

## **Conco—Food for the Respiratory & Lymphatic System...Part of the Quinary Food Combo**



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

**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)
- ease 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’s **Goldenseal**, and Sunrider’s **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

***“Conco, the ancient shield against modern-day respiratory and lymphatic challenges. Embrace wellness and breathe freely every day.”***