

Happy Sunrider Stories

You Don't Have To Be Sick to Eat Sunrider!

Sandy Besemann, Sunrider Group Director, Buffalo, MN

During the first 38 years of my life I was blessed in that I had not experienced any health challenges and/or disease. I wanted to maintain my wellness, not experience those “health challenges” 40 and 50 year-olds face. I made an effort to learn what to put in and on my body. I began consuming Sunrider foods when I learned they were the most highly concentrated, whole and enzymatically alive food source available on our planet. I gained a tremendous sense of well-being and a much higher level of energy. The Sunrider Kandesn skin care and cosmetics nourish my skin from the outside and retain that “youthful” appearance. Since beginning my Sunrider journey for even better health, I have experienced a very healthy pregnancy and the birth of my fifth child at the age of 40. Michelle, now 11, is the healthiest of my children because she is my Sunrider baby having received the excellent nourishment since conception. Michelle, now in fifth grade, continues eating NuPlus, Fortune Delight, Quinary and Evergreen on a consistent daily basis. She is the most active child in her class, has never missed a sick day from school; has never experienced antibiotics or a trip to the doctor’s office! Continuing on my Sunrider journey, I have successfully maneuvered through menopause all naturally. Sunrider is about superior nutrition and having a healthy lifestyle, and for me Sunrider is also about financial freedom.

Sunrider offers health, travel, fun, financial freedom through residual income, and can be anything from a part time opportunity to a full time career. Great health, arranging my own work schedule and financial freedom are a winning combination for me!

Building A Solid Foundation

Marsha Turner, Sunrider Golden Group Director, Stevensville, Montana

We are all at different stages in our Sunrider journey and each of us have different goals; for some it is regaining health, others want to lose weight, or maintain good health and some seek extra income. **Eleven years ago, I wanted to lose some weight and continue to maintain good health for my family.** I went looking and found Sunrider and a phone number. Picking up the phone began my Sunrider journey.

I was working full time and a very busy mom with two teenagers, but once I chose to slowly start eating Sunrider foods, I have never missed a day in these eleven years.

Within the first year, I knew I wanted to be a Director so I could buy all the Sunrider my family would need. Knowledge is very important to me and I gained as much as I could through meetings, listening to tapes and reading. **Early on, we realized the potential for Sunrider to be our “retirement” income.** I knew that for this to become a reality, a solid foundation of consumers would need to be laid, and from those consumers, business builders would rise to the top.

I am extremely thankful for the solid spiritual and nutritional foundation we have built in our lives. Since our Sunrider journey began, we have been blessed with five grandchildren. What an absolute joy to watch the mothers go through pregnancies, labor and deliveries with Sunrider. **Now we are watching another generation grow with a solid nutritional foundation.** We are truly blessed!

No Heart Transplant Necessary!!

Roy Douglas, Eureka, Montana

Roy, a flight engineer, started experiencing shortness of breath and found out that he had only 18% effectiveness of the left side of his heart. **After extensive medication, hospitalization, and a date set for a heart transplant, his brother bought him a canister of NuPlus that he started eating three times a day.** He also started walking two or three miles every day. Two months later his evaluation showed he now had 41% effectiveness and no need for a heart transplant! He is now walking four or five miles per day. Roy's next challenge of lowering his 482 blood sugar level has been met with a continued use of Sunrider foods. Five months after his high blood sugar diagnosis, his morning blood sugar count is 140 and the daytime level is 85. Roy has also lost 55 pounds. Roy is a new man today!

Amazing shoulder recovery from football injury!

Willie Burke, Corvallis, MT

Willie had a third degree AC (acromioclavicular) separation of the shoulder. We went to three Dr.'s. One said surgery, one said no surgery and the other said either way he wouldn't be playing football that season. His injury happened the first game of his high school senior year. He came back to play the last four games. He was quarterback and the injury occurred in his throwing shoulder. He decided against surgery and went with Sunrider and physical therapy. Willie ate 3 NuPlus a day plus 12 *Joi* and 12 *Sport Caps* a day (6 each in the morning and 6 each at night). Plus Willie rubbed *SunBreeze* on his shoulder a couple of times a day. He was able to pass the physical requirements for West Point Military Academy a couple of months later. After 6 weeks of boot camp at West Point, the first thing Willie asked me to send him was his *NuPlus*!

Animals – Conception for Prize-Winning Champions!

Debbie Nadon, Eureka, Montana

Sunrider works for animals, too! Chea is an American-Canadian National **Champion Chow-Chow** dog diagnosed with numerous blockages in her reproductive system. She was unable to conceive. The health specialist said, **“Find Sunrider and feed her Prime Again!”** And that's exactly what Debbie did, 10 Prime Again for 10 days! The blockages cleared up quickly, and Chea gave birth to nine puppies! Chea and her “family” now eat *NuPlus* and other Sunrider foods. The dogs continue to win more and more championships.

A New Life Began in 1989!!

Nancy Donahue, Sunrider Silver Master Director, Missoula, MT

In February of 1989, I was introduced to Sunrider International. At that time, I was very depleted and worn out. (At an amusement park in Denver I was guessed to be 10 years older than I really was, and after going home and checking in a mirror, I could see they were right in their perception. That's how I looked!) But, I didn't know what I could do. I had been “into” vitamins, minerals, medicinal herbs, and even aloe vera for 15 years, but they couldn't regenerate. I came to understand these supplements could add sparks to life, but not give *life* itself! *Only life can give life!* My start in Sunrider was with one product (even though I had been shared the wisdom of eating the whole *SunPack*). I began with *Prime Again*, as I had menopausal hormonal needs. **Interestingly, in 3 days**

not only were the hot flashes gone, but a severe dry eye problem, which had gone on for over a year, ceased, never to return! I was impressed! Now with Bella, I “sail” through the senior years!

Sunrider has become the most rewarding career I could ever have imagined! I enjoy good health, helping others, freedom of lifestyle and excellent financial compensation. **Sunrider pays me for what I would be doing anyway – sharing these life-changing products!** I am truly grateful to Drs. OiLin and Tei Fu Chen.

“Two Days Ago, I Had My 11th Baby, And I Feel Terrific!”

Rose Ruhl, Sunrider Director, Exeter, Nebraska

When I started Sunrider, my 10th child was two years old; that was 9 months ago. Two days ago, I gave birth to my 11th child! I feel terrific! The last time I was pregnant, I felt and walked like an 80-year-old. I was so tired and had no energy. During this pregnancy, I drank *Calli* thru the day, mixed 1 scoop of *NuPlus* (Mixed Berry) in a cup of *Calli* with 2-3 drops of *SunnyDew* morning and afternoon, and 3 capsules of *Quinary* a day.

At age 41, I had been low in progesterone and had had one miscarriage. One month after beginning to **Nourish, Balance and Cleanse**, I noticed I wasn't tired in the morning, didn't need 10 hours of sleep, and no afternoon nap, Wow! My children say, “Feed Mommy more *NuPlus*!” I was totally satisfied with one helping of food at meals and no cravings for sweets or junk foods. My journey through pregnancy was remarkable. When I realized that these were not pills, drugs, medicinal herbs or medicine, rather, phenomenal whole foods, I could relax and just nourish myself and my baby. I experienced no morning sickness. When I wasn't eating *NuPlus*, I would start to swell. If I experienced any heartburn, *Sun Smile Tabs* would neutralize the stomach acids.

I didn't think we could afford to use these products. Now I know, though, we can't afford not to use them! As a home school Mom with 11 children, time for sharing Sunrider is at a precious minimum. But even 2 hours a week is allowing me to still nurture a growing Sunrider Family. People want what I have found! I can't be still. When I started using Sunrider, I told my friend that I didn't want to be a Distributor, because I had “been there, done that.” Now I can't keep my mouth shut, because these foods have made such a big difference in my life. **The marketing plan is wonderful! It's possible for anyone to be able to purchase foods every month.** I thank God for my friend and Sunrider Family who didn't give up on me. I now have more energy to share the Good News, my faith about God's mercy, home school my children, love those around me and to share these wonderful Regenerative food grade herbs...Sunrider!

Kidney Failure...Back to life!

Effie Kimp, Sunrider Director, Missoula Montana.

Three years ago I was diagnosed with kidney failure. What a journey I have taken! My kidney specialist painted an awful dreary dark picture of my future. **All he had to offer were drugs to mask the problem, lowering cholesterol drugs, high blood pressure medicine, dialysis machine and then finally the kidney transplant.**

I asked, "Is that it?" He said, "Yes". I replied, "I need to go check out some other options!" He responded, "You'll be back." As I researched the drugs he had offered, they all caused kidney damage. I thought to myself, I already have kidney failure; why should I take drugs that will make them worse?

I tried many different procedures and herbs for the next 2 ½ years. Many of the things I tried worked for a short period to bring down my numbers, but then they would escalate again. All the alternative methods that I tried helped me keep functioning through that period, but my kidneys were still failing.

Near the end of the 2 1/2 years I knew it was time to start finding a compatible donor. I am so fortunate; I had seven wonderful friends offer their kidney. I still wasn't ready to give up. I knew I could rebuild every cell in my body, I just couldn't find the key.

I was guided to The Healing Touch in Florence, Montana and met Fred and Denny Guenzler. They introduced me to Sunrider! My prayers were answered! Yes, I found the key to regenerate my body! In just four weeks my numbers started going down. In eight weeks they were down farther. In 12 weeks down more. In 16 weeks my cholesterol was down 190 points. My blood pressure (which had been riding mostly in the stroke range for 3 years) was on its way down. All the other numbers to track the kidneys were down. **In 20 weeks the nephrologist released me from the transplant procedure. Wow!**

Thank you, Sunrider, for giving my body the health to heal itself. My whole body has changed; even my hair went from straight straw to flexible curls. My "Inner Being" is full of joy. I have met and made the nicest friends. My future is full of life!

Call me if you have questions. Effie Kimp, Missoula Montana. 406-251-0156

I Got My Life Back!!

Norell Sears, Sunrider Director, Happy Jack, AZ

In 1997, I was so tired, all the time, and could not get enough rest. **I had multiple, large hard lumps in both breasts and on the back of my head, as well as a large lump under one arm.** Around my neck and upper chest, I had "skin tags" and other skin abnormalities that had become itchy and sensitive to the touch. There were enough other irregularities to fill a page.

After viewing the J. W. Emerson video, I decided to clean up my diet and eat lots of Sunrider foods. For the first 6 months, no sugar, salt, meat, dairy, or hydrogenated oils passed my lips. I ate at least 3 to 5 NuPlus daily; 3 Liqui-Five, 3 Alpha 20-C powder packets, and as much Calli and Fortune Delight as I wanted throughout the day (at least ½ gallon). I often combined the beverages and added SunnyDew and ice for a refreshing cool drink. **Within 3 months, all the growths started to diminish.**

I continue to gain strength and endurance. Now I look radiantly healthy! People are astonished that I am 53 years old and have 8 children!! I lost 35# in the first 3 months of eating a better diet. My skin is tight and youthful. Best of all, I have energy again!

Chemically Toxic...Sunrider Healthy!

Diana Ford, Sunrider Director, Stevensville, Montana

We were an Air Force family and **exposed to Agent Orange** while living in Arkansas. I was chemically poisoned but did not know it at the time. My symptoms were numerous: toxic shock syndrome, allergic asthma, allergic arthritis, aspergillus, staph infections, T & Bcell failure, severe allergies to molds, severe memory loss and dehydration, Candida throughout my system, and the "gray fog" that I lived with every day. I could not concentrate, think clearly or hold a thought for more than a few seconds. We were tested in numerous research centers, without help. I was chronically depressed, chronically tired, and my body ached from head to toe; yet **by medical standards, I was well.**

After moving to Montana, being introduced to Marsha Turner, and offered a cup of *Calli*, I immediately became excited! While at the Institutes of Health and the Naval Medical Center, I had been given *Calli* to cleanse the toxins from my liver. It made me ill for a week, because I was given 1 bag to a quart of water; but I felt so much better afterward. **I had been searching for this *Calli* for 7 years, knowing only that the Dr. Chens had created it.** From that day to this, I have been eating Sunrider, starting with the basics, and adding many more over the past 3 years and our health has shown it. Within a month of eating the 3 basics, I was sleeping & getting up rested. It has been a long climb back to health, but Sunrider products and my Lord have been my mainstay for the journey to Regeneration.

This year (3 years of eating Sunrider) I looked at my husband and joyously realized that I was well—no aches, no pains, no illnesses—just loads of energy and joy in my life. We have to tell others about the wonderful Sunrider products—they are too good to keep it a secret! **We can't keep quiet!**

Healthy? Surprises!!

Charlene Anderson, Collegedale, Tennessee

Compared to most people, we were considered healthy! Total vegetarian, with lots of raw fruits & veggies, low fats, no sugar or caffeine, as well as following other health principles. We didn't know if Sunrider would do anything for us, but we decided to give it a good try. We really liked what we had learned!

The first month I started drinking *Calli, Fortune Delight*, and only 1 *NuPlus* per day. I gained mental clarity! The second month I added 1 more *NuPlus*/day (2). I started losing inches for the first time in 30 years. The 3rd month I added 1 more *NuPlus*/day (3). Nothing exciting happened! **My fourth month I finally got on the scales and realized that I had lost 8 lbs. and also more inches. Other surprises -- stronger fingernails, old knee injury improving, no more skipping and racing of heart at night, and a bonus!** The heat from my husband's body no longer bothers me, so I can cuddle up to him at night! Although we had faithfully taken good quality vitamins for years, we finally have found something that regenerates!

We're amazed!

If You're Not Getting the Results You Want, Try Increasing Your NuPlus!

Severe muscle and joint pain gone!
Collegedale, TN

Kathie Christiansen, Sunrider Director,

I am so excited I can't keep quiet about our success on the Sunrider foods. I hardly hurt anymore and have sustained energy. Though 49 now, I had been looking for help for the last 40 years for multiple muscle and body imbalances. I'd tried multiple avenues to health and any healing approach that looked promising. My cupboards were full of herbs, powders and pills. In addition to these things, we bought numerous mechanical devices and various mattresses, etc. My husband supported me even though our budget took many a severe hit. But even after trying many wonderful things, I was still degenerating. I needed major regeneration! On the Sunrider foods, I am now healing and finding sustained energy and life again. This is an incredible miracle for me. I eat 4-6 *NuPlus*, 2 *Calli*, 2-3 *Quinary* pkgs, 4 *Bella*, and 6 *ESE* for nerve rebuilding. My advice: Increase your *NuPlus* or whatever it takes to make the difference for you, and eat consistently for at least 100 days. Share your story! Being blessed by the Sunrider marketing plan, and teaching others how they can have success also, our family has been able to eat "lots of the needed Sunrider foods" as several in our family have serious health challenges we are overcoming. We praise God for Dr. Chen's wisdom to

bring ancient understanding of food herbs to help with our modern “desperate needs.” We believe God desires to give us health through the “food” that He has so abundantly provided.

May God bless each of you on your Sunrider Journey!

Silent Sufferer -- Urgent Prayer Answered!

Maxine Bartlett, Cleveland, TN

In the short time I have been eating Sunrider Foods, with the amazing results I have seen, I know that it is an answer to my urgent prayers. Of all of the years of suffering silently, within a few days, I saw and felt a difference in my well-being. My large toenails were blackened (fungus) and infected for more than a full year and my face displayed a severe acid burn around my mouth for more than fifteen years. **Just using the occasional *NuPlus* and drinking the *Calli* tea on a daily basis, I discovered a remarkable change in the appearance of my toenail and my face. Later, the *Vitadophilus* cleared these ugly symptoms when nothing else did. The nagging pains in my joints have diminished and my eyesight has improved to the point of not needing to use my glasses to read.** Not only has it made me feel better, because my bowel movements, which did not occur more than three times a week, have become regular and I can safely say thank God for Sunrider. I cannot tell you the relief I have been blessed with over the last few months. These benefits are only a small measure of what I would like to write here!

We're Sunriders for Life!

James & Donna Ehrlich, Sunrider Golden Group Directors, Collegedale, TN

Midlife and teenage changes, along with a great demand for a consistent level of high energy and health, have convinced our family that the Sunrider lifestyle is a vital link to our family's success! **Although we have always been vegetarian and eaten carefully, we find our quality of life has significantly improved.** We love the convenience and the satisfied nourishment that fit into a full lifestyle.

Because of a regenerating endocrine system, I haven't needed any type of hormone replacement therapy. ***Bella*** is giving me even more success -- from being severely out of balance hormonally to calm vitality. My husband loves the ***Veros*** and keeps up with our 21 year old son's racket ball challenges -- still going strong after 2 hours with his pre-game ***SunBar*** and ***Fortune Delight***. At 53, he can still run faster than our lightning runner, 18 year old daughter.

Our 10-year-old Downs Syndrome son has greatly benefited from Sunrider. *NuPlus* is critical for a cooperative, happy disposition and calm energy and his ability to be successful with his studies. We are in the process of regenerating brain/nerve cells with ***TOP*** and ***ESE*** and improving his speech and overall physical growth with ***Prime Again*** (endocrine system). Compared to a number of other therapies for him through the years, Sunrider works, is simple, and is very cost effective!

We love the benefits, and it's better health insurance than we could ever hope for. **There is no question in our minds as to whether these foods work, for we see them helping every single person who consistently nourishes with a grateful heart.** Sharing the foods and making a difference in the lives of hundreds of people has been among the most exciting things we have ever done. We've been able to send our two college students to a Christian University without big debts because of the financial benefits. We are Sunriders for life!