

Quality, Safety & Potency.

Only A grade herbs are used in the manufacture of Sun Herbal formulas.

All Sun Herbal medicines are produced to the most rigorous standards by an Australian GMP (Good Manufacturing Practice) certified manufacturer in China. This means that every step of production is subject to strict quality control.

All of these medicines must pass stringent tests for safety, purity and potency.



Experience the Sun Herbal difference now

Sun Herbal is the leading supplier of prepared Chinese medicines in Australia and New Zealand with ChinaMed® and Black Pearl® brands. You can be assured of getting safe and consistently reliable medicines made from the finest quality ingredients and concentrations.

Ask your healthcare practitioner how Sun Herbal can help you to manage your symptoms today!

ChinaMed



SunHerbal
Better Naturally

www.sunherbal.com

Your healthcare practitioner

Disclaimer. The contents of this flyer (the 'Content') is intended only as a guideline on possible treatment strategies. The Content is not offered as medical advice and should not be considered to be medical advice under any circumstances. If you have a medical condition, you should always seek the advice of a qualified healthcare practitioner. Never disregard professional medical advice or delay in seeking it because of Content in this flyer. Your reliance on any information provided by the author in this flyer is solely at your own risk. Neither the author nor the publisher can be held responsible for the improper or inappropriate use or application of any of the Content of this flyer by any person.

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Why should you detox?



The Sun Herbal range of concentrated Chinese herbal formulas can help you safely and effectively cleanse your system to improve vitality, mental clarity and overall well-being.

Our Traditional Chinese Medicine (TCM) brands include:

ChinaMed



SunHerbal
Better Naturally

ER624

Traditional Chinese medicine for detoxification and internal cleansing

In traditional Chinese medicine, as with other systems of traditional medicine, periodic internal cleansing is highly valued. The gastro-intestinal tract and the organs that assist with digestion are the principal targets for these practices. Just as we regularly clean our skin, hair, hands and feet, so we should also regularly cleanse the internal organs. In much the same way as we take our cars for servicing, including a grease and oil change, our bodies require similar care.



Why do we need to detox?

Internal cleansing is particularly important in the early spring after the winter, when we have generally eaten much heavier and richer food and engaged in less physical activity. It may also be necessary after the festive season for similar reasons. When the body is given nutrients that are in excess of its needs or its capacity to digest and eliminate, a residue of partially digested material begins to build up. This forms the breeding ground for yeasts and 'unfriendly' bacteria, as well as providing the building blocks for stones, polyps and cysts. If this process is allowed to continue unresolved over several years, more serious chronic illnesses may develop.

How do you know when you need to detox?

The early signs of this accumulation of waste material are as follows:

- Loss of appetite, or frequent hunger that is difficult to satisfy
- Feeling bloated, especially after eating
- Bad breath
- Constipation or sluggish bowels
- Feeling heavy headed
- Difficulty getting up in the morning
- A sense of heaviness and fatigue
- Skin rashes

If you have been experiencing some of the above symptoms, especially if they came on or have been made worse after a period of overindulgence, then it is time to begin a cleansing program.

How is a detox conducted?

There are two basic aspects to a cleansing program: firstly the diet should be light, consisting of simple, easy to digest foods, with a larger proportion of vegetables. Secondly the use of appropriate herbal medicines allows the cleansing process to proceed smoothly with minimal discomfort and maximum effectiveness in the shortest possible time.

Your healthcare practitioner will best be able to advise you on the specific details and tailor a program to your individual needs. Generally the herbal medicines act on the digestive system and the bowels. Most people could benefit from such a program at least once a year. In addition, if there has been exposure to environmental pollutants or severe auto-toxicity, treatment to assist the liver may also be required.

How long will it take and what is it like?

A simple cleanse or bowel detox may be taken over 10-14 days. A more comprehensive detoxification program may need to be followed over several months, with a series of short, intensive cleansing regimens.

During the program people normally experience days when the accumulated waste materials are released into the blood stream, processed by the liver and excreted by the kidneys and the bowels. On these days you may feel heavy and lethargic and have difficulty concentrating. It may be advisable to rest, engage in light physical activity, take an Epsom salts bath or sauna. Your healthcare practitioner will be able to advise what will be best for you. On other days you may experience an increase in vitality, mental clarity and overall well-being as your system comes into balance and the internal organs are able to function free from obstructions.

A program that is suitable for your specific needs can be devised by a qualified professional, who can properly assess your overall state of health and provide you with the best treatment regimen, as well as advise you on how best to deal with any temporary discomfort experienced during the course of treatment.