

Why is Sunrider So Different

By Nancy Donahue, Lifetime Sunrider

This is a subject near and dear to my heart and why we have many, many people who have eaten Sunrider every single day, for some Sunriders, 37 years, and certainly in my Sunrider family for 31 years. And this is also why many stayed with Sunrider as a business. It's because we know we have something in Sunrider that we simply cannot find anywhere else. There is nowhere else to go. But we are so grateful we have this source for both our health and our wealth. After 31 years now for me in Sunrider, I know I can **trust** Sunrider for both these areas of my life. It actually took me 4 years to get where I wanted to totally consume only Sunrider products for my extra nutrition.



At the beginning of my Sunrider experience I was very depleted and worn out from home health care for my parents. The Sunrider foods brought my life back again! I saw my neighbor's daughter found great emotional and mental balance as well. As I came to know the value and the **purity** of Sunrider foods, I decided Sunrider foods would be the only extra nutritional foods I would consume. Now, anything that Dr. Tei-Fu Chen comes out with, I am ready to go! I now get to be a Sunrider guinea pig!

There are five reasons WHY Sunrider is so different.

1. The Foundation for these Foods and Products

Sunrider is based on the ancient wisdom found in manuscripts up to 5000 years old. These manuscripts barely mention disease. I've seen some of these ancient manuscripts in the Sunrider Museum at the Headquarters.

In the early days of China, it was a true healthcare program. Gifted physicians tasted, tried and faithfully recorded the human experiences with the herbs. There were 3 classifications of herbs:

a. **Toxic** for emergency crisis care, b. **Medicinal** herbs to substitute for the patient's own body when acutely ill, and c. **Kingly**, superior food-grade herbs, also known as vegetables, to **eat** every day to keep well.

Families paid the doctor to keep well. The doctors would come to the homes and look for the first little signs of imbalance, such as someone being too red or too pale, and then recommend extra foods to help keep the body into balance. If the physician had to resort to medicinal herbs, he did so at his own expense, since he had failed to keep the person well. While medicinal herbs were introduced, food grade herbs were increased and gradually the medicinal herbs would be stopped and the patient would maintain with the food-grade Kingly herbs. This was true preventative health care. Finally, during times of war, though, over time, more and more medicinal herbs were introduced in China and throughout the world.

The ancient Chinese simply wanted to live long and die young. They wanted to maintain balance and harmony in their bodies. Today we call that Homeostasis, which means the systems of the body work together to maintain balance, harmony and a calm energy. Homeostasis maintains relative constancy of the internal environment despite external environmental changes. This reminds me of a recent story:

A young woman who has been a Sunrider since age 2 recently served as a missionary for 9 weeks outside of Nairobi, Kenya. Out of the group of 35 going, Maureen was the only one who didn't get sick. She was then able to care for the others. Maureen enjoyed her thick drink in the

morning of Fortune Delight, Cocoa VitaShake, Quinary and Evergreen – she loves Evergreen! Throughout the day she ate SunBars and kept her other Sunrider foods handy! Way to go, Maureen! And congratulations to her parents, Tom and Tara.

This is the Philosophy of Regeneration in action!

Homeostasis is a fancy word meaning "equilibrium." Our body temperature is just one example. The body sweats to keep cool and shivers to stay warm. But the human body is masterful at balancing many other factors. Most are subtle, involving all the regulation of hormones and other bodily chemicals. All of the body's systems self-regulate and seek a constant condition no matter what is going on outside. Stress and depression particularly weaken the body's systems. How can we keep the body in balance no matter what is happening externally? We find that Sunrider understands this and has special foods to help us stay in balance.

2. Food for the Five Systems

What are these special foods? Five main systems flow and communicate throughout our entire body. These do not count the nervous system which, of course, is everywhere. We know of no one else who has 5 specific food formulas to nourish these 5 body systems except Sunrider. We call the Sunrider food for all these 5 systems **Quinary**. Each of the 5 systems has its own function but also interacts and communicates with the others. They are much like a 5 horse team pulling together – the horses will run best if all 5 are running in harmony. Each of the **Quinary** is what has replaced my cupboards full of vitamins, minerals, supplements, medicinal herbs, and tinctures. The **Quinary** is an investment in my healthcare. I keep **Quinary** available in my cupboard all the time, both the individuals of the five formulas and also the whole **Quinary**, consisting of all 5 formulas. I eat **Quinary** every day to keep the 5 systems in balance. **These five Sunrider system-specific formulas are: Assimilaid, Conco, Alpha 20 C, Lifestream, and Prime Again.** They are all so important. It is really impossible to say which one is most important.

Digestive System: Since almost everyone has a weak digestive system, let's start with **Assimilaid**. Probably most people over 40 would benefit to eat 2 **Assimilaid** with meals to help their own body produce the necessary HCL and enzymes to digest their food.

Respiratory System: Breathing is essential to life and it increases what the Chinese call "Chi," or inner energy. **Conco** is food for the Respiratory System and very effective to keep a healthy energy flowing throughout the body. When there is mucous, the energy is slow, and we are cold

inside and warm outside. **Conco** smoothes the energy flow throughout the entire body. How interesting to try eating one **Conco** every hour and see how we feel! Sunrider's **SunBreeze** rubbed on the neck, joints, muscles, back, etc. brings that "Chi" and homeostasis *externally* to the body.

Circulatory System: **Lifestream** is Sunrider's nourishment for the circulatory system. **Lifestream** helps the body carry the nutrition to the capillaries and keeps the fluids moving throughout the body.

Immune System: A healthy defense system is critical to fight off the internal and environmental attacks on the body. Stress and depression particularly weaken the immune system. **Alpha 20 C** helps the body to make healthy T Cells, antibodies, B cells and phagocytes in the proper amounts as needed for defense. **Alpha 20 C** helps build a strong internal defense system.

Endocrine System: Finally, the endocrine system coordinates all the glands and hormones, sending messages throughout the body to maintain life. **Prime Again**, as its name implies, keeps us in our "**Prime Again!**"

Each **Quinary** food (all 5 system foods) also nourishes specific healthy emotions. The **TOP, JOI and ESE** foods especially nourish the nervous system. When the energizing brain chemicals such as dopamine (occurring naturally in the Sunrider's teas) are balanced with the calming endorphins (found in the **NuPlus** and other Sunrider foods) we experience euphoria – life feels good!

3. The Philosophy of Regeneration is the Blueprint for every Sunrider Product.

The blueprint for every single product that Sunrider makes is the Philosophy of Regeneration. So we nourish and cleanse daily so the body can be balanced. The Chinese call this Yang, which is active (as in Nourishing) and yin, which is calming (as in Cleansing). Examples of Yang/Yin are found everywhere in nature, and that's quite interesting to begin observing that, such as:

Working (yang) and renewal
(yin) Arousal (yang) and calming
(yin) Hyper (yang) and Hypo
(yin) Day (yang) and Night (yin)
In (yang) and Out (yin)

NuPlus and Calli balance each other and create harmony in the body. It's quite interesting

that to the Chinese, hunger and disease are the same thing – the answer is to eat food. Stress requires more food. *In Sunrider we nourish the body; we do not cure it. This is regeneration, not substitution. Substitution is doing something to the body and should be reserved only for emergencies.* Long term substitution can create weakness. Our body learns to depend on it. We eat the Sunrider foods and the body does the work. The body can automatically regulate and adjust itself. This is what is so awesome! The body is “fearfully and wonderfully made.” Psalm 139:14

The body needs more energy to deal with the stress. How can we get the energy without eating a multitude of calories? We can get it through the concentrated **NuPlus food**. The goal is a healthy, smooth running body. **NuPlus** is a concentrated combination of food that Nourishes the body at the cellular level.

**NOURISH with NuPlus. CLEANSE with
Calli & Fortune Delight.**

Calli is so much more than tea – it is many herbs concentrated and sprayed onto the carrier leaf, *camellia sinensis*. Steep one bag of **Calli** in 4-5 cups of hot for approximately 5-10 minutes (no longer). Dr. Chen recommends drinking Sunrider’s other herbal beverage, **Fortune Delight**, all day long. Use 1 packet of Fortune Delight in 2 qt (8 cups) water with Sunny Dew added to taste. You can combine the two or drink separately.

**BALANCE your entire body with
Quinary.**

Quinary is unique to Sunrider. I have learned to trust this Philosophy of Regeneration of Nourish, Balance and Cleansing my body every day now for my 31 years with Sunrider. That’s what I count on. That’s what I have in my cupboard. That’s what keeps me well. I have had no doctor’s prescriptions, over the counter medications, or serious illnesses. I know how to enjoy and eat each of these 5 system-specific formulas in the **Quinary**. Play with them! Try them! Have fun with them! They are only food. But they are the best food you can give your body. And be sure to get some of each one of the 5 every day so you don’t leave any system hungry. I am so thankful for Sunrider to keep my body nourished, cleansed and in balance.

4. Dr. Tei-Fu Chen's Research and Knowledge

Another reason Sunrider is so different is because of Dr. Chen himself! With his background growing up as he did, and his understanding of the ancient manuscripts, and having eaten the herbs that you find in **NuPlus** as a child to help regenerate his own body, and becoming an herbalist and pharmacologist, Dr. Tei-Fu Chen has the expertise of thousands of herbs. He can recognize them blindfolded just by taste and smell.

In Sunrider we have the ancient herbal wisdom as our foundation combined with the best of modern know-how and technology, along with cutting edge research. Dr. Tei-Fu Chen, CEO and founder, is the master herbalist who has developed the Philosophy of Regeneration from the ancient manuscripts. His wife, Dr. Oil-Lin Chen, is a medical doctor, very meticulous and an expert in detail. She serves as President of Sunrider International. Dr. Tei-Fu Chen is the creator of Sunrider foods, along with his staff in Research and Development. When we tour the million sq ft. manufacturing facility, we see the meticulous care about safety, quality control, and effectiveness of each food, I think it is very outstanding that Dr. Chen insists on making everything himself that he puts out for us. He controls the products from the seed to the finish, even the sources of the raw materials. He will not compromise quality at any cost. Dr. Chen ensures everything that Sunrider makes is safe and effective for his family and for us, too!

Dr. Chen teaches us that our bodies are designed to recognize and utilize whole foods, rather than vitamins and isolates. Have you ever thought about that? In the Garden of Eden there were no vitamin or mineral trees only whole living foods. The difference is like eating a whole orange versus taking a Vitamin C. Dr. Chen has said he will not put out anything that does not make sense to him.

5. Sunrider's Trade Secret Processing to Retain Raw Whole Food Integrity.

The most important reason that Sunrider is so different is because when we eat Sunrider foods, they are like eating concentrated, properly-combined raw food. Somehow, Dr. Chen, in his genius, knows how to maintain the pure, raw, organic integrity of these foods. He removes the non-nutritious fiber and water. He then concentrates it and properly combines it. And it ends up with the life in it like when you eat raw food. How can that be? It is the trade-secret process.

In addition, Dr. Chen knows how to combine the food together. You have to know what to combine, how to prepare it, and how much. Every food has a strong point and a weak point, so the strong point covers the weak point. With proper combining, every food will help each other and you end up with a food perfectly balanced for our health. Sunrider formulas are so different than anyone else's.

When I worked for a Naturopathic Physician, he taught me how important it was to know how to properly combine herbs in a formula. Herbs must be properly combined otherwise herbs with the same strengths or weaknesses may be added ending up in an unbalanced formula and creating an imbalance in the body. To help me understand this, he gave me the illustration of a dart board, and in lack of knowledge, people just throw in together herbs all for the same outcome, saying, "This is good for the flu, so we'll put that in, and these other herbs are also good for the flu, so we will put those in." (Course he was working with medicinal herbs, so you were taking something for something.) But all these herbs might have the same properties, the same strong points and probably the same weak points. You end up with an out-of-balance formula causing imbalances in the person who takes them. So it is very important to have someone behind these herbs who understands the strengths and weaknesses, how to put the formulas together, how to deliver them to the areas of the body where you want them to go, and how to prepare each herb that goes into the food.

The knowledge is vast that is involved to come out with the value that we get with our Sunrider foods and formulas. For example, take Sunrider's Chinese Goldenseal Root. We've had people think "Oh, I can just go buy that anywhere." But they find out it is not the same.

Even if it may have the same name as one of our products, it won't work the same -- simply because of the preparation of each herb, how it is put together, and, of course, the concentration -- many pounds down to one!

Dr. Chen has even developed a process to clean the herbs from the inside out! The food that comes through Sunrider's manufacturing is the cleanest you will find on the whole planet. Even acid rain is cleaned out. Sunrider's manufacturing meets higher than Pharmaceutical-grade manufacturing according to FDA ratings, unheard of for a food company.

All this to say, **"You can trust Sunrider."** The more we know, the more we know we need to be careful where we buy our food, how it is made, where it comes from, who is overseeing it,

what are the quality manufacturing standards, what is the efficacy, and who can we trust. We can trust Dr. Tei-Fu Chen. We can trust Dr. Oi-Lin Chen. Knowing the 5 Chen children, who are doctors, lawyers, IT Professionals, and are all very outstanding and are taking Sunrider to the next level for the next generation. They have married outstanding mates and they are now growing their own families. We can trust the integrity of the Chen family.

Sunrider has offices in 50 countries, been debt-free over the years. Sunrider is privately owned by the Chen family. We are so thankful for their financial management for our company. The only way we can reap the harvest of the financial benefit of Sunrider is by having our own independent business and sharing it with others. Sunrider will be here year after year, generation after generation. It is a gold mine; it is there for us. Our income marketing plan, also 2nd to none, and the foundation and principles of Sunrider are here to stay.

The Chens are committed to be here for all of us. I believe the most important thing in choosing anywhere you go or anyone you align yourself with is the people behind that association. So in Sunrider, we can say, **“We can trust the Chens to lead Sunrider.”**

I am so thankful. I can't tell you how much it has blessed my life and the quality of my life over these 31 years. I can't imagine where I would be without Sunrider. I am so grateful every single day I have these foods and, of course, very grateful for the abundant financial blessing. I just want to say to you that you, too, can count on Sunrider for your health and also for your wealth.