

Weight Management and Sports Nutrition

Two causes for overweight: under active metabolism and/or malnourished. When you “get into” the **Nourish, Balance and Cleanse of Sunrider**, you are addressing these two areas.

Dr. Sharyn Wynters, ND “Your Journey towards Regeneration” Tape of the Month, September 2001.

See VitaShake, a form of **NuPlus**, which is a total meal replacement and tastes absolutely delicious! One **VitaShake** in 16 oz. **Calli**, with 1 **Quinary** package and some **SunnyDew** – Yummy! It contains 4 grams of whole soy protein, 3 grams of fiber, 18 grams of carbohydrates, and the FOS! **VitaShake** is excellent also with **Fortune Delight** and a **SunBar** for a complete meal.

Slim Caps—Slim with Slim Caps! Ephedra and Guarana-Free, Fat and Waste Cleansing!

Finally, an herbal capsule that truly works to help the body “squeeze out the fat” and is also very healthful for the entire body. Some refer to the **Slim Caps** as “Health Caps”, for basically they are a “liver cleanser” and also help clean the entire intestinal tract and colon. Health experts have said keeping a clean liver is important for cancer prevention, and we know keeping a clean intestinal tract and colon helps prevent many degenerative conditions from occurring due to a “toxic gut”. The average person carries up to 15 pounds of old impacted waste on the bowel wall. (There is a little “push” in the **Slim Caps** formula, which is noticed when several capsules are eaten at one time.) Many have experienced losing inches quickly “around the middle” in days (from cleaning the upper gastrointestinal tract and colon.) Also, individuals have reported cholesterol levels and triglycerides coming down. The good part is: At the same time people are experiencing the fat loss, they are feeling better and more balanced. The healthful benefits go on and on with nourishment and cleansing for the whole body. For example: tonifying to the stomach, reduces viscosity of bile (helps to “grab” fats and eliminate them easier), helps remove fats from valves in the body, good for blood sugar and anti-parasitic. Cleansing and fat loss foods should not be eaten during pregnancy. Start with 1 cap in the morning and 1 cap in the afternoon. Increase as desired for smooth movements. One to **SunBars** a day enhance the total colon cleansing program. When eating **SlimCaps**, one should take a week or two break now and then. **Slim Caps** are great for colon/liver cleansing and/or a weight loss program.

Ingredients:

Capillary Artemisia Stem: Digestive tonic, expels worms, antibiotic, bile stimulant, antiseptic, stimulates the liver and digestive system.

Gardenia Flower (a specialty flower from Taiwan that contains crocetin which enhances the performance of the human detoxification gene): Cooling, helps blood pressure, sedative, antibacterial..

Chinese Rhubarb Root: Used for constipation and diarrhea. Aid to digestion. Tonic to the small intestines and stomach. Promotes blood circulation. Helps disorders of the colon, spleen, and liver. Eliminates worms. Promotes healing of duodenal ulcers. Enhances gallbladder function.

White Peony Root: Anti-spasmodic, purifies the blood. Liver tonic. Used for treating all diseases stemming from an imbalanced liver function. Nourishing to the blood. Used to treat anemia.

Rehmannia Root: An important herb encountered frequently in Chinese herb formulas. It is used to purify and nourish the blood, strengthen the kidneys and heal the bones and tendons. Eliminates excess acids from the body. Useful in treating anemia, heart weakness and fatigue.

Chinese Goldenseal Root: Traditional healing herb. Anti-inflammatory. Aids indigestion and constipation. Used for gastritis, colitis, duodenal ulcers, eczema. Dries and cleanses the mucus membranes, Healing for liver; Digestive and bile stimulant, reduces phlegm, healing to gastric mucous membranes.

Baikal Skullcap Root: Important calming herb for the nerves. Cooling herb that sedates by removing the congestion of heat toxin from the heart, lungs and liver. Diuretic, laxative, and astringent. Clears heat from the respiratory and digestive systems. Promotes bile flow. Relieves pain, stress, muscle cramps, and spasms. Improves circulation and strengthens the heart muscle.

Aloe Vera Leaf: Vitalizing tonic. Promotes general healing. Traditionally used to treat constipation and internal worms. Benefits the liver and skin. It is known to aid in the healing of stomach disorders, ulcers, constipation, hemorrhoids, colitis and all colon problems.

Saigon Cinnamon Bark: Stimulating, Addresses liver, kidneys, bladder and spleen, Helps lower high blood pressure. Warms the organs to treat chronic diarrhea, cramps, heart and abdominal pains. Stops indigestion and gas. Kills bacteria.

Mushroom Powder: Diuretic. Purifies body fluids. Strengthens the spleen. Warming tonic for the kidneys and spleen. Strengthens digestion.

Tree Peony Root: Cools the blood, moves stagnating blood, and relieves pain. Antibacterial, antispasmodic, anti-inflammatory, tranquilizing, helps lower blood pressure.

And Chinese Thoroughwax Fruit and Phellodendron bark.