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.

NOURISHMENT

SIGNS OF IMBALANCE:

- 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

Supporting Food Formulas – NuPlus, Vitashake, Sunbars

DIGESTIVE SYSTEM

SIGNS OF IMBALANCE

- Acid indigestion
- Slow digestion
- Bloating
- Hiatus Hernia
- Constipation
- Crohn's Disease or Colitis

Supporting Food Formula – Assimilaid (A.D.) in Quinary

RESPIRATORY SYSTEM

SIGNS OF IMBALANCE:

- Breathing problems
- Bronchitis
- Asthma
- Chest colds

Supporting Formula - Conco in Quinary

CIRCULATORY SYSTEM

SIGNS OF IMBALANCE

- High cholesterol
- Varicose veins
- Eve problems
- Cold hands and feet
- High and low blood pressure
- Easy bruising
- Heart problems

Supporting Formula –Lifestream (L.S) in Quinary









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
- Anxietv

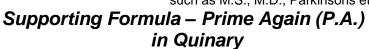


Supporting Food Formula - Herbal Sweetener (Sunectar or SunnyDew in USA (Suncare and Suncare Plus in Canada)

ENDOCRINE SYSTEM

SIGNS OF IMBALANCE:

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



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



