

SUN TIMES

Sunshine Natural Foods

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

JANUARY
2011

Garden Of Life Introduces 10 Exciting New Products For 2011

All Are On Sale For 33% Off Now At Sunshine.

Plus...When You Purchase Any Of These New Products You'll Also Receive 33% Off On Any Other Garden Of Life Products Purchased During The Same Visit!*

Garden of the Life is the nation's premier whole food nutrition company. Now in addition to breakthrough products like the Vitamin Code line of raw food created nutrients, the top selling Grow Bone System and Primal Defense they bring us 10 all new formulas for 2011 that are optimally formulated for you based on age and gender.

5 All New Probiotic Blends Formulated To Meet The Specific Needs Of Men And Women Of All Ages are temperature controlled cold stored from the moment the cultures are harvested. They're priority-shipped on ice direct

to us (not warehoused) to ensure your probiotics are alive and well when you open the bottle.

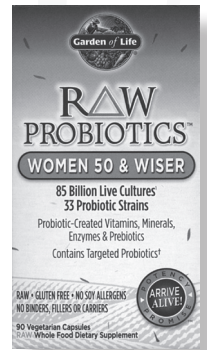
All 5 offer a broad range of benefits that:

- *Support colon health, regularity and digestive function
- *Support overall and gut-related immune system function
- *Support healthy microbial balance
- *Support healthy nutrient absorption

These new blends include 30+ powerful probiotic strains totaling over 85 billion organisms per capsule along with probiotic created co-factors including vitamins minerals and enzymes.

They probably pack more live, health promoting nutrients into a single capsule than any product ever created!

Continued on pg3



IS YOUR HEALTH WORTH \$27.47 ?

People often ask: I'm on a really tight budget, what's the least I can spend on high quality supplements that will keep me healthy and cover all the basics? Let's define the basics as:

A High Quality All Natural Daily Multivitamin With Green Superfoods - Forget the nationally advertized mass-market brands that have artificial colors and synthetic nutrients. The natural forms are proven to be far better absorbed.

An Omega-3 Fish Or Flax Oil providing the Essential Fatty-Acids that our body's cannot manufacture. EFA's are proven to improve heart health, reduce inflammation and support the brain and eyes.

A High Quality Probiotic includes beneficial bacteria that support colon health, regularity, immune function and nutrient absorption.

Products from these 3 categories provide a solid foundation for exceptional health. Sunshine can provide you with a nutrient-packed combo of high quality, superior-value nutrients for as little as \$27.47* for a full month's supply.

**2011 New Year's Sale...
...Thru Feb 15th Get 33% Off**

Any Combination That Includes Products From Those Three Categories For Example:

Pure Essence Labs One-And-Only
Daily Multi With Green
Superfoods...MSRP \$15.99

Now Brand Molecularly Distilled
Hi Purity Omega-3 Fish Oil... MSRP \$7.99

Jarro-Dophilous Probiotics
....MSRP \$16.95

**OR PUT TOGETHER YOUR OWN TRIPLE
COMBO* OF ANYTHING IN OUR STORE
FROM THOSE 3 CATEGORIES AND GET 33% OFF SAVE UP TO \$35.00**

*any 3 product combo that includes a multivitamin, EFA product, and probiotic, excludes Envia products, cash, check or credit card only, no coupons. Cannot be combined with other discounts.

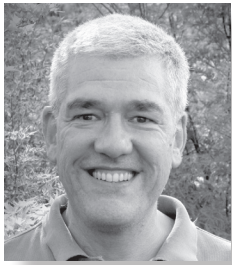


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BECOME YOUR OWN EXPERT



BALANCE, COMMON SENSE AND LAUGHTER, THREE KEYS TO STAYING HEALTHY

by Rob Pell

Health is the natural state for all living creatures. With the notable exception of modern man every living organism on the planet eats what grows in its immediate environment. This creates balance. **Balance results in health, imbalance in disease. Wild animals and plants in a balanced natural setting seldom if ever get sick.**

It's amazing that we humans think that it's "normal" to catch a cold several times a year or come down with a flu every year. What does it really take to stay balanced and healthy? If you're not sure if a health or diet practice makes sense, ask yourself this question: has this practice withstood the test of time? Not just 10 years or 20 years but has this practice or philosophy worked well for the past two or three hundred years or more? Is it natural, or is it a modern invention that's marketed as the next great breakthrough? **Far too often we see what was the "latest health breakthrough" from 10 years ago become a health nightmare 10 years from now.**

From watching TV, to time at the computer, to time at a job that often only exercises our hands and brains, many of us live pretty unnatural, sedentary lifestyles. What would it take to at least come closer to simulating a balanced healthy lifestyle? Let's examine what it really takes to be in balance.

Staying healthy and in balance requires using our bodies at least somewhat within the parameters of the way they were



designed. Getting some regular moderate physical activity is very important. **A simple half hour walk 3 or more days a week has a myriad of well documented physical and emotional health benefits.**

No fancy spandex or expensive gym memberships needed for a simple walk, just a good pair of shoes and enough

will power to put one foot in front of the other. **It's proven that walking regularly, especially in fresh air, is good for the heart, reduces cholesterol and blood sugar, improves mood, reduces stress, improves sleep, clears the mind and strengthens bones.** If humans were given an owners manual at birth, regular walking would probably be included in the routine maintenance of every body system.



Eating whole, unprocessed, organic foods is an important component to a healthy lifestyle.

Ironically until the last one or two

hundred years or so, it's the only diet that was even available. If you have specific health challenges or if the foods you've been eating for decades have been grown in soil depleted from chemical laden industrial farming practices, a high quality food-based multivitamin and other supplements and are probably smart options as well.

Drink enough water to keep from ever being thirsty. While obvious in summer, during the winter the fact that wood or forced-air heat can be very drying needs to be considered. **Drinking non-chlorinated water is also very important.** People drinking their own well water are usually all set. Chlorine is a necessary evil for municipalities to supply microbe-free water to our homes. However filtering out the chlorine before use is the only practice that makes sense. No living creature on the planet ever naturally consumes chlorinated water. Research from Dr Joseph Price **conclusively demonstrates a link between consuming chlorinated water and increased risk of cardiovascular disease. Chlorinated water has also been shown to increase risk of bladder and colon cancers. A simple chlorine removing filter will cost you pennies a gallon and is well worth it.**

Try to use your body in the way it was designed. Use common sense when balancing health basics that include regular moderate exercise, eating whole, minimally processed foods and drinking pure water. In addition always remember to find reasons to laugh. Laughter is proven to boost immunity, increase your body's natural feel-good chemicals, is fun and free!. **You're never too old to laugh, exercise or eat and drink healthy. Remember, health is the balanced natural state of all living things rich and poor, young and old...even us. Let's go for it!**

When it comes to your body always remember: no one is more qualified than you to be your own expert.

Garden of Life continued from pg1

The **Women's and Women 50 & Wiser** formulas provide specific probiotics and other nutrients that support vaginal and breast health as well as thyroid function.

The **Men's and Men 50 & Wiser** formulas provide specific probiotics and other nutrients that support prostate and heart health.

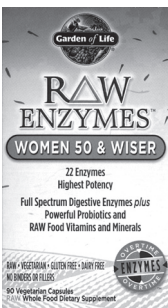
The **KIDS** probiotics are specifically designed to meet the unique needs of children.

Just like the Vitamin Code line of daily multivitamins the latest Garden of Life probiotics represent a breakthrough in whole food nutrition at an affordable price point.

Men's and Women's and 50 & Wiser probiotic formulas 30 day supply are now 33% Off!

Four Brand New Digestive Enzyme Formulas From Garden Of Life For Men & Women Of All Ages Are Also On Sale Now At 33% OFF

Garden Of Life introduces their new line of superior digestive enzymes. These whole-food formulas are the most powerful available delivering 22 unsurpassed plant-based enzymes that help your body digest the complete range of proteins, fats, carbs, and fiber. They help increase nutrient absorption and reduce occasional post meal gas and bloating. **All The New Raw Enzyme Formulas From Garden Of Life Are Optimally Formulated For You Based On Age And Gender.**



HCG Has Helped Thousands of Sunshine Customers Lose About A Pound A Day.

New Lower Pricing Makes It Easier Than Ever!

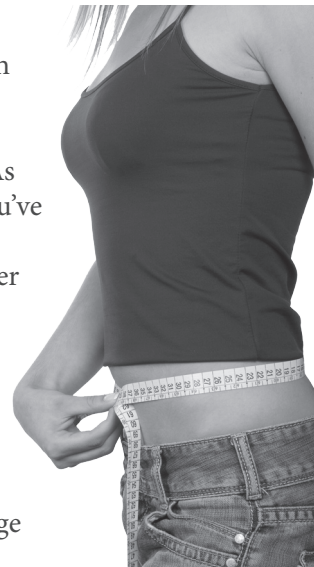
Our HCG drops are pharmaceutical grade, made in the U.S. and offer unsurpassed results. . The HCG protocol is safe, simple and effective. When you purchase your HCG at Sunshine we take the time to give you all the information you'll need to be successful including a sixteen page detailed information pack.



Sunshine Is Your One-Stop HCG Headquarters

The HCG Protocol Works Great Alone But If You Want To Optimize Results Or Just Have More Fun, We've Got All The HCG Related Products You've Been Looking For

- Grissini Bread Sticks
- Gourmet HCG Cookbook with 200 Recipes
- Slim Support: The Perfect Companion Formula To Use As A Plateau Breaker Or After You've Reached Your Goals
- Coral Calcium Alkalizing Water Treatment
- Oil-Free Face Cream, Moisturizer, Shampoo and Conditioner
- Fat Burning And Detox Teas
- Miracle Noodles
- Dr. Harada's Brand New 28 Page HCG Instructional Booklet
- Highest Quality Multivitamins and Supplements



In Addition To New Lower Everyday Prices, For A Limited Time Purchase Any Bottle Of HCG With Two Or More Of The HCG Related Products Listed Above And Receive An Extra 15% Discount Off The Entire Purchase!Offer Valid Thru 2-15



**All offers in this newsletter apply to in-store and telephone sales only. Cash, check or credit card only, no coupons. Cannot be combined with other discounts.*

All New Probiotics or Enzymes for the same low price

SAVE • SAVE • SAVE

| | | |
|----------------|----------------------|-----------------|
| MSRP | Sunshine Disc. Price | Thru |
| \$49.98 | \$39.98 | 2nd-15th |
| | | \$32.49 |

You Save \$16.⁵⁰

PLUS WHEN YOU PURCHASE ANY OF THE NEW PRODUCTS FROM GARDEN OF LIFE, YOU'LL RECEIVE 33% OFF ON ANY OTHER GARDEN OF LIFE PRODUCTS PURCHASED DURING THE SAME VISIT.

**cash, check or credit cards only, no coupons. cannot be combined with other discounts.*

January 2011



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

Inside –

- Garden of Life 33% off
- HCG On Sale
- Total Health Package 33% off

FREE

FREE AT SUNSHINE

The Vital Health Information Everyone Should Know About The Vaccine Controversy

Cynthia Cournoyer, the author of one of the most well researched books on vaccines ever written, "WHAT ABOUT IMMUNIZATIONS?", will discuss her newly released book that addresses all the the most frequently asked critical health questions about the vaccine controversy.

Are vaccines really safe and effective?

How did the "Vaccine Philosophy" develop?

What steps can we take to make all children as healthy as possible?

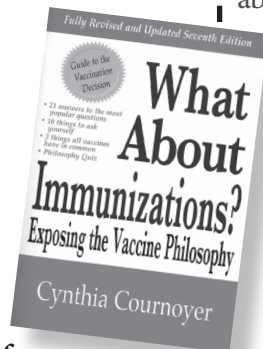
The answers to some of these questions might surprise you.

Guests are encouraged to bring lots of their own questions.

You're Invited

Everyone is invited: parents, grandparents, doctors, nurses and anyone else that has an interest in human health, especially the health of children and seniors.

Cynthia Cournoyer has been studying and writing about the issues surrounding vaccines since 1983 and has generously cleared her schedule to offer this free talk.



Wednesday, Feb. 23rd at 6:30 pm
Sunshine Natural Foods

on H St between 5th and 6th in, Grants Pass

FREE

Cynthia's book is on sale at Sunshine for **33% off now thru Feb 23rd. You save \$6.00**

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