a day as needed for women over 40. • See Product Pages
Bells Palsy	<ul style="list-style-type: none"> • Stress Shuts down the body • Nervous System Foods: TOP, JOI, ESE • Basics • Change Diet
Bladder Control	<ul style="list-style-type: none"> • Veros - Healing to Bladder
Bladder Infection:	<ul style="list-style-type: none"> • Goldenseal- 2 caps 3xs a day • Clean up the urethra - Drink lots of Fortune Delight • Chronic: Consider a 10-Day Candida Blitz

Bloating	<p>Foods not being fully digested and putrefying in your intestinal tract, resulting in bloating and or constipation.</p> <ul style="list-style-type: none"> • Strengthen digestive system – Assimilaid • Drink lots of Fortune Delight – strengthen and cleans digestive system. • Strengthen liver - Dandelion Root, Alpha 20-C • Sluggish liver leads to stress upon stomach's gastric glands, which can cause low hydrochloric acid and cause intestinal tract to become toxic. This in turn can result in some poor digestion and putrefying. • Need high flora in the bowel – probiotic – Vitadophilus • Strengthen lining of digestive system- Evergreen
Blockages	<ul style="list-style-type: none"> • Basics: Body knows how to restore the balance when given enough • Superhydrate with Fortune Delight to keep blood and Digestive system clean • Evergreen – healthy blood – not too thick or thin
Blood Clots	<p>Causes: MSG, hormonal imbalance and or dirty blood</p> <ul style="list-style-type: none"> • Evergreen – oxygenated clean healthy blood • Calli (green tea) natural blood thinning, walking – stronger blood and flow, increased oxygen • Liver strengthen the filtering system: Dandelion Root • Prime Again – hormonal balancing
Blood Pressure	<p>Goal: 140/85 upper end:</p> <ul style="list-style-type: none"> • When you wake up in the am: Quinary • Something stressing: Food, Emotions, Lack of Exercise • Healing Recommendations: <ul style="list-style-type: none"> ○ First thing in am – Quinary – restore the balance in the life support systems ○ Clean up Liver: Dandelion Root 10/10days ○ Clean up the blood – Calli – enjoy 8 cups a day 1-2 tea bags ○ Strengthen the Sodium/Potassium Balance & Pump – Nuplus 3-6/day ○ Evening, Calli night–relaxes smooth muscles around heart ○ Eliminate sugar-worst, caffeine, fruit juices, red meat ○ 1 cup of Coffee raises b/p for 24 hrs. ○ Exercise 30 min. ○ System imbalances/weaknesses <ul style="list-style-type: none"> ○ Circulatory Imbalance– Lifestream 10 caps/day ○ Mineral imbalance – Electroport in 1/ gal. of F/D + 1 Evergreen ○ Glandular Imbalance, they control the b/p – Prime Again 10/10 days ○ Fungus issues: Spirulina ○ Nervous System – ESE <p>Story: Herb Cal-Calcium very important Electroport</p>
Blood Vessels	<ul style="list-style-type: none"> • Strengthen – Basics and lifestyle • Calli for stronger vessels
Body Odor	<ul style="list-style-type: none"> • Evergreen!!! • Basics: soon won't need any deodorant • Sunsmile Herbal Deodorant – Safe! Safe! Safe! Won't clog pores, keeps fresh all day, won't stain clothes.

	<ul style="list-style-type: none"> • SR skin soap – won't wash away the natural acidic protective mantel on skin • Most deodorants potentially dangerous! Clog up lymphatic glands under arms • Clean up diet – body is holding onto poisons
Boils	<ul style="list-style-type: none"> • Antibiotic formula every 2-3 hrs: <ul style="list-style-type: none"> ◦ 2 Conco, 2 Goldenseal, 2 Alpha 20-C • Sunbreeze • Too many Sugar and carbs • May come out more with Calli – shows body is trying to clean itself up
Bolemic	<ul style="list-style-type: none"> • Highly Absorbable
Bones	<ul style="list-style-type: none"> • Beauty Pearl – bones knit quickly • Broken- lots of NuPlus and JOI • Sharon's son – broke arm at 11 yrs. too swollen to put a cast on – went home– lots of NuPlus – 1 week later – xrayed again – didn't need cast. • Lois at 77 broke humus and rotary cuff – 5 weeks healed – lots of NuPlus and JOI – has full range of motion • NuPlus – internal strength to healing • Sport Caps – 10 – great source of minerals and calcium or Herb Cal – 1 tab for every decade of age • Bone Loss – Veros – circulation and bone strength • 10,000 steps a (heart app)
Bruising	<ul style="list-style-type: none"> • NuPlus and Alpha 20-C, Vit C – Citric C • VitaFruit: Rebuild walls of the cells – see product focus
Brain Fog	<p>Neuro-transmitters often are short-circuited due to heavy metals and toxins in the brain. Toxins short circuit the brain:</p> <ul style="list-style-type: none"> • Heavy metals: Chelate with Calli & Spirulina • eliminate sugar, dairy, eggs, wheat, corn, excess adrenaline, prescription drugs, & heavy metals as feeders – • TOP & Top Focus – brain food
Brain Functions	<p>TOP nourishes all the functions in the head. TOP is food for the brain!</p> <ul style="list-style-type: none"> • Increased mental clarity for studying & memory with increased focus and concentration • Increases creativity • Helps maintain emotional & mental balance, brain chemistry • Increases production of endorphins • Increased confidence and positive attitude • Promotes calmness • Helps clear sinus congestion. • Relief of pain, including migraine and other headaches • Soothing To the Head- everything from shoulders up • Complements JOI and ESE
Bronchitis	<ul style="list-style-type: none"> • Basics – restore the balance in the body • Natural Antibiotic 3: 10xday for 10 days <ul style="list-style-type: none"> ◦ Conco: Natural Anti colds (Respiratory system) ◦ Alpha 20-C (Immune System)

	<ul style="list-style-type: none"> ○ Goldenseal(natural antibiotics - viral and bacterial (for any “itis • Sunrise – gives internal energy, for overcoming hurdles - any physical challenge, being in liquid form, it digests quickly and is rapidly absorbed.
Burns	Chemical or Severe: <ul style="list-style-type: none"> • Calli(immerse) • Topically: Sunbreeze & SR Lotion • Sunnydew – topically very healing • Cleanse with Fruit and Veggi Rinse diluted • • NuPlus 4xs – Cellular regeneration • Vita Fruit – Tissue Repair • OiLin Rebuild Cream-skin care, scars, rebuild burning
B12 – Vitamin	Good bacteria in your gut produces most of your body’s supply of Vitamin B12. <ul style="list-style-type: none"> • This production happens in the final section of your small intestine –the ileum, the main center of B12 production & absorptions thru micro vessels that absorb b12 and nothing else. Enzymes prohibit any other toxin or nutrient from being absorbed by these ileum blood vessels, and thus block them from entering your bloodstream, • It’s the B12 produced in the ileum that’s most recognized by the brain. <p>Recommendations:</p> <ul style="list-style-type: none"> • Restore good bacteria in the small intestine down to the ilium with Vitadophilus (probiotic). Unlike any other probiotic on the market, Vitadophilus is apple pectin protected so that this good bacteria is not destroyed by the highly acidic digestive juices in the stomach and the probiotics never reach the small intestine let alone the last part, the ilium for B12 production. • VitaSpray is B12-sprayed under the tongue, one puff is equivalent to a B12 shot SEE VITASPRAY • Most people need extra B12 support!
Calcium	<ul style="list-style-type: none"> • Dissolve Calcium Deposits: Drink Distilled Water & Calli plus 6-10 Conco/day • Too much calcium suppresses Vt.D – Immune diseases • Herb Cal, Beauty Pearl, Sport Caps – assimilable and excellent source of calcium • Animal protein, dairy, eggs, isolated protein – body loses calcium • Body loses calcium with fevers
Calm – Wives, Husbands, Teenagers	<ul style="list-style-type: none"> • Beauty Pearl / Mauchio Marbles • Bella women over 40 • See Product Pages • Transform your home!
Cancer	<p>Not only do you want to destroy the enemy, you want to restore the BALANCE – healthy new cells!</p> <p>Cancer is caused by cells that have lost self-control, cells that replicate out of control, cells that no longer operate in harmony with their design. Unless something is done to change the cancerous cells back to their precancerous healthy state, the cancer will continue to multiply!</p> <p>Cancer usually shows up after 10-12 years of compromise - feeds on sugar, unclean blood, etc.</p> <ul style="list-style-type: none"> • NOURISH Healthy New Calls

	<ul style="list-style-type: none"> ○ NuPlus, NuPlus, NuPlus, NuPlus (12 foods) • BALANCE: All 5 Life Support Systems are weakened – Quinary (50 foods)– (can also feed individually the systems most weakened) <ul style="list-style-type: none"> ○ Immune System! Alpha 20-C (10 foods) ○ Lymphatic System! Conco (10 foods) ○ Natural Antibiotic - Viral and Bacterial! Goldenseal • CLEANSE: Oxygenation - Clean Healthy Blood! Evergreen <ul style="list-style-type: none"> ○ Detox & Chelate with Calli & Spirulina (5 foods) Nourishes cleansing organs: Kidneys, Colon, Lung, Skin, Liver ○ Clean up the Liver – Dandelion Root & Slim caps <p>Animal protein will grow cancer cells, Cancer cannot grow in a well oxygenated system:</p> <ul style="list-style-type: none"> • Breast: Epstein-Barr virus true cause, traveling from liver to thyroid, lymphatic system tries to catch it in the chest are, causing tumors, cysts, or lesions., not only breast, but armpits and lymph nodes: Conco • Virus – Bacterial and viral – Goldenseal • EMF-Metabooster, • Breast Cancer - oxygen, dark greens, • Fruit is the most powerful table food <p>Alpha 20-C strengthens the T-Cells, & helps fight infections and control growth of dangerous and destructive extraneous cells such as in cysts and tumors. Has been seen to encapsulate cancer Unless a block in lymph in arm pits or groin or has already reached the liver</p> <ul style="list-style-type: none"> • Lots of NuPlus – healthy new cells! • Absolutely no animal protein, no sugar, alkaline diet. • China Study – 77 grants given to study to improve animal protein – found that animal protein turns on growth of cancer tumors, while plant protein turn off the growth of cancer tumors.
Candida & Candida Blitz Blitz	<p>Candida Overgrowth is like the canary in the tunnel. It indicates other issues are going on in the body.</p> <ul style="list-style-type: none"> • When the body becomes acidic, the Candida starts breaking down the cells as if the body were already dead. Proper pH is very important for health. • Fruit is one of the most nutritious healing and cleansing foods for Candida. • Warning though, the reason fruit t gets a bad candida name, it will cause the other table foods to ferment when eaten with other table foods. Eat alone or 30 min. prior or after meal. It is the perfect food for SR fruit smoothies – SR digests very quickly and is out of the stomach quickly so no fermentation. <p>NuPlus – ONE of our 3 BASIC foods. NOURISHMENT at the cellular level. High power nourishment is needed. Cravings mean the body needs real nourishment. 3/day</p> <p>Quinary – This is the Find it-Fix it food! Out of balance systems create the environment for Candida to proliferate. 3/day.</p> <p>Calli & Fortune Delight – Daily Detox & Super hydration</p> <p>This is a recommended 10 day Candida Blitz: Each quantity below is for each day.</p> <ul style="list-style-type: none"> • 10 pkgs. Vitadolphilus – Probiotic that reaches the gut area (apple pectin coated) – (rebuild the store of good bacteria) (purchase 10 boxes)

	<ul style="list-style-type: none"> • 1 20 gram pkg. of Regular Fortune Delight (equivalent to 7 small ones) Flushes out the die off – very important (purchase 1 box 10 pkg. 20 gram or 7 - 10 pkgs.) • 2 pkgs of Alpha 20 C – 10 herbal foods to restore the balance to the immune system (immune system is needed to bring the fungus under control) (purchase 2 10 pkgs or 1 30 pkg & use 1-2 pkgs with the Basics for the rest of the month to build the immune system even more) • 10 capsules of Goldenseal –A natural antibiotic (Fungus creates its own bacteria and inflammation in the body) (purchase 1 bottle) • 1 vial of Evergreen – Oxygen carrying chlorophyll – Evergreen includes the oil soluble and water soluble nutrients of chlorophyll - very powerful in flushing fungus from the body – (purchase 1 box of 10 vials) – Help Alkalize the Body! • Spirulina – both a nourishing and cleansing food, so rich in nutrients to create a good internal environment. 10/day for 10 days. <p>Causes: Sugar, White flour foods, dairy, heavy meat eating, alcohol, antibiotics and steroids.</p>
Canker Sores	<p>Nervous System & Digestive System are stressed and need help:</p> <ul style="list-style-type: none"> • Clean up the gut: Evergreen, Assimilaid, • Probiotics: Vitadophilus • Feeds on sugar and acid forming foods • Fruit & Veggi topically • Sunbreeze topically • ESE Nervous System Food
Canola Oil	<p>Mostly are GMO & Creates a great deal of inflammation because the oil can create a barrier around Strep and E. coli, and many other unproductive bacteria that can live in our gut. The barrier keeps bacteria alive and grow causing irritated, inflamed gut lining. Long term – major contributor to irritable bowel syndrome .</p> <ul style="list-style-type: none"> • It feeds bacteria, fungus, and mold. • It is a low-cost alternative to olive oil. • If any health challenge, avoid at all costs!
Cartilage	<ul style="list-style-type: none"> • Mineral Balance: Electrosport, • Calcium: Herb Cal, Sport Caps • Basics & JOI – Muscle & Joint • NuPlus 3xs a day
Cataracts	<ul style="list-style-type: none"> • Detoxify the liver: Dandelion. Slim caps, Alpha • Hydrogenated oil destroys the liver • Basics • Metashaper – Resveratrol 1 capsule = 20-30 cups wine - Vascular strength • Flush the eyes: purified water, Sunnydew, Fortune Delight • Topically on eyelids: Sunbreeze
Cellulitis	<ul style="list-style-type: none"> • Most all skin challenges comes from a toxic liver. • Cellulitis comes from a combination of strep plus dermatotoxins out of the liver. • Dandelion and Slim Caps for Detoxing the liver.
Celiac	<ul style="list-style-type: none"> • Bacterial Inflammation in the Digestive System

	<ul style="list-style-type: none"> • Digestive System: Assimilaid & Evergreen, Lots of Fortune Delight • Inflamed intestinal tract caused by Strep: Goldenseal • Original NuPlus: internal energy to heal, very gentle • Good elimination: Ground flax and fruit Sunbars • Foods that fuel Strep are wheat gluten, dairy, corn, and toxins from an over clogged liver: • Alkaline diet • Plant based diet
Cerebral Palsy	Often Lack of oxygen at Birth <ul style="list-style-type: none"> • TOP, ESE Brain and Nervous system foods • NuPlus 3x • Evergreen – oxygen to the cells • Strengthen all the weakened systems
Charlie Horse	<ul style="list-style-type: none"> • Herb Cal – great source of calcium • Electroport binds with Fortune Delight to take nutrients to the cells • No dairy (takes calcium out)
Chinese Food – Restaurant	<ul style="list-style-type: none"> • Sodium & MSG – deadly to the brain
Chinese Goldenseal Root	<p>In Traditional Chinese Medicine:</p> <ul style="list-style-type: none"> • Traditional healing herb. Anti-inflammatory. Aids indigestion and constipation. Used for gastritis, colitis, duodenal ulcers, eczema. Dries and cleanses the mucus membranes, Healing for liver; Digestive and bile stimulant, reduces phlegm, healing to gastric mucous membranes. • See Product Doc Collection... For SR's Goldenseal
Cheap Food	Most cheap food has had chemicals added for taste – cheap and tastes good! <ul style="list-style-type: none"> • Dead food adds acid to the body – oxygen alkalizes
Chemical Toxic	<ul style="list-style-type: none"> • Basics 4xs day • Alpha 20-C • Calli 1-3 gallons per bag • Constipated – deep breathing • Lots of Fortune Delight
Cholesterol & Triglycerides	<p>A common reason for high cholesterol is liver is sluggish, filled with toxins, pre-fatty, or fatty liver due to a high-protein /high sugar/fat diet and viral toxic load.</p> <ul style="list-style-type: none"> • Not enough hydration: Body creates 75% of cholesterol to protect itself from vascular system becoming brittle – Unused minerals from our foods turn to salts and dehydrate the body. Cholesterol is a Natural protection to vascular from these unused minerals. Check your pH. Make sure your liver pH (saliva) is 6.4. • Plant based Diet • Dandelion Root & Slim Caps for Cleaning liver/ colon • Action Caps with Fortune Delight • Energy Plus • Sunbars – Adsorbs the toxins in the gut, putrifaction
Chlorophyll	<p>The blood of the plant</p> <ul style="list-style-type: none"> ○ Evergreen, highly concentrated chlorophyll

	<ul style="list-style-type: none"> ○ carries oxygen – ○ healthy balanced blood, ○ healing to digestive tract – 1/day for awhile, ○ Chlorophyll must be in its oil soluble form (Evergreen), not an isolate
Chron's	<ul style="list-style-type: none"> • Putrification - kill bacteria with F/V, then Vitadophilus several hours later • Basics & Evergreen • 3 NuPlus • 2 Alpha 20-C • 1-2 Quinary • 1 Gal Calli - Weak • 10 Vitadophilus/day for a Week • Assimilaid before meals • Constipation – 2 Fibertone at night, only 1 slim cap for gentle help <p>Story: Vitashake, Quinary(Liqui 5), Vitadophilus, Assimilaid, Evergreen</p>
Chronic Fatigue:	<p>Neurological fatigue – EBV inflaming and draining the central nervous system – creating exhaustion:</p> <ul style="list-style-type: none"> • Basics – body is out of balance • Lots of Fortune Delight – healing and cleansing to Digestive System • Lots of ESE, JOI, TOP • Sunrise – spleen energy. In Chinese medicine chronic fatigue is deficient spleen energy (Chi). • Check for candida overgrowth – Recommend the 10 day Candida Blitz • Sunrise-Internal Energy-Overcome hurdles • EBV Virus: Work on viral healing • Eliminate Viral Trigger foods: Alcohol, Wheat, Corn, eggs, dairy, red meats
Cirrhosis of the Liver	<ul style="list-style-type: none"> • Cleans the Liver: Dandelion Root and Slim Caps • Alpha 20-C (2-5 pkgs) • Basics 3x • 1 tsp Vitfruit 3xs • Fruit & Veggi for topical itching
Cleansing	<ul style="list-style-type: none"> • Slim Caps – See product collection...
Colds/Congestion	<ul style="list-style-type: none"> • At the first sign: Conco, Alpha 20-C, Goldenseal – 3 anti foods- every hr. till under control) • Basics: Restore the health and balance to the Body
Colic	<ul style="list-style-type: none"> • Assimilaid – Digestive System balancing food • Evergreen – (like super AloVera to the digestive system) <p>Story: Change the water</p> <ul style="list-style-type: none"> • No onions or ccabbage
Colitis	<ul style="list-style-type: none"> • Change diet! Whole Rice healing • Colon - You have new colon every 2-3 days – very thin walls – Evergreen • Evergreen – heals lining and oxygenates • Assimilaid – restores balance in Dig. System • Original NuPlus – easily digested

Colon	<ul style="list-style-type: none"> • You have a new colon every 2-3 days – very thin walls. • Vitadophilus – restore good bacteria in colon • Fortune Delight-cleans digestive system • SunnyDew – anti inflammatory, nourishes digestion • Quinary –nourish all 5 systems • Evergreen - nourishes digestive system and purifies the blood) • Slim Caps – cleans liver and moves bowels • Fibertone 2 with meals – peristaltic motion • Part of Sunbar at a time – good fiber that adsorbs poisons in colon
Collagen	<p>Collagen is a protein that the body produces. It is the building block that keeps our skin, cartilage, bones, and connective tissue pliable and in shape. (No wrinkles). After age 20 the body produces less and less collagen.</p> <p>SR's High antioxidant foods nourishes collagen production by our body: 5 Great SR Foods for collagen production:</p> <ul style="list-style-type: none"> • Protein Plus – Great source of Calcium • Beauty Pearl – Nourishes skin from within • Vitafruit – 200+ bioflavonoids + Assimilaid (tea) = excellent Collagen skin food • Herb Cal – Calcium is the hardest element to digest. HC includes Dandelion leaf & Flax oil for optimum assimilation, CHEW after a meal, with Vit. C for efficient absorption, quantity: 1 for each decade of age • Citric C – our Vit. C from Rose Hips, 102 elements, not isolated • Berries, Greens, Pecans high collagen producing table foods.
Constant Hunger, Cravings	<p>The liver, central nervous system and brain are crying for the right kind of glucose from healthy carbs</p> <ul style="list-style-type: none"> • NuPlus, - cravings start to disappear – highpower nourishment at the cell level • Vitatase: inhibits the body from assimilating the sugar <p>Great for any kind of craving: Alcohol, Smoking, Drugs, - be aggressive!</p>
Constant Low Levels of Energy	<ul style="list-style-type: none"> • Usually a stagnant liver & toxic digestive tract • Liver: Dandelion Root, SlimCaps • Lean up the Gut: Assimilaid, Lots of Fortune Delight, Vitadophilus • Consider a 10 day Candida challenge
Constipation	<p>Sluggish, fatty or stagnant liver over-burdened from high-fat that the body cannot break down, heavy metals, body fighting viruses:</p> <ul style="list-style-type: none"> • Clean up Liver: Slim Caps!!! Dandelion Root • Dehydration – Lots of Fortune Delight • Probiotics: Vitadophilus • Healthy microbiome is critical, fruit, green & fiber • Fiber: Fibertone/Sunbars‘ • Magnesium controls constipation: ElectroSport, Vitashake • If can't eat Simply Herbs NuPlus – Eat Original and increase Simply Herbs by 1 tsp a day • Calli Night if stressed, stress shuts down peristalsis • Avoid irritants, bulk in diet, chew food <p>Consider a 10-day Candida Blitz</p>

Cough	<p>Often an indication of an over burdened colon:</p> <ul style="list-style-type: none"> • Clean up the Colon: Sunbars, lots of Fortune Delight • Conco- Respiratory System (coughing may increase as the lungs rid itself of toxins) • SunnyFresh – Nourishes the throat, lungs etc. • Hot & Cold Foot Baths – increases circulation and pulls congestion away from the lungs <p>Chronic – consider a 10-day Candida Blitz</p>
Coumadin	<p>Keeps blood from blocking</p> <ul style="list-style-type: none"> • Herbs don't bother it • Let Dr. take off • Takes time to need less – don't rush it • Evergreen – healthy blood
Covid	<ul style="list-style-type: none"> • 1st sign: 2 Alpha20-C, 2 Goldenseal, 2 Conco – every hour! Stop in its track! (10-20/day) (Like Any Flu) • Dandelion Root – stop damage to organs - 5x - twice a day • Rest & Light Exercise – • Lymphatic helps pump toxins out (Conco) • Natural Remedies – Congestion anywhere – hot and cold foot baths, thermaphore-alternate hot and cold moisture on chest, also Sunbreeze on bottom of feet-cover with warm socks—affects all the organs in body. • Vt. E – to get inside of viral protective shield
Long Covid	<ul style="list-style-type: none"> • Autopsies showed progressive respiratory failure is seen as a primary cause of death in COVID-19 patients. • Respiratory failure may be caused by micro-clots in the circulation especially in the lungs. This may be due to the damage from "toxic ingredients" found in the C0V!D vaccines that cause severe vascular disease throughout the body. • C0V!D Researchers are finding structural changes in the plasma, where microclots and large platelet aggregates are visible both of which are concerning signs often seen in moderate to severe COVID-19 infections • WHAT PATIENTS ARE REPORTING • Desperately ill patients Long C0V!D patients are told that their pathology test results are within normal/healthy ranges. • Many people with Long C0V!D become irate when they are told by their Medical Doctors their symptoms are psychological and they should try meditation or exercise. • Be aware that when a Medical Doctor reviews lab test results and the soluble part of the plasma is measured, the inflammatory molecules (due to micro-clumping) the true results - are simply missed. • !!!Thick blood, veins swelling <p>Recommendations: Aggressive with the following:</p> <ul style="list-style-type: none"> • Evergreen – healthy balanced blood • Conco – Respiratory System (10 specific respiratory herbal foods) • Spirulina, Dandelion Root – Inflammation • Citric C
Cracking Skin	<ul style="list-style-type: none"> • High elevations of fat in the bloodstream reduces oxygen levels delivered to the dermis, consequently, toxins cannot be flushed out of skin properly (our largest cleansing organ) The skin ends up harboring toxins causing skin to become inflamed and even erupt in cracks as it tries to release the s poisons. Liver needs Help:

	<ul style="list-style-type: none"> • Dandelion Root – Nourishes and cleanses the liver • Consider changing soap to SR: Almost all natural soaps are alkaline in nature and end up stripping natural acid mantle of skin – leaving it to dry out and be exposed. • SR skin care and personal products all protect that natural acidic mantle and are pH matched to the skin, 4.5-5.5 pH (slightly acidic) •
Cramping, muscles	<p>Liver has grown sluggish and fatty and weak, unable to store minerals, leading to deficiencies in magnesium, potassium, glucose and glycogen. These nutrients feed muscles, thus deficiencies can translate to cramped muscles</p> <ul style="list-style-type: none"> • Potassium-banana, healthy sugars – NuPlus, NuPlus, NuPlus • Mineral Deficiencies: Electrolytes, Minerals - ElectroSport and Sport Caps • Herb Cal – absorbable Calcium
Cravings:	<p>The liver, central nervous system and brain are crying for the right kind of glucose from healthy carbs</p> <ul style="list-style-type: none"> • NuPlus, - cravings start to disappear – high-power nourishment at the cell level • Vitatase: inhibits the body from assimilating the sugar <p>Great for any kind of craving: Alcohol, Smoking, Drugs, - be aggressive!</p>
Cushing's	<p>Caused by tumor on adrenal gland</p> <ul style="list-style-type: none"> • Alpha 20-C, adrenals and Immune System • Waste in Muscle because of protein not breaking down • Sport Caps – muscle strength • Assimilate to break down protein – produce enough HCA • Clean up the Liver • Lots of Fortune Delight
Dairy Products	<p>Milk, cheese, butter, cream, yogurt, and other such products</p> <ul style="list-style-type: none"> • contain a substantial amount of fat, which is a strain for your digestive system—especially for your liver-to process. • Dairy contains lactose and when combined with fat and sugar, has negative effects on health, especially if diabetic. Dairy fat in bloodstream helps to breed viruses and bacteria. • Dairy is also mucus producing and a major cause of inflammation and allergies. • These issues always hold true for dairy even when organic. • These problematic foods have become toxic by farm industry pressuring to give hormones, antibiotics, GMO corn and soy, and gluten to cows, goats, and sheep. • If you want smooth healing and optimal health, it is best not to eat dairy at all. • One common symptom – migraines - Mucus-forming dairy products, add pressure in the lymphatic system, and ultimately puts pressure on the central nervous system.
Dehydration	<p>Over 80% of health challenges are caused by not drinking enough water.</p> <ul style="list-style-type: none"> • Drink ½ body weight in oz. • Dehydration symptom: Burning & irritating urination, afternoon extreme fatigue, varicose veins, kidney stones, hemorrhoids, headaches, dry skin, dry mouth, tooth decay, migraines, loss of vision, constipation, cramps, dizziness, back pain, dandruff, urinary tract infections, gout, wrinkles, stiff joints, shortness of breath. • Calli and Fortune Delight are enhancing the water you drink so that the cleansing organs can be more effective in their work: Liver, kidneys, colon, lungs, skin • Fortune Delight is “wetter than water” in that it makes it possible for the water to be absorbed into the cells efficiently.

	<ul style="list-style-type: none"> • Add Eletrospport to increase the ability to get the nutrients into the cells. • Every caffeinated beverage adds nothing to total intake and dehydrates.
<u>DANDELION ROOT</u>	<p>Powerful herb known as a liver tonic, diuretic, spleen, urinary tract infections, skin</p> <ul style="list-style-type: none"> • SR uses the root, its concentrated 4-8 x, not just dried leaves in a capsule or as a tea. • Natural antibiotic • High in calcium • High in Iron • Cleanses the liver • Dandelion Root has been found beneficial for skin problems such as acne, eczema and psoriasis, as well as arthritic conditions which are all indicators of a liver that is fatty or sluggish and needs healing and cleansing. • • Neutralizes wrong acids and pulls inflammation (acidic) into the stomach and converts it into our good hydrochloric acid – needed to break down proteins & fats. • Menopause is the body's natural way of slowing down aging so that you can live a long, healthy life. • Dandelion Root can assist this menopause stage significantly: is great food for the liver, which breaks down excess estrogen and progesterone before menopause and helps with healthy estrogen after menopause. By reducing a woman's levels of estrogen and progesterone, menopause also helps safeguard her from cancers, viruses, and bacteria, which are all attracted to and feed on reproductive hormones. • • See product page – Dandelion Root
Destroy Optimum Health	<ul style="list-style-type: none"> • Meat, dairy, (hard on heart and kidneys) sugar, salt, hydrogenated fats, alcohol, tobacco, drugs
Dementia	<ul style="list-style-type: none"> • Aggressive Removal heavy metals –Chelate: Strong Calli & Spirulina (• Toxic liver – toxic brain toxic liver – Calli, Dandelion, Alpha 20-C • Nourish: NuPlus, TOP, ESE, Metabooster <p>Story: Cholesterol Drugs</p>
Dental Amalgams	<p>Common source to mercury exposure, the puts heavy load on immune system, becoming a trigger for any kind of health condition.</p> <ul style="list-style-type: none"> • Removing amalgam fillings at the same time can lead to an extremely high level of mercury exposure, regardless of the best techniques and protection by the dentist. It is best to remove only when an individual tooth requires it---then only one at a time.- new ones – get ceramic filling option • Heavy metal detox: Chelate with Calli & Spirulina • Evergreen – from spleen, intestinal tract, pancreas and reproductive system • Cilantro – goes deep into hard-to-reach places Blend 1 cup in smoothie or salad and guacamole. • Blueberries: draws heavy metals from brain, eat at least a cup daily. • Remember fish oils concentrates mostly in the volatile omega oils, in unparalleled levels. Fish oils have the ability to cross the blood-brain barrier and quite easily enter sensitive organs. They also feed viruses and bacteria, and put you on a fast track for Alzheimer's, dementia, and chronic inflammatory diseases of the brain. Use only plant based omega supplements.

<p>Detoxifying</p>	<ul style="list-style-type: none"> • See Handout – Healing & Cleansing • Calli – Detox beverage • Chelation - 1 bag Calli to 1 c. water, then drink 8 c. Calli thru rest of day • Add Spirulina – to attach and moves heavy metals out of body. • Dandelion Root – detox the liver • 1 day juice fasts: always include core 3 - celery, cucumbers, and apples • Rebounding 10 min. a day, forcefully promotes circulation throughout lymphatic system, helps detoxify entire body especially liver. <p>The body starts to rid itself of garbage with Calli Daily Detox: . Some of this garbage is:</p> <ul style="list-style-type: none"> • excess bile in the liver and gallbladder • sludge in the arteries, veins and capillaries • masses that have been longstanding • arthritic deposits in the joints • irritating food preservatives and additives • masses of fat and toxic-laden mucus • stagnant and polluted water in the cells suspending the toxins • poisons and harmful drugs, sleeping pills, aspirins • accumulated and hardened (impacted) mucus in the colon • antibodies & other substances built up in cells interfering with normal functioning • unassimilated food components (especially fats and proteins) • inorganic minerals, heavy metals, pesticides • environmental pollution like chlorine; carbon dioxide build up in the lungs • degenerating and dead cells • yeast, fungi, and parasites etc.
<p>Depression</p>	<ul style="list-style-type: none"> • TOP!!!!!! • Huge difference between feeling down occasionally and having clinical depression. Such as prolonged sadness; loss of interest in previous pleasure activities, slow thinking, speaking and or movement; thoughts of self-harm. • Causes: <ol style="list-style-type: none"> 1. Traumatic loss: <ul style="list-style-type: none"> • loss of trust in close relationship, • fired from job, (loss of security and identity • demolished long held plans (loss of direction and purpose) • injustice, cruelty (loss of faith) • belief you're dying (loss of future) 2. Traumatic Stress: Severe and sustained stress – creates burnout effect <ul style="list-style-type: none"> • unemployment – financial • lawsuit • combative divorce • enduring major illness • <u>Physically</u> – body triggers a fight-or-flight response and sets adrenal glands to flood system with adrenaline. If body can't burn off the adrenaline - the adrenaline saturating the tissues of vital organs and especially brain – creates damage, breaks down neurotransmitters and lowers melatonin production, setting you up for depressive fog. 3. Adrenal Dysfunction: If adrenal glands malfunctioning (Circulatory System)

4. **Viral Infection** – Epstein-Barr or Lyme’s virus latches onto nerves and continually inflames them – disrupting signals to and from brain.
5. **Heavy Metals:** The Everything-is-perfect variety, yet unexplainable cloud looms over them. Accumulative toxic heavy metals: mercury, aluminum, copper. – settle in brain near thalamus, pineal, pituitary and hypothalamus glands. High protein, high fat diet causes metals to start oxidizing creating a poisonous chemical pool that contaminates brain cells and lowers electrical impulse activity.
6. **Non metal toxins:** - neuron and neurotransmitter damage:
- Pesticides, herbicides- grass, parks
 - Formaldehyde: household products, preservative in processed foods
 - Home cleaning solvents
 - Food additives: MSG, aspartame, sulfites in dried fruit, potato snacks etc., these can build up in brain.
7. Electrolyte Deficiency – electrolytes help maintain and send electrical impulses throughout body—especially brain. Those with higher levels of mercury and other heavy metals in the brain, need higher than normal electrolytes to balance them out. Like a car battery, you can recharge your brain from burnout – IF YOU GET ENOUGH ELECTROLYTES.

Healing Foods:

- Restore Balance to the Body – Basics 2-3x a day for 1 month

Additional individual items can be added:

- TOP – Chemical imbalance in the brain, positive endorphins
- ESE – Strengthens the brain and central nervous system
- Spirulina – critical for removing heavy metals and other toxins from brain and central nervous system
- Dandelion – clean liver and help remove toxins from system
- Calli – helps all 5 cleansing organs cleanse optimally
- Prime Again – balances the endocrine system, including thyroid and adrenal gland
-

Diabetes:

See Type 2 Diabetes

- Balanced Nutrition, Fiber, Exercise!
- Detox Liver
- Strengthen glucose levels
- Support pancreas
- Boost adrenal glands
- Stabilize insulin

Recommend:

- Basics: 2-3 times a day for a Month
 - *Nuplus* – most important – (new everything), strengthen glucose levels
 - *Fortune Delight* – nourish and cleanse entire digestive system-critical
 - *Quinary: Lifestream* – strong circulation, boost adrenal glands
 - *Digestive* – pancreas
 - *Immune* – Liver health
 - *SunnyDew* – nourishes the pancreas for blood sugar and blood pressure balancing., stabilize blood sugar, support pancreas
 - *Sunbars* – fiber critical to sustain blood sugar
 - Diabetic neuropathy – nerves are inflamed, creating neuralgia. (ESE) and clean up body.

Additional Healing Food can be added:

- *Dandelion*-detox liver

	<ul style="list-style-type: none"> • <i>Spirulina</i> helps stabilize glucose levels in blood and aids adrenal glands • <i>Vitadophilus</i> – digestive tract • <i>VitaTaste, SunTrim</i> – weight challenges • <i>Beauty Pearl</i> (advanced cases) • 30 min exercise twice a day • Avoid overeating • Eat mostly alkaline food <ul style="list-style-type: none"> • TOP table foods: Blueberries, spinach, celery, papayas, sprouts, kale, raspberries, and asparagus – these detox the liver, strengthen glucose levels, support the pancreas, boost adrenal glands, stabilize insulin. • Avoid most specifically cheese, milk, cream, butter, eggs, processed oils, all simple sugars except raw honey and fruit. Animal protein difficult to digest. <p>Story: 1. My mother at 90yr. overcame her diabetes 2. One of our SR: was on 5 insulin shots – out of control – Basics 3xs a day and changed diet to vegetarian – 2 weeks off all shots.</p>
Diarrhea`	<p>A sick, sluggish, stagnant fatty, or scarred liver, along with inflamed pancreas.</p> <ul style="list-style-type: none"> • It can be high levels of strep bacteria and its cofactor Epstein bar virus inside the gut. When the liver releases large amounts of EBV byproduct and other sludge into the intestines, the intestinal lining can become agitated and inflamed and try to eliminate it quickly through diarrhea. • Dandelion and Assimilaid: 10/day 10 days – Liver and Digestive system • When chronic long-term basis, Add: Goldenseal and Alpha 20-C 10/10 days. • Intestinal agitation causes irritable bowel (IBS) Chron's and celiac. Both EBV and strep feed off foods such as milk, cheese butter, eggs, corn, canola, and GMO soy. • Also, Consider a 10 day Candida Blitz
Digestion	<ul style="list-style-type: none"> • Assimilaid nourishes the Digestive System • Alpha 20-C/Dandelion – liver weakened • Evergreen - Clean up the inside and heal the lining • Vitadophilus - good bacteria and microbiome • Lots of Fortune Delight – clean up and nourish the digestive system
Digestive Enzymes	<ul style="list-style-type: none"> • Taking Digestive Enzymes substitutes from the Digestive System working properly. Continued use, decreases the body's natural production of D/E • Fortune Delight – Drink lots • Assimilaid – restore the balance in the digestive system so body creates its own • Herb Cal – 5 blended forms of calcium to maximum absorption and helps break down protein into amino acid, acts like an anti-acid.
Disks, Ruptured	<ul style="list-style-type: none"> • Basics: Restore Balance in Body • Sport Caps • Evergreen • Beauty Pearl – knit the bones! • Crumbling disks – stabilized and regenerated

	<p>Yes, Sports caps are wonderful! I did 10 a day with 1 evergreen for 6 months and rebuilt my spine back to completely normal. I had a ruptured disk and degenerated spine really bad. With constant pain. It was worth every penny! Trudi E.</p>
Diverticulosis	<ul style="list-style-type: none"> • Vitadophilus – probiotic • Weak F/D, • Drink more liquid • Gently increase good fiber Sunbars • No dairy, wheat, corn, coffee • Evergreen in weak Calli (not hot) • Liqui 5 – more assimilable • Original NuPlus • 1 Slimcaps per day – gentle on toxic wastes <p>Seriously consider a 10-30 day Candida Blitz</p>
Dizziness	<p>EBV is Inflaming the central nervous system. The injured nerve triggers an “alarm” hormone to notify the body that the nerves are exposed and need repair.</p> <ul style="list-style-type: none"> • Vertigo and Meniere often attributed to calcium crystals or stones, becoming disrupted in the inner ear. However most chronic cases are actually caused by EBV’s neurotoxin inflaming the vagus nerve. • This can lead to many varieties of vertigo: <ul style="list-style-type: none"> ○ Variety of moving dizziness: ○ Standing on a moving boat ○ Falling forward while walking ○ Dizzy after turning your head ○ Nausea - watching something moving-nauseous ○ Bed spins – getting up or laying down • The variety of vertigo hinges on where the neurotoxin or virus is touching the vagus nerve, <ul style="list-style-type: none"> ○ Bottom: nausea with dizziness ○ Middle: feeling of movement underneath ○ Top: head spins <p>Healing Recommendations:</p> <ul style="list-style-type: none"> • Spinal Alignment – Axis Atlas – Atlas Orthogonal Chiropractor Specialist • Rebuild your nervous system – TOP, JOI, ESE • Rebuild your immune system – Alpja 20-C. Goldenseal • Eliminate toxic heavy metals – Chelate with strong Calli & Spirulina <p>JOI – feeds the nerve-Joint Connection – Atlas spinal joint</p>
Doctors - liable	<ul style="list-style-type: none"> • Are liable for what they say and prescribe, so will often say, Don’t eat herbs (they mostly know only medicinal herbs which interfere with their medications & usually only substitute and also control the body) • But many are saying – nothing hurt from eating these SR foods
Drug Addiction –	<ul style="list-style-type: none"> • Calli in 2 c. water 3xs a day – stay with them • ESE – nervous system support: Relief of addictive cravings: Drug, alcohol & smoking withdrawal is minimized. • VitaTaste – minimize cravings (in NuPlus) • Fruit is critical table food for overcoming addictions

Dry Mouth	<ul style="list-style-type: none"> • Hypoglycemic and diabetic often experience dry mouth • Medications such as high blood pressure, depression, antihistamine, tranquilizers, diuretics often create DM
Drugs	<ul style="list-style-type: none"> • Viruses thrive on antibiotics, which weaken the immune system and provide fuel for further viral infections. • Drugs are sometimes life saving but should be used only in emergency if possible. They control the body and always have side effects. •
Ears:	<ul style="list-style-type: none"> • Ache/Wax : Sunbreeze or Fruit & Veggie Rinse • Infection: Strong Calli in pkg Alpha 20-C, several times a day • Ringing: Kidneys, Epstein Barr Virus • Alpha, Conco, Chinese Goldenseal • Immune – Alpha 20-C
Eczema & Psoriasis:	<p>The problem originates in the liver with the EBV feeding from high levels of toxic copper, plus old stores of DDT and other pesticides. Feeding off these poisons, the virus releases a potent derma toxin, that floats up to the skin, causing severe rashes, flaking, cracking, irritation, and itching. Ideally the liver would filter out these derma toxins like other debris, however when the EBV is overloading the liver and the rest of the body, normal detox processes get interrupted, that is why these toxins end up trying to leave thru the skin.</p> <ul style="list-style-type: none"> • The worse off the liver is, the worse the eczema or psoriasis because the liver's impeded function means more derma toxins escape. People with EBV also often experience hair loss. • Remove toxic copper- Chelate with Calli & Spirulina • Support Liver & open up Elimination: Dandelion Root & Slim Caps • Free body of EBV:
Edema:	<p>Unless you have heart condition or kidney disease (Sunrise, Lifestream), this swelling happens as a result of the EBV and its sludge in the bloodstream and lymphatic system.</p> <ul style="list-style-type: none"> • Clean up the blood: Evergreen, Calli • Strengthen the lymphatic system: Conco, Rebounding • Work to free your body of EBV: • Consider a 10-30 day Candida Blitz
Electrolytes:	<p>Electrolytic balance is critical for the electrical energy to flow in the body. Electrolyte balance create water balance inside and outside the cell walls, while aiding in the absorption and utilization of nutrients</p> <ul style="list-style-type: none"> • We lose electrolytes when under stress, when we sweat, are in high altitude. • Flying and Elevation – extra ElectroSport • Hot and Cold temperatures • Throwing up – restore the balance • Doubles the effectiveness of all the SR foods by carrying more effectively the nutrients into the cells. Electrolytes are the truck that carries the nutrients into the cells. • ElectroSport - 10 important minerals, for electrolyte balance
ELIMINATE 6 Life Destroying Foods	<ul style="list-style-type: none"> • Dairy – bogs down the liver • Eggs – Feed the viral Explosion • Corn – no longer nutritious due to genetic modification • Wheat – feeds pathogens • Canola Oil – destroys lining of stomach, veins, and heart • Natural Flavors – Collective term for food additives that are neurotoxins that destroy the brain and nerve cells over time. MSG is one big one of these.

Endometriosis	<p>The uterus, or womb, is the place where a baby grows when a person is pregnant. The uterus is lined with tissue (endometrium). Endometriosis is a disease in which tissue that is similar to the lining of the uterus grows in other places in your body. These patches of tissue are called "implants," "nodules," or "lesions." They are most often found: On or under the ovaries, On the fallopian tubes, which carry egg cells from the ovaries to the uterus, Behind the uterus, On the tissues that hold the uterus in place, On the bowels or bladder.</p> <p>Strive to Eliminate EPV from the Reproductive System: Prime Again, Alpha, & Goldenseal</p> <ul style="list-style-type: none"> • Most common symptoms are pain and menstrual irregularities. • Mystery illness – doctors don't know the cause. • Strive to Eliminate EPV from the Reproductive System: Prime Again, Alpha, & Goldenseal Restore the balance to the body: 3xs a day • 25 yr. old – misdiagnosed, severe pain - 911, • 3 xs a day for - 1 week – period and no pain – 1st time ever • uterus messed up – not conceived, in 6 mo. Pregnant • Hormonal- Bella, Beauty Pearl, Prime Again • Tissue Repair- VitaFruit • Stress, sugar, caffeine, become vegetarian <p>Consider a 10-Day Candida Blitz</p>
Energy levels low-constant	<ul style="list-style-type: none"> • Usually a stagnant liver: dandelion, slim caps • toxic digestive tract
Epstein Barr Virus	<p>This virus has created a secret epidemic. 70% of Americans have some form of EBV and has become the root cause of the myriad of problems it creates, usually known as Mystery Illnesses. (not sure the cause or solution)</p> <ul style="list-style-type: none"> • The medical community is only aware of one version of EBV, but there are actually over 60 varieties that have evolved since early 1900s. EBV is creating an epidemic of mystery illnesses, such as fibromyalgia, chronic fatigue, 95% of thyroid issues, vertigo, & tinnitus and responsible for mystery illnesses of every category. • EBV is a chronic virus (constant, continuing a long time or recurring frequently) with symptoms ranging from fatigue and pain, to symptoms that prompt ineffective treatment (such as hormone replacement) to many misdiagnosis and treatment plans. • EBV goes through 4 stages: 1) Dormancy 2) then mononucleosis, 3) then moves to a long-term home of one or more major organs and nests there – typically the liver or spleen (because mercury, dioxins, and other toxins accumulate there, this virus thrives on these poisons) and or other organs. <ul style="list-style-type: none"> ○ Because the virus is hiding in the organs, the virus eludes testing. The virus causes the organs it is nesting in to become inflamed or enlarged. The virus also excretes byproducts and generates a neurotoxin that disrupts the nervous system and confuses the immune system because it does not know where the poison is coming from, preventing the immune system from zeroing in on the virus and attacking it. ○ 95% of thyroid issues are EBV caused such as osteoporosis, weight gain, fatigue, mental foggiess, impaired memory, depression, hair loss, insomnia, brittle nails, muscle weakness and or dozens of other symptoms. • 4) It moves to it's ultimate goal, the central nervous system where it latches onto the nerves. It stays in its previous nested organs until it is promoted to move by new physical stressors: such as an accident, pregnancy, menopause, severe emotional blow, trauma of any kind etc., then it moves to its ultimate goal the central nervous system resulting in fibromyalgia, chronic fatigue, brain fog, confusion, anxiety, moodiness, post traumatic stress disorder, Lyme

disease, leukemia, viral meningitis, lupus, rashes, weakness in limbs and severe nerve pain) and everything caused by Stages 1-3. This stage causes the medical community massive confusion.

- Because it is very easy to catch, hard to detect and its effects can be disheartening.
- 98% of the time, cancer is caused by a virus and at least one type of toxin.
- EBV is responsible for prostate cancer, women's reproductive cancers, leukemia, and many more.
- Staph is a bacteria that is EBV's best friend & co-factor often body is dealing not only with a virus, but also bacteria further confusing the immune system and produces their own array of symptoms up into--strep throat, sinuses, nose or mouth issues, or travels down into our urinary tract, vagina, kidneys or bladder, etc.

You can overcome EBV and Strep, recover your immune System, free yourself of EBV virus and staph, rejuvenate your body, gain full control over your health, and move on with your life. See document Healing from the Epstein Barr Virus and Streptococcus.

Start with a 10-30 Day Candida Blitz

Healing Goals:

- 1) Flood the body with foods that repel disease and give the body the internal energy to heal itself by Nourishing, Balancing, and Cleansing with the Basics.
- 2) Build a strong vibrant Immune System to destroy & to prevent virus from moving to different parts of the body.
- 3) Rebuild any organs/systems that have become weakened
- 6
- 4) With a natural antibiotic help the body deal with the results of viral activity.
- 5) If it has moved to the nervous system, strengthen the nervous system.
- 6) Your brain and liver need an abundance of the right kind of glucose. Natural sugars in fruit, raw honey, winter squash, potatoes and sweet potatoes and of course, NuPlus & Stevia are among the only sugars the body accepts for glucose storage in the brain. Glucose is the brain's top need.
- 7) Rid the body of the major feeders...heavy metals, pesticides, negative foods etc.

Sunrider Eating Plan:

- The Basics Every day: 1-3 xs NuPlus, Quinary, Calli, Fortune, Sunnydew
- The Immune System Food: Alpha 20-C 1-3 pkgs/day – critical!
- The Weakened System: Individual System Food -10 caps a day for 10-30 days
- Natural Antibiotic: Goldenseal 10/day for 2 weeks on 2 weeks off
- Restore the Nervous System: TOP, JOI, ESE 3-6 of each per day
- Heavy metal detoxing: Spirulina 3-9/day along with strong Calli 1 bag to 1 cup water, followed by the 8 cups to flush out toxins. Strong Calli is stronger than Chelation therapy.

Erectile Dysfunction

- Dr. Chen's **Veros** increases vigor in men concerned with their performance due to age.
- The completely natural, herbal-based formula (even including the vegetable capsule) contains no stimulants or synthetic hormones, which often result in unwanted side effects.
- Gentlemen field-testing this product say their circulation, stamina, cholesterols, muscular strength, skin-tone, and, yes, romantic life have markedly improved! In contrast to Viagra, which creates a "one-way street" of blood flow.
- **Veros** will help men make a testosterone type substance, which will act like a hormone and help them feel younger!

	<ul style="list-style-type: none"> Developed by Dr. Chen to especially help men, Veros is an all natural formula that helps increase sexual desire and improve sexual performance. In traditional Chinese medicine, the liver and kidney are believed to be the two of the five key organs that affect hormonal balance. When exercising, women benefit from one Veros a day also!
Eyes	<ul style="list-style-type: none"> Basics, TOP, Sunrise Lazy Eye – Basics Cataracts – Liver -Alpha 20-C, Dandelion, Sunnydew in eye Glaucoma: When different eye glasses cannot correct the problem, it is likely due to Epstein Barr Virus neurotoxins in the bloodstream that are short-circuiting and diminishing neurotransmitters; 2) weakening the optic nerve; EBV can also get into the eye itself and cause detached retina (Prime Again) or glaucoma. The shingles virus has the ability to weaken optic nerves as well. Alpha 20-c & Dandelion Rid body of EBV - Alpha 20-C, Basics aggressively 3 xs a day for 3 months Bags under eyes – Kidneys, Lifestream Sty – Sunnydew & Distilled water Strong Calli –cleansing Very Regenerative – Vitafruit – tissue Repair Dry Eyes – Hormonal Floaters/Flashes – Optic Nerve inflamed – EBV – TOP, ESE Pink Eye – Calli Bag compress, eyedrops of Sunnydew and Sunbreeze Foreign matter in eye: Same as pink eye Metashaper /Metablooster– Anti aging nutrition Dry eyes, tearing of outmost layer – Prime Again <p>Consider a 10-30-Day Candida Blitz</p>
Eyes Bulging	<p>This is a steroid response. When aggressive varieties of the EBV prompt the thyroid to produce more tissue, the extra tissue produces extra thyroid hormones, and these excess steroid compounds create the swelling that causes the eyes to bulge.</p> <ul style="list-style-type: none"> Thyroid needs regeneration: Eliminate EBV: Consider a 10-30-Day Candida Blitz
Endocrine System	<ul style="list-style-type: none"> Includes the Heart, Small Intestine and the Glands MANIFESTS SYMPTOMS: the OUTWARD Symptoms: is the complexion, the SENSE ORGAN is the Tongue, the TISSUE is the blood vessels, the EMOTIONS is Joy or lack of. Prime Again is our Endocrine System Food
<u>EVERGREEN</u>	<p>Highly concentrated chlorophyll in its oil soluble state</p> <ul style="list-style-type: none"> Chlorophyll is the Blood or (life essence) of the Plant Rich in trace minerals – iron, zinc, calcium Equal to 5 servings of green vegetables Purifies and Alkalizes the body Addresses the body's circulatory (blood, kidneys, etc.) and digestive systems. It's Live food, need to refrigerate after opening, use within 24 hrs. Historically been used to help the following conditions: <ul style="list-style-type: none"> Strengthens lining of gastrointestinal-intestinal tract

	<ul style="list-style-type: none"> • Aids absorption problems • Speeds up healing • Historically used to help burns, bad breath and gums • Enhances immunity – helps body ward off infection • Promotes healthy tissues • Detoxifies and purifies cells • Builds blood since it is rich in an iron form the body can use • Can help lubricate the ileocecal valve that opens and shuts allowing food and waste to move from small to large intestine • Sweetens breath and helps with body odors • Can neutralize gas • Regulates water functions of the body • When consumed first thing in the morning with water on an empty stomach, may help rid kidneys and bladder of stored urine and uric acid that collects during the night • Beneficial for expecting mother for nausea or morning sickness • Beneficial to add to newborn babies water to help with colic • Body best uses chlorophyll in natural OIL SOLUBLE state. All chlorophyll supplements (except Sunrider) are water soluble in order to remain stable and not spoil and are chemically altered into a water soluble state and the body does not receive as much benefit. <p>Story: Pneumonia – antibiotics – hospital – hemoglobin dropped, drug caused gastric bleeding – brought up hemoglobin</p>
Exercise	<p>“Fun Sweaty Activity”</p> <ul style="list-style-type: none"> • Muscle tone: If you don’t use it, you will lose it. • Exercise is the only pump for removal of the toxic lymphatic fluid in the body (lymphasize) • Exercise creates energy
<u>ESE</u>	<p>One of our 3 top Nervous System foods</p> <ul style="list-style-type: none"> • Strengthens the body’s central nervous system. • Focuses on regenerating the nerves. • Supports the body’s response to STRESS • Supports body’s ability to maintain focus and clarity. • Calm down, clear out the busy thoughts of the day and have a restful night. • Drug and alcohol withdrawal minimized. • Especially soothing at bedtime. • Complements TOP and JOI.
Fat Burning	<p>Action Caps Fit – Thermogenic effect that activates your body’s brown fat to burn off white fat.</p> <ul style="list-style-type: none"> • Boost the metabolism and burn fat. • See Action Caps Fit (3 each meal)
Feeble	<p>We can’t stop aging, but we don’t have to be feeble.</p>

Fever	<ul style="list-style-type: none"> • Causes Calcium to be deficient, 2-3 Herb Cal, + 2 herb Cal for every degree above 102. • Fortune Delight – Protects against Electrolyte loss and helps transport minerals to the cells. • Goldenseal, Conco, Alpha 20-C – hit first sign of illness • Congested gut – enema • Fruit & Veggie rinse in a cup of water – kill the bacteria, virus, parasites, funguss
Fever Blister	<p>Poisons in the digestive system/Stress.</p> <ul style="list-style-type: none"> • Topically Sunnydew. • Increase the oxygen in the digestive system – Evergreen • Cold Sore: Calcium/B12 (VitaSpray) • Story: Fever Blister – Sunbreeze – 3 days done
Fibromyalgia	<p>A label given to overall chronic body pain, sensitivity to touch, severe fatigue, and stiffness.</p> <ul style="list-style-type: none"> • The medical community has No scientific explanation for it's cause. According to natural health, this chronic ongoing pain, and a host of its other issues are a result of Stage 4 Epstein Barr Virus neurotoxins EBV's neurotoxins creating chronic inflammation of both the central nervous system and nerves throughout the body. • This often starts in childhood with a lot of sharp pains and is often called “growing pains,” • but is really, (junk food pains). It turns into intense burning pain, with either/both constipation or diarrhea, often also have hypoglycemia and candida overgrowth. • Our goal is to restore the balance in the body thru Nourish Balance Cleanse to create a strong healthy internal environment so the virus and its symptoms quietly go away. • With extra focus on the cause – toxic liver, heavy metals, gut health • Cleaning up the diet is critical as these are feeders of the Epstein Barr Virus <p>Sport Caps (includes Trace Minerals) – with Fortune Delight!!!!</p> <p>Recommendations: All if possible, or as much as you can of each. **Most Critical</p> <ul style="list-style-type: none"> • CLEANSE: Chelate with Calli & /spirulina Add Fortune Delight to the rest to strengthen and clean up the digestive tract. • BALANCE: 1-3 Quinary to balance systems (Liqui 5 is amazing – goes right to your cells) • NOURISH: 3-6 pkgs of NuPlus – the more you eat the more and sooner regeneration takes place – internal energy for healing • Exercise 20 min., gentle, infer red sauna • **LIVER: Dandelion Root & Slim Caps– Clean up Liver, smooth elimination • **CHELATION: Heavy Metals 1 bag Calli to 1 c water followed by 8 c, thru the day. Spirulina to carry heavy metals out of the body • **INFLAMATION: Spirulina – Inflammation, moves heavy metals out of body • **GUT HEALTH As much of Vitadophilus as you can afford – gut health-good bacteria • **NERVOUS SYSTEM: Lots of TOP, JOI, - especially ESE • EXTRA ENERGY Sunrise – internal energy to boost energy • Sportcaps (calcium & minerals – muscular system food) <p>**Gluten free; Plant based; no sugar, dairy (especially eggs) canola oil, corn, natural flavors (MSG), **Stress Management - ESE **Specific focus on the cause - Virus</p> <p>Consider a 10-Day Candida Blitz</p>
<u>FIBERTONE</u>	<p>Herbal Formula: Contains unique blend of soluble and insoluble fiber</p> <ul style="list-style-type: none"> ▪ Food for healthy microbiome

	<ul style="list-style-type: none"> • Contains grain and vegetable fiber ▪ Messages the intestinal tract and pulls out acid waste ▪ Removes debris in intestinal tract and gets rid of excess mucous. ▪ Is not habit forming, nor is it a laxative, instead it assists in the cleansing action while activating the peristaltic process.
Fingernails	<ul style="list-style-type: none"> • Ridges – B complex deficiency – VitaSpray • Fungus under nails – FV Rinse soaking - See Candida • 2 Cal Tabs, calcium • Dandelion Root – clean up the liver
Flu	<ul style="list-style-type: none"> • First signs of: 2 Conco, 2 Alpha, 2 Goldenseal – every hr. Stop it in its track. • If sick: Same! • Flu shot substitutes: Conco and Alpha 20-C • Fruit & Veggi Rinse – gargle with, ingest, rinse out nose
Fluid Retention	<ul style="list-style-type: none"> • Negative into the body (sugar, dairy, meat) • Clean up digestive system – Evergreen, F/D • Calli – pulling out toxic fluid • Edema – Conco – Lymphatic system
Focus Issues	<p>Usually due to an extra abundance of heavy metals and toxins in the brain that short-circuit. Often this is misdiagnosed as ADHD, leaky gut, parasites, Lyme, or thyroid disorder.</p> <ul style="list-style-type: none"> • Chelate with Calli and Spirulina that rids the body of heavy metals and toxins. • Healthy Microbiome: Spirulina, Evergreen, Vitadophilus, Sunbars etc • Top, Top Focus, ESE – Nervous System
Food Poisoning	<ul style="list-style-type: none"> • SunnyFresh – See Product collection • F/V diluted in water
<u>FORTUNE DELIGHT</u>	<ul style="list-style-type: none"> • Low calorie herbal beverage. Satisfies MORE than just plain water as it also supplies needed minerals and electrolytes. Enjoyed by many mixed with Calli or separate FD in the Afternoon, Calli in the am. • A must for everyday and especially when a person is sick, wonderful for fever, cools the body, and settles and cleanses the digestive tract. Extra delicious and nutritious with added Sunnydew drops. • Wonderful for fever, cools the body, supplies needed minerals (electrolytes and water. • Lifts mental fog for so many people
(FOS)	See Fructooligosaccarides
Fruit	<p>Our Most Valuable Table Food: Fruit is an absolute necessity & is critical to overcoming illnesses and poor health. No other table food is as effective at preventing disease, killing pathogens, and repairing the body.</p> <ul style="list-style-type: none"> • Fruit is most effective in building a healthy microbiome. • Fruit enhances so many bodily functions in ways that science hasn't even begun to fully understand. • The highest quality glucose is fruit sugar. The entire body needs glucose. Glucose fuels your brain, your nervous system, every muscle in the body, and the cells throughout the body. <p>Important Tip: Why fruit sometimes is thought a negative:</p>

Eat fruit alone or 30 min before or after main table foods as fruit can ferment the other foods in the digestive tract.

Eat with your SR foods which digest easily and quickly so that no fermentation takes place.

- Although sweet in nature, fruit does not have that much sugar in it. Fruit is made up of living water, minerals, vitamins, protein, fat, pulp fiber, antioxidants, pectin—and just a fraction of sugar. If we wanted to compare 100 pounds of refined sugar to the equivalent amount of sugar you'd consume in fruit, it would be thousands of pounds of fruit.
- Sugar in fruit is not the same as refined table sugar or high-fructose corn syrup.
- Fruit sugar leaves the stomach in 3-6 minutes and doesn't even touch the intestinal tract.

Study of 17 participants ate 20 servings of fruit a day for up to 6 months: This is equivalent quantity of fructose had the sugar content of drinking 8 cans of soda.

Study results of eating fruit sugar. The subjects actually lost weight; blood pressures improved; insulin levels dropped, cholesterol and triglycerides got better.

- Eating a significant amount of fruit changes the microbiome of the gut

Specific Health Benefits:

- Scientifically there is a direct relationship between the amount of fruit a child eats and how *happy a child is*. A healthy microbiome equals happier children.
- Fruit can be a *depression* buster – by improving the quality of the microbiome of the gut.
- Fruit is highly affective for overcoming *addictions*.
- Fruit is our *anti-Candida* secret weapon. The best anti-candida diet is a low-fat, low-protein diet with plenty of fruits and vegetables
- *Fungi such as Candida, worms, and other parasites, non-useful bacteria, E.Coli and Streptococcus - the pectin in apples, its skin and pulp; the fiber in figs and dates are exceptionally effective at killing and /or cleaning out anything that doesn't belong in the intestinal tract.*
- Helps stop *viruses and bacteria* in their tracks. Certain fruits, such as bananas, wild blueberries, apples, and papayas, are the most powerful natural destroyers of viruses on earth.
- To heal most *all liver diseases* is to feed solely on fruit and vegetables. Almost all liver diseases are because viruses thrive on undigested protein and fat. So many fatty foods are also high in bad sugars .
- Fruit fights *cancer* more effectively than any other food. Vegetables are also, effective, but only about a quarter as good. Cancer cannot feed off the sugar in fruit because fruit possess critical components such as polyphenols, including resveratrol, and other antioxidants.
- Fruit is wonderful for *fertility* because of fruit's essential polyphenol, bioflavonoids, disease-stopping pectin, vitamins, minerals.
- Helps prevent *brain and neurological challenges* such as Alzheimer's, dementia, memory loss (Brain); Parkinson's and ALS (neurological).
- *Blood Sugar Imbalances*: Fruit protects the liver by providing the liver with a glucose reserve that it needs in order to function and stave off illness and to stabilize blood sugar.

In summary: Fruit is an absolute necessity & is critical to overcoming illnesses and poor health. No other table food is as effective at preventing disease, killing pathogens, and repairing the body.

	<ul style="list-style-type: none"> • Think of the power punch you can give your body when you add the Sunrider Basics (Calli, NuPlus, Quinary, Fortune Delight, SunnyDew) and make a delicious, mouth-watering fruit smoothie. We love adding a frozen banana to our fruit Sunrider Smoothie....so powerfully good for you. Now you are eating 72+ Properly Combined; Concentrated Whole Herbal Foods (plus the recommended fruit intake RDA) as one of the most important morning breakfast feasts you can experience plus a cup or two of frozen or fresh fruit. • Our favorites are frozen mango, blueberry, fresh apple with frozen strawberries, cranberry, and mixed berry. We enjoy a different one each day of the week. We love to drink our power-packed fruit smoothie as we are enjoying our devotional time...talk about nourishing the body and soul! <p>This is cost effective living at it's best! Remember, sickness is VERY EXPENSIVE, plus who wants to live feeling sick and no energy.</p>
<p><u>FRUIT AND VEGGIE RINSE</u></p>	<p>Clean all Fruits and Veggies with FV Rinse. A lot of veggies and fruits have a waxy coating and who knows what is underneath. The FV Rinse melts the waxy coating and then cleans up the food from pesticides, chemicals, bacteria, viruses.</p> <ul style="list-style-type: none"> • Fruit: bleach bath slows down ripening, replace with F & V, slows down, doesn't stop ripening process • Meat: soak 5 min or more to help remove parasites and anything else....meat more tender • Vegetable Greens: considered the dirtiest and deadliest of all vegetable. 90% come from Arizona and Calif and are top irrigated from the rivers. • Vegetables, Fruits, nuts, legumes – 1-3 minutes in 1 capful to 1 gal – no need to rinse. Washes off waxy coating and kills E.coli, salmonella, pesticides, chemicals etc. • Foods stay fresh longer and taste soooooo much better. • Use with anything going on in digestive tract: A squirt of FV in ½ c water and squirt of Sunnydew (cover the taste) clean up anything in the digestive tract. Follow it with Vitadophilus an hour or so later. • Below are multiple uses for FV Rinse <p style="text-align: center;">Fruit & Veggi Rinse – Never Leave Home Without It!</p> <p>Note:</p> <ul style="list-style-type: none"> • F & V Activates with a little water • Full effectiveness for 1 hr. after adding f & v to water • Not designed for internal use, but certainly can be used safely. Sunsmile drops designed for internal use. • Can follow use with Vitadophilus – probiotic if unsure of killing good bacteria along with harmful substances • Kills 100% of fungus, virus, bacteria, promotes healing. Will bubble like peroxide but Peroxide is damaging to the tissues • Melts waxy coatings • Made from coconut and corn - • Available in 1 oz and 16 oz bottles • Can put into Capsules: to not taste the rinse, fill capsules and swallow – hurry, they dissolve the capsules or just add some Sunnydew forget caps • Demonstration: Washing 2 broccoli heads in 2 dishes of water one with appx. 2-3 drops in water and other just water: 1 min. amazing difference – color, the way the drain off of it, etc. Wash Kale – show how bright green

- “f & v is like a fire – everything thrown into it, it consumes” Dr. Chen

So effective with the following:

- Acne: Wash with f & V, can follow with Sunbreeze
- Air Freshener, spray to kill germs, viruses etc in the air, rub a little in the nose when in congested or infected possibilities – Flu, Covid etc.
- Appliances – spray or wash down kitchen counters, appliances, cutting boards and bathroom tubs & sinks & counters
- Animals
 - ears: spray into ears approx. 3 drops per cup.
 - teeth: spray onto teeth and brush
 - food: spray onto or mix in
 - fleas: put on any infestation or add to shampoo or just rub into fur and skin, repeat for any eggs that have hatched
 - eyes pussy: into eye, next day cleared up
- Athletes foot: soak in water with F & V
- Burns: Clean and disinfect, effective with chemical burns
- Carpet: Stains, smells, germs – wash or spray on
- Cancer looking spots: repeated dabbing with strong activated rinse
- Cuts: Nasty cuts falling thru sidewalk grill, washed with f & v next morning pink and healing
- Colds, Coughs, sore throat – gargle with F & v water; Cough: 15 drops/oz. – gargle and then swallow 3xs a day (2-3 days) – follow with Vitadophilus (optional)
- Dandruff and cradle cap – add to shampoo
- Diarrhea – appx. 3 drops in cup of water
- Dentist: Brush with F & V prior to and following a dental appointment, instruments not always sanitary
- Deodorizer – pet smells, sour clothes, any smells – pour into laundry
- Disinfectant – surgeries, belly buttons, wounds
- Eating out: Salads, meats etc, add a couple drops in your drinking water
- Ear aches, infections: strong to diluted drops into ear, cotton ball to keep from running out
- Ear wax: appx. 3-4 drops in ½ c. water f & v melts wax
- Fever: appx 3-4 drops or more in cup of water, fever means the body is trying to burn up the poisons and toxins...help it out.
- Food poisoning: appx. 3 drops in cup of water
- Fungus-Toe nails: f & v on cotton swab on or under nail- secure & repeat
- Gargle: appx. 3 drops in little water
- Head Lice: add to shampoo, repeat in several days (eggs)
- Flying: Spray or wipe down seating, certainly clean up the air, up nose
- Hotel: add to water in a small spray bottle – spray everything: neutralize chemicals- sprayed on rugs, duvet cover, linens, remote control, phone, door knobs, all bathroom items. Flying/hotels: Spray or wipe down seating, certainly clean up the air, up nose
- Humidifier, diffuser: both Sunbreeze and f & v – keep germs down in the air
- Insect Bites: F & V then Sunbreeze, Wasp, Brown Recuse, Black Widow, Misquitos etc
- Insects Exterior: Wash down condo patio – no bugs appeared on patio (1 gal/ 2 caps full, Hornets nest
- Insects /Interior- House spray: ½ cap to 1 quart – spray baseboards or where needed
- Itchy: Spray or wash
- Mold: Destroys! Spray in air &/or apply directly, cutting boards

	<ul style="list-style-type: none"> • Nasal spray or wash out nose: appx. 3 drops 1 oz. of water • Non healing injury: washed with F & V, next morning significant healing • Parasites: Full moon- day before, full moon and also day after; parasites rapidly reproduce, 3 drops in ½ water 3 days in a row. Enjoy a Vitadophilus each evening. Parasites can live within the cells. The white blood cells go to work trying to kill the parasites but can't because hidden. • Pedicure, manicure: few drops in the water, prevent fungal infection • Pets – fleas – put on the eggs or any infestation or add to shampoo or just rug into fur and skin • Infections, tumors, overall health – used Calli bags and F/V rinse • Pink eye, sty – wipe eyelids • Plants: Fungus & Insects – spray ½ cap to 1 quart water • Poison Ivy, Oak: - washed and in 15 min. no burning • Sinus infections – spray or nose gargle • Rashes: rinse or soak • Ring Worm: Dampen and pour a few drops directly on • Stains: Put right on a stain, rinse out • Toothbrushes: especially when traveling • Travel: several drops in water or drink – (traveled in India never got sick), wash toothbrush • Vomiting: appx. 3 drops in cup of water • Warts: wet wart, squirt directly onto wart, cover with Band-Aid (1 wk. will probably remove it) • Wax removal: Pour straight on – table cloth, brick hearth from dripping candles. • Water: Bottled, City, Well, Streams • Wounds/cracks: washed wound and cracks, healed up quickly
Fructooligosaccharides (FOS)	<p>Plant fiber from soluble (digestible) life-giving Fructooligosaccharide, (FOS) extract from Chicory Root, and bamboo fiber.</p> <ul style="list-style-type: none"> • FOS helps in digestion, absorbs fats, stimulates growth of the good bacteria, such as Acidophilus, Bifidus, and Faecium, • helps reduce Candida Albicans, minimizes bloating, reduces LDL or bad cholesterol (without negatively affecting the HDL or good cholesterol) and triglycerides, helps suppress the appetite, and helps mediate the assimilation of carbohydrates over a long period of time (helping blood sugar levels). • FOS makes an intestinal environment to support the “good guys” and eliminate the “bad guys”! • Naturally occurring sugars that have beneficial effects and health enhancement as a food ingredient, The natural source of FOS comes from a variety of edible plants such as chicory root garlic, onion, oats, and many others. Sunrider uses chicory root for our source of FOS. Because of it's benefits, Dr. Tei Fu Chen has added FOS to both Vitalite <i>SunBars and VitaShake.</i> <ul style="list-style-type: none"> ○ It takes about 15 days consistently eating FOS to start making a significant difference in the colon. If one should notice any gas, increase fluids, eat smaller amounts of the bar at a time, and know that the FOS is working to clean and restore a healthy intestinal tract; your body will normalize soon. <p>Some of the Benefits of FOS include:</p> <ul style="list-style-type: none"> • Helps in digestion and absorbing food through the intestines. • Stimulates growth of the good bacteria such as Acidophilus, Bifidus, and Faecium. • Helps reduce Candida Albicans • Minimizes osteoporosis, yeast infection, and bloating

	<ul style="list-style-type: none"> • Helps reduce cholesterol and triglycerides • Helps long term to reduce LDD or bad cholesterol while not affecting negatively the HDL or good cholesterol • Enhances the lipid metabolism, therefor reducing or normalizing the triglycerides • Traps the fats and cholesterol in the intestinal tract, so they can be flushed out with Calli or Fortune Delight • Helps suppress the appetite (great for anyone who is trying to lose weight) • Helps slow the assimilation of carbohydrates over a longer period of time (this helps for blood sugar regulation and cravings).
Fungus -	<p>If healthy, the stomach acid would kill fungus</p> <ul style="list-style-type: none"> • <i>Fungi such as Candida, worms, and other parasites, non-useful bacteria, E.Coli and Streptococcus -pectin in apples, the skin & pulp; the fiber in figs and dates</i> are exceptionally effective at killing and /or cleaning out anything that doesn't belong in your intestinal tract. • Alkaline Foods only, eliminate negative foods: bread, vinegar, sugars, dairy • Spirulina: 10/day • Fortune Delight: Regular 4 pkgs -1 pkg/cup • VitaDophilus: 3 pkgs • Basics 3xs a day! • Extra Support: <ul style="list-style-type: none"> ○ Evergreen 1 vial ○ Alpha 20-C - 2 pkgs • Fungus in lungs – Conco, 1-2 vials SunnyFresh <p>Consider a 10-Day Candida Blitz</p>
Dr. Gersham, well respected holistic medical doctor, said	<p>“Every patient if he could eat 15-20 lbs of organic food, would cure most illnesses.”</p> <ul style="list-style-type: none"> • Looking at SR as a way to eat this much on a daily basis, nutrition of 2-3 lbs. of SR would be equivalent to 15-20 lbs. Then that is concentrated down.
Gallbladder	<p>Gallbladder is a small, pear-shaped organ on the right side of your abdomen, just beneath your liver. The gallbladder hold a digestive fluid called bile that is released into the small intestine to help digest fatty foods, bile is created by the liver.</p> <ul style="list-style-type: none"> • Acute, chronic or long term bacterial infection inside gallbladder, usually from one or more of 50 groups of <i>Streptococcus bacteria</i> • Goldenseal – bacteria antibiotic • SunnyFresh – food poisoning, F/V bacteria from contaminated foods <p>Strengthen</p> <ul style="list-style-type: none"> • First thing in am Evergreen, 1 lemon, water • Evergreen • Fortune Delight • Assimilaid (weak digestive system) <p>Gallstones that block the flow of bile. Symptoms:</p> <ul style="list-style-type: none"> • Sudden intense tummy pain • Feeling and being sick • Yellowing of skin and whites of eye (jaundice) <ul style="list-style-type: none"> ○ When someone has had their gallbladder removed taking care of the liver should be top of mind.

	<ul style="list-style-type: none"> ○ A stagnant sluggish diseased liver that has lost its bile production is far more problematic than not having a gallbladder. ○ Dandelion Root, Slim Caps, Alpha 20-C ○ Gallbladder Removed: May need lehasen (granules) to help break down the fat
Gallstones	<p>These are small stones that can form in the gallbladder. This is caused by sludge building up over the years from toxins pathogens, and pathogenic byproduct in the liver, eventually forming into stones inside the gallbladder.</p> <ul style="list-style-type: none"> • Surgery to remove the gallbladder is usually carried out if you have painful gallstones. • Once removed, it hard to digest fat • Dissolve stones: 6 lemons squeezed and vial of Evergreen drank slowly over 30 min. period • Do not use oil flushes, they create more mucus covered balls that look like stones. Maintain a healthy gut with more fruits and veggies to prevent gallstones. • Stones made up of protein, bile and cholesterol. Lower the consumption of dense proteins (even nut butters), eat lots of veggies, herbs, fruits, glass of lemon squeezed every morning and evening, juice from asparagus – small amounts • Dandelion root also helps to dissolve stones.
Gas/Bloating	<ul style="list-style-type: none"> • Assimilaid Tea – open 2 caps in cup of water drink before meals • Fortune Delight. 3-4 a day – Clean up the digestive tract • Vitadophilus – good bacteria • Evergreen – clean up lining of digestive system – toxic mucus • Fruit eaten alone or with SR Foods – for no fermentation! <p>Consider a 10-Day Candida Blitz.</p>
Giardia	<p>A tiny parasite germ found in or on soil food water contaminate from the feces of infected animals and people through contaminated food or water.</p> <ul style="list-style-type: none"> • Symptoms might include: watery diarrhea alternating with greasy stools. Can have in the stool. Fatigue, cramps, belching gas. Most cases clear up on own. Severe cases are treated with antibiotics. • F/V Rinse in water and wash food with F/V Rinse • Alpha 20-C • Goldenseal 15/day for 1 week • Antibiotics destroy the blood vessels • Vitadophilus
Glaucoma	<p>One of the over 60 varieties of the Epstein Barr <i>Virus</i> invading the eye and causing <i>inflammation</i> that spurs fluid development in turn creating elevated pressure.</p> <ul style="list-style-type: none"> • Eyes are the sense organ in the immune System – • For one month: THEN EVALUATE • Alpha 20-C – aggressively • Spirulina – 6x capsules & Sunnydew - helps ride the body for inflammation • Goldenseal 3x capsules • Basics: 1-3x – • Dandelion Root – detoxify the liver • Lifestream – blood/circulation • Evergreen – clean up both • Metabooster – inflammation and DNA, enhances NBC

	<ul style="list-style-type: none"> • Metashaper • ESE-Pressure • Walking/not violent <p>Consider a 10-Day Candida Blitz</p>
Gout	<p>A sluggish, stagnant liver overburdened from any variety of toxins, normally coupled with a high-fat/high-protein diet.</p> <ul style="list-style-type: none"> • Dandelion & Slim Caps – clean up liver • 3 Calli bags in a mug – 1st thing in the morning- continue drinking thru the day. • Evergreen - • Fortune D • Assimilaid
Gums - Sensitive	<ul style="list-style-type: none"> • Outward manifestation of what is going on in the digestive system • Assimilaid • Basics • Sunsmile Herbal Toothpaste – nourishing and healing to the gums
Gut Health	<p>The gut is the perfect place to start your journey of healing from the inside out. It is one of the key foundations of your health. Gut includes: stomach, small intestine, large intestine (which includes the colon) liver, gallbladder.</p> <ul style="list-style-type: none"> • The gut is responsible for ensuring that you absorb the nutrients of the food you eat, properly expel waste and toxins, and maintain a strong immune system. • Assimilaid • Evergreen • Fortune Delight • Slim Caps • Vitadophilus <p>Trends & Myths to consider:</p> <ul style="list-style-type: none"> • Take Hydrochloric Acid Supplements for not enough acid : Usually they only include 1 of 7 needed acids to for HCL. – Upsets the delicate balance • Use Baking Soda for Candida etc. Does nothing to help gut, and will create imbalance: disrupts good bacteria; damages your hydrochloric acid,; is abrasive to the lining; upsets pH balance. • Fermented Foods: The hydrochloric acid in our guts is extremely sensitive to the bacteria on fermented foods because it is from food no longer alive, so it kills the bacteria on fermented foods and makes fermented foods virtually useless. • Apple Cider Vinegar-Great externally, but any vinegar taken internally can act as an irritant to any gut health issues and ultimately be detrimental. • Diatomaceous Earth: thought to kill parasites and clear toxins form the gut. But it clings tenaciously to the side of your intestinal tract and colon, and seriously interferes with their ability to absorb the nutrients from your food. In addition, it damages the hydrochloric acid and kills good bacteria. • Best table food for gut health is fruit! Fill your gut with lots of fruit and plenty of balancing SR foods for optimum Gut health. <p>Consider a 10-Day Candida Blitz</p>
Hair	<ul style="list-style-type: none"> • Health of the Hair is a manifestation of Kidneys health • Lifestream: Balance the Circulatory System-Kidneys • Challenge: Lifestream 10x 10 days + Quinary

	<ul style="list-style-type: none"> • Herbal Shampoo • Hair growth – Electroport
HAND CLEANSING GEL Kandesn	<p>Convenient Waterless Hand Cleanser.</p> <ul style="list-style-type: none"> • In SR labs, Kandesn Hand Cleansing Gel eliminated all present bacteria within 30 seconds. Most eliminate only about 70%. Same ingredients as F/V rinse. Rid Staph, Strep, E-coli and other organisms eliminated by F/V. • Effective on bites, scrapes, stopping underarm odor, helping remove stains. • Just put a small bit in hands and rub well, very cooling. • Great for travel. Dr. Chen formulated for daughter going to China. • Moisturizes, without stripping pH acid mantel, so hands don't feel dry or chapped. • Can even clean stains on garments.
Hashimoto's - Thyroiditis	<p>Medical communities aren't yet aware that Epstein Barr Virus is the actual cause of over 95% of thyroid disorders and diseases—especially Hashimoto, but also Graves and other thyroid diseases and cancers.</p> <ul style="list-style-type: none"> • Your body is not attacking the thyroid, Epstein Barr Virus is. • Once in the thyroid, EBV begins drilling into its tissues. The EBV cells literally twist and spin like drills to burrow deep into the thyroid, killing thyroid cells and scarring the organ as they go, creating hidden hypothyroidism from mild to extreme cases. • The immune system notices this and tries to intervene, causing inflammation; but between EBV's neurotoxin viral byproduct and poisonous corpses confusing things, and with EBV hiding in the thyroid, the immune system can't tag the virus for complete destruction. This may sound unnerving, but the thyroid has the ability to rejuvenate and heal itself when it's given what it needs. • Weakened thyroid causes lack of thyroid hormones along with the EBV toxins: causing weight gain, fatigue, mental fogginess, impaired memory, depression, hair loss, insomnia, brittle nails, muscle weakness, and /or a dozen of other symptoms. • Additionally, eat enough calcium-rich foods to avoid cysts or nodules. Aggressive varieties of EBV create osteoporosis and eventually cancer in the thyroid. <ul style="list-style-type: none"> ○ BASICS – lots of NuPlus – critical food ○ Prime Again 10x/10 days + Quinary: Thyroid - Endocrine System ○ Alpha 20-C - Immune System ○ Lifestream – Nourishes the Adrenal Glands ○ Metabooster – DNA repair; excellent organ and system repair, repairs damaged cells, helps to inactivate viruses and bacteria (allow 2 weeks to see the difference) ○ Contains balanced zinc to help kill EBV cells, anti-inflammatory, cell regeneration, resistance to infection. Dr. Chen ate 10 capsules a day for 3 years, turned his clock back 10 years.
Headache - Migraines	<p>Migraines are often a combination of issues that trigger a migraine:</p> <ol style="list-style-type: none"> 1. Gut health- when digestive system isn't working properly, ammonia gas can cross blood-brain barrier and inflame the nerves of the central nervous system (Assimilaid, Fortune Delight, Vitadophilus) 2. Low electrolytes (dehydration) (Fortune Delight, electroport) 3. Stress – Chronic stress – causes continual surges of erosive adrenaline in the brain and other nerve centers (ESE) 4. Menstrual Cycle Trigger – During your cycle the reproductive system requires 80% of energy reserves and immune system functionality. If the body is fending off other triggers such as stress, food allergies, heavy metal toxicity or dehydration, when the

body's energies switch over to reproductive system – boom-migraine. Turn your attention to minimizing these other triggers.

5. Sleep Disorders – not enough sound sleep (uninterrupted and complete with dreams) over time creates imbalance in brain chemistry. (Understand this important secret-when you lie awake in the middle of the night, half of your brain is actually asleep, meaning your body is still healing and your central nervous system is still rejuvenating. Carve out more time to sleep to avoid migraines. (ESE) (Calli Night)
6. Heavy metals & other environmental toxic triggers. Heavy metals such as mercury aluminum, lead, copper can settle into the brain and cause a migraine. Detox!!!! Strong Calli, Spirulina
7. Common /Migraine Food Triggers:
 - Dairy-mucus forming adding pressure to lymphatic system, ultimately pressures the central nervous system.
 - Eggs – weaken digestive system-low hydrochloric acid=increase in ammonia-saturates and irritates central nervous system
 - Gluten (wheat, rye, barley, spelt)– confuses immune system elevating histamines, can trigger migraines
 - Meat -with a weakened digestive system – low hydrochloric acid-dense protein cause ammonia production saturating and irritating central nervous system.
 - Fermented or vinegar-based foods (eg. Pickles, kimi, ketchup) lower the pH in the intestinal tract, making the digestive system acidic, which can trigger migraines.
 - Salt: Celtic sea and Himalayan salt are best. Do not use table salt.
 - Oils: canola, corn, cottonseed, and palm oil are highly inflammatory.
 - Additives (e.g., MSG, aspartame) are neurotoxic and can be aggressive trigger for migraine sufferers.
 - Alcohol: extremely dehydrating, and also hard on the liver.
 - Chocolate: overstimulating and highly aggressive to the central nervous system, acts as a neurotoxin that can trigger migraines.
Caffeine: Some claim can help a migraine because the caffeine triggers the adrenals to flood the body with adrenaline, which acts as a stopgap for the inflammation that causes migraines. Over time, though, that caffeine has unproductive repercussions.
 - Allergic Reactions: When the body is allergic to something, the body makes histamine to protect you from the potential allergen. If the body overreacts and produces too much histamine – this can create a migraine, even days later (e.g. second-hand smoke, pollen, animal hair).
- This can be a dizzying number of potential triggers. Most helpful-eliminate triggers! TOP & ESE Lower pain, inflammation, nourish the nerves, helps calm
- Assimilaid, Evergreen – gut health
- Calli – effective mild detox
- Spinal Alignment
- Sunbreeze and or White willow for instant effective relief
- Story: 2 Don Quai, 2 Bella a day

Heart Attacks

Heart attack happens when something blocks the blood flow to your heart so it can't get the oxygen it needs.

Heart Attack Symptoms

Symptoms of a heart attack include:

	<ul style="list-style-type: none"> • Discomfort, pressure, heaviness, tightness, squeezing, or pain in your chest or arm or below your breastbone • Discomfort that goes into your back, jaw, throat, or arm • Fullness, indigestion, or a choking feeling (it may feel like heartburn) • Sweating, upset stomach, vomiting, or dizziness • Severe weakness, anxiety, fatigue, or shortness of breath • Fast or uneven heartbeat <p>Symptoms can be different from person to person or from one heart attack to another. Women are more likely to have these heart attack symptoms:</p> <ul style="list-style-type: none"> • Unusual fatigue • Shortness of breath • Nausea or vomiting • Dizziness or lightheadedness • Discomfort in your gut. It may feel like indigestion. • Discomfort in the neck, shoulder, or upper back <p>With some heart attacks, you won't notice any symptoms (a "silent" myocardial infarction). This is more common in people who have diabetes.</p> <p>Any form of fat thickens the blood</p> <p>Be careful of oil forms of fat. It is isolated from it's food source. Fatty acids taken in oil form, the oil bypasses the body's safety mechanisms built into our organs. The omegas (oil) in fruits, vegetables, leafy greens, sea vegetables and herbs take the form of natural omegas at gentle enough levels that they won't overburden your liver, digestive system, and immune system and does not slow the process of healing like omegas taken in oil supplements.</p> <p>White Willow Bark – natural aspirin, use instead of</p> <p>Quinary – so effective in restoring the balance -</p> <p>Lifestream- Balance the Cardio Vascular System</p> <p>Cyanne Pepper – thins the blood, if bleeding externally, apply topically - helps stop blood flow</p>
Heart Problems	<ul style="list-style-type: none"> • Basics: Quinary • Lifestream: CardioVascular System Balancing Food • Prime Again (endocrine system) • NuPlus, NuPlus,, Nuplus for stronger and stronger cells, stronger muscular strength • Instead of Coumadin – Evergreen – Healthy Balanced Blood • Calli Night – not cleanse too fast with meds or problems • Evergreen – Healthy Balanced Blood -cleaner blood, increased oxygen • 2 Fortune to alkalize, Slim caps – elimination • Low salt • No sugar • NO MSG • Blood Clots – Calli (green tea) natural blood thinning, walking <p>ENERGY PLUS: HEART HEALTHY FOOD SUPPLEMENT:</p> <ul style="list-style-type: none"> • Because of the wholeness for the isolate of Vitamin E. • Energy Plus contains 200 IU Vitamin E. • We must have Vitamin E for heart protection because it dilates the blood vessels and permits a fuller flow of blood to the heart. • It also helps to prevent blood clots from forming.

	<ul style="list-style-type: none"> • It can help reduce edema (swelling) • It can help lower elevated blood pressure.
Heart Palpitations	<p>Heart palpitations can result from buildup of Epstein-Barr poisonous virus corpses and byproduct in the liver that lead the liver to become so overburdened that the waste matter escapes the liver and slowly builds up in the heart's mitral valve. This build up is sticky AND creates an ectopic heartbeat of mystery heart palpitations.</p> <p>Healing Recommendations:</p> <ul style="list-style-type: none"> • Clean up the liver – Dandelion Root – Slim Caps • Chelate Heavy Metals -n Strong Calli and Spirulina • Build a strong immune system-Alpha 20-C and Goldenseal <p>Lifestream – Cardio Vascular System Balancing Foods</p> <ul style="list-style-type: none"> • Specifically: nourish kidneys • Electroport (Electrical) and Lifestream (kidneys – Circulatory) • Pace maker – 30% - Veros, Evergreen, Basics – 3 mo. significant
Heartburn	<p>Poisons, toxins in the tummy</p> <ul style="list-style-type: none"> • Rub Sunbreeze on your stomach – our little miracle in a bottle • Sip on Fortune Delight – cleans up the Digestive Systems • Sunbar – absorb toxins like a sponge, drink with Fortune Delight • Sunnyfresh – poisons • Herb Cal – help neutralize • Work on the cause: NBC • Hiatal hernia can cause acid reflux • Strengthen Systems: Quinary/Digestive System=Assimilaid – body needs to make its own stomach acids and digestive enzymes. • Eliminate – combinations causing poisons and toxins – fats & sugars (donut), undigested proteins (hotdog), fruit with other heavy foods (fermentation) • Assimilaid, Sunbar
Heavy Metals	#1 call of brain issues – dementia, alsheimers b
Hemorrhoids	<p>These can flare up when cleansing poisons and toxins barreling out of the liver and leaving thru the urinary and intestinal tract.</p> <ul style="list-style-type: none"> • Once the inflammatory poisons and toxins have passed from the liver and intestinal tract, hemorrhoids are a thing of the past. Eat more fruit, vegetables, leafy greens to help expel the poisons. • Strengthen Digestive System (Quinary) Assimilaid, • Vitadophilus – probiotic that actually gets to the bottom of the gut • For severe constipation eat a few Slim caps at bedtime and lots of Fortune Delight. • Liver clean up - Dandelion • Topical: Apply Directly: ¼ Electroport, Sunnydew – q-tip • Fistula – apply directly • Needs: Air, wet/cold application(refrigerator), never TP that has chemicals, no Prep H (chemicals), no regular soaps
Herbs-combination	<p>Herbal food combination is CRITICAL</p> <ul style="list-style-type: none"> • Sunrider's combinations are why they are so effective • 3 Different kinds of herbs in each formula: Kingly herbs, Superior food herbs • Nourishes the particular situation

	<ul style="list-style-type: none"> • Negates the negative in each herbs (all foods and herbs have negatives) • Carrier – gets to the target • See article: “Old New Approach to Health” • Remember food herbs have a higher level of nourishment than our beans and potatoes. Herbs repel disease.
HERB CAL	<ul style="list-style-type: none"> • Because it contains all 3 kinds of & balanced calcium with herbs, it helps to balance the body’s pH. When both high and low readings –(alkaline and acidic) indicates that the body cannot get the minerals needed and creates a mineral deficiency in the body. The body then goes for the minerals in the bones, teeth, and tissues to keep the blood pH perfect causing a breakdown and weakness in those area. • A perfect pH is 6.4. When the pH is balanced it helps to balance both the internals organs and the blood naturally. • Take before bedtime – very relaxing, also after meals • Eat with Vit. C
HERBAL DEODORANT	<p>SR’s Herbal Deodorant To keep fresh the natural way! No Aluminum!!!! Does not clog pores holding toxins in and can irritate skin.</p> <ul style="list-style-type: none"> • Clogged lymph nodes under the arms are very common. Most are laden with chemicals we do not want in our body. Anti-perspirants are even more dangerous because they keep the toxins found in sweat trapped there. • Some of the SR ingredients: zinc, Vit E, baking soda, benzoin extract, thyme extract, chamomile extract, balm mind extract, oat extract, tea tree oil, lemon oil, cypress oil and evening primrose. • These ingredients not only kill the offending bacteria, but also gives a very pleasant, fresh smelling scent and helps prevent odor naturally and safely. • Enjoy a balancing, fresh, non-staining, great smelling, safe Sunsmile Deodorant.
Hernia	<p>A hernia happens when an internal organ pushes through a weak spot in your muscle or tissue.</p> <ul style="list-style-type: none"> • (Hiatal hernia) Part of the stomach pushes up into the chest cavity through an opening in the diaphragm (the horizontal sheet of muscle that separates the chest from the abdomen). • Overeating is a big cause. • Support the Digestive System - acid reflux Quinary/Assimilaid • Lots of Fortune Delight • NuPlus & Sportcaps – muscle food • Weak Calli, Drink water/Calli before NuPlus (Swells)
Hives	<ul style="list-style-type: none"> • Skin is a manifestation of a weakened Respiratory /Lymphatic System Quinary/Conco • Also consider the immune system & liver are overloaded with toxins and can’t eliminate thru the normal channels. (Quinary/Alpha20-C, Dandelion Root • Open up elimination (Fortune Delight, Slim Caps) • Fruit & Veggie Rinse – topically, kill poisons as they eliminate thru skin
High Blood Pressure	<ul style="list-style-type: none"> • A lot of possible causes: • Upon rising : Eat Quinary!!!!!! • Spirulina & Calli - pulling out heavy metals.

	<ul style="list-style-type: none"> • Smooth muscles around the heart are bit inflexible – sodium potassium is out of balance: Basics • Cleaning up the liver helps significantly: Dandelion 10x/10 days • ESE (2 bedtime) plus Lifestream • Restore Balance to the Circulatory System (kidneys)-Lifestream 10x/10days • Dairy, meat – big contributors
Honey	<p>Honey (raw & local) and fruit sugars in their raw state and (the herbal food stevia are among the only sugars the body accepts for glucose storage in the brain.</p> <ul style="list-style-type: none"> • These are also good for Type 2 Diabetics.
Hormonal Changes	<p>For women after age 40, Bella is a marvelous food, usually 1 or 2 a day is sufficient (35x concentrated)</p> <p>Before 40: Prime Again 6/day, Beauty Pearl</p> <p>Hysterectomy: Prime Again 6/day</p> <p>BASICS</p> <p>Hotflash: Cool with Sunbreeze</p>
Hormone Replacement Therapy (HRT)	<p>Menopause is a natural occurrence. Usually the hormonal symptoms are related to the adrenal and thyroid glands over producing and underproducing which knocks the hormonal balance off track.</p> <ul style="list-style-type: none"> • Hormone therapies are steroids, act as immune-suppressant drugs. The BHRT steroids can potentially prompt the adrenal glands to churn out adrenaline and seems to help some issues temporarily. HRT does not address the underlying health issues misattributed to menopause. • Prime Again: Restore Balance of Endocrine/Reproductive System • Bella – not hormones but nourishes for balance the reproductive system especially for those ladies over 40.
Hormonal Problems	<p>Symptoms such as depression, diarrhea, bloating, anxiety, insomnia, migraines, and mood swings are often blamed on PMS.</p> <ul style="list-style-type: none"> • These symptoms are actually from underlying health conditions such as a sensitive central nervous system, IBS, food allergies, or heavy metal toxicity. Symptoms usually occur during a woman's cycle because 80% of the body's energies goes to the reproductive system and immune system can't keep up with the challenges: adrenal fatigue food allergies, viral load,, liver dysfunction, and hypothyroidism. • Prime Again 6/day, Beauty Pearl • Don Qui 4/day Phyto Estrogen • Beauty Pearl and Herb Cal - Calcium • After 40-Bella • Under 40 – major seizures - Bella • Triggers: Meat/dairy/sugar/ caffeine <p>Consider a 10-Day Candida Blitz</p>
Hydrogenated Oil	<p>A process done to oil to turn oil into a solid fat at room temperature and are used in canned frostings, baked goods, margarine sticks, coffee creamers, & snack food. They use it to increase shelf life and enhance flavor.</p> <ul style="list-style-type: none"> • These oils are not a healthful option, avoid hydrogenated oil as much as possible. Studies show that these trans fats increase levels of LDL (bad cholesterol while

	<p>decreasing HDG (good) cholesterol, both of which are risk factors for heart disease and strokes.</p> <ul style="list-style-type: none"> • Oils to avoid all together: vegetable palm, canola, corn, safflower, soybean • Replace with 2 best - olive oil, flax seed (oil for not cooking), • Trans-fats - hard to remove • Fortune Delight emulsifies fat
Hypoglycemia	<p>The fundamental fuel for your body is glucose, a simple sugar, that provides all your cells with the energy they need to function, heal and thrive.</p> <p>Hypoglycemia is when the Body can't manage glucose properly</p> <p>Causes:</p> <ol style="list-style-type: none"> 1) Liver weakened – can't store or release glucose (eat light meal every 2 hrs.) 2) Regularly skipping meals forces body to use up liver's precious glucose storage. 3) body runs to adrenaline – causing adrenal fatigue and weight gain over time. 4) <u>Sugar</u> combined with <u>fat</u> strains the liver and pancreas <ul style="list-style-type: none"> • Strengthen Liver (Dandelion Root, Alpha 20-C), Digestive System (Assimilaid), eliminate negatives, eat light meal or snack every 2 hours. • Pain from liver – Dandelion Root 10x10 days
Hysterectomy	<ul style="list-style-type: none"> • One ovary left – good chance not need extra help • Both ovaries gone – need estrogen because adrenals have to take over (Prime Again) • BASICS • Any one or all: Beauty Pearl, Prime Again ,Dong Quai, Bella
Ileocecal valve	<p>The ileocecal valve is a sphincter muscle situated at the junction of the ileum (last portion of your small intestine) and the colon (first portion of your large intestine). Its function is to allow digested food materials to pass from the small intestine into your large intestine.</p> <p>Healing Recommendation:</p> <ul style="list-style-type: none"> • Evergreen – helps clean away the sticky mucus for valve to function properly • Story: Exchanged Iron Supplements with Evergreen - Brought blood back to balance, pregnancy and eyes
Ileum	<p>The section of small intestines, just above your ileocecal valve, This is where the body creates its own B12 if the small intestine has ENOUGH GOOD BACTERIA (microorganisms from fresh foods and other food sources)</p> <p>Healing Recommendation:</p> <ul style="list-style-type: none"> • Vitadophilus an excellent source of good bacteria (Probiotic) isn't destroyed by the strong stomach acids because it is protected by an apple pectic coating. The good bacteria therefore can reach the ileum. • VitaSpray – one puff is equal to a B12 shot, helps break down food,
Immune System	<ul style="list-style-type: none"> • Major Organs: Liver & Gallbladder • Outward Manifestation: Nails • Sense Organ: Eyes • Tissue: Tendons, Nerves • Negative Emotions: Anger, irritability and depression • Positive Emotion: Planning and decision making • Alpha 20-C helps restore balance of I/S regardless of overactive or underactive.

	<ul style="list-style-type: none"> • Dandelion Root 10/10days– Cleans up liver - Block Spike 13 – from attaching to receptor – Respiratory, Heart - 10x10days • Liqui 5 (Quinary in Liquid form – has more immune food – Alpha20-C) • Vt.D3 Immune System support • VitaFruit – Vit C in fruit form – collagen & facia – beauty pearl • Greens, NuPlus, Core Energy – fights off disease • Brush with toothpaste, refresher drops, whitening gel – cleans up throat – protector for whole immune system - • Excellent covid protector: Fruit & Veggie Rinse & Sunbreeze in humidifier and defuser (cool mist)
Indigestion	Herb Cal – settles the acid imbalance
Incontinence	<p>Continence is the ability to control your bladder and bowel function, while incontinence is the opposite – bladder or bowel leakage. But continence problems also include other bladder and bowel issues.</p> <ul style="list-style-type: none"> • Assimilaid – (bowel-intestines:digestive system) • Lifestream – (bladder: circulatory system) also bedwetting • Alpha 20C always – immune system • F/D digestive system, weaker on the Calli • Consider a 10-Day Candida Blitz <p>Story: !!!Veros – helps heal the bladder!!!! Sunrise 1/day</p>
Infections	<p>An invasion and growth of germs in the body. The germs may be bacteria, viruses, yeast, fungi, or other microorganisms. Infections can begin anywhere in the body and may spread throughout it.</p> <ul style="list-style-type: none"> • When the body's immune system is strong, it can often fight the germs and cure an infection. • Some cancer treatments can weaken the immune system, which may lead to infection. <ul style="list-style-type: none"> • Basics first: Nourish, Balance, Cleanse (NuPlus, Quinary, Calli) • Our Trio Antibiotic Formula: Alpha 20C, Goldenseal, Conco • T-cells fight infections – Alpha 20-C, promotes T-Cell growth • Alpha 20-C reduces vulnerability to viral and bacterial infections, as well as parasite & yeast overgrowth. • Lots of Goldenseal • Kidney Infection – F/D, lessen Calli for a time. • You want a Fever – burns out infections (need Calcium though).
Infertility.	<p>Is not being able to get pregnant (conceive) after one year (or longer) of unprotected sex.</p> <p>Causes: It could be one or all of the following causes:</p> <ul style="list-style-type: none"> • One of over 60 varieties of Epstein-Barr virus settling in the reproductive system. (Prime Again & Goldenseal, Alpha 20C 10x10days) • Toxic heavy metals (mercury) and or pesticides causing male infertility. (Spirulina & strong Calli, Veros increase male fertility) • Radiation (Calli removes the residue)

	<ul style="list-style-type: none"> • Low reproductive battery (from avoiding pregnancy to birth control-body diverts energy from the reproductive system) (NuPlus, Prime Again) • High-fat/high protein diet worsens condition. • Adrenaline is like an antifertility steroid. Stress & pressure over infertility can produce excess of adrenaline. (Liver clean to clean out overage) • Adrenalize foods such as chicken, turkey, lam, fish, dairy (animal's high stress at time of slaughter or capture). Cut intake by 50. • Foods that interfere and cause reproductive issues: eggs, corn, wheat, canola oil, dairy, aspartame, MSG. conventional and unsprouted soy. • Pesticides, herbicides, and plastics can bombard the reproductive system • Avoid chlorine and fluoride <p>Healing Recommendations:</p> <ul style="list-style-type: none"> • NuPlus, NuPlus, NuPlus, • Prime Again for reproductive system • Veros for men's fertility • ElectroSport – mineral balance and absorption into the cells • Eat small meals every couple of hrs. prevents adrenals from having to work overtime to fill in for dips in blood glucose levels. • Low protein diet. • "Eat fruit to produce fruit" <p>Men – high dairy users, slows down sperm – too much mucus Several SR gals conceive later 40s. All babies off the charts.</p> <p>Consider a 10-Day Candida Blitz</p>
Inflammation	<p>Inflammation is a normal part of the body's defense to injury or infection, and, in this way, it is beneficial. But inflammation is damaging when it occurs in healthy tissues or lasts too long</p> <p>Cause:</p> <ul style="list-style-type: none"> • When not a result of a physical injury, the cause is a virus or bacteria feeding on both toxic heavy metals (such as mercury, aluminum, copper) and troublemaker foods (such as eggs, gluten and other toxic products) as a result, producing chemical compounds called neurotoxins and dermatotoxins that raise inflammation levels throughout the body. A high-fat/high -protein diet interferes with healing inflammation. <p>Healing Recommendations:</p> <ul style="list-style-type: none"> • Spirulina, Metabalance, SunnyDew (Chrysanthemum) – great for inflammation • White Willow Bark: Natural pain killer • !!! Dandelion Root and Siberian Ginseng pulls acid inflammation out of the body and pulls it into the stomach converting it into hydrochloric acid • Evergreen, Celery, Melons, Green Smoothies • turmeric, ginger, cayenne, lemon, grapefruit, celery, carrots, asparagus <p>Inflammatory foods: meat, dairy, eggs</p>
Insomnia	<p>Trouble of falling or staying asleep. The majority of sleep disturbances and insomnia are from dirty blood syndrome and low calcium supply.</p> <p>Causes:</p> <ul style="list-style-type: none"> • Low levels of calcium: Herb Cal at bedtime, daily 1 herb Cal for each decade of age, chew, after meals •

	<ul style="list-style-type: none"> • Emotional disturbance (from heartbreak to loss to unresolved matters in life)(TOP, ESE) • Excess stress and overactive or underactive adrenals (Lifestream, ESE) • CLEAN UP YOUR LIVER (Dandelion Root). Stagnant liver causing mild liver spasms that lead to a restlessness in night) (Dandelion Root, Slim Caps) • Clean up dirty blood, heavy metals, virus pollution (Evergreen, Spirulina) • Low-grade, chronic infection (such as one of over 60 varieties of Epstein-Barr virus or one of over 30 varieties of shingles) that lead to restless leg syndrome • Weakened or dehydrated neurotransmitters (nervous system) due to toxic heavy metals such as mercury (ESE, Spirulina & Chelate with Calli) • Neurotoxins produced by viruses such as EBV. Work on eliminating EBV • Late meals resulting in undigested foods rotting in the digestive system. <p>Other Healing Recommendations:</p> <ul style="list-style-type: none"> • Get hydrated during the day (Fortune Delight) • 1 pkg. Quinary in hot water –bedtime or late night toddy • Calli Night – 8 relaxing herbs. 1 bag/cup • Natural Sleep: 2 ESE bedtime - sleep well all night, if can't go back to sleep, take another ESE to relax our sugar organs (adrenals) • ESE helps clear the busy thoughts of the day and have a restful sleep • High Blood Pressure – start with 2 ESE at bedtime <p>Consider a 10-Day Candida Blitz</p>
Insulin, resistance	<p><u>Insulin resistance persists because of a high-fat diet. Fats and sugar combined cause insulin resistance and put us on a constant vicious cycle.</u></p> <p>Culprits:</p> <ul style="list-style-type: none"> • Eggs-#1 culprit: Fat and Sugar are both in eggs. Sugar is the critical carb needed for the developing chicken's muscle growth to break out of the shell. Frying the egg in coconut oil adds to the fat. • #Dairy clogs our digestive & lymphatic highway. • #3 Gluten feeds pathogens that create autoimmune conditions and inflammation (that's why we crave and love it • #4 Soft drinks throw our blood sugar off and make us hungrier for wrong things and the caffeine revs up our adrenals. • #5 Regular table salt dehydrates us and preserves toxins and poisons inside our organs, • #6 Pork and Tuna puts a heavy load on pancreas, heart and liver, and tuna is very high in mercury. Etc.
Insect Bites	<ul style="list-style-type: none"> • Sunbreeze – natural repellant and for bites • Used Calli Tea Bags – poultice • Hand cleansing gel – itch, • Fruit and Veggie disinfects, <p>Story – black widow spider bite – ER, tight and swollen, - Sunbreeeze and call tea bag – 2 hrs. swelling down, hole open to drain, etc. How fast it works, strong Calli, so soothing.</p>

Intermittent Fasting	<p>A temporary band-aid This is a man-made self-healing plan originating from people who were under a lot of stress, experiencing hardship or lose or struggles of some kind making it hard to eat, prompting withholding of food. It is a temporary band-aid to get thru hard times, that can support someone short term if they're not sick.</p> <ul style="list-style-type: none"> • People who intermittent fast, eventually break down and weaken their adrenals because they're running on adrenaline instead of glucose. • The adrenaline races to the brain and ignites electricity there which brings the clarity, focus, and temporary energy. • This can lead to challenges: premature aging, weaken your liver, set yourself up for chronic illness, blow out your adrenals too early in life and end up lost and sick. • I.F. is not a true cleansing. • When the nervous system is sensitive, it is critical to keep a consistent balance of glucose and mineral salts so that nerves don't weaken and your health declines.
Intestinal permeability	<p>Rather than Leaky Gut, the real occurrence is Ammonia Permeability vs. actual perforation of the digestive tract walls (Leaky gut). Causes:</p> <p>When you eat, the food quickly travels down to stomach to be digested.</p> <ul style="list-style-type: none"> • When too little hydrochloric acid and enzymes available, it results in undigested proteins (animal meat, nuts and seed and even legumes). When these pass (partially undigested) down into the large intestines, it will just sit there and "rot" this causes ammonia gas resulting in bloating, digestive discomfort, chronic dehydration etc. in the digestive system. This toxic gas has the ability to float, ghost-like out of the intestines and directly into your bloodstream, carrying the gas throughout the body resulting in malaise, fatigue, skin problems, restless sleep, anxiety etc. • Culprits: Overeating, low hydrochloric acid & enzymes, stress, too much high protein. <p>Healing Recommendations:</p> <ul style="list-style-type: none"> • Make sure enough hydrochloric acid and enzymes – Assimilaid restore balance • Dandelion Root – pulls acidic inflammation from body into the stomach where the body converts the acids into hydrochloric acid • Avoid too much hard to digest protein.
Irritable bowel syndrome (IBS)	<p><i>Inflammation of the lining of the intestines. The colon is lined with pathogenic waste product, elevated levels of Strep, E. coli and other pathogenic varieties, rotting food that wasn't digested properly due to low bile and hydrochloric acid, and ammonia gas.</i></p> <ul style="list-style-type: none"> • Contributing to it all are unproductive foods that feed the condition—dense fats and proteins that bile and hydrochloric acid can't break down anymore entering the intestines and feeding pathogens rapidly then reaching the colon, the final dumping ground for the mess. Inflammation that prompts pain constipation, and/or diarrhea results, and even hemorrhoids, polyps, and fissures can form from the strain, as well as an itchy rectum from the irritation. • The gut (intestines and liver) need help! • Causes:

	<ul style="list-style-type: none"> • Low production of <i>hydrochloric acid</i> and bile allowing bacteria such as <i>Streptococcus bacteria</i> (50 strains) to proliferate inside the intestinal tract and settle in and inflame the intestines. • Often the intestinal tract will also harbor toxic <i>heavy metals</i> such as mercury and • the <i>liver will be stagnant and sluggish</i> due to an overload of toxins. • <i>A high-fat/high protein diet also accelerates</i> the condition <p>Healing Recommendations:</p> <ul style="list-style-type: none"> ▪ Eliminate negative foods – high fat/high protein ▪ Eliminate Heavy metals: Powerful options: Spirulina, ½ cup a day of cilantro, ¼ c. parsley or 2 fresh cloves of garlic a day. ▪ Strengthen the liver – Dandelion takes acid inflammation and turns into hydrochloric acid ▪ Goldenseal-best weapon against bacterial invasion, supporting Alpha 20C, Conco and Spirulina for total body fortification. Has anti-inflammatory properties. ▪ Dandelion Root takes inflammation in the body and helps the digestive system turn it into hydrochloric acid, ▪ Restore the working balance of the Digestive System: Assimilaid, Evergreen, Vitadolphilus ▪ Food combining (Basics) doesn't cause distress <p>Consider a 10-Day Candida Blitz</p>
Jaundice	<ul style="list-style-type: none"> • Infant jaundice is yellow discoloration of a newborn baby's skin and eyes. The liver has not matured enough to be able to clear the blood of excess of old blood cells. • Adult jaundice, the liver is not strong and healthy. • Dandelion Root, Alpha 20-C, Evergreen (healthy blood)
Joint Issues	<ul style="list-style-type: none"> • Basics: • Sport caps (10x/10days) Calcium and mineral balance to strengthen tendons, ligaments, and muscles. • Herb Cal - super source of assimilable calcium • Greater elasticity of muscles, joints and skeletal system when vegetarian, doesn't have the acidic build-up. • JOI – we've seen 50 a day with torn meniscus – no surgery • Ci Wu Ji – especially effective to bones and joints, traditionally also for arthritic and rheumatic conditions. • JOI heart & neck down • Hydration – • Story: Bone on Bone – NuPlus 2-3xs a day!!!! JOI, Sport Caps, Sunrise
Joint – Nerve Connection	<p>JOI is the Brain-Nerve-Muscle connection food:</p> <ul style="list-style-type: none"> • Strengthens the nerve connection of with the ligaments, joints, discs, and entire structure – Nerve to the musculoskeletal system. • Relief of pain and discomfort in muscles, bones and joints • May also give relief from degenerative conditions in the spinal column.

	<ul style="list-style-type: none"> like a “natural muscle relaxant” is soothing soreness and tension in the entire frame- from neck down. For those painful joint conditions – Joi, Calli, & NuPlus For serious repair from degeneration and injuries. TOP, ESE, SportCaps, and Sunrise
Kidney Dialysis	<p>Dialysis is a procedure to remove waste products and excess fluid from the blood when the kidneys stop working properly. It often involves diverting blood to a machine to be cleaned.</p> <ul style="list-style-type: none"> Basics- All systems working optimally Lifestream – Circulatory System Balancing Food that Nourishes the functions kidneys, bladder, adrenals – all the fluid related processes of the body (blood and water) Evergreen – rich in minerals, helps oxygenate and fortify the blood, helps detoxify and purify the cells, helps clean the blood. Sunrise-gives body extra strength to overcome hurdles assisting organs and their functions, quicker illness recovery, increasing body strength and endurance. Transplant - Kidneys damaged needed dialysis-used Metabooster Dr. Chen – Metabooster – repairs DNA Lifestream – prevented dialysis, improved eyesight, improved hair growth
Kidney Problems	<ul style="list-style-type: none"> Fortune Delight and calcium neutralizes the acid build up in the kidneys Herb Cal: Calcium balances out ratio to prevent pulling from bones Lifestream & Sunrise & Evergreen
Kidney Stones	<p>Kidney stones are hard deposits made of minerals and salts that form inside your kidneys.</p> <ul style="list-style-type: none"> 5 lemons squeezed in 8 oz. water in vial of Evergreen Drink slowly over a period of 30 min.
Knee Issues	<ul style="list-style-type: none"> Sport Caps strengthen tendons, ligaments, muscles JOI – Nourishment for the Brain-Nerve connection Ci Wu Ji – especially effective to bones and joints, traditionally also for arthritic and rheumatic conditions. Spinal Alignment – If the spine is out of alignment, the knee can take the brunt of pressure. Work on the cause: Atlas Orthogonal or NUCCA Specialty Chiropractors White Willow bark, herb without negative side affects, known to help relieve pain Joint pain recommendation 2 capsules 2xs a day.
Leaky Gut Syndrome	<p>3 theories:</p> <ol style="list-style-type: none"> Conventional medicine -critical intestinal disease that perforates the lining of the intestinal tract or stomach and causes severe blood infections raging fevers and/or sepsis...this is a very serious ailment and causes extreme pain and misery. This is caused from deeply embedded ulcers in the stomach lining etc. Alternative, integrative, functional, and naturopathic understanding of leaky gut syndrome. Some mold, fungi or unproductive bacteria thrive and burrow tiny holes in the linings of the intestine and cause micro levels of toxins to leak directly into the bloodstream resulting in multiple

	<p>symptoms. The problem with this is that if these pathogens were truly breaking through the gastrointestinal lining in even the slightest way, then severe symptoms such as high fever, blood infection, extreme pain, an/or sepsis would result. Leaky gut should only be used to describe actual perforation of the digestive tract walls.</p> <p>3. Ammonia permeability. (not intestinal permeability).</p> <ul style="list-style-type: none"> • When you eat food travels to stomach to be digested. • Saliva and chewing begin initial stage in the mouth. • Dense protein-based foods e.g. Animal meat, nuts and seeds, legumes digestion in the stomach from hydrochloric acid and enzymes to break the protein down • Then pass into intestines to be further digested and assimilated. • If hydrochloric acid levels are low, food won't be sufficiently digest in your stomach. Not broken down enough for your lower intestines to be able for your cells to access their nutrients, instead the food will just lie there and rot – called gut rot ---putrefaction that creates ammonia gas and results in symptoms of bloat, digestive discomfort, chronic dehydration, or no symptoms at all. This is just the start. • Acid reflux-the good hydrochloric acid diminishes and bad acids take its place and the bad acids travel up the esophagus. • Mucus lining the gut – to protect from bad acids inhibits proper absorption of nutrients. Mucus can also be formed by pathogens feeding on gluten, eggs, and dairy products. • This ammonia from food not digested and it is decomposing in your intestinal tract, this toxic gas has the ability to float, ghost-like out of your intestines and directly into your bloodstream. • This ammonia gas in your intestines drifting into the bloodstream (which then carries the gas throughout your body, creates most of the havoc associated with leaky gut syndrome. • Cause: stagnant, sluggish liver causing low hydrochloric acid levels in the stomach. Secondly low hydrochloric acid is caused by negative emotions especially stress and worry. Prescription drugs can disrupt the stomach glands' ability to produce hydrochloric acid. Over eating, too much heavy protein, lots of fat and sugar combos deplete the HCL. • If eating high-protein meals and have bloating, stomach discomfort, constipation, sluggishness and or energy loss, limit the animal protein and high fat foods. <p>Healing Foods:</p> <ul style="list-style-type: none"> • Dandelion Root – liver • Assimilaid – Digestive System food • Fortune Delight – cleansing of Digestive tract • Evergreen – healing to the gut • Celery at each meal • Vitadophilus – Needed to break down our foods <p>Consider a 10-Day Candida Blitz</p>
Lice	Wash with Diluted Fruit and Vegetable Rinse
6 Life Destroying Foods	<ul style="list-style-type: none"> • Dairy – bogs down the liver • Eggs – #1 food that feeds viruses • Corn – no longer nutritious due to genetic modification

	<ul style="list-style-type: none"> • Wheat – feeds pathogens • Canola Oil – destroys lining of stomach, veins, and heart • Natural Flavors – Collective term for food additives that are neurotoxins that destroy the brain and nerve cells over time. MSG is one big one of these.
LIFESTREAM	<p>CardioVascular System Balancing Food that Nourishes the functions of the kidneys, . bladder, adrenals. It affects general circulation. Good circulation provides plentiful oxygen supply, free-flowing blood, and efficient removal of toxic impurities.</p> <p>By strengthening the circulatory system (all the fluid related processes blood & water) the circulatory system is enabled to:</p> <ul style="list-style-type: none"> • better regulate the blood pressure • stronger capillaries • Cleanse the blood and reduce extraneous clotting • Reduce level of free fat and cholesterol in blood • Improve eyesight, reduce redness of the sclera • Improve circulatory disorders, such as varicose veins and hardening of arteries • Stronger heart tone • Improved eyesight • Strengthen the bowel and cleanse the intestinal system • Strengthen the nervous system, and relieve depression and poor memory • Fortify the body as emotional food for fear <p>Story – eye issues – 6xday – hair growing - Bladder control</p>
Lupus	<p>This is a viral infection (the medical world identifies lupus as an autoimmune disease where the body is attacking itself – but Lupus is really a viral infection created by all the Epstein-Barr's byproducts and neurotoxins elevating the inflammatory markers in the body.</p> <ul style="list-style-type: none"> • Most common symptoms: feeling tired all the time, pain or swelling in the joints hands feet or around the eyes; headaches; low fevers; sensitivity to sunlight or fluorescent lights, chest pain when breathing deeply. • Healing Recommendations: <ul style="list-style-type: none"> • 3 Nuplus • 3 Quinary • 3 Calli • Viral – Alpha 10x, Conco, Goldenseal • Neuro related – ESE 4/day micro phasia eating myelin sheath on the nerves • Inflammatory – Dandelion Root (helps recycle inflammation to make hydrochloric acid in the digestive tract (breaks down our proteins).
Lyme Disease	<p>Lyme disease is a mystery disease, because it is not really know what is the cause, they true symptoms and the cure. For sure it isn't the result of ticks, parasites or bacteria, these are triggers that activate and feed a viral condition.</p> <ul style="list-style-type: none"> • Lyme disease is actually a virus, causing a viral infection. Again stemming back to the different varieties of Epstein Barr Virus. • If you experience an onset of viral infection and your immune system is unusually weak, you can come down with Lyme symptoms in a matter of days. Much more

	<p>typically, however you'll carry a virus without knowing it's in your system for years—possibly decades before it strikes.</p> <ul style="list-style-type: none"> • Symptoms: you could be deemed to have Lyme whether tests come back positive or negative with the following symptoms: • MS, lupus, fibromyalgia, RA, CFS, or ME/CFS - mild to extreme or persistent fatigue; muscle pain, weakness, twitching, or spasms; restless leg syndrome; mental fog; joint pain or swelling; or tingling in the hands and feet; • — • There are significant Triggers that activate viral conditions that have previously been dormant in the body. Most common triggers to least: <ul style="list-style-type: none"> • #1 Mold • #2 Having cracked Mercury-based dental amalgam fillings, improper removal, or too many removed at one time. • #3 Mercury (especially in large fish such as tuna and swordfish) • #4 Pesticides and herbicides - in lawns and gardens • #5 Insecticides in the home – bug sprays etc. • #6 Death in the family-emotional trauma weakens immune system and strengthen viral infections fed by negative emotion hormones produced by adrenal glands. • #7 Broken heart – betrayal, unexpected breakup, messy divorce - emotional trauma common trigger for viruses • #8 Taking care of sick loved one-emotional trauma • #9 Spider bites • #10 Bee stings • #11 Overprescribed meds, • Recreational drug abuse • Financial stress, physical injuries, car accident, etc, summer swimming lakes and ocean, professional carpet cleaning, fresh paint, insomnia, tick bite (least common trigger 0.5%. <p>In US alone, over 500,000 people a year with symptoms of what are really viral infections are instead being treated as if their illnesses are bacterial—and are receiving the Lyme label. It's becoming the most grievously misunderstood affliction of our time.</p> <p>Goal: Your goal is to Keep viruses in a dormant state in the body, and when there is a viral infection to force it back into its dormant state and render it harmless. Most people are treated with Lyme as a bacteria.</p> <p>Healing Recommendations:</p> <ul style="list-style-type: none"> • More Basics: Especially NuPlus, Alpha 20-C and Goldenseal Root (virus and bacterial) • Vitadophilus if taken antibiotics • ESE because the virus is affecting the nervous system • No acid forming foods, dairy sugar etc. (virus trigger foods) • Remove the unproductive elements, and build up your core healing power and recover. <p>Strongly suggest a 10-Day Candida Blitz</p>

Liver	<p>One of the busiest organs in the body with a highway of blood running through it has over 70 functions. It is the body's central processing center, masterfully separating the beneficial nutrients from toxic poisons & pathogens, remove excess fat, excess adrenaline, and maintaining the proper oxygen balance in the blood. After leaving the liver, the blood moves to the heart, and if the liver is in good condition the blood will be clean.</p> <ul style="list-style-type: none"> • If the liver is healthy it will remove dangerous troublemakers thru the colon in the feces and thru the kidneys in the urine. If not in a good condition, troublemakers can also be released into the bile or even the bloodstream. <ol style="list-style-type: none"> 1. When these troublemakers are released into the bloodstream...trouble results, for example: its like sucking pudding through a straw – resulting in high blood pressure. 2. When the liver is severely clogged, biofilm will break off creating a jelly-like substance that gums up the heart valves creating mystery Heart Palpitations. 3. When viruses take up residence in the liver and cause serious toxic build up: Conditions such as fibromyalgia, multiple sclerosis (MS), rheumatoid arthritis (RA), myalgicencephalomyelitic/chronic fatigue syndrome, lupus, shingles, Lyme disease, Hashimoto's thyroiditis, hypothyroidism, and dozens more all get their start from viruses taking up residence in the liver causes a toxic build up. 4. Viruses and bacteria wage attacks far beneath the surface on our organs and glands. 5. The immune system defense is critical against cold and flu viruses. <p>Healing Recommendations:</p> <ul style="list-style-type: none"> • Clean up the Liver: <i>Dandelion Root</i> - 10x/10days • Good clean oxygenated blood: <i>Evergreen</i> • Calli: Naturally Helps the Liver (one of the 5 cleansing organs) do it major job of cleansing. High Blood pressure, heart palpitations – clean up the sluggish liver: <i>Dandelion Root</i> 10x/10days, <i>Evergreen</i>, <i>Alpha 20-C</i> • Strengthen the liver to release the viruses living in the liver then make sure you the defense system strong with <i>Goldenseal</i> and <i>Conco</i> to destroy these viruses once they move out. • First sign of illness: Bring out your SR medicine cabinet: <i>Alpha 20-C</i>, <i>Conco</i>, <i>Goldenseal</i> – Be aggressive every hour....Stop it in its tract! <p>Covid German Study – <i>Dandelion leaf</i> was found to stop the covid Spike 13 in its track. Dr. Chen chooses to use the root because it is the most beneficial part of the dandelion. Story – even after covid great results from <i>Dandelion root</i></p>
Lymph	<p>Fluid: colorless, watery fluid that carries white blood cells called lymphocytes through the lymph system. Lymphocytes protect the body against infection and the growth of tumors.</p> <ul style="list-style-type: none"> • Lymph vessels: Network of thin tubes that collect lymph from different parts of the body • Lymph nodes: Small – bean shaped structures that filter lymph and store white blood cells that help fight infection and disease.

	<p>L/N are located along the network of lymph vessels found throughout the body, Clusters of lymph nodes are found in the neck, underarm, abdomen, pelvis, and groin.</p> <ul style="list-style-type: none"> • Spleen - makes lymphocytes, filter blood, stores blood cells, destroys old blood cells. Located left side of abdomen near stomach. • Thymus – the organ in which lymphocytes grow and multiply. (thymus in the chest behind the breastbone. • Tonsils – 2 small masses of lymph tissue at back of throat that makes lymphocytes • Bone marrow – soft, spongy tissue in center of large bones, makes red & white blood cells, and platelets. • (Natural Remedies Encyclopedia 625) • Conco – Nourishes to restore the balance in respiratory and lymphatic system
Lymphoma (Non Hodgkin's)	<p>Causes: Exposure to herbicides, pesticides, black hair dye, Benzene meat eating, Aids, Immune depressant drugs, Previous organ transplants.</p> <p>Healing Recommendations:</p> <ul style="list-style-type: none"> • Alpha 20-C Food for the immune system • Conco food for the respiratory and lymphatic system • Evergreen – chlorophyll-Oxygenation-Alkalization – healthy blood • Calli – expel toxic fluid • NuPlus – healthy cells/energy • Quinary – restore balance to all systems • Exercise – only pump for the lymphatic system • Dietary no: meat, fatty or processed foods, peanut butter • Eat: Fruit & Veggies, rice, legumes • If juicing – carrot, cabbage, and beet (Evergreen)
Macular Degeneration	<p>Pressure on the eye. The macula is a part of the eye that is responsible for seeing sharp details directly in the center of the field of vision.</p> <p>Healing Recommendations:</p> <ul style="list-style-type: none"> • Restore the body's Balance with the Basics: Nourish (NuPlus), Balance (Quinary) Cleanse (Calli/Fortune Delight) • pressure on the eye – Immune System Alpha 20-C • Clean up the liver – Dandelion Root • Chelate for heavy metals – Strong Calli and Spirulina (Inflammation) • Oxygenate the blood flow Evergreen (Oil Soluble Chlorophyll food combo) • Circulatory System: Lifestream • Eliminate acid foods, Eggs, Dairy, sugar, meat, gluten • MetaShaper-Suppresses Inflammation, micro circulation of the eyes, concentrated resveratrol • Metabooster – DNA repair, • Vitafruit for scarring – tissue repair • Calli bag on eyes – pull of toxins • No fast foods <p>Stories: JW – 91, Lois 88 – excellent eye sight Metabooster 10/day for 1 month</p>

Malaria	<p>Malaria is a serious and sometimes fatal disease caused by a parasite that commonly infects a certain type of mosquito which feeds on humans. People who get malaria are typically very sick with high fevers, shaking, chills, and flu-like illness.</p> <p>Healing Recommendations:</p> <ul style="list-style-type: none"> • Basics- Nourish, Balance, Cleanse • Goldenseal-Natural Antibiotic both viral and bacterial • Immune System: Alpha 20-C • Cleanse Digestive System: Fortune Delight – Anti-Parasite • Slim Caps – Parasitical • Fruit & Veggi Rinse
Margarine	<ul style="list-style-type: none"> • Butter is still a better choice, or other butter substitutes • Made with Hyrodgenated oils – not real food and like eating plastic • “You are Wrapping cells in plastic wrap – nothing can get in and nothing out, good oils unwrap and nourish us. (Margaret Copie) • Flax seed oil (not for cooking)
Meat & Dairy	<ul style="list-style-type: none"> • Hard on heart and kidneys (jw) • Cancer grows in animal protein vs. plant protein (China Study) • Substitute – tofu and non-dairy milks (soy, rice, nut, grain etc.) • Replace with a healthful, natural diet consisting of fruits, nuts, vegies, grains, and legumes. • Hormones & adrenaline – very disruptive to our bodies
Melanoma	<ul style="list-style-type: none"> • Aggressive with Basics & Alpha 20-C • Oxygenate with Evergreen – cancer cannot survive in an oxygenated environment • Topically SunnyDew 3xs a day • Of course our diet • Stories: <ul style="list-style-type: none"> ○ Mestatic M– spread, stopped eating sugar previously, drank ½ bottle of SunnyDew a day. Sugar normally increase negatives. Total healing. Doctors baffled. Internal/external benefits SunnyDew significant. ○ tried other stevia, non blood sugar balancing, not healing scar for a cut. Doesn’t work the same. ○ Bee stings-Sunector ○ Sugar replaced with Sunectar <p>Strongly consider a Candida Blitz</p>
Memory	<ul style="list-style-type: none"> • NuPlus, NuPlus, NuPlus • Top – Nervous System Food for the brain. • Top Focus – extra focus for brain • Calli – clears the brain
Men	<ul style="list-style-type: none"> • Men’s bodies balance easier than women’s • Men have a trouble changing, it’s a “man thing” • Men want a quick fix and be up and going again • Men look at illness as a weakness

	<ul style="list-style-type: none"> Men will accept help and make changes if given the “freedom” by their wives to choose without pushing and prodding. Truth presented in love, and then leaving them free brings the quickest results...it’s God’s methods.
MEN’S FORMULA (DR CHEN’S...	<ul style="list-style-type: none"> 5 wonderful whole foods, Saw Palmetto, being the first Designed for men over 45 Nourishes for healthy prostate glands Promotes smooth urinary flow An integral part of men’s well being Helps to maintain libido May stop hair loss (sf)
Menopause	<p>A normal transition that gently and painlessly ends the difficulties and inconveniences of premenstrual and menstruation symptoms. Usually results in heightened libido and greater physical health.</p> <ul style="list-style-type: none"> A woman’s most rapid aging happens between puberty and menopause. The aging process slows down after menopause. Menopause reduces a woman’s levels of estrogen and progesterone which helps safeguard her from cancers, viruses, and bacteria, which are all attracted to and feed on reproductive hormones. Pre 1800s medical literature seldom even mentioned menopause, hot flashes and heart palpitations practically nonexistent. All this changed in around 1950s when a tidal wave of women ages 40-55 were visiting doctors like never before. Women born from 1900 on, when they reached the ages of 40-50 were the first ones to experience night sweats, hot flashes, fatigue, panic attacks, anxiety, hair thinning, and joint pain. Mystery illness and autoimmune confusion were born. Medical professionals had never been so bewildered. 3 waves hit women after the 1900s 1) viral explosion – Epstein-Barr and other viruses were beginning to take root in the population 2) Radiation exposure: the shoe fitting fluoroscope - women were exposed to the most radiation ever seen in history-caused a tremendous amount of leg cancers. Radiation is stored & passed from mother to child. 3) DDT exposure – put on gardens and flowers, thought was a nutritious supplement, trucks ran thru communities spraying, and kids would suds themselves up for fun with the DDT suds. By the mid 50s, DDT use was at its height, and the central nervous systems and livers of women had become overloaded with the toxin. Since this was hitting women around their menopause years, all symptoms was blamed on menopause. Hormone Replacement Therapy RT skyrocketed. HRT didn’t address the imbalances in the body, because they’re steroids, and act as immunosuppressant drugs, suppressing the immune system’s response to viral inflammation, nutritional deficiencies and exposure to toxins. There was a significant increase in cancer and strokes in women taking HRT. Now we live in the bioidentical hormone replacement therapy. No matter the reasoning or alluring language that’s used to promote BHRT, the same basic issue applies: menopause is a natural part of life that doesn’t need to be cured. What needs to be addressed are the underlying causes, the health issues misattributed to menopause that women are experiencing. Recommended Healing

	<ul style="list-style-type: none"> • Basics, Basics, Basics – clean up the body • Calli effective in cleansing radiation residue • Most people could use 2-3 chelations a day 1 bag Calli/1-2 cups water, with more Calli thru the day to get the poisons and toxins out of the body • Extra Prime Again – Natural Steroids – Feeds the Hormonal System • Bella – perfect formula for women over 40 - super concentrated formula of whole food herbs that especially nourishes the endocrine and immune system and especially the liver and its function. Bella can help keep ladies happy and confident throughout a lifetime! • Stories: <ul style="list-style-type: none"> ○ Prime Again pulled me thru menopause ○ Prime Again: Dry eye problem, hot flashes – gone in only 3 days, 2/day ○ Bella - No more Hot Flashes – Bella
Menstrual Cycle –	<ul style="list-style-type: none"> • When a women is menstruating, her reproductive system requires 80% of her body's energy reserves and immune system functionality. • those reserves and immune system power switch over to help the reproductive system and women often suffer from many challenges during this time such as food allergies, heavy metal toxicity, dehydration, cramping and PMS. • Prime Again • Don Quai • Beauty Pearl • NuPlus • Quinary • Story: 15 yr. painful period, just adding NuPlus (internal energy) ended problem.
Mental Retardation	<ul style="list-style-type: none"> • NuPlus, NuPlus, NuPlus – New Brain Cells • TOP, ESE - Nervous System, Top Focus <p>Prime Again – endocrine system tells all the other systems what to do</p> <p>Story: Downs child, Amazing brain growth, stopped stuttering, grew tall and strong</p>
Medication Withdrawal	<ul style="list-style-type: none"> • Always a clients choice! • Nourish, Balance, Cleanse • ESE • Gradual as the body restores to balance – gradual withdrawal
Mercury	<ul style="list-style-type: none"> • Considered a heavy metal • Mercury exposure causes inflammation and cause a vast number of symptoms and conditions: depression anxiety, ADHD, autism, Bipolar, epilepsy, tingles, numbness, tics, twitches, spasms, hot flashes, heart palpitations, hair loss, memory loss, confusion, insomnia, loss of libido fatigue, migraines and thyroid disorders. Sometimes mercury moves past the hostage phase and takes someone out, resulting in death by Alzheimer's, Parkinson's, dementia, or stroke. It's that serious. Mercury has injured or killed over a billion people. • Passed on from both parents from generation after generation-accumulates. • ADHD and autism: current thinking is non-beneficial bacteria in the gut, but is primarily due to mercury plus aluminum, that settles in the brain's midline

cerebral canal, which divides the left cerebral hemisphere from the right. When toxic heavy metals enter this midline canal—which is supposed to be open and free—they block the electrical and metaphysical energetic transmissions between the cerebral hemispheres.

- Autism is essentially a more advanced and complicated form of ADHD – with higher levels of toxic heavy metals in the midline cerebral canal.
- Most seizures are due to M.
- Alzheimer's is 100% mercury caused.
- Dental amalgams: Common exposure from mercury-based fillings. Never remove all at same time, regardless of best techniques and protection – only remove when individual tooth requires it, if filling becomes unstable or tooth is damaged. Always select ceramic filling options.
- Depression caused by M.
- Lyme disease triggered by M
- Mercury found in Seafood: High levels of M is in tuna, swordfish, and other large oily fish – manufacturing run off polluting our oceans.
- Use in Manufacturing – felt hat production – M in the felting process “mad as a hatter” average hat-maker survived only 3-5 yrs after starting work at a factory. Every man 1800 to first half of 1900 (1950) infusion of mercury when his brow sweated—almost all mental illness was from mercury poisoning. Asylums of the 19th and 20th centuries filled with people experiencing madness and convulsions. What was the treatment: Mercury concoctions to drink, mercury pills to swallow. Abraham Lincoln's depression severely worsened from the use of mercury pills— a depression that had likely started from a few glasses of “medicinal” mercury elixirs.
- Use in Medicine: Mercury was considered a ultimate cure for all diseases. It was claimed as the fountain of youth, and was the number-one protocol to give a glass of mercury water to any patient who was ill—regardless of age, gender, or symptoms. It became obvious that a visit to the doctor could result in poisoning. Mid 1800, people quit going to doctors and alternative medicine such as —homeopathy, chiropractic, and other varieties of alternative medicine exploded in popularity.
- Mercury never goes away—unless you take specific steps to detoxify it, it gets passed on from generation to generation for centuries.

Healing Recommendations:

- Make simple detoxification part of your daily routine! Rid your body of accumulated generations and present-day exposure.
- DAILY Heavy metal M detox:
 - Evergreen
 - Calli strong 1 bag/1 c.water followed by an additional 1 bag and 4-8 c. water thru the day.
 - Spirulina – draws from brain, central nervous system & liver
 - Mixed Berry NuPlus – Wild Blueberries
- 1 cup of cilantro – goes deep into hard to reach places, extracting heavy metals from yesteryear. Blend in your smoothies or add to salads or guacamole.
- Atlantic Dulse – binds to mercury, lead, aluminum, copper, cadmium and nickel and crosses the blood-brain barrier, and never releases till it leaves the body.
- Probably nothing better you can do for your health than to get heavy metals out of your body.

	<ul style="list-style-type: none"> • Story – multiple mercury fillings extracted carefully – ate Alpha 20-C – no noticeable negative effects
Miscarriage	<ul style="list-style-type: none"> • Basics – restore balance to body – critical • Prime Again – Reproductive System Balancing • Sunrise – stabilize fetus • Sport caps – muscle feeding • Evergreen – Oxygen • Spinal Alignment <p>Story mother was having problems with Miscarrying- NuPlus, Quinary, Beauty Pearl (6) TOP, JOI, ESE, Evergreen, Calli/Fortune</p> <p>New born – continued feeding SR for 3 weeks until mothers milk came in.</p> <p>Strongly consider a Candida Blitz.</p>
Missionary Gift	<p>For those traveling to a mission project: F/V Rinse, Hand Cleansing Gel, Goldenseal, Alpha 20-C, NuPlus, Quinary, Fortune Delight</p> <ul style="list-style-type: none"> • Story: <ul style="list-style-type: none"> • Food Poisoning – Drank F/V, felt good, quickly, those didn't all sick • Haiti – quizy – F/V rinse drops in water/ 20 min. felt fine • Asian – 6 weeks, only one that didn't get sick, 2 drops of F/V in F/D • Many mission trips: no one with these foods gets sick
METABOOSETR	<p style="text-align: center;">TURN BACK THE CLOCK WITH <u>METABOOSTER</u></p> <ul style="list-style-type: none"> • This Powerful Formula as a “booster” for faster more efficient metabolism AND for EVERYONE who wants more energy. • May prove to be one of our most exciting anti-aging foods for regeneration. • Before introducing this product, Dr. Chen at 10 caps a day (3-3xs) for 3 years and turned back the clock for himself about 10 years. • Boosts the benefits of all other SR products especially Quinary • Call Metabooster your REPAIR KIT! • Dr. Chen eats M to help him adapt to different time zones, climates, and countries. He says it helps him feel energized and alert so he can perform his best. • Metabooster enhances metabolism deep down at cellular level with exclusive combination of the following ingredients that promotes the transformation of nutrients into energy and soooooooo much more. <p>Niacinamide (Also known as Vt. B-3) (doesn't cause hot flashes or flushing like many other niacin products):</p> <p>Natural Benefits:</p> <ul style="list-style-type: none"> • Natural cholesterol-lowering agent • Help reduce risk of heart attack • Help control blood-sugar levels. • Help fight depression - Convert tryptophan into serotonin (balanced brain chemistr • Ease symptoms of arthritis and rheumatoid arthritis. • Help slow progression of type 1 diabetes • Function like an anti-histamine for allergy relief • Smooth the skin • Form sex hormones

- Repair DNA
- Convert food into energy
- Keep central nervous system running properly
- Regenerate the liver and nervous system
- Scavenge free radicals

Zinc Oxide: An essential mineral for almost every cell.

Natural Benefits:

- Stimulate the activity of approximately 100 enzymes.
- Nourish the immune and defense systems
- Resist infection, and assist in wound healing
- Metabolize the B vitamins
- Decrease inflammation like an anti-inflammatory
- Produce needed anti-histamines
- Create healthy skin

Alpha Lipoic Acid: A major antioxidant that recharges other antioxidants

Natural Benefits:

- Fight free radicals
- Enable cells to utilize more oxygen
- Repair mitochondria damage(energy producers in the cells and a major contributor to aging)
- Heal mutations
- Deactivate cell-damaging free radicals in the body,
- Dissolve heavy metals
- Enhance the benefits of Vit C & E
- Make ATP
- Cleanse as an anti-toxin and anti-oxidant
- Nourish the nerves and liver
- Reduce obesity related conditions
- Overcome Insulin resistance
- Mitochondrial Heart Injury (ALA-helps heart to rest)
- Nourish the Liver, the most sensitive organ affected by chemo or radiation
- Nourish the Heart, the 2nd most sensitive organ affected by chemo or radiation
- Nourish Head Trauma or other injuries
- Overcome Nerve pain and numbness (polyneuropathy)

L-Arginine: Is an essential Amino Acid found in plant foods.

Natural Benefits...

- Assist in wound healing, hair loss, skin rash, constipation and fatty liver
- Improve vasodilation useful for all kinds of heart issues, erectile dysfunction, headaches.
- Improves protein synthesis for better wound healing, body building, sperm production, overcoming critical illness,
- improve athletic performance, maintain youthful elasticity of heart.
- Reduce fatigue during workouts
- Reduce levels of belly fat
- Reduce blood pressure
- Lower blood sugar
- Stimulate release of growth hormones
- Overcome Migraines
- Balance Irregular Heart Beat
- Overcome Heart Failure

- Nourish as the #1 ingredient in sexual potency formulas
- Overcome Erectile dysfunction

Acetyl-L-Carnitine Hydrochloride:

Natural Benefits...

- Burn unwanted body fat – fatty acid oxidation
- Transports fatty acids across the mitochondria membrane to allow for oxidation of fats.
- Provide power brain-cell activity
- Slow down and even reverse brain deterioration
- Improve ability to think clearer and improve memory
- Stave off protein deposits that develop in brains of early-stage Alzheimer's patients
- This fatty acid is the main dietary fuel for skeletal and cardiac muscles.
- Helps prevent cataracts
- Used to support all bodily functions that have a high energy demand.
- Give unprecedented hope for suffers of Alzheimer's, traumatic brain damage and after effects of a stroke.

L-Lysine (found in beans and yeast).

Natural Benefits...

- Most abundant amino acid in the human body (about 2 lbs).
- Is a building block for proteins and assists in calcium absorption and formation of collages for bone, cartilage and connective tissue, and also help with osteoporosis.
- Repair damaged cells
- Inactivate viruses and bacteria.
- The 3rd highest amino acid in muscles, needed for the body to produce antibodies and enzymes.

Summary: Overall Benefits

Formulated to...

- Support all bodily functions that require ENERGY by transformation of nutrients into energy
- Maintain the structural integrity of the membrane of the cell.
- Assist with the transport of nutrients into and out of the cell.
- Excellent organ & system repair, including blood and urine flow throughout entire body
- Counter the electromagnetic pollution of the day
- Regenerate the DNA of the cell
- Regenerate the mitochondria in cells – the energy factory.
- Give extra support for those susceptible to stress
- Improve memory, focus, overcome effects of strokes and brain trauma
- Chelate chemo and radiation effects
- Shorten healing time from wounds
- Decrease fat mass and waist circumference.
- Repairs damaged cells. Reactivates dysfunctional cells and helps regulate cell metabolism
- Combine with Sunrise to optimize clearer thinking and energy – great for students
- “Boost” the effectiveness of Quinary and other Sunrider formulas – called the 6th Basic

Extremely good for those experiencing:

- Depression

	<ul style="list-style-type: none"> • Dementia • Schizophrenia • Chemical Depression • Alzheimer's • Tourette's Syndrome • Adrenal Exhaustion <p>On the box it may look like something good, but it is what is on the inside that counts. The reason Sunrider is still the best buy for your money is the concentration. Four to seven pounds of herbs go into 1/2 to 1 pound of finished products; the synergistic combination; and just the right amounts of each ingredient; formulated by our master chef, pharmacologist and world famous herbalist, Dr. Tei Fu Chen.</p> <p>10 Day Challenge: Let's all give Metabooster a good month – or more and report the findings! When it's available again, let's let everyone know.</p> <p>Already Early Reports: Ate 2–3xs a day</p> <ul style="list-style-type: none"> • significant improved energy, • ate less, satisfied without snacking, • no tendency for procrastination, - had energy and the desire to do • long-distance driving without falling asleep
<p>METASHAPER</p>	<p>Dr. Chen studied cultures and diets around the world to come up with the formula of MetaShaper.</p> <ul style="list-style-type: none"> • This is a whole food formula: With SR's unique concentration, state of the art fermentation process and perfect calibration, MetaShaper is truly anti-aging and promotes longevity and weight loss as a great side benefit. • As the body's health is built, the body lets go of unwanted fat. • As muscles tighten, gradually the body begins to transform with a new & leaner figure by losing inches where needed, especially waist and hips. <p>Powerful Ingredients:</p> <p>Garcinia:</p> <ul style="list-style-type: none"> • The amount of food you are able to eat decreases • Significant increase in fat burning • Helps balance the metabolism, especially related to the fat • Muscles tighten • Cardiovascular system is strengthened <p>Resveratrol: (in the Polygonum)</p> <ul style="list-style-type: none"> • Dr. Chen developed a new fermentation extraction process. The fermenting process also raises the level of resveratrol so that each capsule has the amount of resveratrol of 30-50 cups of wine. • Resveratrol is nature's way of fighting disease, fungus and bacteria • Resveratrol suppresses inflammation and fights aging. Benefits: Anti-carcinogenic, Glaucoma, Macular Degeneration, micro circulation of eyes – anti inflammatory <p>Soy Concentrate:</p> <ul style="list-style-type: none"> • Non GMO Soy, Dr. Chen developed a new fermentation process with good bacteria similar to process of making yogurt or tofu. Never Soy Protein Isolate! Soy has a protective and beneficial effect on the human body. May hep

	<p>improve adipose and glucose metabolism resulting in reduced body fat accumulation and insulin resistance; may help prevent obesity.</p> <p>Green Tea catechins. Contain a significant ingredient for thermogenesis and weight loss; reduces lipids and fats in the body. Scavenges free radicals before they do cell damage.</p> <p>Metashaper:</p> <ul style="list-style-type: none"> • Truly anti-aging • Promotes longevity • Weight Loss as a great side benefit! • Recommended 2-3 caps with each meal!
Mold:	<ul style="list-style-type: none"> • External: <ul style="list-style-type: none"> ○ ½ oz. household Sunsmile SuperClean ○ Vinegar ○ Bleach • Internal: <ul style="list-style-type: none"> ○ Mold is not the problem, but it's a potent trigger for someone with a viral issue because the EBV feeds on the mold. This is why 2 people living in a mold environment, one gets sick (virus in them) and the other one doesn't get sick (they don't have the virus living in them). Whether inhaling or eating the mold, it finds its way to the liver and lowers the body's immune system. ○ Recommended healing: ○ Alpha 20-C, Dandelion Root – Liver and Immune System ○ Basics Aggressively!
Mono	<p>Mononucleosis-an illness from the Epstein-Barr Virus.</p> <ul style="list-style-type: none"> • It's what thousands of college students contract every year when they run themselves down with all-night studying and partying. Mono shows up at the Epstein Barr Virus's 2nd stage of activity. At this stage, the body's immune system goes to war with the virus. One can experience a light case of mild scratchy throat and tiredness or all the way to being hit hard with fatigue, sore throat, fever, headaches, rashes, and more that hang on for several months. The EBV will usually show up in blood tests at this stage. Stage 1 symptoms of EBV can be a light flu like symptoms. • It's during this stage (2) with Mono that the EBV seeks a long-term home by making a run for one or more of your major organs moving in and nesting in these organs—typically first, your liver or spleen. EBV loves being in these organs because mercury, dioxins, and other toxins are likely to accumulate. The virus thrives on these poisons. EBV's best friend is the bacteria Streptococcus. During Stage 2 Strep can travel up to create strep throat or infest sinuses, nose or mouth. It can also travel down to create infections in the urinary tract, vagina, kidneys or bladder. EBV tests simply aren't advanced enough to detect the virus once it moves on from mono stage and is now nesting in an organ. It can live in these organs multiply and excrete toxic residues and create all kinds of weakness in the organ and the rest of the body. Once the Virus moves to and nests in an organ, tests can't find the virus. Stage #3 it moves to the Thyroid; Stage 4 – Moves to the Nervous System. <p>Healing Recommendations:</p> <ul style="list-style-type: none"> • Barr is a Virus: Alpha 20-C, Conco, Goldenseal -

	<ul style="list-style-type: none"> • Streptococcus is a Bacteria: Goldenseal • Build up the body with the BASICS – aggressively for a time • Remove triggers
Morning Sickness	<ul style="list-style-type: none"> • Evergreen • Vitaspray • Assimilaid • Vitashake (44 Vitamins and Minerals) • Keep Urethra clean! • Enema with Electroport etc.
Mosquito Bites	<ul style="list-style-type: none"> • SPF Protective Lotion • Sunbreeze
Mouth Odor	<ul style="list-style-type: none"> • Basics • Sunsmile Herbal Toothpaste – feels like you’ve just stepped out of the Dental Hygienist’s chair • Sunsmile Refreshed Drops – kills bacteria 2-3 hrs. • Clean up diet
Migraine	<ul style="list-style-type: none"> • Basics • 1 Beauty Pearl – Hormonal Balance • 3 Prime Again – Natural Steroids, Glandular balance • Alpha 20-C <p>Story: DonQuai</p>
Mitochondria	<ul style="list-style-type: none"> • Metabooster regenerates the mitochondria in the cells. • Metabooster boosts the effects of the Quinary, creating energy in the cells
Mrs. Chen, (Dr. Oi-Lin Chen)	<p>Dr. Oi-Lin Chen, co-founder of Sunrider, has been recognized as one of “The Most Influential Women In Direct Selling” by Direct Selling News not once but THREE times.</p> <ul style="list-style-type: none"> • We love Oi-Lin! She’s an inspiration to us all!! Wonderful mother of 5, Medical Doctor, and president of Sunrider International! • It was her belief that mothers needed to be able to work from home to help support their husbands and families as to why they choose the network marketing method of selling their products. • She has worked timeously for the Sunrider family, the World and her own family. She is a wonderful caring lady! • Every Sunday she personally would fix & serve dinners for her children, their mates and all the grandkids. It was a family reunion every Sunday. <p>Early in the beginning of SR, had very fast growing throat cancer – her belief Dr. Chen’s herbs was still developing</p> <p>Early in the beginning of SR, had very fast growing throat cancer – her belief Dr. Chen’s herbs was still developing</p> <ul style="list-style-type: none"> • Went the kemo and radiation route • The Radiation burned her throat, leaving her voice affected. She was fighting for her life.

	<ul style="list-style-type: none"> • Dr. Chen developed Alpha 20-C specifically for her (5 specifically formulated, highly concentrated whole food herbs for building the fighter T cells to build the immune system naturally thru the bone marrow, liver and adrenals, so the body and fight off these viral diseases. These individual herbs were part of the Ancient Chinese herbal pharmacy and are now receiving positive reinforcement in today's scientific world. • He also developed SunnyFresh – herbs specifically for the mouth, throat and lungs. • Dr. Chen also developed the Skin care line Kandesn and OiLin lines for his wife – she has beautiful skin today.
Muscle Tone	If the spleen and digestion are out of balance, the muscles lose tone and appear thin or even wasted. Developing muscle tone and definition will be a struggle no matter how hard you work. Sunrise nourishes the spleen.
MRSA	Flesh eating bacteria <ul style="list-style-type: none"> • Fruit and Veggie rinse • Calli bag compress • Sunectar – more chlorophyll internal & external - Sunnydew • Alpha 20-C – Immune System • Goldenseal (Viral and Bacterial Natural Antibiotic)
MSG	Monosodium glutamate; a food additive that's used in tens of thousands of products and restaurant dishes. <ul style="list-style-type: none"> • It builds up in your brain tissue. It can then cause inflammation and swelling, kill thousands of brain cells, disrupts electrical impulses, weaken neurotransmitters, burn out neurons, make you feel confused and anxious, and even lead to micro-strokes. It also weakens and injures your central nervous system. • It is an additive to always avoid. MSG is often "hidden" in labels because of its deservedly bad reputation. • The following terms usually means that MSG is an ingredient: • Glutamate, hydrolyzed, autolyzed, protease, carrageenan, maltodextrin, sodium caseinate, balsamic vinegar, barley malt, malt extract, yeast extract, brewer's yeast, corn starch, wheat starch, modified food starch, gelatin, textured protein, whey protein, soy protein, soy sauce, broth, bouillon, stock, and seasonings, natural fruit flavor, natural flavors.
Multiple Sclerosis (MS)	The Epstein Barr Virus moves to the nervous system causing MS <ul style="list-style-type: none"> • Typically with S you also have the EBV cofactors in your system: • Streptococcus bacteria • H pylori bacteria • Candida fungus • Cytomegalovirus • Herpes simplex • Toxic heavy metals mercury, aluminum, and copper – these metals feed the virus. • Your only hope of killing your EBV is a strong and vibrant immune system: Vitafruit, Alpha 20-C, Goldenseal • stop micro phascia eating the myelin sheath And to rebuild the myelin sheath: ESE

	<ul style="list-style-type: none"> • Nourish Balance Cleanse 3xs a day • Calli 1 bag-Gallon • Quinary & Alpha 20-C 20 capsules/day – Immune System – • Chelate heavy metals: Strong Calli and Spirulina • Eliminate top viral feeders: eggs - top viral feeder, no dairy, no canola oils, no gluten, corn, sugar; vegetarian diet imperative • eliminate diet drinks – artificial sweeteners – eliminated – success • Vitafruit – tissue rebuilding • TOP, JOI, ESE – Rebuild nervous system • Sport Caps, Ci Wu Jia, Sunrise – muscular system • Eliminate top viral feeders: eggs - top viral feeder, no dairy, no canola oils, • Consistency! Amazing what can be done with a body out of balance....Nourish it, Cleanse it! More toxicity than anything in this country. Cleanse and Exercise <p>For Any Health Challenge:</p> <ul style="list-style-type: none"> • Eliminate negatives and cleanse the body – most important thing we can do for us. • Calli: Cleanse liver, kidneys and every cell in the body. Any flavor will work. • Some Sunriders drink 6-7 bags a day. Hot or cold. <p>Strongly consider a 10-Day Candida Blitz</p>
Muscles	<ul style="list-style-type: none"> • Muscle Building – SportCaps– the Alfalfa has natural steroids to build muscles, has Kelp plus other wonderful foods. • NuPlus –feeds the electrical generator in the cells - muscles need electrical energy to heal and grow • vegetarian lifestyle - Easier to heal because greater elasticity of muscles, joints and skeletal system • Heart is a large muscle - No animal protein with heart issues, blood pressure etc. • Muscles balanced, flexibility – Sport Caps, JOI (jw); Ci Wu Jia • Muscle Pain – acids build up - Fortune Delight, • Release muscle - JOI • Inflammation – Again the above Goldenseal, Dandelion Root • Muscle Cramp: VitaSpray in mouth, Herb Cal, Sport Caps, Sunbreeze, Magnesium, Epson salt cloths on cramps • Exercise: Muscles warm up and cool down - Sunrise
Muscular Dystrophy	<ul style="list-style-type: none"> • Basics (Calli weak) if too toxic • Nuplus – 4-6 • Sport Caps • JOI • ESE • No meat; canned foods (sodium, aluminum heavy metals, least nutritive) dairy, sugar, salt, hydrolyzed oil (chips cookies etc.) • Only the very best quality food available.
Mystery Illness	A mystery illness is any condition or illness

- **That leaves anyone perplexed for any reason as to its cause or treatment.**
- **It can be an unidentified disease with unexplained symptoms.**
- **A mystery illness can also be an established, chronic condition for which there is no effective treatment of the root cause, or a condition that is frequently misdiagnosed.**

- Medical science is incredibly advanced at physical body repair. Where would we be without the dedicated people who perform from routine procedures to revolutionary surgeries every day? But the advancement in Virology (the study of viruses) is seriously lacking.

Virology:

- In the 1900, medical science made great breakthroughs in virology...but it all got swept under the carpet because there was no funding to take these discoveries to the next level. These amazing doctors were left in the lurch as their findings about certain significant viruses went largely ignored. This has left our medical world continually dissecting and isolating vs. becoming experts in the source or cause of viruses that mutate and cause a world of havoc in the body.
- Our doctors of today can't help that they don't know the cause of so many debilitating mystery symptoms or have the wrong culprit pegged for a particular disorder. In some cases the funding just isn't there for the research needed, or fads take studies in the wrong direction.
- Most of the time, there is an actual physical root to the chronic mystery condition; medical communities just haven't named it yet or figured out what makes it better. So what can happen when either alternative nor non conventional doctors have answers? Denial! Unfortunately, the medical establishment feels that the answers need to come from them, and the information is discredited.

The process of healing, knowing the cause of a condition (and knowing what isn't the cause) is half the battle. The next step is learning how to make it better. The good news is, there aren't any words for the relief clients find, or how empowered they become, once they understand what was really behind their suffering and what can be done to heal the body.

- I believe Covid 19 will be an ongoing mystery illness of today. Fortunately the brave doctors and true scientists are bringing to light the mysteries behind this evil chemical warfare.

Epstein Bar Virus: Let's take a look again at Epstein-Barr Virus that has created a major epidemic (secret). It is one of the first serious identified viruses that has mutated to over 60 versions yet is still playing havoc today in most people's body in some form. It is the source of numerous health problems from every category that are currently considered mystery illness.

- The Epstein-Barr Virus was discovered by 2 brilliant physicians in 1964. The virus took hold in the early 1900 over 50 years before with the viral explosion at the turn of the century. This viral explosion was a result of 3 major things: the industrial revolution dumping chemicals and heavy metals into our water supply, the prevalent use of DDT, common exposure to Radiation.
- Medical communities today are aware of only one version of EBV (mono), and once mono is no longer active, they can't identify it thru their testing, but there are actually over 60 varieties of the virus thru mutations and elevating its various hybrids and strains over the last 100 years. These mutations of EBV

are the source of what we currently considered mystery illnesses. If the diagnosis is incorrect, the path to healing will be incorrect.

- A few of the many identified mystery illnesses are: Chronic Fatigue Syndrome, Fibromyalgia, Tinnitus, Vertigo, Lyme Disease, MS, Rheumatoid Arthritis, Hypothyroidism and Hashimoto's Thyroiditis, Type 2 Diabetes and Hypoglycemia, Brain Fog etc, etc. The base case of each of these is a variety of the Epstein Barr
- EBV passes thru 4 stages creating illnesses at each stage: #1 Common cold; #2 Mono; #3 Settling into and nesting in an organ usually the Liver then Thyroid or any other organ that is weak #4 Finally moving to the Nervous System. Lifestyle stressors triggers the viruses to move from organ to organ - to the next stage - from stages 1-4.
- Once the virus nests within an organ or organs, the immune system cannot find it to eradicate it, but it is alive and if continually fed, (viral feeders) it can be doing havoc within the organ or eliminating into the body toxins from its own discharges. This is why lifestyle changes may be necessary to quit feeding the virus and being aggressive to feed the organs that the virus/s may be living in - to move them out, along with a strong immune system to deal with all that is coming out.

Healing Recommendations:

- Remove Heavy Metals sources – heavy virus feeders – mercury and aluminum along (Calli strong, Spirulina)
- Remove the Dietary Feeders of Viruses: Eggs (#1), Dairy, Gluten, Sugar, Canola Oil, Adrenalized meats (high sources of adrenaline in the animal due to stress at time of slaughter), MSG, Alcohol.
- Nourish, Balance, Cleanse aggressively:
- Then Identify the System that is struggling and nourish that system heavily.
- Build a strong viral attract system As the virus comes out of the struggling organs, the immune system needs to be strong to deal with it. Conco (Viral); Alpha 20-C(Immune); Goldenseal(natural antibiotic for viral and bacterial); Dandelion Root (clean up the liver-where viruses love to feed and nest).
- Realize that lifestyle events trigger viral growth (explosion) and movement to new areas. These times need extra nourishment: Death of a family member (Conco); caregiving of a loved one; divorce; a move to a new location; pregnancy and birth (Prime Again); radiation exposures (Calli); surgeries, accidents, etc.
- FOR EACH: NUPLUS- cellular regeneration and internal energy to heal. QUINARY – All the cells and systems communicating with each other. CALLI/FORTUNE – Nourishing the cleansing organs so THEY do their work more effectively.
- The good news is we have a self-healing body that is designed for health. We just need to cooperate with that design thru a lifestyle of healthy choices. We may need to be aggressive for a short period of time at least 90 days. We all are free to make our own choices in life, but all our choices and those of our parents & grandparents and our children and grandchildren have a direct relation to our health, also Regardless of our inheritance, even though we inherited weakness, we can overcome and change our health!
- We are each free to cooperate or violate those principles of health – either way we reap the results...wellness or illness.
- *If we nourish our body with the right combination of whole food nutrition and cleansing beverages our bodies will not only be healthy and in*

	<p><i>balance but they will repair, renew & regenerate as they were naturally designed to do. (Sunrider's philosophy)</i></p> <ul style="list-style-type: none"><i>It may take some aggressive work, as any medical procedure does, but building up our bodies only has positive side effects.</i>				
Nervous System	<ul style="list-style-type: none">3 Great Weakeners: Lack of sleep Stress – tragedies AnxietyESE – feeds the neuro transmitters of the body				
NUPLUS	<ul style="list-style-type: none">NuPlus! NuPlus! NuPlus! Most important food!Phyto Nutrient Rich, 12 highly concentrated whole powdered plantsIs an exclusive herbal nutritional food based on ancient Chinese formulas – thousands of years of research and testing.Anciently considered “Angel Food”The key that Unlocks the Door to health because it is the food that makes the next cell stronger than the ones that have just been replaced.Perfect balance for supplying all your nutrient needs if you had to live on it solely.<ul style="list-style-type: none">65% complex carbs (glucose)20% protein (amino acids)15% fat (essential fatty acids)Vitamins, minerals, antioxidants, phytonutrients, and bioflavonoids.The NuPlus have 5 kinds of beans that nourish 5 key organs (red) heart, (white) lungs, (green)liver, (yellow) spleen, (black) kidneys.Perfect for the entire familyPregnancy and growing children – off the chartsWonderful for the elderly and those acutely ill – easily digested and so regenerativeSpeeds recovery from surgery or illness. The next cell is stronger for healing, internal energyThe choice of athletes and body builders – burns fat and builds lean muscle.Weight loss – provides glycogen so fat can be burned, cravings eliminated, nourishes and satisfies.Addictions: Nourishes the starving bodyBlood sugar issues – has only the good complex carbs that assist the b/s throughout the dayProtein – includes all 21 amino acids. No isolated proteins that cannot be digested, no artificial colors, sweeteners chemicals, fillers, or preservatives.Fatigue: Fuel for the body to fight fatigue and sustain the energy levelPhytonutrients – contains hundreds know to build body’s immune system protect from viruses and bacteria, environmental influencesAnti-oxidants – loaded for cellular health. <table><tr><th>NuPlus Ingredients</th><th>Traditional Uses</th></tr><tr><td>Coix Fruit</td><td>(Main ingredient in NuPlus) Extremely regenerative; restores energy; counters diarrhea; helps eliminate excess water; strengthens defense and nervous systems; U of CA reports lowers cholesterol better than oats; stabilizes blood sugar levels, reduces muscle tension; expels poisons; beautifies skin. Tokyo Univ. found their top choice to</td></tr></table>	NuPlus Ingredients	Traditional Uses	Coix Fruit	(Main ingredient in NuPlus) Extremely regenerative; restores energy; counters diarrhea; helps eliminate excess water; strengthens defense and nervous systems; U of CA reports lowers cholesterol better than oats; stabilizes blood sugar levels, reduces muscle tension; expels poisons; beautifies skin. Tokyo Univ. found their top choice to
NuPlus Ingredients	Traditional Uses				
Coix Fruit	(Main ingredient in NuPlus) Extremely regenerative; restores energy; counters diarrhea; helps eliminate excess water; strengthens defense and nervous systems; U of CA reports lowers cholesterol better than oats; stabilizes blood sugar levels, reduces muscle tension; expels poisons; beautifies skin. Tokyo Univ. found their top choice to				

	nourish defense system and prevent degenerative diseases. <u>The most nutritious herb in the world!</u>
<i>Yellow Bean (soybean)</i>	(Second ingredient in NuPlus) Delays aging; eases menopause (has good, harmless plant estrogen); beneficial to weight management; fights fatigue; helps regulate blood sugar; strengthens the spleen; lessens indigestion; and lowers harmful LDL cholesterol without affecting beneficial HDL (soy compound genistein helps block formation of fatty plaques, reducing a risk of heart disease). <i>Note: Not indigestible soy protein isolate, but specially-processed fermented whole soybean to ensure ease of assimilation.</i>
<i>Chinese Yam</i>	Counters coughing; helps correct hormonal imbalance; helps reduce inflammation; strengthens kidneys, stomach, spleen, lungs, adrenal glands, and reproductive system. (Sunrider will use only Chinese Yam since Mexican Yam contains saponin, which is medicinal and can be poisonous.)
<i>Fox Nut</i>	Helps relieve joint pains in legs and back, diarrhea, and chronic fever; increases energy.
<i>Lotus Seed</i>	Nourishes deficient spleen; strengthens heart and circulation; and helps peristalsis. Reinforce the kidneys and nourish the blood.
<i>Lotus Root</i>	Absorbs clots and bruises; stops bleeding; and aids in circulation.
<i>Water Lily Bulb</i>	Benefits poor circulation; helps relieve joint pains, diarrhea, incontinence, thirst, dizziness, restlessness, chronic fever, and stomach disorders; increases energy and systemic balance.
<i>Green Bean</i>	Nourishes and strengthens the liver; helps reduce age spots.
<i>Red Bean</i>	Nourishes and strengthens the heart.
<i>Black Bean</i>	Nourishes and strengthens the kidneys, reproductive system, and immune system.
<i>White Bean</i>	Nourishes and strengthens the kidneys and immune system; strengthens the pancreas; and helps to eliminate mucous.
<i>Imperate Root</i>	Is highly nourishing; anti-inflammatory; anti-viral.

Stories:

- T. Couldn't eat any carbohydrate – she could eat Original NuPlus it was her Manna - only food she could eat. Her health increased significantly so that she can eat well with other foods. She still considers it her survival food. Her stress incontinence improved so she didn't have to have any surgeries.
- L. Loves the Simply Herbs NuPlus – a spoonful or more satisfies any lingering hunger after a meal.
- R. heart was only 17% working was on heart transplant list, ate 3-6 NuPlus a day, 2 months, regenerated heart to 48% and taken off heart transplant list
- M. Never hungry after eating NuPlus – not dead food, it feeds your new cells, eats before or for a meal.
- D. Its our happy food, so satisfied, not as negative (3 days) happier, more confident, felt on top of her game

Different Kinds of NuPlus:

	<ul style="list-style-type: none"> • Original – No beans added • Simply Herbs – 5 beans added – considered most regenerative • Mixed Berry, Pina Banana, Naturally Plain, Apple Cinnamon-10% is concentrated fruit plus the 5 beans have been added • Vitashake – NuPlus plus Metabalance 44 (44 vitamins and minerals) , prebiotic (fructooligosaccharide) equivalent benefit of 3 VitaDophilus (Probiotic), • Protein Plus – NuPlus plus plant protein-whole plant pea and rice protein, no isolates • Sunbars – ½ NuPlus plus prebiotic, fructooligosaccharide (FOS) held together with extra-concentrated Sunrise, noted for energy and physical strength.
“Never an empty Fall/Winter Medicine Cabinet”	<p>My 2/2/2/ hr toolbox @ First sign of illness:</p> <ol style="list-style-type: none"> 1. Conco - Respiratory and Lymph System, Sinus: (Sunnyfresh is – liquid Conco) In the Fall we need to maximize the Respiratory and Lymphatic System. Time when allergies (Prime Again) take over, sinus issues, grief and sadness, not overcoming as well, sense of smell lessens Story: Sore throat, cough, severe pneumonia 2-3 vials/day Sunnyfresh) – cleared up quickly, great for coughs and respiration with little ones Story: Pregnant mom with severe – cleared up quickly without hurting her baby. 2. Alpha 20-C – 5 Power packed specific immune system foods (drink in warm water or a smoothies) Dr. Chen required all his family required to eat several pkgs of Alpha 20-C daily! We Live as long as immune system is strong 3. Goldenseal – anti viral, anti-bacterial, amazing – 1st sign of anything Nip it in the bud! Any “itis” – 5 goldenseal, every 2 hrs. back off slowly till gone 3-4 days.
Neck Up....	<p>TOP is wonderful for any issues from the neck up.</p> <ul style="list-style-type: none"> • Neurologically: Balance the blood brain barrier – TOP • Headaches, sinus, concentration, memory, neurological, depression • NuPlus Brain Food • Calli – Mental Clarity • Ears – Fruit and Veggie Rinse • Vertigo – Sculla -
Oils	<p>Canola: Is a low-cost GMO alternative to olive oil.</p> <ul style="list-style-type: none"> • Especially damaging to your digestive system, potentially scarring the linings of both small and large intestines, and is a major cause of irritable bowel syndrome, Canola oil can feed viruses, bacteria, fungus, and mold. It has an effect similar to battery acid on the inside of the arteries, creating significant vascular damage. If one is dealing with a mystery illness or any health condition, avoid canola oil at all costs. • Vegetable oil, palm oil, canola oil, corn oil, safflower oil, soybean oil are all sources of fat that thickens the blood, blocking toxins and poisons from leaving the body and burdens the vascular system. These inhibit healing foods from doing their job of cleansing and healing and stops critically needed carbohydrates from entering into cells throughout the body,

	<ul style="list-style-type: none"> • Canola, Corn, cottonseed, and palm oil are highly inflammatory-common triggers also for migraines • Avoid all oil concoctions as gallbladder flushes for gallstones, this just worsens the condition of an overburdened liver. • Coconut oil: Is a healing food to help rid body of EBV and heal from it's effects. It is antiviral and acts as an anti-inflammatory. • Avacado, Olive, Flaxseed Oil are some of your best. • Oil Pulling for Dental Health – use Coconut Oil
Osteopenia	<ul style="list-style-type: none"> • Table foods: leafy greens have the most bioavailable and assimilable proteins you can find, readily available for your body to take up. Leafy greens help reverse all protein related diseases which arise from protein sources that are not breaking down or assimilating and are instead causing deterioration of the body. • Phenomenal Protein Sources: NuPlus and Spirulina, Protein Plus! • Herb Cal, Sport Caps, Beauty Pearl – great sources of assimilable calcium
Osteoporosis	<p>It takes time to develop and it is not caused by reduced levels of estrogen in a woman's body contributing to her bone loss, but rather reproductive hormones contribute to osteoporosis—because they're steroids, and steroids have a bone-dissolving effect.</p> <ul style="list-style-type: none"> • Menopause is the body's natural way of slowing down aging so that you can live a long, healthy life. By reducing a woman's levels of estrogen and progesterone, menopause also helps safeguard her from cancers, viruses, and bacteria, which are all attracted to and feed on reproductive hormones. • Dandelion Root is great food for the liver, which breaks down excess estrogen and progesterone before menopause and helps with healthy estrogen after menopause. • Proper pH levels (safe range: 6.2-6.6 6.4 being perfect) are necessary otherwise the body cannot get the minerals needed & creates a mineral deficiency in the odh. The body then goes for the minerals in the bones, teeth, and tissues to keep the blood pH perfect causing a breakdown and weakness in the bones, teeth, and tissues. <p>Healing Recommendations:</p> <ul style="list-style-type: none"> • NuPlus, Spirulina, Electroport (mineral balance) • Metabalance 44 – 44 minerals all from food sources, no chemicals • Herb Cal Tabs, Sport Caps, Beauty Pearl all great sources of assimilable calcium: • 6 Sport Caps (high mineral balance), • ½ Vial of Electroport (Mineral and Electrolytes) , • Bella (Hormonal balance) • Beauty Pearl – bone knitter • Steady Walking • Dairy – pulls out calcium, Meat, sugar • Eat Calcium Rich Foods: Sesame Seeds, Broccoli, Almonds •
Pain	<p>Pain is usually caused inflammation and blockages – opens up the vascular system.</p> <ul style="list-style-type: none"> • Moves around in the body: Alpha 20-C, immune system

	<ul style="list-style-type: none"> • Chronic pain – especially in muscles throughout the body...– the myelin sheath of the central nervous system has been damaged resulting in nerve inflammation: ESE • Sunbreeze: Instant paid relief • Hot and cold treatments – help relieve pain • JOI & White Willow Bark – Natural Pain Reliever, aspirin is derived from this herb • Restore balance to the body-be aggressive with the Basics, especially Quinary
Pancreas	<p>The fundamental fuel for your body is glucose, a simple sugar that provides all your cells with the energy they need to function, heal, grow, and thrive. Every organ in the body runs on it. When you eat food, your body breaks it down into glucose and places it in your bloodstream so it can travel to all your cells. However, your cells can't access the glucose directly. They need some help from your pancreas, which is a large endocrine gland located behind your stomach. When you eat food, your body breaks it down.</p> <ul style="list-style-type: none"> • The pancreas is normally as smooth as a baby's bottom. Chronic scorching by fear-based negative emotions or operating in a crisis mode, the adrenaline will wear away at the pancreas, creating calluses that turn it thick and hard. This alone damages the pancreases' ability to produce enough insulin to remove all the glucose it should have and creates diabetes. • Fat alone triggers the alarm bell. It's not actually the sugar that's the problem, it's sugar and fat combined---the problem is fat. • If the bloodstream has more glucose than your cells can consume (too much fat and sugar combined), or if the pancreas fails to produce enough insulin when needed, diabetes is in the near future. The liver has to overwork to compensate. Insulin may lower the glucose level but doesn't address core problems such as damaged adrenal glands, damaged pancreas, dysfunctional liver, chronic negative emotions, and/or insulin resistance. <p>Healing Recommendations:</p> <ul style="list-style-type: none"> • Sunnydew (Sunnectar).glucose that the body desperately needs, but is healthy • Vita Taste – Blocks the sugar intake • Prime Again – Endocrine System • Fortune Delight – Flashes the fat • Assimilaid – Digestive System food • ESE – Calming food <p>Strongly consider a Candida Blitz</p>
Parasites	<ul style="list-style-type: none"> • Full moon – parasites most active: Parasite cleanse day before and day after full moon Slimcaps (has wormwood in it) • Vitadophilus - probiotic • Remove the feeders – sugar, dairy, gluten, etc. • Slim caps – liver & colon cleansing • Goldenseal – natural antibiotic • Sunbars grabs the poisons and toxins in the digestive tract • 2 Fibertone with flax seed in morning smoothie • Herbs do not feed parasites • Dandelion: 3 3x day for a week

	<ul style="list-style-type: none"> • Garlic and Pumpkin seeds – anti-parasitic foods • Basics & Calli – flushes parasites <p>Strongly Consider a Candida Blitz</p> <ul style="list-style-type: none"> • The Vitality Analysis will tell you if parasites are a major problem or not. (www.VitalityAnalysis.com) It is hard to be 100% free. Regular bowel elimination really helps stay more clear. I love Fibertone, Calli, Fortune Delight, Assimilaid and lots of fiber in the diet. NuPlus is a prebiotic. • Fruit and Vegetable Rinse was only designed for external use but it does work. If taken internally, as really with any parasite cleanse, it should only be for a few days. (F and V happened to be introduced when we were in China with Sunrider. For several days we had stayed at a 5 star hotel but the last day we went to a <i>new</i> Convention Center and the food was catered in. We all got sick. Several of us, including myself, drank quite a bit of F and V that was in a small bottle. I was up all night in the bathroom but then afterwards I was fine. One Sunrider friend, who did not do that, was sick for a few months with parasites.) If you do F and V, most people like to put it into capsules. Usually parasite treatment is 10 days, 10 days off and 10 days again. • Slim Caps includes wormwood, which will get everything except really large tapeworms. • Chinese Goldenseal is also in SlimCaps and a very good support anytime challenged. I rely a lot on Slim Caps along with Fibertone. • VitaDophilus is always great anytime, at least 3 -10 a day spaced throughout the day for colon balancing. Usually 10 VitaDophilus a day for 3 days, then 3 a day ongoing; maybe one a day for healthy maintenance.
Parkinson's	<p>Neurons (electrical impulses and chemical signals that transmit information between different areas of the brain, and between the brain and the rest of the nervous system) that are injured by toxic heavy metals (such as mercury, aluminum, and copper) oxidizing and creating discharge that spreads in the brain. The toxic heavy metals defuse electrical impulses and starve neurons transmitters of the electricity and fuel they need in order to stay healthy and active, and this starvation usually leads to a severe neurotransmitter deficiency. Often accelerated by a high-fat/high protein diet.</p> <p>Healing Recommendations:</p> <ul style="list-style-type: none"> • Chelate the heavy metals – 1 bag Calli/1 c. water) (several thru the day) followed • by 1 bag/8 c. water to flush out of body heavy metals. • Chelate with Spirulina • Basics – Nourish Balance Cleanse - • Top, JOI, ESE – restore nervous system • Change to best diet !!!!! • Extremely sensitive to chemical additives. • Cilantro pulls out heavy metals

Panic Attack	<ul style="list-style-type: none"> Basics – Restore the balance! TOP & ESE: Feed the brain and nervous system VitaSpray – Stress – B12 and Stable Vt. C Sunbreeze – acts like aroma therapy to relax the body Deep Breathing – oxygen to the brain <p>Strongly consider a Candida Blitz</p>
Phlegm	<ul style="list-style-type: none"> Alpha 20-C – No dairy
Physical Problems	The body is out of balance. The Body is hungry.
Pink Eye	<ul style="list-style-type: none"> Virus: Conco, Goldenseal Rinse edge eye with Q-Tip in diluted Fruit & Veggi Rinse Wet used Calli bag – draws out poisons - poultice Drop of Suncare or Sunnydew on the calli bag
Planters Faciates	<ul style="list-style-type: none"> JOI Spinal alignment
PMS	See Hormonal
Poison Ivy	<ul style="list-style-type: none"> Wash with Fruit & Vegetable Rinse – cuts the oil Soak in Fortune Delight – 1 pkg.
Polio	<ul style="list-style-type: none"> Basics – aggressive Alpha 20-C – immune system
Polyps	<p>A polyp is an abnormal extra piece of tissue that grows inside your body.</p> <ul style="list-style-type: none"> Colonic polyps grow in the large intestine, or colon. Most polyps are not dangerous. However, some polyps may turn into cancer or already be cancer. To be safe, doctors remove polyps and test them. Healing Recommendations <ul style="list-style-type: none"> Basics – clean up diet Alpha 20-C Clean up the colon – Fibertone, Slim Caps
Pregnant & Nursing Moms, Delivery	<p>SR is not only safe for pregnant and nursing Moms, but the results are phenomenal babies</p> <ul style="list-style-type: none"> NuPlus, NuPlus, NuPlus – cellular regeneration Calli – keep the body clean Evergreen – healthy blood Quinary – all systems communicating in balance Beauty Pearl – hormonal balance Metabalance 44 – Prenatal vitamins VitaSpray – Morning Sickness <ul style="list-style-type: none"> Delivery: 2 weeks prior: Don Quai 3/day <ul style="list-style-type: none"> Vitadophilus 1/day After: NuPlus 3/day until strength regained

	<ul style="list-style-type: none"> ○ Prime Again – restore the reproductive system • Nursing: NuPlus (Original) Great milk production, Fortune Delight for trace minerals for fast growing brain and nervous system development • Quinary and Calli • Baby Formula: Calli & NuPlus (Original) SunnyDew (Sunectar)
PRIME AGAIN	<p>One of the 5 Formulas in Quinary. Designed to address the body's endocrine system. Great for balancing the hormones</p> <p>In ancient China, a similar formula was used to:</p> <ul style="list-style-type: none"> • Nourish the reproductive system and the general processes by which body cells reproduce themselves. • Regenerate the endocrine glands, including adrenals, thyroid and reproductive glands. • Strengthens the heart, kidney, spleen, stomach and liver. • Enhance the body's ability to recover from illness or injury. • Strengthen the nervous system and the body's ability to handle stress. • Regulate hormonal secretions, and enhance sexual response by nourishing glands that enhance the reproductive process of both men and women. • Build muscle strength • Decrease allergic reactions including hay fever. • Nourish the pancreas and the adrenals (stress glands). • Relieve PMS and menopausal symptoms.
Prolapsed Uterus	<ul style="list-style-type: none"> • Transverse colon is pushing on the uterus. (Dr. Bernard Jensen) • Undigested protein pushing down on the uterus, add more fiber in diet • Sport Caps 6/day, strengthen the muscular • NuPlus 6/day • ElectroSport in ½ gal water (drink thru the day)Cleaning up the colon • Slant board, mild exercises <p>Strongly consider a Candida Blitz</p>
Prostate	<ul style="list-style-type: none"> • Basics • Alpha 20-C • Fortune Delight – Fungus can cause swelling • Dr. Chen's Men's Formula <p>Strongly consider a Candida Blitz</p>
Psoriasis	<p>Psoriasis is a skin disease that causes a rash with itchy, scaly patches, most commonly on the knees, elbows, trunk and scalp. (Medical)Psoriasis is a common, long-term (chronic) inflammation with no cure. It can be painful, interfere with sleep and make it hard to concentrate.</p> <ul style="list-style-type: none"> • Any skin rash is a result of #1 sluggish liver – Dandelion Root • Secondly, heavy metals feeding viruses in the body – Chelate with Calli and Spirulina • Vitafruit – skin and Immune System • Beauty Pearl – hormonal balance and nourishes the skin • Fruit & Veggi Rinse – topically

	<ul style="list-style-type: none"> • Quinary – restore balance to the life support systems • Nuplus – always!!!
PTSS	Posttraumatic Stress Syndrome/Symptoms <ul style="list-style-type: none"> • Emotional Injury with memories and experiences deep in the brain. • Eat highly nutritious foods (Basics) • Eat TOP, JOI, ESE – All Nervous System Foods • Enough sleep, calming music, exercise • Rid yourself of toxins and pathogens—triggers • Immerse the nervous system with strong positive beautiful memories
Radiation	<ul style="list-style-type: none"> • Calli will flush the radiation residue from the body • High Mineral Replacement: <ul style="list-style-type: none"> ○ Sportcaps ○ Spirulina ○ Electroport • Quinary – All life support systems have become weakened • Alpha 20-C – immune system especially weakened
Rashes	Almost every single skin condition comes from liver issues. See Dandelion Root and Slim Caps – Product Collection <ul style="list-style-type: none"> • The intestinal tract often becomes involved by default in a forced collaboration; conditions labeled eczema, psoriasis, rosacea, lupus, cellulitis, vitiligo, age spots, other discolorations, and more start and end with the liver. Even acne and cellulite derive from the liver. Because something gets inside the liver that shouldn't be there. What type of skin condition develops depends on what type of poison or pathogen is there and how much has built up. • -Copper: One of the most antagonistic toxins when it comes to skin condition is copper. Copper pipes is a common source of this heavy metal. • Pesticides such as DDT and its current substitutes
Respiratory	<ul style="list-style-type: none"> • Conco – Respiratory System Food (10 food formula – in Quinary) • Sunny Fresh – Excellent for Throat, Coughs and Respiratory System
Rheumatoid Arthritis	Caused by a virus – usually EBV <ul style="list-style-type: none"> • Chelate for heavy metals Calli & Spirulina • Rebuild the Immune System Alpha 20-C – 20 caps – • Natural Antibiotic - Goldenseal • ESE – rebuilds the microphasia eating the mylan sheath – nervous system food • JOI – brain muscle connection – nervous system food • Natural Pain Reliever – White Willow Bark • Restore Balance in the Body – Basics Basics Basics
Ribs	<ul style="list-style-type: none"> • Nuplus, NuPlus, Nuplus – Cellular Regeneration • Strengthen Bones with • High Mineral Replacement: Sportcaps, Herb Cal, Beauty Pearl Spirulina

	<p>Electroport Beauty Pearl – knits bones</p>
<p>Ringing in Ears</p>	<p>Tinnitus - Ringing in the ear is usually caused by Epstein Barr Virus getting into the inner ear's nerve channel, called the labyrinth. (humming, popping, buzzing, or vibrating, sometimes a symphony) The virus inflames and vibrates the labyrinth and vestibulocochlear nerve.</p> <ul style="list-style-type: none"> • Healing Recommendations: • Be aggressive and Build up: • immune System – Alpha 20-C • Natural Antibiotic - Goldenseal • Chelate with strong Calli and Spirulina • Kidneys control the ear health – Lifestream • Nervous System Foods: TOP - Anything in the head, ESE Nerves • NuPlus, NuPlus, NuPlus • Quinary – all systems are struggling <p>Avoid Feeding the Virus:</p> <ul style="list-style-type: none"> ○ Eggs #1 feeder ○ Dairy ○ Gluten ○ Alcohol ○ Sugar ○ High Fat, High protein diets ○ <p>Strongly consider a Candida Blitz</p>
<p>Ring Worm</p>	<ul style="list-style-type: none"> ○ F/V Rinse! Disinfect and kill the pathogen ○ SunnyDew – healing, repel insects ○ Sunbreeze – open up the pathways for healing ○
<p>Rosacea</p>	<p>Mercury toxicity in both the liver and small intestinal tract, plus the virus EBV</p> <ul style="list-style-type: none"> • Remove the heavy metals: <ul style="list-style-type: none"> ○ Kelation of 1 bag Calli-1 c. water, Calli 1 bag to 8 cups thru the day ○ Spirulina to grab and move the heavy metals out of the body • Totally cleans and nourish the liver: <ul style="list-style-type: none"> ○ Dandelion Root 10x day for a 10-30 days ○ Calli 8 c. a days • Nourish Immune System - Alpha 20-C • Natural Antibiotic: Goldenseal – Viruses and Bacteria • Nourish at the Cellular level- NuPlus NuPlus NuPlus • Beauty Pearl & Fortune Delight – beautiful skin from Within • Liver - Balancing Splash • Natural Emulsion • Night Emulsion
<p>Rotator Cuff</p>	<ul style="list-style-type: none"> • Muscles in shoulder • Sport caps has natural steroids to build muscles. (Alfalfa) • JOI, Muscle Brain Connection • NuPlus – Regenerate Cells -Energy to heal • Correct Spinal Alignment – Atlas Orthogonal Chiropractor Specialist

Ruptured Disks	<ul style="list-style-type: none"> • See Back problems • Saturate the body with regenerative food • JW Emerson ate 13 NuPlus a day to regenerate his – without surgery • Spinal Alignment – a MUST • Atlas Orthogonal Specialist – for precision alignment – no manipulation procedure • Sport caps help to hold spinal alignment <p>Yes, Sports caps are wonderful! I did 10 Sport Caps a day with 1 evergreen for 6 months and rebuilt my spine back to completely normal. I had a ruptured disk and degenerated spine really bad. With constant pain. It was worth every penny! Trudi E.</p> <ul style="list-style-type: none"> •
Salt Cravings	<ul style="list-style-type: none"> • Kidneys weakened – Lifestream • Electroport – mineral balancing
Scar Tissue Repair	<ul style="list-style-type: none"> • SunnyDew directly on or added to water and sprayed on 3-4 xs a day • New wound with stitches, apply directly or spray on before stitches are removed • Basics: Give the scared area all the benefits of a beautifully working body • A healthy strong body will heal itself of the weakened areas • VitaFruit – Tissue Repair • Rebuild Cream in the OiLin Skin Care line
Secret of Supplements	<p>Natural sugar (Complex Carbs-Glucose) is what carries vitamins, minerals, and other nutrients through the bloodstream to help them find their way to where they need to go. An organ won't accept vitamins, minerals, and other nutrients without sugar to assist.</p> <ul style="list-style-type: none"> • Complex sugar is the best – Glucose a must!
Schizophrenia	<p>Chemical balance in the brain – TOP</p> <ul style="list-style-type: none"> • Extra ESE • NuPlus, NuPlus <p>Strongly consider a Candida Blitz.</p>
Seizures	<ul style="list-style-type: none"> • NuPlus, NuPlus, NuPlus • TOP & ESE • Precision Spinal Alignment – Atlas Orthogonal Specialist • No MSG, Aspartain, Nutra Sweet, diet pop (destroys brain)
Scoliosis	<ul style="list-style-type: none"> • Muscles need to be balanced again in the body. Flexibility is needed – • Recommended: Sport Caps, JOI, mineral
Shingles	<p>Shingles caused by the zoster virus, a species in the herpes family. There are 31 varieties and counting. Shingles virus is responsible for millions of mystery symptoms, from rashes to neurological symptoms like twitching, tingling, burning, YMJ, chronic migraines, headaches, and much more. It's also responsible for Bell's palsy, frozen shoulder, diabetic nerve pain, colitis, vaginal burning, TMJ, trigeminal neuralgia, sciatica, tooth and gum pain, tooth grinding, jaw pain, burning tongue, and many cases of Lyme disease, and even misdiagnosed MS.</p>

	<ul style="list-style-type: none"> • Shingles can result in fever, headaches, rashes, joint pain, muscle pain, neck pain, sharp nerve pain, burning nerve pain, etc. • Virus hides in one or more of your organs, typically your liver—where it can't be detected by your immune system. type: red rash and pustules on lower back, upper back, rib cage, shoulder or neck. • 7 of the strains cause rashes somewhere else on the body. 8 cause no rashes <p>Triggers cause it to leave hiding place and move thru the body, typically going to the lower spine inflaming the sciatic nerve, and even severe lower back pain that comes and goes (liver to spine and back and forth.)</p> <p>The virus lies much deeper under the skin and even inside the bloodstream and liver at the very same time, positioning itself for the most effective inflammation possible of your nervous system. This neurotoxin dermatotoxin causes the itchy irritable red rashes and pustules.</p> <ul style="list-style-type: none"> • 8 cause no rashes Non Rash viruses can be diagnosed as Lyme, Diabetic Neuropathy-these nerves are inflamed creating neuralgia; maddening itch that can't be scratched. Vaginal shingles: goes deep inner vaginal walls and inflames nerves, travels inside the bladder and rectum, creating severe burning. Colitis shingles: severe inflammation and bleeding colon lining; intestinal pain, blood in the stool, weakness, and weight loss. Arm and Leg burning; Mouth, TMJ & Bells Palsy, Frozen Shoulder misdiagnosed and infectious bursitis; Body on Fire Shingles: simultaneously and relentless body on fire feeling. <p>Recommendations:</p> <ul style="list-style-type: none"> • Pull out Heavy metals: Chelate with Calli & Spirulina • Clean up stagnant liver: Dandelion & Slim Caps • Strengthen the Immune and Lymphatic Systems: Alpha 20-C Conco • Other viruses often accompany Shingles- EBV, Strep, • diet – no eggs, dairy protects and gluten <p>Strongly consider a 10 day Candida Blitz</p>
Skin	<ul style="list-style-type: none"> • NuPlus, NuPlus, NuPlus • Bella • Beauty Pearl • Vita Fruit • Fortune Delight – super hydration
Skin Care Lines	<p>Mrs. Oi Lin Chen, a medical doctor came down with a fast growing throat cancer. She didn't have the belief in Dr. Chen's herbs to heal herself, The radiation burned her skin and throat so badly that this is when Dr. Chen developed the Skin care line. She has beautiful skin today and we have a beautiful skin care line.</p> <ul style="list-style-type: none"> • Oi Lin Line: Very age defying – high specialty nourishment - specialty items • Kandesn Pure: <ul style="list-style-type: none"> ○ Cleansing oil: completely takes off make-up and sweat - squalane ○ Deep Cleanser Foam: deep cell cleansing & hydration (beetroot, Vit C, apricot kernel) ○ Beauty Water - pH balance, hydrates, rose water, nonirritating, spray feels heavenly

	<ul style="list-style-type: none"> ○ Hydrating Gel – deeply soaks in, Vegan, no fragrance, amazing ingredients.
Skin Health	Health of the lungs (Conco); liver (Dandelion); eliminatory system (Slim Caps); and the hormonal systems (Beauty Pearl, Bella), Extra: SunnyFresh and VitaFruit for facelift and beautiful skin
Skin Conditions	<p>It is imperative to look after, care for, address, coddle, and mind the liver to rid yourself of ANY skin condition.</p> <p>Any skin condition is directly related to a toxic or sluggish liver</p> <p>Almost every single skin condition comes from the liver</p> <ul style="list-style-type: none"> • The intestinal tract often becomes involved by default in a forced collaboration; conditions labeled eczema, psoriasis, rosacea, lupus, cellulitis, vitiligo, age spots, other discolorations, and more start and end with the liver. Even acne and cellulite derive from the liver. Because something gets inside the liver that shouldn't be there. What type of skin condition develops depends on what type of poison or pathogen is there and how much has built up. • -Copper: One of the most antagonistic toxins when it comes to skin condition is copper. Copper pipes is a common source of this heavy metal. • Pesticides such as DDT and its current substitutes <p>Rashes, itchy, scaly patches, roseah to Psoriasis</p> <ul style="list-style-type: none"> • Any skin rash is a result of #1 sluggish liver – Dandelion Root • Secondly, heavy metals feeding viruses in the body – Chelate with Calli and Spirulina • Vitafruit – skin and Immune System • Beauty Pearl – hormonal balance and nourishes the skin • Fruit & Veggi Rinse – topically • Quinary – restore balance to the life support systems • Nuplus – always!!! <p>Almost every single skin condition comes from the liver</p> <ul style="list-style-type: none"> • The intestinal tract often becomes involved by default in a forced collaboration; conditions labeled eczema, psoriasis, rosacea, lupus, cellulitis, vitiligo, age spots, other discolorations, and more start and end with the liver. Even acne and cellulite derive from the liver. Because something gets inside the liver that shouldn't be there. What type of skin condition develops depends on what type of poison or pathogen is there and how much has built up. • -Copper: One of the most antagonistic toxins when it comes to skin condition is copper. Copper pipes is a common source of this heavy metal. • Pesticides such as DDT and its current substitutes <p>Roseah: Mercury toxicity in both the liver and small intestinal tract, plus the virus EBV See R</p> <p>Psoriasis:</p> <ul style="list-style-type: none"> • As the liver cleans house, toxic heavy metals will be released and pathogenic loads will reduce to the point of minimizing the skin condition, or freeing yourself from it altogether. • Dandelion Root, Calli, and Alpha 20-C to clean up the Liver. • Chelate with Calli and Spirulina to remove Heavy metals

	<ul style="list-style-type: none"> • Being aggressive of any and all 3 of these can make a huge difference.
Sciatica Nerve	<ul style="list-style-type: none"> • Spinal Misalignment- Atlas Orthogonal Chiropractor Specialist • 15 sportcaps- 15/d 2 weeks, 10/day for rest of month. – move the bones off the nerves and help hold new alignment.
Sinuses Infection	<ul style="list-style-type: none"> • Bacterial Overgrowth: Goldenseal • Swab with Sunbreeze, fruit and veggie gargle, sunbreeze steam • Basics 3x for 2-3 days • Conco, TOP, Alpha, Goldenseal • Strengthen the immune system so body can naturally fight infections.
Singing issues	<ul style="list-style-type: none"> • Sunny Fresh is great for singers and public speakers, or those who just like to talk! <p>See Product collection</p>
Sleep Issues	<p>Over burdened liver! Viral overload EBV</p> <ul style="list-style-type: none"> • A healthy body will work beautifully BASICS BASICS BASICS • Restore the balance, strength, cleanings to the body so it can relax • Spinal Alignment is a must – Atlas Orthogonal Specialist – precision alignment • If you have insomnia, take comfort as you lie awake with eyes closed, half of your brain can actually sleep while the other half is awake. This means your body is still healing and your central nervous system is still rejuvenating. • can be diagnosed as premenopausal, thyroid issues, hormonal issues, <p>Healing Recommendations</p> <ul style="list-style-type: none"> • ESE at bedtime-nervous system, natural sleep • ESE Helps clear out the busy thoughts of the day and have a restful sleep • Alpha 20-C as a bedtime tea – liver regenerates at night • Calli Night – nourishes the nervous system – focus on sleep, won't make you drowsy • Rid body of viral overload... Dandelion root – nourishes and cleans up liver so body can relax <p>Strongly consider a 10 day Candida Blitz Story: 3 herb cal with 1 dandelion at bedtime,</p>
SIBO (Small Intestinal Bacterial Overgrowth) - Candida	<ul style="list-style-type: none"> • Candida is a side issue to an underlying health problem. • Increase hydrochloric acid (Assimilaid) to break down and digest proteins, • cleanse the intestinal tract(Fortune Delight, Evergreen) • strengthen and detoxify the liver (Dandelion Root) to increase bile production to break down and digest fats, • starve and kill off unproductive viruses and bacteria (Goldenseal, Alpha 20-C) • No dairy gluten, canola oils, sugar, alcohol • Address gut problems (Vitadophilus) instead of antifungals and antibiotics. <p>Strongly consider a 10 day Candida Blitz</p>
Smoking	<ul style="list-style-type: none"> • Rebuild the lungs – Conco • To take away cravings: 3 VitaTaste before each meal

	<ul style="list-style-type: none"> ESE – Central nervous system, TOP JOI ESE
Snake bite	<ul style="list-style-type: none"> Fruit and Veggi Rinse immediately Calli bag compress, drink Calli (weak) – Quinary – strengthen all life support systems get to doctor
Sore Throat	<ul style="list-style-type: none"> Sunbreeze on tongue SR toothpaste on back of tongue Gargle with Fruit & Veggi Rinse Drop of Sunbreeze in. your Calli
Soy	<ul style="list-style-type: none"> GMO chemically changed, throws estrogen levels off and is hard to digest. Weakens the immune system unless its been fermented – tofu is fermented. Dr. Chen has prepared his soy so it is safe.
Spider bites	Same as snake bite
Sports	Olympic Team –after they train so hard they often become sick, but with SR never got sick.
Spleen – Essential Tremors	<p>A favorite nesting home for the EBV I personally believe the EBV is nesting in the spleen, breaking it down and affecting the nerve centers creating Essential Tremors Protocol:</p> <ul style="list-style-type: none"> Clean up liver Aggressively Nourish Spleen Build strong Immune System Support – Alpha 20-C, Goldenseal Chelate Heavy Metals – Strong Calli, followed by 8 C. a day 1/bag 8 c, Spirulina to rid body of Heavy Metals No eggs, dairy, gluten
Spine	<ul style="list-style-type: none"> Degenerated Disks – JOI 6/day, NuPlus 3x/day
Sprains	<ul style="list-style-type: none"> Sunbreeze 5-6 pkgs of NuPus – helps body create pain kills and speeds up healing
Stained Teeth	<ul style="list-style-type: none"> SR Herbal Toothpaste SR Whitening Gel
Staphylococcus	Strain of Streptococcus
Stomach ache/upset	<ul style="list-style-type: none"> Assimilaid tea – open capsules into water or F/D Cinnamon Fortune Delight – cleansing to digestive system Fruit and Veggi Rinse in a little water Sunbreeze on stomach Evergreen, Assimilaid tea, F/D. Sunnydew – sip thru day <p>Foundation to heal most any digestive system challenge</p>

	<ul style="list-style-type: none"> • Reestablish your stomach's hydrochloric acid (Assimilaid-don't take HCL) • Remove toxic heavy metals from your gut. Chelate with strong Calli and Spirulina • Remove foods that feed pathogens: Eggs, Dairy, Gluten, Corn, Canola oil, Alcohol • Cleanse your liver to restore bile reserves: Dandelion Root • Support your gut's ability to make it B12: Lots of fruits and veggies, high fiber, Vitadophilus (probiotic that is apple pectin coated so doesn't get destroyed by HCA. • Heal the lining of the digestive system – toxic mucus: Evergreen
Streptococcus	<p>Strep is a Bacteria that is EBV's number one cofactor.</p> <ul style="list-style-type: none"> • During Stage 2, Strep travels up to create strep throat and/or infest the sinuses creating chronic sinus infection, sties, acne, nose, mouth, or ears infections. It can travel down to create UTIs, chronic infections in the urinary tract, vagina, kidneys, or bladder, eventually causing cystitis. It is also a cofactor with viruses for Lyme, • Strep is the leading bacteria in children with ADHD or autism • Goldenseal – natural antibiotic for bacteria; Alpha 20-C – immune System; Conco-Lymphatic System • Avoid: Eggs, dairy, Canola oil (creates a great deal of inflammation because it creates a barrier around the Strep, E Coli and other unproductive bacteria that live in our gut. Keeping it alive and eventually causing inflamed gut lining.
Stuttering, speech	<ul style="list-style-type: none"> • Prime Again • ESE
Stress	<ul style="list-style-type: none"> • Basics: Restore balance to the body Nourish, Balance, Cleanse • ESE -TOP, JOI, ESE – Nervous System • VitaSpray – 1 puff equal to b12 shot • Beauty Pearl – calm them right out – hormonally • Story:Sunbreeze, 3 Herb cal, 1 Vit. C – relax instantly, opens up maridians • Calli Night. (Liquid ESE). • Vitaspray – Vt. B depleted under stress
Stroke	<p>A brain injury in which the blood supply to part of the brain is interrupted or greatly reduced, causing brain cells to die from lack of nutrition and oxygen.</p> <ul style="list-style-type: none"> • BASICS – • NuPlus, NuPlus, NuPlus – cellular regeneration • Evergreen – Oxygen to the brain for regeneration • Super Hydrate – Vascular system – hydrated • Prime Again • Story: Pour 10 pkgs of Quinary down, one after another, no paralysis Cyanne – stop stroke in its tract
Sunburn	Sunbreeze straight or drop of Sunbreeze in lotion
Sweating	Dandelion Root – liver is expelling toxins – sluggish liver

Synergy	<ul style="list-style-type: none"> • The combination of the herbs is critical • The benefits of the specific combination is greatly enhanced over the benefits of the individual herb. • The combination focuses on a particular system or situation • Certain herbs in the combination negate the negatives in the herbs. • Carrier Herbs are Certain herbs in the combination that gets the herbs to a particular location
Throat Problems	<ul style="list-style-type: none"> • SunnyFresh – mouth, throat, lungs • Strep bacteria, Viral • Goldenseal, Alpha 20-C, Conco Every hr. Stop it in its tract
Thyroid Problems	<p>Normal path for most of the over 60 varieties of EBV is to head straight to the thyroid. EBV is the actual cause of most thyroid disorders and diseases. Graves, Hashimoto's, etc.</p> <ul style="list-style-type: none"> • Once in the thyroid, EBV begins drilling its tissues. As it is drilling it can cause forms of scar tissues which can become the beginning of small growths. To prevent the growths from expanding, the immune system tries to wall off the virus with calcium, creating nodules in the thyroid, this can cause osteoporosis. • Highly Nourish thyroid with Conco and Alpha and Goldenseal for EBV • Herb cal for bones • 6 + Conco – • Goiter 2-3 pkgs Quinary + 6 Conco+ NuPlus + Beauty Pearl • Stress shuts down thyroid, • No Aspartame, MSG etc. • Regenerate the cells with Regular NuPlus – no soy • Chelate for heavy metals with Strong Calli and Spirulina
TIA	<p>Transient Ischemic attack; This results in a smaller brain injury than a stroke; it can be subtle but still have a substantial impact on health. See stroke</p> <ul style="list-style-type: none"> • Super hydrate • Spinal Alignment – Atlas Orthogonal Chiropractor Specialist • Story: Lifestream, Evergreen, Veros
Tick bite	<ul style="list-style-type: none"> • Doesn't cause Lyme disease, but can be a trigger for Lyme symptoms. Lyme is not a bacterium, instead it most often wakens a dormant virus. • Lyme patients usually have inflamed neurological system from viral infections in the herpes family, and harsh antibiotics bruise already sensitive nerves. The liver tends to absorb and store the antibiotics, resulting in short-term liver shock and stress, and can also feed the viral infection responsible for Lyme. • The only significant natural enemy of the viral infections is the immune system, and the antibiotic both compromises the immune system and supercharges the virus. Aggressive antibiotics can transform a relatively mild case of Lyme into a severe health crisis. No antibiotics are needed because Lyme is viral, not bacterial, and not in the blood.

	<ul style="list-style-type: none"> • It is the viruses that are in the organs and central nervous system that cause the trouble. There are over 50 cofactors such as Strep, E. coli, mycoplasma pneumoniae, H. pylori, Staph, toxic molds and unproductive fungus, plus Bartonella and Babesia. The bull's eye around the infected tick bite area is the ultimate misconception about Lyme. This is just normal staph infections resulting from foreign debris getting beneath the skin's surface through a puncture wound. • The virus can be hiding out in your liver or another organ, causing your symptoms and test may say past infection. Lyme symptoms: twitching, spasm, fatigue, brain fog, memory loss, nerve and joint pain, and other neurological symptoms - most like you are suffering from Lyme caused virus. • Healing Recommendations <ul style="list-style-type: none"> ○ Heavy metal chelate - Calli & Spirulina ○ Detox the liver, Dandelion root ○ Build the immune system with Alpha 20-C and take Goldenseal. ○ Build up the Nervous System – TOP JOI, ESE, no dairy eggs, gluten.
Tingles	<p>The ultimate goal of the Epstein-Barr virus is for some of its virus cells to venture past your thyroid and inflame your central nervous system. If you have faced some physical or severe emotional injury, surgery, accident, giving birth (feel like a truck hit you). The virus can take advantage of your immune system's vulnerability and start to cause a multitude of strange symptoms that range from heart palpitations to aches and pains that shift and move around to tingles and numbness to mysterious fatigue to nerve pain.</p> <ul style="list-style-type: none"> • Healing recommendations for EBV: <ul style="list-style-type: none"> ○ Heavy metal detox = chelate with Calli and Spirulina, ○ Liver detox with Dandelion Root aggressively, ○ Build immune system Alpha 20-C ○ Nervous System Foods, TOP, JOI, ESE ○ No Eggs, Dairy, gluten, sugar, etc.
Tinnitus	<p>Ring in the ear is usually caused by Epstein Barr Virus getting into the inner ear's nerve channel, called the labyrinth. (humming, popping, buzzing, or vibrating, sometimes a symphony) The virus inflames and vibrates the labyrinth and vestibulocochlear nerve.</p> <ul style="list-style-type: none"> • Healing Recommendations: • Be aggressive and Build up: • immune System – Alpha 20-C • Natural Antibiotic - Goldenseal • Chelate with strong Calli and Spirulina • Kidneys control the ear health – Lifestream • Nervous System Foods: TOP Anything in the head, ESE Nerves • NuPlus, NuPlus, NuPlus • Quinary – all systems are struggling <p>Avoid Feeding the Virus:</p> <ul style="list-style-type: none"> ○ Eggs #1 feeder ○ Dairy ○ Gluten ○ Alcohol ○ Sugar ○ High Fat, High protein diets

	Strongly consider the 10 day Candida Blitz
TOP	<p>Affects Anything from shoulders up</p> <p>Mindset</p> <ul style="list-style-type: none"> • Feel on top of things • Clarity • Extra boost of confidence • Confidence in general
Tongue Pain	See shingles.
Tonsillitis	<ul style="list-style-type: none"> • Strep Bacteria-becomes a stronger strain of Strep if antibiotics are administered • Gargle with a good squirt of Fruit & Veggi Rinse in water, • Goldenseal, Alpha 20-C, Conco, • Clean up the liver and gut – Dandelion, Evergreen, Vitadophilus <p>Strongly consider the 10-Day Candida Blitz</p>
TMJ	<ul style="list-style-type: none"> • Shingles virus (An Epstein Barr variety) • Viral inflammation of critical facial nerves • Aggressive TOP, JOI ESE • Aggressive Dandelion Root (takes body inflammation and sends to digestive system to transfer into hydrochloric acid) • -Our Antibiotic Formula: Goldenseal, Conco, Alpha 20-C
Toothaches	<ul style="list-style-type: none"> • Sunbreeze externally • Calli bag internally – between gums and cheeks • Build your immune system – Alpha20-C and Goldenseal (bacteria and viral)
Toxic Heavy metals	<ul style="list-style-type: none"> • They are prime food for bad bacteria, viruses, funguses, parasites, and worms. • Remove Chelating with strong Calli and Spirulina
Tumors	<ul style="list-style-type: none"> • Accumulation of debris • Clean up the Liver – Dandelion Root • Eliminate Heavy Metals – Chelation with Calli followed with Spirulina • Eliminate animal and dairy products • Alpha 20-C – T cell fighters of tumors • Animal protein feeds cancer cells <p>Strongly consider a 10-Day Candida Blitz</p>
Tremors	<ul style="list-style-type: none"> • NuPlus – deep level of degeneration affecting the spleen (Alpha 20-C) • Aggressive TOP, JOI ESE • Clean up the liver – Aggressive Dandelion Root
Turrets - Twitching	<ul style="list-style-type: none"> • Clean up the Liver – Dandelion Root • Eliminate Heavy Metals – Chelation with Calli followed with Spirulina • Basics + • 10 ESE/day • Spinal Alignment – Atlas Orthogonal Chiropractor Specialist

Type 2 Diabetes	<p>Symptoms:</p> <ul style="list-style-type: none"> • Blurry vision (central nervous system requires glucose in order to function optimally – insulin resistance persists because of a high-fat diet. • Dehydration – water need to help flush out the excess glucose. • Unusual hunger – cells aren't getting glucose needed because fat is getting in the way of glucose entering cells. • Fatigue and irritation-not getting the cell's fuel. • Digestive problems -pancreas can't make insulin, pancreas can't make the insulin needed plus can't make the enzymes needed to break down foods. =enzyme deficiency. Liver is weak, can't produce bile to break down fats. This strains the stomach's gastric glands prompting them to over produce hydrochloric acid, which can weaken the glands. • Hypoglycemia- energy lows blood sugar drops result of weakness of the liver and underactive adrenals. . • When blood sugar gets low the weakened liver can't release the glucose into bloodstream, so adrenals overcompensate for blood sugar drops and you have adrenaline surges to fill in as fuel which over time causes adrenals to weaken. • People who intermittent fast improperly eventually break down and weaken their adrenals because they're running on adrenaline instead of glucose
Ulcerated Colitis	Caused by the Shingles Virus. See Shingles
UTI Urinary Tract Infection	<ul style="list-style-type: none"> • Caused by the strep bacteria • Conventional prescription antibiotics don't kill strep – its unbelievably adaptable and becomes resistant to many antibiotics and antifungals. These become fuel for the bacteria. • Sunrider Goldenseal – bacterial • Alpha 20-C – build up immune system • Bolster your lymphatic system – Conco • Liver detox – Dandelion • and heavy metal chelating – Strong Calli and Spirulina • Eliminate dairy, eggs, gluten canola oil, sugar, high fat, hard to digest proteins <p>Strongly Consider a 10-Day Candida Blitz</p>
Uterus - Prolapsed	<ul style="list-style-type: none"> • 7-8 Assimilaid in a tea • Prolapse – liver control • NuPlus • Beauty Pearl • Weak Calli <p>• Consider a 10-Day Candida Blitz</p>
Urination-Frequent	<ul style="list-style-type: none"> • The body is overburdened by fats, The liver and lymphatic system are harboring too much free-floating fat from a long-term diet high in fat. • Fat in the bloodstream does not allow water to easily absorb into the bloodstream and become useful. • Insulin resistance does not allow sugar to enter cells, your body is using up water to expel excess glucose via your urine.

	<ul style="list-style-type: none"> • A high-fat diet can create thirst, dry mouth, and frequent urination. • Excess salt consumption usually accompanies high fat consumption, resulting in these symptoms also. • Candida can also cause frequent urination <p>Strongly Consider a 10-Day Candida Blitz</p>
VEROS	Increases the cardiac heart output by 60%
Vision-Blurry	<p>The central nervous system requires glucose to function optimally. Complex carbs are a must. Insulin resistance⁴ because of a high-fat diet will cause you to become dehydrated, water may be pulled away from the lenses of your eyes to help flush out the excess glucose.</p> <ul style="list-style-type: none"> • Super hydrate with Fortune Delight • NuPlus NuPlus NuPlus for optimal complex carb glucose • Fresh fruit eaten alone or with SR is the ultimate glucose table foods
Vt C – CITRIC C	<p>Sunriders Citric C is a delicious chewable Vt. C tablet from whole food sources.</p> <ul style="list-style-type: none"> • Many companies use synthetic Vt. C. Sunrider's formulation contain a number of natural sources: citrus bioflavonoids, sodium ascorbate, rose hips, green tea extract. • Very helpful for viruses such as flu and COVID. • It does two things 1. Feed the immune system 2. Hinder Viruses. Vt C has an irritating effect upon a virus's membranes. And higher dosages tend to create little pits and divots within a virus membrane-its outer protective cover and shield – weakening and helping thwart the virus. Bioflavonoids perform antiviral, anti-carcinogenic, anti-inflammatory, anti-histamine, as well as antioxidant activities, plus special class of polyphenols. • These bioflavonoids <u>boost immunity, assists healing especially skin and connective tissue, and helps in forming red blood cells.</u>
Vertigo/Meniere	<p>Neuro toxin from the EBV is inflaming the vagus nerve.</p> <ul style="list-style-type: none"> • If the bottom of the vagus nerve is more inflamed, then nausea will accompany dizziness. • Chelate heavy metals – Strong Calli and Spirulina • Build Immune System – Alpha 20-C and Goldenseal • Eliminate food triggers: Eggs, dairy, gluten, sugar, alcohol • Strongly Consider a 10-Day Candida Blitz
Voice	<ul style="list-style-type: none"> • Often affected by Strep Bacteria • SunnyFresh, amazing for voice – speakers, singers – one of our Golden Wow Foods!
VITAFRUIT	<ul style="list-style-type: none"> • 52 exotic fruits concentrate • Tissue Repair • Won't affect Type I Diabetes • Rebuilds organs (story – Dialysis)

VITADOPHIULUS	Sunrider's Good, "Friendly" Live Bacteria Probiotic. <ul style="list-style-type: none"> • Lactobacillus acidophilus powder supplies body with 20 million live culture bacteria • Helps break down food and bring bacterial balance to the lower intestinal tract. • Unlike most probiotics on the market, it's encased in a tasty, protective apple pectin coating so it doesn't get destroyed when it hits the strong stomach acids. • Friendly bacteria help break down food so body can efficiently absorb the nutrients in the digestive tract. • It decreases non-beneficial micro-organism, some of which can lead to fermentation, causing bloating and gas. • Medical scientific data shows a high rate of cancer when intestinal tract lacks healthful bacteria.
VITATASTE	<ul style="list-style-type: none"> • Blocks absorption of sugar • Eat Few min. before meals: 1 am, 2 lunch, 2 supper <ul style="list-style-type: none"> • Cravings disappear • Better food choices • Sweet tooth goes away • Has NuPlus in it • Mental Clarity better • Cravings seem like hunger – nip in bud • Last for up to 4 hrs.
Weight	Restore the balance in the body – in balance body lets go of stored fat <ul style="list-style-type: none"> • 3 NuPlus, 3 Quinary, 3 Calli – Aggressive Balancing • Other Weight Management Foods: <ul style="list-style-type: none"> ○ Fortune Delight – 3-4 /day flush out the fat ○ Sport caps – need muscle to burn fat ○ Action Caps – burn the fat in the muscle ○ VitaTaste – cravings, carb absorption ○ Slim caps – elimination ○ You don't want to lose muscle, you want to lose fat • Consider a 10 Day Candida Blitz
Worms, Parasites	<ul style="list-style-type: none"> • Worms are not parasites. • Some will stay inside the host • Both of these are vastly different from viruses and bacteria. • Parasites can't live and breed inside someone long term; instead they're usually acute and sometimes highly toxic. • Your immune system has to kill it off and your body has to flush it out within a short time period. Your body doesn't get used to a parasite, that is a parasite doesn't stay in you while you go back to life, opposite of viruses and bacteria. <p>Strongly Consider a 10-Day Candida Blitz</p>
Yeast	<ul style="list-style-type: none"> • Goes to the brain first

	<ul style="list-style-type: none"> • Need pH Balance <p>Strongly consider a 10-Day Candida Blitz</p>
Zinc	<ul style="list-style-type: none"> • Zinc is a fighting weapon against viruses. Zinc calms the immune system down • strengthens the immune system -immune cells feed off zinc • weakens Covid and flu virus-making them docile and less aggressive. It is an immune system equalizer –over and under response. The world is zinc deficient. • SEE SR's Metabooster...great balanced source of zinc.