

Now Is The Time Of Year To Plant Organic!

Benefits of organic gardens and farms are many, including: more nutritious food, crops that better adapt to weather extremes, and a healthier, safer environment.

Many people believe that the only thing organic farmers and gardeners do is forgo the use of toxic chemical pesticides. That's important, but only one small part of their job.

Exhausted soils cannot grow healthy, nutrient-rich food, so the real work of organic growers is the building and nurturing of strong, healthy soil using organic composts, cover crops and manures. Food nutrient values increase when organic seeds are grown in nutrient-rich, healthy soil. Healthy soil leads to strong, healthy plants. Strong, healthy plants lead to strong, healthy people. Real health insurance should start with reestablishing and protecting healthy soil.



Government authorities have been aware of this problem for over 70 years. **Franklin D. Roosevelt said: "A nation that destroys its soils destroys itself".** A U.S. Senate report written, back in 1936 stated: "The alarming fact is that foods-

fruits, vegetables and grains- are now being raised on millions of acres of land that no longer contains enough of certain needed minerals. These foods are starving us - no matter how much of them we eat!" Agricultural decisions made for economic reasons alone are proving disastrous.

Long range thinking is paramount. The Iroquois (Native American tribe) philosophy of 7 generation sustainability posits that it's appropriate to think seven generations ahead and decide whether decisions made today would benefit children seven generations into the future. **"In every deliberation, we must consider the impact on the seventh generation...even if it requires having skin as thick as the bark of a pine."**

Results from the 30-year Farm Systems Trial conducted by the Rodale Institute, demonstrated **that organic corn yields were 31% higher than conventional** farming yields, in drought years and substantially outperformed so-called drought-resistant GMO crops as well.

Toxic pesticides are by name, definition, and purpose, designed to kill. Across America, 900 million pounds are applied annually. Humans are then exposed to these pesticides in their food, air and groundwater. It's a bad practice and the cost to human health is huge.

All living creatures benefit from sustainable organic growing practices - from the soil microorganisms and earthworms, to our children, grandchildren and pets. **Thinking for now, and for 7 generations into the future, organic gardening and farming is the only truly healthy choice.**



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- See Other Side For -

13-Year-Old "Puppy" Got Back The Pep In His Step
Prosta-Response Is Back In Stock
No Need To Suffer ... Allergy Relief Is Here



Jen Tincher
Sunshine Manager

Meet The Managers

I have been with Sunshine nearly 9 years! Having worked at three other local health food stores, the Sunshine difference to me is obvious. More than the name of the store, Sunshine is the feeling we strive to offer our customers everyday. Helping people through their health journey is my pleasure and mission in life. There is nothing more rewarding to me.

I spend my a lot of my free time researching products and protocols in order to help you understand how they can help your unique issue. Nothing makes me happier than to see the progress of our repeat customers. It's also heartening to see that new employees at Sunshine are actually paid to study and come up to speed.

I can't count how many times I've been out dining or shopping and get recognized by a Sunshine customer who tells me how wonderful they feel thanks to the help we gave them. It melts my heart.

Whether you need a whole new regimen of supplements or just to fine tune your diet or lifestyle, we offer a wide variety of information. We love serving people (and pets!) of all ages.

I'm very grateful to work at Sunshine at this time of increasing awareness about what is happening to the health of our bodies, our earth, and our spirits.

You'll Meet More Of Our Managers In Future Issues

Allergy Relief Is Here, No Need To Suffer



Seasonal allergies are triggered by foreign proteins from pollen. Allergic reactions to animal dander, yeasts, molds and foods can often be worst during times of high pollen counts as well.

Allergy attacks happen when our bodies send in the histamines to begin the fight against these proteins that our body sees as "invaders." Inflammation (a fiery battle) usually ensues and our bodies try to douse the flames and flush out the invaders with copious amounts of fluids (water, mucous, and even lymph) Hence the burning, itchy, watery eyes, sinuses, and throat.

Our Formulas Have Been Proven To Provide Fast Relief For Allergy Discomfort

Sunshine recommends formulas that feature natural anti-histamines, inflammation reducers, and one that even adds enzymes and blood-cleaning herbs to digest & remove the foreign proteins.

The Sunshine Allergy Relief Guarantee

Try One Of Our Recommended Allergy Formulas. If It's Not Effective We'll Exchange It For A Different One Until We Find The One That Works Best For You.



Prosta-Response Is Finally Back In Stock

The most common cause of frequent or urgent urination when men reach middle age is enlarged prostate. Sunshine carries several excellent prostate formulas, but over the years our customers have consistently rated **Prosta-Response** from Source Naturals as the best.

Prosta-Response is a complimentary blend of 27 natural herbs vitamins, minerals, & nutrients including the clinically proven dose of Saw Palmetto along with extra Beta Sistolsterol and standardized Nettle. At a natural prostate health clinic in a highly respected California hospital, they recommended **Prosta-Response** to treat enlarged prostate naturally.

Hundreds Of Our Customers Have Found Relief



Cyrial Hunkler can finally sleep through the night



After prescription drugs produced a series of unacceptable side effects, Greg Hickey found prostate relief the natural way



Bob Cochran from GP found natural relief for enlarged prostate

Until Prosta-Response gets back to full production capacity we request that you please limit purchases to 2 bottles per family.



From "grumpy old man" to full of energy and fun in just 3 weeks

Le says Toby "has always been independent and strong-willed" (gotta love those terriers), but in the last few years he had become a "grumpy old man."

At first Le didn't realize Toby was in pain, but when he started to drag his back legs behind him it was obvious why he was grumpy. Le said she was about to start using a cart to help him get around.

Then she came to Sunshine where our vitamin expert and full-time dog lover Jon suggested that Toby try **Advanced Joint Formula** for dogs from Back To Health (an Oregon company).



The Results Were Amazing: In 3 days Toby was obviously feeling better and in just 3 weeks he was running around the house and able to climb stairs!

They still argue (to be expected, he's still a terrier) but Le is beyond happy for her best friend.

Le had tried a different brand of dog joint supplement but Toby wouldn't eat it. She said **he loves the Back To Health Advanced Joint Formula and gobbles it down.** The detailed dosing instructions on the bottle are very easy to understand no matter what size dog you have.

Advanced Joint Formula is very economical. A 4 oz jar will last most dogs about 4 weeks and is only \$16.98. Sunshine also stocks a larger size. All Back To Health products are 100% natural and free of any toxic binders, fillers, or excipients.

Available in Grants Pass Exclusively at Sunshine Natural Foods

Safe Natural Sunscreens 10% Off This Month

Popular chemical sunscreens may actually increase cancer rates. Most contain oxybenzone, a synthetic estrogen, that penetrates the skin and enters the bloodstream. Statistically the greatest rise in skin cancer has been in countries where chemical sunscreens are heavily promoted.

For a free copy of **Rob's complete article on this subject and for a great selection of safe, natural sunscreens, stop into Sunshine this month.**

- Customer Quote Of The Month -

"We love the Sunshine store ... that the salad bar & juices are always fresh & organic, and that only the highest quality is served." - Kimberly Fujita, Cave Junction