

## SUCCESS STORIES

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### Ricardo Rivera (Weight Loss with SunTrim® Plus & Well-Being)

I'm 28 years old. For the first 26 years of my life, I didn't give much thought to what I ate. I was frustrated those 26 years though, because my family was not educated about the potential benefits and dangers derived from our dinner plate.

I thank God for a good woman, Mrs. Laura Vincent, who introduced me to the Sunrider® beverages: Calli®, Fortune Delight®, and SunnyDew®, which was a marvelous discovery. Then I learned about VitaShake® and NuPlus® combined with Quinary®, and I love how delicious they are. But, more importantly, I know my body is being nourished. Every time I consume these products, I feel well. I no longer feel discomfort. I don't know if my well-being is triggering a lack of desire to eat junk food, but I try to eat as healthy as possible now. Thanks again to Mrs. Vincent who took some of her valuable time to educate me. I now know what to eat. Coupled with the Sunrider® foods, it's working very well for me. Applying these new principles has required a commitment on my part.

I've been eating the Sunrider® foods for about a year and a half now. I incorporated SunTrim® Plus earlier this year. As a result, my appetite has reduced about 70%, which is amazing!\* My portions are normal, unlike the 2-3 huge dishes I used to eat. I've lost 65 pounds and I'm thrilled!\*\* Though I used to weigh 270, my current weight is 205.\*\* Improper eating habits disfigured my body and contributed to emotional, physical, and mental imbalances. I was also tired all of the time and experienced low self-esteem.

I'm happy that my skin is more youthful and that I no longer have acne. I thank God that the things that make me unattractive are slowly disappearing. I have great hopes that by incorporating the Sunrider basics, I will continue to reach my health goals and ideal weight.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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

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Now



Then

