

IN-DEPTH

"Everyone's Sunrider
Newsletter"

"Balancing Your"



Dec. 2007

Five Elements!

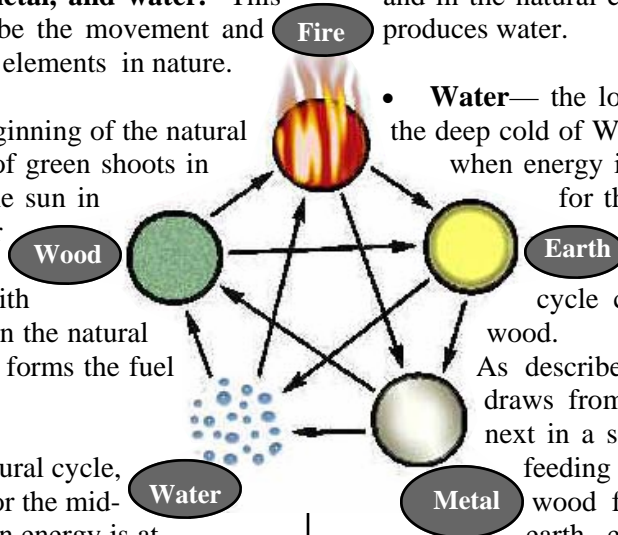
Five Elements

Chinese five elements theory refers to the five element or **wood, fire, earth, metal, and water**. This theory can be used to describe the movement and relationship between different elements in nature.

- **Wood**— describes the beginning of the natural cycle, the bursting forth of green shoots in Spring or the rising of the sun in the East, an expanding or increasing rate of energy— it is associated with the color of green— and in the natural cycle draws on water and forms the fuel for fire.
- **Fire**— the peak of the natural cycle, the high heat of Summer or the mid-day sun in the South, when energy is at its most active— it is associated with the color of red— and in the natural cycle burns wood and creates earth.
- **Earth**— the pauses in the natural cycle, when energy is changing, like Summer's end while the fruit matures before autumn begins— and in the natural cycle comes from fire's ashes and yields mineral ores for metal.
- **Metal**— the warning of the natural cycle, the falling leaves in Autumn or the setting of the sun in the West, a contracting or decreasing rate of en-

ergy— it is associated with the color of white— and in the natural cycle is drawn from earth and produces water.

- **Water**— the low point in the natural cycle, the deep cold of Winter or the darkness of night, when energy is at its least active preparing for the next period of growth— it is associated with the color black— and in the natural cycle comes from metal and feeds wood.



As described, each of these 'elements' draws from the previous and feeds the next in a sequence called the mutual or feeding cycle— where (descriptively) wood fuels fire, fire's ashes create earth, earth yields metal ore, metal produces water and water feeds wood.

This is often likened to a generator and, like a generator, without a regulator would run out of control and overheat— there is, as would be expected, a complimentary sequence that controls or constrains the first— where (descriptively) wood binds earth, earth holds back water, water extinguishes fire, fire melts metal, and metal chops down wood.

Basic five elements characteristics and classifications:

Element	Yin/Yang Organs	Colors	Flavors	Sense Organs	Emotions	Body Parts	Climate
wood	Liver/GB	green	sour	eyes	anger	tendon	Wind
fire	Heart	red	bitter	tongue	joy	pulse	heat
earth	Spleen/stomach	yellow	sweet	mouth	pensiveness	muscles	dampness
metal	Lung	white	pungent	nose	sadness	skin	dryness
water	kidney	black	salty	ears	fear	bones	cold

How the Five Elements Work

➔ Every System has a **TISSUE** associated to it:

Digestive System Muscle
Respiratory System Skin
Circulatory System Bones
Immune System Tendons, Nerves
Endocrine System Blood Vessels

➔ Every System also has an associated **SENSE ORGAN**:

Digestive System Mouth
Respiratory System Nose
Circulatory System Ears
Immune System Eyes
Endocrine System Tongue

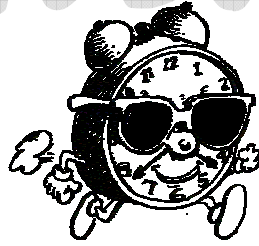
➔ Finally, there are **OUTWARD** or **SUPERFICIAL MANIFESTATIONS** for each Systems:

Digestive System Lips, Gums
Respiratory System Respiration, Body Hair
Circulatory System Head Hair, Teeth
Immune System Finger Nails, Toe Nails
Endocrine System Complexion

So you see, our body is perfectly designed. We should be able to see most of what is happening inside by checking from the outside. To be considered as vibrantly healthy, we must be able to establish a harmonious pattern of signs among ALL the systems.

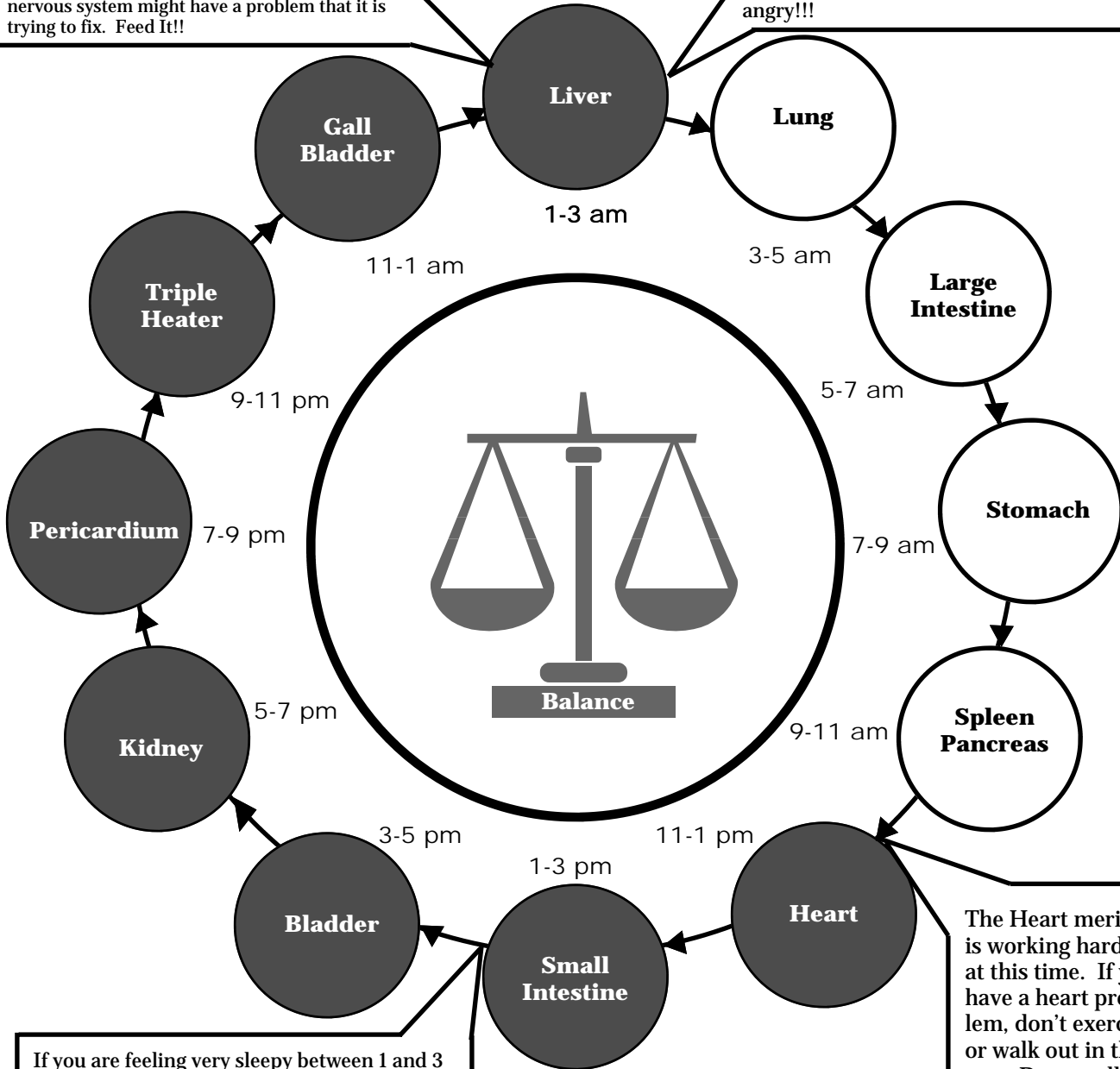
The Chinese say that we are made up of three concentric circles. The innermost circle contains our **ORGANS**. The second circle contains **CHANNELS** which connect the organs to the **SURFACE** (which is the third circle).

OUR ACTIVE BODY CLOCK!



Between 1 to 3 am the energy is at its peak in the Liver. If you wake up on consecutive nights between 1 to 3 am, most likely, your liver or nervous system might have a problem that it is trying to fix. Feed It!!

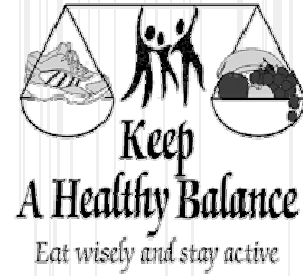
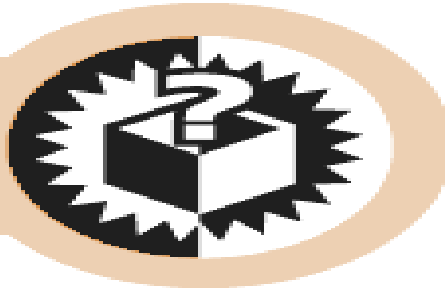
We should be sleeping soundly by this time. If not, then our liver won't be able to prepare for the next day and will be stressed out and angry!!!



If you are feeling very sleepy between 1 and 3 pm, most likely, you over ate and your small intestine is now in a spin trying to sort out what to do with all the food you ate. This is common when you combine meat and carbohydrates.

The Heart meridian is working hardest at this time. If you have a heart problem, don't exercise or walk out in the sun. Rest to allow your heart to do what it needs to do, not what you want to do!

How Do We Feed These Organs?



So, now that we have identified the **FUNCTIONS** and the **ORGAN PAIRS**, let us take a look at how to properly Nourish and Energize the organs.

Thanks to the Chinese who studied system-specific nutrition, we have received formulations that will feed each organ. In these formulas we receive ingredients with different colors, different flavors, different textures, etc. For example the five-color and five-flavor philosophy to feed the five key **ORGANS** and their associated Tissues:

Yellow, Sweet	Stomach
White, Pungent	Lungs
Black, Salty	Kidneys
Green, Sour	Liver
Red, Bitter	Heart

Proper Nourishment.....What Does This Mean?

To live well and to live long, the Chinese have been researching this for thousands of years. They discovered many things, but nothing is as powerful and strong as the discovery of Food and what it can do for the body.

They base their food philosophy on the Five Elements Theory.

The Chinese traditionally believe that our body has five major corresponding systems to the five elements. In **Sunrider**, the formulation is the **Quinary**, which consists of five unique herbal formulations designed to ad-

dress the nutritional needs of those systems.

ALPHA 20C

Food for the Defense System

In Ancient China a similar formula was used to :

- Build the immune system.
- Strengthen the T-cells that are important in fighting infection and controlling the growth of dangerous and destructive, extraneous cells.
- Detoxify the body and help expel fever and illness.
- Reduce vulnerability to viral and bacterial infections.
- Improve liver function.

CONCO

Food for the Respiratory System

In Ancient China a similar formula was used to:

- Strengthen the body systems that protect against allergies, influenza and the common cold.
- Relieve fevers and headaches—including migraines.
- Soothe the stomach and reduce nausea and vomiting.
- Relieve muscle and joint pain accompanying influenza.
- Relieve congestion of the air passages of the chest and head (sinuses, bronchial, etc.).
- Nourish the lymphatic and respiratory system.
- Rebuild and improve immune system function.

ASSIMILAID

Food for the Digestive System

In Ancient China a similar formula was used to:

- Provide digestive aid for stomach and lubricate the intestinal tract.
- Alleviate heartburn, upset stomach, vomiting, indigestion, gastric ulcers, gastritis, colic, abdominal pain and distention.
- Aid sleep by reducing gastrointestinal tension.
- Strengthen the functions of the liver and gastrointestinal tract.
- Restore and normalize acid secretions and enzyme production.

PRIME AGAIN

Food for the Endocrine System

In Ancient China, a similar formula was used to:

- Nourish the reproductive system and the general processes by which body cells reproduce themselves.
- Regenerate the endocrine glands including the adrenals, thyroid and reproductive glands.
- Strengthen the heart, Kidney, Spleen, Stomach and Liver.
- Enhance the body's ability to recover from illness or injury.
- Strengthen the nervous system and the body's ability to handle stress.
- Regulate hormonal secretions, and enhance sexual response by nourishing the glands that enhance the reproductive process of both men and women.
- Build muscle strength.
- Decrease allergic reactions including hay fever.
- Nourish the pancreas and the adrenals.
- Relieve PMS and menopausal symptoms.

LIFESTREAM

Food for the Circulatory System

In Ancient China, a similar formula was used to:

- Regulate blood pressure.
- Strengthen the bowel and cleanse the intestinal system.
- Cleanse the blood and reduce extraneous clotting.
- Reduce the level of free fat and cholesterol in the blood.
- Improve eyesight and reduce redness of the sclera.
- Strengthen the nervous system and relieve depression and poor memory.
- Increase vascular elasticity and heal circulatory disorders including varicose veins and hardening of the arteries.

The premise of the whole philosophy is that we need to be in balance and also we need to be in harmony with all our elemental energies.

To further describe this philosophy, there are five basic body systems in the Chinese belief system and, of course, each system is associated with a particular elemental energy. **Dr. Chen** has given us the modern version of the ancient formulas of special foods that feed each of these systems, called the **Quinary**.

What makes **Quinary** so wonderful is that we don't have to analyze our systems to see where we are out of balance, we simply feed all five systems! Our bodies are very intelligent and know what foods they need.

Why should we try to second guess our own bodies?

The Sunrider Philosophy Of Health!

Using the Sunrider Sunpacks



Life begins and health is maintained at the cellular level. Our life is directly dependant on a balanced interaction of all body cells. The human body is designed to maintain itself when given the proper nutrition, the environment within the cell is enhanced.

Our body is a collection of trillions of cells grouped together as organs, glands, and tissues. Health is a synergistic balance between all the groups of cells.

These cells are constantly being replaced in a predictable manner. This continually recurring process of replacement is REGENERATION.

The goal of the Philosophy of Regeneration is to produce order in the body by providing the nutrition needed for proper functioning of its systems and organs.

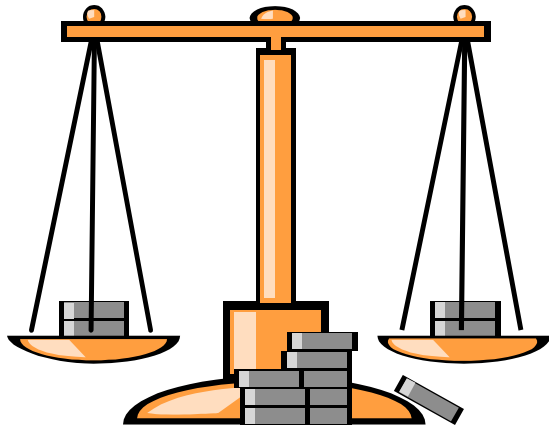
These high nutrients come from the Sunrider Sunpack, designed to properly feed and nourish our bodies.

The Sunpack is a complete herb food package which form Sunrider's Basic Nutritional Program.

Suggestions for Using the Formulas

- **Use the Foundation Formulas every day.** Calli, NuPlus, Quinary, and SunnyDew address processes that underlie every body function. They lay a foundation for all of the other formulas. How can we accomplish this with the Sunpack?
- **Follow principles of healthful living.** In other words, eat balanced meals, exercise, employ a positive attitude, get plenty of rest. These formulas support a balanced living not to make up for poor habits.
- **Be responsible for your own health.** Don't expect magic solutions from these products. But, do take charge of your health.
- **Experiment with the formulas.** The Chinese used the method of trial and error. We can sense what is taking place in our bodies. Listen to it. Take enough until you feel a difference.
- **If you are ill, work with your Doctor.** These formulas are foods, not medicines. When we are sick we may need substitutes to stabilize us, or a doctor to monitor our progress.

The Balancing Effect of NuPlus and Calli



The human body works in a two-phased cycle, similar to an automobile. First the body draws in a mixture of food and air. Second they oxidize the mixture (which frees its energy), and cleanse the resulting wastes. When the phases fail to balance, the body runs rough, as does an automobile.

Chinese Nutritional Herbs regenerate the body by feeding this two-phased cycle. That is, some nutritional herbs nourish the body, while others cleanse it. By eating balanced amounts of both kinds of herbs, we rebalance the body, or restore its optimum health.

NuPlus

NuPlus feeds the general nourishing function of the body. Among its ingredients you will see five different-colored beans: **green, red, black, white, and (with soybean) yellow.** To the Chinese, different colors correspond to different functions, or organ systems, of the body. The five beans illustrate how they use variety as a tool for creating balance.

As a broadly nourishing food, this whole-body tonic helps the body:

- Fight fatigue
- Build its defenses
- Balance its weight
- Regulate its blood sugars.

It provides a balanced ratio of 65% carbs, 23% protein, and 12% fat.

This formula contains essential nutrients, naturally-occurring bioflavinoids, antioxidants, amino acids, and phytochemicals.

Calli

Calli is a very powerful deep tissue cleanser. It feeds the general cleansing function of the body. Its ingredients were used by priests in ancient China for their ability to produce mental clarity. It has been known for:

- Dissolving arthritic deposits.
- Help break down plaque in hardened arteries.
- Leach out heavy metals.
- Break up cysts.
- Help neutralize free radicals.
- Help remove parasites.
- Has antifungal properties.
- Improves liver function.
- Aids fat metabolism.
- Increases energy.
- Strengthens digestion.
- Improves nervous system function.

Calli's main ingredient, *Camellia sinensis*, contains polyphenols, which research shows to function as antioxidants to help reduce the risks of some cancers. Other research suggests that polyphenols can help reduce harmful cholesterol.

A Daily Meridian Health Program

NuPlus: Herbal food powder that feeds all five elements

Quinary: Capsule, powder or Liquid. A must if you want more energy! Feeds all five elements and Meridians, enhancing energy flow to all organs and muscles, thus balancing your emotions.

Calli: Cleanser of toxins-delicious! Enhances communication between meridians.

Eat them Three times daily!!



**"Let's
Talk
Business!"**

Tips for Reading and Sending E-Mail



Zero out your inbox at the end of each day!

Is dealing with your email becoming like a second job—you know, you can't really get anything done because you're always stuck in your blasted in-

box?

Or you look in your inbox and feel like you're being buried alive by the 500 emails that are staring you in the face and mocking your attempts to get the situation under control?

Read Once, Then Decide

Read-decide. Read-decide. This is the pattern of effective e-mail processing. The goal is to end up with an empty inbox *daily* or, at the very least, every couple of days.

You need to first decide if the message is actionable. There are only two possible responses to this: yes or no. If the answer is no:

Then it is a **Non-Actionable Message**. You then have three possible choices:

1. **Delete the message.** It is no longer needed. Spam, most ads, and many e-mail newsletters fall into this category.
2. **File it for later reference.** It may be useful later. However, you don't want to let it sit in your inbox consuming psychic energy. Instead drag it into a folder.

Be careful here. . .you should streamline your folders as much as possible.

You have your inbox. Then you have your "archive" folder. Then you may have your "response needed" folder. Perhaps you have a "pending" or "someday" folder. That's it. Of course, depending on your work, maybe you'll have a few more, but you get the idea—Streamline those folders. The point is that the gazillion folders and sub-folders sitting in our inboxes aren't really helping you be more productive.

The strategy is to sort on the front end, the first time you see the email.



3. **Incubate it for later consideration.** No action is required now, but something might need to be done later. Drag these into your **Someday** folder.

If the message is an **Actionable Message**, you also have two choices:

Do it now.

Just take care of it, and get it off your plate.

Defer it for later. If you can't do it in two minutes or less, then you need to schedule a specific time to do it.

The goal is to **Zero out your inbox at the end of each day**. Yes, you read that right—when you close shop at the end of a day, your inbox should be empty, just like your voicemail. (You know it would drive you crazy to leave that red light blinking on your voicemail.)

Also what can help is to **Check emails only at certain times**. Some check once an hour, some check twice a day, you may be able to get away with checking it even less. The

point is not to live in your inbox.

And what about sending e-mails:

4 Tips for Sending E-mail Your Recipients Will Love!

- ◆ Use the Subject line to clearly describe the topic of your e-mail.
- ◆ Include only one subject per e-mail message.
- ◆ When replying to any e-mail, attach enough of the old message for the recipient to remember the content of the original e-mail, but delete unnecessary information or duplication.
- ◆ Avoid sending e-mail attachments whenever possible. Receivers are becoming more reluctant to open attachments due to the increasing prevalence of viruses that can come through attachments. In some instances, you may send an attachment, and include the attachment in the body of the e-mail.

From:

Address Correction Requested

To:

**"Life is like riding a bicycle. To
keep your balance you must keep
moving"**

**By
Albert Einstein**

