

Your practitioner's role to help your wellness

Your practitioner has been trained to recognise signs and symptoms of imbalance and whenever possible, to intervene early to prevent development of serious illness.

For example, if you suffer from excess weight, rather than prescribing one formula for everyone, your practitioner will choose from a number of Sun Herbal formulas. They may consider whether you need a formula that includes an energy and digestive tonic, one that addresses fluid retention or even the possibility of poor liver function. Each individual requires a specific health program that is uniquely their own.

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.

General Health Recommendations

In addition to special herbal formulations, some general protocols are helpful to combat the effects of ageing:

1. Eat easily digested foods (suitably cooked, carefully combined).
2. Avoid or minimise stresses of all kinds.
3. Keep socially active and contribute to the welfare of others.
4. Get sufficient rest.
5. Exercise regularly (daily, if possible).
6. Keep occupied, both physically and mentally.
7. Have an optimistic outlook, preserve peace of mind.
8. Eat when hungry, drink when thirsty, rest when tired.

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

BLACK PEARL®

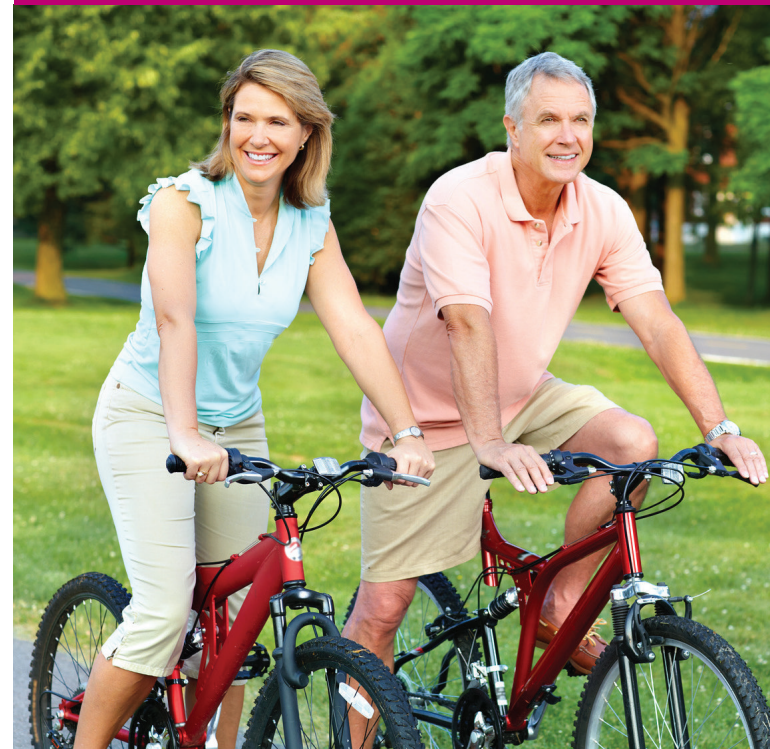
SunHerbal
Better Naturally

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Your healthcare practitioner

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Healthy ageing with Chinese medicine



The Sun Herbal range of concentrated Chinese herbal formulas can help renew your vitality and wellness into advancing years.

Our Traditional Chinese Medicine (TCM) brands include:

ChinaMed

BLACK PEARL®

SunHerbal
Better Naturally

Ageing symptoms or Lifestyle imbalance?

We often mistake our ills and ailments for signs of ageing when in fact they may result from a combination of factors. A weakened constitution, genetic predisposition or inappropriate life style choices all play a part in how you look and feel at any age.

See if you suffer from these symptoms and talk to your healthcare practitioner about specific Sun Herbal formulations to relieve or reduce disorders like:

- **Digestive function:** indigestion, bloating, flatulence, constipation
- **Musculoskeletal:** joint pain and stiffness, muscle fatigue and weakness
- **Mental:** forgetfulness, poor concentration, mood swings, insomnia
- **Sexual:** low libido, impotence
- **Cosmetic:** hair loss, dry hair, dry skin

5,000 years of Chinese herbal medicine research

Chinese medical knowledge, reflects over 5,000 years of scientific work, and has grown and developed into the world's most advanced system of natural medicine. This sophisticated system aims to both overcome disease and to restore and promote dynamic good health and well-being for people of all ages.

In the Chinese medical classics, emphasis was always placed on a healthy lifestyle: early to rise, regular exercise, simple, moderate eating habits, avoiding stress as well as keeping a calm and open mind. Balance, harmony and moderation are key ingredients to a healthy, happy, productive life – with prevention, then as now, the best approach.

Traditional Chinese Medicine (TCM) was largely developed through the interest and support of emperors, who wished to maintain their youthful vitality and mental clarity to an advanced age.

Herbal formulas to combat ageing

Sun Herbal provides a broad selection of traditional Chinese herbal formulas to address the needs and symptoms of ageing. Some formulas can renew and revitalise tissues and organs. Some are used to cleanse and detoxify, while others can provide relief while invigorating or supporting specific functions.

ChinaMed® capsules and Black Pearl® pills are developed by renowned herbal clinicians in China based on classic formulations, modified to meet the demands of modern conditions. These products support and enhance the function of body and mind and address the symptoms and underlying causes of disorders associated with ageing.

With many herbal formulations, Sun Herbal products help address and relieve problems with digestion, libido, muscular aches and pains, constipation, energy, sleep, and general well-being.

