

# REGENERATION THE NATURAL WAY

## What is Regeneration?



*Regeneration occurs when the next cell becomes stronger than the one it replaces.*

*Degeneration is when the next cell becomes weaker than the one it replaces.*

Did you know that in one year, 98% of your body will be renewed? Our bodies are in a constant state of renewal, with billions of cells dying and reproducing daily. This natural process allows us all to have a

- New skeleton in 12 weeks
- New liver in 8 weeks
- New skin in 5 weeks
- New stomach lining & intestines in 4-5 days

It takes approximately 2 years to regenerate the colon, tendons, and ligaments.

## The Important Question....



**Are those new cells getting Weaker or Stronger—  
Degenerating or Regenerating?**

**Where are you on the Ladder of  
Regeneration?**

- Getting Stronger?
- Getting Weaker?



## Take the First Step Today

By understanding and harnessing the power of natural regeneration, you can be empowered to move your own health toward a healthier, stronger you. Join the millions of Sunriders worldwide that have found and thrive with Sunrider Regeneration the Natural Way.



## 3 Reasons Sunrider is Unique to the Marketplace.

### *1. Sunrider's Philosophy of Regeneration*

This philosophy forms the blueprint of all of Sunrider's foods and healthy lifestyle products:

"Our bodies are designed to gain and maintain excellent health if we nourish them with:

- **ENOUGH:** Sunrider concentrates their products 4-30x using a wide variety of whole foods, with the Basics Foods alone containing 72 completely different whole foods.
- **RIGHT KINDS:** These are system-specific foods designed to restore working balance in the body. They are food-grade herbs—never medicinal, and never interfere with medications.
- **WHOLE FOODS:** This means all their nutritional components are intact: proteins, fats, carbs, vitamins, and minerals—vs. isolated parts of whole foods.

### *2. Chinese Whole Herbal Foods*

Sunrider's foods are based on thousands of years of ancient Chinese wisdom, complemented by cutting-edge research and development.

### *3. Restore the Balance in the Body*

Sunrider doesn't treat symptoms, diseases, or illnesses. Instead, it focuses on restoring the working balance in the body, targeting the root cause—a body out of balance.

- Symptoms are simply signs of a system out of balance.
- When we restore the balance in the body, it knows how to heal itself, and the symptoms quietly go away.

## Typically, there are 4 WAYS PEOPLE *TRY TO REGENERATE!*

### DRUGS

- Designed to control
- Chemicals or medicinal herbs
- Always with potential side-effects
- **Never regenerates**

### MEDICINALS

- Designed as a substitute for a body weakness – stimulates the body to act
- These are drugs or medicinal herbs
- They weaken the body even more over time
- **Never regenerates**

### ISOLATES

- Often taken to meet a deficiency
- Are vitamins, minerals, oils, proteins,
- Are taken from whole foods (ex. Vit C from an orange is now a chemical)
- Seldom meets the deficiency
- Isolates upset the body's delicate balance & body works hard to eliminate
- **Never regenerates**

### WHOLE FOODS

- All 5 parts of the nutritional structure are in tact; Proteins(amino acids); Fats(fatty acids), Carbohydrates(glucose), Vitamins & Minerals
- They are plant foods or herbal foods
- **This is Food that the body recognizes & needs to Regenerate – for STRONGER NEW CELLS!**

**Evaluate your focus: What are you currently or in the past using?**

**Drugs:**

**Medicinals:**

**Isolates:**

**Whole Foods:**

# Sunrider Takes the Whole Foods to a Whole New Level

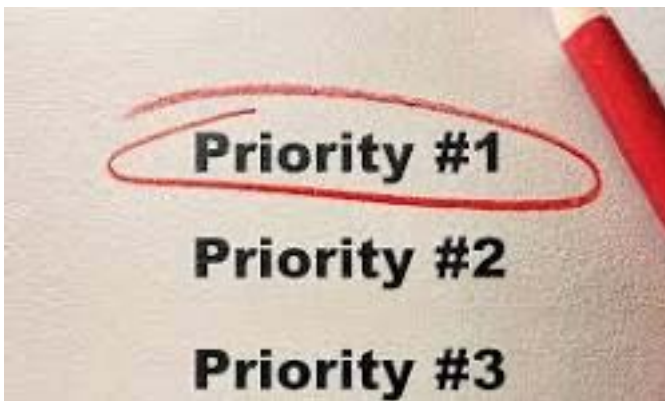


- **Sunrider herbal foods are WHOLE LIVE Foods**—similar to eating raw but specially prepared and packaged to preserve their life force. This allows them to be shipped directly to us, making preparation and storage easy—all without preservatives. All five essential components of food—Carbohydrates, Proteins, Fats, Vitamins, and Minerals—stay intact, with only indigestible cellulose and water removed, making them highly digestible. These whole foods are like eating an entire orange rather than just taking Vitamin C from one. We save a lot of time on food prep, since raw foods often lose their nutrients and spoil in our fridge before being eaten. The life force is reactivated when liquid is added. We love the energy we feel when enjoying these delicious foods.
- **Sunrider foods are FOOD-GRADE HERBS—NEVER medicinal.** Unlike medicinal herbs, which can replace a weakness and may weaken or force the body to react, food-grade herbs, known as Kingly Herbs, strengthen the body while warding off disease. Think of food-grade herbs as having much higher nutritional value than common table foods like beans, potatoes, and kale. While we still enjoy regular table foods, Sunrider offers nutrient-dense nourishment, helping us eat less of those foods, snacks, and drinks. Our cravings for less healthy options decrease. Sunrider's whole herbal foods never interfere with medications because they are food-grade herbs, not medicinal. We can enjoy Sunrider foods and beverages either as a complete meal or alongside other meals.
- Rather than mixing many great herbs, **Sunrider foods are a carefully selected wide range of system-specific foods** with a clear goal: to nourish, cleanse, and restore the body's balance. When balance is achieved, symptoms naturally go away. Symptoms merely show a body out of balance. Sunrider foods and drinks make nutrition simple by removing the guesswork.
- **Sunrider foods are properly combined herbal formulas designed to nourish, balance, and detoxify the body.** These foods are based on ancient herbal recipes passed down through generations and carefully documented in the Chinese Emperor's manuscripts—some of China's most closely guarded

treasures. These exclusive formulas belong to Sunrider's owners, the Chen family, and form the foundation of their products. Their intended benefits are proven to support the body's return to balance, promoting longevity and vitality.

- **Sunrider foods are CONCENTRATED 8-30 times.** Imagine trying to eat that much regular table food! Due to soil depletion, GMOs, acid rain, chemical additives, and the time between harvest and consumption, it's impossible to get enough nutrition from ordinary table food to support renewed regeneration. Concentration is essential! Sunrider serves as our nutrient-dense, whole-food grocery store.

- **PURITY, QUALITY CONTROL, and EFFECTIVENESS** are the top priorities for Sunrider's Foods, Beverages, Skin Care & Cosmetics, Dental, and Healthy Home products. Our ingredients are grown pesticide-free in controlled, pristine gardens and on mountaintops, ensuring no GMOs or pesticides. Due to their exceptional purity, the FDA exempts our herbs from the usual irradiation and fumigation processes required for other imports. Our stringent



methods have earned us a pharmaceutical-level manufacturing certification from the FDA, a rare achievement for any food company. Everything sold in the US is manufactured in the USA.

- **THE EXPERTS BEHIND SUNRIDER:** The owners are specialists who lead a team of scientists to create these unique foods and products. All items are manufactured in-house for quality control at Sunrider's pristine 1 million sq. ft. manufacturing plant in Texas, with the headquarters in California and offices in 35 countries worldwide. Founders Dr. Tei Fu Chen, a world-renowned herbalist and pharmacologist, and Dr. Oi Lin Chen, a Western-trained medical doctor, have built a world-class company over the past 40 years, successfully passing the leadership baton to their five professionally trained, grown children. This new generation is driving Sunrider to unprecedented heights. Sunrider — truly a gift for our time and undeniably unique in the marketplace!



**Nourish! Balance!  
Cleanse!**

**with 5 BASICS:**

- **NOURISH: Nuplus** - #1 powerful nourishment for Internal Cellular Regeneration (12 foods)
- **BALANCE: Quinary** – SR's most unique product for restoring the working Balance of the body's 5 life support systems: Immune, Respiratory, Digestive, Cardiovascular, Glandular (50 foods)
- **CLEANSE:**
  - **Calli** – Daily Detox - Nourish the 5 Cleansing Organs: Liver, Colon, Kidneys, lungs, skin (5 foods)
  - **Fortune Delight** – Super hydrate the cells, Cleanse the Digestive System (5 foods)
- **HEALTHY SWEET: SunnyDew** – Nourishes Pancreas, Anti-Inflammatory (2food)

**Let's look at each of these powerful foods:**



## 1. NOURISH: *NuPlus*



**A One-of-a-Kind, completely balanced, Cellular Food. It is critical that you have the needed internal energy to regenerate at the cellular level to regenerate.** This ancient porridge food formula is designed to help us live long and live well. Add this powder to a cup of calli, smoothie, or anything you want to add nourishment to (12 foods). Fill in all those nutritional gaps. Great Survival Food! Comes in a variety of ways, shakes, protein powders, and basic powerful nourishment. (appx. \$2.15/serving-12 foods) It is a **must-have food for cellular regeneration.**

## 2. BALANCE: *Quinary*



**Our organs are divided into 5 Life-support Systems: Immune, Digestive, Respiratory, Circulatory, and Glandular Systems.** Quinary is a combined food formula that nourishes all 5 life-support systems in one. Each organ is dependent upon the other organs/systems for health. A *Symptom* is a *System* that is out of working balance. Restore the balance so that the symptoms can quietly go away. Eat Quinary first, then if you want to nourish the weekend individual system, you can add that if you choose. Each individual system food

is 8-10 specific foods to restore the health to that system. Quinary is all 5 individual system foods combined into one. Quinary has a delicious, rich herbal taste & is easy to add to a cup of Calli or your smoothie, etc. (appx \$3.55/serving-50 foods) **A Totally Unique Food in the Marketplace.**

## 3. CLEANSE: *Calli and/or Fortune Delight*

We live in a toxic environment both externally and internally. Daily cleansing at the cellular level is critical for health & wellness! We need clean cells, tissues & blood.



- **Calli** – Amazing Delicious **Daily Detox** Food Beverage. Nourishes the 5 cleansing organs (liver, colon, kidneys, lungs, skin) so **they** do their jobs more effectively. (5 foods). It's **not a stressful cleanse! Yet, deep cell, tissue, and blood cleaning.** (appx.

\$1.02 for 4-8 cups). Enjoy all throughout the day. **No need for caffeine boosters. A clean body gives a natural boost. AND**

- **Fortune Delight**—Favorite “**Super Tea.**” Skip the energy and sports drinks. It delivers energy, super hydration (wetter than water), cleansing of the digestive system, and flushing fat (toxins are stored in the fat cells). There is no added caffeine, without sugar—and the crash that follows. (Approx. \$1.02 for quart (5 foods) **We Love it either alone or mixed with Calli for Calli Delight.**

## 4. HEALTHY SWEET: *SunnyDew*

The pancreas loves our pure stevia, combined with Chrysanthemum, an anti-inflammatory, extracted without chemicals. These super-concentrated drops change the ordinary to extra great. They are a must in every kitchen.

# How Much to Eat a Day: The 5 Basics – NBC

## Once a day:

- Makes a difference!! Your body starts to wake up and say thank you. It is great for maintaining excellent health

## Twice a day:

- More exciting changes

## Three or more times a day for 90 days for amazing results!

- Full speed regeneration

## How to Enjoy

Our family has been enjoying these foods since Seth was 5 years old. They became part of our everyday foods not only for Seth but for the rest of us also. These are foods you can mix in smoothies, eat and drink alone, combine, or eat like a latte – meal in a mug. The only thing you don't want to do is microwave these priceless foods

## How to Make Your Calli

### 1. Make your Calli with a Coffee Maker:

- Place one Calli bag in the top—no filter
- Pour the water in.

### 2. Let the water flow over the tea bag

- In 5 minutes, you'll have 8-10 cups of Calli ready to enjoy thru the day from 1 bag. The more you drink in a day the better you feel. It is wise to start with this dilution, and decrease later if you choose.

### 3. Usage:

- Enjoy it as a delicious, cool, or hot nourishing beverage. Add stevia for more delicious nourishment.
- Use as a base in your smoothies and drinks, soups etc.
- Don't reuse the tea bags – pick up the weaknesses
- Feed the used tea bags to your animals, use as poultices, or feed your plants.



## Benefits:

- It's a daily detox.
- Replaces need for caffeinated beverages.
- Look for more calm energy, mental clarity, and an overall feeling of well-being.



## How to Make and Enjoy Your Fortune Delight:

- You can add the powdered Fortune Delight to your Calli or drink it alone in 1-4 cups of water.
- Don't forget to add stevia if you prefer a sweeter taste.
- It serves as your hydrating sports beverage and is very cleansing to the digestive system.
- It replaces all sodas and sports drinks and encourages drinking water.

### Benefits

- Super hydrating: Provides superior hydration at the cellular level, enhancing overall health and wellness
- Energy booster, helping to keep you energized throughout the day.
- Cleanses the digestive system & supports healthy elimination
- Helps flush out fat - assisting weight management and overall health
- Your skin loves Fortune Delight for a glowing hydrated, youthful complexion

## Simple: All the Basic 5 Foods Together

To eat all the Basics easily, our favorite daily morning breakfast is a fruit smoothie for one of us or the whole family. In a blender, we add ALL the 5 Basics (That is 72 whole live foods, concentrated and specifically combined):

- 2-4 cups Calli
- Fortune Delight
- Quinary
- NuPlus
- SunnyDew
- Frozen bananas
- Frozen fruit



You can add as much or as little of each item. It's the easiest way to enjoy everything.

This same thing can be made as a cold or hot milk with a meal; just leave off the fruit. It can also be just a power drink meal alone. Even some can be good at bedtime for a good night's sleep. Even Quinary or NuPlus alone in some Calli and a little Stevia feels so good inside.

These foods can be added to anything: waffles, spaghetti sauce, soups, etc. The ease and time saved is wonderful. Experiment, be creative, and make every meal count toward regeneration.

# LET'S HELP YOU Begin!

## Step 1: Use the Referral Link

Use the link provided by the person who shared this information. It will direct you to the Sunrider International website and ensure you don't get another independent business. You'll be connected to your friend, and they/along with us, can assist you with support and education. This is very important.

Regeneration with SR is a different kind of health journey and we would be honored to walk beside you for your success.



## Step 2: SHOP

### Suggested First Order: Nourish! Balance! Cleanse!

- **NOURISH:** Nuplus (bulk = 30 servings or stick packs)
- **BALANCE:** Quinary (bulk 60 servings or bottle with 100 capsules)
- **CLEANSE:** Calli and/or Fortune Delight (bulk = 60 servings or stick packs)
- **HEALTHY SWEET:** **Sunnydew** Nourish & enjoy!

It's grocery shopping at its finest! This is all food!

SHOP" for the products you choose. – Check the down arrows next to the product pictures for multiple selections.

## Step 3: JOIN AND SAVE: Choose the Shopping Account Best for You.

Discounts are applied at checkout.

### There are 3 Accounts to choose from:

**Retail – pay full price – you have our support**

**Preferred Customer:** \$19.95 one-time (accumulate purchases of \$200 every 6 months to keep your account active)

- Shop with a 5-10% discount, earn points for free products, and subscribe to autoship for convenience and consistency.
- Earn free products with consistency and quantity points

**IBO Account:** \$29.95 one-time. (accumulate \$400 total purchases/year to keep account active)

- IBO-Wholesale offers a 15% discount on shopping, reward points for free products, and even bonuses.

- A subscription offers great consistency and convenience. You can adjust your order as frequently as you wish.
- **This is our business account**— You can share with those you care about, receive bonuses, and even earn a good income.
- as a part-time, or career rewarding business—making a difference in other's lives while making a difference in your own.
- The Income opportunity is one of our most valuable products. We love sharing what we have found and love and giving others that same opportunity.

**REWARD POINTS:** All orders of \$150 or more start to accumulate reward points for FREE PRODUCTS OF YOUR CHOICE. You can accumulate or REDEEM for Free products at any time. A monthly order of \$150 or more helps you accumulate points and ensures you never lose them.

## Step 5: Shipped to Your Door

Consider all the SR products that can be delivered to your door as gifts to enhance your life. Become a Sunrider Home by easily switching to the healthiest, highest-quality lifestyle and award-winning beauty products available. Cut out the middleman, SAVE, and STEP UP THE QUALITY. It's one-stop shopping!



## Step 6: Keep in Touch

Please keep in touch with the person who shared this with you. Your success is our highest priority. Check your email and messages for updates and important communications.

## Step 7: Future Shopping

You can shop and share from the convenience of your phone. The Sunrider Phone App is **Sunrider Daily**. We love this convenience! Download it now and enjoy your shopping experience.



***Regeneration the Natural Way.*** You now have the path to transform your health! You are investing in wellness, prevention, and quality living. There is no better time than now to start feeling your best. Be patient with

*your body as it starts its journey of Regeneration. We're here to help you! Please reach out to us with your questions, concerns, and certainly successes. We'd love to walk this journey with you.*

*Now, just go back to the person who shared this info pack with you. They can send you their Sunrider Link so you can get the best discounts and receive their support along with ours. I'm always happy to set up a three-way call with you and your mentor to help fine-tune your program anytime. I look forward to your success; it has changed our family's present and given us a bright future. We want the same for you. We love to help wipe out sickness!*

*Warmly, Donna Ehrlich, ND*

***Sunrider...the Original Experts in Herbal Wellness and Beauty***