

Begin Enjoying Your Sunrider “Basic Foods”



You're about to Begin Eating the most Concentrated, Properly Combined, Regenerative, Whole, Fast-Food available in the marketplace. These foods are designed to help bring desired balance to our body. Enjoy eating your way to excellent health, vitality and beauty!

NOURISH with NuPlus: **12 Whole Foods to Nourish at the cellular level:**

Shakes, Bars, Powders

- NuPlus Fuels your body with nourishment & energy so that next cell will be stronger than the one just replaced. We have millions of cells replaced every minute. The question is...will your next cell be weaker or stronger? Are you currently experiencing Degeneration or Regeneration? Whole foods are critical for regeneration!

BALANCE with Quinary: **50 Whole Foods to bring Balance to the Life**

Support Systems: Powder or Capsules

- Rather than treating symptoms, Quinary nourishes the body's 5 life-support systems: Immune, Respiratory, Circulatory, Digestive, Glandular (Endocrine) so that these *systems come into balance (rather than hyper or hypo)*. Whole foods regenerate. Vitamin isolates only meet deficiencies and often create more imbalances. *You can feed the weak systems with more of that systems' food.*

CLEANSE with Calli & Fortune Delight: **10 Whole Foods to CLEANSE the**

Digestive System, Cells, Tissues & Blood

- Rather than force a cleanse, we nourish the 5 cleansing organs: the liver, kidneys, colon, lungs and skin, so that they work naturally, more effectively, to cleanse the body of stored toxins and wastes. Calli focuses on cleaning up the cells, tissues and blood, while Fortune Delight focuses on cleaning up the digestive track and hydrating the cells and flushing fat. *Whole foods nourish to let go of toxins.*

SunnyDew: **2 Whole Foods to Nourish the Digestive System and make**

Everything Taste Extra Good...Very Nourishing, Very Good for You

- Very nourishing to the digestive system, anti-fungal, anti-viral. Wonderfully Sweet! These are whole foods vs. dangerous sugar isolates.

Sunbreeze: First-Aid Kit **in a bottle (comes in the SunPack)**

- Essential oils to bring balance. Apply to anything that hurts!!!!

SUNRIDER "BASICS" Suggested Eating Plan

1. Simply Switch Beverages: Calli / Fortune: So simple---**Turn a coffee maker into a Calli maker**---Simply let the hot water drip over the tea bag up on top...simple! This makes your 8 cups of delicious hot Calli. You can add your *Fortune Delight* or make a separate drink of 1 pkg to 1 quart water. Add *SunnyDew* to taste!!!! Drink all thru the day!!! The more you drink the better you feel!

2. Replace 1 meal or add to your Breakfast:

"72 Food Power Drinks:" Combine all the "Basics" into a power drink or eat them separately. Make 1-3 power drinks thru the day-- Breakfast, Lunch and Dinner. You certainly can eat additional healthy table foods with your "whole food nourishing power drink."

How to make the "72 Food Power Drink:"

Add to blender 2 cups of Calli, 1 pkg. of Fortune Delight, 1 pkg Quinary (or 10 capsules); 1 pkg NuPlus and a generous squirt of SunnyDew to taste: Blend for 1 minute. Enjoy hot or cold. Drink 1-3 "Power Drinks" a day.

Quinary is also great with just Calli/Fortune Delight and SunnyDew for a cold or hot drink. Quinary can be eaten as capsules...10 capsules = 1 pkg.

NuPlus can also be added to cereal, smoothies, dry out of the package, you name, it's so versatile. We love to have a power drink for breakfast & lunch, and then again in the evening with our main family dinner. The more we eat the more in balance we become and the more energy we have.

3. Replace Snacks: The "*Sunbar*" is a delicious NuPlus bar that can be eaten along with the power drink or alone with 2 cups of Fortune for a satisfying high fiber energizing lunch-\$1.45/bar (VIP).

4. More Regeneration: Eating the "Basics"

- Once a day: The body begins to wake up and starts to regenerate
- Twice a day: More Exciting changes begin to happen
- Three times day: Experience Full speed/ aggressive regeneration

"Early" Signs of Regeneration: Sleeping Better, More Emotional Stability, Calm Energy and Mental Clarity! Commit to 90 Days of Nourish, Balance, Cleanse for best results. Many of us continue for a lifetime for feeling our best! We're here to help you reach your goals, vitality, youthfulness, beauty, and longevity with optimum health.