

Weight Management Program

Here is a suggested schedule to follow during the weight management program using high nutritional whole food. The results should be similar to that of fasting and using just water however water fasting still appears to bring the best overall results with the assistance of a licensed practitioner. This program is for those who want to detoxify and bring their weight under management while receiving high nutrition. The suggested times are just that, suggested and can be used as an example to space out your nourishment while getting maximum detoxification. Please get as much rest as you can, allowing your body to conserve energy and bring your body into balance.

HERE IS THE LIST OF PRODUCTS YOU WILL NEED-

Smoothie-	NuPlus® Regular Sunectar® 1/8-cup ground flax seed 8 ounces of filtered water
Strengthen& Detoxify	Liqui-Five®, ElectroSport, Evergreen and Slim Caps™
Emotions, depression and addiction suppression	SunFit
Cleansing	Calli® Fortune Delight®
Replacing Friendly Flora	VitaDophilus®
For Snacks & Cleansing	SunBar® Chocolate or Fruit Flavor Pumpkin seeds, soaked 12 hours and dried

ADDITIONAL SUGGESTIONS TO FOLLOW

*Drink 32 ounces of Calli® and Fortune Delight® and sweetened with Sunectar® in the AM and another 32 ounces in the PM totaling 64ounces throughout the day.

*10-15 soaked pumpkin seeds at a time are a nutritional snack. We suggest soaking seeds for at least 6-10 hours to reawaken the enzymes (life force of the food).

At the end of the 3rd week take Action Caps to replace Slim Caps. Thereafter take either one as you desire. Continue eating Sunrider basic Nourish-Balance-Cleanse (NBC) Program at least two time a day for at least six months and keep a record of all the changes to your health and body.

Advise your doctor of this diet and ask for his assistance in monitoring you during this program. It is in your best interest to seek his advice before and during this diet.

WARNING-

The information in this article 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.

The Food & Drug Administration has not evaluated these statements.
These products are not intended to diagnose, treat, cure or prevent any disease.

Purchase Suggested Product From Sunrider-

		<u>Order Number</u>	<u>Quantity</u>	<u>Cost</u>	<u>SV</u>
1.	VitaDophilus	153015	(10) 20 Boxes	\$202.00	135.20
2.	NuPlus Simply Herbs	150069	(60) 1 Boxes	\$229.40	152.88
3.	Sunectar	104011	2 Bottles	\$ 31.60	21.00
5.	Liquid Five (Quinary)	191005	(10) 6 Boxes	\$232.80	155.40
6.	Slim Caps	197501	3 Bottles	\$107.10	71.43
7.	Fruit&Veg Rinse	310902	1 Bottles	\$ 5.90	3.95
8.	Calli Regular	100119	(60) 1 Boxes	\$ 53.69	35.69
8.	Fortune Delight	101059	(60) 1 Boxes	\$ 54.10	36.04
11.	SunBars Fruit or Chocolate	152013	(30) 2 Boxes	<u>\$ 48.20</u>	<u>19.28</u>
	Total			\$ 964.70	630.87
	Discount after first \$500 Purchase			<u>-\$ 192.94</u>	
	Actual Cost			771.76	

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Bring freedom and choice back to medicine by supporting [Americans for Free Choice in Medicine](http://www.afcm.org).

Monthly Purchase Of Sunrider Products There After:

		<u>Order Number</u>		<u>Quantity</u>	<u>Cost</u>	<u>SV</u>
1.	VitaDophilus	153015	(10)	2 Boxes	\$ 20.20	13.52
2.	NuPlus Simply Herbs	150069	(60)	1 Boxes	\$229.40	152.88
3.	Sunectar	104011		2 Bottles	\$ 31.60	21.00
5.	Liquid Five (Quinary)	191005	(10)	6 Boxes	\$232.80	155.40
6.	Slim Caps	197501		1 Bottles	\$ 35.70	23.81
7.	Calli Regular	100119	(60)	1 Boxes	\$ 53.69	35.69
8.	Fortune Delight	101059	(60)	1 Boxes	\$ 54.10	36.04
11.	SunBars Fruit or Chocolate	152013	(30)	1 Boxes	<u>\$ 48.20</u>	<u>19.28</u>
		Total			\$ 711.50	461.57
		Discount after first \$500 Purchase			<u>-\$ 142.30</u>	
		Actual Cost			569.20	

DETOXIFICATION AND REGENERATION THROUGH DIET

By Ede Koenig, PH.D, N MD, FACN

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The greatest misunderstanding and confusion in the field of nutrition is the failure to properly understand and interpret the symptoms and the changes, which follow the implementation of a natural diet. **The highest qualities of food are the natural, live whole or raw foods.** All the enzymes are found intact. The amino acids are in their finest form. The minerals, vitamins, carbohydrates, trace elements and "life force" are present. The "life force", in turn, is capable of reproducing healthy tissue. When the quality of food coming into the body is of higher quality than the tissues that the body is made of, the body begins to discard the lower grade materials and tissues to make room for the superior materials that it uses to make new and healthier tissues.

This is the plan of God for our bodies. The body is very selective and always will be unless our interference is too great. Only then do we fail to recover and degenerate further into disease. The self-curing nature of many conditions such as cold, fevers, cuts, swellings, injuries, pain, etc., furnishes endless examples of how the body tends toward health always unless we do something to stop the process.

What are the symptoms or signs that become evident when we first begin to omit the lower grade foods and instead **introduce superior foods** - those that are more alive, more natural than we are accustomed to? When the use of the toxic stimulation such as coffee, tea, chocolate, or cocoa, is suddenly stopped, headaches are common and letdown occurs.

This is due to the discard by the body of the toxins called caffeine and the obromide that are removed from the tissues and transported through the bloodstream during its many bodily rounds. Before the noxious agents reach their final destination for elimination, these irritants register in our consciousness as pain - in other words, headaches.

The letdown is due to the slower action of the

heart - the resting phase that follows the stimulation of more rapid heart action forced upon the body by certain poisons called stimulants (that can be in the form of drug medications). The more rapid heartbeat (or pulse) produces a feeling of exhilaration, and the slower action produces a depressed state of mind. Usually within three days the symptoms vanish and we feel stronger due to the recuperation that follows.

To a lesser extent, the same process occurs when we abandon lower quality foods and replace them with better foods. Lower quality foods have undergone more preparation; spices, salt and other ingredients have been added, which then tend to be more stimulating than less prepared and more natural foods. Animal foods and products, such as meat, fowl, fish, cheese, milk, eggs, etc. are lower quality foods, more stimulating than seeds, nuts, grains and vegetable proteins.

Consequently, the withdrawal of stimulation that follows the abandonment of animal foods produces a slower heart action (a resting phase) that registers in the mind as relaxation or a decrease in energy. This initial letdown lasts about ten days or slightly longer and is followed by an increase of strength, a feeling of diminishing stress, and greater well-being.

1ST PHASE — RECUPERATION

Now, let us return to the symptoms that occur in the process of "regeneration". The person who starts a better diet, one with life and high-quality nutrition, stays on it for three days to a week, and then quits and says, "Oh, I felt better on the old diet, the new one made me feel weak." **They failed because they didn't give their body a chance to adjust and complete its first phase of action — recuperation.** If they had waited awhile longer, they would have begun to feel better than before they started.

During this initial phase (lasting about ten days on the average to several weeks in others), the vital

energies that are usually in the periphery or external part of the body, such as the muscles and skin, begin to move to the vital internal organs and start reconstruction.

2ND PHASE — RECONSTRUCTION

This shunting of much of the power to the internal organs produces a feeling of less energy in the muscles, which the mind interprets as some weakness. Actually, the power is increased, but most of it is being used for rebuilding the more important organs and less of it is available for muscular work. Any weakness, which is felt here, is not true weakness, but merely a re-deploying of forces to the more important internal parts. **Here it is important for the person to stop wasting energy, and rest and sleep more.** This is a crucial phase, and if the person resorts to stimulants of any kind, they will abort and defeat the regenerative intent of the body.

It is important that they have the patience and faith and just wait it out, and after awhile they will get increasing strength which will exceed by far what they felt before they began the new program. Success in recovery or improvement of health hinges upon the correct understanding of this point realizing that the body is using its main energies in more important internal work and not wasting it in external work involving muscle movements. Be wise, take it easy here and relax. **Just coast in your work and social obligations until you're out of the woods.**

As one continues on the improved diet and gradually raises the food quality, interesting symptoms begin to occur. The cellular intelligence reasons something like this: "Oh, look at all this fine material coming in. How wonderful, now we have a chance to get rid of this old garbage and build a beautiful new house. Let's get started immediately." Let's get this excess bile out of the liver and gallbladder and send it to the intestine for elimination. Let's get this sludge moving out of the arteries, veins and capillaries. These smelly, gassy, brain-stupefying masses have been here too long, out with them! These arthritic deposits in the joints need cleaning up. Let's get these irritating food preservatives, sleeping pills, aspirins, and drugs out of the way, along with these other masses of fat that have

made life so burdensome for us for so long.

A. Catabolism

"Let's get going and keep going until the job is done, until we have a beautiful house, and from then on we'll keep it a beautiful, ideal model house." During the first phase (called catabolism), the accent is on elimination or breaking down, of tissue. The body begins to clean house, in short, to remove the garbage deposited in all the tissues everywhere.

During this period, the body **"removes the ashes from the furnace preparatory to getting a better fire."** Here, the accentuation is on the removal of the gross and immediate body obstructions. Wastes are discarded more rapidly than new tissue is made from the new food. This becomes evident as weight loss. This persists for a while and is then followed by the second piece (called stabilization).

B. Stabilization

Here the weight remains more or less stable. **During this phase the amount of waste material being discarded daily is equal to the amount of tissue that is being formed and replaced by the newer, more vital food.** This occurs after the excess of obstructing material in the tissues has been removed. This stage persists for a while and is then followed by a third phase, a build-up period (called anabolism), wherein weight starts to go up, even though the diet is lower in calorie than it was before.

C. Anabolism

At this point, much or more of the interfering wastes have already been discarded. The tissues which have formed since the diet was raised in quality are more durable and do not break down easily. Also, new tissues are now being formed faster. This is due to the improved assimilation made possible by the ceasing of wrong food combining. The body's need for the usual amounts of food decreases, and we are able to maintain our weight with less food.

CLEANSING SYMPTOMS

Returning to the symptoms that occur on a superior nutritional program, people who have had tendencies in the past with recurring skin rashes or eruptions will frequently tend to

eliminate poisons and harmful drugs through the skin with new rashes or eruptions.

If they go to a doctor now, who is unfamiliar with this aspect of nutrition, he will diagnose it as an allergy. They ask, "How come? I'm eating better now than I ever did before, and instead I'm getting worse." They don't understand that the skin is getting more alive and active. It's throwing out more poisons more rapidly now that the body is building more power, which is saved from those hard-to-digest meals that have been discontinued.

These toxins being discarded are saving you from more serious disease, which will result if you keep them in your body too much longer, possibly hepatitis, kidney disorders, blood disease, heart disease, arthritis, nerve degeneration or even cancer, depending on your heredity or structural weaknesses.

Be happy you're paying bills now in an easy-payment plan. With some, colds, which haven't appeared for a long time, may occur, or even fevers. This is nature's way of house cleaning.

Understand that these actions are constructive, even though unpleasant at the moment. Don't try to stop these symptoms by the use of certain drugs, or even massive doses of vitamins, which will act as drugs in huge concentrations.

These symptoms are part of a curing process, and don't try to cure a cure. These are not deficiency conditions or allergic manifestations, not if you're eating properly in quality, quantity, combination and sequence. **Here is where experienced advice is of great value.** Unfortunately, there are few books present today which give good guidance to the average reader. Try to find guidance through a doctor or teacher who has the requisite experience in this most confusing of all subjects, nutrition in relation to health and disease. You may be eating perfectly in regard to quantity, quality, and observing all the correct rules, and still symptoms will occur.

Those who have lived better lives in the past, who have eaten better foods and who have abused their bodies less with overeating, will have reactions ranging from almost none at all or very mild to symptoms which may be uncomfortable or acute.

Those who have lived worse lives and poisoned themselves more will experience more severe symptoms in their liver, kidneys or other important eliminating organs that have been damaged.

When they have been renovated to the point of fair working order, they will no longer produce symptoms. Headaches may occur at the beginning; fever and/or colds also may appear; the skin may break out; there may be a short interval of bowel sluggishness, occasional diarrhea, feelings of tiredness and weakness, disinclination to exercise, nervousness, irritability, negativity or mental depression, frequent urination, etc. However, the great majority of people finds their reactions tolerable and is encouraged to bear with them because of the many improvements that already occurred and are becoming more evident with each day. This acts, as an inspirational force to them.

The symptoms will vary according to the materials being discarded, the condition of the organs involved in the elimination, and the amount of energy you have available. The more you rest and sleep when the symptoms are present, the milder they are and the more quickly they are terminated. Be happy you are having symptoms. Realize deeply that your body is becoming younger and healthier every day because you are throwing off more and more wastes, which would eventually have brought pain, disease, and much suffering. Those who have the worst symptom-reactions and follow through to their successful termination are thus avoiding some of the worst diseases which would eventually have developed had they continued their careless eating habits.

CYCLICAL HEALING

Don't expect to go on an ascending scale of quality, that improving your diet will make you feel better and better each day until you reach perfection. The body is cyclical in nature (on a circadian rhythm), and health returns in a series of gradually diminishing cycles. For example, you start a better diet and for a while you feel much better. After some time, a symptom occurs, you may feel nauseous for a day and have diarrhea with a foul-smelling stool. After a day, you feel even better and all goes fine for a while. Then you suddenly develop a cold, feel chills, and lose your

appetite. After about two or three days (**assuming you don't take drugs or do anything else about it**), you suddenly recover and feel better than you did for years.

Let us say this well being continues for two months, when you suddenly develop an itch or rash. You still don't take anything for it. This rash flares up, get worse and continues for ten days, and suddenly subsides. Immediately after this you find that your hepatitis is gone and your energy has increased more than ever before. The rash became an outlet for the poisons in the liver, which produced the hepatitis. This is how recovery occurs, like the cycles in the Dow-Jones Average at the beginning of a bull market.

You feel better, a reaction occurs and you don't feel as well for a short time. You recover and go higher for a while. Then another reaction occurs, milder than the last. You recover and go even higher. And so it goes. Each reaction milder than the first as the body becomes purer, each becoming shorter in duration better than ever before, until you are being followed by a longer and longer period and reach higher levels of radiant health.

The first laws we must learn to obey are the laws of health. We must learn to eat simple, pure and natural foods, properly prepared and combined (Sunrider herbal foods are properly combined whole foods), and our bodies in return will eliminate the unhealthful things it has taken in during our lives.

God gives us a whole new chance, new healthy life. We can cooperate with God's plan for our health. Right before your own eyes, you will see signs that will cause you to wonder at this vast intelligence in operation. It staggers the comprehension. The mysteries of the body, the operations of God, are far beyond what our minds are prepared to understand at present.

May God bless you in your journey to a healthy and fit body. Remember, it's a journey that lasts a lifetime and the rewards are great!

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Weight Management Program Schedule

Timing	To Do	Foods
7:30 AM or upon rising 30 minutes before Breakfast	<u>On an empty stomach, eat-</u>	1 -2 packets VitaDophilus® 3 to 6 Slim Caps™ before Breakfast
8 AM - Breakfast If you become depressed during this cleanse Sunrider has a product we recommend called Sun Fit.	<u>Prepare and eat a smoothie made with-</u> <u>Add to your meal-</u> Note- Start with 4 Slim Caps, increase to 8 by the end of the fourth day. Halt by end of 3 rd week.	2 NuPlus® Regular Sunectar® to sweeten 1/8 cup of ground flax seed 10 ounces of filtered water 1 vial of Liqui-Five®
Mid morning snack	<u>Eat-</u> <u>Drink-</u>	Hand full of soaked pumpkin seeds 1 SunBar® and fruit of choice 32 ounces of Calli® and/or Fortune Delight® during the AM
2 or 3 hours later 11:30 AM 30 minutes before Lunch	<u>On an empty stomach, eat-</u>	1-2 packets VitaDophilus®
12 Noon Lunch	<u>Prepare and eat a smoothie made with-</u> <u>Add to your meal-</u> Fruit of choice Note- No flax seed No Slim Caps	2 NuPlus® Regular 10 ounces of filtered water Sunectar® to sweeten 1 vial of Liqui-Five No flax seed No Slim Caps
Mid afternoon snack	<u>Eat-</u> <u>Drink-</u>	Hand full of soaked pumpkin seeds 1 SunBar® 32 ounces of Calli® and/or Fortune Delight® during the afternoon
2-3 hours later 4:30 PM -30 minutes before Dinner	<u>On an empty stomach, eat-</u>	1-2 packets VitaDophilus® 3 to 6 Slim Caps™ 30 minutes before your evening meal.
5 PM – Dinner	<u>Add to your meal-</u> Note- Start with 4 Slim Caps, increase to 8 by the end of the fourth day. Halt by end of 3 rd week	Select a live whole food dinner from Geri's Recipe e-Book. www.Spiritouch.com
7 PM – Evening Snack		Sunflower seed, pumpkin seed or Almonds need to be <u>soaked for 10—12 hrs before consumption.</u>
3 hours later or 10 PM – Bedtime	<u>On an empty stomach, eat-</u>	1-2 packets of VitaDophilus®

Stay in contact with your sponsor at least every third day