

Reflections of a physician who loves Sunrider...

Plus a Chemist's Eye-View!

I am an emergency physician who has been working in a suburban Philadelphia hospital for many years. I have become increasingly concerned that in modern medicine our diagnostic abilities are excellent, but our ability to cure the rising number of degenerative illnesses seems so often to be grossly inadequate.

I grew up in Hong Kong with a wonderful mother who was interested in the Oriental approach to healing and diet, so I was always aware that there were other effective approaches to healing. In my family when one approach didn't work, or for some reason we didn't feel it was appropriate, we turned to another. Thus, in 1983 when a close friend developed a medically incurable illness we turned to another healing approach for help. At that time we did not know about the wonderful Sunrider Chinese food herbs, but we did find out about macrobiotics. Through macrobiotics I learned a lot about the power of the foods we eat, but I found that I was always hungry, and I had the constant feeling that something was missing.

In July of 1989 I was introduced to Sunrider food herbs, and what a great moment that was for me. For as long as I can remember, **I had felt as if something had been lacking in my diet which prevented me from properly utilizing the nutrients in the rest of my diet. After eating the NuPlus my body finally felt as though it was nutritionally satisfied. What a glorious sense of freedom this gave me!**

The Calli beverage on the other hand seemed to give my body the ability to release built up waste products that had been there for years. From the moment I began to eat Sunrider foods, I have felt increasingly healthy and energetic – every aspect of my life has improved. I find I have to hold back my enthusiasm when sharing my experience of Sunrider with others, because other people simply can't believe that these wonderful foods can help you this much.

The Sunrider food herb products TOP, JOI, and ESE are my favorites. I was truly astounded at the benefits these wonderful food herbs gave me. I was so fascinated by the effect I experienced that I kept wondering if there were any drugs or chemicals added to the herbs. Finally, I decided to ask the chief of the pathology lab at my hospital to get these three products analyzed for me.

The physician who analyzed the products told me they were completely clear of any drugs or chemicals and they contained no organophosphates or alkaloids. He analyzed them down to parts per billion and could not find any pesticides, nor could he even find any toxic volatiles or contaminants from the manufacturing process. He looked at the products under a microscope and noted that the herbs were very finely powdered so that they would not scratch the digestive tract. He also found

them highly soluble, making them easy for the body to absorb. Finally, although he could not say what was in the products, he did find them to be rich in organic compounds, especially in amino acids and enzymes.

It was exciting and reassuring to receive such a glowing report of the chemical analysis of the Sunrider food herbs. My body had already told me that the Sunrider products are first rate, but now I felt I had proof of their excellent quality. I felt more confident when I shared my experience of these foods with others.

At first I was very upset that Sunrider products were sold through multi-level marketing. I found it embarrassing that I would make a profit from sharing the great benefits I had received from the food herbs. I soon realized how much better it is that Sunrider is being sold through multi-level marketing. Instead of trying to talk to some disinterested shopkeeper in a health food store, I discovered that multi-level marketing opened up to me a wonderful group of new friends who could share their experiences with me. I discovered a sincere group of people who, like me, were on a path of improving their lives and the lives of others. Not only are the people in my own up-line a great support to me, but so also are the people I met from other lines. I found I was joining a big family. (Sunrider has revolutionized the franchise business model and has taken the best of networking and franchising for their business model, unlike multi-level companies.)

I addition to my work as an emergency physician, I also have a private practice.

The word began to get out that there was a physician in town who loves Sunrider, so I began to see some Sunriders. Generally speaking, in my private practice I take a holistic approach to healing. I assist people to gain insight into what their bodies are trying to tell them through their illness and to assist them in healing themselves. Because I'm a physician, many people began coming to see me hoping that I would prescribe just what Sunrider products they should take. **I never prescribe Sunrider products for people. Instead, I share with them the Philosophy of Regeneration, and I usually suggest they start by eating the Basics – NuPlus, Calli, Quinary, and then listen to their bodies.** But for most it's difficult to listen to our bodies when we've ignored most of the messages it's sent us over the years.

It is truly inspiring to see the rapid changes people are able to make when they combine changes in diet and the wonderful benefits of Sunrider food herbs, and changes in their thinking and belief patterns. I am always excited when a Sunrider calls me for an appointment. I have discovered that Sunriders are very special people, for they are people who are committed to creating a life that works, and are willing to make the changes and do what it takes to create that life.

“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.”

A CHEMIST'S EYE-VIEW: Rabiah Bakr tells us of a professor at Columbia University who gave some of our products to several world-renowned chemists. After testing them, they said they knew of no one this advanced in dealing with food. They said it was a multi-million dollar process to preserve the enzymatic action of the plants as Dr. Chen has done. They felt a box of NuPlus should cost \$200 minimum!