

SUCCESS STORIES

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Kristy L. Kurtz (Why I Love Sunrider)

Sunrider has been a true gift to me and my family for so many reasons. I am truly grateful to Sunrider for providing us with such high-quality nutrition and Dr. Chen's expertise in teaching us the Philosophy of Regeneration®.

Sunrider has given me a passion for overall health and wellness. A passion that was not uncovered until five years ago when I started consuming Sunrider® products. It has motivated me to learn about nutrition and provide others with this knowledge as well. I recently completed my certification as a Holistic Nutritionist and am continuing to share the benefits of Sunrider with others.

Along with my passion for nutrition has also been the passion of regular exercise. I love to workout! Whether I am running, cycling, or weight lifting, my Sunrider® foods are an extremely important part of my exercise routine! I always have a Vitashake®/NuPlus® smoothie or shake prior to my workouts, as well as MetaShaper® and SportCaps®. During my workouts I always drink Fortune Delight® with Suncare (SunnyDew®) and follow up with a Sunbar®. I am also faithful to my Quinary®, Calli® Tea, and P.A.TM Depending on my workout, I may even have a vial of Evergreen® or Sunrise®. All of these products give me the energy I need, make me stronger, and keep me toned and fit! I just ran a 10.5K race in the Regina Queen City Marathon in September and my Sunrider tools were a huge part of my day!

Thank you Sunrider for fueling my body with the nutrients it needs so I can do all the things I love doing!



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