

# The History of Discovering the Healing Power of Herbs and Foods

For thousands of years people believed that foods not only nourish us but can also heal the body.

We know that for over 5,000 years the Chinese have studied thousands of plants and herbs and discovered their purpose.



The world's first book, "I Ching", or "The Book of Changes", is a Chinese text written long before the Bible. Some of the knowledge in this book forms the basis of many Chinese beliefs.



The legendary emperor, **Shen Nong**, lived over 5,000 years ago and began studying and testing various herbal remedies. He also developed the theory of

"opposing natural forces" which would later play an important part in the Taoist philosophy - **Yin and Yang**.



**Hua Tuo** (110 - 207 AD) is considered to be the first famous Chinese surgeon and the inventor of anaesthesia. He was one of the

first in history to utilize herbal medicine in his remedies. In addition, he is renowned for creating remedies using simple formulas by combining only a few herbs.

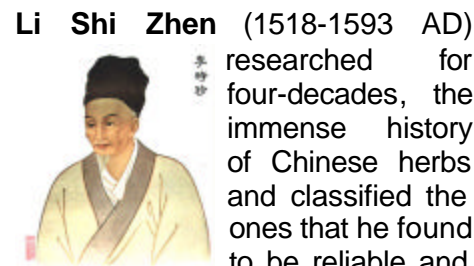


**Zhang Zhong Jing** (150-219 AD) was the most famous of the ancient herbal doctors. His book contained more than 100 herbal formulas. Due to the amount of new information he discovered, his work would become a cornerstone in history, repeatedly analyzed by later generations.



**Tao Hong Jing's** (456-536 AD) He added more than 350 new herbs to the catalogue, bringing the total to more than 730. He then created

categories with the new herbs that he discovered in his own work. This piece of work in particular would have an incredible influence on later generations.



**Li Shi Zhen** (1518-1593 AD) researched for four-decades, the immense history of Chinese herbs and classified the ones that he found to be reliable and

true. His book contains 1,892 herbs, classified in 6 sections, 52 scrolls, and 60 categories.

The Greek philosopher & physician **Hippocrates** was the father of modern medicine 2,500 years ago. He said:



**"Let food be thy medicine and medicine be thy food"**



In the early 1600's **Jakob Böhme** from Germany wrote the book "The Signature of all Things." In this book he unveils his

belief that God marked everything and created each with a sign (signature). It contends that **every whole food has a pattern that resembles a body organ or physiological function** and that this pattern acts as a signal or signs as to the benefit the food provides the eater.



**Dr. Tei Fu Chen** has studied many Chinese philosophies & the many benefits of herbs that have been discovered over

the last 5000 years, including the book, "I Ching". Today he is the founder and chairman of Sunrider International which is the largest herbal manufacturer in the world, marketing in over 40 countries. The company produces over 400 unique products that are based on the Philosophy of Regeneration. These unique, highly concentrated whole food formulations are the best products available today.

Sadly, in today's modern times, **we have lost the freedom** to teach and share this knowledge from the last 5,000 years. The medical establishment and drug companies are trying to brainwash us that only drugs, which come with many side effects, can heal the body. They overcharge us with the excuse that it costs a lot of money to do the research, even though much of the research has already been done. It seems that power and money are more important than people's health. It is time for each of us to educate ourselves and be responsible for our own health.