

It has been a while since we've talked about the **JET SET** for our nervous systems. Each of these three herbal blends are formulated for three specific and different purposes though each nourishes our nervous systems. They feed processes related to **focus** and **concentration**. Focus and concentration come from the property we might call mental stillness, which essentially barricades us against things that might otherwise disturb and distract us, like pain. A still and focused mind lets us concentrate keenly during periods of activity, yet sleep peacefully during periods of rest.

Joi This is a formula that nourishes the nervous system with special emphasis on pain and discomfort in the joints, bones and muscles. These whole food herbs allow the body to reduce or eliminate the pain of joint, bone and muscle related ailments and diseases, while nourishing the body systems to restore balance. The name **JOI** is short for joints, which helps us remember its function. Personally, I use it for pain in my elbows and wrists caused by oversteering these joints working around the house and also from poor ergonomic positioning when on the computer.

This formula contains: Siberian Ginseng, White Willow Bark, Mint, Silver Flower, Yeuan Wu Root, Chuan Xiong Root, Angelica Root & Golden Bell Fruit.

ESE This formula nourishes the nervous system as it regulates the body's response to stress. It's calming effect allows for relief from restlessness, anxiety and sleeplessness. Better rested, the body is more able to deal with stress, and a clearer mind will enhance the powers of concentration. It basically helps our thought messages get to where they are meant to go. It doesn't create neurotransmitters, but feeds them. Can be used for hyperactive children or nervous adults or just about anyone with a stressful lifestyle — in other words, just about everybody! But remember, this is not a medicine. It is a food. Like all of these formulas, it is not intended to replace your medical doctor's instructions. Sometimes, my mind can't stop when it's time to go to sleep. **ESE** is a good addition to a night time cup of Calli Night to insure a good, quality sleep. It's also good for memory. A great food for students to take while

studying or just prior to taking exams. A good way to remember its function is to associate **ESE** with how it helps us be at "ease".

This formula contains: Cassia Tora Seed, Gou Teng, Ji Tsau Herb, Sophora Flower, Yeuan Wu Root, Orange Peel and Pinelliae Root.

TOP This is a nourishing formula for pain relief and systemically improved concentration. These herbs are formulated to nourish the nervous system and help the body achieve relief from headaches and other forms of pain, without numbing the senses or dulling the powers of concentration as most other pain relievers do. This formula encourages the body to actually enhance the powers of concentration as it eliminates pain. Personally, I don't need to be in pain to use this formula. I use it more for its ability to enhance my concentration and focus whether I have pain or not. I am easily distracted and sometimes I need extra help to bring me back to the task at hand. I also use it to help me achieve emotional balance. It can sometimes help us get through those "blue" periods of life that we cannot avoid. A good way to remember its function is to associate it with the **TOP** of your body. It is food for the brain.

This formula contains: Mint, Silver Flower, Chuan Xiong Root, Yeuan Wu Root, Angelica Root, Golden Bell Fruit, Ji Tsau Herb and White Willow Bark.

The **JOI**, **ESE** and **TOP** formulas are a unique blend of herb foods which the Chinese have traditionally eaten to enhance an overall sense of well-being. It is recommended that these three formulas should be eaten together because they compliment each other. Again, Dr. Chen's formulations of these three products is very important. If you note the ingredients, you will see some of the same herbs used. But, the proportion and combining has been done by the master himself. Dr. Chen's expertise here can only be appreciated by those who eat these special foods.

In a nutshell, the **JET SET** helps to balance us more mentally and spiritually and helps us to be more in harmony with those around us and with nature.

— references: Sharon's Notes, Part 2; Chinese Herbs, 3rd Edition by Suzanne S. Dean & Donna L. Sorensen; Regeneration by Dean Black.

N.B.C.'S* WIDE WORLD OF *SunSports*

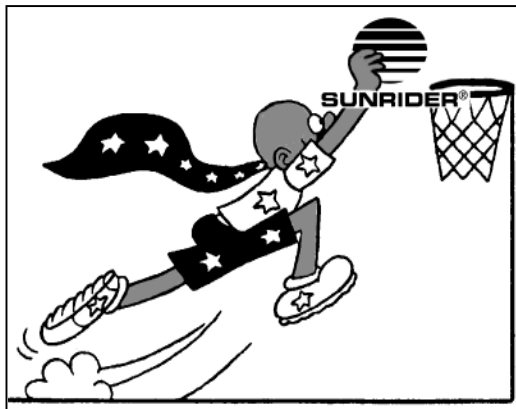
An article by Bob Condor (Xnight News Service) appeared in the Toledo Blade on October 8 that emphasizes the importance that nutrition plays in the success of super athletes like **Michael Jordan**:

Michael Jordan works hard to stay at his esteemed peak. He is tireless during practice, seemingly even more so during games. He gets up early during the season to lift weights with his trainer. Perhaps as important, he watches what he eats. "Michael is not a big eater," said Tim Grover, Jordan's personal trainer for the last eight years. "He eats only when he's hungry and only until he feels comfortable rather than full." "He's learned more each year what works for him, what gives him the most energy and stamina." [Sounds like he listens to his own body to tell him what's best for him!] Grover addresses Jordan's [high] metabolic rate by advising more frequent but smaller meals. "This helps regulate the blood sugar or insulin level in the body," Grover said. "If he were to eat a big breakfast and then not have any food again until after practice, say around 3 p.m., then his insulin and energy levels would raise up in the morning for a while but crash in the afternoon. It would affect his mood along with his activity level." Instead, Grover suggests a good-sized breakfast — the biggest meal of the day — followed by a mid-morning fitness shake, lunch, a mid-afternoon fitness shake and a light dinner. On game nights, Jordan might eat a larger dinner instead of the mid-afternoon snack, a light snack after the game. "Skipping breakfast is a bad idea and a common mistake," Grover said.

Michael drinks plenty of fluids to avoid dehydration. His shakes (a key component of his nutrition program) include [plenty of electrolytes,] protein powders and fruits (when a blender is available). He also includes a mix of carbohydrates and proteins at each meal while avoiding fatty foods, though he doesn't use an exact formula.

"Exercising can be the easy part," Grover said. "Proper nutrition is often the harder proposition."

Michael Jordan practices a lot of what we, Sunriders, know we should be doing — exercise and eat right! Michael clearly knows how good nutrition must be a part of his life.



Now, we can't all be superstars like Michael Jordan, but we can certainly be a lot closer to our full potential if we have good nutritional practices. For the athletes, or anyone else that wants to achieve higher levels of performance, take a look at the **SunSport®** products:

NuPlus A natural source of nutrients which, because of their "whole food" nature, are easily adapted to our bodies' natural synergy. Very high in complex carbohydrates with the balance being primarily vegetable protein. Since NuPlus can be consumed in powder, liquid and bar form during physical activity, the body can produce glycogen during the event when it is most needed.

VITALITE SUNBAR® The Sunbar combines the powdered ingredients of NuPlus with other fiber rich herb foods, seeds and nuts. It's a healthy snack which provides sustained energy. It contains no added sugar or preservatives. Great for a quick meal replacement too!

ELECTROSPORT™ Replenishes electrolytes and enables our cells to function efficiently. A complete integration of ten electrolytes carefully formulated to create osmotic balance and to aid in the absorption and utilization of nutrients. It is an ionized solution, and is therefore, very fast-acting within the body.

SPORTCAPS® These nourish and satisfy an active body with nutritious, specially concentrated and enhanced high-performance foods like bee pollen, alfalfa, rose hips and kelp which are blended with herb foods (including Siberian Ginseng). These foods naturally contain a high concentration of vitamins and minerals in their whole food form.

SUNRISE® This is a power-packed nutrient drink that comes in single serve 1/2 ounce vials. You may feel a "warm sensation" inside as Sunrise is immediately assimilated. It helps: refresh your body before or after a hard workout or a hard day; renew vigor, energy and endurance; assist the muscle groups to respond more quickly; and replace minerals lost through perspiration.

EVERGREEN® This is a highly concentrated chlorophyll product. Because of the oxygenating properties of chlorophyll, it enhances the performance of the body during strenuous physical activity.

Fortune Delight® A wonderful, instant beverage that comes in powder form to be mixed with water. It fights dehydration during exercise and aids the body to release poisons and toxins. A great medium for **Evergreen** and **ElectroSport**.