

## SUCCESS STORIES

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### Kay Larsen (Why I Love Sunrider)

Hello, my name is Kay Larsen. I started eating Sunrider® foods about seven years ago. I had heard of Sunrider several years before and had tried the teas, but I didn't consider my health a top priority so I never really gave much thought to changing the way I ate. It was not until much later, when a really cute guy I liked was using the Sunrider® products, that I gave them a second look.

My life before: I used to crawl in the door after work and fall onto the couch where I would remain until bedtime...and then when morning came I had a hard time getting out of bed. I wore that old snooze button out! I was addicted to sugar and caffeine, which led to weight gain and many other health problems. I had horrible allergies. After having tried all the allergy medicines there were at the time, I was prescribed the strongest allergy medicine you could buy. I got bronchitis about six times every year, which led to missing many weeks of work each year, and I took several prescriptions of antibiotics and inhalers. I was on two inhalers; one that I took twice a day, whether I was sick or not, and a rescue inhaler. Because I could not sleep at night and had no energy during the day, I was prescribed antidepressants. I tried some that made me too anxious and some that made me too sleepy. I was constantly trying a new antidepressant. I thought this was how it would be for the rest of my life.

Once my friend James reintroduced me to Sunrider, and I began to follow his instructions, my life changed dramatically. I started out with a nourish, balance, and cleanse every day. On the third day of eating the Sunrider® foods I woke up and felt like the sun had just come bursting through a thick fog. My head felt clearer than it had in years, and I had so much energy in my body it felt like I was walking on air. I liked that! So I continued on with my daily regimen of nourish, balance, and cleanse and even increased the amount of NBC I was eating. I very quickly stopped craving sugar and completely got rid of my morning coffee. Within a month of eating the SR foods I did not need my inhalers anymore! Within the next few months I was able to give up my allergy medication completely and a few months after that I weaned myself off antidepressants! I also lost about 35 pounds over the course of my first year of eating SR foods.\*

I don't get bronchitis anymore, I don't have to call into work because I am sick anymore or because I couldn't sleep at night, and best of all I don't have to buy and consume three prescription drugs anymore! In these days of health insurance premiums being outrageously expensive and prescription medications being off the charts, I am really happy that I have Sunrider® foods to keep me healthy and out of the doctor's office.

Over the years, I have added many other great Sunrider® products to my daily regimen, including the Kandesn® skin care line. Oh, and three years ago I married that really cute guy who introduced me to Sunrider and we are now living healthily ever after.

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

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