

## TOP TEN: FLU, VIRUS & Environmental PROTECTION

EAT THE BASIC REGENERATION FOODS DAILY AS A FOUNDATION FOR HEALTH:

<u>NUPLUS</u>	w/ <u>SUNNYDEW</u> <u>SUNECTAR</u>	<u>CALLI &amp;</u> <u>FORTUNE DELIGHT</u>	<u>QUINARY</u>
Nourish & Strengthen All the Body	Balance Blood Sugar Levels	Cleanse & Purify & Flush Fats	Strengthen all 5 Major Body Systems

Add **these foods as needed** to help and support your body through the cold, flu and virus season:

1. CALLI – Strong Calli at the first sign of illness. 1 bag/1 cup. Nourish the cleansing organs so they can clean up the body. Follow by lots of Calli to get the poisons and toxins OUT!

1. . **ALPHA 20 C** - Available in 100 capsule bottle (#192501), in ½ pound bulk (#191500), or in 5 gm. powder packets (191505 -10 pack) & (191509 - 60 pack).. Nourishes your immune system, fights infection, helps liver). A WONDERFUL HERB FOOD THAT WORKS to strengthen the body's ability to defend itself from major problems. Use as a preventative.

2. **CONCO** #192501 - Available in 100 caps bottle. Nourishes the auto-immune system which is respiratory, lymphatics & sinus. Helps decrease mucous, helps prevent colds and flu.

**The above two formulas, ALPHA 20 and CONCO work synergistically together. We use them together if we want to avoid or “catch” a cold or flu. It’s our Double Defense Team!**

3. **CHINESE GOLDEN SEAL** #244001. 100 caps – Helps those who wish to avoid the use of antibiotics when infections threaten. Safe for children and pregnant women, Sunrider’s Goldenseal is balanced and safe for extended use, with no side effects. Used successfully for most infections: sinus, bladder, respiratory, immune support and circulatory, very soothing to mucous membranes.

4. **VITAFRUIT** #102011-11oz bottle or 102015 10/.5oz vial pack. Highly concentrated, delicious herb fruit juice. Rich in vitamin C, antioxidants, amino-acids, and beta carotene - the best! Helps healing of tissue; slows aging. It has helped reduce fever in children. Will improve ANYONE’S mood!! “the happy fruit”. A wonderful drink for a feeling of well-being!! Stir one TBS. or 1 vial into cold water or NuPlus & enjoy. Do NOT put in HOT water.

5. **VITASPRAY** #247001 – Sunrider’s vitamin & mineral mouth-spray, featuring B-12 and other B’s, as well as Vitafruit antioxidants, in food form. WOW! Essential for hemoglobin production, helps morning sickness, beneficial for small children whose growth is slow. Helps stress and nerves, the list goes on. So handy - keep it in your pocket or purse, spray under your tongue (for maximum absorption) when stress strikes or someone sneezes on you. Oh yes it freshens breath. We love it!

6. **EVERGREEN** #199005- Unique liquid chlorophyll for circulatory and digestive systems; purifies & oxygenates blood, counteracts body odors. Excellent source of iron the body can

assimilate. Favored for pre-natal use. Dilute with water. (A grandmother shared that it helped reduce a fever in her grandkids...she opened a vial, added a few drops of SunnyDew or Sunectar and put in a straw and let them sip!) Follow with water.

7. **SUNNY FRESH #200005** - 10/.5oz vials - Soothing for throat and respiratory and voice. A liquid syrup in a vial, containing loquat, honey and other herb foods, so helpful for chest area!

8. **FORTUNE DELIGHT** – Low calorie herbal beverage. OFTEN the only thing that tastes good, stays down, keeps the body from dehydrating when burning up with fever. Cools the body, supplies needed minerals (electrolytes) and WATER...we find it satisfies MORE than just plain water! A MUST, EVERY DAY AND WHEN SICK TOO. Can be sweetened with Sunny Dew.

9. **CITRIC C TAB** – A Chewable C tab that taste like oranges. Each tablet contains 200% of the recommended daily requirement of Vitamin C from ascorbic acid, sodium ascorbate and rosehip powder. In addition, Citric C Tab contains an exclusive blend of citrus bioflavonoids and green tea leaf extracts. Chewable makes it absorbed immediately through the mucous membranes of the mouth! Kids love them and so do adults! Vitamin C does so many things!

10. **CALLI** – Strong Calli at the first sign of illness. Clean up the body. Follow by lots of Calli to get the poisons and toxins OUT!

#### **ALSO REMEMBER:**

**SUNBREEZE OIL & BALM #292006** 6 pack essential oil; 6 pack small balm; Lg.92oz balm. A formula that's wonderful for sinus headache & pressure, sore throats, chest congestion, sore & achy muscles, etc. A must in your First Aid Kit!!!!

**SUNSMILE FRUIT & VEGETABLE RINSE** – (#310904 16 fl.oz. for home use) (#310902 – 1fl. oz. trial size ideal for purse or travel) To clean your fruits & veggies of herbicides, pesticides, and oily substances, and to keep your home and body free of contaminants, bacteria, fungus & other **unwelcome** or critters! For cleaner produce and a healthier life!

**HAND & BODY LOTION - Dr. Chen's Hand & Body Lotion** with a wonderful fragrance. **Oi Lin Hand & Body Lotion** in fragrance **or fragrance free**...in 8 oz bottles or 2.3 oz bottles for the dry skin itches! Will retain moisture in the skin up to **12 hours. Both are super formulas!** The Dr. Chen's formula is formulated for the dry skin more prevalent in men...really a **rich** formula. You will absolutely notice a **difference** with these!

Also available the **regular Kandesn Hand & Body Lotion** in 8 oz bottle. A very moisturizing formula containing **no mineral oil or petrolatum products** which clog the pores. Sunrider lotions truly are the best! **Young adults find them far superior** to the ones in the bath stores in the malls!

Remember, if you do not have or are not able to have these 10 products on hand, **EAT and DRINK more of the BASICS**, that is where REGENERATION is. **NOURISH, BALANCE & CLEANSE. YOUR BODY WILL BE STRONGER.**

