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**Andrew Walsh** (Sunrider Sport)

I want to share the great benefits I have experienced eating Sunrider® foods. Two years ago, I went to see the doctor and he informed me that I was morbidly obese. He said if I didn't lose weight I would most likely have a heart attack by the time I was 30 (I have just turned 30). I didn't take much notice. I didn't think I was that bad—certainly not morbidly obese.

Shortly after this, everyday tasks became difficult. I could hardly walk in the morning, I had massive joint pain, and I could barely walk up a flight of stairs without becoming short of breath. I realized what the doctor said could become reality. I have a beautiful wife and four gorgeous kids; the reality that I may not be here to watch my boys' first footy game, walk my daughters down the aisle, and grow old with my wife hit me like a ton of bricks!

In January of this year, I made a commitment to change—for myself and my beautiful family. I have now lost 30 kgs/66 lbs.\* I now know I will watch my boys play footy (and now I can actually play with them as well), walk my daughters down the aisle, and grow old with my girl.

Thank you, Dr. Chen and Sunrider, for giving me a new lease on life. For those who know about Sunrider, please tell as many people as possible. You never know how much you could change someone's life!

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

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Before



After