

## TRUDY STOELTING'S STORY



*Trudy 1994*

In 1991, I started suffering from pain in my joints, low-grade fevers, extreme fatigue and insomnia. I forced myself through every day for five years. The pain grew progressively worse. I was sent to see an Arthritis specialist and he said that I did have arthritis but the pain was from fibrositis. Many of you know this as Fibromyalgia. In December of 1995, I went numb from head to toe.



*Trudy 2001*

I lost my sense of smell and my sense of taste. I was constantly dizzy. I was so fatigued that I slept 18 hours out of 24. The other 6 hours I was in a mental fog. The numbness was so severe that it was like having dental freezing from head to toe. I had difficulty with motor control because I couldn't feel my hands or feet. I tripped up stairs, fell down stairs, bumped into furniture, broke dishes, and I couldn't walk outside without assistance.

I felt like I was drooling constantly. I couldn't tell if my chin was wet or not, or if my nose was dripping. I had trouble eating. I could chew on my cheeks or my tongue and not even know. I developed hay fever, allergies, eczema, varicose veins, terrible heart burn, bladder and kidney infections, ovarian cysts, cysts in my kidneys, migraines - the list goes on and on.

I was sent to a lot of different specialists who sent me for a lot of diagnostic tests. M.R.I., Vision Evoked Potentials, Heavy Metals testing, blood tests, urine tests, X-rays, etc. They found things wrong with me but couldn't give me an overall diagnosis because they didn't know what I had. They did know that I had a seriously compromised immune system.

With my husband beside me, I was told, "we can treat all your symptoms but we can't do anything more for your immune system. We don't have the technology yet to heal the immune system." I felt like I was going home to die. My husband thought the same. We had our wills drawn up and I signed Power of Attorney to my husband in case I slipped into a coma or couldn't function at all physically or mentally. My fatigue was so great even my heart was tired. I had an irregular heart beat. I felt 90% dead.

That is when a friend introduced me to Sunrider foods. She quite literally saved my life. My journey back to life has not been an overnight thing. It took several months eating Fortune Delight, Suncare, NuPlus, Quinary and Vitalite Sunbars before I noticed any marked improvement. Since then, I continue to Cleanse, Nourish and Regenerate. My eczema, dizziness, infections and heart burn were the first to go. My irregular heartbeat was next along with the cysts and allergies. The numbness took two years and I can now walk with balance and control. I can even run and jog with balance. I have no pain in my joints. I can smell and taste again. I have dropped 6 sizes in clothes and lost so many inches that I don't even measure anymore. Muscle looks so much better than fat. After years on disability, I went back to work, only to quit two months later to do Sunrider as a business. Why? Because I have come from dead to life and I am passionate about sharing this incredible gift with everyone who will listen. Sunrider foods gave my body what it needed to regenerate, and I am so grateful. I have come so far, but feel like a baby just starting out. I am doing my best and Sunrider is making my best better each day. I am FULLY ALIVE!

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