

# SUNRIDER BASIC PROGRAM

## ABOUT THE BASIC PROGRAM

The Sunrider basic program is crucial in creating an effective health program. Making diet changes is always difficult at the start because everything is new. That is one thing that is great about the Sunrider foods. You don't have to change everything all at once. I will encourage you to make as many changes as you can but once you start eating the Sunrider foods, the changes will happen more naturally.

Our body needs fuel to function, regulate and regenerate. The Chinese spent 5000 years researching the human body and experimenting with thousands of plants. They learned what was on the shopping list of the body systems so to speak, what nourishment they needed to function, regulate and regenerate. This knowledge is what Sunrider is based on.

The owners of Sunrider are Doctors Mr. and Mrs. Chen. I feel very privileged to have had the opportunity to work with them over the years. Dr. Chen, originally from Taiwan, is a pharmacist and a master herbalist with the working knowledge of about 4000 plants. He has created each one of the more than 200 Sunrider products and is very gifted at what he does. Mrs. Chen, originally from Hong Kong, is a licensed Medical Doctor and is president of Sunrider.

The Chens have created herbal products that are totally unique to anything else on the market. This is due to their expertise, the wisdom from several manuscripts that date back some 5000 years, and the courage to invest hundreds of millions of dollars into research, development and manufacturing facilities. The Sunrider products are very high quality, unique, effective, and safe for the whole family and give you the most value for your dollar.

Before I get into the Basic Program, I want to mention the other products Sunrider offers. They are a sports nutrition program, a fat management program, herbal skin care and an herbal personal hygiene program all developed personally by Dr. Chen. You can ask your referring member or visit the Sunrider website to learn more about these products.

The Basic Program is the core and where I like to see everyone start if possible. Everything revolves

around **healthy** body systems. As you will learn in **The Journey Through the Digestive System** section, support is needed, not only to nourish and strengthen the body systems but also to cleanse the body. This is the first step. The second step is to get rid of the nine stomach busters so your body can repair without setbacks. The busters are very addictive and a part of life for most people. The foods and beverages in the Sunrider Basic Program will help with cravings as well as replace unhealthy foods and beverages.

The foods and beverages in the Sunrider Basic Program provide the raw materials to help your body function, regulate and regenerate. They also cleanse and detoxify both the colon as well as at the cellular level. Finally, they alleviate cravings and replace those harmful hot and cold beverages, sugar, fatty foods and snacks with new foods that are healthy and taste great. The Sunrider foods contain no fillers, sugar, preservatives, artificial sweeteners, dairy products, wheat products or medicinal herbs. The foods are all safe for people no matter what the health condition or what medication people may be taking. They are also safe for infants and nursing or pregnant mothers. The only thing I have ever come across that someone couldn't tolerate, was our SunBar that is rich in nutrition, fiber and protein. In that bar, ingredients which are not juiced are the almond nuts and this can cause problems for some people who can't digest nuts.

## 1. NOURISHING FOOD

NuPlus is a juiced, dried food made up of the following exotic plants: **Coix fruit, soy bean, Chinese yam, fox nut, lotus seed, lotus root, water lily bulb, green bean, red bean, black bean, white bean and Imperate root**. Sixty-five percent of the calories in NuPlus are complex carbohydrates, 23% are protein and 12% are healthy fats. It comes in several flavors including Mixed Berry and Pina Banana in which 9% fruit is added. Simply Herbs is one of the flavors with no fruit and Regular NuPlus has no fruit or beans. Regular NuPlus is for infants and people with very weak digestion. NuPlus comes in 15 gram packages or bulk container and has 60-65 calories per serving depending on the flavor.

### **Benefits**

Very nutritionally dense herbal nutrition, that is very easy to digest, leaves you very energetic, satisfied and without cravings. Also, it is very helpful in building muscle and burning fat.

### **How to Prepare It**

There are many ways to prepare NuPlus.

- Mix one serving with  $\frac{3}{4}$  cup of room temperature water and add 3-4 drops of Suncare or Sunectar and eat like a pudding.
- Mix in the blender with one frozen strawberry, an inch of banana, 1 cup of water and 3-4 drops of Suncare or Sunectar.

Eat NuPlus with a small breakfast or eat it for a mid-morning or mid-afternoon snack.

If you exercise, eat it 15 minutes before your workout. Eat at least one serving per day.

**Note:** a common mistake people make is adding a lot of fruit or juice to NuPlus. It tastes fine without it or with very little. All that juice and fruit adds up to a lot of sugar or calories and could cause you to put on fat.

## **2. CLEANSING FOOD**

Fortune Delight and Calli are two beverages that come in many flavors. Calli comes in the form of a tea bag and consists of the following ingredients: **camellia leaf, perilla leaf, mori bark extract, alisma root extract and Imperate root.**

Fortune Delight comes in a 3 gram package of powder and consists of the following ingredients: **camellia extract, chrysanthemum flower extract, jasmine extract and lalang grass root extract.**

Fortune Delight comes in regular (which has an ice tea taste), lemon, peach, raspberry or cinnamon flavors. Calli is available in regular, mint, cinnamon and Night Calli. Neither Calli nor Fortune Delight has any calories, sugar, preservatives or caffeine. Both come in boxes of 10 packets and 60 packets.

### **Benefits**

Very beneficial in strengthening the body's cleansing system, and assisting impurities to be eliminated at the cellular level. This can provide many benefits like fat loss, energy, mental clarity, improved sleep and an overall feeling of wellbeing. They also help alleviate cravings for other beverages like coffee and sodas and aid in digestion, especially Fortune Delight. Fortune Delight is a great sports drink as well. It is very high in electrolytes and very efficient at cleansing the muscles of lactic acid.

### **How to Prepare It**

Calli will make 4-6 cups per bag. Add to hot water (not boiling) and steep for 10-15 minutes. Add 3-4 drops of Suncare or Sunectar to each cup. By using warm and not hot water, you preserve beneficial enzymes.

Fortune Delight makes 3-4 cups per bag. Add to hot water (not boiling) or cool water. If you want to drink it cold, it is best to mix in a small amount of warm water to dissolve it, and then add the cold water to it. I like to make it fresh by sprinkling  $\frac{1}{4}$  –  $\frac{1}{3}$  package to a cup of hot or cool water with 3-4 drops of Suncare or Sunectar. Drink at least 6-8 cups of either throughout the day.

## **3. BALANCING FOOD**

Quinary is the balancing food. I call it the "find it fix it" formula. It is made up of 43 herbs that help balance and strengthen the five main systems: digestive, immune, respiratory, circulation and endocrine. There are many stresses on our body systems and each system is unique with different needs. Where else can you find system specific foods to nourish and strengthen the five systems of the body? These formulas can be purchased separately, but together they are called Quinary because of the five or "Quin."

The formulas work better together because your systems all work together. Dr Chen explains it like this; if you had a team of five horses with one being weak, would you just nourish the weak horse or would you nourish them all and give the weak horse a little extra? Quinary is sold in 100 capsule bottles as are the individual Quinary formulas. Quinary can also be purchased in boxes of 10 or 60, 3 gram packages.

**The ingredients are Chinese white flower, scutellaria herb, dandelion root, gou teng, licorice root, tora seed, mint herb, Paris herb, fennel seed, cinnamon bark, poria (mushroom powder), Chinese yam, ginger root, sophora flower, barrenwort herb, chuan xiong root, mongoliavine root, fang feng root, ginseng root, honeysuckle flower (silver flower), yeuan wu root, chrysanthemum flower, dipsacus root, angelica root, alpina ginger root, angelica centis root, leek seed, balloon flower root, bamboo leaf, dwarf lilyturf root, papermulberry seed, senega root, imperate root, forty-knot root, reed root, rhubarb root, broomrape herb, Chinese catnip, asia herb, bai-zhu root, eucommia bark, and morinda root.**

### **Benefits**

Quinary is such a unique product and works on many levels. The benefits of having healthier Immune, Digestive, Circulatory, Endocrine, and Respiratory systems are too many to mention. Quinary can help with energy and at the same time be very calming. It is also settling for digestion and helps with a deep sleep at night. The benefits are accelerated in combination with the other foods.

### **How to Prepare It**

I suggest you purchase the capsules to start. Take 3-4 each morning before breakfast. Any less is a child's dose. I like to open them up and drink them as a tea with hot water and 3-4 drops of Suncare or Sunectar. If you purchase the powder, you can prepare it the same way except use 1/3 – 1/2 package. If my stomach is upset from travel food, I like to have another serving later in the day or before I go to bed.

### **4. BLOOD SUGAR FOOD-**

Suncare or Suncare Plus (products of Canada), Sunectar or Sunny Dew (products of US) are wonderful at balancing the blood sugar system. So many people are on the blood sugar roller coaster everyday because of their refined food and beverage choices. The main ingredient is **Stevia extract and is bound up with chrysanthemum flower** to make the product perfect. These foods are sweet to taste but convert to glucose very slowly like a bean. This product again is very safe and high quality. There are no preservatives and it contains no calories. In the US, it is marketed as a dietary supplement and in Canada, it is marketed as a skin care product. It is very good for the skin but the reason Dr. Chen markets it as a skincare product is due to a political issue started by Monsanto, owner of NutraSweet, back in the eighties. You can't patent a plant, so no one is willing to spend the millions it will take to call it a sweetener in North America. The research and experience in many other countries is good enough for me, plus I have used this product for almost 20 years. I tell Canadians to put it **on** their face or **in** their face.

### **Benefits**

Many people, unless it is explained properly, think of this product as sugar. This is not the case, because it digests and converts to blood sugar very slowly. I tell them that we use it for the benefits of balancing the blood sugar system and it happens to be sweet as a bonus. It will double your results if consumed with

the rest of the Basic Program. Having healthy blood sugar and insulin levels can make a difference on many levels. Some examples include less sugar cravings, more balanced emotions, more energy and increased ability to burn fat. It is also very beneficial to the pancreas and adrenals.

### *How to Prepare It*

Add it to anything you would sweeten and to anything you are not used to sweetening. It is anti-fungal so I wouldn't use it for baking with yeast. It will go flat and give you what I call hockey puck bread. As mentioned already Suncare or Sunectar will double the benefits of the other basic foods so use at least 20 drops per day.

### **5. COLON CLEANSING FOOD**

Fibertone and SunBars are both very effective at cleansing the colon. They are not diuretics, nor are they abrasive to the colon. Fibertone gently massages the colon and absorbs toxicity. **The ingredients are oat bran, tora seed, psyllium seed, sesame seed and shun seng root** and it comes in 100 capsule bottles.

SunBars consist of 4 grams of fiber that come from three fiber types. The purposes of these three types of fibers are to: absorb, create a jelly substance to get things moving, and sweep like a broom. Also, the SunBar is a great source of nutrition, as it is made up of 7.5 grams of protein, 3.5 grams of healthy fat, 29 grams of carbs. **The ingredients are soy protein nuggets, apple juice, psyllium, bananas, mangos, pineapple juice, strawberry powder, almonds, honey, lycii fruit, Chinese asparagus root, coix fruit, soybean oil and wheat germ oil.**

*Benefits-* I can't say enough about having a clean colon. Youthfulness, energy, mental clarity and nice skin all go with a clean colon. The diseases and conditions that can be created by a toxic colon are too many to mention.

### *How to Prepare It*

Take 3-4 capsules of Fibertone per day in the morning before breakfast.

With the SunBars, eat them anytime. I like them especially for a mid-morning or mid-afternoon snack

### **SPECIAL NOTES:**

- I suggest having a food sensitivity test done if you are having any health problems or low energy levels. Contact your Sponsor for information on this.
- It is fine to consume more of the Sunrider foods than I have suggested.

- When you start on a new health program, it is common to go through a cleanse or to detoxify. If you experience fatigue, headaches or rashes, you may want to cut back or dilute the Calli or Fortune Delight. Keep drinking some everyday.
- If you suffer from a very sluggish bowel, you may want to add some Slimcaps to your program.
- Many people suffer from premenstrual or hormonal problems. If this problem continues after a month or more of eating the basic program, you may want to add Beauty Pearl into your program.

**(Your sponsor can provide counsel on how to fine-tune your program.)**

## **WHAT DO I ORDER TO KEEP IT SIMPLE?**

Start with the whole program but if finances are tight, I will give you priorities.

### ***First Priority***

- A couple of 10 packs of Fortune Delight - maybe lemon and peach and a 10pk of Calli mint.
- A Suncare or a Sunectar

### ***Second Priority***

- A couple of 10pks of NuPlus. Try a box of Pina Banana and Mixed Berry.

### ***Third Priority***

- A Quinary 100 caps

### ***Fourth Priority***

- A box of 30 SunBars (fruit flavored) or bottle of Fibertone

Once you find your favorite flavor, you may want to order the bulk containers for savings. Also once people fall in love with the foods, they often share with a few friends to earn enough to eat Sunrider for free. Note: once you have purchased enough Sunrider products to add up to a total of \$600.00 in Canada or \$500.00 in the US, you will receive a 20% discount.

