

Sports & Fitness!

That can be You!



**Sunrider's Regenerative
Power Food for Everyone!**

My Body is Stronger than it has been in Years!

By Lititia Coleman, Sunrider Lead Director, NM

Before being introduced to SR foods, any little exertion (climbing stairs, bending over for over ten seconds, or running) would cause my heart to race and I'd feel like I was going to pass out. Now, one year and seven months later, I am walking 1-4 miles per most days, jumping rope, trampoline, and lifting weights. I can now climb stairs and mountains without my heart racing. I didn't have the strength to do all that before. My 61-year-old body is feeling stronger than it has in years. I also weigh 8 pounds less.

Amazing Shoulder Recovery from Football Injury!

Willie Burke's Story, told by Helen Burke, Corvallis, MT

Willie had a third degree AC (acromioclavicular) separation of the shoulder. We went to three Drs. One said surgery, one said no surgery and the other said either way he wouldn't be playing football that season. His injury happened the first game of his high school senior year. He came back to play the last four games. He was quarterback and the injury occurred in his throwing shoulder. He decided against surgery and went with Sunrider and physical therapy. Willie ate 3 **NuPlus** a day plus 12 **JOI** and 12 **Sport Caps** a day (6 each in the morning and 6 each at night). Plus Willie rubbed **SunBreeze** on his shoulder a couple of times a day. He was able to pass the physical requirements for West Point Military Academy a couple of months later. After 6 weeks of boot camp at West Point, the first thing Willie asked me to send him was his **NuPlus!**

My Weight Lifting and Training Level has not Diminished but Increased.

Gene Sullivan, Golden Group Director, Billings, MT

I am 57 years old and have had a physical training discipline with weights and sports since I was in Jr. High School. I've been a professional body guard, a pro boxer and in stunt work for over 30 years. While I've always kept myself physically fit in my workout discipline, I have not always eaten right. Training supplements such as whey protein and thermogenics were always a major part of my diet. Since I started eating Sunrider whole foods -- mostly **NuPlus, VitaShakes, Calli Tea, Fortune Delight and Quinary** -- I have discontinued all my prior supplements. I have not taken whey protein or any protein supplement thermogenic in well over a year. My weight lifting and training level has not diminished but increased. My strength and energy has increased and my appetite remains stable. The life and energy in these Sunrider foods are remarkable and beyond one's expectation. The food is truly a gift from God.

Sunrider coach featured in Sports Illustrated



Jim White and his cross-country team are featured in the March 15, 2004 issue of Sports Illustrated. The McFarland Cross Country team, under Jim's coaching won a record:

9 of 15 California State Championships

22 of 24 League Titles

15 Sectional Championships

Gary Smith of Sports Illustrated wrote, "No one can figure it out, how the runners with the shortest legs and the grimmest lives began winning everything once Blanco [Jim White] took over their program, in 1980. He'd joke that it was the town's notorious water or the beans that McFarlands' mamas served. He persuaded the boys that it was the 'voodoo juice' oil he'd give them before races to rub on their aching backs and legs, the cleansing teas and the shakes full of complex carbohydrates and the gel capsules full of vitamin E and bee pollen that he'd dole out." Sports Illustrated, March 15, 2004, p. 61.

Sunrider products gave the athletes the energy and stamina to win races.

Coach White was convinced Sunrider high performance foods would provide tremendous benefits in his team's athletic performance so he provided the foods for all the athletes. He said it gave his cross-country runners the edge over their competition. They rubbed *SunBreeze* (voodoo juice) on their legs and muscles before every race. In addition, they drank the cleansing teas (*Calli* and *Fortune Delight*) and the complex carbohydrate drink (*NuPlus*). They also had the caps of bee pollen and wheat germ oil (*Energy Plus*).

A dedicated coach and his wife gave time and love.

Besides Sunrider, the other large factor that played a key role in the athlete's performance was the time and love that Jim and his wife Cheryl invested in the youth. They did much more than was required of them so the boys could receive what they otherwise would not. They were always there for them, pushing them on and always taking them on trips, to movies in a town with a theater, and on fishing trips.

Jim has recently retired from coaching, much to the disappointment of all the athletes and the town of McFarland. Jim and his runners have a remarkable and touching story that Hollywood is capturing to document in a major motion picture.

Swiss Couple Finds Sunrider to be the Source of Health and Strength

**Roland and Karin
Menzingen, Switzerland**

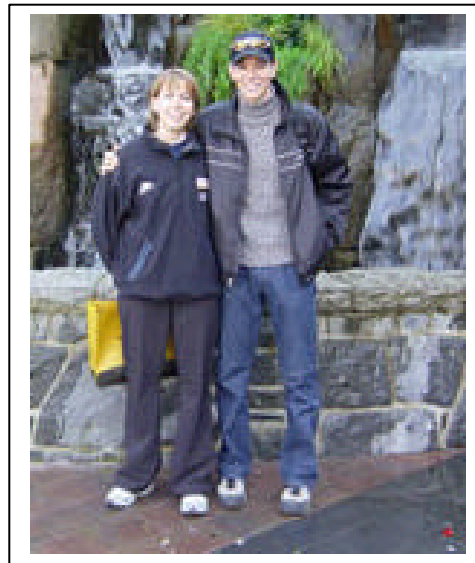
Both Roland (Roli) and Karin started using Sunrider in 2002. For both of them it has made a tremendous impact in their lives.

Karin has been a cosmetic professional for four years. Prior to using Sunrider products in 2002 she found herself often very tired and out of energy. Her condition had been diagnosed as a type of sleeping sickness. **The Sunrider products have allowed her to be**

"a young powerful woman", says Roli, "with no signs of the sickness". She now uses only Sunrider's Kandesn and Oi-Lin cosmetic line and is very successful in her business.

Roli is a cross-country mountain biker (Olympic distance) and competes in the Swiss Power Cup in Switzerland and the World Cup in Europe. "I started May 2002 to use Sunrider products and my life changed significantly."

Before using Sunrider, Roli trained rigorously but found no improvement in his times. "Instead", he says, "I was getting more tired." In one year he biked about 15,000 km (9,320 miles) for training. Using Sunrider foods Roli's energy level has increased and so has the quality of his training.



"Last year I trained with about 6,000 km (3,728 miles) and the results were much better and it was much more fun! With Sunrider I have found a balance. I have more energy in my mind and body. It is a big difference."

Now Roli is able to have more quality training in less time, which allows him more time for recreation. He works with young athletes to show them the Sunrider Way. "My dream is to create a professional mountain bike-team of Sunriders," he says.



Being a sport professional is a difficult way to make a living. As a Sunrider, Roli knows he can have time to train and earn an income where he can have a better life style.

Athletes & High Performers!

Power Food for Everyone!

Sore, achy, stiff muscles anyone? Muscle cramping?

Relief is on the way! How about eliminating the pain altogether!

Reduce recovery time?

Whether you are:

Climbing the tallest mountain!

Running the longest race!

Mowing the acreage!

Having surgery or a baby!

Putting in long hours at the office!

Or just living life!

To have strength, endurance, and energy—

It takes a strong body!

Sunrider can help you have it all!

Gain it all with real food!

The Food for Muscles: *SportCaps*

If we get too much lactic or uric acid trapped in our muscles and it doesn't get out, our muscles become sore, achy, stiff or cramped!

SportCaps to the rescue! They help the body flush these waste elements, especially when used with delicious ***Fortune Delight*** (instant beverage).

"When I eat SportCaps, I don't even notice that I've been out working in the garden or biked 30 miles."

Dr. Tei Fu Chen, a world-renowned herbalist and very talented in martial arts, must be acknowledged for the great scientist that he is and the greater knowledge that he has of formulation, enhancement and the concentration process that he does! This knowledge is applied to not only the ***SportCaps***, but to every product that Sunrider manufactures and markets. It is said Dr. Tei Fu Chen can identify over 4000 herbs blindfolded, just by taste and smell! He is truly a master!

Manufacturing Expertise! We have the finest manufacturing, because of the immense expertise that Drs. Tei Fu and OiLin Chen have in caring for the herbs. . The fact that we maintain our quality control in the finest environment; the fact that we extract our foods so that there are more nutrients and easier to digest; the fact that we concentrate and spray dry our products, which give us the highest value financially, and the most effectiveness in the body. They are not just ground-up herbs, as other companies' are. It's very important to realize that when we talk about our product there is simply no comparison!

Marketing Plan! Along with that, SR has a phenomenal marketing plan. "I believe it is the finest marketing plan of any network marketing company in the industry, and I say that as an ex-lawyer who studied the plans of many, many companies and then decided upon SR." Aadil Palkhivala

Remember Life begets life! If we eat live foods, it enhances our body, which is alive! Sunrider herbal food concentrates have no additives, no sugar, no preservatives...just whole live herbal foods...highly assimilable, concentrated for energy and nourishment!

What's inside? Let's look at a few of the herbs in **SportCaps**. We must remember the individual benefits of each herb are magnified (and weaknesses overcome) when correctly combined or formulated with other herbs. It is the synergistic effect of all the herbs together that is even greater than the benefit of just one herb.

Here are just a few of the many benefits of the food herbs in SportCaps:

Bee Pollen--1st ingredient, great protein for endurance, blood building, allergies

Wu Chia Pi (Ginseng)--boosts the body's energy, metabolism, cardiovascular system

Alfalfa--rich in trace minerals, aids in digestion and assimilation of nutrients

Japanese Dodder--overall body tonic, prolongs life

Chinese Knot Grass Root--eliminates uric & lactic acid, boosts kidney function—
helping prevent muscle cramping and shortening recovery time.

Kelp--natural iodine, full of minerals, including calcium--feeds the thyroid

Rose Hips—all natural source of Vitamin C

Codonopsis Root--improves circulation and breathing, oxygen transport, cleanses
mucus from lungs

Boschiniakia Herb--improves body water to the cells (helping prevent dehydration),
helps to activate the hormone secretions--for both men and women.

To build a strong body AND prepare, perform & recover from physical feats, let's look at each step and give our body the best:

- Let's:**
- 1. Get Ready!**
 - 2. Get Set!**
 - 3. Go!**
 - 4. Rest & Recover!**

1. Get Ready!

NuPlus/or VitaShake, three times a day for body building and muscle strength. 12 nutritionally whole, bio-available foods the body recognizes, can easily assimilate and use for regeneration. No isolates! No sugar! No additives! No preservatives! Perfectly balanced and concentrated 7-10 X for complete, dense nourishment: 65% complex carbohydrates (concentrated glycogen)
20% protein (amino acids)
15% fat (fatty acids)

Plus concentrated naturally occurring micronutrients, vitamins, minerals, antioxidants, phytonutrients and bioflavonoids. *Lance Armstrong's trainer would love NuPlus— it's like his recommended % balance!* Eating **NuPlus** cuts the caloric intake need significantly! Eat 2-6 servings per day! **NuPlus** comes in convenient powdered packs; just add to shaker bottle, smoothies, beverages, or table food. Prepare your body with the highest fuel available on the planet!

J.W. Emerson, coached for 20 + years before SR; many times he took his teams to championship because he focused on building the body thru nutrition and lifestyle. He has seen athletes who were required to eat 16,000 calories be able to cut it down to 6,000 calories when eating SR in preparation for a race.

He always recommends **Simply Herbs NuPlus** before and after a race to prepare the body for sustained energy, repair and recovery. **NuPlus** is very high in complete Amino Acids (which are the building blocks of protein) rather than eating protein that the body has to break down and digest. The **NuPlus** has highly compacted glycogen from the concentrated carbohydrates.

J. W.'s Sports Drink before or during activity in Shaker Bottle:

***Fortune Delight
VitaFruit
Simply Herbs NuPlus
ElectroSport
Evergreen***

The Sunrider Basics: Nourish, Balance, Cleanse!

- Eating the Sunrider basics includes 72 foods. If eaten 2-3 x a day it can make an incredible regeneration body-building program.
- **NuPlus/VitaShake** for powerful cellular nourishment
- **Quinary** for Balancing the Life Support Systems-Communication!
- **Calli & Fortune Delight** for natural cleansing with **SunnyDew** for wonderful taste and blood sugar balancing!

SportCaps: A wonderful whole herbal food combination for my whole skeletal and muscular system. Want to build lean muscle? Want to prevent muscular problems? If I have an accident, I know what to eat! Great muscle and tissue repair! **SportCaps help put glycogen into the liver for a longer energy and endurance level of activity of the body.** In today's busy world, don't we all need more long-lasting energy? Six per day would be great! Running a race? Eat them 20 min. before! Also, **Action Caps eaten at meals help convert fat (from within our body or from our foods) to energy!** Great with **SportCaps!**

2. Get Set!

Sunrise: *Sunrise goes into the muscles and actually makes them stronger! Also nourishes the tiny valves in the body: heart, arteries, and capillaries -- that make the blood not flow backwards, also the valves in the digestive system.*

Sunrise is food for warming up the muscles -- getting them ready to move and then cooling them down afterwards (warming & cooling herbs). **Bring on Sunrise!** A warm feeling of strength & energy--**about 10 minutes before Go!** Tasty liquid in a small vial, that's quickly digested and into the system. When exertion is involved, I drink Sunrise! It is one of the most remarkable products Sunrider makes, to actually feel the physical strength increasing is wonderful!

Both **Sunrise and SportCaps** have many of the same herbs. **Sunrise** includes Lycii Fruit noted for stamina and renewal and Chinese Asparagus Root which strengthens the heart and kidneys. **SportCaps** will give the endurance to finish the race, where **Sunrise** will give the energy burst for a great start.

3. GO!

Electrolyte and Mineral Balance: Drink **Electrosport & Fortune Delight** together before, during and after your activity to balance the body fluids, prevent dehydration and heat exhaustion.

ElectroSport: Very concentrated liquid minerals. For balancing the electrolytes (valuable minerals lost through sweating), as well as handling extreme humidity or hypothermia. Add 1 vial to 2 -4 quarts of **Fortune Delight**.

Fortune Delight: Absolutely Delicious instant herbal beverage of all whole foods! Enhances body's self-cleansing! Flushes the waste from the body, especially from mucous membranes and from the digestive tract: flushes out lactic acid, balances the body, improves endurance, and raises the body's energy level! Very thirst- quenching! Instant powder packet! Just pour into your water bottle. Wetter than water! Add **SunnyDew** to help keep up the blood sugar and make even more delicious.

Sunny Fresh: Another great liquid in a glass vial extremely beneficial for the respiratory system -- also voice and throat. Helps clear the phlegm from throat, bronchioles and lungs that causes the burning. Can add to your beverage or drink as desired! Replaces cough syrups, enhances lungs, throat, and voice! Helps prevent oxygen blockages from mucous build-up -- keeping the air passageways open and free. Athletes love **Sunny Fresh!**

Evergreen: Liquid chlorophyll - oxygenates and fortifies the blood! Rich in minerals and much more absorbable because it converts to an oil-soluble state usable by the body! 1 small vial of oil-soluble **Evergreen** is equivalent to an entire quart of other water-soluble liquid chlorophylls. **Evergreen** is another incredible food with so many benefits.

VitaFruit: Revolutionary and power-packed herbal fruit juice concentrate with thousands of phyto-nutrients not yet discovered. Rich in whole-food antioxidants, Vitamins A, E, stable C, hundred of bioflavonoids, B-complex, minerals, 2000-3000 carotenoids, amino acids, and live fruit enzymes. Its greatest work is doing tissue-repair to damage done to the cells by free radicals.

4. Rest & Recover!

The first 20 minutes after physical exertion is the most critical time for body repair and recovery.

Simply Herbs NuPlus: Again it's the best available protein and cellular regenerative food for restoring the body!

SunBars: More wonderful **NuPlus** to regain your energy quickly, digestible FOS fiber to trap & move out toxins, and restorative **Sunrise** all in a handy, tasty bar!!

A great energy snack food! No isolated soy proteins, "just" whole delicious herbal foods! **Why so good?**

Lycii Fruit - general body tonic for strength and endurance

Coix Fruit - thermo-regulator to help balance and calm body.

Chinese Yam - strengthens male & female hormonal levels

Lotus Seed - strengthens muscles

Korean Ginseng - helps boost energy and body's metabolism

FOS Fiber - traps & absorbs toxins

JOI: Muscles, ligaments, joints, skeletal, nerve strengthening & repair. Great with **SportCaps!** For Serious repair from injuries include **TOP, JOI, ESE, SportCaps & Sunrise.** Natural Muscle Relaxant? Soothe soreness and tension in the entire frame! Return the joy in your life with **JOI!**

Sunrise: Extra cooling down of muscles

Sunbreeze: Healing in a balm/oil! Essential oils that penetrate deeply for anything that needs healing—great relief!

In Summary: To get ready for that special physical feat and to maximize every day!

1. Get Ready!

*Prepare your body with the **Basics + Sport Caps** 2-4 X a day!*

***Simply Herbs NuPlus** - 2 hrs. prior*

***SportCaps** - especially 20 min. before!*

2. Get Set!

***Sunrise** - 10 min. before*

3. Go!

*Sip on throughout the exertion: **Fortune Delight** with: **VitaFruit, ElectroSport, Sunny Fresh, Evergreen & add Simply Herbs NuPlus***

4. Rest & Recover!

NuPlus** - the right kind of protein for repair and **recovery

***Sunrise** - for cooling the body down*

***VitaFruit** - tissue repair, free radicals*

***JOI** - muscle joint relax and repair*

***Sunbreeze** - on anything sore or hurting! Heavenly!*

And any of the other wonderful body building/restoring Sunrider foods!

1988 U.S. OLYMPIC TAI KWON DO TEAM

- **WON 18 MEDALS**
- **TRAINED ON SUNRIDER FOODS**

MORE ENERGY, CLEAR THINKING, QUICKER RECOVERY

From Steven Burrige Martial Arts Academy Newsletter 2003

Food For Thought

The traditional Chinese believe the delicate balance between good health and wellbeing can only be achieved with the proper nourishment of the bodies 5 major systems: defense, endocrine, circulatory, digestive and respiratory.

In 1988 the U. S. Olympic Tai Kwon Do team embraced this theory when they added Sunrider nutritionals to their daily training schedule. Sunrider is the world's largest herbal food manufacturer combining the expertise of the owners, master herbalist and pharmacist, Dr. Tei Fu Chen and his wife, western MD Dr. Oi Lin Chen.

The US team took 18 medals at the Seoul Olympics: 10 Gold, 2 Silver, and 6 Bronze. The athletes credited Sunrider with giving them the EXTRA ENERGY for the winning edge.

Arlene Limas—first winner in the team of Olympic Gold said, “Sunrider made it possible for me to easily do the 3rd work out in a day...I felt better and finished stronger.”

Debbie Holloway – silver medalist, mother of 3 said, “I searched for years for the right nutrition...I tried them all.” After the birth of her 3rd child, she had lost her discipline. After one week of eating Sunrider foods, even while nursing her baby, working and training hard, she had endless energy.

Comments are from Sharon Farnsworth Ekins:

I remember traveling to New York and talking to Debbie Holloway when she was training for the Olympics. She was working very hard as a mother, single Mom, and working very hard training for the Olympics. She loved training with the Sunrider foods. I helped her with her nutritional program, suggesting that she eat 3 Nu Plus , 3 Quinary, 1 to 2 quarts or liters of Fortune Delight a day with the Sunectar. She was concerned as to how she could afford them. I gave her a Sun Pack, or equivalent of what I had in my suitcase. Shortly after that, Sunrider agreed to sponsor this team with these very foods. As we have read, the team participated in the Summer Olympic Games in Seoul Korea. The team trained on Sunrider products and came away with 18 medals, including ten gold.

When this Tae Kwan Do Olympic Team was on its way home from the Olympic, the stopped off in SLC and were on our local Sports news with Paul James, KSLTV Channel 5. They demonstrated for the audience some of their kicks. They were wearing their martial arts clothing with the big word SUNRIDER on the back. I was there at T. V. Station, and at the interview and took pictures. It was a proud day for the USA to have our Tae Kwan Do team beat out the Koreans and other Asians at their own sport.

Knee Blowout Back to Strength

By Rollyn Betts

At 43 years of age, with a long and enjoyable history of running, biking, tennis, weight lifting and horse back riding, it never occurred to me that anything could happen to my joints. I have been predominately vegetarian most of my life and exercise was a vital part of my commitment to healthy living. Even in my forties, I was running right past guys 20 years younger. But in the summer of '03, my left knee literally blew out.

I was playing football with the kids in Sunriver, running a straight line for a touchdown, when I felt my knee just give out. There was no turn or anything stressful. Just a knee that could no longer push when I wanted it to push.

My wife and I were just starting Sunrider products. She, of course, was looking forward to its long-term benefits, whereas I was skeptical, viewing Sunrider's Chinese whole food concept as just another multi-level marketing ploy. Naturally, I wasn't interested in trying some of these foods in order to try and "fix" an injury such as this.

Well, after eight plus months of not being able to walk up stairs, run, or even mount a horse, I decided to listen to what my wife was trying to say and give Sunrider a chance. What could I lose? Surgery was going to be my only option. So, in short, this is how my regimen for healing went down: One week of fasting on Sunrider products. This included three servings of *NuPlus* portions mixed in fruit smoothies, two *Quinary* packets per day--one mid-morning and one mid-afternoon and three servings of *Fortune Delight* daily mixed in water. Besides the foods, I took five *Sport Caps* three times a day and *Herb Cal* tablets. When hungry for something else, I only ate raw veggies or almonds.

After the first week, I could notice a change. It wasn't huge, but it was indeed there. So I continued taking the *Sport Caps* for another month, but only two to three capsules a day. *NuPlus* in a morning smoothie and one serving of *Fortune Delight* in a quart of water has become a daily routine. Currently, five months after "getting serious" with Sunrider, my knee is pain free with full range of motion and ability. Thanks to my wife's persistence and the quality of the products, I am back doing all the things I have enjoyed in the past.

Watch Out Mt. Whitney...

Here comes Sharon!

It has long been the goal of Sharon Samuelson to climb Mt. Whitney; the highest peak in the continental United States at 14,496 feet in elevation. On the 28th of July, Sharon and her husband began the arduous hike at 3:45 am, but the journey to the top began two years ago.

While backpacking two years ago, Sharon fell and seriously injured her left foot. It would require her to undergo reconstructive foot surgery. The advice she received from her doctor was to be grateful she could walk, but would not run or hike again.

With Sharon's determination, over the past two years she has set goals and seen them through. **Her foot has healed better than expected and she enjoys spending time hiking with her family. Sharon's doctor attributes this to Sunrider, good nutrition, and a strong conviction.**

"I've been eating the Sunrider foods for over 16 years and truly believe in the power of Sunrider and its ability to regenerate the body. My "new" foot is certainly evidence," says Sharon.

Sharon set the goal to climb Mt. Whitney in celebration of her 60th birthday. The usual way to reach the summit is at least a three day and two night hike packing in camping gear and sufficient food for an active three days. The ultimate challenge is to reach the peak in one day climbing 22 miles and 12,000 feet in a vertical ascent and descent.

Starting at 3:45 in the morning, Sharon and Scott began their hike that would end as the day drew to a close a midnight, **just over 20 hours total.**

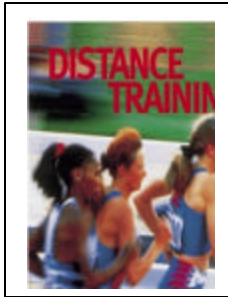
During the hike they never experienced the



common altitude sickness, headaches, or extreme fatigue. Sharon says, "At 2:30 am, I mixed one Strawberry VitaShake, two scoops of Simply Herbs, and one Quinary package in soy milk and **drank it on the way to the trailhead.** I also drank a cup of Calli with one Quinary package. During the hike I had three packages of products prepackaged in Zip Loc baggies, each with five SportCaps, five Action Caps, two Energy Plus, five Spirulina, and five Quinary Caps. I drank over one gallon of water mixed with two vials each of ElectroSport, Sunrise, Evergreen, Fortune Delight, and Sunectar. For added energy toward the top of the mountain, I drank two NuPlus packages in water. I also had another NuPlus later in the day.

I rubbed SunBreeze Oil on my chest, under my nose, and on my tongue for refreshing pick-me-ups. Oi-Lin Body Lotion SPF 25 offered amazing sun protection. I put it on only once in the early morning and did not experience sunburn, though I was in the sun all day at high elevations. Scott did the exact same. In addition to Sunrider foods, we snacked on trail mix (nuts & raisins) and some crackers and cheese for lunch."

"I KNOW FOR AN ABSOLUTE FACT THAT THE SUNRIDER FOODS GAVE ME THE ENERGY AND STAMINA NEEDED TO REACH THE TOP!"



Sunrider Training for Olympics!

By Kim White

I met with a friend in July 1991 who I hadn't seen for 3 years and I couldn't believe how great he looked. He had lost about 70 pounds and looked 10 years younger. I didn't recognize him at first sight. I asked him what he had done and he said he was eating Sunrider Foods everyday. I had to know more.

I went to his home and he mixed me some NuPlus, Quinary, Fortune Delight and Sunectar with water. I drank it and it tasted okay. Then he made me a pot of Calli tea that I drank while we visited for an hour as he explained about the Philosophy of Regeneration.

At this time, I was training for the 1992 Olympic Games for the 1500m run and I was very focused on all aspects of my training, diet, sleep and so on. My resting heart rate was 47 beats per minute, my weight was 145 lbs and I was sleeping between 6 to 8 hours per night. When I was in my training phase of preparation, my weight stayed between 140 lbs and 148 lbs and my racing weight was 136 lbs. If I dropped my weight below 136 lbs, I lost a lot of strength and became very weak and ran slow so I had to maintain my weight.

The very next morning my resting heart rate dropped to 39 beats per minute and I was shocked. It had never dropped below 45 before. The only thing that had changed in the last 24 hours was eating the Sunrider foods. I continued eating the foods and found my rate stayed below 40 and within 6 months went as low as 28. I was extremely fit.

Over the course of the next two weeks, I started to notice that my breathing had improved. I had been an asthmatic since I was a young child and relied on my inhaler everyday as I was constantly exercising.

Within a month I noticed I hadn't used my inhaler for over two weeks and stopped taking it with me to training. I realized that my breathing problems were due to malnourishment and not some defect I had.

Due to my training regime, I ate up to 5 plates of food every dinner just to get enough energy into my body for the next day's training. After starting to eat the Sunrider foods, over the next two months my meals cut down to one plate only. **Goodbye "all you can eat" buffets.** Again I realized that my incredible food intake was because I wasn't feeling nutritionally satisfied and not because of my need for energy for training. This resulted in my weight dropping to 137 lbs for training and 131 lbs for racing, and no loss of strength. Incredible!

My sleep improved also and I was recovering from my training sessions easier and quickly. **My coach was wondering what was going on since my times were improving out of sight in training and racing. Three months later I made All American Cross Country NCAA Division 1.**

My Coach also wondered why I wasn't getting sick and breaking down from all the training as I had always done in the past. Even while the other athletes on the team were struggling, I just seemed to keep improving.

Before eating the Sunrider foods I believed that I was eating a very well balanced diet yet I still had colds and illness like everyone else. I thought that was normal. **Over the course of the next two years, I started to notice the illnesses I had over my entire life were gone and didn't come back.**

It has been over 12 years since I started eating the Sunrider foods and I still haven't had a cold or caught the flu even though people around me have had them. The problem was malnourishment the whole time. Thank you, Dr. Chen, and thank you Sunrider for these great foods. I will enjoy them for the rest of my long life.

For the first 3 months I had NuPlus, Quinary, Calli, Fortune Delight and Sunectar three times per day with meals. This is what I believe helped accelerate my regeneration process.

You can be a high performer too!



Sunrider is here to help you!