

## Herbs To Increase Energy And Balance Stress

Many people's brains are in hyperdrive from sunrise to sundown and beyond. Humans, sped up by smart phones, computers, and the financial pressures of modern life voluntarily expose ourselves to more stress than is healthy or reasonable. **Three-quarters of all doctor's visits are the result of stress-related ailments and complaints.**

Our stress response is essentially a "hard-wired" part of our genetic code. When confronted with serious threats, our brain signals the adrenal glands to release the hormones adrenaline and cortisol. Adrenaline increases heart rate and blood pressure prepping us for a burst of muscular exertion. Cortisol releases blood sugar for fuel.



*Stress created fight or flight hormones attacking a computer*

These "fight or flight" chemical responses may have served our ancestors well preparing for a death match with a sabre-toothed tiger, but are excessive for most of our modern daily needs. Unfortunately whether we are reacting to an actual serious physical threat or just the daily grind of traffic, work pressures, or a forgotten credit card bill, our biological reactions are often very similar - we get revved up ready for a fight.

**Continually responding to relatively minor chronic stress by pumping out fight or flight hormones has been shown to create many major negative effects on our health** including elevated blood pressure, low energy, sleep and digestive disorders, reduced immune function, muscle tension and pain, anger and emotional imbalances and a lot more.

In contrast to humans whose stress is largely self-inflicted, plants have no ability to avoid stress in their environment. They can't move to seek food or to escape the cold, pests or environmental toxins. Instead evolution has equipped them with the ability to produce protective chemical compounds to successfully adapt to their changing environment by enhancing natural stress resistance.

From the perspective of Traditional Chinese Medicine, there is usually a Yin & Yang component to addressing stress in our lives. Plant medicine can play a large role in helping us cope.

Stress relief and management is the yin component. Relaxing (yin) herbs include: Valerian, Chamomile, Passionflower, Hops, Skullcap, Lemon Balm, Lavender, California Poppy and Cannabis. These can all help people unwind.

Younger people (under 40 years old), generally have an amazing ability to bounce back and fully recover from overwork, injuries and illness. However, as we age the time it

*continued in the next column*



**- SEE INSIDE FOR -**  
**The Delicious Health Benefits Of Sauerkraut**  
**Relief From Gout Pain**  
**Reducing Cholesterol Without Side-Effects**

### Herbs to balance stress continued:

takes to rebound from the stress of illness, major surgery, or injury increases dramatically. For the elderly it can take years to recover from a crisis.

Gradual strengthening and rebuilding our energy and stamina is the yang component of managing stress. Tonifying herbs, also known as adaptogens have been used and revered since ancient times. These include: Rhodiola, Ashwagandha, Cordyceps, Ginsengs, Holy Basil, Schizandra, and more.

Research has conclusively shown us that the same compounds that help these unique plants thrive in their often challenging environments also help the human body adapt to the stresses of our lives. Adaptogenic herbs increase our ability to bounce back after a physical or emotional crisis.

Some stress may be considered constructive – like planning for a trip or welcoming a new baby into your family. But even these can still contribute to adrenal fatigue.

Whether you're looking to maintain or rebuild optimal health, herbal adaptogens provide essential support and combined wisely can buffer the effects of stress by restoring balance, optimizing metabolism, and encouraging healthy immune response. I have recently been really enjoying the effects of a powerful adaptogenic formula. The results have been so beneficial I decided to stock it in our store.

For more on managing stress constructively see chapter 12 in my book Wellness Uprising



## Increase Energy and Manage Stress

**Power Adapt** from NATURA is a potent energy tonic designed to build strength and stamina while promoting a healthy stress response.

An extra-strength adaptogenic formula, **Power Adapt** features a blend of herbal extracts that work together to maximize the benefits of physical exercise. In many cases it can provide the boost needed to get you moving again.

**Contains herbs used for centuries**

The botanical ingredients encourage healthy endocrine function by providing nourishment to the spleen, kidneys, and adrenal glands which results in the energy necessary to support your body's ability to rebuild and bounce back.

**Some people experience the benefits of Power Adapt overnight. Most feel it working in 3-7 days. I really like this stuff!**

## Sauerkraut

### Centuries Old Health Care That's Delicious

Sauerkraut is a great way to introduce a large variety of probiotic strains into your diet. Probiotics are friendly bacteria that colonize in the digestive track can **dramatically improve digestion and boost the immune system.**

Preparing sauerkraut or "sour cabbage" as a fermented vegetable began in Germany using the same principles that Asians used to make kimche (pronounced kim chee) centuries earlier.

Fermentation is as much art as a science. I try to make every batch exactly the same and every batch comes out a little different....it's fun and fascinating. Like fine wine, there can be significant variation from batch to batch, or year to year...but it's all good.

Sauerkraut is very alkalizing, cleansing, energizing and delicious. Traditionally, a few tablespoons of sauerkraut or other pickled vegetables were eaten at least once a day towards the end meals.

**Sunshine is the only natural food store in Southern Oregon that makes and sells its own fresh, raw organic sauerkraut. It's available by the pint and on our salad bar.**

We feature 2 varieties. Our "gourmet" kraut made from org. green cabbage, fennel, and caraway. And our apple kraut made from org. red cabbage, apples, and ginger.

**Sunshine Org. Sauerkraut Is On Sale Thru March 25<sup>th</sup>  
One Pint, Either Flavor Only \$8.49**



## Reduced Cholesterol Safely

### Trina's Success Story

58-year-old Trina Friez from Grant Pass had a problem. High cholesterol ran in her family.

**Reduced cholesterol with no painful side-effects**

Trina tried using the statin drug her doctor prescribed but the hip, knee and thigh pain it caused forced her to give up exercising.

The discomfort & fatigue were more than she could handle. Trina discontinued the drug and her doctor became concerned.

Then a friend suggested she come to Sunshine and try **Cholesterol Control**, a natural alternative to statin drugs.

**THE RESULTS:** After 8 months of using Cholesterol Control Trina had her blood tested. **Total cholesterol & triglycerides went down, good cholesterol went up, and her doctor was happy she had found a safe, pain-free solution that worked.** Trina said the best part is that she can still eat all of her favorite foods!

Rob Pell, owner of Sunshine Natural Foods, worked with the formulators at *Better Health Products*, to develop the most effective natural cholesterol reducing product ever.

**Cholesterol Control** is a safe, synergistic blend of six different proven cholesterol fighters in a convenient 2-a-day formula. At Sunshine we see a success rate well over 90%, with most customers reporting cholesterol reductions of 30-70 points in just 5-8 weeks.

## Gout Pain Can Be Excruciating...

### GO-OUT PLEX Provides Relief

Gout is characterized by excruciating, sudden burning pain as well as swelling, redness and stiffness in the affected joint. It occurs most commonly in the big toe but can appear elsewhere. Uric acid crystals inside the joint cause intense pain whenever the joint is moved.



Black Cherry and Tart Cherry have been shown to be effective for reducing uric acid levels. Celery seeds, bromelain, and tumeric have been shown to be effective in reducing the frequency and severity of gout attacks. **All five ingredients were selected for this fast acting formula.**

If you have a history of gout attacks, this formula will give best results if taken daily as a preventative for at least a month. Use on an as-needed basis after that.

**Two Thumbs Way Up From Sunshine Customers For GO-OUT PLEX From Highland Labs**

**Msrp \$26.99...Sunshine regular low price \$21.98  
Now Thru March 25th On Sale For \$18.98**

For referring Sunshine to their friends and family we sincerely thank: Elizabeth Barrow, Cheri Dalton, Wanda Magdalen, Steven MaGill, Janet Miller, Lynn O'Grady, Larry Wade, Kathleen Weckerle, & Michelle Welch