

The Men's Formula
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This is not a medical diagnosis nor is it an indication for a cure. It is not intended to insinuate either a diagnosis or cure.

In the West, we tend not to see the reason why Chinese Medicine is effective. This Chinese system of health through nutrition is recorded from an Eastern perspective, which is filled with allegory and metaphor, making it a bit odd to the Western scientific mind. But taking into consideration that Chinese medicine and pharmacology has 5000 years of recorded history of effectiveness, it is worth a look at why the Chinese herbal formulas have withstood the test of time.

During my twenty years of personal research and the use of these herbal foods in my practice, I have noticed an increasing effect in the physical health of my patients after incorporating the Sunrider foods. After my experience with the various Sunrider formulas already available, when Dr. Chen introduced the Men's Formula, I was intrigued as to why Dr. Chen would develop such a product. From my research, I was astounded at what I found, that Dr. Chen created in the Men's Formula. Whereas from the Western view, the formula is historically or hysterically a curiosity of large propensity, it is understandable from an Eastern view and, as found in user's response, very effective.

As in all of the Sunrider whole foods, the body does not have to break the herbs down into their elemental ingredients to be digested. Whole foods are recognized by the body and almost instantaneously absorbed. The Sunrider concentration and extraction processes, which are unique to the industry, keep the integrity of the food intact so that the body recognizes it as a food. This nutritive effect is unlike isolated nutrients, which the body often just passes through, not recognizing it as something useful or digestible. **"The idea is: food is medicine and medicine is food."**

I have promoted this Chinese ideal approach to health for many years. I have seen the effectiveness of this maxim proven by my patients' use of herbal foods. With this in mind, you may better understand how the Men's Formula works. As I considered the wide assortment of herbal ingredients in the Men's Formula, I wondered why they are all included in this product. After looking at each ingredient and then viewing the formula as a whole, I was amazed at what Dr. Chen created. At the product release ceremony for the Men's Formula, **it was said that this product would drop the P.S.A. count of the prostate. I have witnessed this happen in my practice.** I have also seen abdominal puffiness diminish, and a general feeling of well being return.

As a secondary effect, this formula has assisted hair growth; eased the symptoms of asthma; lessened water retention; relieved lower back pain; and many people have even spoken of having insightful dreams after they added Men's Formula to their nutrition.

In researching the effect of the ingredients of the Men's Formula I used the following resources: The Chemical Constituents of Oriental Herbs from the Brion Research Institute of Taiwan, The Chinese Materia Medica from Eastland Press, Chinese Herbology by Dharmananda, Fundamentals of Chinese Medicine by Wiseman and Ellis, Grasping the Wind by Ellis, Dragon Rising Red Bird Flies by Hammer, Five Elements-Ten Stems by Matsumoto and Birch.

The following are the ingredients in the Men's Formula and their related effects as recorded by the Chinese:

Saw palmetto

First and most important of all, the saw palmetto has been concentrated down to where the essential fatty acids are 100% available to the body. The essential fatty acids directly relate to the hormone structure of the prostate. Thus, it tends to shrink the prostate, heals the bladder, and stabilizes urinary output. Also, as a secondary effect, it works with asthma, throat conditions, whooping cough, excessive mucus in the sinus, diabetes/or sugar imbalances and helps regain strength, while mobilizing calcium and zinc for better assimilation.

Anemarrhena Root

The Chinese found that the effect of this herb was to drop thick fluids from the upper trunk to the middle trunk. Part of this action is reflected in the body's ability to thin thick fluids, increase lung capacity and lung secretion, and increase oxidation in depressed digestion, as in Chronic Fatigue.

Codonopsis Root

This root stops spontaneous sweating (as in a hot flash) and Spontaneous Swelling. Helps upper chest congestion descend, decreases lung fluids and increases lung capacity, tonifies the lungs, quiets chronic cough, thins Lung mucus, dispels fatigue and decreases spleen Chi.

Astragalus Root

Raises essential Chi, stops spontaneous sweating, removes fluid from the middle trunk and troughs it into the digestive system, it strengthens the lung immune system, and heals prolapsed digestion and heat swelling. Proven in China as natural antibiotic, which kills E.coli.

Guinea Hen Flower Root

This drains heat in the lower trunk, and also has an antibacterial effect inhibiting E. coli, shingles, and pseudomonas bacteria, and helps rid the body of water swellings, and is excellent for the pericardium and lungs. This herb has more of an emotional effect than physiological in its ability to quiet fear and dissipate and get rid of terror. Interestingly enough, it also helps with female issues, such as hot flashes, water retention, irregular menses and edema.

Angelica Root

This tones and invigorates blood, and for women, it regulates menses and amenorrhea. This root also increases liver function (from a blood point of view) and acts as a central nervous system calming agent and helps with pain control (which in Chinese medicine dispels evil whims-chronic headaches and also clears the cloud over the eyes). It inhibits strep and shingles.

Phellodendron Bark

This is an interesting Chinese herb that has effects that range from increasing emotional function, enhancing intra-trunk communication, and releasing water from the lower trunk. This has been found to help with vaginitis, cervicitis, and pancreatitis, and blood pressure and is a wonderful healer for eczema around the ears and for ringing of the ears.

Lutein and lycopene

Again, two interesting ingredients for the Men's Formula in that they help women in regulating menses, stabilizing a prolapsed uterus, and quieting heat surges due to menopause. In general, it also works with lymphatic congestion, stabilizes lung function and fluid retention, and moves water.

It's amazing how Dr. Chen created such a unique and effective formula. Not only does this product contain herbs with redundant nutritive effects, but in addressing the stagnation of fluids in both males and females, the Chinese found that it had a similar healthy aspect of addressing stagnation in the emotions. One may feel healthy results such as inches lost around the waist, normalizing of urine flow, relief from lower back pain, breakup of lung congestion, diminishing asthma, relief from headaches and coughs, increase in hair growth and decrease in hair loss, varicose veins relief, and much more. This product is truly years ahead of any other product on the market.

The above information was gathered from Chinese medical texts and Chinese Pharmacological texts. The Chinese system, while odd to western thought and science, enjoys a 5000 year old history of successful therapeutics. It is not the author's intent to diagnose, prescribe or imply treatment.