

Sunny Fresh—Excellent for Throat, Coughs and Respiratory System...So Delicious!

Sunny Fresh is a delicious mint, liquid extract designed to soothe and invigorate the mouth, throat, and upper respiratory tract (promoting freer breathing). It contains 20% honey, compared to most loquat cough syrups, which contain 70% honey. Known to stop a cough when drunk straight or diluted in water. Especially delicious and effective in a cup of hot **Calli**. Can be mixed with **SunBreeze** and applied topically for relieving chest congestion. **Sunny Fresh** is great for singers and public speakers, or those who just like to talk!

This skin and throat food is very rich in antioxidants, so will also nourish the tissues throughout the entire body. **Sunny Fresh** is very regenerative throughout the entire body. The ancient Chinese believed that many of the herb food components found in this formula offer additional nutritional support for the Metal element of the **Quinary**. In the five element tradition, the Chinese taught that the elements have pairs, for example, the health of the lungs (metal element) are related to the health of the skin. Thus, **Sunny Fresh** helps enhance the skin's natural beauty. **Sunny Fresh** has also been found effective to relieve food poisoning, as it has traditionally been used to aid digestion, soothe the stomach, and freshen the breath. **SunnyFresh** nourishes Qi, the breath of life! So **SunnyFresh** is very regenerative for everyone!

Ingredients:

Loquat: The fruit is said to act as a sedative and is eaten to halt vomiting and thirst. The flowers are regarded as having expectorant properties.

Fennel Seed: Used today primarily as an aid to digestion.

Asparagus Root: Asparagus Root is used to regulate hormones for men and women and may very well affect emotions. Other aspects of Asparagus Root lead to recommendations for preventing and gastric ulcers, dyspepsia, and diarrhea. It has also has been used for nourishing the liver and the nervous system. Asparagus Root assists in cleansing excess water and toxins from the body. Modern research has focused on its immune enhancing effects.

Snakegourd Fruit: Snakegourd Fruit has historically been used to help clear the lungs.

Codonopsis Root (Pilosula): Codonopsis is one of the most famous and widely used Chinese Tonic herbs. Its blood building quality makes it especially good for people who are weakened due to illness. Many women use it to build blood and the Chinese consider Codonopsis to be perfectly suited for nursing mothers, babies and children. Codonopsis builds strong muscle in children. Codonopsis can be eaten by anyone wishing to build Qi, strengthen their immune system, nourish their blood and strengthen digestion and respiration.

Chrysanthemum Flower: Chrysanthemum is associated with the Lung and Liver meridians. Its three main functions are to pacify the liver, to release toxins, and dispel wind and clear heat.

Licorice Root, Almond Nut Extract, Menthol, Mint Herb Extract Oil, Peppermint Oil, Cinnamon bark Oil and Clove Flower Bud Oil.