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Cleansing Responses

When people ask me what I do, I respond, "I'm a wellness specialist. I teach people how to get well, stay well, and enjoy their wealth."

I market the finest herbal nutritionals in the world. The past 15 years, hundreds of clients and Sunrider business partners have given me an education as a body mechanic, troubleshooting and fine-tuning the cleansing responses of eating simply the best herbal nutritionals in the world, Sunrider Whole Foods Concentrates..

The Philosophy of Regeneration: These foods are based on Sunriders' Philosophy of Regeneration, which states,

- 1) the body is self-renewing when properly nourished
- 2) the body is designed to obtain its nutrition from nature's whole foods
- 3) each person must be willing to accept responsibility for their own health

This philosophy reflects 5,000 years of study and research of living, growing foods that would nourish and support the body's function.

I believe that too! To follow this philosophy, the Chinese believed that they could live long and die young. I have been eating Sunrider for over 15 years. I have more energy, stamina, and peace of mind than when I was in my 30s.

My Story: I came to Sunrider with several serious health challenges. I suffered with a lung lesion for two years prior to eating the foods. I experienced sharp, exhausting pain in my left lung.

After following this problem with chest X-rays every two months for almost a year, my doctor ordered a biopsy of the lung. I was invited that same week to hear about Sunrider Foods. During the class, I listened with intent to the regeneration principle.

I bought the 5 Basic Foods and resolved I would eat these foods consistently to see if this could be the answer to my recovery. The next day, the whole idea seemed so absurd. In the past, I had never been able to stick to anything for long periods of time.

Life was very busy as a mom of six children from ages 2 to 17. All the programs I had tried in the past, promising health, didn't pay off, but somehow, Sunrider was different.

To start each day, I made my Calli and Fortune Delight early. I ate my NuPlus and Quinary 3 times a day. That is how I planned for a successful experience eating these fabulous foods. Sometimes I actually had cravings for extra Quinary and NuPlus, so I ate extra for a few days here and there. After two weeks of eating the foods, the sharp pain in my lung was gone. After six weeks, my energy returned.

My husband was thrilled. For a year, he had done the shopping, the cleaning, and the washing after his long day at work.

Eighteen months later, I went back to my doctor for a routine physical. My chest X-ray was flawless, not even a shadow where the dark mass had been previously. The doctor was so surprised, he asked me to retake it. Surely, there'd been some mistake. That couldn't be a picture of my lung. They took the second X-ray, and it was perfect too.

Full Speed Regeneration: *I ate the Sunrider foods consistently three times a day, drinking a quart and a half of Calli made from two tea bags and two quarts of strong Fortune Delight made from the 20-gram package, that meant I was eating three NuPlus, three Quinary, and a minimum of 30 drops of SunnyDew each day. I was aggressive! I learned firsthand the principle of regeneration. Eat the foods and listen to the body.*

My Cleansing Response was 18 months later...Three Key Factors: *A Cleansing response will vary depending on the strength of the eliminating organs, the amount of toxic sludge needing to be removed from the cells and tissues, and the body's priority of where the internal energy will go.*

After my good experience with regenerating in the lung area, I felt I was ready to add a more aggressive weight management program. My first focus had been on rebuilding my respiratory and immune system and now I wanted to focus on losing some extra pounds.

I began eating Action Caps as directed in the weight management program. I added extra NuPlus, and I was drinking 8 cups of strong Fortune Delight to flush fat and clean up my digestive system. Within a few days, I began experiencing terrible headaches.

For 6 days, I experienced intensive cleansing responses: My headaches continued, becoming even more intense. My finger joints swelled, and I experienced muscle pain in my neck and shoulders. Several of my Sunrider friends urged me to stop the Action Caps. They said my body wasn't ready for such a cleanse. However, something kept saying, keep on going, you're almost there. I felt like I was on a 10-mile hike uphill to the top of a steep mountain.

Keep on going, you're almost there: I did continue pushing on through the pain, and on the **Sixth Day!** I woke with a clear head and increased energy. I had suffered for years with hormone headaches and painful monthly periods. They were gone. Over the next few months, I lost 35 pounds. My digestion improved. My elimination became perfect.

From this experience, I learned how to recognize when my body was speaking to me. I would urge you to eat the Sunrider foods consistently. Watch for the subtle changes in your physical, emotional, and spiritual body, and listen for directions for the way you should pursue.

That was my personal breakthrough. My health has been so good since then, not even a flu or a cold for over 15 years. Of course, the whole family began eating the Sunrider foods with me.

Four of my six children: With a 15-year case study, we have many wonderful regeneration stories. The best is, four of my six children no longer have serious breathing issues. Previous to Sunrider, we were constantly missing school, some children as much as 30 days a year.

After one year on Sunrider, they all had perfect attendance. So you can see, we know what it is to regenerate. We also know what it is to cleanse.

Same Issues, Different Cleansing Responses: Though my children had the same breathing issues, their cleansing responses were different. One ran a high fever often, and her ears drained, and had coughing spells to eliminate the heavy mucus from her lungs. Another daughter broke out with eczema along with a constant reddened nose and a heavy cough.

Our baby son's cleanse was the worst. Besides breathing challenges, he also had a skin disorder. His skin looked like scaly leather with large red spots that would weep and scale.

By the time that he was two, he noticed that he was different from other children. He felt the shunning of parents when they wouldn't allow their children to play with him. He would say, I have alligator skin.

Though it wasn't contagious, people would comment at the pool and in the children's nursery. I could feel his emotional pain and dreaded how it would be when he started school. As his systems cleared, his skin erupted even more.

He had a deep cough, and his nose poured green. This continued for about six weeks. During that time, I used no medication that would stop the cleanse - just bathing, soothing, rocking, and singing - and fed him additional Sunrider foods.

The children drank full-strength Calli all day long. They had NuPlus in their Calli before every meal and at bedtime - along with extra Conco and Alpha 20C. They were proud of how many capsules they could swallow at a time. Our baby often demonstrated his talent of downing capsules of Quinary when customers complained that they were having trouble swallowing one or two.

Same foods, three or four times a day, cleansing responses totally different:

All 4 children had breathing issues, all 4 children ate the same foods three or four times a day, however their cleansing responses were totally different. I noticed that the first year, they would build and cleanse, build and cleanse. I noticed that they were stronger. They weren't affected by climate change, dust, or animals any longer.

Our daughter was invited to go horseback riding. She wanted to go, so we gave it a try. All the elements for a previous breathing attack were present, animals, dust, and heat. Everything went perfect. She had such a great time. She laughed, and I cried with joy.

Our baby's skin cleared within six months, and now 15 years later, he's 6'5", 265 pounds, and plays football in high school. No one would ever know that he was a sickly child. His older brothers asked, how did he get so big? And he said, I love NuPlus. I ate a lot of it.

By the way, his skin is perfect. When I tell this story, it still makes me cry. I remember the pain and the sleepless nights and the worry when your child can't breathe.

Time and Patience: We are so grateful for the knowledge of Sunrider Foods. They have blessed our lives. Going through cleansing responses with a child or yourself is not easy. It takes time and patience, but it is so worth it.

I tell this story to demonstrate a point. So often, a new Sunrider will have a particular health challenge, and they ask if we know anyone who has experienced regeneration who had their problem.

They want to know what they experienced. As they eat the food, if their experience isn't the same as their friend's, they think that the food isn't working for them.

Remember how different the cleansing responses were for each of my 4 children. All had severe breathing issues. Some took longer than others. Some cleansed through their skin, and some through the lungs.

The body is the miracle. All we need to do is nourish it with the Sunrider Foods and allow it to be in charge. The body will decide the avenue it will take to cleanse and build.

Clean Up The House: I learned if you want to enjoy a clean, healthy house, the one you're living in, you must be willing to clean it up. Throw out the pollutants, the bad food choices that have dirtied it up in the first place.

Our defense system must be nourished to balance and protect our bodies. Before Sunrider, I studied a lot about health and nutrition. We made solid diet changes, and our conditions improved. But from time to time, the problems would return. My children always craved the foods that kept their breathing issues going - the dairy foods and the flour products, the bread, the crackers, the cookies, and pasta and cold cereal - all the kid-friendly foods. The foods that were keeping them sick.

Cravings quickly left: We began the Sunrider Regeneration Foods. The cravings quickly left, even for the children. Vegetables, fruits and whole grains became appealing.

The struggle for what six children would eat was over. We still had a treat from the taboo list once in a while, but the kids didn't beg for them anymore. Everyone enjoys the emotional balance. No more crying and fussing.

The Basic 5: All of Sunriders' foods, including the Basic 5 are a blueprint of their Philosophy of Regeneration. The Chinese found the human body requires nutrients from a wide spectrum of whole foods to Nourish, Balance and Cleanse the body. These five foods, we consider the Basics, are components of the regeneration recipe. Nourish with NuPlus and SunnyDew, Balance with Quinary, and Cleanse with Calli and Fortune Delight.

Because I was seeking optimum regeneration, my family and I ate all 5 foods three times a day, usually before our table foods. By focusing on eating the foods consistently, it brought to myself and my family the rewards of balanced vibrant health, improved physical vitality, improved mental ability, and even improved our spiritual connectedness.

NuPlus: NuPlus is critical food for regeneration. It gives the body nourishment at the cellular level so the body can produce needed internal energy. NuPlus is a concentrated complex carbohydrate, easy to digest proteins, essential fats, vitamins and minerals all intact, grown in organic soil with no pesticides, no fumigants.

They are harvested and prepared with extreme care not to disturb the synergy and strength of the natural nutrients and enzymes. NuPlus nourishes the body at a cellular level.

SunnyDew: SunnyDew benefits the blood sugar levels by nourishing the pancreas. Having a nourished pancreas supports your energy level, your moods, your ability to handle stress. It also has chrysanthemum flowers with its highly anti-inflammatory properties.

Quinary: Quinary is Sunriders' most unique food combination, **Quinary is** 50 plus concentrated, properly combined herbal foods that nourish the five life-support systems of the body: the endocrine-hormonal system, the digestive-elimination system, the respiratory-lymphatic system, the circulatory system, and the immune-defense system - allowing improved function and communication between the systems.

Calli and Fortune Delight nourish the five cleansing organs: The 5 cleansing organs - the colon, kidneys, liver, lungs and skin are strengthened, allowing these organs to do their job of cleansing the body even more effectively. These do not cause a stressful cleanse, but are highly nutritious and delicious beverages.

In all, the five foods in the regeneration program provide the body with over 72 concentrated, properly combined herbal whole foods.

We must cleanse: Regeneration replaces the old degenerated cells with new cells. The more regenerative foods we eat, the sooner the weaker cells are replaced with stronger cells. These weaker cells need to be eliminated through the natural processes of elimination. Also, all the poisons and toxins, metabolic wastes created within the body, along with viruses and bacteria the body is trying to eliminate.

Again, a Cleansing response will vary depending on the 1) strength of the eliminating organs; 2) the amount of toxic sludge needing to be removed from the cells and tissues; 3) and the body's priority of where the current amount of internal energy will go.

When we tune up our car, we change the oil, install the new spark plugs, replace all the filters, adjust the brakes, and balance the tires. It wouldn't make any sense to omit a step or two and expect a dependable automobile, and so it is in feeding our bodies.

Some regeneration seekers drink a lot of Calli and Fortune Delight because they're so delicious. They casually eat NuPlus and Quinary and wonder why they're experiencing what they think to be an allergic reaction to the foods. The entire body is not strengthened to work effectively in the regeneration process. For best results, eat all 5 basics to nourish, balance, and cleanse.

Cleansing responses, not allergic reactions: We have five cleansing organs. Kidneys clean the circulatory system, or our water system. Our colon removes heavy waste. The liver de-fats the bloodstream. Our lungs clean the air and facilitate the lymphatic system. And our skin, the largest organ of the body, respire and removes toxins through perspiration.

All of our cleansing organs cleanse acids, salts, fats, mucus and toxic water, heavy metals, viruses and bacteria, along with anything else that is foreign to a healthy body.

When given whole foods, the body will never cleanse more than it has the ability to build. When feeding the body the nutrients it's asking for when it says, I'm hungry, the body will then use those nutrients to power up the systems and choose the safest, most effective route to cleanse out the toxic congestion.

People often ask, why are Sunrider foods mostly liquids? The genius of Dr. Chen has given us concentrated whole food nutrition. The life force is activated when added to pure water. In their dry form they have a great shelf life, even without preservatives. They are like a seed, waiting for water to activate the life force.

The standard American diet: As a nation, we have lost our health eating the standard American diet, supermarket and restaurant foods, low vibrational, processed, packaged foods, cooked, dead foods, absent of enzymes. These foods

fill us up, giving some energy from the calorie content. However, they do not burn clean, leaving a toxic sludge of fats, mucus and congesting the cells.

These foods are devoid of live nutrients, so no nutrients are available to feed the cleansing systems. Knowing this, it is no mystery why our bodies are so congested and constipated; providing a perfect environment for disease symptoms to set in.

Table Food: Natural raw fiber table food: As we eat the Sunrider foods, I continually add new varieties of organic fruits and vegetables. These precious foods are loaded with soluble and insoluble fibers to sweep the colon wall, preventing colon pockets where gas breeds and hides. The longer people go without natural raw fiber foods, the more distressed and diseased the colon will become.

Only pure water should be consumed: The role water plays within our body covers five functions. A solvent, transporter, lubricant, coolant, and disbursement. If an iridescent oily slick forms on the top of your Calli, it indicates that the water is not pure. Calli removes heavy inorganic metals from our body and also removes them from water. If a new Sunrider complains they don't like the taste of Calli, usually they're using tap water. When they change to purified water the taste usually changes.

Enough water critical for energy, cleansing and optimal health: To determine how much water your body needs: Take your weight, divide by 2, that is what your body needs in oz. Divide by 8, that is what your body needs in cups a day. If drinking caffeinated beverages or sodas, you will need to add 2 cups water for every cup of caffeine or sodas consumed to alkalize the acids they produce.

Allergic reaction: New Sunriders who haven't yet built confidence in the foods, when initial cleansing begins, a cleansing response may be seen as an allergic reaction.

Allergies are symptoms of the defense and digestive system being out of balance. As the body becomes more congested with toxins, the allergies react stronger. As the body is cleansed of toxins, the cleansing response lessens until it's gone completely. So the way to eliminate allergies of any kind is to clean your body.

Cleansing responses are actually a complement to the body

They are an indication that the body has received enough nutrients to finally start the cleansing process. Regeneration is as a tide ebbing and flowing, building and cleansing, layer after layer. It's an ongoing process.

Digestive or elimination weaknesses: If you have a weak digestive or elimination system, cleansing responses might be nausea, intestinal upset, gas and bloating, frequent bowel elimination, frequent urination, constipation and water retention. Extreme toxic buildup of mucus and fat in the stomach and bowel cause these responses. You can add more of the Digestive System Foods - Assimilaid either as a tea or as capsules. Also adding our probiotic Vitadophilus can speed up the regeneration balancing process.

If you are extra hungry, eat a couple of extra Nucleus and Quinary until you feel nourished. . Your body may be saying thank you for feeding me. Listen and assist your body's request.

Circulatory weakness: If you have a weak circulatory system, the responses might be swelling, achy joints and muscles, leg cramps, tingling in the arms and legs, rashes, facial breakouts, sores in the mouth, headache, irritability, dizziness, weakness and sleeplessness.

Respiratory weakness: It may produce some coughing to empty the lung congestion, swollen sinuses and even painful ears.

Choose full-speed Regeneration: There are two approaches concerning cleansing the body - slow and easy or fast and focused. My feeling is, once you have identified the problem, understand the concept of Regeneration and make a commitment to eat the food to allow the body to come to balance, go full throttle and lift off.

Usually a short time of discomfort: To me, to go slow and easy seems like an eternal taxiing on the runway. Let the body take the energy from the food and for once be totally in charge. You can handle it. Remember, cleansing responses are usually short time frames, for me it was between **6 to 18 hours**.

Don't Panic and Quit: Often I speak to people as they are having cleansing responses. They panic and they want it to end, so they dilute the Calli and the Fortune Delight and eat less NuPlus and Quinary. With less food, the body can't continue to work to accomplish its mission to regenerate. The cleansing stops and so does Regeneration.

This approach seems so futile to me. So, here's my advice to deal with all cleansing responses. Hire more helpers. Bring on the Molly Maid, your own personal regeneration team.

- Eat more Sunrider regenerative foods, maybe a couple of extra NuPlus or Quinary for a few days. Remember, NuPlus is the builder.
- Drink more water. Distilled is best. I know you think you're already floating, but I guarantee a little extra water makes a difference.
- Massage the affected areas with Sunbreeze
- Breathe. Bring extra oxygen to assist the circulation. Breathe deep.
- Take a brisk walk, 15 to 30 minutes.
- Get a few extra hours of sleep for a few days. Each hour before midnight equals two after midnight.
- Sleep deprivation slows down regeneration.
- Eat one of your Sunrider meals before bedtime. Important regeneration takes place during the nighttime hours.

During this time of heavy cleansing, take care of your body. Respect its desire to be clean. The reward is yours at the end. More productive, happy hours full of energy each day.

Be grateful. Don't complain: Put your shoulder to the wheel and move the sludge out. Rebuild the weak systems and enjoy the energy of regeneration. Next time you're experiencing a cleansing response - a gift from a truly nourished body - call your friends and rejoice.

I have good news. My body is responding to these fabulous Sunrider foods. I am cleansing. I am on the road to better health.