

Cleansing: When the going gets tough, The Tough *Keep Going!*

Question: I thought I would only feel better and better after eating SR foods. But now I have a cold and sore throat. I seldom ever get sick! What's happening?

Answer: When the quality of food coming into the body is of higher quality than the tissues that the body is made of, the body begins to discard the lower grade materials to make room for the superior materials. This can sometimes cause a temporary cleansing situation. Don't give up! This is the testing time! Keep being consistent in nourishing, balancing, and cleansing—greater health and vitality is ahead!

Cellular intelligence reasons something like this:

"Oh, look at all this fine material coming in. How wonderful, now we have a chance to get rid of this old garbage and build a beautiful new house. Let's get started immediately." Let's get this excess bile out of the liver and gallbladder and send it to the intestine for elimination. Let's get this sludge moving out of the arteries, veins and capillaries. These smelly, gassy, brain-stupefying masses have been here too long, out with them! These arthritic deposits in the joints need cleaning up. Let's get these irritating food preservatives, sleeping pills, aspirins, and drugs out of the way, along with these other masses of fat which have made life so burdensome for us for so long. Let's get going and keep going until the job is done, until we have a beautiful house, and from then on we'll keep it a beautiful, ideal model house."

CLEANSING SYMPTOMS

People who have had tendencies in the past with recurring skin rashes or eruptions will frequently tend to eliminate poisons and harmful drugs through the skin with new rashes or eruptions. If they go to a doctor now, who is unfamiliar with this aspect of nutrition, he will probably diagnose it as an allergy. But they ask, "How come? I'm eating better now than I ever did before, and instead I'm getting worse." They don't understand that the skin is getting more alive and active. It's throwing out more poisons more rapidly **now that the body is building up more energy.** For some, colds, which haven't appeared for a long time, may occur, or even fevers. This is nature's way of house cleaning. These toxins being discarded are saving you from more serious disease, which will result if you keep them in your body too much longer, possibly kidney disorders, blood disease, heart disease, arthritis, nerve degeneration or even cancer, depending on your heredity or structural weaknesses. **Be happy you're paying bills now in an easy-payment plan.**

Common Signs of Eliminating Toxins thru the System

Remember these are temporary signs...

Allergies, heart palpitations, abdominal pains, constipation, gas, skin rashes and hives, sinus drainage, excess mucus, sore throat, colds and infections, kidney or liver pain, bladder conditions, joint/muscle discomfort, leg or feet tenderness, reproductive organ dysfunction or inflammation, head, eye/ear problems, etc. can develop **AFTER** the start of a wellness program and is the result of cleansing excessive poisons from the tissues.

Calli chelates or draws out the toxins from the tissues in the body. Exercise is the only pump that moves the toxic masses to the lymph nodes in the neck; and from there they go into our body's eliminatory system thru the liver and into the colon where the toxins are absorbed into fecal matter. The colon needs to pop this right out of the body so it is not reabsorbed.

We all have waste material that has been in our body for years even from when we were ten or fifteen years old. It is still there stored in the tissues or even in the pockets in the colon ever weakening the body. We cannot expect to heal and cleanse the body in a short period of time after years and years of eating negative food three or more times a day with all the junk, chemicals and medications and drugs somewhere in between.

If these cleansing symptoms begin after we start eating and drinking the Sunrider concentrated high quality nourishment, it is very important to realize that the foods used to nourish and cleanse the body is not the *cause* of our discomforts or symptoms. If we think the Sunrider products are causing the problem, we are defeating our own purpose with this misunderstanding, we do not need to blame them. **The removing of the waste material from the longstanding site of accumulation, the dying off from killing Candida (fungus) and the acid wastes entering the blood can cause us to experience these temporary symptoms.** Any pain and discomfort associated with this removal is the necessary price to be paid for the health and wellness we so desperately seek.

Remember, the strong areas of your body will cleanse and heal themselves first, as the weaker areas do not have the strength or integrity to remove the impurities as quickly. It takes a while longer for energy to build up in these suppressed areas before sufficient cleansing can take place, allowing the symptoms to disappear. **The symptoms will vary according to the materials being discarded, the condition of the organs involved in the elimination, and the amount of energy we have available.**

If the cleansing process is too strong, then slow the program down for a while by diluting your Calli even further (some have had to mix 1 bag/3 gallons.) but do not stop the program, keep the energy flow going. **The more you rest, sleep and exercise when the symptoms are present, the milder they are and the more quickly they are terminated. Adding extra Quinary and NuPlus helps the body adjust and keep balance while cleansing.**

CYCLICAL HEALING

We must not expect to go on a straight road to perfect health, thinking that improving our diet and lifestyle will make feel better and better each day until we reach perfection. The body is cyclical in nature (on a circadian rhythm), and health returns in a series of gradually diminishing cycles. For example, we start a better diet and lifestyle and for a while we feel much better. After some time, a symptom occurs, we may feel nauseous for a day and have diarrhea with a foul-smelling stool. After that day, we feel even better and all goes fine for awhile. Then we suddenly develop a cold, feel chills, and lose your appetite. After about two or three days (assuming we don't take drugs or do anything negative), we suddenly recover and feel better than we did for years.

Let us say this well being continues for two months, when suddenly we develop an itch or rash. We still don't take anything for it. This rash flares up, get worse and continues for ten days, and suddenly subsides. Immediately after this we find that our hepatitis, for example, is gone and our energy has increased more than ever before. The rash became an outlet for the poisons in the liver, which produced the hepatitis. This is how recovery occurs, like the cycles in the Dow-Jones Average at the beginning of a bull market.

We can do many good things that bring good rewards, but we are as strong as our weakest link and it is our weaknesses that do us in. Any pain and discomfort associated with the removal of the toxins in the body is the necessary price to be paid for the health and wellness we so desperately seek. Why go back to the old ways of eating and living? Continue to give your body the best opportunity to have a life of wellness and vitality. *It's well worth the price!*

May God bless you in your journey to a healthy and fit body. Remember, it's a journey that lasts a lifetime and the rewards are well worth it!

Remember the **Wellness Formula**: *Nourish, Balance, Cleanse*

NBC

Nourish with *NuPlus, SunnyDew*

Balance with *Quinary/Liqui 5*

Cleanse with *Calli and Fortune Delight*

*Let your food become your medicine
and your medicine be your food! -- Socrates*

Cleansing Check List:

_____ Am I am drinking enough Calli? 4- 8 + cups/day – keep it diluted to 1/2 Gal/1 bag for the 1st month so as to not pull too much energy from the body with too aggressive cleansing.

_____ If you are drinking Fortune Delight also, remember this will increase the cleansing effect, especially for the digestive system. This is a powerful beverage and some people find they have to wait on F/D for awhile. It can send some to bed with the die off of Candida. Usually best not to combine Calli and Fortune Delight (Calli/Delight) in the early days of eating Sunrider foods, as together they make a very strong cleansing.

_____ Any **stressors** tearing your body down and decreasing your energy needed for cleansing & health?

1. **Sugar** - - #1 dietary cause of degenerating the body. It is a robber! Stop it in its tracks! All simple carbohydrates –Anything white & highly refined – white rice, white flour, pastas, white bread, pastries etc. quickly turn into sugar. Don't be tricked with white that has been "enriched! – only a fraction of nourishment has synthetically been put back.
We want to eat *complex* carbohydrates – fruits and veggies and whole grains as in nature.
2. **Dairy** – coats the lining of the digestive system with mucus so it can't absorb the nutrients and is loaded with antibiotics.
3. **Meat** – the taste in meat comes from uric acid and is extremely acidifying to the body. Once the meat is cooked, the protein becomes difficult to break down and digest.
4. **Hydrogenated fats** – these are like plastic clogging the body.
5. **Salt** – TV dinners, canned foods, processed foods create an extremely high sodium imbalance in the body. Check out a salt as it comes from nature.
6. **Caffeine** – we are living on borrowed energy, greatly stressing our adrenal glands.
7. **Alcohol and Cigarettes, Drugs** – Poison!
8. **Stress** – Seek inner calm among the storm—the more stress the more exercise is needed.
9. **Negative Thinking** – every negative thought creates a health-destroying chemical reaction in the body. Determine to be positive about everything in life.

Good News: Eating the Sunrider Whole Food Concentrates makes it easy to eliminate these foods without some of the typical withdrawal problems. Even our taste buds change and our desire for less nourishing foods diminish greatly. Caffeine Cravings: Drink more **Calli** and **Fortune Delight**; Other Cravings: Eat more **NuPlus** and VitaTaste. Smoking, Alcohol and Drugs: Add **TOP** and **ESE** to the basic foods

_____ Am I *nourishing* enough to give my body the energy to cleanse? Fuel your body's cellular energy generators with NuPlus 2-5 servings/day

_____ Am I *nourishing* my life-support organs enough? Eating Quinary each day helps the energy flow thru these vital life support organs. The more Quinary, the better!

_____ Am I *exercising* at least 30 minutes/day? Lymphasizing on a mini tramp (5-10 min.= approx. 20 min. of walking) is very effective way to remove the toxins from the tissues. Exercise is the *only pump* the body has to remove the toxins from the tissues in the lymphatic system.