

RECOVERY FROM ADDICTIONS:

Dear Friends,

Addictions simply indicate a body out of balance. It is needing something. It could be lacking healthy brain chemicals such as, **serotonin** , **norepinephrine**, and **dopamine**. The imbalance can be from toxification or lack of nutrition throughout the body. The goal is to rebuild the endocrine/ glandular and liver function and strengthen the overall blood sugar/nervous system/metabolic function. addictive syndromes.

Yeast Overgrowth, or Candida Albicans, are often a main causative factor in addictions, especially alcoholism, sugar addictions, and eating disorders. The condition, widely known as Candida — a yeast overgrowth in the digestive tract, sinuses, and the vaginal area, is widespread. Because these yeasts feed on carbohydrates, an overgrowth will cause intense craving for and addiction to alcohol and sweets. A fourfold program called a Candida Blitz includes: eliminating simple carbohydrates, using digestive floras such as **VitaDophilus**, killing the yeast with **Chinese Golden Seal and Fortune Delight**, and **Alpha 20-C** (Immune System) and using formulas to rebuild the glands and organs.

The Sunrider Calli and Fortune Delight are especially valuable in replacement therapy. Many people have been able to quit caffeine, alcohol and cocaine addictions through the use of these beverages. These teas increase and stabilize blood sugar levels, increase stamina and energy, improve liver function, and are among the most powerful cleansers of body poisons known. I have been amazed by the number of people who have told me that as soon as they began drinking **Calli**, they lost all craving for caffeine and were able to completely quit coffee and cola addictions with ease. Many people get added benefit by adding **Fortune Delight** to their **Calli** tea from time to time.

To detoxify mind, liver, and cells throughout body:

Many have benefited from **1 Calli bag** to one cup of water 3 or more

times a day. ***Calli and Fortune Delight*** also increase those healthy brain chemicals, especially **dopamine**.

To cleanse kidney, bladder and urinary tract:
Fortune Delight

To immediately stop cravings:
VitaTaste Capsules 3-4 every 3-4 hours or as many as needed should stop the cravings.

To restore mental balance and hopefulness:
TOP focuses on the head and brain.

**To nourish the body's nervous system — head on down —
“Ease on down the road”:**
ESE

To strengthen every organ and entire nervous system in body:
NuPlus !!!!!

For additional help as needed: We have numerous Sunrider Foods and Food Formulas that can be added as needed:

To nourish the thyroid function:
Prime Again is the messenger for all the endocrine glands and hormones.

To strengthen adrenal function:
NuPlus, Calli, Prime Again, Beauty Pearls, VitaSpray and Korean White Ginseng

Sunrider Formulas to help restore liver function:
NuPlus, Calli, Evergreen, Chinese Goldenseal, and Korean Ginseng

Formulas to strengthen and balance female reproductive system:

Beauty Pearls, NuPlus, Prime Again and Dong Quai (after 40 -- Bella)

**Formulas to strengthen male glandular function:
NuPlus, VitaSpray, Prime Again, Veros, Korean Ginseng, and CiWuJia**

Sample Protocol for "Recovery from Addiction"

by John Finnegan) .

**Upon rising: Glass of water, 2 *TOP* and 2 *ESE*
20 minutes later, 6 *Prime Again* capsules**

With breakfast, 1 Quinary packet

Mid Morning — 1 NuPlus

With Lunch — 1 packet of Quinary

Mid-afternoon — 1 NuPlus, 6 Prime Again

With Supper — 1 Quinary packet

Bedtime — 2 TOP and 2 ESE

Drink Calli and Fortune Delight as desired throughout the day.

For Limited Budget:

Reduce 1 Quinary packet to 1 -3 Quinary Capsules

Maintain 1 or NuPlus a day between meals along with Calli and Fortune Delight as desired

In today's stressful world, we are all so thankful for the resources we have in Sunrider foods; they can help us keep a balanced body and nervous system.

Love and Blessed Thankful Days, Nancy

