

# NERVOUS SYSTEM



Optimal health requires mental agility and strength, too. Our foods help you stay sharp, so you can live every day to the fullest.

TOP, JOI, ESE – The Nervous System Foods - JET Set! (pdf)[Download](#)

METABOOSTER - Anti Aging - Stronger Nervous System (pdf)[Download](#)

NUPLUS – Nerve, Brain, Muscle – next cell stronger,  
internal energy (pdf)[Download](#)

VITASPRAY – One puff – 200% of needed B12 and Stable  
C (pdf)[Download](#)

WHITE WILLOW BARK – Natural Pain Relief, For  
Excruciating Pain...Nature's aspirin (pdf)[Download](#)

## ***The 3 Nervous System Foods: TOP JOI ESE – The JET Set***

***“TOP in the Morning, JOI at noon, and ESE at bedtime!” Dr. Oi-Lin Chen***



**TOP** nourishes all the functions in the head. TOP is food for the brain!

- Increased mental clarity for studying & memory with increased focus and concentration.
- Increases creativity.
- It helps maintain emotional & mental balance & brain chemistry.
- Increases production of endorphins.
- Increases confidence and positive attitude.
- Promotes calmness.
- Helps clear sinus congestion.
- Relief of pain, including migraine and other headaches.
- Soothing To the Head- everything from shoulders up.
- Complements JOI and ESE.

**Ingredients:** Mint Herb, Honeysuckle Flower, Chinese Lovage, Yeuan Wu Root, Angelica Root, Golden Bell Fruit, Ji Tsau Herb, White Willow Bark.

***For mental clarity, memory, and all brain functions, “think” TOP.***



**JOI** is the Brain-Nerve-Muscle connection food:

- Strengthens the nerve connection of the musculoskeletal system with the ligaments, joints, discs, and entire structure.
- Relief of pain and discomfort in muscles, bones, and joints
- It may also give relief from degenerative conditions in the spinal column.
- It is like a “natural muscle relaxant,” soothing soreness and tension in the entire frame, from the neck down.
- For those painful joint conditions – **Joi, Calli, & NuPlus**
- For serious repair from degeneration and injuries. **TOP, ESE, SportCaps, and Sunrise**

**Ingredients:** Honeysuckle Flower, Yeuan Wu Root, Chinese Lovage, Angelica Root, Golden Bell Fruit.

***Certainly, one of life’s “joys” is to live without the stress of body pain.***

**ESE** is our body's central nervous system's food



- Help with challenging emotional struggles: This can be used for hyperactive children or nervous adults.
- It can be most helpful to those with nervous systems out of balance.
- More apparent concentration: A calm and FOCUSED mind.
- Natural sleep **helps** clear out the busy thoughts of the day to experience a restful sleep.
- Stressful lifestyle: Increased capacity to handle stress & relax
- Relief of addictive cravings: Drug, alcohol & smoking withdrawal is minimized.
- **ESE** is effective: 1-2 capsules at a time is sufficient.
- Complements **TOP** and **JOI**.

**Ingredients:** Gou Teng, Ji Tsau Root Herb, Japanese Sophora Flower, Yeuan Wu Root, Mandarin Orange Peel, Pinellia Root.

***ESE is a food to calm and allow you to be more “at ease” and “ease on down the road”!***

**“These 3 nervous system foods have become part of a beautiful daily maintenance lifestyle, of keeping our nervous system strong and balanced”**

***Again, “TOP in the Morning, JOI at noon, and ESE at bedtime!” Dr. Oi-Lin Chen***

## ***Dr. Chen MetaBooster—Turn Back the Clock of Time!! YOUR REPAIR KIT!***



- **FOUNTAIN OF YOUTH:** Dr. Chen may have found the “fountain of youth” with this formula. Before introducing this product, he ate 10 capsules a day for three years and turned back the clock for himself about 10 years! Both Drs. Chen look amazingly younger since adding **MetaBooster** and the **Refining and Lifting Crème** to their regimen.
- **A METABOLISM BOOSTER:** A sound metabolism is crucial to maintaining optimum health. This specially developed formula acts as a “booster” to the metabolism and a powerful antioxidant. This formula is for anyone who wants energy and a faster, more efficient metabolism.
- **DNA REPAIR:** **MetaBooster** helps maintain the structural integrity of the cell membrane. It also assists with transporting nutrients into and out of the cell. As we age, the cells divide, and the DNA becomes less healthy. In research, animals receiving the nutrients found in **MetaBooster** live longer and healthier – their DNA is being repaired. The cells become more normal with increased energy at the core of the cells. Better performance and longevity have been the result.
- **REGENERATES MITOCHONDRIA:** **MetaBooster** regenerates the mitochondria in cells.
- **ANTI-AGING:** **MetaBooster** may be one of our most exciting anti-aging foods for regeneration. Allow two weeks to begin to see and feel the difference.

### **Specific Benefits:**

- Supports all bodily functions that require energy. It is ideal for active people and those susceptible to stress.
- It enhances metabolism deep down at the cellular level with an exclusive combination of ingredients that promotes the transformation of nutrients into energy.
- Normalizing nitric oxide levels in cells reactivates dysfunctional cells and regulates cell metabolism under physical stress.
- It contains an easily absorbable antioxidant, alpha lipoic acid, which fights free radicals, helps dissolve heavy metals and other toxic substances, and enhances the benefits of Vitamins C and E.
- Decreases fat mass and waist circumference.
- It contains essential amino acids to help support and improve the body’s natural immune defenses.
- It could help improve memory.
- Chelates chemo and radiation effects. Shorten healing time from wounds.
- Amplifies **Quinary** and other Sunrider formulas – called the 6<sup>th</sup> Basic!

- Combine with **Sunrise** for clear thinking and energy – great for students!

#### **Ingredients:**

##### **Niacinamide (B-3):**

- Vasodilator, free radical scavenger, antihistamine;
- It helps normalize blood sugar levels, smoothes skin, helps form sex hormones, reduces auto-immune diseases, converts tryptophan into serotonin in the body, repairs and regulates DNA, and converts food into energy.

##### **Zinc:**

- It assists with metabolizing B vitamins, which are anti-inflammatory, immune system-building, and anti-histamine.

##### **L-Arginine:**

- An essential amino acid that increases nitrous oxide—relaxing blood vessels, another vasodilator; Helps to reduce blood pressure, #1 ingredient in sexual potency formulas -- Assists the body in producing growth hormone. Studied for the body's ability to increase muscle mass and immune function.

##### **Carnitine:**

- Antioxidant, anti-toxin
- It helps transport fatty acids across mitochondrial membranes and maintain cell structure. It also promotes more efficient energy production in the cell, repels radio rays, and regenerates nerves and the liver.

##### **Magnesium Stearate:**

- A necessary mineral.

##### **Alpha Lipoic Acid:**

- ALA is a significant antioxidant. It also recharges other antioxidants, such as glutathione and Vitamin C, by enabling the cells to utilize more oxygen.
- Exciting ingredients repair mitochondria damage (energy producers in cells and a major contributor to aging) and heal mutations. A recent study of rats concludes that carnitine and lipoic acid improve the quality of life during the later stages of life by preventing free radical-induced damage to proteins.

##### **L-Lysine:**

- The most abundant amino acid in the human body -- about 2 lbs. in the body at any given time.
- It assists in the repair of damaged cells and helps to inactivate viruses and bacteria.
- Found in beans and yeast, the third-highest amino acid in muscles, it is needed for the body to produce antibodies and enzymes.
- It improves the absorption of calcium and may increase bone-building cells.
- Studied for relieving pain, migraine headaches, and painful periods.

**Recommendation:** Take 1-2 capsules **at mealtimes** twice or thrice daily. Start Slowly, such as 2 capsules a day—fractions from food don't need much, but they need a longer time for results to appear. This Combination is excellent with **MetaShaper** and **Veros** or **Bella**.

Call your **MetaBooster** your REPAIR KIT!!!

*“Love this food; I’m getting younger on the inside and out! Mary*

# NOURISH: **NUPLUS**

***NuPlus—The Key that Unlocks the Door to Regeneration...Internal Energy! Angel Food!***



- Turn the internal clock back- Slow down or stop aging – **Regenerate!**

- Millions of our cells die every day and are replaced with new cells.

- The question is, **WILL OUR NEXT CELLS BE STRONGER OR WEAKER?**
- **NuPlus is the perfect food for NOURISHING at the cellular level with Internal Energy so that the next cell can be stronger.**
- **NuPlus Is complete, instant BALANCED nourishment:**
  - 65% complex carbohydrates (glucose)
  - 20% protein (amino acids)
  - 15% fat (good, essential fatty acids)
  - Naturally occurring micro-nutrients such as vitamins, minerals, antioxidants, phytonutrients, and bioflavonoids.
  - 55 parts potassium to 5 parts sodium
- **NuPlus is perfect for the entire family—full body regeneration!**
  - Pregnancy and strong, healthy kids
  - Athletes, bodybuilders, people on the go: strength, endurance, build lean muscle & burns fat
  - Hormonal Balancing: smooths teen, mid-life, and menopause years. NuPlus called the “happy food”!
  - Weight Loss: A healthy body doesn’t hold onto fat. NuPlus provides

glycogen so fat can be burned; eat before meals to help lose weight!

- It helps eliminate cravings and addictions, nourishes and satisfies.
- Brain food! Natural brain power for regeneration.
- Speeds illness recovery
- Loved by the elderly.

The more NuPlus you eat, the more Regeneration.

- **Complex carbs:** convenient, high-powered fuel that’s ready to go! Fights fatigue and sustains the energy level. No crash!
- **Protein:** all 21 amino acids. 5 kinds of beans (prepared for easy assimilation) that nourish five key organs: (red) the heart, (white) lungs, (green) liver, (yellow) spleen, and (black) kidneys.
- **Fatty Acids:** Balanced for brain & nerves.
- **Vitamins & Minerals in tact** – No isolates! Naturally occurring, hundreds of phytonutrients are known to build the body’s immune system, protecting it against viruses, bacteria, and environmental influences. Is loaded with antioxidants for cellular health!
- **Convenient nutrition to go.** Great for camping and backpacking. Great shelf life -- A food you can live on!  
**Six delicious choices:**
  - *Regular:* the original formula, ideal for weak digestion & newborns,
  - *Simply Herbs:* Most Regenerative the Original plus 5 specially prepared beans
  - *Naturally Plain, Apple Cinnamon, Piña Banana, and Mixed Berry:* fruit added to Simply Herbs:

***The more I eat, the younger and better I feel, I could live on it”***  
**Donna**

Weight Loss: A healthy body doesn't hold onto fat. NuPlus provides glycogen so fat can be burned. Eat it before meals to help lose weight!

This formula has been time-tested for centuries...originally considered "**Angel Food**" or "**Manna**"

<b>NuPlus Ingredients</b>	<b>Traditional Uses</b>
<i>Coix Fruit</i>	(Main ingredient in <b>NuPlus</b> ) Extremely regenerative; restores energy; counters diarrhea; helps eliminate excess water; strengthens defense and nervous systems; U of CA reports lowers cholesterol better than oats; stabilizes blood sugar levels, reduces muscle tension; expels poisons; beautifies skin. Tokyo Univ. found their top choice to nourish defense system and prevent degenerative diseases. <u>The most nutritious herb in the world!</u>
<i>Yellow Bean (soybean)</i>	(Second ingredient in <b>NuPlus</b> ) Delays aging; eases menopause (has good, harmless plant estrogen); beneficial to weight management; fights fatigue; helps regulate blood sugar; strengthens the spleen; lessens indigestion; and lowers harmful LDL cholesterol without affecting beneficial HDL (soy compound genistein helps block formation of fatty plaques, reducing a risk of heart disease). <i>Note: Not indigestible soy protein isolate, but specially-processed fermented whole soybean to ensure ease of assimilation.</i>
<i>Chinese Yam</i>	Counters coughing; helps correct hormonal imbalance; helps reduce inflammation; strengthens kidneys, stomach, spleen, lungs, adrenal glands, and reproductive system. (Sunrider will use only Chinese Yam since Mexican Yam contains saponin, which is medicinal and can be poisonous.)
<i>Fox Nut</i>	Helps relieve joint pains in legs and back, diarrhea, and chronic fever; increases energy.
<i>Lotus Seed</i>	Nourishes deficient spleen; strengthens heart and circulation; and helps peristalsis. Reinforce the kidneys and nourish the blood.
<i>Lotus Root</i>	Absorbs clots and bruises; stops bleeding; and aids in circulation.
<i>Water Lily Bulb</i>	Benefits poor circulation; helps relieve joint pains, diarrhea, incontinence, thirst, dizziness, restlessness, chronic fever, and stomach disorders; increases energy and systemic balance.
<i>Green Bean</i>	Nourishes and strengthens the liver; helps reduce age spots.
<i>Red Bean</i>	Nourishes and strengthens the heart.
<i>Black Bean</i>	Nourishes and strengthens the kidneys, reproductive system, and immune system.
<i>White Bean</i>	Nourishes and strengthens the kidneys and immune system; strengthens the pancreas; and helps to eliminate mucous.
<i>Imperate Root</i>	Is highly nourishing; anti-inflammatory; anti-viral.

**NuPlus** for Internal Energy for Regeneration. You can eat as many NuPlus a day as you choose. The more you eat, the more regeneration takes place.

**Ingredients (Simply Herbs):** Coix Fruit, Soybean, Chinese Yam, Fox Nut, Lotus Seed, Lotus Root, Waterlily Bulb, Green Bean, Red Bean, Black Bean, White Bean, Imperate Root.



## ***VitaSpray—A Revolutionary Vitamin And Mineral Spray... Revitalize with VitaSpray!***



- One “spritz” of **VitaSpray** delivers 200% of the recommended daily Vitamin B<sub>12</sub>, the essential B-complex vitamins, a *stable* Vitamin C, antioxidants, and necessary minerals. One **VitaSpray** bottle is equal to 80 injections of B<sub>12</sub>.
  - Is it a delicious breath freshener or a multi-vitamin spray? It’s both! One spray in your mouth, and you will have a pleasant, tasty surprise. It is very refreshing!
  - **VitaSpray** absorbs quickly and efficiently through the mucous membranes in the mouth, avoiding nutrient loss from acids in the digestive tract.
  - **VitaSpray** boosts energy, the immune system, and mental clarity
  - It is excellent for stress and environmental sensitivities.
  - Instant relief has been seen from headaches, nausea, and muscle pain.
  - **VitaSpray** also promotes oral health.
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- **VitaSpray** is a 100% all-natural formula with no artificial ingredients, colors, or flavors. It is also calorie—and sugar-free. Highly concentrated, **VitaSpray** is an effective, easy, and refreshing way to receive daily vitamin and mineral Requirements. Since there are no capsules to swallow, kids love **VitaSpray**, too!
  - Spray as desired under the tongue for 100% assimilation. You can use **VitaSpray** as many times during the day as you like without harmful build-up. It refreshes your mouth, giving our bodies a quick nutritional boost with almost instant assimilation.
  - This fantastic product comes in a tiny 0.42-ounce spray bottle, which is convenient to carry with you at all times. It will easily fit into your purse or pocket. Like **Sunbreeze**, you won’t want to leave home without it! It’s a lovely energy “pick-up” (and breath freshener!).
  - Take a spray after your meal to ensure the efficient processing of your carbohydrates. Without B vitamins, our bodies cannot extract the nutrients from our foods.
  - Especially important for vegetarians! B12 is essential for a healthy body and mind.

***“Nice way to get a B-12 shot,” Mandy***

## ***White Willow Bark— Natural Pain Relief...For Excruciating Pain...***



- **White Willow Bark**, according to pharmacological research, reduces fever and relieves pain.
- **White Willow Bark** is the source of Salicin, aspirin's basic chemical. Salicin naturally helps the body deal with aches and discomforts.
- This is a medicinal herb but without the side effects.
- It helps relieve discomfort while you are waiting for regeneration to take place. (Included in **TOP** and **JOI**.)
- A team of German researchers conducted a four-week clinical trial designed to compare the effectiveness and safety of Willow Bark extract for alleviating flare-ups of low back pain. (Chrubasik et al., 2000). According to the researchers, the results of this trial support earlier reports that Willow Bark extract “standardized to yield 240 mg. of salicin” is an effective pain reliever. (Schaffner, 1997, Schmid, 1998).

***“I’m so grateful for a natural pain reliever,”*** Marsha