



KARLA KNELLER'S SUNRIDER STORY – MY JOURNEY TO TOTAL HEALTH

Although I considered myself healthy, as I look back I realize that my health was starting to degenerate in my 20's. I managed to stay slim and had the energy to do what I wanted. But little things were there, skin problems that I could not get rid of, digestive problems, PMS, frequent migraines (I took aspirin daily).

All this changed when I became pregnant. My pregnancy was difficult, a lot of bed rest that increased as I neared the last trimester. I gained a lot of weight while pregnant right from the beginning. Towards the end of my second trimester the doctor told me that I just could not gain any more weight. So – I did what I had done before I became pregnant. Cut back on my eating. Then the doctor discovered that I had developed pre-eclampsia. I was ordered on total bed rest for the last month. Two weeks later the doctor decided to induce labor because the baby was getting too large. Our son was born two weeks early, a healthy, 9 lb 5oz baby, in September 1990. I was so weak after the baby, but thought it would go away soon. At our 1-month check up, I mentioned how weak I felt to the doctor. She just laughed and said that I had had a difficult pregnancy and birth and that was normal.

The fatigue continued, and so did my frustration with my weight. Soon after my son was born I discovered that I could not lose the unwanted weight. I ate very little, but found that the less I ate the worse the fatigue became and the weight still did not come off. I also found myself battling with depression for a while. I hurt all over. Exercise only made everything worse. I had problems sleeping, woke up more tired than when I went to bed, my mind was in a fog, I could not remember things like I had before. I felt like I was losing my mind or getting Alzheimer's at 30. I went to several doctors and was told different things with each one. I tried synthroid for my thyroid, even though my tests came out in the normal range, but soon realized that that was not the problem.

I started to look towards other options. I prayed and searched. Although I have never included meat or fish in my diet, I tried a strictly vegan diet, then a raw diet, alkaline diet, herbs, Noni, minerals, many kinds of juices (fresh and concentrated powders), cleanses, the list goes on. I did find slight improvement, but not anywhere close to where I was prior to the birth of my son.

I heard about a massage therapist who included hydrotherapy in his treatments. I received a four-hour treatment once a week for three months. Of all the things that I tried, this was the most successful. My muscles started to relax, my clogged lymph started to move again, the weight started to come off. I was starting to see improvement! Then funds got low and I had to quit. At first, I was ok, but as time went by I could feel my body returning to where it had been before the treatments. I kept praying, but had run out of things to try. I thank God for giving this opportunity to me, because while I was receiving these treatments, I learned a lot!!! It prepared me to recognize the answer to my prayers when it came.

In May 2002, my husband's cousin, Louise Fuller, was visiting his parents. While she was here, she shared with us the Sunrider foods and the Philosophy of Regeneration. She explained the basic foods and what their function was. (Cleansing and Nourishing to bring balance to the body.) I wanted to learn more!!

In June 2002 I started drinking the Fortune Delight and taking the Quinary. I could feel the cleansing the first night. (It kept me awake...do not start at night!) I realize now that I started with the tea too strong.

I have since added all the basic foods, Calli, NuPlus, Sunectar/SunnyDew, and Sunbars to the Fortune Delight and Quinary. Today, January 2003, I feel wonderful! I have more energy than I have had for a long, long time. I am losing inches and pounds. (28 pounds and 2 sizes) My muscles are more relaxed than they were after three months of weekly massage treatments. My digestion problems are nearly gone. My hormones are balancing. Migraines are a thing of the past. I no longer hurt all over. My mind is clear and I can remember things again. My skin is clear, soft and smooth. I go right to sleep, sleep well and wake feeling rested. All signs of depression are gone. Although my body is still on the road to Regeneration, I know it is headed in the right direction.

As I experienced the difference that these foods can make, I could not help but share them with some of my family and friends, who were also struggling with their health. It has been exciting to watch others starting on their own journey to Regeneration. It is such a fulfilling and rewarding experience! I thank God daily for these wonderful herbal foods! I am so grateful to Louise for telling me about them. And, to the Chen's for making this wonderful opportunity available to us!

I encourage you to give the Sunrider basic foods a consistent three month try. See what they will do for you!

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