

# REGENERATION THE NATURAL WAY

## What is Regeneration?



**Regeneration occurs when the next cell becomes stronger 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.

Warm regards,

Your Sunrider Family

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

### DRUGS

- Designed to control
- Chemicals or poisonous/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

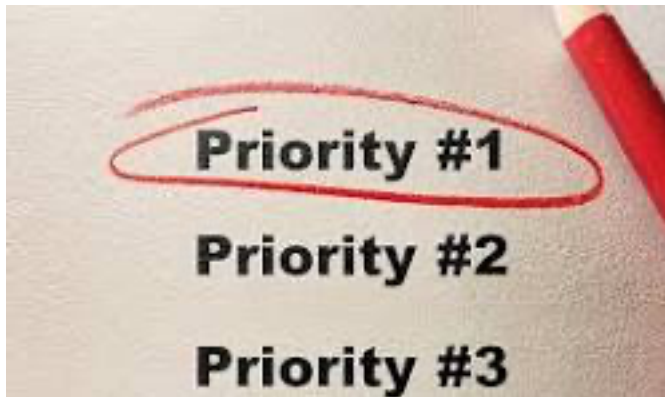


- **Sunrider herbal foods are WHOLE LIVE Foods**—similar to eating raw but uniquely prepared and packaged to preserve their life force. This ensures they can be shipped directly to us, making preparation and storage effortless—all without preservatives. All five essential components of food—Carbohydrates, Proteins, Fats, Vitamins, and Minerals—remain intact, with only indigestible cellulose and water removed, making them highly digestible. These whole foods are like consuming an entire orange rather than just taking Vitamin C from an orange. We save significant time on food prep, as raw foods often lose their nutritional value and spoil in our refrigerator before being eaten. The life force is reactivated when liquid is added. We love the vitality we feel when enjoying these delicious foods.
- **Sunrider foods are FOOD-GRADE HERBS—NEVER medicinal.** Unlike medicinal herbs, which can substitute for a weakness and further weaken or force the body to perform, food-grade herbs, known as Kingly Herbs, empower the body while repelling disease. Think of food-grade herbs as having a much higher nutritional value than regular table food such as beans, potatoes, and kale. While we still enjoy food regular table food, Sunrider provides nutrient-dense nourishment, allowing us to consume less table food, snacks, and beverages. Our cravings for less healthy food diminish. Sunrider whole herbal foods never interfere with medications because they are food-grade herbs, not medicinal. We enjoy Sunrider foods and beverages either as a standalone meal or beverage or alongside our meals.
- Rather than blending a multitude of great herbs, **Sunrider foods are a meticulously chosen WIDE ARRAY OF SYSTEM-SPECIFIC FOODS** with a distinct objective: to nourish, cleanse, and restore the body's balance. When balance is attained, symptoms naturally subside. Symptoms simply indicate a body out of balance. Sunrider foods and beverages simplify nutrition by removing the guesswork.
- **Sunrider foods are PROPERLY COMBINED FOOD HERBS designed to Nourish, Balance and Cleanse the body back to BALANCE.** These foods are based on ancient herbal formulas passed down through generations and recorded meticulously in the Chinese Emperor's manuscripts—some of China's most

carefully guarded treasures. These exclusive formulas belong to Sunrider's owners, the Chen family, and are the foundation of their products. Their designed benefits are time-proven to nourish the body back to balance, thus promoting longevity and vitality.

- **Sunrider foods are CONCENTRATED 8-30 times.** Imagine trying to consume 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.

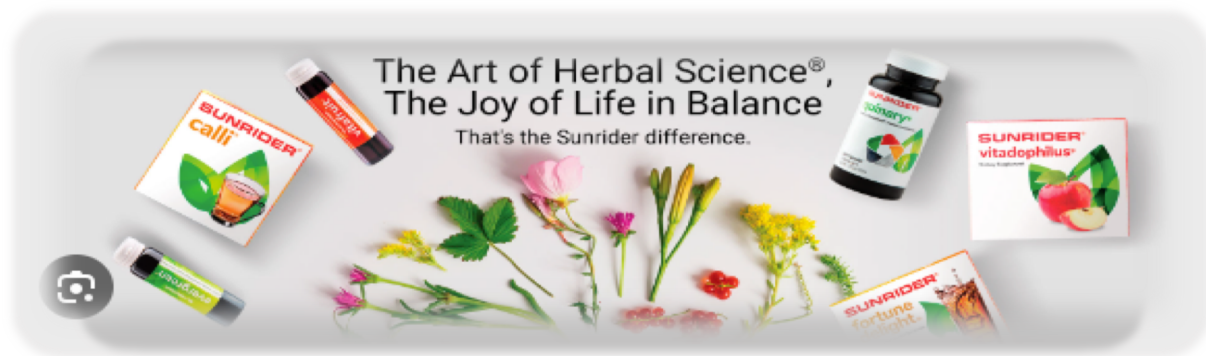
- **PURITY, QUALITY CONTROL, & EFFECTIVENESS** are the top priorities



for Sunrider's Foods, Beverages, Skin Care & Cosmetics, Dental & Healthy Home products. Our ingredients are grown pesticide-free in controlled, pristine gardens & on mountaintops, ensuring no GMO, 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 of 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 experts who lead a team of scientists to produce these unique foods and products. All items are self-manufactured for quality control in 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 propelling Sunrider to unprecedented heights. Sunrider—truly a gift for our time and undeniably unique in the marketplace!



## 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's products provide a high concentration (8-10x) of a wide variety of nutrients, with the Basics formula alone containing 72 different foods.
- **RIGHT KINDS:** These are system-specific, food-grade herbs—never medicinal.
- **WHOLE FOODS:** The products include proteins, fats, carbs, vitamins, and minerals—all intact in the herbal 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 just treat symptoms, diseases, or illnesses. Instead, it focuses on restoring the 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.



**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*



is a **must-have food for cellular regeneration.**

A completely balanced, **One-of-a-Kind Cellular Food**. The most important is for your internal energy to **regenerate at the cellular level to gain new levels of strength**. Eat this ancient porridge food formula to 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) It

## 2. **BALANCE:** *Quinary*



Quinary has a delicious, rich herbal taste & is easy to add to a cup of Calli or your smoothie, etc. (appx \$3.55/serving) **A Totally Unique Food in the Marketplace.**

Our organs are divided into **5 Life-support Systems**. The **5 Systems are the 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 add more Individual System Foods as desired. (each formula is 8-10 system-specific

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

We live in a toxic environment both externally and internally. Daily cleansing is critical for health & wellness!



- **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.** 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) **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 & helps maintain

## **Twice a day:**

- More exciting changes

## **Three or more times a day:**

- 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.

### **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 GET STARTED!



## Step 1: Use the Referral Link

Use the link from the person who gave you this information. It will take you to Sunrider International. You'll be connected to them so they can serve you with support and education. This is very important.

## Step 2: Choose the Shopping Account Best for You

**Recommended IBO Account:** \$29.95 one-time. (\$400 total purchases/year)

- IBO-Wholesale offers a 15% discount on shopping, reward points for free products, and even bonuses.
- Subscription is great for consistency, ease, and extra points. You can change your order as often as you like.
- You can share with those you care about, receive bonuses, and even earn a good income.
- Earn free products with consistency and quantity points.

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

**Preferred Customer:** \$19.95 one-time

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

## Step 3: Shop

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

- **NOURISH:** Nuplus (bulk = 30 servings or stick packs)
- **BALANCE:** Quinary (bulk 60 servings or Bottle = 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 best! This is all **FOOD!**

## Step 4: Simple 1-2-3-4!

1. Click on the link so you receive the best service: then "JOIN US" (Use your mentor's link to keep connected)
2. Choose your account: discounts will be applied.
3. "SHOP" For all products - Check down arrows for multiple selections.
4. Check out - Use accumulated points for free products. "It's all on its way."

## Step 5: Shipped to Your Door

Consider all the SR products that can come to your door as a gift to change your life. Become a Sunrider Home by simply switching to the healthiest & best quality lifestyle products on the market. Skip the middleman, it's One-Stop shopping!



## Step 6: Keep in Touch

Keep in touch with the person who shared this with you. Your success is our top priority. Watch your email and text 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 Connect**. We love this convenience! Download it now and enjoy your shopping experience.



### ***You now have the path to transform your health!***

*There is no better time than now to start feeling your best. We're here to help you! Thank you for choosing Regeneration the Natural Way to Health! Return to the person who shared this info pack with you. They can send you their Sunrider Link so you can shop with the best discounts and have their and our full support. I'm always happy to do a three-way call with you and your mentor to fine-tune your program anytime. I look forward to your success, as it has changed our family's present and given us a bright future. We want the same for you. We love to wipe out sickness!*

*Warmly,  
Donna Ehrlich, ND*