

Weight
Allergies

I used to Live to eat; now E at to live!

By Debra Young

"If you always do what you always did, you will always get what you always got. If you do not take time for your health today, you will have to take time for your illness tomorrow!"

I used to live to eat; now I eat to live!! My name is Debra Young, and I'm growing younger everyday. This wasn't always true. Seven months ago, I was fat woman starving to death! I've lost 53 lbs. in seven months, and I feel better than I have in years.

Twenty-five years ago, I went to work in a hospital and got to eat all the dead, lifeless, nutrition-less food I could eat for free.....but I had no idea how much it was really going to cost me. Did you know that the average life span is actually much shorter than ever? People are dying younger, but taking many more years to die. I didn't want to be one of those people.

My blood pressure was "sky high" due to the American Standard Diet, I was eating "lifeless" food with no electricity and that's just how I felt.....lifeless like the food I was eating. I knew I needed to make major changes before it was too late!

All my life I was eating meat, dairy, sugar, candy, and pop -- Just the average diet that is causing sickness and disease to run rampant. When I was in my teens I had very bad menstrual cramps, skin problems with Eczema, Psoriasis, plus I had a lot of allergies. I was drinking a lot of pop along with chips and candy bars and it was making me gain weight; I was up to 211 pounds. I got introduced to Sunrider about 9 months ago. I started drinking the Calli Tea, Fortune Delight, and began noticing I had some great energy and lost a little weight. I told myself "it's time for me to turn my life around" and I realized after reading the material and watching a video that Sunrider might be the answer I was looking for! I decided to jump in and supercharge my cells to see what would happen. I knew I at least needed to give it a try; what if it was the answer and I ignored it? I gave up the junk food that was taking me to an early grave. I ate the NuPlus, Vita Shake, and Quinary in the morning, lunch, and at night. I also have been eating taking the JOI, TOP, ESE, Fibertone, Lifestream, Slim caps, VitaTaste, Sport Caps, and Herb Cal, and SunFit. I started noticing the weight dropping and now I'm down to 160 pounds. I have lost 50 pounds in 4 months period. I have always exercised, but with Sunrider it turned even my workouts around. Rich people can't buy from doctors the health I've found in Sunrider. It's been worth EVERY DOLLAR I have paid for it.

Now I have people come up to me and ask what am I doing? I have real answers about why most Americans are really starving to death, fat and thin people, and I give them the answers I found in "Whole Food Grade Herbs"Sunrider. I feel like I have a new life.....The skin on my face looks 100% better than it did; I have a lot of energy and no more heart burn which the dead lifeless food gave me. I wondered if that in itself would be my doom.....the fake food I ate wasn't even really digesting, just plugging up my arteries. I would recommend Sunrider to anybody because it does work. And as our friend Kathleen says about Sunrider, "Sunrider" **foods are actually not expensive at all...THEY ARE PRICELESS!** I have hope, I have faith, and I have a new life! I thank my heavenly Father for giving some of the best food found on the earth today.