

# BALANCE: *Quinary + 5 Systems*

## ***Quinary — Nourish the "Working Balance" of the 5 Life Support Systems***



- **QUINARY IS UNIQUE TO THE MARKETPLACE.** This terrific whole-food nourishment does not treat symptoms but restores Balance in the body, allowing the body to heal itself as it achieves Balance.
- **These 50 VERY SPECIFIC FOOD HERBS nourish the 5 Life Support Organ Systems:** Immune System, Digestive, Respiratory, Circulatory and Glandular (Endocrine System).
- **A "SYMPTOM" IS A SYSTEM OUT OF BALANCE.** When the balance is restored, the symptom quietly goes away.
- **BASED ON 5000-YEAR-OLD FORMULAS.**

- **FEED ALL 5 SYSTEMS WITH QUINARY:** There are approximately 10 very specific foods nourishing each of the 5 Systems. We feed all 5 systems with the combined food combination Quinary rather than just the weakened system because each system is so dependent upon the other, and when one is weakened, it weakens the others too.

- **TO SPEED UP REGENERATION:** First, feed all five systems with Quinary. If you choose to nourish the weak system (where the symptoms are), you can also feed that individual system.
- The Quinary comes in a powder, in capsules and in Liqui 5. Because these are whole foods, properly combined to restore balance, you can eat aggressively of any of the foods without concern of overdoing it. (10 **Quinary** capsules = 1 **Quinary** powder packet = 1 **Liqui-Five** vial)



### **How to eat Quinary:**

- **Maintenance:** 3-4 caps throughout the day or 1 pkg. a day. **Exciting Changes:** 2 pkg. or 20 caps. **Full Speed Regeneration:** 3 pkgs or 30 caps a day.
- **Quinary** powder is the most popular form of **Quinary**. It dissolves instantly in liquid or is eaten straight from the packet. Enjoy in warm water, in your smoothies, or Meal in a mug. SunnyDew/Sunnectar adds a delicious taste. Enjoy in between meals for sustained nourishment, at bedtime, for deeper, longer sleep. Or increase at the first sign of imbalance.
- **Liqui-Five** (liquid in vials) is **Quinary** plus extra immune-system food. It is Dr. Chen's personal favorite, and he regularly drinks a vial and follows it with a **Sunrise** vial for an even greater energy boost!

*"Can't believe the convenience & balancing of these 50 very specific foods – concentrated 8-10xs... Certainly unique top the market," Donna*

**The following Five individual herbal formulas that make Quinary & Liqui-Five**

## 1. IMMUNE SYSTEM: Alpha 20C — Defense, Protects the Body...



- **Alpha 20C** is 8 very important system-specific concentrated whole foods for building a strong and healthy immune system ... whether overactive or underactive, restoring the balance. It nourishes the ability to “fight.”
- Alpha 20-C strengthens the fighter T-cells that are critical to
  - Fight infections
  - Control the growth of dangerous and destructive extraneous cells, such as cysts and tumors
- Alpha 20-C nourishes the immune system through the bone marrow, liver, and adrenals.

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

- detoxify the body and help expel fever and illness
- reduce vulnerability to viral and bacterial infections
- help resist parasites and yeast overgrowth
- govern the body’s resilience and adaptability; assist in an appropriate response to environmental stresses
- fortify the body as **emotional food for anger, irritability, and depression**.
- positive emotion from a system in balance: **planning and decision-making**

**Enjoy:** **Alpha 20C** has a delicious “mocha” taste and can be eaten as is or added to any Sunrider food. It is a great as a bedtime beverage—sleep like a baby.  
Available in capsules and powder stick packs (1 powder packet = 10 capsules).

**Extra Protection:** Eaten throughout the day, together with **Conco**, Sunrider’s **Goldenseal**, and Sunrider’s **Spirulina**, promotes a strong immune response.

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

***“In this world where we don’t know what we are being exposed to, keeping a strong immune system is critical....prevention is key! I super strengthen this system every day!”***

## 2. ENDOCRINE SYSTEM: *Prime Again* — Coordinates All Systems...



- **COORDINATES ALL 5 SYSTEMS:** 13 system-specific concentrated foods nourishes the endocrine system. This system is vital as the body's communication messenger. Prime Again was Sunrider's first single formula in **Quinary**, significantly affecting all the others.
- **MAJOR ORGANS FED:** Heart, small intestines, pituitary, hypothalamus, thyroid, and hormonal system.
- **INTERNAL ENERGY:** The thyroid and adrenals are keys to having energy. The more **Prime Again** you eat, the better you feel!

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

- nourish the general processes by which body cells reproduce (regeneration)
- regenerates the endocrine glands, including adrenals, thyroid, and reproductive glands
- strengthens the nervous system and adrenal's ability to handle stress
- regulate hormonal secretions, and enhance sexual response and reproductive processes
- build muscle strength; helps regulate growth and development
- decreases allergic reactions
- relieves PMS and menopausal symptoms
- enhances the body's ability to recover from illness or injury
- fortifies the body as emotional food for **anxiety, lack of joy**

**Positive emotion as the system is balanced: making things happen, manifesting joyfulness.**

***Prime Again*** means " putting you in your prime again" and promoting youthfulness and longevity!

**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.

***“I started with this before we had Bella – so thankful for the renewed hormonal balance,”  
Donna***

### 3. RESPIRATORY-LYMPH: *Conco* – *handles the Air...*



- This phenomenal formula of 12 system specific concentrated foods primarily nourishes the functions associated with respiration (breathing), smoothing the energy “in and out” for balance throughout the body.
- Our breathing/respiration is critically connected to the lymphatic systems’ ability to remove poisonous lymph from the body
- **Conco** comes from “con” meaning “against” and “co” short for “colds”. At the first sign of a cold or flu, eat **Conco** freely throughout the day.

**Major organs fed:** Lungs, large intestine, skin, thyroid

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

- resist viruses—phenomenal protection against influenza and colds
- build protection against environmental 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, holding on, can’t let go.**
- Positive emotion when the system is in balance: creating order.

**ENVIRONMENTAL & VIRAL ATTACKS:** For a strong immune response to environmental and viral attacks, Eat throughout the day, along with **Alpha 20 C**, Sunrider **Goldenseal**, and Sunrider **Spirulina**.

**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

***“At the first sign of a cold or coming down with something...I stop it in its tracks,” Nancy***

#### 4. ***DIGESTIVE: Assimilaid – handles the food...***



- 10 System-Specific concentrated foods that nourishes the functions associated with the digestion of food followed by the assimilation of food (absorbing the nutrients into the cells).
- Helps to restore and normalize acid secretions and enzyme production in the digestive system.
- Strengthens the liver's critical functions and all the processes through the gastrointestinal tract.
- Provide digestive healing to the stomach and lubricate the intestinal tract

**Major organs fed:** Stomach, spleen, pancreas, thymus

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

- alleviate heartburn, upset stomach, vomiting,
- help resolve indigestion, gastric ulcers, gastritis, colic
- relieve abdominal pain and distention
- aid sleep by reducing gastrointestinal tension
- fortify the body as **emotional food for worry, lack of contentment**
- positive emotion for a system in balance: imagination, sympathy

**Enjoy:**

*3 caps a day for great maintenance. **Assimilaid** makes a delicious hot beverage by itself; just open 1-2 capsules and add to a cup of hot water. Eating before meals aids digestion and is helpful for diarrhea and irritation of colon.*

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

**Why am I a worrier? Perhaps I need to nourish my digestive system for emotional balance ” Sandy**

## 5. **CARDIO-VASCULAR SYSTEM: *Lifestream*.**



- **Lifestream** denotes “the stream of life.” 10 System-Specific concentrated food for the circulatory system, nourishing functions associated with the fluid-related processes of the body (blood and water), affecting general circulation.
- **Lifestream** strengthens the heart’s blood flow and cleanses the vessels, allowing the capillaries to become strong and supple.
- Good circulation provides a plentiful oxygen supply, free-flowing blood, and efficient removal of toxic impurities.

**Major SYSTEM organs fed:** Kidneys, bladder, adrenals

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

- enable the body to regulate the blood pressure better
- 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
- effective with 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. “Cup of Courage”**
- positive emotion when the system is in balance: perseverance, will, vitality

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

**“No need to fear!” Kathy**