

## **GETTING THE MOST FROM SR ~ IDEAS FOR BREAKFAST**

*Written by Dr. Van Beveren.*

The mild and warmth this winter offers our bodies an unusual opportunity to regenerate. We fast and consciously spring clean in the warmer months when we can preserve our energy - and herein lies the opportunity to fortify our body by first honoring the natural rhythms and cycles - many of which have fallen by the wayside. Electric lighting, late night computer work and television have lured us away from "Russ Jaffe's term for getting to bed early". Before Thomas Edison's invention of the light bulb, we read by hand dipped candles while the industrial revolution catapulted us into the 20<sup>th</sup> Century. Intellectually that sounds good but physically it meant altering body cycles and rhythms that had had been in place for millions of years. Lets look at what is effected during the times many were asleep. According the the Biorhythm Cycle a la Chinese, from 11pm-1am the ener-Chi going to the gall bladder is at its peak. The subsequent time for these other organs is as follows... liver from 1-3am / the lungs 3-5am / large intestine 5-7am respectively. When we are occupying ourselves in other than preparing for sleep, we lose that nights chance for tuning into that cycle's need. (To learn about the other organ times consult Donna Regalodo's "Buddy Book" - call your upline for contact information). We need to slow down and prepare for sleep as this has such positive effects on the regeneration of all organ systems. Being asleep during sleeping hours, if properly nourished by consuming some Alpha 20C just before bedtime, regenerates the liver - responsible for over 300 enzyme pathways/cycles. A simple step we can take to build trust in the innate healing intelligence of the body, is the regularity with which we eat and sleep. Ayurveda, a 3000 year science of longevity states, (according to the elements delineated in the hourly clock) the best time to begin sleep is between 6-10 PM, the same time farmers retired after the sun sets. To rise after the circadian rhythm changes (@3:30 AM) allows the other 8 (daytime) organ systems to function optimally.

Parallel to sleep, I would like to explain the value of consistent and regular mealtimes. Doing so builds trust in our innate healing ability because we condition it to count on always having a steady and consistent source of nourishment. Compare this to the often sporadic eating "on the run" or grabbing empty calories when there is no time and anything in the stomach will do. For those who are consuming enough of the SR food to make a difference, our bodies will demonstrate a quantum response when we plan our meals and consume our SR meal (NuPlus & Quinary ) at the same time each day consistently - preferably before or at the beginning of each meal. The message our innate healing intelligence receives is that the building blocks for consistent steady regeneration will continue pouring in for each stage of strengthening all the organ systems which work synergistically one with the other in a cycle and spiral up and up... in regeneration. The process can be viewed in much the same way a contractor relies on supplies to be delivered, building inspectors to arrive - all at strategic times so there are no delays. This gives us the tools to generate an acute illness (often seen as colds and flus) releasing pockets of stored toxins. One of the most efficient (fun - NOT!) way to clean up those released pocket of toxins is to generate a fever. Again, such situations are often unbearable but they do allow us to surrender and choose a fork in the road leading away from chronic degenerative diseases.

By having explained the importance of consistent nourishment, I hope you are inspired to join the many fueling up for the day with break-fast. These guidelines, when practiced, will take you to a powerful place of regeneration and reduce the need for biochemical fine-tuning with fractionated, isolated vitamins and minerals. Remember that reinforcing rhythms and cycles is as important as the nutrients themselves. Given a steady supply of the proper building material throughout the day/shift, our bodies are fully equipped to do all parts of the jobs with the 24 major organ systems that unfold over the 24-hour cycle.

NOTE: To understand the importance of a fever; and to know what to do, and consult the constipation/ detoxification packet and the 2001 millennium holiday newsletter.

Optimally, we eat the Sunrider "BASICS" (2-3X/day - one before **or** at the beginning of each meal... **it's our nutrition!**). Giving our body consistent nutrient-rich food trains our mind to trust there is no "famine" and signals our organs not to go into emergency mode. Consistency builds trust in our ability to be always ready for stress and uncertainty - so needed in the "hurry up" world in which we live.

Another advantage of eating nutrient-rich food regularly is contributing daily deposits into the enzyme banks of our 24 organ systems. Think of how important it is to make consistent bank deposits when it comes time for a little credit. Our 24-organ bank/systems function the same way. To have vibrant health we need a level playing field of enzymes in each account. Disease is nothing more than a series of depleted enzyme accounts - plain and simple! **Deposit NuPlus – Quinary – Calli – Fortune Delight and Sunnydew every day to build up YOUR accounts!** Eat enough to make a difference and only you know exactly how much you need. ~ For those who cannot eat NuPlus and Quinary before each meal, pick regular times and your innate healing potential will learn to depend on you for this. Such deposits can also be made with NuPuffs and the Vitalite Sunbar. (Did you know that 1 package of NuPuffs equals 1 ½ scoops/packets of NuPlus?) Also... the Vitalite Sunbar has seven (yes, all 7) different types of fiber (see the constipation/detoxification handout) but also contains one full scoop of NuPlus and more. Some may choose to consume all of your daily allotment of NuPlus and Quinary in one big "smoothie". For great recipes contact your upline. For some this is a great way to start your day because you may have never eaten breakfast in your life. Start here and over time the body may begin asking for NuPlus and Quinary throughout the day. When consuming NuPlus and Quinary at the beginning of each meal, mix it in a small amount of the fluid: ½ cup rice milk/juice/water/f.d.-calli ~ your choice. This will ensure some room for break-fast and consumption of healthy table food for chewing, sociability and pleasure – *its important to enjoy our food with family and friends.* When consuming the "BASICS" - first be sure to adjust the amount of table food consumed – eat less table food to maintain your weight. Eat even less table food to lose weight. Eat more if you would like to gain weight.

Remember that (besides the necessary fluids required with the Vitalite Sunbar) it is best NOT to drink *any* fluids when eating. This only disorders digestion by diluting the

hydrochloric acid secreted by the stomach and reducing the salivary flow. If chewing occurs and the body is properly hydrated the stomach will secrete the digestive juices necessary for proper break down of what you have eaten. The time to hydrate the body is in between meals. Stop fluid consumption ½ hour before a meal. If the body is properly hydrated (see the "Hydration" document to know or sure) there should be no thirst during meals. We almost never drink with our meals *but* if you must, Fortune Delight is your best choice because it nourishes the digestive system and cleanses the fat cells.

Starting the day with a full breakfast will not only increase your cognitive abilities (including your brain, blood and defense memory over the long haul) but is designed to "prime the organ pumps" – to get the body moving, to stimulate the thyroid and to slow the positive effects of night-time catabolism and begin the day-time effects of anabolism. This positively affects our yin-yang metabolism and ensures we start the day with a full tank of fuel and a growing bank account!

Here are 10 quick and easy breakfast favorites from our kitchen:

1. ORGANIC Baked Yam or Baked Potato... start the oven upon arising; scrub potato/yam night prior. Avoid microwaving as much as possible because microwaving denatures enzymes. We do not condone microwave ovens but if you MUST microwave be *sure* to consume a sunrider meal before-hand.
2. (slightly) Warmed Winter Squash - top with applesauce and Vitadophilus (melted butter or ghee optional)
3. CAGE-FREE Poached egg on GLUTEN-FREE toast with steamed broccoli
4. Wholegrain bread with nut butter, spouts and shredded carrots
5. Steamed kasha with butter or ghee, sunnyside, and tahini. Melt butter and mix sunnyside. Drizzle butter mixture then drizzle tahini to taste.
6. Sautéed tofu mushrooms and onions (busy people prep the night before) cooks in 10 minutes. Finish with soy sauce and sesame tahini to taste.
7. Avocado, fakin-bacon and tomato sandwich
8. Steamed, grilled or sauté slice of BBQ'd tofu, top with steamed greens-drizzled with sesame shitake vinaigrette, avocado, and tomato.
9. Oatmeal or Rice Cream cereal with soy/rice/nut milk (optional butter or ghee). We enjoy ½ a scoop of nuPlus on top.
10. For those who are constipated: start with 1-4 Slim Caps and swallow with 1 vial of Evergreen mixed in ½ cup water. Then ¼ cup applesauce and 1 pkt Vitadophilus. Follow this with a (optional toaster warmed) Vitalite Sunbar and 12-16 ounces of Fortune Delight beverage. Make sure a bathroom is near and you will be 9 again.

Our BODY is constantly striving for EQUILIBRIUM, by adjusting itself to the challenges it encounters.

- Much like a tight-rope walker it is constantly balancing..*never* still. The Chinese philosophy is that everything is based on DYNAMIC movements. As long as there is

motion, we have health. If motion stops, we become sick or die. They call this energy flow the Chi. (Flowing like a river)....

Is there such a thing as perfect health? Not in our world. But we can meet the challenges best, with the whole, living Sunrider foods.

- Sunrider is "live food". Food in its "whole"-food state of synergy. Sunrider food has not been broken apart: it still has the oil-water ratio as it did in the plants. It has the enzymes in it when you open the package, just as it had in the plant. How that is accomplished is Dr. Chen's secret in preparing these food formulas (Prepared at low temperatures).
- Sunrider feeds the body on the Cellular level: Your body is made up of cells (trillions). These cells translate into tissue, muscle, bone, organs and systems that make us a whole live being.
- YOU WILL ONLY BE AS HEALTHY AS THE HEALTH OF YOUR CELLS! Your food choices determine the outcome of your cells. Do you want veggie or cheeseburger cells??
- The CELLS are busy in function, taking in nutrition, giving off waste.
- They are either Regenerating (making new healthy cells) or Degenerating (replacing new cells with inferior quality cells). Whole live foods give offer regeneration. Processed irradiated foods depletes/degenerates the body. All day we make choices to either regenerate or degenerate, depending on:

- The food you eat
- The quality of the air you breathe

The purity of the water you drink

- The exercise (movement) you get
- The sleep and rest that you get
- The thoughts you think & what you feed your mind

Whatever else you do for yourself such as massage, chiropractic, reflexology or other therapies...Just REMEMBER:

" You still have to eat...why not eat the best!!"

**YOU ONLY HAVE ONE BODY.... TAKE CARE OF IT! FEEL GOOD, WHILE YOU LIVE! ENJOY QUALITY OF LIFE BY EATING THE WHOLE, LIVE, ENZYME RICH SUNRIDER FOODS.**

Dr. Van Beveren  
Princeton Health Integration Center  
Skillman, New Jersey  
609-924-7337 (Phone)  
609-924-7828 (Fax)  
[www.princetonhic.com](http://www.princetonhic.com)