




## Sunrider Testimonials

Posted by [Dave Spaulding](#) on October 25, 2013

  
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### Asthma & Allergies By [Debbi Johnson](#)

This story is about how Sunrider products changed my life. In 1996 I was slowly dying from asthma caused by allergies. I could barely work an 8-hour day and when I got home I laid on the couch the rest of the night. I couldn't even mow my lawn or do very much cleaning because of my allergies to dust and mold. My sinuses and lungs would be so full of mucous I could barely breathe. My lung capacity at times was less than fifty percent. Because of my poor lung capacity, my energy was getting worse. Sometimes I would have more energy but in general, I was going downhill quickly.

The list of medication I was taking included: Proventil Inhaler, Asthmacort Inhaler, Tilade Inhaler, Deltasone tablets, Nasacort Inhaler, Accolate tablets and Allegra D tablets.

I first experienced the miracle of Sunrider products when I drank Calli tea. My nose and sinuses started draining so much I almost used up a small personal pack of Kleenex within an hour. Within this hour my sinuses were feeling miraculously better. As I drank the Calli tea, I felt like something magical was happening within my body – something I couldn't explain.

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Within the week I took NuPlus for the first time. In the morning my sinuses felt clearer than I could ever remember. My breathing was easier than it had been in fifteen or twenty years and my energy level was better than I had ever felt in my life, even as a teenager. I was in utter disbelief. My body felt so good I could barely believe it.

Hearing myself tell others about what was happening sounded too good to be true, but I knew it was. I couldn't believe anything could work so quickly. It seemed miraculous to me then and still does!

The only think I changed was eating the Sunrider nutritionals: NuPlus and Calli Tea. Within one month, I could work twelve to fourteen hour days and still go shopping with my children in the evening. For the first time in seventeen years I had enough energy to mow my front lawn.

As well, my mood was greatly improved. I no longer had bleeding when I had a bowel movement, and had no more urgency in urination. I quit catching every cold and flu that came along and have been sick only two times in the last four years. My energy level is up five hundred percent and I need less food to feel satisfied. I only crave wholesome foods instead of junk food. I sleep more peacefully and feel ten to fifteen years younger.

I am telling this story so it may encourage someone with allergies and asthma to quit dying and start living! I praise God that I was introduced to the Sunrider products.

## Asthma

By Maridale Moore

We just returned to our home in Ashland, Oregon, after a wonderful sightseeing trip to Washington DC. It made me aware of what I owe to Sunrider foods. My husband, Bill, and I have eaten Sunrider herbal foods every day since May 1988. Actually he started a few months after I did, after seeing the benefits I was experiencing. I had been living with ongoing asthma attacks (from age 14) which became more severe and more frequent as I got older.

Medications gave me some temporary relief but often caused side effects and sometimes backfired, making the asthma attack worse. I was literally addicted to my inhaler and panicked if I forgot to carry it with me. I slept on the couch downstairs quite often because I couldn't get enough oxygen to go upstairs to my bedroom. I made several emergency trips to the hospital in the 1980's.

When I was introduced to Sunrider, I was very skeptical because through the years I had tried many, many things both dietary and medical – with improvement not immediately noticeable, if slight. It took me over a year to wean myself away from the inhaler and I still carried it with me on trips for

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several years. However, after eating Sunrider foods for a couple of months, I discovered that I no longer had asthma, nor do I have any symptoms of that “dis-ease” today. Furthermore, I was starting to get arthritis in my hands and knees, but I no longer have arthritis! I take no medications, no prescriptions, not even aspirin (neither does my husband). If I ever feel the slightest symptom of a cold or flu I add Sunrider’s “Golden Seal Root” to my routine, plus a few extra “Citric C Tabs” (Sunrider’s herbal concentrate version of Vitamin C), some extra “Conco” (Sunrider’s herbal formulation for the Respiratory System), and I drink some extra Fortune Delight Beverage I soon feel fine. “Conco” also helps if I run into cats, as I’m still slightly sensitive to them.

To get back to our trip, we spent ten wonderful days doing major sightseeing. We probably averaged walking at least five miles a day. One day we walked around the Tidal Basin to visit the Jefferson and FDR Memorials in the morning, and visited the National Portrait Gallery in the afternoon. We were climbing many, many stairs every day and, believe me, I couldn’t have done it without my Sunrider foods!

Another real blessing with Sunrider is its use as an emergency food. Sunrider provides highly concentrated nutrition and long shelf life, doesn’t require any cooking, and you could throw it in the car in case of an evacuation. I plan to have a good emergency inventory, just in case things “fall apart”).

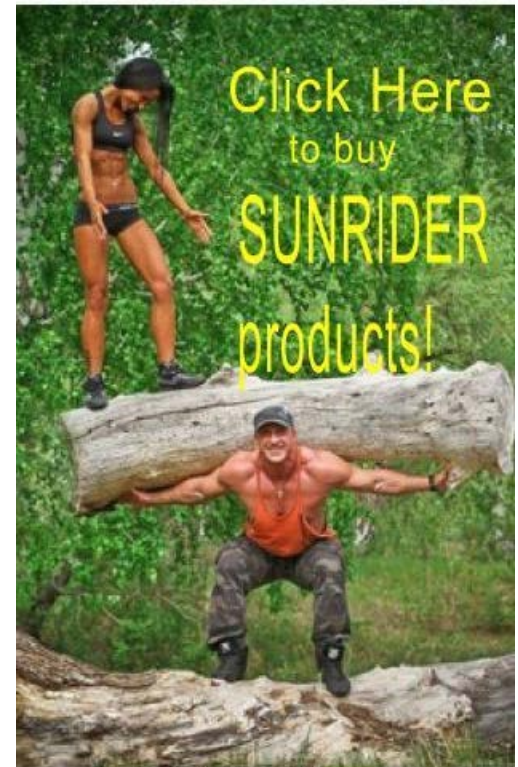
What I would like you to understand is that Sunrider foods are not “supplements”, but are an integral part of our life because they are concentrated foods. We have optimal health because we eat our Sunrider foods every day.

By the way, I am 73 and Bill is 74. My husband plays tennis regularly three times a week. Although retired, he is a very active volunteer. Bill has two brothers ...one is three years older than him, and his other brother is three years younger. Both are in care facilities now because they can no longer function on their own. Ironically, they both briefly “tried” Sunrider years ago but decided it was “too much trouble” and “too expensive”, though both could well afford the products. We have no “proof” that Sunrider made the difference, but we know that we will eat Sunrider foods every day for the rest of our lives!

## **Alternative Cancer Treatments**

**By Doug Hansen**

Few people would think of my husband as the typical alternative medicine user. He preferred meat and potatoes to vegetarian fare. He headed straight to conventional medical doctors when he was sick. He was a conservative 50-year-old director of counseling at a large church in Tulsa, Oklahoma. He was also a colon cancer patient and a soon-to-be firm believer in Sunrider nutritional products as an alternative medicinal treatment to chemotherapy and radiation treatments.



When Doug's cancer was diagnosed in 1993, the tumor was so large it nearly closed off his colon. After a colon resection the outlook was not good. The cancer had permeated the wall of the colon and was also found in his lymph nodes along with several small tumors in his lower abdomen. Chemotherapy and radiation were prescribed as post-surgery treatments. Even with chemo and radiation, the doctors could not promise that the cancer would not return.

When you hear a diagnosis like that, it's like a stake driven through your heart. Even with our faith in God, we felt vulnerable and very helpless. Doug underwent a colon resection followed by one year of chemotherapy and radiation treatments. During that year, Doug began to investigate alternative treatments to chemo and radiation. He began treatments from a naturopathic doctor but four years later the cancer metastasized in his liver. The tumor in his liver was the size of an orange. Surgery was performed once again and the tumor removed. This time, even though chemotherapy was once again prescribed, Doug decided against it. All of his research pointed to nutrition and building his immune system as the "key" to fighting this disease.

I translated his decision as a death sentence. Doug urged me to read the books and information that had transformed his thinking. We became vegan vegetarians. Dairy, meat of any kind and eggs were eliminated from our diet. We were introduced to Sunrider foods and encouraged by a woman (named Faith) to begin eating these foods to bring his body into balance and eventually allow it to fight against the cancer cells. Faith had been walking free from lymphoma cancer for four years at that time, eating Sunrider products (six years at this point) with no chemotherapy treatments. She explained Sunrider nutritional herbs are designed to boost the immune system and inhibit the cancer cell growth and even shrink existing tumors.

Three months after our introduction to Sunrider, cancer was found again in his liver, exactly where it had metastasized before. Surgery and chemo were once again encouraged. Doug immediately began eating 100 times the normal amount of Sunrider's Alpha 20C, specifically for boosting the immune system until the time of his surgery and for quite some time after. We chose to go to M.D. Anderson Cancer Research Center in Houston and have the tumor removed. Two-thirds of Doug's liver was removed along with the tumor. He continued to eat the Sunrider foods and refrained from chemo or radiation treatments. When the tumor was removed, it had already shrunk and was encapsulated, proving his immune system was attacking the cancer cells and eating away at the tumor.

One of Doug's doctors at M.D. Anderson, told him to continue eating the herbal foods from Sunrider. After examining the contents of NuPlus the Doctor exclaimed, "There is nothing in this that can hurt him – it's just food!" Doug did not eat the hospital food – he ate only Sunrider foods.

After eating Sunrider for only six months, his doctor told him he had the respiratory system of a 30-year-old. He was released from the hospital earlier than anticipated. His liver regenerated in 4 weeks and the cancer has not returned.

“Chinese herbs can maximize the functions of a person’s immune system and improve overall health,” practitioners insist.

We believe in the quality of Sunrider products and trust the integrity of the company to produce safe herbal products for people like us. I have had the pleasure of meeting Dr. Tei Fu Chen who is a pharmacist and herbologist. Dr. Chen’s wife, Oi-Lin is a western-trained physician. The Chen’s herbal formulas are from 5,000 year-old Chinese herbal formulas handed down from his ancestors. He has taken these formulas, condensed them and is able to offer them in as pure a form as the old Chinese methods when the herbs were cooked, the fiber discarded, and the remaining liquid drank for ailments of all kinds.

In a radical change from just a few years ago, many doctors now say it is perfectly fine for cancer patients to try other things. What do complimentary therapies offer the cancer patient? Practitioners say these therapies can abate the side effects of other treatments, such as nausea. They can improve the quality of life by reducing stress, anxiety and pain. Perhaps most important, they can alleviate the feelings of helplessness and hopelessness so common among cancer patients. Many people, of course, also are hoping that these therapies will alter the course of the disease, even if they have not been proven by western medicine to do so.

Sunrider does not claim to have the cure for disease. However, special formulas of Chinese herbal nutritional products are known to build the immune system, thus providing the body with fuel to fight the disease itself. And that’s what Sunrider does best!

## **Cancer**

**By Sharon Hruska**

Hi! My name is Sharon Hruska. I am 46 years old and I am a Director in Sunrider. I live in Courtland, Ohio with my husband Jim. We have a married daughter named Desiree and a son-in-law, Matthew. I am a public speaker for women’s organizations.

My journey with Sunrider began two years ago. I have had a series of health challenges that led me to these regenerative foods. Nine years ago I was being treated for fibrocystic disease. The night before my mammogram, I discovered a tiny lump that was extremely hard with irregular edges. I had surgery to have the lump removed and after the diagnosis, more procedures were needed. I had radiation, a lymph node dissection and was put on a drug called Tamoxifen. I was then given a ninety-five percent chance to totally recover. That was exciting! However,

six years later when I heard my doctor say that a more aggressive approach was needed, this brought more surgery and devastation.

Once again, I was put on the drug called Tamoxifen, this time doubling the dose. I found myself descending into depression. A new drug called Fareston was introduced to try to stop this from happening. I found myself with no energy. I couldn't sleep without assistance and it took every bit of strength to get through the day. I was desperately trying to stay above board. I did get through that year only to be faced with another challenge. I was having some problems on my left side so my oncologist did some blood work and sent me to a gynecologist. When she came in she said, "I am the bearer of bad news." I couldn't believe I was on this roller coaster again. My CA 125 blood count was 171 so she sent me to an oncologist/gynecologist for more testing. They discovered an eight-centimeter cyst on my ovary. The doctor wasn't sure what was going on and said the next step would be exploratory surgery. I said, "no thanks" and we headed for home.

I guess you could say I had had enough. I told my husband I couldn't go through another surgery. We prayed for another way and I believe this was answered when I was given a video called "Healthy For Life Seminar" by J.W. Emerson. I heard some things I had never heard before and it offered me hope. I asked my husband to watch the video and he said that he would watch it "tomorrow." I said, "No, please watch it today." After he watched the video, he too could see how this could change my health. I was ready to do whatever it would take to get my body back to a healthy state.

The first thing I did was become a vegetarian. This was not a hard choice for me as I never thought I should be eating "dead" animals. I just needed someone to tell me it was better for me. I began eating the basic Sunrider foods – one package of Quinary a day (equal to 10 capsules), two packages of Alpha 20C (to build my immune system), one package of NuPlus, one package of Fortune Delight or Calli, with Suncare (Sunectar in the U.S.) added. I didn't like the Calli much, but have since learned why. Apparently my acidic body was cleansing and I was getting a metallic taste in my mouth. The Fortune Delight didn't seem to have such a strong effect. But now I love my Calli! I drink at least 4 carafes a day. (I make it in a drip coffee maker that has never had coffee in it). I put the bag of Calli or Fortune Delight in the carafe and fill the back portion of the "Calli Maker" with filtered water.

There were moments when I wanted to get off track, but I just kept reminding myself that my health was more important than a few moments of fleshly desire. I followed this regimen for four months and then I had to go back for more blood tests and a sonogram. When the results were in, the nurse called and said she couldn't believe it! My blood count was down to a 26.64, which means it is in normal range and there was a resolution to the cyst, which means it is gone! She said she would have to call me back,

as they didn't know what they were going to do with me. On her return call, she said they were going to release me and I should call if there was any problem. I haven't needed to call them, but I do continue to see my local oncologist on a 6-month basis.

So, our Sunrider Journey has begun! We are excited to share what the foods have done for us. Yes, Jim is enjoying the benefits of Sunrider too! Though my husband appeared to be in excellent health, he did lose 25 pounds of toxic waste. He also became a vegetarian – something I would never have asked him to do with his Hungarian/Slovak heritage. As well, we never intended on building a Sunrider business, but we feel it would be a grave injustice if we kept these wonderful foods to ourselves.

I continue to eat one package of Quinary a day, two to three packages of Alpha 20C, and three to four scoops of NuPlus every day. And of course I drink my Calli! I have added Beauty Pearl to my program. I was having sixteen "hot flashes" a day and now it is a rarity to get even one. I no longer take Fareston or take a sleeping pill. My energy level continues to soar!

There are some other choices that I have made that I believe have contributed to the improvement in the way I feel. As a vegetarian, I do not eat meat of any kind. I do my best to stay away from refined sugar, hydrogenated oils and dairy. I must confess though, dairy is my hardest to give up, and from time to time I have a little cheese.

Sinus infections were something I dealt with at least five times a year and since my diet has changed, I have not had one sinus infection! Another bonus is our Sunsmile Toothpaste and Whitening gel. I was using whitening toothpaste from another company, and it was burning my mouth. I guess I should have read the warning label that was on it. When I called that company and told them what was happening, they quickly refunded my money. Since using our SunSmile toothpaste, I get great checkups, and don't need to worry about my mouth burning. And I don't have a "warning" label on my Sunrider toothpaste container!

For those of you reading this testimony, remember these are foods and NOT medicine. The concept is a little strange at the beginning. We are not used to eating foods that come out of little packages. Think of Sunrider as the highest form of nutrition in a fast-food form. I'd like to encourage you to begin as soon as you can and eat as much as your budget can afford. The person who gave you this testimony can show you how you can earn money to pay for these wonderful foods, or how you can travel the world if that is your heart's desire.

We recently returned home from our Sunrider convention in Los Angeles, California. It was wonderful to hear Dr. Chen speak of the way he formulates these wonderful products. It is obvious he puts a lot of knowledge, love and care into his work – and he does it for us!

My prayer is that my story will not fall on deaf ears but will offer hope to all that read it.

## **Chemical Sensitivities & Diabetes**

**By Doug & Marlys McRae**

### **DOUG'S STORY**

The day had been hard on my chemical sensitivities. Two parents who had visited my ice during the day had been wearing strong perfumes and I was still struggling with the effects when I arrived home. My wife took one look at me and said, "We'd better go for a walk to try to get some clean air through your system." As we walked along the street near our home, we passed two teenagers. We didn't notice until too late that they were smoking, and there was not enough breeze to blow the smoke away in the time I could hold my breath. The smell of the smoke surrounded us. Almost immediately my voice deadened to a hoarse whisper and a stabbing ache surged through my head. I began coughing and gasping for air, fighting a rising feeling of panic. My muscles seemed to lose all their strength. We turned toward home, but the smoke seemed to be everywhere. My chest started to bum. My walking became so unsteady that my wife led me by the hand. A pain in my abdomen grew sharper, culminating in a cramp that bent me forward and wrenched my lower spine out of adjustment. An extreme drowsiness had settled over me by the time my wife guided me into the house.

That reaction, and frequent others similar to it, happened all too frequently. And those were only the short-term effects. Longer-term symptoms usually followed, including inability to think clearly or concentrate, swelling and stiffness in my lower back, extreme shooting pains in my legs, low energy level and extreme difficulty with decision making. Each exposure caused increased sensitivity and lowered my resistance to subsequent exposures. A further concern to me as a diabetic was that many exposures also caused unpredictable swings in my blood sugars.

Tobacco smoke was not the only culprit. Perfume and scented personal products seemed to waft toward me from every direction. My wife had to quit having her hair permed. Scented soaps, fabric softeners and cleaning products; petroleum products and vehicle exhaust; wood smoke, fresh-cut wood, many flower fragrances – the list goes on.

There seemed to be no help. Over thirty-five visits to doctors and specialists of various kinds resulted in only one solution-AVOID all the offending substances. I had already had to quit attending church, then I had to give up my job as school principal. My world was becoming extremely limited.

Then we were introduced to Sunrider foods. My wife started me on Calli, then NuPlus, Quinary and Suncare. I started losing weight, but even more noticeable was the six inches that I lost from my waist in less than three



months! I began to feel better and stronger; my mind started to function better and reactions to chemical exposures became less severe. I began to enjoy driving again – my night vision improved, my knee pains ceased and I wasn't constantly fighting drowsiness.

After seven months on Sunrider foods, I am thirty pounds lighter, have more energy, and can enjoy people again without them having to pass the "sniff test." My insulin requirement is down to half. For the first time ever, my cholesterol is within normal limits! I enjoy much more freedom and can tolerate short exposures without serious consequences. I look forward to the time I can attend church again. In the meantime, as newly qualified Sunrider directors, my wife and I are enjoying sharing Sunrider foods with others.

### **MARLYS' STORY**

My background is in nursing. Between full-time part-time, I spent twenty-five years as a registered nurse. For the last eight years of that time, I was in charge of the endoscope unit in the local hospital. I enjoyed the challenge of the work and enjoyed helping people. That enjoyment, coupled with the additional challenge of coping with Doug's growing health problems, made it all too easy to ignore my own health. The strong cleaning solutions I was exposed to daily in poorly ventilated conditions were taking their toll along with the stress of changes in the health care system.

I quit nursing professionally seven years ago. That left me with more time to nurse my husband and should have given me a chance to build up my health again. There was some improvement as we made dietary and other lifestyle changes. We were constantly searching for clues that would enable us to reclaim our health and energy. Each time we tried something new, we experienced some improvement, but it was often only temporary or limited. Some problems still remained and no one could seem to help.

My pulse rate was one obvious sign of problems. My resting pulse rate was too high. Even moderate exercise such as walking sent my pulse rate up quickly. Walking up even a small hill made my heart race and left me breathless. My emotional stability was also suffering. I was finding it harder and harder to meet new people, maintain existing friendships or deal with even family situations. I could hardly talk about the weather without getting tears in my eyes!

Mid-life problems were also presenting new challenges. I was gaining weight and was often bloated and uncomfortable. Irregularity was a real problem which became acute if I was away from home or traveling. Cravings were sometimes unmanageable. I was having trouble sleeping and when my hot flushes were bad, neither of us got much sleep.

Then a friend invited me to her place to learn about Sunrider foods, which had helped her sister. What I learned caught my attention and I brought home some Calli, NuPlus, Quinary and Suncare. My concern was mainly

for my husband's health, but I found that I not only enjoyed the Calli but it was also helping reduce my cravings. As we got into a regular routine with the foods, we both began losing weight and changing shape. I tried the Beauty Pearl supplement and had rapid and almost total relief from the hot flushes.

Our intention was to keep quiet about Sunrider until we were certain that it was effective. That proved to be hard because the changes in Doug were so dramatic that people kept asking what we were doing. People were also commenting about changes in my skin and face and were noticing the weight loss. We decided that we should investigate further to see what experiences other people were having and to judge for ourselves whether or not the testimonials we had read were really credible.

We traveled to Salmon Arm for a weekend specifically to meet some "Sunriders" and to find out more for ourselves. What we found out about others was convincing – these foods really did seem to allow bodies to regenerate and marvelous things were happening to lots of people. What we discovered about ourselves that weekend was a revelation! Doug was able to tolerate visits to two malls on the way and still was able to do the driving himself. We had supper with a family in Salmon Arm and Doug was able to thoroughly enjoy a visit with new friends for the first time in years. We didn't arrive at my mother's home in Sicamous until about 10:00 that evening. My mother was amazed-instead of collapsing into bed like a zombie as he usually did after a long drive, Doug was sitting up, visiting. The following day was similar – lots more Sunrider food and lots of experiences that had become foreign to us in recent years. On Sunday, my sister and her husband came to visit us at my mother's home and they were immediately curious because of the difference in Doug. They commented that it was nice to have me "join the family again."

My changes were less dramatic but continued to happen gradually. My energy increased, my heart rate dropped to normal, I was sleeping better and had less digestive problems and bloating. I was able to eat less and feel satisfied. My fingernails became stronger and the nailbeds turned a healthy pink color again. I had been having a lot of discomfort from varicose veins in my leg and they are not painful now and they seem to be shrinking. I am having less of a problem with my jaw "popping" on me. My sister shared with me that she noticed a big difference in my emotional stability. I still have a ways to go, but I am better able to meet with people and cope with difficult situations now.

We know that Sunrider doesn't relieve us of the responsibility of making good lifestyle choices. We try to maintain a good exercise routine, we eat according to our blood type, and we strive for physical, emotional and spiritual balance. However, we recognize that we did most of those things before and were not successful in regenerating our health. Sunrider foods have made a tremendous difference for us.

Because of my background and because we have done so much research

on our own health journey, people frequently ask me for suggestions for dealing with their health challenges. I am happy to share with them any clues I can provide. Now, with Sunrider, I have something powerful and effective that I can offer with confidence. As new Directors with Sunrider, we are enjoying a new sense of purpose as we share with others.

We are thankful to God for giving us bodies capable of regenerating and we are thankful to Dr. Chen for sharing with us his wonderful whole foods.

## **Crohn's Disease** **By Brenda Cross**

I would like to share my story with you of how I battled with Crohn's Disease for many years and eventually found a new way of life with Sunrider foods.

Approximately 10 years ago I was diagnosed with Crohn's disease. At that time I had lost quite a bit of weight, had no energy, was in a lot of pain and spent the majority of my time in the bathroom (diarrhea). It wasn't much of a life at 21. I never could be very far from a washroom and I had to watch everything I ate for fear of the consequences. My doctor then started me on some anti-inflammatory drugs such as Asacol and later Mesasal plus anti-depressants, some painkillers and a few others.

After a few years of good and bad periods plus two operations to drain fistulas (pockets of infection), I became pregnant with our first child. At that point my Crohn's disease went into remission. I was thrilled and we had a beautiful healthy baby girl. Two years later we had another baby and it seems that since that time I started to develop more complications.

It seemed that the anti-inflammatory drugs that I had been taking weren't quite doing the trick anymore. I was developing an obstruction in my bowel. I was prescribed Prednisone in high doses that I would take for approximately two weeks and then taper off. I would do this about every three or four months. Then it became every few weeks until eventually the low doses of Prednisone weren't doing any good. I had to take high doses – it's a very powerful drug, and you shouldn't take high doses for any length of time. The side effects of the drugs now were as much a problem as the Crohn's disease itself. I had retained so much fluid I had headaches and I couldn't sleep. To top it all off I was in pain all of the time. My doctors really wanted me weaned off Prednisone but it seemed I could not do this. I was hospitalized three times in a few months where I was given Prednisone intravenously but again, it was just a short-term solution. Eventually in April of that year, I was admitted again to the hospital, but this time it was because I was hemorrhaging. I lost about one-half the blood in my body and I had to be rushed for a blood transfusion. That really scared me. I didn't think I was going to make it. I realized that I had to do something, anything – to get off the Prednisone and lead a healthier,

happier life so I could enjoy my husband and children. They needed me. We had gone through so much in the past few months.

We were not sure where to start. I phoned the Mayo Clinic in the States and they told me that there weren't any new drugs or procedures that they use with Crohn's disease that I hadn't already tried. Another friend mentioned a clinic in the states where someone with Crohn's disease had used diet and herbs. So my husband and I were pricing out flights to go to one of these clinics to seek help for me. It was going to be expensive, but if it was going to make me feel better, then it was worth it.

It was around this time that a friend of mine asked me to come to a Sunrider informational meeting. I was reluctant but I went anyway. I bought my first SunPack because I felt I had nothing to loose and besides, it was cheaper than a flight to the States. With Sunrider, I could finally give my body the attention it deserved. My energy level increased, my symptoms decreased and it is so wonderful to feel great again. Now I know how to "feed" my body.

"The human body is amazing in its ability to regenerate when given the superior nutrition of Sunrider. By giving your body the nutrition it needs, you are giving it the control to heal itself." -That's Sunrider in a nutshell!

Now I'll explain how I eat my Sunrider:

1. I mix 1 package (or 1 scoop) of NuPlus, 1 package (or 10 capsules) of Quinary, 2 cups cold Calli, some frozen fruit, and 15 drops of Suncare in a blender. Try this once or twice a day at first. If you do not see results in a couple of weeks, increase to three times per day. Or mix your NuPlus and Quinary with fruit juice; be sure to use a blender.
2. Steep a bag of Calli in 6 to 8 cups of hot water (not boiling or microwaved). Sometimes I mix it with Fortune Delight.
3. If I have an upset stomach, such as cramps, nausea, open a couple capsules of A.D. (Assimilaid D for the digestive system) in a cup of hot Calli; this works great.

Try these basic products for a few weeks and notice the difference. If you don't get results by then, increase your NuPlus. You may find some discomfort while your body cleanses – this is your body releasing the toxins, and trust me, that's a good sign and it will get better. Don't quit at this point – but try diluting your Calli or Fortune Delight a bit.

I hope you found this helpful. I'll never be able to share all of my wonderful feelings of how Sunrider has helped me. You'll have to see for yourself.

## Chronic Fatigue

## By Judy Yogerst

My story starts in 1978 with my endocrinologist diagnosed me with Chronic Fatigue and Depression. At that time I was started on the first of my anti-depressant medications. Over the years the medication was changed or the dosage was increased to help give me stamina to make it through the day. The medicines had many side effects and every time the brand or dosage changed, my body suffered trying to adjust to them.

In 1990 I started to suffer anxiety attacks and that's when a good friend introduced me to Sunrider. I liked the idea of regeneration and hoped it would work to help me grow healthier. I started with 3 scoops of NuPlus, Quinary, Fortune Delight and Calli and drank as much as a gallon of Fortune Delight and Calli a day. After eight weeks, with my doctor's permission, I was able to stop the anxiety medication and began to take control of my life.

I began to notice how my body was responding to various Sunrider products that I was eating and how much better I was starting to feel. It was a very slow process, but over the next year I continued to eat NuPlus, Quinary, and drink the teas. The anti-depressant medication finally stopped having to be increased every year as it had been in the past. My brain clicked into motion and I realized that my body was finally starting to heal itself.

I then started to experiment with the various Sunrider products that I thought would help my nervous system heal. The TOP, JOI and ESE helped some. I also tried VitaTaste to stop craving the sugar that my depression wanted so badly. That helped me a great deal. All the time I was eating these foods I would reflect on how each of them was affecting my body. Was it making my nerves stronger? The answer was YES! I still didn't feel strong enough to stop all my anti-depression medications but the dosage was still not increasing and my doctor was encouraged about my continuing health. He did indicate to me that he felt in his honest opinion that I would never be able to fully discontinue medication but I should keep on trying to grow stronger health-wise and exercise as often as possible.

When Sunrider introduced Action Caps, I tried them with the hopes that it would boost my metabolism and help the fatigue factor of my condition. After one month I noticed that I really felt much happier over all, I cried much less, and in general, had a positive outlook. I started eating five capsules per day and felt even better.

When SportCaps were introduced, I tried them with the hopes it would help me with my exercise. After one week I noticed that when I took the SportCaps with the Action Caps, I could go all day long without feeling that I needed a nap. I could go on with my work and I craved sugar less. No more afternoon collapse! I started to take five SportCaps each morning along with my Action Caps. After six months on this combination, I began to feel confident that I could reduce my medication. I did so (with my

doctor's permission) with no relapse to the chronic fatigue and malaise. After another six months on the Sunrider foods with Action Caps and Sport Caps, I quit my anti-depression medication entirely. That was over four years ago.

I still maintain the daily regime of Action Caps and SportCaps. I try to drink a NuPlus shake containing Fortune Delight and Quinary every day. I also found that when I am going into a stressful situation, I always keep Sunrise and ESE on hand. They give me the little extra boost my nerves need to see me through. I notice that the Sunrise especially helps me when I start to crave something sweet (a sure sign of depression for me). I always take ESE before I fly on an airplane to calm my nerves from the apprehension of flying. I no longer feel controlled by a drug – instead I'm in control of my emotions and that makes a great difference to my emotional well being.

What I like about Sunrider is that it is a whole food solution to my condition. It gives me the ability to slowly heal and strengthen my body. It is not a quick fix and it really teaches me how to listen to what my body is telling me during the long process. I caution anyone suffering from depression problems to practice patience and allow your body to heal. It doesn't happen overnight. I also know that the way my body responded to the Sunrider foods may not be the same for everyone. I think anyone in my situation needs to experiment with the foods and find the combination that works for their body's chemical situation. I am convinced that with proper nutrition and exercise, our bodies can help themselves to heal and regenerate. And Sunrider gives us the key to make it possible!

## **Colitis**

**By Stan and Phyllis Smith**

When Stan, my normally 165-lb husband reached 115 lbs, the doctor wanted to schedule surgery to remove the inflamed portion of his colon. Ulcerative colitis and hemorrhaging from the bowels had seriously compromised Stan's health. Not wanting to undergo immediate surgery, we contacted a leading herbalist in Victoria who helped Stan considerably. While the herb teas and mega doses of vitamins resulted in a difference in Stan's health, he still suffered from intermittent hemorrhaging, constipation and indigestion. Tums, antacids and laxatives became a daily part of his diet. Wounds would not heal, and his general health and vitality was at an all-time low. Because of Stan's colitis, our lifestyle took on the direction of a very healthy diet. Mega doses of vitamins and other health foods were included to help us along this elusive path toward health.

In the meantime, a liver diagnosed to be functioning at 50% caused me to make some major changes to my diet and lifestyle, the results of which were not too encouraging. I was still convinced that I was relatively healthy compared to others I knew. I reasoned that the constant headaches, bladder infections, outbreaks of eczema, bleeding gums, varicose veins

and allergies were just a result of stress and my over-active lifestyle. Extra Strength Tylenol became a daily part of my diet to relieve the headaches and arthritic pain in my hands, wrists, back and knees. There were times when climbing stairs became a challenging process due to a lower spine injury and hip problems. One doctor suggested hip replacements may be a future option. I ignored other discomforts such as weight gain, sinus infections, ringing in my ears and floaters in my eyes, reasoning that they seemed to be a normal part of "getting older" and I'd just have to learn to live with them.

When the effects of menopause arrived early in my life, I began to wonder what we were missing on this elusive path to health. After all, didn't we eat, live, and exercise in the healthiest way we knew possible? Sleepless nights, fatigue, depression, mood swings, anxiety and panic attacks arrived in full force along with other menopause symptoms, and I began to wonder where I could go for help. Because I sadly lost my mother a few years earlier from breast cancer, hormone replacement therapy was out of the question.

One day early in 1997 a close friend introduced us to Sunrider foods. Of course we were skeptical that Lynn Halliwell's Sunrider claims could all be true. As well, Diana Walker's encouragement and help with the foods led us to believe that perhaps Sunrider could really provide the help we needed. It only took a matter of a few weeks for us to realize that Sunrider was indeed an immense benefit to our health. We discovered that even though our health needs were worlds apart, Sunrider foods worked through the process of regeneration to cleanse, nourish, and balance our systems – resulting in the healing that we needed. For the first time in Stan's life he threw away all the Tums, antacids and laxatives, and began to feel like a normal, healthy human being. Tylenol is no longer a part of my daily diet, I am running up and down the stairs and arthritic pain is a malady of the past. I am also excited to share with other women suffering from menopause about the incredible difference Sunrider has made in my life. There is help and hope!

The disappearance of food cravings is another side benefit we discovered and other nagging little ailments that we thought were a normal part of living and "getting older" are quietly vanishing from our lives. Amazing!

Sunrider is also good for other members of our family. It didn't take long for father to set aside his wheelchair and cane, and begin walking again – free from arthritic pain and severe muscle cramps in his legs. And after giving his 18-year-old pet Pomeranian (who suffers from congestive heart disease) a daily dose of 1 teaspoon of NuPlus, father must now put a leash on the dog to keep him from running away. Sunrider even works for our family pets!

Sunrider is not an elusive path somewhere on the road to better health. Through nourishing, cleansing, balancing and regenerating our bodies, it is a definitive journey to healing, health and wholeness. Sunrider really

works. We are not only impressed with Sunrider foods, but also with the Sunrider philosophy, the company, the business and the expertise and commitment of the owners, Doctors Tei Fir and OiLin Chen. We are convinced, Sunrider is simply the best – and keeps on getting better.

## **Diabetes**

### **By Trish Holder**

I am an insulin dependent diabetic and have been so for thirty years. I lost my vision and my kidneys technically failed when my son was born eight and one half years ago. Although I had major health problems, I didn't think Sunrider could help! I had heard some great weight loss stories though, so I thought I would give it a try.

That was six years ago. The first thing we noticed when we started Sunrider was that our diet changed – naturally. We began to lose our taste for all the “bad things” – the coffee, the soft drinks, the alcohol, the junk food, and the meats. I think this was the most powerful thing – it helped me overcome my craving for foods that I knew were not healthy.

Before Sunrider, my vision was somewhere between 20/40 and I was legally blind, depending on hemorrhaging in my eye. Within a few months on Sunrider however, my hemorrhaging stopped and my vision cleared.

I now have my driver's license back and I even have my night-driver's license which my doctor said I would never get back!

The doctor told me eight years ago that if I monitored my diabetes very closely I might last another ten years before they put me on a dialysis machine. My last kidney report stated my kidneys are now functioning at 100%.

I was losing all my back teeth due to bone and gum loss. I've stopped losing them. My dentist is amazed! I had carpal tunnel syndrome surgery on one wrist and was due for another operation but that has since cleared up on its own.

I have seen dramatic change in all sorts of health problems that I thought were normal. My digestion has improved 100% and my PMS which was very bad, is now almost non-existent. My yeast infections are gone and my energy level is way up.

My younger son was on several medications for asthma, allergies and chronic ear infections. He now has no need for these medications. My husband had a lot of allergies, lived on Seldane most of the time and was not a particularly happy person to be around. As well, he is in a high stress job. But he is now off all allergy medication and is handling stress much better.



I have always wanted to be a champion breeder with our champion Bichon dog. For two and one half years we tried to get the dog pregnant but she couldn't conceive. The vet at Saskatoon looked at her and said the lining of her uterus had failed and couldn't support life. We had such good luck with the Sunrider foods that I started feeding her the foods as well and she went on to have three litters of puppies!

As you can guess, I feel very strongly about these foods. I consider Sunrider foods are a must for every living thing! I personally recommend it to diabetics because it is such a debilitating disease and we are so in need of nutritional support.

## **Epilepsy**

### **By Pam Nevdoff**

Pam's first Grand Mal seizure happened during her provincial exams, at age 17 in June 2000. When Pam turned blue and went four minutes without breathing, she was rushed to hospital by ambulance. When I arrived at the hospital emergency, the doctor told us that this happens to teenagers and was a "pre-condition," with nothing to worry about. However, several seizures followed.

Pam was an honor student. She was lean, athletic, and participated in horseback riding, soccer, basketball and running. After the third seizure, the doctors put Pam on medication. With the first drug, Pam gained sixty pounds and the drug affected her memory and concentration. As well, her grades dropped from A's to C's. She had difficulty sleeping and had many other side effects from the drugs. The list of side effects from the medication was one and a half pages long! Pam has not been able to go out with friends like other teenagers, because she has to have a family member along in case she has a seizure. She has not been able to drive a car.

We are a Sunrider family, so increased Pam's Sunrider foods to include: NuPlus, Calli and Fortune Delight, Suncare, (Stevia), Beauty Pearl, Herb Cal (Sunrider Calcium), Dandelion Root, TOP, ESE and (dry NuPlus before bed to help sleep). These foods did help shorten seizures to 3 minutes, but they still continued.

We took Pam to several specialists. One neurologist said, "Seizures are going to be a way of life for Pam. There are natural remedies on every corner, but none of them will make a difference." That's when we asked for a referral to another neurologist!

We were fortunate to find a neurologist in Vancouver who trains other neurologists in Canada. This doctor told us that 60% to 65% of epilepsy cases in females are hormone-based (related to the endocrine system) and confirmed that this was the case with Pam. Seizures can also be related to blood sugar, but Pam's blood sugar levels were fine.

The following affects the endocrine system/hormones:

1. Stress ð starting at younger ages. A 17-year-old is under the same pressures to succeed as what a 21 year old may have encountered in the past generations.
2. Poor nutrition
3. Sports ð this generation is coming up with the Òpre-conditionÓ from sports stress
4. Lack of rest

Signs of imbalance of the endocrine system/hormones include: mood swings, depression, cysts, poor sleep, poor mental clarity, and painful menstrual cycles.

Then I began reading testimonials from other Sunrider leaders who had used Dr. Chen's new formula, "Bella." This formula is recommended for women over 40. Every one of Dr. Chen's Sunrider foods has provided regeneration and glowing health with no side effects. I started to get excited and wondered whether Pam could start on Bella even though she is only 19. We have been on such a roller-coaster for two years and Pam's seizures have affected the entire family. Bella gave us a glimmer of hope.

In April, 2002, Pam had four Grand Mal seizures. This was the worst month. We were desperate and wanted to give the Bella a try. On May 4, Pam had another seizure. On May 15th she started taking 2 Bella every day for the first month and is now taking 1 Bella daily. Since doing this, Pam has been free from seizures for two months at the time of writing this.

Bella has provided the following improvements for Pam:

1. No seizures
2. Eight hours of deep sleep nightly
3. Improved memory
4. Mental clarity
5. Laughing, smiling
6. Able to handle stress
7. Measurements reduced: waist ð lost 5 inches; hips ð lost 2 inches; neck ð lost 1 inch.

I asked Pam what she would like to tell people about Bella – and she said "I'm Happy."

Please, if you know anyone who has teenagers with seizures, talk to them about Bella. The head neurologist in Vancouver is very interested in this formula and wants us to check back with him in six months. We have our Pam and our own life back again. This was an answer to our prayers.

## **Fibromyalgia**

**By Trudy Stoelting**

In 1991, I started suffering from pain in my joints, low-grade fevers, extreme fatigue and insomnia. I forced myself through every day for five years. The pain grew progressively worse. I was sent to see an Arthritis specialist and he said that I did have arthritis but the pain was from fibrositis. Many of you know this as Fibromyalgia. In December of 1995, I went numb from head to toe.

I lost my sense of smell and my sense of taste. I was constantly dizzy. I was so fatigued that I slept 18 hours out of 24. The other 6 hours I was in a mental fog. The numbness was so severe that it was like having dental freezing from head to toe. I had difficulty with motor control because I couldn't feel my hands or feet. I tripped up stairs, fell down stairs, bumped into furniture, broke dishes, and I couldn't walk outside without assistance.

I felt like I was drooling constantly. I couldn't tell if my chin was wet or not, or if my nose was dripping. I had trouble eating. I could chew on my cheeks or my tongue and not even know. I developed hay fever, allergies, eczema, varicose veins, terrible heart burn, bladder and kidney infections, ovarian cysts, cysts in my kidneys, migraines – the list goes on and on.

I was sent to a lot of different specialists who sent me for a lot of diagnostic tests: M.R.I., Vision Evoked Potentials, Heavy Metals testing, blood tests, urine tests, X-rays, etc. They found things wrong with me but couldn't give me an overall diagnosis because they didn't know what I had. They did know that I had a seriously compromised immune system.

With my husband beside me, I was told, "we can treat all your symptoms but we can't do anything more for your immune system. We don't have the technology yet to heal the immune system." I felt like I was going home to die. My husband thought the same. We had our wills drawn up and I signed Power of Attorney to my husband in case I slipped into a coma or couldn't function at all physically or mentally. My fatigue was so great even my heart was tired. I had an irregular heart beat. I felt 90% dead.

That is when a friend introduced me to Sunrider foods. She quite literally saved my life. My journey back to life has not been an overnight thing. It took several months eating Fortune Delight, Suncare, NuPlus, Quinary and Vitalite SunBars before I noticed any marked improvement.

Since then, I continue to Cleanse, Nourish and Regenerate. My eczema, dizziness, infections and heart burn were the first to go. My irregular heartbeat was next along with the cysts and allergies. The numbness took two years and I can now walk with balance and control. I can even run and jog with balance. I have no pain in my joints. I can smell and taste again. I have dropped 6 sizes in clothes and lost so many inches that I don't even measure anymore. Muscle looks so much better than fat.

After years on disability, I went back to work, only to quit two months later to do Sunrider as a business. Why? Because I have come from dead to life and I am passionate about sharing this incredible gift with everyone who will listen. Sunrider foods gave my body what it needed to regenerate, and I am so grateful. I have come so far, but feel like a baby just starting out. I am doing my best and Sunrider is making my best better each day. I am FULLY ALIVE!

## **Heavy Metals Poisoning**

**By Rocky Lucente**

At age 12, I went from a skinny kid to a fatter kid with "love handles." I have never been able to lose the weight. I was always tired. I remember being extremely ill (headache and nausea) after going to the dentist and having amalgam fillings put in. I always had dark circles around my eyes, so that one of my aunts nicknamed me "Badger Eyes". I always had aches and pains when I woke up in the morning. I never felt well. I had mono when I was 17 and I was too ill to move for 3 months. Throughout my adult life, I have been plagued by fatigue and depression.

I have tried many therapies to be well, including diets, naturopathy, vitamin and mineral supplements, herbal formulas, magnets, exercise, prescription medications, yeast diets, chiropractic, medical doctors, all with limited success.

On February 8, 1995, I had my appendix removed. For the next year, I felt the best I had ever felt. Unfortunately the feeling did not last long.

On April 5, 1996, I had been painting the interior of our home all day. Around 10:30 p.m., I realized I was not feeling well so I put away the paint and brushes and asked my wife to make some popcorn. We sat down to watch the 11:00 p.m. news and eat popcorn. I did not tell her how I was feeling. As I was sitting there, I began to realize that I could not breathe properly. Then I noticed a pain traveling down my left arm. Next I felt a pain traveling down my right arm. Then I noticed that my chest was hurting. When the pain began to move up my neck, I turned to my wife and said "I think you should take me to the hospital". "Why?" she asked. "I think I might be having a heart attack."

By the time we got to the hospital, I was unable to get out of the vehicle. They brought a gurney out, threw me on it and dragged me into the hospital. I had the full attention of 2 doctors and at least 2 nurses. All the bright lights were on, they got an IV line in and took my vitals. I had a heart rate of 180 beats per minute, my blood pressure was through the roof and I was short on oxygen.

The doctors tried medication after medication in an attempt to slow my heart rate. I remember one medication. The doctor told me "This is going

to hurt". As soon as he started squeezing the syringe into the IV line, I was in intense pain from head to toe. After administering the medication, the doctors looked at each other and said "Didn't touch it!" They looked at me and said "Don't worry, Mr. Lucente, we're going to get it slowed down". Then one doctor said to the other, "Double the dose". I remember whimpering "Does that mean it's going to hurt twice as much?!!" "No", said the doctor, "It'll hurt the same". And it did. That still didn't work, but they eventually found something that did. My wife recalls one doctor leaving and coming back with the BIG cardiac needle in his pocket (the one that they stick through your chest wall directly into your heart).

The next day, they gave me a stress test. I took about 10 steps and they told me to stop. I was already in trouble. They sent me to Kelowna for an angiogram the next day. After the angiogram, the Cardiologist told me that my arteries were "pristine". He told me that if there had been any buildup I would be dead. He said that I was having stress related angina, and told me I had to lower my stress level. This was the first of many diagnoses.

They put me on Ativan, an anti-anxiety medication, anti-depressants and sleeping pills. I had nothing but reactions to the anti-depressants and sleeping pills. I lived for months feeling like there was an elephant sitting on my chest. The attacks continued and I found myself in the Emergency department about 40 times over the next year and a half. The diagnosis changed to anxiety panic disorder. They sent me to a psychiatrist. He asked me if I got a feeling of dread during these attacks. I told him that I did. He asked me if the feeling of dread came before or after my heart was racing out of control. I told him it came after. He said that was normal. If my heart was racing out of control and I did not have a feeling of dread, there would be something wrong with me. He told me to go back to the doctors and tell them they had missed something.

My doctor sent me to an Internist. He put a holter monitor on me for 24 hours to monitor my heart rate. The test confirmed that my resting heart rate was 109 beats per minute and with minor exertion, my heart rate was 168 beats per minute. He looked at me and said "It's a little quick, but it won't kill you".

Around this time, my naturopath called me and said "I hear you've been sick". I told him I had and told him what was going on. He said "I want you to see this biological dentist in Kelowna". I asked him "What on earth does a dentist have to do with my problem?" He insisted, so I made an appointment. Prior to my appointment, the naturopath gave me a book to read entitled "It's All In Your Head" by Dr. Hal Huggins, DDS. As I read the book I began to understand that my problem could be a result of mercury toxicity.

I went to see the biological dentist. He tested my teeth with a mini-ammeter which showed currents of 20 – 90 mille-amperes on all of my fillings. He explained to me that the multi-metallic filling combined with the saliva in my mouth was creating a "battery" which put out thousands times

more current than the body's own electrical system. The chemical reaction associated with this current, resulted in mercury methyl vapor being released. This vapor easily penetrates the roof of the mouth and passes into the brain and from there, poisons the nervous system as mercury is a neurotoxin. He recommended that we change all 12 of my fillings immediately.

We replaced them the following week with non-metallic fillings. I thought that was going to kill me!! After an initial worsening of symptoms, I began to get steadily better. Over the last 4 years, I have been utilizing therapies to rid my tissues and organs of heavy metals. I have done colonics, pilates, Heller work, oral chelation with vitamins, minerals and supplements, naturopathic remedies, aroma therapy, kinesiology, iridology, live blood cell analysis, Chinese medicine and herbs, allergy elimination treatments, combined with diet and lifestyle changes.

These therapies have each helped me along the way, and have allowed me to recover to the point of returning to work. I still suffered occasional debilitating fatigue and depression and was still unable to lose any fluff. I was looking for the next step.

Around Christmas, we met Stan and Phyllis Smith and they told us about the Sunrider products. I immediately started drinking the teas Phyllis gave me as samples. Then I ordered some more. I could feel something happening so I decided to go on the basic program.

After 3 months on Sunrider, I have lost 15 pounds as well as 3 inches off my waist (that's a lot of fluff) and my energy level has increased dramatically. I now find that I'm able to work my job all day, and I still have plenty of energy to come home and work on my Sunrider business every night! To me, that's amazing! I have been told by many people that I look great, and even I can notice a sparkle in my eyes that has not been there for a long time. Depression is a thing of the past and my whole attitude is more positive!

I now understand that my body had taken the heavy metals, wrapped them in fat and stuck them away with a sign that said "DO NOT DISTURB – TOXIC WASTE". It seems that the Sunrider products have penetrated the fat cells, safely removed the heavy metals, and converted the fat to lean tissue. I feel better every day that I am on the Sunrider products.

My wife of 22 years has been on Sunrider for 2 months and she has noticed differences as well, both in me and herself. Our kids are starting to eat Sunrider foods now, and we look forward to seeing what Sunrider does for them.

When Stan and Phyllis first mentioned that Sunrider was a multilevel marketing organization (MLM), my first reaction was very negative. I have been in many MLM's and have always found that either the product does not do what it claims to do, or the marketing plan does not do what it is

supposed to do. But Sunrider was different – their products and marketing plan are second to none! In my first month as a Customer, I had two people who wanted to sign up as Distributors, so I grudgingly signed up as a Distributor. By the end of the month, I had over 1000 personal sponsored SV – I went from Customer, to Distributor, to Trainer 1000 with 2 Business Development Bonuses in only one month, without doing anything other than share what the Sunrider products had done for me!

Truly, it is apparent that the Sunrider products not only work, but they speak for themselves, and the Sunrider marketing plan does what it is supposed to do! We are impressed!

## **Hepatitis C**

**By Debbie**

Last summer my husband became jaundiced and we did not know why. The doctors performed a liver biopsy which revealed that my husband did indeed have Hepatitis C. We were shocked because nothing in his lifestyle could account for this. We were told that Hepatitis C could, in time, turn into liver cancer. The doctors also told us that the only treatment was a drug called Interferon and that my husband would have to take injections three times a week for six months. We were informed that this treatment has a cure rate of ten percent. With no other options, my husband began the treatments. The side effects of Interferon included fevers, shakes and severe flue-like symptoms. Needless to say, it was horrible for my husband. He missed a lot of work and was unable to work the necessary overtime to keep up with our bills. He was too sick to go to our son's baseball games and participate in other family activities.

When my husband's worries increased towards the end of the six month treatment period, I decided to call my friend Jane for help. I knew that Jane had suffered for many years with symptoms associated with chronic Lyme disease. I also knew that she was finally better than she had been in years. When I had first heard about Jane's improved condition, I just filed it away in my brain and was thankful that Jane was well again. The Sunrider Philosophy of Regeneration made sense to me as we decided to try the samples Jane gave us. Soon after, I ordered some more of the Sunrider foods. My husband was still on the Interferon when he began eating these foods. The first thing he noticed as that he had more energy and that he just felt better. This was after only one week on Sunrider.

It turns out that it was a good thing we had found Sunrider because two weeks latter the doctors told my husband that the Interferon was not working and that he should no longer take it. The next thing they told us was that my husband needed to be put on the liver transplant list. Needless to say, my husband and I were stunned and very upset.

Because my husband began to feel so much better on Sunrider, I began to

do some research. I read like crazy and researched the Sunrider company. My husband and I decided that we would get him on the liver transplant list while at the same time we would give the Sunrider foods a four month trial period. So, we made an appointment at the liver transplant center in Philadelphia and ordered some more Sunrider.

About one month later my husband went to have more blood drawn and a few days later the doctors called us in to discuss the results. The doctor showed us a paper with three columns on it. The first column showed the levels a normal healthy person has in his blood. The second column showed my husband's levels three months ago, and the third column showed his current levels. The current blood levels all showed drastic improvements over the previous levels, something which had not happened while he had been on Interferon. It was easy to see that the doctor was impressed and stunned. Happy and thankful are weak words for how we felt! It had only been a month since my husband had begun eating Sunrider. Even before we received the blood test results, our family and friends noticed several positive changes in my husband's appearance. The black circles under his eyes were going, his skin color and hair were better and his eyes sparkled. We could all see the high level of energy he now had. My husband stated that he wanted to continue eating these foods because feeding his body right made him feel better.

My husband still needed to be evaluated at the transplant center so we set up an appointment in Philadelphia at one of the country's foremost transplant centers. Two weeks before the appointment the doctor took more blood tests and this time the results were NORMAL! I felt like doing flips down the New Jersey Turnpike!

On the day of the evaluation appointment, we filled out forms and had some interviews. The first doctor we saw asked a lot of questions and we told her all about the food herbs my husband was eating. Next, the doctor looked at my husband's chart and examined him. She didn't say much as she left the room except, "It seems that you're doing better on Sunrider than on Interferon." (I already knew this!) Next, the head of the transplant team came in and also looked at my husband's chart. We also told him about the foods that my husband was eating. After the exam he said that my husband was "too healthy for a transplant," but just to be sure, he would have to have a meeting with the whole team to compare results.

I was not surprised that my husband was too healthy for a liver transplant. I had seen him deteriorate while on the Interferon but had seen him come back to good health while eating Sunrider. After the transplant team met, we got a call telling us that my husband was indeed too healthy for a transplant, but at the same time they wanted to do an additional blood test to see how much Hepatitis C was in my husband's blood. This latest blood test indicated there was no Hepatitis C in my husband's blood – it was gone – zero – nothing there! We were shocked!

I guess you are all wondering how my husband is doing now, four months



after beginning Sunrider. He still goes for blood tests and still eats the foods and thankfully, is doing well. We just found out that his liver is no longer inflamed. He looks and feels one hundred percent better and his test results remain good. He is working full time and even doing overtime. Our lives have greatly improved and my husband can now play ball with our son. We are so thankful for Sunrider foods!

### **Herniated Disk** **By Garvin Kinley**

I was in a great deal of pain. Even a little thing like blowing my nose or sneezing would shoot pain down my left leg. I could only lie on my left side in bed and of course walking was out of the question. The only way I could get from room to room was to scoot around in my office chair, and worst of all, my doctor said it would take three to nine months for me to heal.

In January of 1999, I started experiencing some discomfort in my lower back. This wasn't anything new. I had frequented the chiropractor's office many times over the years with multiple problems with my back and neck. But what I didn't know was this situation was totally different. After a month of visiting the chiropractor three to five times a week, my chiropractor concluded there was a bigger problem – a possible herniated disk. He recommended I go and see my medical doctor. I got an appointment the next day and the doctor affirmed our suspicions. I had a herniated disk. I would be okay, but I needed to take it easy for a couple of weeks. He prescribed muscle relaxants and anti-inflammatory medication. Things got worse. The following week I continued to degenerate. The pain over the weeks migrated from my back to my left leg and I was slowly losing the use of it. A week later I saw my medical doctor again but this time I was unable to make it up to the doctor's office on my own. I took three steps away from the van and the pain was so intense that it took the help of my wife, Judy and the assistance of two sympathetic souls who just happened to be going to my doctor's office.

I had a brief examination and the doctor said I was going to need an operation and that I needed a CT scan. At that time he gave me the choice of going home or checking into the hospital which he claimed was warranted. I chose to go home along with some pain killers. It took about two weeks to get the CT scan and see the orthopedic surgeon in Vernon, B.C. I'll come back to this, but first, I would like to share another part of the story.

Having been a born-again Christian for twenty some years, I believe in prayer and pray I did. I've seen people healed by prayer and in a few cases, I was the one praying. Sometimes healing occurs immediately; other times it occurs gradually and sometimes it occurs in ways we are not expecting. God can do it any way He chooses, and who are we to prescribe? Both Judy and I were praying. I mean, who wants to go under

the surgeon's knife? So we prayed. Like I said, God does it His way and in His time. Judy was downtown in Salmon Arm one day, and happened to meet a friend, Trudy Stoelting. Trudy asked how we were doing and Judy shared about my problem. Trudy said that she had something that might help. Looking back, I can see that this was an appointed time. God arranged this meeting. With an invitation, the next day Judy went to talk with Trudy in detail. Several hours later, my wife returned home, excited about the possibilities. With the discomfort such as I was experiencing, I was ready to try anything that sounded remotely possible of helping. I already tried the magnets and that didn't help. So now I was about to sample herbal foods, but apparently, not just any herbs! I found encouraging results within a couple of days, so when I visited my doctor in Vernon, I was able to shuffle my way into the office without any support.

This is when I found out what was really going on in my back and causing all the pain in my leg. After the examination, the doctor showed Judy and me the CT scans. It was more than just a bulged disk. A portion of the bulge, if not all, had severed off and fallen down into the spinal channel, the encasement for the spinal cord. The scans showed this nine millimeter marble-shaped blob against the cord, which was causing the pain down the sciatic nerve of my left leg and in turn, inflaming the muscles and tendons. The good news was that an operation would not be an option or necessary. This blob would be assimilated into the body. The bad news was that this process would take three to nine months.

I have now been eating and drinking Sunrider products for four weeks less a day. For two weeks I have been walking with some discomfort at the start and with zero discomfort today. I sleep well at night and can resume pretty well a normal life. I contribute this regeneration to Sunrider products. They are not medicine, just whole foods providing nourishment and enabling my body to restore itself. Today I saw my orthopedic doctor for the second time and he was surprised. Regarding the speed of my recovery with this type of injury, he told me that I am among the top one third for fast recovery and that I should keep doing whatever I'm doing. Three to nine months to recover? I don't think so! Not three months but three weeks! Folks, I have been so impressed not only with the results I have received by using Sunrider products, but also with the philosophy and integrity of this company – so much so that my wife and I became distributors of the products because we want others to benefit as well. Here is Sunrider's philosophy:

1. The body has the ability to balance itself with proper nutrition
2. The body is designed to obtain its nutrition from whole food
3. Each person must be willing to accept responsibility for his or her own health

All the products have been founded on this philosophy. This is a unique company with unique products – products made from whole food. I

encourage you to sample these products and join the Sunrider family. Get healthy and help others to do the same!

## **High Blood Pressure/Cholesterol**

**By Diane Minch**

I thought you might appreciate a little background information on Sunrider and my personal experiences with the products. I am very grateful for having found out about these foods and products. They are really life changing. In 1988, I was taking a graduate class for professional growth entitled "Whole Health for Educators" from Dr. Susan Marcus, Ph.D. in Nutrition. She is a wonderful teacher and I subsequently took almost every class that she taught in nutrition. Much that I now know about health today, I owe to Sue, and we have become friends. She introduced me to Sunrider outside of class since it probably would have been a conflict of interest for her to teach about Sunrider in her graduate classes.

For me, and many other Sunriders, the products have made a BIG difference. At the time when I started eating the basic Sunrider Foods, I didn't have any major health challenges but I did have several warning signs that my health was on a downward trend. I'm sure it wouldn't have been long before something serious surfaced. I had borderline dangerous blood pressure and cholesterol, frequent headaches, bladder infections, frequent bouts with colds, and flu, and respiratory allergies. I was definitely overweight and under a lot of stress. I was dealing with my mother's challenges with Alzheimer's Disease and eventual death, and a husband with terminal cancer. On top of this, I was still teaching full time. Sunrider products helped me immensely to better cope with all the stress in my life.

When I began eating Sunrider foods, I wasn't even sure if I wanted them to work. I was so addicted to sugar, salt and fat, that I didn't know if I was willing to be deprived of them. Sue just told me to concentrate on eating the foods and not to worry about giving up my favorite foods just yet. To my surprise, my cravings began disappearing and I easily began to make lifestyle changes that I had previously thought I would never be able to make. Within 6 months, I had lost 50 pounds and I've been able to keep it off.

All of the above mentioned symptoms disappeared. My energy level went up and stayed there and my skin improved. I am usually seen by others as being 5 to 10 years younger than I really am. My blood pressure and cholesterol are within the normal range and I seldom get sick or experience allergy symptoms. On the rare occasions when I do, I am usually able to quickly solve the problem by eating more Sunrider foods. I take absolutely no medications. I sailed through menopause with no problem. We have replaced many of the foods, beverages, skin and personal care, and household products that we used to purchase in the grocery store, health food store or pharmacy, with the superior, very safe

and environmentally friendly Sunrider products.

The interesting thing about Sunrider is that it promotes wellness in everyone. It works with the body, giving the body the tools it needs to regenerate and achieve harmony and balance. Everyone can benefit from eating these foods – healthy people who want to stay that way and achieve a higher level of health; active people and athletes who are looking for optimum performance, energy, and recovery time; infants and children; the elderly; and people with various health challenges and a variety of diagnosed diseases. These foods are powerful, concentrated formulas that nourish, balance, cleanse the body, and help it to regenerate. They are foods. You don't need to worry about any negative side effects or contraindications with any medications you are taking.

The founders of Sunrider know what they are doing. Dr. Tei Fu Chen, Founder and Chairman of the Board of Sunrider, is a pharmacist, biochemist, and herbalist and has an honorary Doctorate from the prestigious WuHan University in China as well as an honorary Doctorate degree from the Chinese Culture University in China – two very prestigious awards. His wife, Dr. OiLin Chen is a licensed medical doctor and the President of Sunrider International.

Sunrider owns and operates its own manufacturing plants where all Sunrider products are produced, and they do all their own research and development. Sunrider, in business for 18 years, is the largest herbal food company in the world, operating in over 30 countries, and doing over 2 million dollars per day in business.

Sharing Sunrider with others has been very fulfilling. And if you choose to take advantage of the opportunity, the marketing plan works as well as the foods. I do Sunrider part-time with a full-time passion. Besides bringing in extra income so that I can order and use as many products as I want, I am able to make a difference in many people's lives by helping them to improve their health and, if they so choose, their wealth. When I retired from teaching in 1994, I thought I might really miss my career, but with Sunrider I am still teaching and I have the personal satisfaction of helping people change their lives. This is very gratifying and in a certain way, even more rewarding than receiving my generous Sunrider check each month. Sunrider is truly life changing. I am so grateful that someone cared enough to share these powerful foods with me, and I feel it is both a privilege and a responsibility to share them with others. As I walk through life, I share with those people who want to learn about Sunrider and experience it first hand, helping them on their "Journey to the Sun."

## **Multiple Sclerosis**

**By Sally Hernandez**

Let me backtrack and tell you my story. My name is Sally Hernandez, a

registered nurse for eighteen years, working in the operating rooms of some of the best and prestigious hospitals like Henry Ford and Detroit Receiving Hospitals. Due to the heavy load, pressure and stress of trying to give my best to our profession, I sometimes forgot to take care of myself internally, and ignored the signs and symptoms that my body showed, and that eventually caused all the illnesses that were soon to follow. It began in 1983, when I started to feel weak in my extremities, which I tried to hide and deny that I had. My ulcer became worse, which resulted in ulcerative colitis. Being strong willed and active, I still worked my regular hours to help support my three daughters age twelve, ten and eight. Having a supportive husband made me more determined to ignore the symptoms and go on with my life. But my body soon deteriorated. After being confined in ICU due to pericarditis and pneumothorax (liquid around the heart and lungs), my body soon suffered a string of illnesses.

My doctors gave me medicine after medicine, which, here in Canada, is free because of our health insurance. The prescriptions became frequent and the dosages became higher and higher, and I didn't know that these medicines were causing several side effects. In fact, one of the medicines that my doctor prescribed for my ulcerative colitis made my illness worse to the point that I had a colectomy, removing my whole large intestine and a part of my small intestine. More major operations followed such as the ilio-anal pull through, and abdomino-perineal resection. Infections followed which caused septicemia or blood poisoning. I lost track of how many pills and medicines I was taking, how many times I had blood transfusions, and surgeries to correct other surgeries. My body became immune to sleeping pills and pain killers. Steroids, prednisone and other drugs were just normal for me. I became borderline diabetic due to my high glucose diet after the total parenteral nutrition failed four times. I was fed through subclavian entry, two on each side of my neck and the fifth time, through a hickman entry on the central lines. I was one of the living dead. I had been in a coma for so long that I received my last rites. I had been "code blue" four times because my heart could not take it anymore.

Then the real thing hit me.... I was diagnosed with Multiple Sclerosis. I was converted from a very active 124 pound operating room nurse and a loving, healthy mother to an 84 pound sick, disabled and useless woman who had basically no control of my mind and all senses. My vision was very poor and I could not focus. I lost the feeling and use of my hand (I couldn't even write a single letter), I couldn't walk due to my skinny legs and foot drop, and became hard of hearing. Symptoms included being confused, having wrinkled dry skin, and loss of my long hair due to the massive doses of steroids. My chart would show a blood pressure of 70 over 40, hemoglobin of 60, potassium of two, and zero energy. That happened from 1983 to 1989. I spent all the major holidays of those years in my hospital bed. I wanted to die but I was too weak to even try. The final blow was when my specialists gave up on me and told my husband that they had tried every possible and available measure and all medicines to at least alleviate the pain and suffering I was in. We never lost hope, even

though we made the funeral arrangements including the lot in the cemetery. When I was counting the days, my older sister who was also in the medical field gave my kids a break to see their aunt in Seattle. She mentioned that if I wanted, I could go along with them. My doctors forbade me to travel, my nurses who visited me twice a day refused to let me go, and my husband wouldn't even think about it. But due to my hard-headedness or my strong determination to live and see my sister for the last time, I went with my daughters. I was a very sick woman in a wheelchair weighing then about 90 pounds.

That trip changed my whole life because I was introduced to the Sunrider foods. Some friends of my sister came to her house to show her how to eat the basic Sunrider foods, especially the Calli and NuPlus. They were excited to learn about me and my history. They told my sister to let me try these products too, because they had helped quite a few people in the Seattle/Vancouver area. My sister agreed to get the foods for me provided I eat them. It only took me a few days to see the effect of Sunrider in my body. The toxins and materials that were in my body and had blocked my systems for so many years were flushed out by the Calli. NuPlus gave energy to my body together with what I called my Magic 5 – the Quinary (Alpha 20C, Lifestream, Prime Again, Assimilaid and Conco). My two week stay in Seattle was extended for another week when I had seen the transformation and the regeneration happening to my body. When I came back to my waiting husband at the airport, he could not believe his eyes because instead of me sitting in the wheel chair, I was the one pushing it, a bit weak, but walking! That is how I started to regain my new self – the energy, stamina, the vim, vigor and vitality that now abound my 124 pound energetic body.

Since 1990 to the present, I can see the miracles that have occurred in me and the people I love. Although I still have M.S., it is just a word to me, and I am no longer bothered by it. My outlook on life has been so positive, and my mission is to help others just like me through proper nutrition the Sunrider way, especially the ones that are starting to lose hope due to their illnesses.

By the way, they still classify me as a 'disabled' individual even though I can now drive, dance and enjoy all the pleasures of life. Deep inside, I feel I am more 'able' than most of the people who look good outside, but are sick inside. Thank you Chens!

### **Multiple Sclerosis By Wendy Kuchta**

My name is Wendy Kuchta. I am 45 years old and I have had Multiple Sclerosis (M.S.) for a little over 20 years. I had my very first signs of M.S. a few years before I turned 25 years old, but I wasn't officially diagnosed until 7 years later when I was 32. At that time, I had a repeat performance

of the exact same symptoms that I had 7 years earlier, which at that time was dismissed as just a virus that had attached to my nervous system and would just have to run its course. It vanished the following day!

This next time however, I had complete numbness on the entire left side of my body from the top of my head to the bottom of my foot. I felt like I was cut in half! I was hospitalized and received a lumbar puncture in my spine; that was how I was diagnosed as having an acute attack of Multiple Sclerosis. I was given high doses of Cortisone shots that really worked! With each shot I started getting the feeling back little by little, however I also had many bad side effects. But at least the numbness went away temporarily.

Since then, I have come to terms with the disease and have had practically every symptom imaginable, including: loss of vision, double vision, blurred vision, numbness, extreme loss of sleep, extreme sensitivity to hot and cold weather or water temperatures and physical sensations, (like a gentle touch feeling very hurtful), depression, loss of bladder and bowel control, hair loss, loss of balance and coordination, muscle spasms, dizziness, anxiety/panic attacks, loss of memory and lack of caring or even thinking about solving anything beyond the basic simplest of solutions, many tears for seemingly no reason at all and also feeling "silly" for no reason, extreme headaches, extreme feeling of hot or cold when I don't feel that way to someone else's touch, lower back pain, unforgiving joint pain, extreme lack of strength (just grasping a coin then keeping it in the palm of my hand was impossible), super sensitivity to daylight, inability to drive at night and last, but far from least, extreme fatigue.

At my request, my Doctor referred me to see a specialist to see if my hand, wrist, elbow and shoulder pain might be from Carpal Tunnel Syndrome but all the tests confirmed it was just my M.S. I was a little let down at the time because I was so anxious to find a solution. Having pain is the worst part of having M.S. I was hoping I'd be able to find a solution to getting rid of pain instead of having to learn to live with it. Not only was the pain becoming so severe, but I was also beginning to lose the use of my entire hand and arm. Many, many times throughout the day I would have to sit on my hand to help flatten it out to find some sense of relief. My hand felt as though the tendons were so tight 24 hours a day – like I was trying to make a fist when I really wasn't.

Then I was introduced to Sunrider. That was May 29, 1997 and I have been on the products ever since. The joint pain has disappeared completely! No more sitting on my hand! My strength has improved tremendously. I still have a little numbness but nothing like I had a year ago! Over all, I have such a great feeling of well being in knowing that Sunrider really works.

There are many bonuses to having Sunrider to rely on. The secret to success is to consistently take all the products. Sometimes I get lazy and trust me, many of the old symptoms pop right back up if I stop taking

Sunrider faithfully.

I love what Sunrider is doing for my health. Only once have I felt my M.S. starting to attack since taking Sunrider and again, it was on my left side. I phoned my upline for advice and I was told to increase the dosage of Quinary; the numbness vanished in my left leg within the week.

I not only get physical strength from Sunrider, but also mental strength as well. It has helped me in every part of my total well being. Best of all, I have no more side effects from taking any sort of prescription drugs! And I have no pain in my joints! I can't say enough about how great Sunrider has been for me. It just plain keeps me healthy. Even colds aren't what they once were – if I manage to catch one at all.

If you looked at me today, you would be surprised to know that at age 45, I have been living with Multiple Sclerosis for the last 20 years. Had Sunrider not come into my life when it did, I am certain at the rate my health was deteriorating a year ago, I would not feel so well today or be able to write this testimony to you. I'm bragging because Sunrider really works for me! The Sunrider products I take everyday are NuPlus, Quinary, Suncare, Joi, Top, Ese and Calli Tea.

## **Rheumatoid Arthritis**

**By Shirley Seely**

Good health! Oh how important those two words become when we find ourselves losing that priceless possession.

I had always felt I was a healthy person until seven years ago, when I was stricken with the painful disease, Rheumatoid Arthritis. Until you experience constant pain throughout your entire body, every hour, day and night, you do not realize how we take our health for granted. I learned real fast to have deep empathy for those in pain.

I began to run the gambit of medications available to decrease the painful, crippling effects of the disease. Finally, after a painful year of near immobility, specialists were able to find the right medical combination to recess the pain and crippling effects of the disease.

How grateful I am for doctors and modern medication. I soon realized however, that there was a need to nutritionally build my system to counteract the side effects of the medication that I was taking.

As a result of the disease and dangerous drugs, my immune system was gradually being destroyed. Consequently, I developed skin rashes, eczema, cold sores and frequent ear infections.

Sunrider came to my attention as I was looking for a total health program to help me nutritionally rebuild my system. After we were introduced to the



products, my husband began taking Prime Again, or PA, finding relief from hay fever (which he had endured since he was twelve years old). When we added NuPlus, Calli, Quinary, Suncare (Sunectar in the U.S.) and PA (part of the Quinary formula) to our family's nutritional regime, our five children saw their hay fever under control as well.

One of our daughters enjoyed freedom from asthma, and another daughter saw her long-suffering eczema disappear. We learned that with Alpha 20C and Conco, colds and flu were avoidable.

Another daughter suffered near pneumonia every winter but she no longer needs to fear that with our Sunrider nutritional program.

Here's the exciting news! After five months of faithfully using the Sunrider foods to bring the nutritional substance to my diet, my blood tests showed that my rheumatoid arthritis is in remission! I am needing less and less medication (after three years of needing more and more). My skin rashes, ear infections and cold sores have cleared up and as an added benefit, I have lost 25 unwanted pounds!

The future looks great to our family. Our lives have been completely turned around. We feel that health will continue to come as we continue with our nutritional program and Sunrider's nutritious whole food products.

## **Weight Loss**

**By Jim Courter**

Would you believe the first time I heard about Sunrider I wasn't interested? What I understood is that it had something to do with Chinese weight loss. Now a Chinese herbal weight-loss program may be your cup of tea, but it definitely was not mine. Losing weight by drinking herbal teas sounded like a stupid plan for losing anything but your sanity and your friends. My strategy was to reverse two decades of inactivity and poor food choices by burning off the resulting accumulation of fat with hard, lean muscle. After more than a year on this plan, the only remaining obstacles were: (1) I was over forty years old and my body was not building muscle fast enough; (2) What little muscle I did manage to build, I was not able to maintain because I lacked the stamina and endurance to keep up an adequate work-out schedule; (3) The harder I worked my plan with more weights, repetitions and sets, the hungrier I got. And since I thought animal protein is required to build muscle, I was loading up on eggs, chicken, turkey, dairy and fish. I was even making my own beef jerky!

In 14 months, I went from 230 pounds to 224 pounds then back to 230 pounds. What a success story! Yet even with no results, I was still convinced I was on the right track. So you would think the second time I heard about Sunrider, a smart 230 pound, protein eating, weight pumping guy, would have jumped at the chance when a house guest, (who I should add, spent the bulk of her visit chattering non-stop about how great Sunrider is, and why we need to be eating and drinking these wonderful

herbs, and beverages) offered us a video. Oh Yeah? Whatever!

We politely accepted the tape but speaking for myself, I had no intention of wasting time learning about a “Chinese herbal – non-medicinal food – come into balance – get healthy – build muscle before you can lose weight” program! As I said, my goal was not to lose weight but to build muscle. So I tossed the video into a basket beside the T.V. where it could be conveniently forgotten. But was I ever wrong! Within days, the calls began. “Have you watched the video yet,” she would ask? I rolled my eyes as a signal to my wife that the caller was talking about “that Sunrider junk” again and then I would make polite excuses assuring the nice lady that I was planning to watch it. Not! After several weeks, the tape had moved from the basket to the top of the T.V. but there was still no plan to watch it. My wife suggested that I firmly tell the lady that we really were not interested. But since I had said so many times that we were interested, I now felt obligated to watch it, even if I didn’t want to. Finally my wife had a brilliant idea – why don’t we open a bottle of wine and drink it while we watch the stupid video? “That’s an excellent idea,” I responded. Then we could return the tape, honestly say we had watched it, and firmly but politely say we were really not interested.

Hi! My name is Jim Courter, I just celebrated my forty-fifth birthday. My apologies for the delayed introduction but I wanted you to hear one of my objections before I understood Sunrider. Today we are in the middle of our third month for qualification for Director, and obviously we are far different people than we were twenty months ago. Now I am the one chattering non-stop about how great Sunrider is and why YOU need to be eating and drinking these wonderful foods and beverages. “Oh yeah? Whatever!” I can hear you say! Fair enough! As you already know, not too long ago I was where you are. When I started eating the Sunrider basics, (NuPlus, Quinary, Calli, Fortune Delight, Sunny Dew and Sunectar (Suncare and Suncare Plus in Canada), I was 230 pounds but 24 percent of that was fat. That is over 55 pounds of fat! Today, I easily maintain a weight of just over 160 pounds and my body fat runs 12 to 14 percent. The only exercises I do, purely for vanity, are pushups, crunches and weight lifts, and these I do inconsistently.

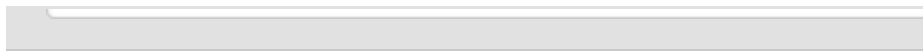
I came into balance so quickly with Sunrider basic foods that maintaining a wardrobe of wearable pants was a constant challenge. Added to that, now I can build and maintain muscle better than I ever did, even when I was a teenager. I have steady energy throughout the day with none of the peaks and valleys I used to have when I was stimulating my body with caffeine and sugar. So you tell me, how long would I have had to lift weights for these results? Forever! The evening we planned to view the video, we discovered no one had chilled the wine, so we decided to drink a sample package of Fortune Delight instead. Every day I am thankful for that woman who called, and called and nagged and persisted until I felt so guilty that we finally watched the video. THANKS MOM!

So what is your excuse? I don't know you and we may never meet but I am confident enough to say that if you are reading this story, you probably don't have the health you want and deserve. If that is the case, you probably are not getting enough Sunrider. Listen to a reformed skeptic – you already know you want better results than you got so if you have Sunrider products, EAT THEM! If you don't, BUY SOME, then EAT ENOUGH FOR LONG ENOUGH to make a difference. That's what I did. Getting healthy, being healthy and staying healthy, is far easier and much less expensive than getting sick, being sick and staying sick. And don't be afraid to modify your diet. If it is like mine was, and I'm guessing it is, you are overdue for a change. Eating right should be, and is, far more satisfying than pleasing the taste buds. However, both are possibilities and you need not feel like a traitor to your drinking buddies, or ashamed if you out-live them. You do not have to apologize to any one when you take responsibility for your body and your own health. Real food does taste different and real health does feel different, and right living does require the will to change and the courage to succeed. But don't take my word for it. Stop stalling, and no more excuses. You deserve to feel the Sunrider difference for yourself, and then remember to invest in yourself every day. I know you will be glad you did!

**Try some of these products!** I would start out with the **Fortune Delight (this comes in the IBO business pack)**, and replace your coffee, tea, or soft drink. Its a quick pick me up any time, and it makes you feel so much better if you ate something you should not have!  
Add **SunnyDew** or **Sunectar** for a Sweetener I also like to add lemon. You will feel a difference!

For the **NBC (Nourish, Balance, Cleanse)** basic program you will need to get some **NuPlus** and/or **Vitashake (Nourish), (Quinary Balance)** and **Fortune Delight** and/or **Cali (Cleanse)**. Again add **SunnyDew** or **Sunectar** for a sweetener. Most of these come in different flavors. Sunrider has over 400 award winning products. These are the basics.





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If you have any questions please call or text Dave Spaulding (208) 450-3675

You can also call Sunrider customer service at (310) 781-8096 your referring IBO is (Brent Spaulding) and my email address is (regenyourlife@gmail.com) and my country is (USA)

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