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Live a Healthy Lifestyle with Sunrider

Based on the Philosophy of Regeneration, Sunrider Products help keep the body in balance.

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Sunrider Products : Health and Wealth Testimonials



SunriderProducts : Health and Wealth T

Chat with us!

for turning me on to the Sunrider herbs! As a TCM herbalist and acupuncturist / Korean Hand therapist, I'm amazed at the potency of the herbs. **Conco** and **Alpha20C** work like a charm for digestive problems. I love hearing back from folks how their energy has improved in just two days. As a climber, I love **Fortune Delight**. **Nuplus** and **SunnyDew** mixed in with structured water as a power drink along with **Sunbars** for mountain hikes and rock climbs to sustain the energy bank with clean, powerful herbal fuel Chinese herbs for Life!" – *TNT, Co/Spain*

"Thanksto Dr. Geier and the Sunrider Assimilad, I learned that my 8/10 Back Pain was due to my intestinal health. After three days of taking Assimilad, I am now at a 3/10 for my back pain."

Diane

Collen : My very first Sunrider Hero was Sharyn Wynters. The first testimonial I ever heard that inspired me was of this lady that is still my friend 29 years later. I saw her on Tape of the Month. Her story was that she had developed cancer in three parts of her body. A dentist had helped her get well with the knowledge of nutrition. From that pointforward she searched for the highest form of nutrition she could put into her body. But she found that it wasn't that easy. Even if you tried to get organic if the crops were grown near a highway they got fumigated, if they were put intotrucks and warehouses that had been fumigated or not been cleaned properly they picked up chemicals. The scope of the problem was huge. Then she found Sunrider, she said "I had been meditating for 16 years but after eating Sunrider for only a week Igot to a spiritual place I had never been before." This comment validated a part of my own Sunrider experience that I had not been able to put into words. I also felt a new spiritual awakening happen when I started eating Sunrider. She went on to say that she felt after an endless frustrating journey she had finally found "home."She is now a Naturopathic Doctor, at the time she wasa massage therapist. She said she had the ability to feel the Sunrider differences in her client's bodies with her hands. (By the way her clients are some of the biggest Hollywood stars) The big windup of the testimonial was that her sonhad broken his arm and was put into a half cast and he was supposed to come back in 8 days to get the full cast on. She went about feeding him with as much Sunrider as she could get him to eat and massaged his arm with Sunbreeze. When she went in she asked for another x-ray. The doctor said there was no need, they would dothat in 6 weeks. But he finally decided to humor her and performed the x-ray. He came back and said "I don't get it, your son does not need a cast!" Sharyn told him...."I do, it's called Regeneration" and her son walked out without a

cast. Sharyn is one of the most amazing high energy, highly motivated people it has been my pleasure to know. She is involved with many leading edge health projects. Right now she is working tirelessly to oppose mandatory vaccination. She has worked with Fran Drescher in her project called Cancer Schmancer. She is on many boards, and groups that promote natural health. She also worked with another of my favorite Spiritual leaders Marianne Williamson in her run for a political seat. She is a new Grandmother and still looks like she could fit into a high school crowd. She is singing at the Epic Lounge (LA area) on her birthday this May 23rd. She has a radio talk show on healthy living topics. And my favorite of all.....She was Cat girl in the original Batman TV series with Adam West. (That will date us, I was a freshman in high school.) You can find out all about her on her web site called Wynter's About a year ago, I called Sharyn and asked, "How do you do it all?" She told me that she has a special drink in the morning that she attributed all her extra energy to. I wrote it down but did not act on it.... UNTIL, I found myself in a rut of not being inspired to make changes. I pulled out the paper and started making the drink.... I can only say for me, a new level of high performance happened in quick order. My life has been altered in the most amazing way. And my Sunrider business has become very exciting again.

This is her magic recipe.

Calli (one bag made up)

Nuplus (simply herbs)

2 Quinary packages

1 Alpha 20 C package

4 Herb Cal

4 Citric C (yes you throw them in with the drink and blend)

1 Evergreen

1 VitaDophilus

Then add your choice of a Super Food ingredient: either flax seed, chia, spinach, or something fun that feels good. If I

can wait until my Calli is cool, I love to add Vitafruit. Remember never add Vitafruit to hot liquids.

"Being the skeptic I am, I thought these products wouldn't do anything for me. I tried the products and found myself feeling better. I had 5 children and worked part time on the 2nd shift. People began telling me my complexion looked better. The greatest thing was at Sunrider meetings, people were trying to guess my age and were always off by 20 years. Apparently my body was regenerating. I'm

still a faithful user of all Sunrider products that fit into my lifestyle.

Sunrider's foods tie in very well with today's thinking. Natural foods without added chemicals mean better well being. Let Sunrider be your window to wellness." Kenny B – WI

'Sunrider-Powered' Judo Champion Wins Olympic Gold Medal

South Korea's Kim Jae-Bum won the gold medal after defeating Germany's Ole Bischof in the men's judo under-81-kilogram category at the London 2012 Olympics Tuesday. The judoka is sponsored by Sunrider International, with the company providing him with sports and nutrition products such as **MetaBooster®**, **Sunrise®**, **VitaShake®**, and **Calli® Night**.

Kim, 27, came into the competition as a double world champion, five-time Asian champion and one-time Asian Games gold medalist. The one major victory missing from achieving a "Judo Grand Slam" was an Olympic gold medal. His dominating performance in the final earned him the missing accolade, as he proved to be too fast and dynamic for Bischof, who complimented Kim after the contest by saying, "He's much stronger and quicker [than he was at the last Olympics]; he deserved to be champion and I'm happy he got the gold medal."

Sunrider congratulates Kim for his historic athletic accomplishment and looks forward to continuing to support him in his quest to remain at the pinnacle of the sport.

REAL PEOPLE REAL SUCCESS

Featuring Stories of Sunrider Triumphs

Name

Jacqueline Rozier

Rank

Manager

Location

Phoenix, Arizona

Success

Health



It would not surprise me to see Sunrider in the dictionary's definition of hope. For over 20 years, I worked as a hair-treatment specialist. In July 1996, I went to bed feeling fit and healthy and the next day I was too disabled to wash and dress myself.

Twelve years later, I was in extreme pain from crippling rheumatoid arthritis. The specialist said it was the worst case he had seen in over 25 years. I accumulated over 40 lbs. of toxic inflammation throughout my body. Along with getting pneumonia every year, I battled many issues daily. One day in 2008, I was given a bag of Calli®. Three days went by when I realized I had not taken any pain medication. I was elated because I had been taking 10–20 pain pills a day for years. I always believed my body could heal itself, so for years I had searched for a healing program. With Sunrider, my search ended. My mind is clear and focused again, I lost weight (three dress sizes), and I am 60-years-young this year and people think I'm in my 40s.

I honor this gift by giving everyone I spend time with a hot cup of Calli®, a cool glass of Fortune Delight®, or refreshing NuPlus® or VitaShake®. I love that a person does not need to be suffering with illness to eat Sunrider® foods. My four adult children (all in their 30s) love Sunrider® foods and recommend it to all of their friends.

Sunrider is my daily health and beauty food. I feel amazing, and I am thankful that I can share with my children, grandchildren, and great-grandchildren this legacy of hope. Sunrider® foods

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Email your submissions to usacontest@sunrider.com and you could be the quarterly winner of a \$100 Sunrider® gift card! Entries that meet all rules and regulations will receive a free gift.

Please send questions to info@sunrider.com.

"It would not surprise me to see Sunrider in the dictionary's definition of hope. For over 20 years, I worked as a hair-treatment specialist. In July 1996, I went to bed feeling fit and healthy and the next day I was too disabled to wash and dress myself.

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Sunrider is my daily health and beauty food. I feel amazing, and I am thankful that I can share with my children, grandchildren, and great-grandchildren this legacy of hope, Sunrider foods." –

Jacueline Rozier, Phoenix, AZ

"Unlike my husband, who has enjoyed the gift of health most of his life,

I have had many health problems since birth. I have been looking my whole life for various ways to heal. My mother experienced many illnesses as a child, and this led to poor health throughout her adult life. Because of her health concerns, my mother chose to become a homeopath, nutritionist, and a “health food nut.” She researched the best foods and supplements available on the market, and yet nothing worked very well. Even with all these great supplements, I felt I was just surviving. When I had my first Sunrider drink I realized that this was what I had been praying for – a highly nutritious and absorbable food that brought life and healing to my body.

Thanks to these foods I feel more alive than when I was a teenager. Our daughter, Zenia, could not have been conceived or born without the nutritional support of these foods! I call **NuPlus** “liquid light,” as it easily nourishes and supports the body from the inside out. I sincerely feel that Sunrider is my best friend, a friend who inspires me to be the very best as it helps me to grow and heal. As a Purna Yoga Meditation teacher, I have discovered that Sunrider is a vital part of welcoming the Spirit into the body, allowing true healing – transformation – to happen. What I do would be impossible without the Sunrider foods. Aadil and I have spent our lives finding ways that really make a difference for ourselves, our family, our students, our community, and the earth. We continue to try everything, but again and again, we find there is nothing as unique and as effective as Sunrider’s products.” – Savitri

“I was introduced to concentrated herbal foods in 2007. I never felt like I was really unhealthy but I knew I needed more energy.

After eating the herbal foods and eating a more whole food diet, I began to gain energy. I quit drinking coffee almost immediately, and noticed a sense of balance and well being. I do not have any cravings

for unhealthy foods on this program.

I recently traveled out of state for work and forgot my foods. By the next day I was exhausted with a headache, and I was struggling to get through my work day. Before I could even tell my husband that I forgot my foods, he could tell by my tone of voice that I was not feeling well.

I will NEVER leave home without my foods again! With Andrea's education and these foods, my health has improved significantly." —

Caroline C., Scottsdale, AZ

SUNRIDER

REAL PEOPLE REAL SUCCESS

Featuring Stories of Sunrider Triumphs

Name

Erica Hughes

Rank

Manager

Location

Los Lunas, New Mexico

Success

Balance & Weight Loss



BEFORE



AFTER

As a junior in high school back in 1995, I was diagnosed with depression. From then on out, I was on and off antidepressants. Every time I had a baby, postpartum depression would follow. Immediately, I would be put on meds again. After having my third child, I not only had postpartum depression but severe anxiety attacks as well and many a hospital visit.

In June of 2011, Sunrider was introduced into my life through my sister, Shawn. Within six weeks of being on Sunrider, I made the decision to no longer be controlled by meds. I don't recommend everyone dropping their meds like I did. I was just sick of being controlled by a chemical. It's been almost two years since I took my last medication. In August of 2012, I had an anxiety flare up due to extreme stress. Through Sunrider and lots of prayer, I'm still med free.

I have also lost 43 inches and 74 pounds.* Woot! Woot! I am now a healthy weight. Even my doctor is freaking out! You are probably wondering what I eat every day. Here it goes: two bags of NuPlus® Original, nine capsules of Quinary®, Calli® Night, ½ bag of Fortune Delight®, Sunectar®, two sprays of VitaSpray®, and one Beauty Pearl™. If I feel anxiety coming on, I'll talk to Jesus, take one Ese®, and the anxiety will be gone. You've no idea the freedom I feel knowing I can Sunrider my way out of a panic attack.

Also, know that my husband and I lost our jobs in 2012. We live from paycheck to paycheck. I have four children, and they are all on Sunrider along with my husband. For us, Sunrider isn't a choice. We will eat it no matter what the cost. You see, my seven-year-old is a cancer survivor and my two-year-old is a failure-to-thrive survivor. Every single one of my family members needs Sunrider. It has brought life back to the Hughes party. If there is one thing I could tell you about Sunrider, it would be this: Make Sunrider a priority, be consistent with the amount of Sunrider you eat, and hold on because it is going to be a crazy ride.

** In conjunction with a healthy diet and regular exercise. Results not typical.*

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Balance and Weight Loss

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"I noticed that as I drank **Calli tea** all day at work, my clarity of thought

improved dramatically and over a period of several months, my healthy lifestyle resulted in my adult acne no longer being a problem. My energy also improved.” – *Kathy G., Colorado*

How I'm Feeling So Far

“I have been consuming several of Sunrider’s foundational products. They include the daily and night time **Calli tea**, the **Fortune Delight** drink, the **NuPlus** drink mix, **Herb Cal calcium** chewable tabs, and the **Quinary** supplements that balance all five systems in the body. I have also been using the **Bella supplement** and just started the **Ese supplement** for stress management. Here are my impressions and results so far:

- **Calli Tea** –for daily detoxing (with ingredients for heavy metal detoxing)are mild, tasty and easy to drink. I especially enjoy the **Calli mint tea**.
- **Fortune Delight** drink– for energy, well-being, healthy skin and weight management – is tasty and easy to drink. My fiancé and I both love the peach flavor.
- From the first time I took two **Bella** supplements(for female hormonal balance), I felt immediate results within 10 minutes. I felt a pleasant brain buzz come on which lasted all day. I haven’t had any more foggy, dead heads ruining my day since starting with **Bella**.
- I am EXTREMELY PLEASED with the **Ese** supplement.I had been plagued with a feeling of hypertension/rapid heartbeat for months, and my stress at work was really compounding it. I was also experiencing a lot of anxiety and having a hard time calming my

mind. The first day I took two **Ese** capsules, I noticed results immediately – my heart rate felt more normal, my chest no longer felt constricted, and my mind became calm and peaceful. When I come home from work now, I no longer have fretful thoughts about work, and have more energy to do other things. Also, I am enjoying the most peaceful sleep I remember having in a long time!

- My overall health feels stronger. Summer is ozone season in Phoenix, and we have already had some ozone pollution alert days. I have had major struggles with pollution in Phoenix previously, but I have been feeling fine so far this summer and am SO HAPPY ABOUT THAT!! – *Didi L.*

“I recently got a renewed appreciation for **SunBars**. I work long, often stress-filled days, involving a lot of intense mental work, along with plenty of challenging workplace interaction. I usually eat a **SunBar** in the late afternoon with my **Fortune Delight** beverage before my 7 PM workout. Recently, when I was out of SunBars, I noticed a dramatic difference. Usually, my body carries me through my workout nicely, but without the bars, I found myself ‘fading more rapidly’.” – *Jim A. California*

“It has been almost 1 year since I have been using **Calli tea**. I had been drinking the tea for only 2 weeks when I had a scheduled appointment with my neurologist. At that time I had already had fewer migraine headaches. I told the Dr what I was doing and she said that it “couldn’t hurt” and if I still was doing well after several months she

would conceded that it had helped.....I am amazed at the benefits I am realizing just from drinking **Calli** tea!!!! I had my 6 month neurologist check up last week. I used to have 18 – 20 migraine headaches a month. Now I am experiencing 1-2 and mild at that. They are controllable with only 1/2 a migraine tablet. This is HUGE as the pain had been controlling my life for years!!!! I wanted to say thank you! Thankyou!! Hugs.” – *Storme*

“I began eating Sunrider products for the purpose of losing some extra inches. Along with a healthy lifestyle, I ate the **VitaShake**, **Quinary**, **Calli**, and **Fortune Delight**. I had my **VitaShake** 20 minutes before my meals and when it was time for me to eat; I ate less because I wasn't very hungry. I drank 2 quarts of **Fortune Delight** tea every day. In less than 6 months, I have lost 45 pounds. The pounds melted off with very little effort. I also lost my craving for my favorite junk foods, potato chips and ice cream.” – *Evelyn K. Arizona*

“I was introduced to Sunrider by a friend that noticed I was getting sick a lot. Every cold or virus that floated around, I got. Not only that, but I would suffer with each virus longer than anyone else around me. My friend introduced me to **Quinary**, **Alpha 20C** and **Conco**. I made it through an entire cold and flu season without getting sick. I took it regularly, but also if I felt a little itch in my throat or nose (or if my daughter brought something home from daycare) I would just take a little more. It worked like a charm! I was so happy that I've started using other Sunrider products and also sharing them with friends and family to help earn a supplemental income!” – *Angie K., Phoenix, Arizona*

Hi Wendy,

Here's what I have to say about **Suntrim® Plus** and could probably add more in the future as I keep discovering benefits not listed in the brochure.

I've had many health problems over the years and about five years ago I decided to be trained on a bio-feedback program in the hope of helping myself and my family's health.

Using my program I had narrowed down my choices to something for my Thyroid health, **Fibertone®** for my bowel health, the best probiotic for me, plus cleansing aids as needed, but not much changed until I added **Suntrim® Plus**, which reduced my need for most all other supplements! Right away, I noticed a profound but gentle action on my cleansing process, without that wired feeling at night; in fact, I became more regular and slept much better, as both toxins and parasites were removed more effectively. As far as weight loss, this was immediate, even going after every part of my body, including the upper arms (which for me, usually remain heavy) tightening up my turkey neck, and working

it's way toward my most toxic area, the belly fat, now also shrinking.

Pretty

amazing considering I'm 69!

I can only conclude, after just a few months of taking Suntrim® Plus, that it is not

only extremely effective for Sunrider's stated purpose, but it also can take the

place of many other supplements. Although we still do need vitamins and

minerals to give our bodies the energy to fight and cleanse the toxins that build

up in our systems on a daily basis.

Personally, I like to use NuPlus® original, a predigested, highly nutritious herbal

formula in a smoothie. I love Evergreen®, which contains the most absorbable

minerals I can find in liquid form and I eat lots of organic vegetables, with very

little animal protein to facilitate the process. Drinking lots of good water helps,

which is standard, and my advice is to be ready since, as Sunrider claims, it will

start to happen right away if taken two to three times a day before meals in

the recommended quantities on the bottle. I have found by making Suntrim®

Plus a priority, many other supplements just aren't necessary and have offset my costs.

Hope my experience will encourage you to really give Suntrim® Plus a good and consistent try.

Love, Sandy

The information above represents the personal viewpoint of the individual and in no way represents a cure or diagnosis of any illness or disease

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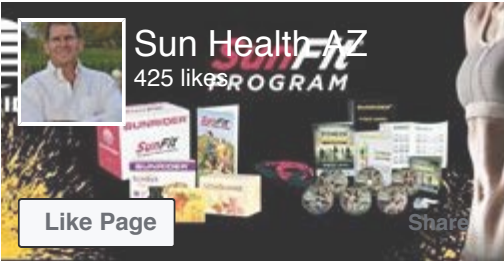


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