

SUCCESS STORIES

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Laura Kahn-Azzopardi (Physical Endurance)

My name is Laura Kahn-Azzopardi, and I've been eating Sunrider® foods for about eight years. I've always been active but have struggled with endurance and muscle pain. My past backpacking trips had left me fearful of any more trips, but climbing Half Dome in Yosemite, California, was something I've always wanted to do. My goal was to accomplish this trip before the age of 50, so a trip was planned this past October 2012.

The Sunrider® foods I had packed was enough NuPlus® for six scoops a day, three Liqui-Five® per day, two–three Fortune Delight® per day (which helped with hydration as we climbed altitude), and I ate five SportCaps® before, during, and after my trekking. What perfect backpacking food! The packets of NuPlus® are great to stuff in pockets. Sunrider sustained me through the 16 miles of backpacking with lots of climbing up steps and gave me strength to pull myself up the Dome.

These pictures are of me making it to the top! I can't even tell you the difference I felt from my past trips. I was amazed at the endurance I had. Knowing me, I was expecting to give up, but I just kept going and going and made it to each destination with no complaining! I am so elated and proud of myself. It's a trip I will never forget. Now my girlfriends all want to do this next year! I'm ready! Of course, this is just one of the many successes in my life since Sunrider. I thank God for putting it in my life and Dr. Chen for sharing it with us.



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