

What You Can Expect...when you start Regenerative Whole Foods

Regeneration is a natural process, which is controlled by the needs of the body. Each body is different, so each body will use the nutrition of regenerative whole foods in a slightly different way and at a different rate.

Your body knows best!

Some of the changes that *many* people experience in their first two weeks tend to be subtle at first: a slight

increase in energy, a general balance and clarity - mentally or emotionally - lightness and sometimes changes in the choice or quantity of foods we eat or are attracted to. You may not experience these changes, or you may experience a lot more, but when you are eating food grade herbs, you know that every time you put Sunrider foods in your body, they *are* feeding you and they *are* having a benefit.

What You Can Hope For...Prevention...and Regeneration!

If you consider the health trends of our society and how degenerative diseases are rapidly increasing (even among children), Sunrider foods would be worth eating if it were just for that prevention aspect, but they provide much more.

Degeneration is the process of replacing old cells with inferior-quality new cells. This occurs when food has lost its life-giving power, because of improper growing, harvesting, cooking, preservation, or processing. Much of the food consumed today promotes degeneration.

Regeneration is the process of replacing old cells with superior-quality new cells. It occurs when food has retained and enhanced its life-giving power, through proper growing, harvesting, preparation, and

combining.

Sunrider whole foods promote regeneration.

Regeneration enables the body to perform all of its physical functions more efficiently. These functions include respiration, circulation, reproduction, assimilation, elimination, immunization, and growth.

Regeneration on the physical level opens new pathways to progression on emotional, mental and spiritual levels. Throughout the years we have seen many amazing 'healings' occur. The Sunrider food is not doing the healing – it is the body – the foods just give the body a proper environment to do what it is genetically programmed to do. What can you hope from the foods? Better to ask what you think is possible from your body.

What We Don't Hope for...but are Ready for...Cleansing

Most people, when they get some time and energy, begin to clean up the messes that have been piling up in their lives – in their closets, their office or their garage. Your body is the same.

Cleansing is the process of breaking down and/or eliminating undesirable materials, such as undigested food components, accumulated drugs, toxins, degenerating cells, yeasts, fungi, and parasites.

When detoxification and elimination functions are perfect, the person is not aware that cleansing is taking place. This occurs when the liver, kidney, and bowels are strong and well supported nutritionally, when the person is exercising adequately and when enough fluid is being used to move toxic materials along quickly.

However, when these conditions are not met, cleansing 'signs' may be experienced. Again, this will vary greatly.

If toxic materials are broken down and released into the system for elimination, old aches and pains may resurface. Fatigue and irritability may occur. These will pass when the elimination process is complete.

If the body focuses its energy inward to heal, it may experience chills, fever, thirst, loss of appetite, tiredness, and disinclination to exercise. Extra sleep is required

at such times. Nourishment should be easily digestible, such as NuPlus, steamed vegetables or vegetable juices. Fluid intake should be increased.

If the body's eliminative capability is *temporarily* overloaded, it can experience such discomforts as nausea, constipation or diarrhea, bad taste in the mouth, skin breakouts and itching, excessive perspiration and body odor. Getting some exercise and fluid intake will assist the body to eliminate more efficiently. Cleansing processes can be supported by a "lighter" diet and by eating greater amounts of Quinary and Sunrider Sunbar. Varying the amount of Calli and/or SlimCaps can be useful as each individual seeks to achieve a personally comfortable level of elimination. Increasing either of these products will allow the body to speed up the cleansing process, but might also increase the discomfort.

If you have cleansing signs, you should feel encouraged. It's a positive process and you will feel better afterwards. Talk to your sponsor. Also don't feel discouraged that your eliminative organs aren't perfect – hardly anyone's is – that why we *start* a program.

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