

## ***Five individual herbal formulas that make up Quinary & Liqui-Five***

### **1. IMMUNE SYSTEM: Alpha 20C—Food for the Immune (Defense) System...(wood- --spring---green---sour)...Protects Body.**

**Alpha 20C** get its name from what it promotes: T Cells (the 20<sup>th</sup> letter of the alphabet being “T” and “C” standing for cells). This food nourishes the immune system through the bone marrow, liver and adrenals. **Alpha 20C** has a delicious “mocha” taste, and can be eaten as is, or added to any Sunrider food. Eaten throughout the day, together with **Conco**, Sunrider’s **Goldenseal**, and Sunrider’s **Spirulina**, promotes a strong immune response to environmental attacks. **Alpha 20C** helps the immune system come into balance, whether it is overactive or underactive. Nourishes the ability to “fight.” **Alpha 20 C** contains naturally occurring antioxidants, calcium and fortifying properties. Most of the herbs contained in **Alpha 20 C** formulation have been used separately as part of the Chinese herbal pharmacy. Now these herbs are being studied by scientists and are receiving positive reinforcement of their beneficial properties. Available in capsules, powder packets (1 powder packet = 10 capsules) or powder in bulk canisters (1 canister = approx. 600 capsules).

#### **Major organs fed:**

- Liver, gallbladder, ovaries, testes

#### **Postive emotion: planning and decision making**

#### **In ancient China, a similar formula was used to:**

- build a healthy immune system.
- strengthen the T-cells that are important in
  - 1) Fighting infections and
  - 2) Controlling the growth of dangerous and destructive, extraneous cells, such as in cysts and tumors.
- detoxify the body and help expel fever and illness.
- reduce vulnerability to viral and bacterial infections, as well as parasites and yeast overgrowth.
- govern the body’s resilience and adaptability; assist an appropriate response to environmental stresses.
- fortify the body as emotional food for **anger, irritability and depression.**

**Ingredients:** Chinese White Flower, Paris Herb, Scutellaria Herb, Dandelion Root, Imperate Root

## **2. DIGESTIVE SYSTEM: Assimilaid—Food for the Digestive System...(earth—late summer---orange, deep yellow)...Handles Food...**

The digestive system food nourishes functions associated with the digestion and assimilation of food. The ability to absorb nutrients is vital to health. **Assimilaid** makes a delicious hot beverage by itself; just open one capsule and add to a cup of hot water. Eating before meals aids digestion and is helpful for diarrhea and irritation of colon.

### **Major organs fed:**

- Stomach, spleen, pancreas, thymus

### **Positive emotion: imagination, sympathy**

### **In ancient China, a similar formula was used to:**

- enhance the digestion and assimilation of food
- provide digestive healing to the stomach and lubricate the intestinal tract
- alleviate heartburn, upset stomach, vomiting, indigestion, gastric ulcers, gastritis, colic
- relieve abdominal pain and distention
- aid sleep by reducing gastrointestinal tension
- strengthen the liver and gastrointestinal tract
- restore and normalize acid secretions and enzyme production
- fortify the body as emotional food for **worry, lack of contentment**

**Ingredients:** Ginseng Root, Bai Zhu Root, Poria, Licorice Root, Pinellia Root, Orange Peel, Cinnamon Bark, Fennel Seed, Amomum Seed, Mint Herb

## **3. ENDOCRINE SYSTEM: Prime Again—Food for the Endocrine System...(fire—summer---red--bitter)...Coordinates All Systems...**

**Prime Again** means to “put you in your prime again”! **Prime Again** nourishes the functions of the heart, endocrine, nervous, and the entire hormonal system. The endocrine system is especially important as it sends forth the body’s messengers of communication, promoting youthfulness and longevity! The thyroid and adrenals are keys to having energy. The more **Prime Again** you eat, the better you feel! This was Sunrider’s first single **Quinary** formula and affects all the others.

### **Major organs fed:**

- Heart, small intestines, pituitary, hypothalamus, thyroid and the entire hormonal system.

### **Positive emotion: making things happen, manifesting joyfulness**

### **In ancient China, a similar formula was used to:**

- nourish the general processes by which body cells reproduce (regeneration)
- regenerate the endocrine glands including adrenals, thyroid and reproductive glands
- strengthen the nervous system and the body’s ability to handle stress

- regulate hormonal secretions, and enhance sexual response and reproductive processes
- build muscle strength; help regulate growth and development
- decrease allergic reactions
- strengthen the adrenals' ability to handle stress
- relieve PMS and menopausal symptoms
- enhance the body's ability to recover from illness or injury
- fortify the body as emotional food for **anxiety, lack of joy**

**Ingredients:** Chinese Yam, Forty Knot Root, Leek Seed, Poria, Cornel Fruit, Paper Mulberry, Eucommia Bark, Mongoliavine Fruit, Morinda Root, Broomrape, Senega Root, Fennel Seed, Lycii Fruit.

#### **4. RESPIRATORY SYSTEM: *Conco*—Food for the Respiratory System...(metal—fall---white—sharp, pungent, spicy)...Handles Air...**

**Conco** comes from “con” meaning “against” and “co” short for “colds”. This phenomenal formula primarily nourishes the functions associated with respiration (breathing) and the lymphatic system. **Conco**'s job is to smoothe the energy “in and out” for balance throughout the body. At the first sign of a cold or flu, many choose to eat **Conco** freely at timely intervals. Eaten throughout the day, along with **Alpha 20 C**, Sunrider's **Goldenseal**, and Sunrider's **Spirulina**, promotes a strong immune response to environmental and viral attacks.

##### **Major organs fed:**

- Lungs, large intestine, skin, thyroid

##### **Positive emotion: creating order**

##### **In ancient China, a similar formula was used to:**

- resist viruses—phenomenal protection against influenza and colds
- build protection against allergies (pollen, dust, etc.)
- relieve congestion of the air passages of the chest and head (sinus, bronchial, etc.)
- relieve fevers and headaches (including migraines)
- relieve muscle and joint pain accompanying influenza
- soothe the stomach and reduce nausea and vomiting
- rebuild and improve the immune system functions
- fortify the body as emotional food for grief, melancholy

**Ingredients:** Mint Herb, Honeysuckle Flower, Chinese Lovage, Golden Bell Fruit, Chinese Catnip, Bell Flower Root, American Lovage Root, Angelica Root, Licorice Root, Bamboo Leaf, Burdock Seed, Reed Root.

## **5. CIRCULATORY SYSTEM: *Lifestream*—Food for the Circulatory**

**System...(water---winter---black, blue, brown, purple)...Handles Liquid...**

***Lifestream*** denotes “the stream of life”! The circulatory system food nourishes functions associated with the fluid-related processes of the body (blood and water), affecting general circulation. ***Lifestream*** appears to strengthen the heart and cleanse the vessels, allowing the capillaries to become strong and supple. Good circulation provides plentiful oxygen supply, free-flowing blood, and efficient removal of toxic impurities.

### **Major organs fed:**

- Kidneys, bladder, adrenals

**Positive emotion: perseverance, will, vitality**

### **In ancient China, a similar formula was used to:**

- enable the body to better regulate the blood pressure
- cleanse the blood and reduce extraneous clotting
- reduce the level of free fat and cholesterol in the blood
- improve eyesight, reduce redness of the sclera
- heal circulatory disorders, such as varicose veins and hardening of arteries
- strengthen the bowel and cleanse the intestinal system
- strengthen the nervous system, and relieve depression and poor memory
- fortify the body as emotional food for **fear**

**Ingredients:** Tora Seed, Gou Teng, Sophora Flower, Chrysanthemum Flower, Orange Peel, Pinellia Root, Dwarf Lilyturf Root, mushroom powder, ginger root, ginseng root (panax ginseng)