

# Remove the Toxic Load: Sunrider to the Rescue!

## Toxins pose multiple threats:

- They directly poison your body, damaging your brain, your liver, your central nervous system, and other vital areas.
- They weaken your immune system, leaving you vulnerable to illness.
- Worst of all, they attract and feed cancers, viruses, bacteria, and other invaders that can instigate a serious health condition.
- In fact these toxins are the primary triggers for our current epidemics of cancers and so many other illnesses, such as Alzheimer's disease.

There are 3 Sunrider foods we call our Basic 3: These are critically important foods even if we can't eat any others.

## **Calli is our #1 best friend to remove the toxic load:**

**Through optimal nourishment, and alkaline pH, the body is better able to cleanse itself of:**

- Heavy metals
- Radiation
- Chemotherapy residue
- Pesticides, chemicals, and preservative
- Drinking water impurities
- Drugs & pharmaceutical residue
- Nicotine and caffeine
- Uric acid and deposits in our joints
- Impurities from kidneys, liver, lymph, lungs, skin, colon

## **If you've been drinking Calli for years, like many of us, 1 bag to 8 cups of water,**

Try 2 - 3 bags a day, still making sure you still get at least 8-12 c. of water a day (not in addition to Calli). Strengthen your liver, kidneys, colon, lungs and skin so they can effectively cleanse the body of this heavy toxic load EVERY DAY! Daily detox!

## **Where are toxins stored that are not eliminated from the body?**

When the body does not have enough internal ENERGY, the organs cannot effectively cleanse the body of these toxins, the body will try to protect the organs from the toxins and will store the toxins in fat. Consider any extra fat you have in your body, is simply toxins being stored in fat cells because the body wasn't able to eliminate the toxins effectively, or the load was too much.

Anyone want to share your short ad experience about losing weight with Calli?

## **How do we Chelate heavy metals with Calli? (Pulling out heavy metals)**

1 bag/1 cup of hot water, steeped 5 min. Followed by another bag of Calli with 4-8 c. water. to flush out these poisons.

Since toxic pollution is not decreasing, support your body with extra ability to keep up with the toxic load, increasing, UP YOUR INTAKE OF CALLI!

## **NUPLUS OUR #1 INTERNAL ENERGY FOOD:**

**Why do we need to eat as much NuPlus as possible every day?**

In order for the body to be able cleanse these toxins, Not only do our 5 cleansing organs need to be strong and healthy from drinking Calli, our body won't even let go of these toxic fats, until they feel it is safe. The body needs internal energy in order to let go of these toxic fat cells.

To heal the damage that these poisons and toxins have created in the body, we need healing food, we also need ENERGY to heal. We need each brand new cells that we have to be stronger than the ones just eliminated. The body needs enough Internal ENERGY to regenerate otherwise we just keep degenerate at a pretty swift pace. This is why Sunriders eat between 1-13 pkgs. a day of NuPlus.

**So remember all those weakened areas of the body that show up on the face. Maybe you have symptoms or challenges that you have checked on the 90 day self-evaluation, from last week's call and resources – on the website.**

## ***QUINARY OUR #1 FOOD TO RESTORE THE BALANCE:***

### **Why do we need Quinary every day?**

**A Symptom is Simply a System out of Balance.** Quinary is all about restoring that balance in our Life Support Systems.

When all of these poisons and toxin are playing havoc to our bodies, where are these toxins settling, where are they doing their damage? In the Digestive, Respiratory, Glandular, Circulatory, and Immune Systems. (Hand) When one system is weakened, it weakens the other 4, that is why we love Quinary, 10 system specific foods for each system – 50 foods in all.

Got a symptom- any symptom – A system is crying for help. We need Quinary, 50 system specific foods for these systems so they can come into working balance again. That is why we need Quinary. We can eat anywhere from 1-15 pkgs. a day. (capsules 10 capsules = 1 pkg.)

### **How Many packages of Nourish with NuPlus, Balance, with Quinary, Cleanse with Calli a day is best?**

It all depends on You! How much cleansing, balancing and regenerating you want to happen in your systems and organs and cells, tissues and blood....

- Once a day...body says thank you for the relief, I can start healing, or help maintaining , slow down degeneration once you feel great again.
- Twice a day... I'm making progress! Exciting changes!
- Three times a day...how wonderful to finally start seeing the light of day again, you might not even notice but those quickly and quietly going away.

One good way to start is Do 3xs a day of NuPlus, Quinary and Calli if you can't do 3xs a day for 90 days. for a weekend, a week, 10 days, a month, 2 months, 3 months...you choose! If you truly want your life to change, Nourish! Balance! Cleanse! I will never be without NuPlus Quinary and Calli. Each one stands on it's own.

**How soon will you start seeing healing?** Many people start to feel a difference with their very first cup a Calli, their first NuPlus, their first Quinary, and if you do them all together, even more results. The Traditional Chinese Medicine says it takes 90 days for many part of your your body to come into balance.

**Will I experience any Negative Healing Signs – Cleansing Signs:** When you do all 3, NuPlus, Quinary, or Calli, the less negative symptoms you experience. The body has more support to deal with the poisons and toxins coming out. Negative Cleansing symptoms are simply that, the poisons and toxins are reentering the blood stream and you feel them temporarily on their way out. But remember, you want them out, not just recycling themselves.. Don't stop what good you just started. Cleansing symptoms

usually are only experienced for a very short time, maybe a day or so. Expect to see the cleansing symptom again in a couple of weeks or months...The body heals in cycles.

**Why symptom treat when you can get to the root causes:** A person can spend their life treating all the symptoms these toxins create in their body. You can have all kinds of tests to determine what is weakened. The solution is always the same. We have to get rid of the cause, and restore the damage done, and fortify against those things we can't minimize or eliminate. This is why we love SR. We just eat the Basics, add as many of Sunrider's additional specialty items for even more help, that you choose to speed up the healing, and just cooperate with the body, let our bodies heal themselves. We love it. Sunrider stands unrivaled. Spend your money on food that not only fills the body, but heals the body.

Because of the extreme value of each SR foods, It's hard to say which additional foods (beyond the Basics) are critical for dealing with all these toxins and the damage to our Liver, and brain and the rest of the body. I make sure our Liver and Brain have all the extra help they can get **6 Additional foods** could be added to the daily "Basics" Nourish, Balance and Cleanse to fortify the body in dealing with the fallout of these negatives that we are bombarded with every single day and it's not getting any easier or better to stay in great health.

I personally will eat these 6 "Beyond the Basics" everyday for the rest of my life.

**Fortune Delight** – Clean up that digestive system where so many of the food problems start. Super hydration so the body can let go of poisons and toxins. It's our # 1 sport beverage – super hydration for the body and pulls those acids out of the muscles that hurt (whether you've been exercising or not). Clean up those acids and debris in the digestive system.

**SunnyDew** – The #1 fuel for the liver and brain to function properly is glucose, the right kind of sugar. Sugar that nourishes the body, and helps the liver and brain do their critical functions. SunnyDew is Stevia herb and chrysanthemum (anti-inflammatory, anti tooth decay, anti viral, anti fungal). SunnyDew is 300xs sweeter than sugar. It's best tasting Stevia on the market, no bitter aftertaste. We put it in all our beverages, drinks, smoothies, pies, fruit salads, you name it.

**Spirulina** – anytime you are dealing with heavy metals and any toxic load –A number of Heavy metals attach themselves to Spirulina and stay with Spirulina until they are out of the body. Spirulina = help detoxify the liver & brain.

**Evergreen** – helps clean up that whole digestive system where so many of these problems start, helps to have healthy oxygenated blood to carry the nutrients to every cell, help detoxify the liver

**Alpha 20 C - 10 critical foods** – restore the balance to the immune system (part of Quinary) give it extra help, it has a huge job. help to an exhausted, sluggish immune system, Nourishes and helps detoxify the liver.

**TOP-** for all those neurotoxins that short circuit in the brain. I love all the Nervous System foods. But I never want to be without TOP. I've got to keep sharp.

**People say, I can't afford this much. I CAN'T AFFORD NOT to eat these foods.** How expensive is sickness? One visit to the doctor will probably pay for these foods for a month, let alone any medications, isolates, vitamins that they might suggest. How about one visit to the emergency room, one stay overnight. How about missing work, stress on the family, just not feeling great. Not able to enjoy the grandkids...stressed out. Be able to travel, write a book, share SR with others? Feel your best! Be able to take care of elderly family members. This all takes energy, health, vitality. How expensive is it to get Alzheimer's?

I choose to add these 6 to our "Daily Basics," Calli, NuPlus, Quinary, as much as we can, to make sure our liver and brain have all the help they can get. Just about every SR food zeros in on helping us deal with all these multiple negatives in our lives. We can be so thankful for the gift of Sunrider. It is truly God's gift for this generation.