

# IN-DEPTH

"Everyone's Sunrider  
Newsletter"

"Balancing Your"



Dec. 2007

## Five Elements!

# Five Elements

Chinese five elements theory refers to the five element or **wood, fire, earth, metal, and water**. This theory can be used to describe the movement and relationship between different elements in nature.

- **Wood**— describes the beginning of the natural cycle, the bursting forth of green shoots in Spring or the rising of the sun in the East, an expanding or increasing rate of energy— it is associated with the color of green— and in the natural cycle draws on water and forms the fuel for fire.
- **Fire**— the peak of the natural cycle, the high heat of Summer or the mid-day sun in the South, when energy is at its most active— it is associated with the color of red— and in the natural cycle burns wood and creates earth.
- **Earth**— the pauses in the natural cycle, when energy is changing, like Summer's end while the fruit matures before autumn begins— and in the natural cycle comes from fire's ashes and yields mineral ores for metal.
- **Metal**— the warning of the natural cycle, the falling leaves in Autumn or the setting of the sun in the West, a contracting or decreasing rate of en-

ergy— it is associated with the color of white— and in the natural cycle is drawn from earth and produces water.

- **Water**— the low point in the natural cycle, the deep cold of Winter or the darkness of night, when energy is at its least active preparing for the next period of growth— it is associated with the color black— and in the natural cycle comes from metal and feeds wood.

As described, each of these 'elements' draws from the previous and feeds the next in a sequence called the mutual or feeding cycle— where (descriptively) wood fuels fire, fire's ashes create earth, earth yields metal ore, metal produces water and water feeds wood.

This is often likened to a generator and, like a generator, without a regulator would run out of control and overheat— there is, as would be expected, a complementary sequence that controls or constrains the first— where (descriptively) wood binds earth, earth holds back water, water extinguishes fire, fire melts metal, and metal chops down wood.

## Basic five elements characteristics and classifications:

Element	Yin/Yang Organs	Colors	Flavors	Sense Organs	Emotions	Body Parts	Climate
wood	Liver/GB	green	sour	eyes	anger	tendon	Wind
fire	Heart	red	bitter	tongue	joy	pulse	heat
earth	Spleen/stomach	yellow	sweet	mouth	pensiveness	muscles	dampness
metal	Lung	white	pungent	nose	sadness	skin	dryness
water	kidney	black	salty	ears	fear	bones	cold

# How the Five Elements Work

➡ Every System has a **TISSUE** associated to it:

Digestive System . . . . .	Muscle
Respiratory System . . . . .	Skin
Circulatory System . . . . .	Bones
Immune System . . . . .	Tendons, Nerves
Endocrine System . . . . .	Blood Vessels

➡ Every System also has an associated **SENSE ORGAN**:

Digestive System . . . . .	Mouth
Respiratory System . . . . .	Nose
Circulatory System . . . . .	Ears
Immune System . . . . .	Eyes
Endocrine System . . . . .	Tongue

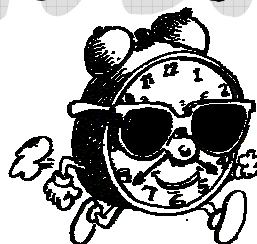
➡ Finally, there are **OUTWARD or SUPERFICIAL MANIFESTATIONS** for each Systems:

Digestive System . . . . .	Lips, Gums
Respiratory System . . . . .	Respiration, Body Hair
Circulatory System . . . . .	Head Hair, Teeth
Immune System . . . . .	Finger Nails, Toe Nails
Endocrine System . . . . .	Complexion

So you see, our body is perfectly designed. We should be able to see most of what is happening inside by checking from the outside. To be considered as vibrantly healthy, we must be able to establish a harmonious pattern of signs among ALL the systems.

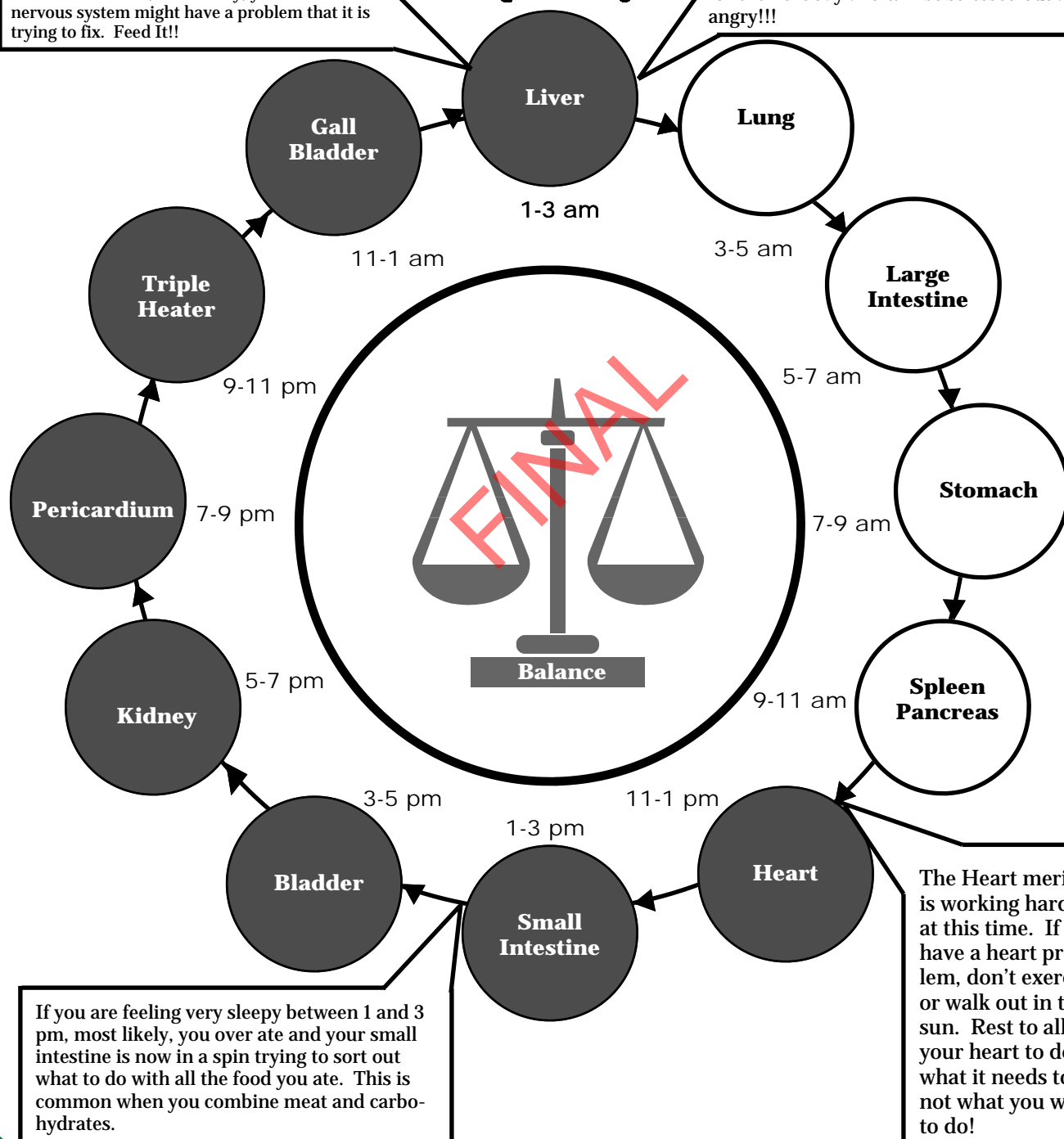
The Chinese say that we are made up of three concentric circles. The innermost circle contains our **ORGANS**. The second circle contains **CHANNELS** which connect the organs to the **SURFACE** (which is the third circle).

# Our Active Body Clock!

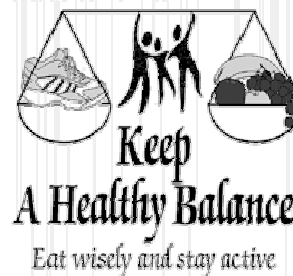
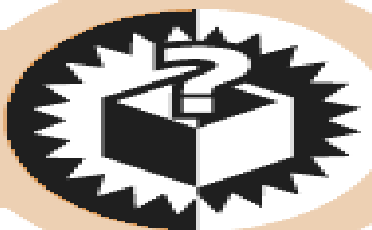


Between 1 to 3 am the energy is at its peak in the Liver. If you wake up on consecutive nights between 1 to 3 am, most likely, your liver or nervous system might have a problem that it is trying to fix. Feed It!!

We should be sleeping soundly by this time. If not, then our liver won't be able to prepare for the next day and will be stressed out and angry!!!



## How Do We Feed These Organs?



So, now that we have identified the **FUNCTIONS** and the **ORGAN PAIRS**, let us take a look at how to properly Nourish and Energize the organs.

Thanks to the Chinese who studied system-specific nutrition, we have received formulations that will feed each organ. In these formulas we receive ingredients with different colors, different flavors, different textures, etc. For example the five-color and five-flavor philosophy to feed the five key **ORGANS** and their associated Tissues:

<b>Yellow, Sweet</b>	<b>Stomach</b>
<b>White, Pungent</b>	<b>Lungs</b>
<b>Black, Salty</b>	<b>Kidneys</b>
<b>Green, Sour</b>	<b>Liver</b>
<b>Red, Bitter</b>	<b>Heart</b>

### Proper Nourishment.....What Does This Mean?

To live well and to live long, the Chinese have been researching this for thousands of years. They discovered many things, but nothing is as powerful and strong as the discovery of Food and what it can do for the body.

They base their food philosophy on the Five Elements Theory.

The Chinese traditionally believe that our body has five major corresponding systems to the five elements. In **Sunrider**, the formulation is the **Quinary**, which consists of five unique herbal formulations designed to ad-

dress the nutritional needs of those systems.

### ALPHA 20C

#### **Food for the Defense System**

**In Ancient China a similar formula was used to :**

- Build the immune system.
- Strengthen the T-cells that are important in fighting infection and controlling the growth of dangerous and destructive, extraneous cells.
- Detoxify the body and help expel fever and illness.
- Reduce vulnerability to viral and bacterial infections.
- Improve liver function.

### CONCO

#### **Food for the Respiratory System**

**In Ancient China a similar formula was used to:**

- Strengthen the body systems that protect against allergies, influenza and the common cold.
- Relieve fevers and headaches—including migraines.
- Soothe the stomach and reduce nausea and vomiting.
- Relieve muscle and joint pain accompanying influenza.
- Relieve congestion of the air passages of the chest and head (sinuses, bronchial, etc.).
- Nourish the lymphatic and respiratory system.
- Rebuild and improve immune system function.

### **ASSIMILAID**

#### **Food for the Digestive System**

**In Ancient China a similar formula was used to:**

- Provide digestive aid for stomach and lubricate the intestinal tract.
- Alleviate heartburn, upset stomach, vomiting, indigestion, gastric ulcers, gastritis, colic, abdominal pain and distention.
- Aid sleep by reducing gastrointestinal tension.
- Strengthen the functions of the liver and gastrointestinal tract.
- Restore and normalize acid secretions and enzyme production.

### **PRIME AGAIN**

#### **Food for the Endocrine System**

**In Ancient China, a similar formula was used to:**

- Nourish the reproductive system and the general processes by which body cells reproduce themselves.
- Regenerate the endocrine glands including the adrenals, thyroid and reproductive glands.
- Strengthen the heart, Kidney, Spleen, Stomach and Liver.
- Enhance the body's ability to recover from illness or injury.
- Strengthen the nervous system and the body's ability to handle stress.
- Regulate hormonal secretions, and enhance sexual response by nourishing the glands that enhance the reproductive process of both men and women.
- Build muscle strength.
- Decrease allergic reactions including hay fever.
- Nourish the pancreas and the adrenals.
- Relieve PMS and menopausal symptoms.

### **LIFESTREAM**

#### **Food for the Circulatory System**

**In Ancient China, a similar formula was used to:**

- Regulate blood pressure.
- Strengthen the bowel and cleanse the intestinal system.
- Cleanse the blood and reduce extraneous clotting.
- Reduce the level of free fat and cholesterol in the blood.
- Improve eyesight and reduce redness of the sclera.
- Strengthen the nervous system and relieve depression and poor memory.
- Increase vascular elasticity and heal circulatory disorders including varicose veins and hardening of the arteries.

The premise of the whole philosophy is that we need to be in balance and also we need to be in harmony with all our elemental energies.

To further describe this philosophy, there are five basic body systems in the Chinese belief system and, of course, each system is associated with a particular elemental energy. **Dr. Chen** has given us the modern version of the ancient formulas of special foods that feed each of these systems, called the **Quinary**.

What makes **Quinary** so wonderful is that we don't have to analyze our systems to see where we are out of balance, we simply feed all five systems! Our bodies are very intelligent and know what foods they need.

**Why should we try to second guess our own bodies?**



# The Sunrider Philosophy Of Health!

## Using the Sunrider Sunpacks



Life begins and health is maintained at the cellular level. Our life is directly dependant on a balanced interaction of all body cells. The human body is designed to maintain itself when given the proper nutrition, the environment within the cell is enhanced.

Our body is a collection of trillions of cells grouped together as organs, glands, and tissues. Health is a synergistic balance between all the groups of cells.

These cells are constantly being replaced in a predictable manner. This continually recurring process of replacement is REGENERATION.

The goal of the Philosophy of Regeneration is to produce order in the body by providing the nutrition needed for proper functioning of its systems and organs.

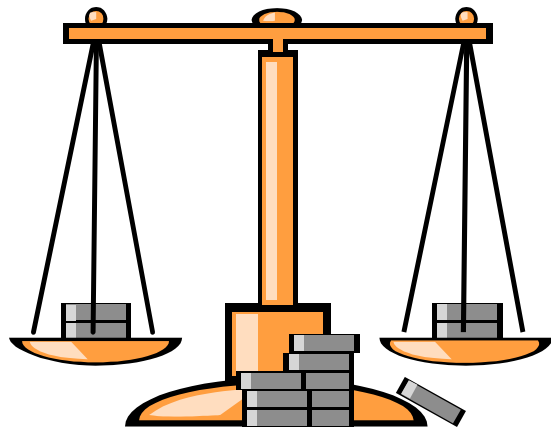
These high nutrients come from the Sunrider Sunpack, designed to properly feed and nourish our bodies.

The Sunpack is a complete herb food package which form Sunrider's Basic Nutritional Program.

### Suggestions for Using the Formulas

- **Use the Foundation Formulas every day.** Calli, NuPlus, Quinary, and SunnyDew address processes that underlie every body function. They lay a foundation for all of the other formulas. How can we accomplish this with the Sunpack?
- **Follow principles of healthful living.** In other words, eat balanced meals, exercise, employ a positive attitude, get plenty of rest. These formulas support a balanced living not to make up for poor habits.
- **Be responsible for your own health.** Don't expect magic solutions from these products. But, do take charge of your health.
- **Experiment with the formulas.** The Chinese used the method of trial and error. We can sense what is taking place in our bodies. Listen to it. Take enough until you feel a difference.
- **If you are ill, work with your Doctor.** These formulas are foods, not medicines. When we are sick we may need substitutes to stabilize us, or a doctor to monitor our progress.

# The Balancing Effect of NuPlus and Calli



The human body works in a two-phased cycle, similar to an automobile. First the body draws in a mixture of food and air. Second they oxidize the mixture (which frees its energy), and cleanse the resulting wastes. When the phases fail to balance, the body runs rough, as does an automobile.

Chinese Nutritional Herbs regenerate the body by feeding this two-phased cycle. That is, some nutritional herbs nourish the body, while others cleanse it. By eating balanced amounts of both kinds of herbs, we rebalance the body, or restore its optimum health.

## NuPlus

**NuPlus** feeds the general nourishing function of the body. Among its ingredients you will see five different-colored beans: **green, red, black, white, and (with soybean) yellow.** To the Chinese, different colors correspond to different functions, or organ systems, of the body. The five beans illustrate how they use variety as a tool for creating balance.

As a broadly nourishing food, this whole-body tonic helps the body:

- Fight fatigue
- Build its defenses
- Balance its weight
- Regulate its blood sugars.

It provides a balanced ratio of 65% carbs, 23% protein, and 12% fat.

This formula contains essential nutrients, naturally-occurring bioflavonoids, antioxidants, amino acids, and phytochemicals.

## Calli

Calli is a very powerful deep tissue cleanser. It feeds the general cleansing function of the body. Its ingredients were used by priests in ancient China for their ability to produce mental clarity. It has been known for:

- Dissolving arthritic deposits.
- Help break down plaque in hardened arteries.
- Leach out heavy metals.
- Break up cysts.
- Help neutralize free radicals.
- Help remove parasites.
- Has antifungal properties.
- Improves liver function.
- Aids fat metabolism.
- Increases energy.
- Strengthens digestion.
- Improves nervous system function.

**Calli's** main ingredient, *Camellia sinensis*, contains polyphenols, which research shows to function as antioxidants to help reduce the risks of some cancers. Other research suggests that polyphenols can help reduce harmful cholesterol.

### A Daily Meridian Health Program

**NuPlus:** Herbal food powder that feeds all five elements

**Quinary:** Capsule, powder or Liquid. A must if you want more energy! Feeds all five elements and Meridians, enhancing energy flow to all organs and muscles, thus balancing your emotions.

**Calli:** Cleanser of toxins-delicious! Enhances communication between meridians.

**Eat them Three times daily!!**





**From:**

**Address Correction Requested**

**To:**

FINAL

**"Life is like riding a bicycle. To  
keep your balance you must keep  
moving"**

**By  
Albert Einstein**

