

Healing & Cleansing

Early Signs of Healing & Regeneration

This process of regeneration is exciting as we look at some of the *early* signs of healing. You may experience some of these **benefits** right away while waiting for others to occur in your process of regeneration:

- more positive thoughts
- waking up more rested and less need for daytime naps
- clearer thinking and a better ability to make decisions
- better able to handle stress, more patient, and more tolerant of others
- more courageous to try new things
- eyes clearer
- allergy relief
- PMS relief
- skin tone evening out
- fuller, shinier hair
- stronger nails
- better digestion and elimination
- “craving” healthier foods
- losing inches even before pounds
- natural slenderness, decreased cellulite
- better memory, less need to take notes, and easier learning

You can look forward with anticipation to the healing signs of tomorrow!

Cleansing Signs

You may wake up an hour earlier tomorrow morning, feeling rested and ready-to-go, and ask...“How come I feel so wonderful and great this early in the morning?”

Sunrider is a full-spectrum regeneration program, based upon the simultaneous **NOURISH, BALANCE, AND CLEANSE** approach to health. When the body is fed a high-quality whole food, naturally loaded with its beneficial essences, whole-food enzymes and antioxidants, the nutrition can easily be absorbed through the cell walls. The body **NATURALLY** begins to expel stored toxins, fats, and metabolic wastes. The fluff is leaving! It is simple, yet profound. **REGENERATION** of the whole body is **NECESSARY** for good health. The best part is that when the physical body has more energy, no disease and pain, and lots of endurance, we are more able to accomplish what we could only dream of prior to having good health. Good physical well being also affects our emotions and thinking, henceforth affecting our spiritual health.

Sunriders are thankful for the **SAFETY AND EFFECTIVENESS** of our concentrated food-grade herbal formulations that are without the danger of “negative side effects.” The only “**side benefit**” you may experience when you consume Sunrider food is that your body begins to eliminate unwanted fat and toxins that have been stored in the cells for years. This may or may not cause some temporary uncomfortable feelings. This “housecleaning” is absolutely essential for the body to be able to rebuild healthy cells and ultimately a healthy body. The absence of consumer lawsuits is a testimony to the positive results that people have had with Sunrider products over its 20 year track record.

What Is Cleansing ?

The body starts to rid itself of garbage. Some of this **garbage** is:

- 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.

What Are Cleansing Signs?

When detoxification and elimination functions are working properly, the person is not aware that cleansing is taking place. This occurs when the LIVER, KIDNEY and COLON are strong and well supported nutritionally; when the person is EXERCISING ADEQUATELY, and when ENOUGH FLUID is being used to move toxic materials along quickly. However, when these conditions are not met, **cleansing signs** may be experienced. When the body's eliminative capability is overloaded, one can experience such **discomforts** as:

- nausea
- frequent urination
- constipation or diarrhea
- old or new aches and pains
- sores or bad taste in the mouth
- depression and irritability
- skin breakouts and itching
- fatigue
- headaches colds and fevers
- excessive perspiration
- body odor
- gas or bloating

Be encouraged if you are having cleansing signs!

Realize that your body is becoming younger and healthier every day because you are throwing off more and more wastes which would eventually have brought pain, disease, and much suffering. Those who have the worst reactions and follow through to their successful termination are thus avoiding some of the worst diseases that possibly could have developed. Also, taking painkillers and other drugs to relieve the negative cleansing signs actually prolongs the healing process. Don't try to "cure a cure." *Be happy you're paying your bills now in an easy-payment plan!*

You can assist your body in moving the toxins out more quickly by increasing exercise and fluid intake, varying the dilution of the **Calli** (1 bag to 1 gallon) and **Fortune Delight**

(1 small packet to 1-2 quarts or 1 large packet to one gallon) and then continuing to build concentration day by day, increasing the amount of **NuPlus and Quinary/Liqui-Five**, and adding **Vitalite Bars** and **Fibertone** to assist the body in eliminating more efficiently. These discomforts will pass as these toxins are eliminated.

Quoting from the magazine "First for Women", January 4, 1999, entitled "What You Can Expect": "Almost immediately after starting your detox, you'll notice an increase in urinary flow. Water-soluble toxins are easiest for your body to eliminate, so they'll be released first. The increase in water intake helps this initial stage. Fiber...scrubs your colon clean, causing temporary bloating and gas. This may sound uncomfortable, but it's a sign that wastes are being expelled. As fat-soluble toxins move into your bloodstream, you may feel their effect compounded – slight fatigue, insomnia, or lightheadedness. Embrace these momentary feelings: they indicate that the main part of the elimination process has begun. As your blood circulates throughout your body, it passes through the liver, which is the primary filtering organ. While your liver is filtering the toxins from your bloodstream, you may feel a slight headache and/or suffer bad breath or mild nausea. Your skin is the final organ of elimination. It releases toxins via sweat and blemishes. This means that any acne should clear up within a few days. Be aware that changing your daily routine can stir up a feeling of dissatisfaction with the present. Use this discontent to your advantage by implementing changes. Have confidence that you are becoming a newer, more energized you.

Sunrider products nourish your body at the cellular level. Remember, this is not medicine, not substitution, which is what Western medicine does. This is highly concentrated herbal "food" that is formulated to FEED the body back into balance.

Cleansing Questions

Persons who find themselves **constantly in a "cleansing" process** might ask themselves the following questions:

1. Am I eating enough Sunrider regenerative foods (**NuPlus**, and **Quinary**) to allow my body to achieve the balanced state it naturally desires?
2. Am I drinking enough (6-8 cups/day) of pure water and/or **Fortune Delight** in addition to **Calli**?
3. Am I exercising sufficiently (according to my own needs and capabilities?)
4. Am I eating enough of an optimal diet (at least 80% alkaline foods) to allow my body to make changes smoothly?
5. Am I eating "offending" foods that are keeping my body constantly overloaded? (Something to consider: dairy products add mucus; meats, eggs, cheese and white flour may constipate; food allergens may provoke reactions; all forms of sugar and fruit juices may aggravate a yeast infection; margarine and hydrolyzed products (i.e. oil) are extremely difficult to break down; caffeine, tobacco, alcohol, drugs, and neuro-toxins, such as aspartame (NutraSweet, Equal, Spoonful, etc.) and MSG, are poisonous to the system. Completely eliminating the suspected sources of trouble for a few weeks will reveal those irritating items with certainty.

As the body starts reconstructing the vital internal organs, one may actually feel less energy in the muscles, which the mind interprets as weakness. Actually, the power is increased, but most of it is being used for rebuilding the more important

organs and less is available for muscular work. Continuing to eat and/or increasing the Basics (*Calli*, *Quinary* or *Liqui-Five*, and *NuPlus*) will give the body the basic tools for this reconstruction. There are many more wonderful Sunrider foods that can be added at any time to assist in the regeneration process. Extra rest may also be needed until the energy returns.

Hopefully, Sunrider will become a “lifestyle” for you –
Look at it as “preventative

In Summary: Some Practical Things To Consider

1. Study the product information in the *Sunrider Regenerative Lifestyle Product Handbook*, as well as the Sunrider catalog and literature. You may also refer to the *Welcome Intro Guide*, Vol.1.
2. Eat the Sunrider foods with confidence.
3. Listen to your body. Respond with what is needed.
4. Continue making healthier lifestyle choices. Keep your meals simple and eat foods in their natural state.
5. Keep in close contact with other Sunriders and your sponsor for support and encouragement.
6. Remember that each person is bio-chemically unique, and each person’s journey will be slightly different. Most people experience no cleansing signs, just renewed health!
7. Review this article frequently for a deeper understanding of the regenerative process as you experience it.

It is our privilege and responsibility to faithfully nourish our bodies with the best nutrition available and then start eliminating the negatives in our lifestyle. The “mysteries of regeneration” are far beyond what our minds are prepared to understand at present.

Thank you, Dr. Chen, for sharing your knowledge and expertise through the blessing of the Sunrider herbal foods and products. And we are blessed by having herbs to be our “food”, and not our medicine.

Don’t fight the healing process!

***Let Regeneration Begin Today!
Enjoy the Journey!***