

SUCCESS STORIES

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Wes Reber (Vitalite)

NINETY-FIVE POUNDS LIGHTER AND FEELING GREAT!

It was Christmas Eve 2005 when Wes Reber experienced the symptoms of a heart attack. He was only 30 years old but almost 100 lbs. overweight. His diet, like many Americans, consisted largely of fast food, pizza, soda (two liters per day with added caffeine!), and processed, packaged foods. He smoked nearly a pack of cigarettes a day and rarely exercised. Luckily, the symptoms turned out to be those of a virus, not a heart attack, but the incident was a wake-up call for Wes, whose previous mentality toward healthy foods and beverages was, "I don't need that—I'm young and I like the way I eat."

After recovering from the illness, Wes told his mother, Business Leader Shirley Reber, that he wanted to try Sunrider but wasn't "giving up [his] hamburgers!" Shirley agreed, saying, "I'll tell you what foods are not good to eat and then you can choose to continue eating them if you want." Right away Wes replaced his soda and caffeine habit with Calli® and Fortune Delight®, consumed one smoothie with Calli®, Fortune Delight®, NuPlus®, Quinary®, and SunnyDew® per day, and quit smoking! He said, "I'm not going to say it was easy to quit, but I really feel having the good nutrition from Sunrider really helped me get through the cravings." Wes also replaced his bad snacking favorites (chips, fries, cookies) with SunBar® (he loves the newly reformulated Chocolate flavor, by the way) and NuPuffs®, cutting down his poor diet choices significantly.

Within a few days, Wes' energy skyrocketed and, unlike before, he wanted off the couch! As he continued consuming Sunrider® products, Wes' mid-section also experienced positive changes—continually smaller sizes. Wes was eating less junk food, more fruits and vegetables, and in the first month alone, he lost approximately 20 pounds!* He said he never felt deprived or hungry because his body was getting the nutrition it needed from Sunrider.

In 2007, 16 months after beginning his Sunrider journey, Wes had lost a total of 95 lbs. and reached his goal weight, which he has maintained since that time!* He continues to eat healthy (no fast food or junk food) and consumes the same Sunrider® products he began taking when he was 100 lbs. heavier, helping him keep the weight off. He also takes Vitalite® SlimCaps™ occasionally to supplement his Sunrider regimen. When it comes to staying fit, Wes is very active through his job in construction, where he gets plenty of exercise five days a week.

He feels and looks better than ever, and said he even thinks differently now because it changed his life so completely. His confidence is also at an all-time high, especially when he's mistaken for an early 20-something (he's 34)! Although better health was Wes' goal, not weight loss, it's possible to have both with Sunrider!

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

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Before



After

