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REGENERATION with Herbal Foods

To the Chinese the relationship between life-style and health is self-evident and well established. They have been studying it for 20 or 30 centuries. They have found precisely what you might expect - that we restore harmony to an underfunctioning body mainly by adjusting the way we live: the way we think, the way we act, and the way we eat. This restoring of harmony is regeneration. The opposite approach is the one that most of us have grown up with - the propping up of our impaired functioning by the use of drugs and surgery, to take over control and substitute for our normal functioning.

The Chinese have also studied stronger measures - like acupuncture, which opens up internal communication channels, and medicinal herbs, which function as biochemical substitutes, like drugs. But for long term harmonising they adjust the simple, everyday things. Of all the simple, adjustable, everyday things, none is more important than the kinds of foods we eat.

The Chinese place their highest value on a broad category of plants called food herbs. The food we buy in the supermarket is the weakest food available. When mankind learned to cultivate his food he chose to cultivate only the foods that appealed to his senses - to his eyes, nose and mouth. If we eat stronger foods we become stronger. If we eat better foods our health improves. But if we eat weak foods we become more vulnerable to disease.

Food herbs are, in the right combinations, the strongest and the best foods available. Fortunately they do not also nourish bacteria and viruses. When human blood is permeated with herbal nutrients, two things happen. Firstly, all of our organs, parts and bodily functions are powerfully nourished. Secondly, toxins are removed and unfriendly bacteria and viruses are starved to death, and the body is cleansed and purified. The cleansing and purifying qualities that allow herbs to last for years without rotting (compared to a carrot or broccoli or tomato which decompose within three months) are the greatest benefits to be gained from the addition of herbal foods to our daily diet.

Over the centuries many thousands of food herbs have been investigated and arranged in recipes that are health-orientated rather than taste-orientated. We can eat foods that are specific for a particular organ system or we can eat a wide variety of food herbs and so nourish all of our functions. According to the philosophy of regeneration the best way is to eat a wide variety. Eating for specific organs or functions is only done later, if needed, rather than trying to localise the problem as we have grown up to do.

Modern technology enables the ancient recipes to be even more concentrated than they originally were, so that one pound of the food herb recipe contains ten or more pounds of plants.

If internal communication is fuzzy and normal functioning is weakened then proper assimilation is obviously not happening. Directed nourishment is needed and this will lead to regeneration and to restored functioning. Regeneration's position as China's pre-eminent healing principle explains why the Chinese take such care to organise their foods according to which function of the body they nourish rather than according to taste.

SUNRIDER FOODS

Sunrider Foods are tasty as well as being extremely nourishing. The essential Sunrider Foods, intended for daily use, are based on the 5-element energetic system as used by acupuncturists; the concepts of the 5-elements are redefined as Nourish, Balance, and Cleanse and the four main foods are:-

1. Calli Beverage. This is a cleansing drink (equivalent to feeding the control cycle in the 5-element system). It is not laxative, purgative or diuretic but works by strengthening the eliminative functions and so promoting detoxification. This approach to cleansing also has the effect of strengthening mental focus and improving concentration. In fact the original intention of the Shaolin temple monks who developed this recipe was to improve their concentration during meditation. One bag of Calli Beverage makes 2-4 litres.

2. Nuplus. This herbal food combination nourishes all the cells of the body (equivalent to nourishing the creative shen cycle) and provides for very high quality nutrition, for sustained energy and for quick recovery from strenuous activity. Take two or more Nuplus daily. Mix each one into a paste with a little cold liquid (water or fruit juice) and then dilute, while mixing, with Calli Beverage or fruit juice, with a few drops of Suncare sweetener.

3. Quinary. Quinary is a combination of each of the five recipes that nourish the 5 organ systems (immune, endocrine, digestion, respiration, circulation). Quinary contains more than 50 herbal foods and is equivalent to balancing the 5 elements. The 5 recipes can also be eaten separately eg Alpha 20C for the immune system.

4. Suncare. Suncare is a unique herbal food that is highly concentrated. The key ingredients are Stevia and Chrysanthemum. Only a few drops are used at a time and it nourishes the pancreas. This promotes blood sugar regulation which can lead to relief from cravings for sweet foods, and relief from hypoglycaemia and diabetes. It has also been shown to promote emotional stability and relief from mood swings.

These four foods are available separately, or together in the SUNPACK. The Sunpack gives several weeks of regenerative experience and enables most people to find the level of each of the foods that they need to use to achieve optimum health-building.

A 6-meal pack of herbal foods that gives an introduction to "Nourish, Balance and Cleanse" is available in the NBC6. This will enable you to appreciate the regenerative experience.

SUNRIDER FOODS are available from:

THE NUTRI CENTRE
7 Park Crescent
London W1N 3HE
Tel: 071 436 5122

JOHN MORLEY
136 Harley Street
London W1N 1AH
Tel: 071 487 2617

For more information please contact John Morley.

This information sheet was printed by an independent Sunrider Distributor. It is designed to give you basic information on the nutritional value of certain Chinese plants. It is not the intent of the author to diagnose or prescribe. If you have a medical condition you should consult a medical practitioner.