

SELF ASSESSMENT FOR REGENERATION

These Systems of the Body Are All Supported By Sunrider Food Herbs Found In The *Sunrider* Basic Program = NBC = Nourish, Balance, Cleanse
 This information is provided for nutritional purposes only. It is not the intent to diagnose, prescribe or imply treatment
 .If you have a medical condition, consult a physician.

<p style="text-align: center;">NOURISHMENT</p> <p>SIGNS OF IMBALANCE:</p> <ul style="list-style-type: none"> • Lack of fresh fruits and vegetables in diet • Cravings for fatty, salty, sugary foods, etc. • Low energy • Unwanted fat • Insatiable hunger • Poor muscle tone • Poor recovery after exercise <p style="text-align: center;">Supporting Food Formulas – NuPlus, Vitashake, Sunbars</p>	
<p style="text-align: center;">DIGESTIVE SYSTEM</p> <p>SIGNS OF IMBALANCE</p> <ul style="list-style-type: none"> • Acid indigestion • Slow digestion • Bloating • Hiatus Hernia • Constipation • Crohn's Disease or Colitis <p style="text-align: center;">Supporting Food Formula – Assimilaid (A.D.) in Quinary</p>	
<p style="text-align: center;">RESPIRATORY SYSTEM</p> <p>SIGNS OF IMBALANCE:</p> <ul style="list-style-type: none"> • Breathing problems • Bronchitis • Asthma • Chest colds <p style="text-align: center;">Supporting Formula - Conco in Quinary</p>	
<p style="text-align: center;">CIRCULATORY SYSTEM</p> <p>SIGNS OF IMBALANCE</p> <ul style="list-style-type: none"> • High cholesterol • Varicose veins • Eye problems • Cold hands and feet • High and low blood pressure • Easy bruising • Heart problems <p style="text-align: center;">Supporting Formula –Lifestream (L.S) in Quinary</p>	

IMMUNE SYSTEM

SIGNS OF IMBALANCE:

- Colds and flu
- Infections
- Allergies
- Growths
- Warts
- Cold Sores
- Swollen glands
- Yeast problems
- Chronic fatigue

**Supporting Food Formula - ALPHA 20
In Quinary**



BLOOD SUGAR SYSTEM

SIGNS OF IMBALANCE

- Cravings for sugar
- Diabetes
- Mood swings
- Fatigue
- Hypoglycemia
- Hyperactivity
- Anxiety

Supporting Food Formula - Herbal Sweetener
(Sunectar or SunnyDew in USA (Suncare and Suncare Plus in Canada))



ENDOCRINE SYSTEM

SIGNS OF IMBALANCE:

- Sore or weak muscles
- Premature gray
- Depression, mood swings
- Infertility
- Hypertension
- P.M.S.
- Menopause problems
- Hair loss
- Uncomfortable stress symptoms
- Muscle and nerve problems such as M.S., M.D., Parkinsons etc.

**Supporting Formula – Prime Again (P.A.)
in Quinary**



BODY CLEANSING

SIGNS OF IMBALANCE

- Poor Mental Clarity
- Stiff muscles and joints
- Slow metabolism
- Arthritis
- Eczema and rashes
- Other Skin Problems
- Fluid retention
- Difficulty keeping fat off
- Cravings for coffee, sodas,
- Liver and bladder problems

Supporting Formula - Calli & Fortune Delight

