

Sunrider®*Testimonial of Kristen L. Johnson, Tekamah, Nebraska. December 20, 2016

In the fall of 1986, my one year old nephew, Adam, became very, very ill and was diagnosed with a rare and malignant brain tumor. He fought, and then lost, a brave and terrible three year battle with cancer. During that time and experience I came to know Jesus Christ as my personal Savior and Lord.

15 years later when I became very ill and was diagnosed with Rheumatoid Arthritis and Celiac Disease, I prayed that the Lord would show me the path to healing. Literally overnight I became wheelchair bound and was experiencing severe joint pain like I had never known in my entire life. I became totally dependent on my family for my care. In the months leading up to my health collapse and becoming wheelchair bound, I experienced a drastic and unexplained weight loss, but my abdomen remained abnormally large. Upon consuming a typical meal I would experience terrific stomach pain, it was as if I was eating but starving to death. People told me that I was beginning to look like someone who was in a concentration camp.

I suffered with high fevers at night, severe digestive complications, Candida yeast overgrowth, constipation, and some of my organs were beginning to shut down. Due to severe joint pain I was either bound to a bed or wheelchair, or had to be carried from place to place by family members. During this illness Medical Doctors could offer me little hope other than to put me on strong pain and anti inflammatory medications that left me with severe side effects. Deep within me I knew that if I were going to survive this I had to do it a different way. As I prayed and asked God for His healing power His answer came in the form of faith, family and **Sunrider**.

Members of the church we were attending began praying for me. A woman who was also a member of this church (who was a **Sunrider** Distributor) heard of my condition and called to ask if she could share some information with me. This began a wonderful friendship and new found hope of health and healing using **Sunrider** products.

To this day when I tear open a package of **Chocolate Vita Shake™*** or **NuPlus™*** there is an incredible and powerful emotional connection. It was literally a life-sustaining food for my weak body. I learned to love and depend on many wonderful **Sunrider** products during that time, and also to maintain my health to this day. Listed below are the main products that were and still are a part of my daily protocol:

Ready for Sunrider Shake & Tea Parties?

- **Calli Tea:** Whole food beverage, to aid my body in cleansing toxins out of the cells.
- **Cocoa Vita Shake** and **Original NuPlus** were and still are the base of my diet. I would consume many, many bowls of **NuPlus** "Soup": I would pour one package of original **NuPlus** into a bowl with warm **Calli** or **Peach Fortune Delight** tea sweetened with **SunnyDew**. For a variation I would add **Cocoa Vita Shake** or make a smoothie with **Vita Shake** by adding it to almond or coconut milk and **SunnyDew**. It was so easy to digest and comforting as well.
- **Assimilaid** and **Vitadoliphus:** for the digestive system. I would often open up 2 capsules of **Assimilaid** and stir into mugs of **Calli** and sip on this, with a hot water bottle on my abdomen to relieve the stomach pain.



- **Conco:** This worked very well taken with the **Alpha 20 C** to rebuild my Immune System and helped lower high fevers at night.
- **Slim Caps:** for frequent bouts of constipation.
- **Evergreen:** To purify and alkalize my body.
- **Lifestream:** Food to nourish my Circulatory system.
- **Alpha 20 C:** to aid in rebuilding my Immune System.
- **Joi:** To repair joint health and regain flexibility and mobility.
- **Sunbreeze Balm:** My family would take turns rubbing tin after tin of **Sunbreeze Balm** into my hot red swollen joints to provide much needed relief from the debilitating pain.
- **Quinary:** To feed the 5 systems.

My digestive system slowly began to heal after many months of consuming **Nu Plus** and **Vita Shake** as the mainstay of my diet. Then one day a friend came to visit and she shared with me information about the Gluten-Free Diet. I slowly began to re-introduce table foods with easy to digest meals such as soups, stews and stir fry. Later I would add some complex carbohydrates, but would choose from gluten free grains. This was 15 years ago when little was known about Celiac disease and there was little to choose from for products in the marketplace. My family, who had to take over the cooking duties, began to prepare foods for me that were Gluten Free. I noticed that after consuming gluten free foods I no longer experienced the pain or swelling in my stomach, and my joints became less inflamed. After committing to the gluten-free diet I slowly began to gain back weight and strength. To fortify our homemade gluten-free baked goods such as breads, pancakes/waffles, tortillas, and muffins, we would add **NuPlus** to boost the nutritional value of the table foods that I was consuming, and make it easier to digest.

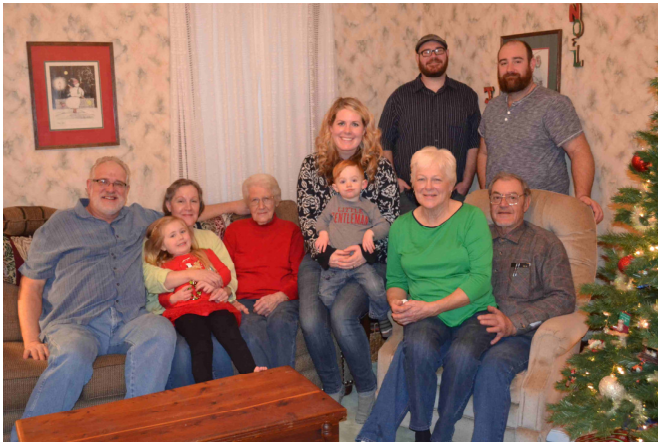
Years later, I understand the Philosophy of Regeneration behind the Sunrider products; Nourish, Balance, and Cleanse. It is vital to consume the **Sunrider** foods every day, it may save your life, it did mine. **Sunrider** Products are designed to balance the body, not to cure. I am committed to The **Sunrider** Company and to share my story of help, health and hope to others. https://ibo.sunrider.com/site/kristens_herbals/home

As I became stronger my family and I began our own gluten free company, **Kristens Gluten Free Food Company™**, that develops and manufactures whole grain gluten free baking mixes and 20 minute dried skillet meals in a dedicated GF facility. www.kristensglutenfreefood.com. Our plan in the coming New Year is to publish a blog dedicated to healthy living that includes our **Sunrider** business.

*Right, Kristen with her mother, Judith (L), and Grandmother, Dorothea (middle). Shhh... Kristen's Grandmother will be 98 in January 2017. We all have enjoyed **Sunrider** Foods and Kandesn Skin Care Products for 15 years.*



My dream is to attend the 35th Anniversary **Sunrider** convention in the summer of 2017! I want to meet the Chen family and personally thank them for their hard work, dedication, and for formulating these incredible products that saved my life 15 years ago, and also continue to help me maintain my health today, as well as the health of my 5 generational family. The fact that **Sunrider** is still proudly owned and operated by the Chen family, and that they continue to be so dedicated after 35 years is rare for international companies, and it makes me value them and their amazing products even more!



Left to right, Kristen's husband Mike, Granddaughter Samara, Kristen, Grandmother Dorothea, Kyle's wife Mary, Grandson Bennett, sons Cole and Kyle, Parents Judith and Lyle in front.

My Christmas message is that it takes great courage to live life by Faith. No matter what your circumstance is, God will always, always show up and show us the way if we ask for, and seek HIS will!

I sincerely thank my family who worked around the clock to provide care for me in that time of illness. I am also grateful to **Sunrider** for products that we

can turn to in a time of crisis, for products that can maintain our health day after day, and also for a company that provides us with a wonderful business opportunity to make dreams come true.

In closing, I will quote Dr. Tei-Fu Chen, Founder of **Sunrider International**. "Live long. Live healthy. Live beautiful". This is the **Sunrider** Philosophy.

Kristen L. Johnson

3095 Co Rd L
Tekamah Ne 68061
402-374-1546



Kristens Gluten Free Food Company™ has developed healthy sugar free and dairy free products that include 100% whole grain gluten free flour. **Sunrider's NuPlus** is a complete food by itself, and also can be added to smoothies, main dishes and baked goods. **NuPlus** and **SunnyDew** can also be a great addition to Kristens Baking Mixes to boost their nutritional value. A few of these Kristens products include:

- **Flaky Biscuit & All Purpose Baking Mix**
- **Wholesome Whole Grain Flour Blend**
- **All Purpose Light Flour Blend**

All of these products are Sugar & Dairy free, include over half 100% whole grains, and can be used cup for cup in conversions. **1lb bag or 3lb resealable bags**

Other mixes that work well with **NuPlus** include • **Country Cornbread Mix** • **Golden Buttermilk Pancake & Waffle Mix** • **Whole Grain Pancake & Waffle Mix**.

- **Purchase Sunrider International™ Food Products from our Sunrider website at:**
https://ibo.sunrider.com/site/kristens_herbals/home

- **Purchase Kristens Gluten Free Food™ Products at our website:**
<http://www.kristensglutenfreefood.com/>

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Kristen's Sunrider Recipe Collection

APPLE CRUNCH MUFFINS

- 1/8 tsp **SunnyDew** or bit more to taste
- 1 egg beaten
- 1/2 cup unsweetened applesauce
- 1/4 cup of butter
- 1/2 cup of milk, or dairy alternative
- 1/4 tsp butter flavoring
- 1 1/2 cup **Kristens All Purpose Light Flour**
- 1/2 tsp of salt
- 3 tsp baking powder
- 1/2 tsp of cinnamon
- 1 cup of raw chopped apples
- ½ tsp Xanthan gum

Optional Crunch Topping is:

- 1/3 cup finely chopped nuts
- 1/2 tsp cinnamon
- 1/3 cup sucanat, birch xylitol or coconut palm sugar



Directions: Peel, core and dice the apples to very fine and set aside. In a large bowl cream the butter, applesauce and **SunnyDew**. Add milk, beaten egg and butter flavoring and mix. Mix crunch topping ingredient and set aside. Combine in separate bowl the dry ingredients and then add to the wet. Stir till somewhat mixed, add apples, and stir till mostly mixed. Don't over mix batter. Place batter in greased muffin tins or paper baking cups and sprinkle topping over muffins, then bake at 350° for 20 to 25 minutes or until a toothpick comes out clean. Enjoy!

KRISTENS BANANA-NUT BREAD Yield: 2 med. or 4 mini loaves

Ingredients:

- 1-1/2 cup **Kristens All Purpose Light Flour Blend**
- 1 tsp xanthan gum
- 1 cup sugar of choice, coconut palm sugar, or for sugar free version use 3/4 cup of birch Xylitol
- 1/2 cup softened butter
- 2 large eggs
- 1 tsp vanilla
- 1/2 cup sour cream or yogurt (Dairy Free Options below)
- 1 cup mashed banana (about 3)
- 1 tsp baking soda
- 1/2 tsp sea salt
- 1/2 cup chopped walnuts or pecans (optional)
- 1 **Pina Banana NuPlus** (add 1/3 cup of apple sauce only if adding **NuPlus**)



Directions: Cream together the butter & sugar till light & fluffy. Add eggs & vanilla, beat to incorporate. Add sour cream & mashed bananas. Wisk together dry ingredients, and then mix with the above just until all is combined. Prepare bread loaf pans: Two 4.5 by 8 inch bread pans or four mini loaf pans: (5.5 x 3.25 x 2 inches). Lightly grease pans with butter or oil. Bake at 350° for 35-45 minutes. Loosely cover with foil for last 15-20 minutes of baking time. **Baking Time for Mini Loaves:** bake the 4 mini loaves at 350° for 40 minutes, and loosely cover with foil for the last 15 minutes.

LIGHT & FLUFFY PANCAKES OR WAFFLES

Yields about 6 pancakes

Ingredients:

- 1 cup of **Kristens Flaky Biscuit & All-Purpose Baking Mix**
- 3/4 to 1 cup milk or milk alternative
- 1 beaten egg
- 1 tsp vanilla
- ½ TBL oil
- 1 **NuPlus** (Plain, Apple Cinnamon, Mixed Berry. If adding **NuPlus** add 1 to 1-1/3 cup milk, or alternative)

Directions: Preheat griddle or cast iron skillet to medium.

Pour batter by spoonfuls onto hot griddle, if fruit is desired, drop the chopped up fruit over the cooking pancakes. Flip when bubbles start to break. Cook till golden brown and the edges begin to cook on top. Serve with real butter and maple syrup.



Other Options: sprinkle cinnamon on raw batter side of the pancake, chocolate chips. Fruit: Peaches and cinnamon, blueberries, tri-berry (blueberry, blackberry, raspberry), bananas, blueberries and bananas combo, apple and cinnamon, strawberry and banana, and of course plain are great!

WEEKEND WAFFLES RECIPE:

Yields about 4 – seven inch Belgian Waffles

Ingredients:

- 2 cups of **Kristens Flaky Biscuit & All-Purpose Baking Mix**
- 2 beaten eggs
- 1-1/2 to 1-3/4 cups of milk or milk alternative
- 1 TBL vanilla
- 1 TBL oil
- 1 **NuPlus** (Plain. If adding **NuPlus** add 1-3/4 to 2 cup milk, or alternative)

Directions: Mix all liquids in large bowl. Add baking mix, stir together till just combined. Follow waffle iron directions to cook. Sprinkle fruit or nuts on top of batter in waffle iron just before closing lid to cook.



Recipe Notes for adding Sunrider Products:

- When including **NuPlus** in any recipe, add approximately 1/3 cup extra liquid.
- When adding a sweetener substitute, 10 drops of **SunnyDew** equals ¼ cup of sugar.

Dairy Free Options:

- Earth Balance™ stick or equivalent amount of your choice of oil replaces butter
- Almond, coconut, cashew milk or Tofuti™ mock sour cream replaces milk.