

The Hierarchy of Enzymatic Nutrition

"nutrition from conception to birth"

I was introduced to Sunrider by Dean Black in 1986. And after further research I began to recognize the value of the Sunrider foods and began to suggest we eat SR foods - and I realized excellent regenerative results.

One of my favorite quotes is from Time Magazine by Otto Friedrich in THE Dec 05 1988 issue: "TRUTH, EVEN WHEN ONLY PARTLY GRASPED, CAN BE SEEN TO HAVE A CERTAIN DIGNITY AND MAJESTY"

I would like to offer you some of my truths. Don't mistake them for universal principles - because as human beings we have a unique individuality and we are as different on the inside as we look on the outside. And as long as we nourish our uniqueness with SR foods - it's all normal and good.

What does the body do with the higher grade SR foods? How does it decide where the food should go? Where is the body's priority? Today, as I'm sitting behind my desk surrounded by my books - flanked by my loyal microscope - I would like to explain how the body chooses to nourish, in its own priority, from the basic cell to the seven most important groups of organ systems. These seven groups are prioritized in a hierarchy according to the quantity and quality of nourishment that is needed by both individuals and the whole of humanity. In this case we are using the word "hierarchy" as a ranking system to explain how the body uses nutrients. Please visualize a pyramid at its widest point. From the bottom of the pyramid - visualize the seven steps up to the narrow top.

I'd like to begin at the bottom of the pyramid -with the "Emergency, Crucial or Vital functions". The next step above that visualize "Muscular Functions & Mobilization". Higher up is "Cleansing". The next step up is "Fat Maintenance-Inside Protection". Higher still is "Defense System-Outside Protection". And closest to the top is "Regeneration" and at the very top is "Higher Mind".

I wonder how many of you who think you are already at the top! there, just below the Sunrise up on the ledge of higher mind lies the ultimate prize - the mysterious, powerful Vita-Fruit. Now SR's - all of you who find yourself at the bottom barely surviving, can now climb to the top and be nourished by the vita-fruit. You'll need to put on your action cap and walk with both Ese and Joi. I strongly suggest you tone & trim your fibers long before Sunrise, and the moment you start to feel that little breeze - raise that metabalance bar. You'll not only be expected to meta boost but save some energy plus thoroughly Assimilaid some Dandelion found under the Evergreens glistening with Sunny-dew near the Life-stream. And to make sure you do not huff and puff on the way up to higher mind - ask Don Quai for some Spirulina harvested in the lake surrounded by the Bark of White Willows. And if you are fortunate enough to find and pet the Golden Seal (without being Vita-Sprayed) you'll be ready to claim your Fortune and Delight in feeling Prime Again. Just remember that many of Dr Chen's vita secrets are not just grounded in Chinese roots - but may also be found in his bark!

The **seven groups** are as follows:

First those that are needed to live – we call them “crucial and vital” because without their function – we die shortly if not instantly. Thus these systems are grouped together and are in continuous need of nourishment.

The **second** group consists of those systems that allow for movement because without movement we need to be carried or we are left behind.

The **third** group involves the organs that cleanse because without this group we become too toxic and die.

The **fourth** group has to do with how the body protects itself with fat.

The **fifth** group is our defense system and is made up of all the plants and micro-organisms inside whose function is to guard us from outside forces.

The **sixth** group is where our SR foods truly shine – regeneration and healthy cell division.

Finally the **last group** deals with the mind's ability to truly produce, create and copy. Inside every neuron lives the capacity for a higher mind. But Higher Mind can only rest on the broad shoulders of all the previous six groups. Here the mind must be deeply nourished in order to understand our current health challenges and make choices based on awareness, priority and opportunity.

What are nutrients? Nutrients are anything that is capable of regenerating and reproducing the purpose of life – from the cellular level or from conception to birth and beyond. What is regeneration? Regeneration is the body's ability to use nutrients on a higher level that organize the renewal of mind, body and soul – that is human intelligence. If the nutrients are readily available – repair begins immediately.

So where does all that food energy go?

All food that has not been changed by man – heals and is abundant in stored sunlight – pure energy. This means food that is worthy of the title and has not been so-called “improved” and “purified” by man's assembly line.

First - there is no such thing as “purity” in nature. All nutrients in food is mixed, everything is diverse. It is sad that our food loses so much nourishment and essential protection because the shelf life becomes the important focus of the food corporations vs. the nourishment necessary to keep us from being susceptible to infections and ultimately diseases.

The word “natural” used to have meaning. Today it's a marketing tool. According to many sales executives - everything on and in the earth is natural. And so the word natural has lost its potency – its meaning – even petroleum products are “natural”. Some foods heal better, faster, and in a shorter time than other foods – depending on many factors – the soil on which they were grown, when and how they are harvested, care taken to save the life force, etc.

Second – true foods are harmless and cause minimal disorder in all physiological and biochemical functions: i.e it will not cause digestive problems or excretion problems such as urgency, frequency, gas, bloating, reflux and the list goes on – so when you get these and other

problems when eating good food – the problem was already present. Un-sprayed food heals by increasing our tolerance to a wide range of potentially harmful influences such as environmental poisons. Foods should also possess a normalizing action in the body whether our diseases or conditions are of an excessive nature (for example - heavy metals or man-made toxins) or a deficient nature (such as CHO, FATS, PROTEIN or vitamins, elements, minerals, enzymes, amino & fatty acids). Everything depends on healing vibration and its effect on our human body – all found within adaptogenic foods: foods which increases the adjustment of our delicate organism to our increasingly un-healthy environment.

Non-foods prevent & slow healing, restoration and regeneration. And so there is a constant tug of war between what are true foods and non-food products. It should be common knowledge that healing takes place not just by what we consume – but by what we could/should remove from our lifestyle and diet – i.e. stay away from. In every category of food there is a huge range and hierarchy – that either contributes to healing or discourages it. Carbohydrates are a good example – we can either indulge in chemical sweeteners such as aspartame or splenda found in diet drinks and prepared or boxed foods - or move to the higher realm of products sweetened with fruit juices, maple syrup, black-strap molasses to rice syrup and finally beyond - to Stevia extract – or as we Sunriders know it – Sunnydew and Sunnectar.

We can use the same grading system with processed foods, proteins, salt, oils and many other substances – some are always going to be better than others. It's all about choice. For instance, some people choose to be omnivores – they eat everything. Higher up the frequency scale some vegetarians choose to omit red meat, chicken and/or fish. It always amuses me that some people who eat either fish or chicken assume that fish and chicken is a vegetable since they insist on calling themselves vegetarians. Still higher up are the vegans that have eliminated dairy or organic consumers who eat only non-sprayed foods. Some eat just raw food, or fruit - and then there are those who consume Sunrider concentrated whole foods.

Hierarchy can also be seen in the difference between animal protein and plant protein - which is monumental for the human body. Because animals are so much more complex, specialized and differentiated (they have emotions, can move, give birth, excrete) etc. we lose more energy and healing potential when forced to break down animal protein than, say, the same amount of protein energy in spinach, celery, grains and beans. - For a deeper understanding of the complications of animal protein on the body see Dr. Michael Klapper's video "Diet for All Reasons"

And so we can use this method of rating in all categories of food – from the least to the best. From heated - hydrogenated oils to soaked nuts and seeds; from highly carcinogenic BBQ'd foods to raw; from highly processed salts to Celtic and Himalayan salts; from fluoridated, chlorinated tap water to deep artesian springs.

The point is that we must continually educate ourselves to achieve the highest standard of food intake in order to allow full regeneration to take place. We need to distinguish between perpetuation, maintaining, growing and regenerating. Growing is what the body does no matter the quality of food consumed. Perpetuation is what cancer cells do best.

Maintaining is what most people do who neither degenerate or regenerate – a kind of benign stasis. But regeneration - regeneration is a dynamic force separate from all other organizing forces – it allows for growth and healing in every human realm. And...it is the only way a conscious mind can make absolutely sure that all aspects of health are considered.

The Hierarchy:

1) Crucial Functions

In the hierarchy of Energy & Enzymes - crucial functions are what keeps the body and the forming fetus alive right now - IMMEDIATELY - and it is what gets prioritized. It is the prime function of intelligent life to keep harmony moving between all vital organs: The brain, heart, lungs, blood - all are important to sustain life in the here and now. If any of these vital organs (and make no mistake that blood is an organ - it just happens to be liquid) are not in high working order - and life becomes harder or could end quickly (pause) or prematurely. None of these so-called "emergency" function organs die without warning. Needing to take pharmaceutical drugs IS the warning. The teeth, eyes and feet are the most highly differentiated and evolved structures in our human frame and should be used by every holistic practitioner to monitor metabolic, hormonal and circulatory symptoms to evaluate the signs that give warning to the ailing vital and crucial organs.

You see survival is the name of the game. First ourselves, then our offspring, family, then the community and finally all humanity - in that order. If a large percentage (or the largest %) of energy is expended on drugs, be it recreational or pharmaceutical, simply to maintain life - then it stand to reason that energy going to the human frame, function or mind will be reduced. Drugs could be used keep us alive instead of as a life long crutch which will add a strain and ultimately weaken us. It will also put a strain on all other the other systems in the hierarchy. So when you think the aspirin is taking the headache away, its only relieving the symptom and not the cause of the headache. When enzymes and energy are contributing an unusually high percentage to simply surviving - then other stages of living must, by necessity, will be compromised.

For example: conception seldom takes place under threat, emergency or dire circumstances. If by chance the female does conceive - and in the unlikely event conception results in a live birth - the baby might be born addicted, damaged or even mutilated - and if the product of this conception is able to reproduce - it will pass on (how does the Bible word it?) the deficiencies or "iniquities of the fathers upon the children and upon the children's children unto the third and to the fourth generation". I refuse to see this as a warning but rather as a promise that it only takes a few generations to turn us and our entire genetic pool back around.

2) Muscular Function is next

muscles give one the ability to move toward food , move it down, churn the food, move wastes out, move away from dangerous situations and environments and these same muscular functions keeps both the blood & lymph circulating - not too mention the muscular movements associated with intercourse, moving the fertilized egg down the fallopian tube into the uterus, moving the baby down into the world of gravity - and so on. So MOVEMENT comes second highest in our E & E priority scale because without it we don't have much time before we succumb to not being able to move at all. We know that lack of movement is not one of Natures' favorite things to do - and can be extremely painful. It is painful because when we don't move we start to crystallize. Many crystals have sharp edges but because it is nature's way of holding a lot of the same energy in a very small space - it is efficient even though it may not always be healthy. When things move slowly or not at all, nature, in order to save energy, creates crystals. Cataracts are really microscopic crystals in a very thin layer of cloudy film. Bone spurs are another. Arthritis is one of many good examples of crystallization through calcification.

One of the ways we keep from hardening and crystallization - is keeping the pH normal in the various organs. The pH of the blood MUST be maintained between 7.35 and 7.45. Anything below or above this small margin IN THE BLOOD could mean coma or death. If the tissues are exposed to highly acid foods as well as negative thinking the digestive secretions are not in their optimal range. The digestive, energy and enzymatic functions of these and many other organs will be severely compromised. The stomach cells that produce hydrochloric acid (known as the parietal cells) are not able to distinguish between the acid they have become - and the (hydrochloric) acid they are supposed to make. In other words - the cells that normally make hydrochloric acid (and which can only make acid IF they themselves are alkaline) have themselves become too acid and unable to complete their function. Hence the stomach becomes less able to do its job; animal proteins are not broken down and rotting results. This is where most people reach for an antacid the opposite of what is needed but for now the discomfort is reduced. This state of food degeneration results in the body making repeated attempts to remove the rotting food which we have named heartburn and when chronic - GERD (Gastrointestinal Reflux Disease). Just for your information: reflux (is not a disease but a symptom of a condition where the body has taken in too many acids, and is not healed or even cured by many of the commercial antacids neutralizers. Taking antacids is completely the opposite of what is needed.

I recommend SR's Assimilaid. It is one of the five compounds that make up the Quinary formula. It is a combination of nutrients that according to its name - is not only capable of enhancing the digestive functions but also aids in absorption and finally assimilation. The ingredients are formulated in such a way that the food it carries are not only digested in the stomach but are accompanied to the blood stream (we call this absorption) and finally carried to the places that need healing - called "assimilation". Hence its name - Assimilaid. Assimilation could never take place without absorption and absorption cannot take place without digestion and chewing. Assimilaid gives the digestive tract the push it needs to jump start the entire digestive process.

This is a good place to introduce the value of calcium and its numerous functions because without it digestion would be impossible. While calcium is well known as a component of hair, nails, teeth and bones - calcium is less well-known for its evolutionary role in moving, magnetizing and holding cells together. Calcium has always played a very dynamic role in human evolution because there are very few raw foods that do not have calcium as a major component. Calcium easily comes and goes within all the body's active performances and vital functions. Do you know how very difficult it is to eat plant food and be calcium deficient? Most people in the world who eat a plant-based diet take in more than enough calcium to sustain their needs. Leafy green plant foods have huge amounts of calcium. Unfortunately people on an animal-based food plan, which is amino-ACID rich are forced to buffer and neutralize this acid and use up calcium and other alkaline minerals in the process. Animal products in the diet force one to withdraw calcium from the hair, bones and teeth. A plant-based meal will not do that. For instance you'll urinate calcium out for approximately six hours with every eating of even a small amount of animal protein - including fish & dairy. In my practice I see proof of the crystallized calcium in both blood and urine under the microscope.

Back to why we need calcium:

Sometimes I hear people say - "I just can't take it anymore - it feels like I'm falling apart". When I hear this I get a visual image of what is taking place in their body on a microscopic scale. You see, cells have many little tiny "magnets" embedded in the outside layer of every cellular membrane. These little magnets are called desmosomes - powerful microscopic crystals that can only be activated by a thin layer of liquid-like calcium. When these magnets or

desmosomes are deprived of this binding layer – the cells of every organ or system have a real tendency to drift apart. In other words – the spatial relationship between the cells are now becoming severely compromised. Now imagine that anytime you eat animal products, smoke nicotine, eat cheese, fast foods, drink coffee, soda, milk products and other serious calcium yankers that pull this calcium out from in between the cells – not only will the cells slowly drift apart and no longer relate to each other, but they will have difficulty communicating, difficulty keeping their defense “shields” intact and most importantly difficulty dividing according to their own genetic blueprint. It is extremely important to keep tissue cells close together because all kind of phlegm, mucous, pus, bacteria, and fungus find their way in between the cells forcing the cells apart. Imagine every organ in the body suffering from this condition – the condition that cells are drifting apart. Under these conditions – wouldn't you *feel* like you were falling apart? You will feel tired. At times - so tired that you can't fall asleep and so lethargic that you just can't get up in the morning.

What do you do? You reach for a stimulant. You desperately reach for something that will act as a reset button and get you back on track – your coffee, your sugar, your milk, chocolate, soda or donuts. Anything that will keep the now exhausted adrenal glands from giving up altogether. This state of affairs is also verified under the microscope.

And now I'm back to crucial functions – the most vital organs that are supposedly used for emergencies only - are now begging for some relief. The adrenals are too depleted to ask for good food. And so they spin and spin and spin until, thoroughly exhausted can now no longer perform even their emergency functions. Serious lack of calcium over a long period of time has created an environment where the body is incredibly vulnerable to conditions such as fibromyalgia, Lyme's Disease, Epstein Bar and other Virus', fungi, parasites and cancer that siphon even more ENZYMES and ENERGY – and so we are creating circles within the circles – each draining us just a little more every day and night.

Another smaller cycle within the larger cycle of cells moving too far apart – is the inability of the body to create a fever. I cannot emphasize this enough. Cancer and fever are not friends. You either gravitate to one or the other. And although there are many other factors that reduce the few cancer cells that everyone carries around - I can't begin to tell you how many times I've asked people with cancer if they can remember the last time they had a fever. Usually they can't. The American Indians used sweat lodges to create an artificial fever – the Japanese discovered a part of the sun's spectrum called Far Infra Red and used it in all kinds of products including a sauna – to create fever and you'll find that cultures throughout history evolved some kind of heat treatment to create high heat that will confuse bacteria, speed the movement of the white cells and make cancer cells much more vulnerable to the defense system. For more specific information on this topic I recommend the two audios by Sunrider Dr. Colleen Ceton entitled “The Defense System” & “The Immune System”.

The most insidious aspect of this scenario is not only that calcium is now being removed from all kinds of other places in the body – but the ability to raise a fever is severely compromised. The problem with fever is that it takes fuel. Fuel in the form of – you guessed it – calcium and other minerals. By maintaining a diet that slowly drains people of their minerals, especially calcium, the ability to raise a fever is often reduced to a low grade chronic fever (99-101 degrees) and still feeling cold. And those that are actually strong enough to burn a fever above 102 degrees – are urged by the pharmaceutical giants (and mom) to buy something to reduce it. When we feel hot – we want something done – NOW. But nature is just doing it's job and doesn't much care about us having to go to work or school in the morning. A penny-wise – pound foolish situation as the piper will have to paid in the end. And the so-called pediatric “seizures” associated with

fevers are not neurological in origin at all – they are CALCIUM deficient spasms called TETANY that create jerk-like motions that resemble epilepsy – but are far from it. The answer is to take calcium that has first been organized thru a plant and then create a situation that keeps it strongly intact between the cells. I take SR Herb Cal tabs every ½ hour with every fever and increase my intake by 2 tabs for every degree above 102.

The most sensitive mucous membranes are the most vulnerable under this condition. A cold sore on the lip or in the mouth is a great example of nerve-rich tissue suffering from stress-caused calcium deficiency. Lack of the omega fatty acids together with a calcium deficiency creates a situation where the membranes of the lips or the mouth interior split apart. So when most of the minerals needed to keep muscles in tact are lost or being urinated out - conception might take place but, without a lot of bed rest, drugs or both, early miscarriages are common. When a large percentage of energy is being assigned to the muscles - a cesarean section may need to be performed. Or the fetus may have to turned around, or the mother may need to be injected to dilate or bring the uterus to do its job of contracting. And this is only the second of 7 layers of how the body prioritizes energy and enzymes. Here again SR comes to the rescue. By eating the SR basic foods 3-5 times 6 months prior to conception, the chances of a successful pregnancy increase.

3) Cleansing

If the first two Crucial & Muscular Functions are struggling for nourishment - then there won't be enough (nutritional) energy to put the trash out. And the body slowly, sometimes over decades, fills up with irritating little garbage bags –all within and without – such as polyps, cysts, fibroids, warts, moles, fat deposits, fortifications and calcifications – benign, socially acceptable places to hide and encapsulate the trash, we are in danger of reaching the point of no return!

If a body (male or female) is not as clean as it could be - conception will take place but while the child is developing in the now more challenging toxic amniotic fluid- he or she will be much less enthusiastic with each cell-dividing opportunity. Our powerful cleansing SR Calli tea keeps the developing baby in a pure nutritiously-rich amniotic sack. And when there is only a small percentage of energy to be used for cleansing - constant medical monitoring and/or pharmaceutical crisis intervention becomes the rule rather than the exception. Under these conditions a natural, relaxed and successful pregnancy is doubtful.

So how do we prevent having to cleanse so much and so often? Externally we start with maintaining a home and work environment that is free from radiation which may interfere with our own subtle and delicate electrical fields. We live in a sea of external radiation and so it's important to not only choose a home far away from electromagnetic fields and a bedroom with live currents away from the sleeping area but also going without electric blankets, waterbeds and heating pads. It's crucial to abandon your kitchen microwave and to use a liquid crystal computer screen as well as using an ear piece for your mobile phone. Use full-spectrum lights wherever you can afford to do so. Also important is to be "grounded" – and that means walking barefoot on the ground or in water as often and as much as possible.

This is a good segway to say a few words and mention the attributes of SR's Spirulina, a soft-shelled but extremely hardy planktonic blue-green algae – now known to be vastly superior to both chlorella and blue-green algae. Spirulina, found in warm water and alkaline volcanic lakes - has a long history of deep INTERNAL cleansing. While both Chlorella and the Blue-Green Algae have a cell wall made of indigestible cellulose – which have to be broken down mechanically by a series of modern instruments that were not available to ancient man and therefore they have no history of healing or cleansing - the cell wall of Spirulina is made of elastic and easily digestible

complexed proteins and simple carbohydrates. The mechanically released minerals of chlorella, blue green algae – as well as the highly touted wheat grass – which BTW is a staple for large buffalo and other free-range grazers) - are so incredibly powerful that I do not consider these to be a food fit for long-term human consumption. My clients, who have been told by other practitioners that they needed to be on these grasses, often come to me with chronic fatigue syndrome and its corollaries because their adrenal glands have been so thoroughly exhausted. This just never happens with Spirulina.

Spirulina is fast becoming one of the most exciting and researched foods in the world and has proven to have many incredible attributes including the ability to inhibit viral replication, strengthen the defense system and even cause regression and inhibition of different cancers. We are not just talking the common cold virus here. We mean different viruses including measles, herpes, mumps, hepatitis, cytomegalus, Epstein Bar and many other more serious conditions believed to be caused by viruses. What's even more exciting is that here we have a viral inhibitor that is non-toxic to the human cell at concentrations high enough to stop replication in its tracks. Spirulina has highly unusual attributes which includes 62% amino acid, the worlds highest content of Vitamin B12 – (great for vegetarians) and sports an entire class of carotenes and xanthophyll phytopigments. And that's not all.

Spirulina is now known to accelerate the production of antibodies and cytokines, allowing it to protect us against germs feeding on our toxic cells. It has been known to enhance our defense system by creating an environment whereby T-cells, Macrophages, B-cells and the anti-cancer Natural Killer cells can thrive. Spirulina also has now been proven to be super-rich in Phycocyanin, which gives Spirulina its blue color, positively affects the stem cells found in bone marrow which are "Grandparents" to white and red blood cells that oxygenate the body.

In summary:

Cleansing is therefore a sub-category of crucial function which is directly tied to muscular movement that helps mobilize and scrub both blood and the lymphatic systems which does not have the ability to move waste material without muscular contractions. While we are on the subject of cleansing it must be said that emotional and psychological cleansing will always take place at the same time and in association with physical detoxification. Many negative feelings such as emotional disorders, addictions and compulsions are stored in the body and manifest lack of health and peace in our lives. There is a way out of suffering and into peace. Pain happens - suffering is optional - especially if techniques such as Cellular Memory Release is used in conjunction with all the other forms of mind/body cleansing.

If the body and mind are able to remain relatively clean and we don't have to use a lot of fatty material for various protective functions – we now have enough ENZYME & ENERGY to take care of fat maintenance.

Just above the pyramidal platform of cleansing lies the somewhat tarnished and misunderstood role of fats. And when after cleansing we still have enough ENZYME & ENERGY left over – our system shifts its emphasis on.

4) Fat maintenance

Fat maintenance is a huge subject with many, many different angles. I believe it was Dr. Johanna Budwig that once said that "all degenerative disease beginnings can be traced back to a faulty fat metabolism". And she was right.

I don't have to tell you that obesity is rampant in much of the civilized world but none like in the "Super-size me" nation. It is no accident that the arches that lead so many to their early demise are fat and yellow. Obesity is linked to starvation, asthma, hypertension, heart disease, pancreatic cancer, reduced fiber intake, depression, television, mothers' misconceptions and short-term breastfeeding. Over 100 million Americans are obese - meaning 20-30 lbs or more. And whereas the norm is to have anywhere from 25 to 30 billion fat cells - the obese child may already have 10 times that many. In a nation obsessed with weight loss programs that do not work and a marketing strategy that perpetuates one fad diet after another - we are still fatter than ever.

The answer to this epidemic has always been a "lose fat fast" approach with little or no concern for long-term health. Often we are convinced to lose weight so fast that the metabolic, hormonal and neurological set point in the brain remains high while we lose. A set point is a level of comfort in the mind body continuum. The traditional combination of social, mental emotional, physical, environmental factors all conspire to maintain a rigid set point where we have been most comfortable. The tension between where we are and our body tells us where we should be is stronger than the wires which hold the Golden Gate bridge. But there are other facts to consider that at first glance seem to have nothing to do with the body's chemistry such as social issues. And then once we actually lose the weight in no time at all we will yoyo back to the set point sometimes and (pause) often gain more than before the diet began.

Weight loss plans fail because they do not take into consideration the frozen set points that are ever-present. What influences some of these frozen set points? The early consumption of refined carbohydrates, vaccinations, heavy toxic metals such as mercury, never having been breast-fed, hormone imbalances, traditional family food, and last and least important - genetics because while many people feel that conditions may run in their families, its more the lifestyle or eating habits that run in the family.

The fact is that all fats are not created equal, and even good fats can be over-eaten - and despite the similarities in calories and being a healthy source of concentrated energy - many fats *are* implicated in cancer.

There are at least a dozen important fat functions. Good fats may have either a physical or a chemical function such as heat regulation, protective layering, fuel for muscles (which includes the heart), cell membrane construction, skin texture, lung tissue, enzyme systems, dissolving fat-soluble vitamins, hormone production and lastly - appetite control. And we haven't even begun to address cholesterol.

When animal fat is consumed it causes the red blood cells to clump and stick together. It clogs the delicate capillary pathways.

However, when, fats are heated and reheated or other free radical activity has occurred, membranes loses both elasticity and their smooth outer edge - the RBC's clump. When this is seen under the microscope during a live cell analysis, you can be sure that the tissues are starving for oxygen. Breathing air does not imply that there is an adequate supply of oxygen to the cells - we require not only a healthy delivery system but also cells nourished enough to carry their oxygen without being slowed down by animal fat. As decades come and go the lack of oxygen to the tissues takes its toll and eventually your brain becomes affected - for some the suffering comes earlier than others. Some researchers are convinced that lack of oxygen to the tissues will cause normal body cells to turn cancerous.

This same process can occur in the eye because fats interfere with the capillary blood flow to the nerves, including the optic nerve, causing impaired vision. A 50 power microscope is often used to see the actual RBC's floating along inside the blood capillaries of the eye. In one study when a person ate a fatty meal the blood cells slowed, became sticky and started clumping. Some even reported heart pain and stabbing pains in the eye.

And those who have severe problems with atherosclerosis (a thickening of the inner wall of arteries often due to animal fat consumption) may not be getting enough oxygen to the inner ear where the center of balance is located. Dizziness then results from the tiny crystals of calcium carbonate that come loose from their usual position in the inner ear and settle in the semi-circular canal where their movements create a false sense of motion. I have found in my microscopic studies that 20-30% of all Americans have their tiniest blood vessels plugged all the time. They are the ones that will complain of cold hands, feet, nose and ears. What they don't see is that the periphery of their internal organs have also been deprived of this warming layer of capillaries and they feel an internal chill even when they are covered with layers of clothing from head to toe.

if the body is struggling to cleanse, then burning fat cannot happen completely. Fat is essential for a number of different functions - nerve conduction, hormonal production, safety padding, encapsulating toxic residue, and thermogenesis. - So without this area being well managed, the body cannot, and will not devote much of its valuable resources to the three levels still to be discussed in the three remaining steps of our pyramid.

With clumpy red blood cells conception may be difficult and sometimes requires special drugs to induce a temporary condition that results in the union of sperm and egg. But birth might still be laborious and children are either slightly mentally and/or physically compromised - and it may take decades to become obvious, if at all. Many children are walking around compromised - and we have no clue.

We as SR distributors are blessed with an array of naturally occurring fat cleansing, craving and weight management foods. Among these are the Action Caps, Sun-Trim, Vita-Taste, Metabooster, White Willow Bark and Fibertone. Metabooster and the salicylate contributor White Willow Bark, are enhanced when taken together.

5) Defense system

means keeping the area clear of unwanted energies, frequencies and vibrations that would otherwise be an open invitation to harshness, parasites, bacteria and viruses. We need to feel safe in body, mind and spirit before we can move on to produce healthy, well-adjusted and creative children.

The thymus is the most sensitive organ in the body. It is found below the thyroid and behind the sternum. Our thymus is capable of detecting the finest mood changes in other people and is also affected by the most minute level of radiation leaks in various electronic equipment. It is literally a radiation detector and records every nuance that might put the body in jeopardy. Its responsibility is to protect us against aggression and any other unresolved problems especially on the mental/emotional levels. Watch the emotions and you'll know when the thymus is called into action: fear or anger, fight, flight or freeze - just to name a few. Right from the get-go the thymus faces overwhelming odds like sugar, vaccinations, cow's milk, white flour, antibiotics, X-rays and mercury fillings. These toxic substances act much like distorted sunlight radiation and may often shrink the thymus to one third it's normal size before most of our children reach their teenage year. This has become so incredibly common that most pathologists at autopsies no

longer even record the thymus as being small and underweight. The ability to respond, to tolerate, to protect and defend oneself becomes a life-long detriment to millions of young adults. They are more easily invaded, must tolerate more allergic reactions, react more aggressively, weaken their electromagnetic field and many carry free-floating anxiety, sometimes bordering on panic in their neck and shoulders.

Nutritional deficiencies are akin to growing the same crops on the same soil year after year without replenishing the needs of the soil to ensure enzyme and nutrient-rich foods. Allergies to dairy and grains produce degrees of mucus. This places a huge burden on the thymus gland as these toxins head toward and exit out of the body. The urinary tract is another route out of the body for mucus. Mucus, phlegm and pus can be anywhere. When the body breaks down with a cold, flu, ear-ache or any other acute or chronic condition – it is a sign that the path out of the body is backed up or congested. In such cases, the intelligence of the body uses this opportunity to discharge the bulk of toxins. If we stop these symptoms artificially (antibiotics, tranquilizers, alcohol, OTC's decongestants, etc.) trying to leave the body we are giving mixed messages about detoxification AKA cleansing. Suppression of any kind, forces the toxins to wait for the next opportunity to find a way out. When we support ourselves with nutrient-dense (highly concentrated building foods such as NuPlus) we allow the body to operate on a level that allows it to defend itself. High quality building blocks are necessary to keep our system in a synchronized rhythm. If our defense/immune response is weak then the dismantling of tissues begins with little bacteria – first by instituting an inflammatory response and failing that – infection.

The best way to rebuild the defense system is by feeding it a full complement of raw roots, herbs and flowers. Another of the 5 compounds in Quinary is Alpha 20 C which is tailor made for this purpose. Eating this powder on a regular basis will repair the genetic code and return the birthright of the thymus – which serves as the switch-board of the entire defense system. I recommend 1 Tablespoon before bed to feed the defense system.

When the mother's defense system is saturated with nutrition her children are born with the opportunity to be at peace, happy and co-creative - OR - given the wrong messages or foods - may become angry, violent or even criminal.

6) Regeneration

when there is no need for nutritional, physiological or biochemical crisis intervention; when the muscles are intact and ready to respond; when the body is clean and trim and the defense system feels safe and powerful - then and only then, does the body devote its left-over enzymes and energy to creating cells that are of a higher quality - capable of vibrating at a level consistent with higher mind. When children are born from parents who (in this stage) can supply them with ample enzymatic and energetic reserves, the ability to remain elastic (as opposed to crystallized and calcified I spoke about earlier) for the longest time and thus impart, not just genetic material, but wisdom and experience - is a gift to future generations. Children who are born from parents who do not have the reserves needed for healthy cell division, will be hormonally deprived and eventually suffer from those processes and conditions that seem acceptable as a standard in the disease process of today's culture.

All of SR's food is Regenerative. But there are several nutrients that specialize in REGENERATION – the step closest to the top of the pyramid. These foods are the antioxidants. The genius of Dr Chen shines in such products as the highly regenerative "Citric C". It is known that all mammals make their own Vitamin C – when they need it, how much they need and what concentrations are needed. Except for the Apes and the Guinea Pig – man is the only mammal

that lost a gene a few million years ago that failed to process the Vitamin C molecule. We lost this molecule because we were surrounded by fruits. We ate enough fruits for millions of years that when the cellular machinery went awry - we didn't even miss it. So here we are. All other mammals are making Vitamin C whenever they need it and we have to go get it. But now, catapulted to the 21st century - we are starting to feel its loss. Vitamin C is harder and harder to find. And the level of radiation bombardment is being increased exponentially as we speak! There is radiation everywhere at every level of the spectrum. Our body's protection has been teetering on the verge of collapse for a while now and is practically begging for real non-sprayed vegetarian raw foods as the building blocks to regeneration. What is in them that's so good? Lots of things but antioxidants are the main attraction - the ability to reduce oxidation or breakdown. Think of many, many steps on the side of our pyramid. Every time we use an antioxidant to quench a free radical we move toward higher mind and away from crucial functions. Hold on to your seats - there is one incredible product that has all the antioxidants necessary AND SRer's VITAFRUIT IS THAT PRODUCT. It gently insists that all the Free Radical steps are quenched all the way down the cascade side of the pyramid mopping up any remaining free radicals at the base - until we are cleanly and clearly in balance. This is the first step in regeneration.

I would like to re-visit a product near and dear to my heart, SR'ers Citric C. You know there was a time when Vitamin C was not isolated it came from whole foods. Today we give vitamin C in parts - like a watch whose parts have fallen out.

Suffice to say that in most fruits only 5% of the entire Vitamin C molecule is devoted to keeping free radicals outside its own molecular "membrane". The Vitamin C membrane is also familiarly known as Ascorbic Acid and is just 1/9th of the full spectrum of the vitamin C complex. It is primarily in place to protect the the active copper-carrying enzyme called Tyrosinase. Everything in the Sunrider product line contains enzymes essential to regeneration, Sunrider's philosophy. Now there is a lot to Tyrosinase which I can't go into here - but all you have to remember that if you fractionate the Vitamin C molecule - you allow the enzyme to escape. And that means less protection. With most other Vitamin C's (the pharmaceutical companies petitioned and were granted the right to call Ascorbic Acid Vitamin C many decades ago) you will be emphasizing the free radical quencher - the ascorbic acid ring. Even the two Nobel Laureate Prize winner Dr Linus Pauling admitted that. And what's more the discover of the Vitamin C molecule, Albert Szent-Gyorgyi, was able to see the end from the beginning and even gave us fair warning in his papers against the temptation to fractionate all the vitamins. Because we can't bottle the fruit, Dr Chen uses some ascorbic acid as a preservative in Citric C to protect and stabilize heart of the molecule. The core, the living part of the Vitamin C molecule - the enzyme Tyrosinase - remains healthfully viably intact.

The same can be said for all the other Vitamins. My second example is Energy Plus. The Wheat Germ Oil in our Energy plus not only serves us well in Fat Maintenance but also as an incredible source of Vitamin E. Vitamin E suffers from the same problem that Vitamin C suffers: it's not really a whole food. When you carve Vitamin E up the functional architecture in your mind's eye - what you see is protective rings each doing their very best - like the barrels on the freeway to keep us from crashing into the concrete divider - all to protect the heart of the molecule. These rings take the heat and the punch of the free radical comets and provide both a cushioning to the most important of all areas in the molecule - the enzyme center. Antioxidants are important in reducing mutations. And you know what that means.

The whole molecule is so much more than the sum of parts. The important part to remember here is that only the entire molecule heals. You can ask for a temporary free radical "cure" if

you use just Alpha Tocopherol. And sometimes it might be important to buy time like a drug. There are times in this unclean world where fractions, like drugs, may be helpful. But we can never, ever do without food.

But like ascorbic acid the Vitamin E fraction of the wheat germ oil in Energy Plus also happens to have a most powerful antioxidant - but again, without its sisters, it cannot heal. And what's more: any pride or arrogance that we might have in association with using individual ingredients of the Vitamin E complex must be tempered by the knowledge - that as our methods of laboratory detection has and is improving - not only are more layers being discovered but now we are venturing into the realm of the protomorphogenetic "fields" as well. And that my friends - is a mouthful I must explain some other time.

Now we come to the apex of our pyramid. We've finally reached the very top. Are we exhausted or do we still have some E & E reserve? When we have experienced all the lower levels and we finally get to the pinnacle of all human experience and our dreams are ready to be fully realized - then we are capable of stepping up to higher mind and we are given the green light to continue the process of being a part of the whole.

7) Higher Mind

is first and foremost being in tune with Nature. It is an integral part of all her cycles, rhythms, patterns and behavior. When we awaken and access concepts that elevate our nature we raise our abilities and our concepts to mimic nature's impulses. We are making attempts to become one with her. An example of this is when we know we are in "flow". Some people can be in flow when they are singing, dancing, playing a sport or an instrument - where the technique is secondary to their total awareness.

Higher mind is blocked by disrupting the natural rhythms of flow. When we violate one of nature's laws and break the patterns and cycles of our daily, monthly and seasonal rhythms - we are forced to soothe the nervous system and re-assure it's aliveness. When we can no longer sleep, when we no longer eliminate according to schedule, when we vary our eating habits and times, when we cannot menstruate without much ado and when we feel disconnected from Earthly or lunar cycles - we are forced to turn to artificial means. The nervous system has, for millions of years, seen the comings and goings of the celestial patterns and when our evolutionary rhythms are thwarted by our own daily willfulness - it connects us with dying. It feels as if it's no longer a part of - or rather apart from - the greater whole. When this happens we start to degenerate into artificial cycles that lull the nervous system into thinking it's still alive and kicking. It makes little difference what poisons we use - our morning coffee to push the reset button, cigarettes to jump-start digestion or to soothe anxiety or excitement after sex, recreational drugs to still the racing mind, alcohol to poison the higher mind and other addictions, obsessions and compulsions to help us remember the natural, cyclical, rhythmic nature of our divine being.

Experiencing Higher Mind opens us to the incredible opportunity to expand into full self expression. When all six lower levels are intact and there is ample ENZYME & ENERGY reserve built to feed higher mind, then and only then, does our present level of spirit become challenged and we have the rare opportunity to raise our own awareness. We are not discussing feel good-body sensations or staying high by artificial means or addictive foods. We are saying that moments of pure bliss can be attained by being in your body when the mind is at peace and in the right place at the right time. Opportunities leading to our short-term goals and long-term visions seem to pop up everywhere and ALL the time. Perfect timing is the rule and *not* the exception. Total clarity is not just a pipe dream but becomes part of our reality. We realize - by

using our real eyes. We come in and out of this flow – but it has the effect of continuously pointing us back to our goal, honing our intuition and being able to see the end from the beginning. We are truly inspired.

Children born from parents who have ample enzymatic and energetic reserve and who themselves often experience "higher mind" have the potential to be the spiritual leaders of tomorrow.

In closing - people often ask me why I recommend Sunrider to all my clients.

Sunrider is about prevention – consuming SR's nourishing foods ensures that we have a large enough buffer between health and disease that no self-respecting germ, fungus or parasite would even think of parking in our SR bodies. Eating SR consistently 3X a day for one season (3 months) – will not only create enough of an enzymatic & energetic buffer so that future higher mind experiences are not just a pipe dream but a reality that the planted seed is as good as harvested. Each SR meal with every season, year upon year - moves us a quantum leap closer to recognizing and living our life's dream.

And even though common sense is being disregarded by both scientists and pseudo-scientists – I'd rather die with common sense than die from lack of it.

Thank you.

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