

## ***Sunny Fresh—Excellent for Throat, Coughs, and Respiratory System...So Delicious!***



**Respiratory System's Godsent!** Sunny Fresh is a delicious mint liquid extract designed to soothe and invigorate the **mouth, throat, and upper respiratory tract (promoting more unrestricted breathing).**

- **Fresh is great for singers and public speakers or those who just like to talk!**
- It is excellent for coughs. It contains 20% honey, compared to most loquat cough syrups, which contain 70% honey.
- It supports the respiratory system. It is incredibly delicious and effective in a cup of hot Calli. It can also be mixed with **SunBreeze** and applied topically to relieve chest congestion.
- This skin and throat food is very rich in antioxidants, so it is very regenerative throughout the entire body.
- In the five-element tradition, the Chinese taught that the elements are pairs; for example, the health of the lungs (metal element) is related to the health of the skin. Thus, **Sunny Fresh** helps enhance the skin's natural beauty.
- **Sunny Fresh** has also been effective in relieving food poisoning, as it has traditionally been used to aid digestion, soothe the stomach, and freshen the breath.
- **SunnyFresh** nourishes Qi, the breath of life! So **SunnyFresh** is very regenerative for everyone!

### **Key Ingredients:**

- **Fennel Seed:** Used today primarily as an aid to digestion.
- **Loquat:** eaten to halt vomiting and thirst. Excellent for throat health!!!
- **Asparagus Root:** Used to regulate hormones for men and women, affecting emotions, helping prevent gastric ulcers, dyspepsia, and diarrhea, nourishing the liver and the nervous system, cleansing excess water and toxins from the body, and immune-enhancing effects.
- **Snakegourd Fruit:** used to help clear the lung.
- **Codonopsis Root (Pilosula):** one of the most famous and widely used Chinese Tonic herbs. It's blood-building for those weakened due to illness. Many women use it to build blood, which is ideally suited for nursing mothers, babies, and children, it builds strong muscle in children, builds Qi, strengthens the immune system, nourishes blood, and strengthens digestion & respiration.
- **Chrysanthemum Flower:** Chrysanthemum is associated with the Lung and Liver meridians. Its three main functions are to pacify the liver, to release toxins, and dispel wind and clear heat.
- **Licorice Root, Almond Nut Extract, Menthol, Mint Herb Extract Oil, Peppermint Oil, Cinnamon Bark Oil, and Clove Flower Bud Oil.**

***I had lots of sore throats growing up; I keep this handy for the first signs of throat or voice issues...Lela***