

## SUCCESS STORIES

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### Lorraine Penner (Why I Love Sunrider)

I have loved my Sunrider® foods for seven years now and never want to be without them! I am Lorraine Penner, wife to long-haul trucker James, mother of three great children, living in rural Elk Point, Alberta, Canada. I cultivated an interest in health care and enjoyed working as an EMT for several years before we had a family. I was introduced to Sunrider® foods during my mother’s journey to wellness. As I studied Sunrider’s Philosophy of Regeneration® and the nutritional foundation for healing and preventing imbalance, I instinctively felt this would be my opportunity to avoid many challenges that pregnancy, childbirth, and child nurture present. It seemed evident to me that the Sunrider® foods would be an excellent source of balanced nutrition and an alternative to the nutritionally void foods available today. I felt strongly that many concerns so common to young moms could be addressed with Sunrider’s complete nutrition. As I used the foods consistently, I realized the state of healthy vibrancy I desired! I had three exceptionally well-balanced, vibrant pregnancies, three gentle natural births, and we have three beautiful, healthy, bright children! They benefit in every way from healthy and proper nutrition! Nicholas is six years old and loves to play hockey with his team. Calei is five, learning and loving dance, and Jesse is six months old, a happy, contented, and delightful little brother!



We are blessed with the gift of knowledge and nutrition in our Sunrider resources and have been enriched by the in-depth study of the balanced formulations for nourishing and cleansing our bodies. They are our “better-than-vitamin” supplements, healthy snack foods, cleansing beverages, balancing nutritionals, pure and effective skin care—all perfectly safe and suited to anyone’s needs—gentle, green laundry products, and safe, non-toxic household cleaners. They have helped provide me with the resources and support needed to take responsibility for my own health and that of my family. Having the confidence in Sunrider’s quality products with a philosophy lends me the opportunity to use these foods instead of always turning to conventional medicine for optimum health. I love to introduce my friends to Sunrider and take it with me everywhere!

The ancient wisdom by Hippocrates, “Let your food be your medicine, and your medicine be your food,” makes perfect sense for us today.

The best of health to you!

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