

# Sunrider Basic Food: the TASTE test

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In order to get the amazing health benefits associated with using the concentrated Sunrider herbal foods, it is most important to make NuPlus® a part of our diets every single day. From the beginning of Sunrider's existence, this product has been a foundation for everything else.

Dr. Tei-Fu Chen, Sunrider's founder, created the formula from an ancient herbal recipe that was fed to him as a child and literally saved his life. Over time, he improved the formula, and created enough variations so that we do not have to be bored: the basic herbs, coix fruit, lotus root, imperate root, fox nut, and waterlily, have been enhanced with soy and other properly prepared beans and grains, and made into energy bars (SunBars®), puffed cereal form (NuPuffs®), and thick tasty shakes (VitaShake®), all ensuring that we can get our basic whole-food proteins, complex carbs, vitamins, minerals, and fatty acids in a pleasant way at least two or three times a day.

In its granular dry state, plain NuPlus® tastes a bit like baby cereal. That is significant, because Dr. Chen has assured us that its digestibility is similar to mother's milk: in other words, NuPlus® is rich in enzymes, and requires no effort for the digestive system to utilize it. This makes it a great benefit for the very young, the very old, the ill, and everyone else who could use a little improvement in their dietary intake.

Even though it is ok to eat the NuPlus® dry, we usually mix it with some liquid. I prefer plain distilled water (although some folks use their favorite fruit juice, rice milk, or coconut milk). Some like their drinks room temperature, some like it cold, some even go for icy and slushy. Whatever **temperature** is chosen, we notice that the NuPlus® granules and the water immediately thicken up, so we need to make a decision: how thick do we want it? Obviously, we can use a lesser **amount of liquid** and get a pudding; or more and get a light drink.

Once these choices have been made, it is important to add SunnyDew®, Sunrider's stevia product, in an amount necessary to make the drink

**sweet** enough. Do not skip this part; the liquid SunnyDew®, even just a couple of drops, acts as a tonic to the pancreas, and addresses a number of blood sugar issues.

Also pay attention to texture: the water and NuPlus® mixed together are often very granular. I have found that some people like this, and some don't. If necessary, use a blender at this point, and find the right **texture**. (TheVitaShake®, a "powered-up" variant of NuPlus®, does not need a blender to get smooth and creamy. A shaker bottle or spoon will do the job. NuPlus Regular®, without the soy and other beans, is also very smooth without blending.) Another trick is to let the drink sit for about ten minutes, and then shake or blend.

If your NuPlus® liquid meal is still not delicious to your personal taste, I would suggest adding **enhancements**, usually in the form of some flavored fruit juice instead of or in addition to water. I really like pure cranberry or cherry juice. Some folks like pineapple juice, or cocoa powder and coconut milk. (I do not recommend soymilk, which is often not a healthy product as manufactured in the USA.) It is also delicious to blend the drink with fresh fruit, such as strawberries or bananas.

I call all these steps the "TASTE test." T for temperature, A for amount of liquid, S for sweetness, T for texture, and E for enhancements. When I am teaching someone to "eat" their basic regenerative food (NuPlus®) every day, these steps help to assure that I have a happy customer, who will use the product every day and get to experience the amazing results.

I might also mention that I sprinkle NuPlus Simply Herbs® on pasta and rice; make it into gelatin concoctions, use it for frozen desserts, and in general do anything I can think of to have it feed me 3 times a day. I also get it in my SunBars®, VitaShake®, and NuPuffs®. With all of these options, it is really easy to improve our health, while enjoying every bite!