

• FREE Winter Wellness Guide
 • Consumers Guide to Health Care
Inside –
Sunshine... Where an educated consumer is always our best customer.

SUN-TIMES

Sunshine Natural Foods Sunshine... Where an educated consumer is always our best customer.

OCTOBER
 2010

How To Stay Healthy This Winter

Last year hundreds of Sunshine customers found the guide to “Winter Wellness Strategies” of great value to their health and well being. **Please accept it as our free gift to you.** The ideas, strategies and products listed are proven to be safe and effective. Having the products listed on hand so they can be used at the first signs of colds, flu or seasonal challenges is the best insurance you can have to lessen the duration and intensity of winter illness. **Now is the time to prepare. Sunshine is well stocked with everything your family needs to stay healthy.** If you’re the type that never gets sick and doesn’t need to think about your health, please share the guide with someone you think could use it.

If You Buy Products From Our 2010 Winter Wellness Guide And Mention This Newsletter, You’ll Receive Up To 15% Off The Usual Sunshine Discounted Prices. No Matter What, the Winter Wellness Guide Is Yours To Keep

Purchases From the Winter Wellness Guide That Total \$35 - \$75* ...Receive 10% Off
Purchases From the Winter Wellness Guide That Total \$75 Or More* ...Receive 15% Off
OFFER VALID THRU OCTOBER 30TH



*This dollar amount must be purchased from the Winter Wellness Guide or other seasonal immune enhancing products in this category. Applies only to purchases made during the same visit. Applies to in-store or telephone sales only, not online sales.

October 2010

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How To Stay Healthy This Winter

It's that time of year again when we all begin to think about staying healthy throughout the colder months. Once again Sunshine has prepared our convenient, pocket guide of “Winter Wellness Strategies”. It's jam-packed with time-tested suggestions for staying healthy and what to do if you begin getting sick.

You'll Find The Wellness Guide Inside This Newsletter
Please Accept It As Our FREE GIFT To You

If you are the type that never gets sick and doesn't need to think about your health, please share the guide with someone you think could use it. They'll thank you for it.

Be Smart This Winter And Do All You Can To Stay Well
It Definitely Beats The Alternative



“The Doctor of the Future, will dispense no drugs, but will interest his patients in the care of the human frame, diet and the cause and prevention of disease”....

Thomas Edison

HCG IS HERE... IT'S REAL... AND IT WORKS SAFELY LOSE A POUND A DAY!*



Many of you have inquired about Randy Storstad, the Grants Pass man we reported on last time who had been fired by his doctor. At 415 lbs. Randy was the guy who was told by his doctor not to come back unless he lost weight. Well lose weight he did. **His first 6 weeks on the HCG protocol Randy lost 61 lbs.** During the required 6 week break from the HCG drops using the **Slim Support formula** and following the normalization diet. **Randy lost another 26 lbs.** He has now recently begun his second round of HCG drops and has already lost another 14 lbs **for an astounding total of 101 lbs of lost fat so far.**

HCG is working for hundreds of Sunshine customers to help them to safely lose about a pound a day. Stop in today and let us explain how the HCG protocol can work for you.

Sunshine Carries A Full Line Of HCG Compatible Body Care And Our New Cookbook Features Over 200 Fun, Mouthwatering HCG Recipes.

* A pound a day is an average, results may vary

Consumers Guide To Health Care, The 7 Levels Of Healing

It's been said that some people are more concerned with maintenance of their car than maintenance of their body. If they were to discover that their car was running rough due to water in the gas they would undoubtedly change the gas, not rebuild the engine. However when it comes to their bodies these same people might choose to undergo surgery or use toxic medications rather than improve their diet or get some exercise.

Therein lies the confusion. Western medicine is so advanced it should always be the first choice for all our health care needs, right? Actually nothing could be further from the truth. In cases of acute trauma - for example the loss of a limb - there's a chance that western surgeons might be able to re-attach it. However for long-term care of a chronic condition I believe you would enjoy better treatment from a doctor in China 1,000 years ago than you'd get from a western doctor today. Any long-term treatment a western doctor prescribes for a chronic condition will almost always have long-term, toxic side effects which today's doctor may or may not fully understand.

If you believe that the human birthright is to live a healthy life and that health is the normal condition for your body, you're halfway to achieving that goal. You already understand that in times of sickness your body does everything possible to heal and repair itself and to re-establish your normal healthy condition usually with no medical intervention at all.

As a guide of knowing "where to shop" for health care I offer you the concept of the **7 levels of healing**. Take some time to think this over, if it makes sense to you employ the concepts offered. By doing so you'll usually find that the least costly treatment with the fewest side effects will provide the most long-term benefit. **The basic premise of the 7 levels of healing is that you always try the simplest, most basic levels before turning to more complex solutions.** The higher the level, the lower the cost and the side effects typically fewer. Our highest level is level one.

Level 1.....

Intentional positive attitude and thought adjustment can be the strongest "medicine" of all.



Level 2

Fresh air, relaxation and deep breathing thereby increasing oxygen, decreasing stress and clearing the mind has been proven beneficial for centuries. Recently scientists have figured out that this stuff really works. Some might call this meditation. Scientists call it relaxation response therapy.



Level 3.....

Dietary changes and improved eating habits make a difference. Astonishingly it took the most esteemed doctor in the Country, the Surgeon General, until

1988 to acknowledge this basic truth. To our grandmothers and probably all grandmothers in history this truth was self-evident. Herbs and supplements would be included on this level.



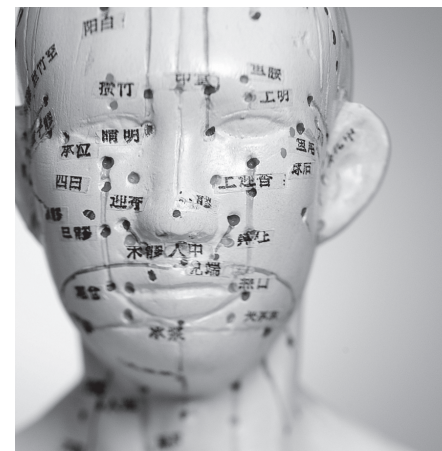
Level 4.....

Energy based mind-body integrated exercises like yoga and Tai Chi have been proven healthy for centuries. Western forms of cardiovascular exercise can be included here if done with an emphasis of de-stressing, relaxing the mind and rejuvenating the body.



Level 5.....

Massage, Chiropractic, Physical Therapy and other forms of hands-on body work help to re-establish and adjust the alignments and relationships among the body's moving parts. They also help reduce the effects of stress and over use.



Level 6.....

Acupuncture and electrical stimulation work directly with the body's energy channels. Many athletic trainers use electronic devices to bring athletes back to competition quicker.



Level 7.....

Drugs and surgery are costly and invasive. It would be wise to use them only after simpler methods have been tried.

The levels on which you regularly "shop" for your health care may ultimately determine your long-term well-being.

Why resort to complex and costly solutions if simple and inexpensive would work well? Why risk the toxic side effects of drugs that may be worse than the condition they were used to correct if a daily half hour walk might do the job?

To be your body's master mechanic, feed it good fuel and be consistent with maintenance. You'll provide yourself with an extended" bumper to bumper warranty" to ensure a long and healthy life.

BECOME YOUR OWN EXPERT

Over the years many people have asked how I got started with wholistic health care. As an adult it was something that I always had an interest in but until today seldom told people when my personal turning point came. I grew up eating the **Standard American Diet (SAD)** complete with lots of sugar frosted flakes. Then about 35 years ago a healing crisis became an opportunity for a valuable lesson.



Rob Pell - owner

I had just begun to lead a more healthy chemical-free lifestyle when during a 6 week camping trip dozens of mosquito bites on my legs became infected with what appeared to be a horrible staff infection. **Both ankles and feet became extremely painful, hot and red and swelled to twice their normal size.** Dozens of infected open wounds on both legs had to be drained daily. I made crutches out of tree limbs just to hobble around. The condition got worse and mostly to placate my relative's fears I consulted with the family doctor. He said that **if I didn't follow his advice and take antibiotics I would likely lose both legs. A decision had to be made.**

After doing research I determined that years of eating processed foods had allowed my body to become an opportune host for an overgrowth of staff bacteria. **A tremendous excess of meat and sugar had made my blood acidic.** I decided to do what made the most sense to me and that was to purify my blood. It's what I had confidence in. Many of you have heard me say for years that during a health crisis people need to

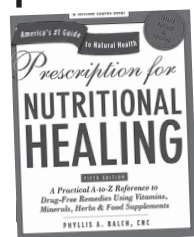
do whatever it is they have confidence in. **Whether that is drugs and surgery or prayer and fasting, humans need to believe in their course of action.**

Fortunately I knew some people who lived a very clean lifestyle and consumed only raw foods and fresh juices. They had space on their back porch and allowed me to move in. I had no responsibilities and the rent was free. **After about 2 months my body and spirit made a full recovery.** To this day I am grateful for the space on their porch and the wisdom they shared.

I don't recommend that anyone ignore the advice of their doctor or do what I did. What I do recommend is that people look at their options, ask questions, do some self reflection and take whatever course of action they have the most confidence in. **When it comes to your body always remember: no one is more qualified than you to be your own expert.**

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