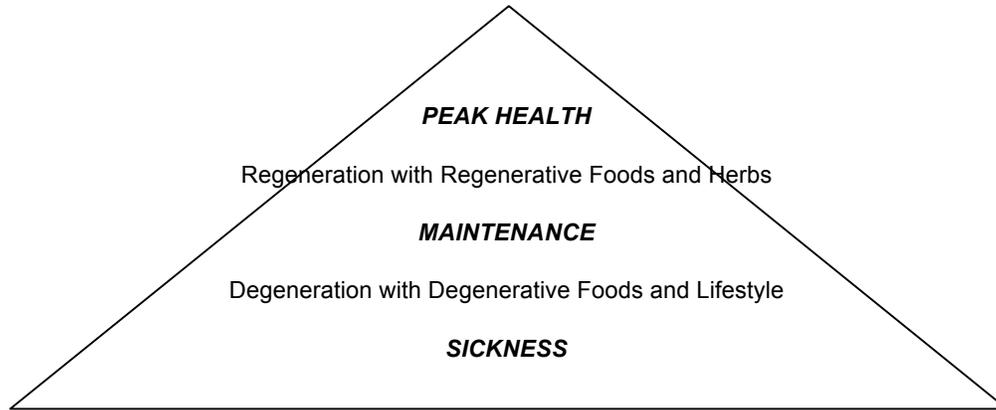


REGENERATION?

CHOOSING PEAK HEALTH



WHY DO PEOPLE LOOK AT SUNRIDER?

Everyone has different reasons, but once you sort through them you'll find that many of the reasons are the same and can be organized into one of three categories.

1. Level ONE - Sickness & Imbalance – Most people in our modern society find themselves here, sooner or later. The healthcare (or sickness care) system in most western industrialized nations is bulging at the seams. Many of the killers of today are referred to as "lifestyle-related," which are the effects of our eating, drinking, and exercise habits.

Most of us already know what is bad for our health. Things like: alcohol, fat, sugar, salt, coffee, preservatives, smoking, processed foods, chemicals, fertilizers, bad water, bad air, stress, micro waved foods and on and on... The truth is most people are overwhelmed and don't know where to start in improving their lifestyle. They realize that no matter how careful they try to live, it is nearly impossible to avoid all these things. This is why a foundation needs to be established that will keep the body strong.

2. Level TWO – Maintenance - Once people make the decision to become healthier, they often clean up their diet somewhat; they start consuming more fruits and vegetables, taking supplements, drinking protein shakes and often start an exercise program. People

usually feel better with this approach, but have simply moved further away from degeneration and into the level of maintenance. This new way of living is what their lifestyle should have looked like in a worst-case scenario. They haven't yet created the environment necessary for the body to start rebuilding itself, just to maintain itself better than before.

Note: eating fruits and vegetables does improve the diet; however, due to poor soil quality and corporate concern for profit rather than nutrition, grocery produce rarely provides all the necessary nutrients. Wide varieties of rich whole foods are necessary to nourish the body properly.

3. Level THREE - Regeneration & Peak Health

This creates an environment in which the body can rebuild itself to an optimum level. This was programmed into our genes when we were born. By providing the balance and raw materials that our body needs, it begins to renew or regenerate, allowing the body to feel and look younger, taking us beyond both sickness and maintenance. To create this regenerative environment, we must give our body the highest quality food possible and in the right amounts and combinations. Also negative foods need to be avoided as everything affects the body in some way.

When given these options, would you choose maintenance or regeneration?

Most companies have one or two good products in their product line, but *every single formula* developed by Dr. Chen (owner of Sunrider) is exclusive and has this purpose of regeneration in mind.

The Chinese have studied herbs for thousands of years. Over this time, they learned how to prepare and combine food herbs to either strengthen the body, or to maintain it and keep it healthy. They developed a health system, which created healthy people and healthy societies thousands of years before western societies even began to study nutrition.

Dr. Chen possesses several manuscripts from 5,000 years of Chinese history. He is a genius in the field of nutrition, only works with food herbs, and developed a multi-million dollar process to treat, extract and formulate herbs. This is something that to this date no one has been able to duplicate or is willing to invest the money necessary to do so.

You can verify this system yourself simply by incorporating Sunrider Foods into your lifestyle!

What's Involved in Regeneration?

I heard Dr. James R. Douglas, a chiropractic doctor, speak about the process of regeneration a few years ago. Regeneration was a subject that had fascinated him for over 30 years.

He said: "If we look in a mirror, our body seems to be the same from day to day. The truth is, our body is more like a river than something static. Our body is constantly being rebuilt and repaired.

This process is under the direction of our inner intelligence, (present everywhere in our body), which is far superior to any outside intelligence. The rebuilding that goes on in our body is truly astounding. 98% of the atoms in our cells were not there a year ago. The working or first-contact cells on the surface of our digestive system, from the stomach to the large bowel, are replaced every five minutes. This means hundreds of millions of cells are quietly being released from our body every hour. The lining of our stomach and our intestines is replaced every three to four days. Our gums

are replaced every two weeks. This replacement is cell-for-cell as old cells wear out and new cells are produced. The enzymes and the chemicals that flow through our liver actually make a new liver every five months. Our taste buds are replaced every ten days and we have a new covering of skin every four weeks. Nothing in our chemical genetic environment was there a year ago as the chemistry of our genes is replaced constantly. The pattern of our genes is very constant, but the chemical molecules that make up the structure are constantly replaced.

The quality of cell replacement determines the quality or length of our life, barring accidents. The quality of our life is expressed through our feelings. Our feelings are produced by the hormones and chemicals produced by our cells."

According to Dr. Douglas, "The quality of the enzymes we consume significantly influences the quality of the chemicals produced by our cells. We can think of a gene in a cell as an orchestra conductor. The enzymes produce tones under the direction of the gene conductor. The quality of the tones, whether physical or emotional, is dependent upon the quality of the enzymes available.

Our body does the best job of rebuilding that it can with the raw materials we feed it. If we improve the raw materials, regeneration is improved. Over time, lack of the proper raw materials can lead to disharmony or disease. That is why the Chinese say hunger and disease is the same thing."

In his many years of research Dr. Douglas has found no better source of high quality nutrients and enzymes than those contained in *Sunrider* Foods.

Considering the variety of the plant sources in *Sunrider* foods and that all *Sunrider* foods are formulated according to the Philosophy of Regeneration, Dr. Douglas confidently recommends *Sunrider* to anyone who wants to improve the quantity and quality of their lives.

Prepared by *an independent Sunrider Distributor*

This article is not intended to diagnose or prescribe treatment. If you have a health condition consult a physician.