

WHY SUNRIDER FOODS

HOW DOES THE SIMPLE PROCESS OF DISEASE AND ILLNESS OCCUR AND WHAT SIMPLE STEPS CAN YOU TAKE TO HELP YOUR BODY REVERSE IT?

All diseases start in the stomach! Dr. Chen has always said this. If you don't have a good digestive system, the rest of your body will eventually become malnourished and diseased.

HERE IS HOW IT WORKS!

When we are young our stomachs should have a high acid content (digestive enzyme). This acid digests all the substances that we put into our mouths - especially protein. Covering the inside of our stomachs is a mucous lining that keeps the acid from irritating the stomach wall. The more acid the stomach makes the more mucous the stomach produces.

As we eat dead toxic foods, such as coffee, tea, chocolate, sugar, alcohol, artificial sweeteners, preservatives, salt, or tobacco (as most people have sometime in their life), the stomach is irritated and weakened to the point where it only produces a small amount of acid or digestive enzyme. This causes a decrease in the mucous lining of the stomach. The body's inner intelligence says, "Why make lots of mucous if there's only a little acid?" When this happens, irritation of the stomach lining occurs as acid levels are increased by certain foods resulting in heartburn and ulcers. If the irritation of the stomach continues, Hiatus Hernia will result from spasms and tightening of the stomach. A recent study showed that 50% of the population, by age 40, suffer from Hiatus Hernia.

As the digestion becomes weaker from a lack of digestive enzymes, it leaves more of the digestive processes to be completed in the small and large intestines. As this matter passes through the small intestine, there will be small particles of proteins that have not yet been broken down - these are called protein chains. These proteins are absorbed along with the nutrients into the liver through the portal vein that is connected to the intestines. Studies suggest that any undigested proteins which pass through the stomach turn to toxicity. These undigested proteins can show up as food allergies, the symptoms of which can be headaches, boils or rashes.

As food passes or moves along into the large intestine, wastes accumulate and ferment. We are hosts to good bacteria as well as bad bacteria (often Candida). There are over four hundred different types of microorganisms found in the intestines, which all together are called the intestinal flora. Most of them are "friendly" aids, important to the digestive process. They make B vitamins and lactic acid for us which improve digestion, and increase absorption. As well, they aid peristalsis of the intestine and make Vitamin K. Vitamin K aids in blood clotting and helps produce chemicals that hinder the unfriendly bacteria. The problem occurs when we put the slow digestion together with the "bad" bacteria. Would you leave food lying around in a dark, warm, germ-infested tub for a day or more? Many people don't have a bowel movement for 3 days or sometimes for even a week. and the bad bacteria would gladly digest anything remaining from your slow digestion process. As a result, the bacteria spew out up to 75 different toxins like ammonia, alcohol, and formaldehyde. So again, the weaker the stomach - the worse the fermenting process.

All these nutrients and chemicals are absorbed into the liver. The liver's job is to filter out the poisons and neutralize them. This is where bile comes from - neutralized toxins. Wow! Isn't the body incredible - it takes something bad and turns it into something good. As well, the bile's job is to emulsify or break down fat. So if a person doesn't have healthy bile, the fat in your diet becomes more difficult to break down allowing it to be stored much more easily.

When the liver becomes over-worked from too many toxins coming in, it starts to produce toxic bile. The body's response to toxic bile can be inflammation or hot spots in the duodenum, as well as the small and large intestines. Symptoms of this inflammation are known as colitis, Crohn's disease, duodenum ulcers, diarrhea and bladder infections, to name a few. As the liver becomes overworked, the blood becomes toxic. This is where signs of eczema, boils, arthritis, headaches, acne and poor mental clarity show up. As the toxic blood begins to pollute the body, the kidneys become over-worked causing kidney infections and lymph problems to appear.

Why Sunrider Foods Continued...

The lymphatic system is where your immune system lives and when it starts to become toxic, problems like colds, infections, bronchitis, asthma, and tonsillitis can develop.

When our spleen, which is the final filter of the body becomes weak from overwork and overload, it begins to let poisons pass into the nervous system. This causes the cutting and damaging of nerves and muscles, which interferes with body processes and communication. It is here where diseases like Muscular Dystrophy, Multiple Sclerosis, Cancer, Parkinson's and Fibromyalgia can appear. These poisons can even destroy genes that make up our genetic structures. Perhaps this is why we are seeing diseases in children today that only adults had a few years ago.

So possibly what we put in our mouth does make a difference in our health and genetic structures. It is often damage that we did to ourselves when we were young that creep up on us a little later in life, even after we have thrown away most of the bad habits.

HOW TO REVERSE THE DISEASE PROCESS

There are several medications prescribed by doctors to make things a little more comfortable and perhaps slow down the process a little, but there isn't much hope unless you make some big changes in your lifestyle. Many people, when a health crisis occurs, think that a drug, vitamin pill, a walk around the block or a low-fat pastry, can get rid of all their health problems.

The only way to reverse the process of disease is to start from scratch. We must take responsibility for our own health by getting proper exercise having a proper mental attitude and receiving adequate nutrition with the right varieties of whole foods.

THIS IS WHERE SUNRIDER COMES IN:

CALLI OR FORTUNE DELIGHT- When people start drinking Calli or Fortune Delight, they find that the taste for coffee, tea, sodas and other beverages start to decrease considerably. Calli and Fortune Delight not only replace these beverages but also

help improve your digestion and aid in your elimination processes.

SWEETENER OF YOUR CHOICE - STEVIA - (*Suncare and Suncare Plus Herbal Skincare*) - Many people have chosen to replace sugar with Stevia. They have found benefits of reduced blood sugar problems, reduced sugar cravings and increased energy levels.

NUPLUS - A blend of 15 plants that supply the body with a variety of its nutritional needs. Nuplus, which is easily digested and very nourishing, makes a great snack instead of junk food. NuPlus also aids our digestion by discouraging us from eating salt, sugar, and junk food.

These 3 food products alone can greatly enhance our health because food choices will begin to change naturally and regeneration can begin.

QUINARY - The Quinary nourishes and supports the five main systems of your body, (Digestive, Circulatory, Immune, Respiratory, and Endocrine) and is a unique combination of food herbs formulated to help your body achieve balance.

With the help of less toxic foods and better nutrition, the body can start to balance and govern itself. The digestion starts first. When the stomach begins to work more efficiently, the whole digestive process can speed up. The stomach begins to digest its proteins so the liver gets a break from the undigested proteins chains. The food is now passing through the intestines much faster so there is less fermentation, and less chemicals being produced and passed through the portal vein into your liver. With less work for your liver, it begins to produce healthier bile and cleaner, healthier blood which can improve skin, mental clarity, cholesterol, and arthritis, as the body begins cleaning itself up. The gall bladder and kidneys also get a break as they try to balance themselves.

The lymph system is next to benefit and as its functions are improved, your body can start defending itself better. Exercise is very good because it helps your lymph system detoxify.

The spleen is your third stage filter and when it receives the cleaner blood, it can stop passing toxins on to the nervous system. The nervous system will then scramble to repair and balance itself. At that point people can start seeing the benefits of improved nutrition if they suffer from degenerative nerve disorders, or any other problems that develop from an imbalance in the nervous system.*Continued*

Our body is incredibly complex yet at the same time very simple. If we just feed it good, wholesome nutrition, avoid unhealthy foods and exercise regularly, it is amazing what it can do especially

when it is nourished with the nutrition from *Sunrider* foods.

References: "Eating Alive" by Dr. John Matsen, N.D.

Prepared by an Independent Sunrider Distributor

Contact: Diana Walker, Sunrider Leader
Toll-free: 800-840-0014; www.diana2.com



