

Chinese Food Grade Herbs

THREE TYPES OF HERBS

In the Orient, there are traditionally three types of herbs — Superior, General, and Inferior herbs.

The Superior herbs are health-promoting substances that have been found through centuries of use to improve overall health and resistance, increase energy, and lead to a long life. The **General** herbs are used to prevent specific diseases, or they can be used to provide the first course of action in case of an illness. The **Inferior** herbs are specifically medicinal in nature and are used only in case of an illness.

These three levels were first described in the original classic of The Divine Farmer's Classic of Herbalism, attributed to the legendary emperor Shen Nong more than two thousand years ago. The following section from that classic explains the three levels of herbalism practiced in the Orient since that time.

The SUPERIOR TYPE (food grade) of herbs are the rulers. They control the maintenance of life and correspond to Heaven. These herbs are not medicines, so the taking of these herbs in larger amounts or over a long period of time is not harmful. If you wish to take the material weight from the body, to supplement the energies and nutrients circulating in the body, and to prolong the years of life without aging, you should base your efforts on the herb foods of the Superior Type.

The INFERIOR TYPE (medicinal) of herbs are the assistants. They control the curing of illnesses and correspond to Earth. They possess a markedly medicinal effectiveness and must not be taken over a long period of time since side effects will likely result. If you wish to remove cold, heat, and other evil influences from the body, to break up stagnation of any sort, and to cure illnesses, you should base your efforts on the herbs in the Inferior Type.

The GENERAL TYPE (poisonous) of herbs are the ministers. They control the preservation of the human nature and correspond to Man. One part of them possesses medicinal effectiveness, another part possesses preventive effectiveness. For every application, the choice of the suitable herbs should be considered carefully. If you wish to prevent illnesses and to balance depletions and consumption, you should base your efforts on herbs in the General Type.

Of the several thousand of herbs used in the Chinese herbal system, there is an elite group of fewer than a hundred known as **the superior herbs, also called FOOD GRADE HERBS**. The best-known and most important herbs associated with Asian herbalism fall into this type.

Food grade herbs are not considered to be medicinal, nor are they used to treat specific disease or disorders. Food grade herbs are used to promote overall well-being, to enhance the body's energy, and to regulate the bodily and psychic functioning so as to create what the Chinese call **BALANCE**. Food grade herbs provide an adaptive energy in abundance and are thus a primary source of true human empowerment.

Sunrider International is the largest herbal food company in the world. Sunrider selects only food



Special Points of Interest

- Three Types of Herbs
- Phytonutrients
- Antioxidant Activity
- Adaptogens
- Double Directional Activity
- The Immune System

grade herbs from the superior type that promotes a long, healthy, vibrant, happy life, without any unwanted side effects even when taken over a long period of time. Essentially, Sunrider foods are healthful "superfoods" which benefit our well-being in ways that more common foods cannot.

Sunrider food grade herbs should in fact be considered an essential component of our daily diet. They are highly nutritious, concentrated, easily assimilable, available throughout the world, conveniently packaged, and easily prepared. Balanced health is now in the reach of those who seek it.

A PREMIUM SOURCE OF HEALTHFUL PHYTONUTRIENTS

For most of the past hundred **years, nutritionists and other scientists have focused** their attention on the **vitamin, carbohydrate, amino acid, and mineral** content of various foods.

These fundamental nutritional substances have been thoroughly studied, though there is always room for improved understanding. More recently, **fiber, and cholesterol** contents of foods have attracted the attention of scientists because of discoveries concerning health benefits and risks associated with these substances.

However, only in the past few years has attention started to shift to a whole new range of nutritional components. A whole new category of substances called **bionutrients** has suddenly become the focus of much of the work and study being conducted by researchers around the world. The most common bionutrients are from the plant kingdom and are called **phytonutrients**.

Healthful, nutritious plants, so it seems, contain much more than vitamins and minerals, as important as these are. **Tomatoes, broccoli, spinach, carrots, and most other vegetables contain hundreds of phytonutrients.** Many of these phytonutrients have antiaging implications. Many build the immune system or improve circulatory functions. There are many that have verified the prevention cancer.

As it turns out, because Sunrider selects only the highest quality food grade herbs, their herbal foods are among the richest sources of

phytonutrients in the world. They contain dozens of phytonutrients that perform truly remarkable tasks in our bodies. Researchers have just begun to explore the world of phytonutrients, but it is already clear that Sunrider herbal foods are an extraordinary sources of substances that if eaten consistently, can lead to balanced health.

ANTIOXIDANT ACTIVITY

Chinese food grade herbs are among the richest sources of antioxidants. The vast majority of these herbs have now been shown to have significant antioxidant, free-radical scavenging activity. This antioxidant activity undoubtedly contributes to the overall action of these herbs as they promote health and well-being and prevent degenerative diseases. Many of the food grade herbs possess very potent antioxidant activity, far surpassing that of vitamins C or E.

Antioxidants are known to prevent and reduce inflammation, reduce the risk of cancer, prevent genetic mistakes, and slow down the aging process. A Sunrider herbal food formula containing many Chinese food grade herbs is likely to have dozens of antioxidants, all of which affect different tissues and functions in the body. Thus a Sunrider herbal food formula is a broad-spectrum antioxidant.

The antioxidant activity in the body decreases with age, and it is no wonder that as we grow older these herbal foods show more and more powerful rejuvenative benefits. In order to maintain our youthfulness and radiant health, it is essential that we consume a wide range of antioxidants virtually daily.

Sunrider herbal food formulas provide an incredibly wide range of these life-preserving antioxidants.

ADAPTOGENIC ACTIVITY OF CHINESE FOOD GRADE HERBS

The Chinese food grade herbs are broadly categorized as adaptogenic substances. **An adaptogen is a substance that helps bring the body into a state of harmony with its**

environment by inducing chemical, cellular, and systemic balance. This harmonizing function reduces the effects of unfavorable conditions and stimulates the body's own immune and healing functions. These adaptogenic substances help the body to adapt to various stressful challenges presented by the environment and reduced the damage inflicted on the body. They tend to promote the body's own ability to cope successfully with stress, thus prolonging well-being.

Ginseng is considered to be the quintessential adaptogenic herb. Laboratory animals as well as humans that consume Ginseng have been found to adapt to dark and light more easily, more efficiently, and in general adapt to a wide range of stresses more effectively. Antifatigue activity has been demonstrated in both animals and humans. The mechanism by which Ginseng helps humans cope with stress is being intensively studied, but it is believed to be due to peripheral and neurogenic stimulation of the adrenal cortex, among other mechanisms. The adrenal cortex is part of the Kidney system. In other words, Ginseng helps tonify the Kidneys in such a way as to help protect the body during stress.

Numerous Chinese food grade herbs are considered to be adaptogenic, Ginseng is only one of them. What is the basis for the adaptogenic activity found in the Chinese food grade herbs? Primarily, it is a characteristic called **double-direction activity**.

Sunrider selects superior food grade herbs that are adaptogenic in nature and enhances them by concentration and formulation.

DOUBLE DIRECTIONAL ACTIVITY

One of the qualities that distinguish food grade herbs from medicinal herbs and from drugs of all sorts is their remarkable **ability to regulate the body functions** rather than force physiological activity in just one direction. Most of the great food grade herbs that have stood the test of time have this attribute. **They help to establish and maintain homeostasis**, which can be defined as normal, healthy body balance.

If a factor or set of factors cause certain functions to elevate, the healthy body normally possesses the ability to adapt in such a way that the function soon returns to a normal condition.

For example-

If someone is exposed to cold air, the body goes through a very complex process in order to maintain normal body temperature. If the body is exposed to hot air, the body goes through an equally complex process to keep the body temperature normal.

If the body is deprived of oxygen, the body initiates a set of responses designed to increase oxygen consumption so that normal blood levels are maintained. If the body is exposed to excessive oxygen, mechanisms are invoked to slow down oxygen consumption.

Certain factors that would cause our bodies to bloat are counteracted by physiological mechanisms that eliminate excess fluids. Similarly, factors that would cause us to become dehydrated stimulate us to consume and conserve fluids so as to maintain normal body conditions.

This type of regulatory activity takes place in thousands of ways every day, whether we notice it or not. The human body is a regulatory miracle.

Drugs and even medicinal herbs tend to stimulate a physiological activity in one direction only. For example, drugs designed to lower blood pressure must be monitored very carefully because they can drive blood pressure down too low. Diuretic herbs or drugs, if overused, can result in dehydration. This is the very nature of most drugs.

Chinese food grade herbs work at a different level and in a different way. Remember that historically the food grade herbs are not even considered medicinal, though when they are used, many conditions may be corrected. Food grade herbs increase the vitality of the system as a whole. They strengthen the regulatory mechanisms of the body and mind in such a way that the body can maintain its balance even under severe duress.

This is the secret of Chinese food grade herbalism. Food grade herbs do not cure disease; they help the body to work the way that it was created to work—optimally, efficiently, accurately, and always with balance as the goal. **If an herb does not have double-direction activity, it is a drug**—an inferior herb. Herbs that have double-directional activity are extremely rare. Medicinals are much more abundant. No one will discount the greatness of drugs and medicinal herbs for emergencies and for acute conditions. But for chronic conditions and for establishing optimum health, it is essential that modern medicine come to recognize the profound beauty of the regulatory concept of **double-directional activity and Sunrider**.

Sunrider has researched and developed a system based on the **philosophy of regeneration that nourishes, balances, and cleanses** and tonify the deepest regulatory centers of the whole body with food grade herbs. Scientifically, food grade herbs have been proven effective. They are loaded with antiaging, life-lengthening, pathogen- and cancer-fighting agents. **But their most extraordinary ability is in helping to regulate and strengthen the myriad of functions in the body so that the body and mind can remain youthful and radiantly healthy.**

THE IMMUNE SYSTEM

Our immune system is a virtually miraculous network of activities designed over millions of years **to protect us from viruses, bacteria, parasites, molds, dust, pollen, and malignant cells**. It is the responsibility of the immune system to detect the intrusion, or invasion, of these entities and to mount a defense in order to eliminate them. A healthy immune system is capable of resisting most such intruders, and a very hardy system may be able to resist invasions that many other people's systems cannot.

If the immune system is weakened or malfunctioning, the invading microbes can easily establish a foothold in our body and disease sets in. Antibiotics can often be used to stop the invasion at this time, but chronic use of antibiotics further weakens the immune response. Furthermore, antibiotics are useless against

viruses, pollens and most parasites. They are certainly useless against malignant (cancerous) cells generated in our own bodies. It is much better to resist the invasion from within with a fully fortified immune system and not become ill in the first place.

This is where food grade herbal formulas are now attracting the attention of scientists and consumers alike. Many chemical constituents play a role in these formulas' immune modulating capability. The **polysaccharide** components in particular seem to play an important role in attacking cancerous cells, but not healthy ones, while simultaneously strengthening the body's overall immune functions. The polysaccharides appear to help the body attack microbial invaders such as viruses, bacteria, and yeast. Scientific researchers have discovered numerous phytochemicals in food grade herbs that contribute to immune-modulating capability.

Interestingly, many Chinese food grade herbs have been discovered to contain polysaccharides that boost the immune system. Sunrider whole food grade herb formulas contain polysaccharides and have been researched for immune-boosting capability.

Ultimately, however, the whole food herb formulas rich in immune-modulating capability is what we want, and are conveniently available to all of us through Sunrider.

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WARNING-

The Information in these articles is not intended to replace medical advice or treatment. Questions about symptoms, specific dietary needs and medications, general or specific, should be discussed with your physician. The information in this article is for informational purposes only, and is not medical advice or a substitute for a physician's consultation and/or examination.

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