

The Grass Is Very Green In Oregon

According to the Department of Revenue, Oregonians legally spent \$241 million on recreational marijuana in 2016. On that, Oregon netted \$60.2 million in tax revenue - \$46.4 million more than the state projected. That the tax revenue was 300% greater than state officials predicted is pretty indicative of how out-of-touch government can be with the real world.

While there is great overlap, the cannabis industry is divided into two basic segments: the recreational, let's get high and have some fun tonight and the medicinal side. On the medicinal side there are THC containing products that will make you high and **Cannabidiol (CBD) products derived from hemp that won't make you high but have an outstanding array of very impressive health benefits.** Hemp derived CBD is legal without a prescription in all 50 states and *not* listed in the Controlled Substances Act like THC and marijuana.

In the last few years, CBD has taken both the mainstream and alternative medical communities by storm. Reports published in the New England Journal of Medicine and seen on CNN TV confirmed what many in the alternative healing community had known for years: **CBD** can provide astounding life-changing benefits, often where mainstream pharmaceuticals have failed.



Hemp growing at a local farm

According to a report cited in Forbes magazine the CBD market will grow to \$2.1 billion nationwide by 2020, a huge jump compared to last year's CBD market of \$202 million.

Outstanding Benefits Of CBD Include:

- * Significantly Reduced Pain & Inflammation
- * Greatly Reduced Anxiety and Depression
- * Vastly Improved Sleep
- * Relief from PTSD
- * Successful Outcomes with ADHD & Seizure Disorders
- * And A Lot More

At Sunshine we rely heavily on the experience of doctors Christian Le and Kevin Spelman for our CBD related education. They are experts in the field of Cannabinoid Therapy. Dr Le has seen over 3,000 patients in his 8 Oregon clinics. We refer extreme cases to him. Dr Spelman was an adviser to the Defense Department, the White House, and the National Institutes of Health (NIH) before joining forces with Dr Le. With 2 other partners they created the Green Earth Medicine (GEM) line of CBD products. From soil preparation and seed selection to bottling the finished product, the founders of this company control every aspect of, manufacturing, quality control, and product development – *very rare* in this industry. **I've discovered that most other companies buy from 3rd party manufacturers (could be from anywhere in the world) and simply slap their own label on it.**

2017 Flu Shot Alternative

This under-the-tongue, homeopathic formula is a safe, effective, inexpensive, alternative to traditional flu shots. Just like the flu shot, it is re-formulated every year to target the flu strains that are predicted to be major threats.



This year's version is being formulated right now and will arrive around mid-October.

After 10 years of European testing, these homeopathic pills proved more effective and far safer than traditional flu shots. One dose per week, for 5 weeks, was the way this formula was originally tested. We sell all 5 doses in one convenient package for \$6.97

Sunshine is the only place in the US that provides the original directions for use this product was created with. We have 15 years experience with it & we'll make sure you use it correctly.

To Guarantee October Delivery Of The Fresh 2017 Formula, Call Or Come In And Place Your Order Today

Green Grass continued:

In one of our conversations Dr Le laid out recommendations that he feels apply to the vast majority of people wishing to try CBD. According to him most people new to CBD should start with a small dose of 5 mg. taken 3 times daily for the first 4-7 days to assess sensitivity and clinical improvement of symptoms. Then increase dosage by 5 mg. increments every week as necessary to achieve desired benefits. Dr Le says CBD therapy is not just dose dependent, it's also "time-dependent," meaning that the longer one maintains therapeutic serum levels of CBD (and of course the supporting cannabinoids and terpenes), the more pronounced the effect becomes. He stated: "CBD benefits can take time to achieve. This has been proven repeatedly in my years of successful treatment of veterans with severe PTSD, chronic pain, chronic anxiety, etc. Dose + Time are both important factors in CBD treatment. Dosing adjustments must be made with patience to allow the CBD effect time to build."

A great surprise to the Sunshine staff is that we've had 4 local MDs send their patients in to ask about our CBD products (supplied by De Le's company) and we're now hearing several CBD success stories from our customers every week.

Cannabis is big business and here to stay. The CBD end of it is helping a lot of people get off opioids and other prescriptions and live clear-headed, calmer, more pain-free lives. Green medicine is win-win.



Intense Joint Pain Gone! Emma's Success Story

Fifteen years ago Gary & Judy Henning rescued Emma, a Sheppard-lab mix from an animal shelter in Missouri, where they lived.

Two years ago they moved to Grants Pass. Ever since the move Emma's hips have been a problem - she would yelp in pain every time she got up

Easy to use powder mixes with food.

Judy read an article in the Sunshine newsletter about a 13-year-old Cairn Terrier who experienced life-changing benefits from a new product called: **Advanced Joint Formula for Pets**. She decided to give it to Emma.

The Results: Within a few weeks the yelping stopped and Emma began walking better & was noticeably less stiff.

Advanced Joint Formula for Pets includes the vital joint building nutrients that are missing from most dog foods including hyaluronic acid (great for cartilage building) and mild anti-inflammatory botanicals.

Advanced Joint Formula for Pets Puts The Pep Back In The Step Of Your Special Companions. Great For Cats Too!



Cutting edge science can help with memory and focus

Access Your Natural Genius With Brainstorm Ultra Racetam

The Science Of Nootropics Is Leaping Ahead & The Timing Couldn't Be Better

The word Nootropic was created in 1972 by a Romanian psychologist and chemist. Also called smart drugs, Nootropics are supplements or other substances that improve cognitive function, particularly memory, creativity, and motivation.

Nootropics are increasingly being used by college students, chess champions, and poker players to increase focus, awareness, and cognitive functions, often while reducing anxiety.

There is much debate about the "fairness" of some people using these products to gain competitive advantage. Nonetheless the rest of us can benefit from them for making our lives a little easier by helping us remember directions, names, appointments, and even just where we left our car keys.

Sunshine brought this product in last year & it was an immediate hit. Due to intense world-wide demand, especially in Asia & Europe, there was a serious shortage of raw materials.

**It's Now Back In Stock & On Sale
Msrp \$46.98 ... Thru Oct 21st Save \$10 ... Only \$36.98**



Exceptional New Product At Sunshine, Digest Mend

**Promotes Digestive Track Health
Helps Heal Leaky Gut
Supports Healthy Bacteria Balance
Helps Soothe & Repair Inflamed Tissues**

Digest Mend is a synergistic blend of 20 soothing & healing premium ingredients that help speed **recovery from Irritable Bowel Syndrome, Ulcers, Reflux, Chronic Indigestion, and a lot more.**

NATURA (an Ashland Ore. company) creates innovative formulas that are distinguished by their exceptional grade of purity, potency and effectiveness.

On Sale Thru Oct 21st ... 15% Off

Back In Stock!!! FLEXERA... The Ultimate Joint Formula

Flexera is the most comprehensive joint formula available. It is so much more than just another glucosamine-chondroitin product. **Flexera provides 9 of the most effective all-natural joint enhancing nutrients available – All In One Bottle.** Flexera will help by:

- Rebuilding Connective Tissue
- Increasing Elasticity
- Lubricating Joints
- Improving Mobility
- Reducing Pain & Inflammation
- Increasing Range of Motion



Over the years, thousands of Sunshine customers have improved their joints with the MSM and Glucosamine products.

During the last two years, we have seen people experiencing phenomenal joint improvements using the Hyaluronic Acid (especially nourishing for cartilage) products we sell.

FLEXERA HAS IT ALL: Opti-MSM, Glucosamine Sulfate, Chondroitin Sulfate, BioCell Collagen II, Magnesium, Turmeric, Boswellia, Hyaluronic Acid, & Vitamin B Complex

You can get 9 of the most effective natural joint enhancing nutrients... All In One Bottle.
Msrp. \$79.98 Sunshine Reg. Disc. Price \$54.98
On Sale Now Thru Oct 21st ... \$48.98, You Save \$31

Diestel Natural Smoked Turkey Breast Now At Sunshine ... Exceptionally Delicious

All meat, no fillers. No added nitrates, nitrites antibiotics, growth stimulants, or hormones. Turkeys are fed a 100% vegetarian diet. **On Sale Thru Oct 21st ... \$9.99/lb**

Colds And Flu Are Caused By Viruses. Antibiotics are completely ineffective against viral infections. Despite this, doctors amazingly treat 60% of colds and flu with antibiotics.

Prevent Colds and Flu With Healthy Daily Basics. A high quality multivitamin, moderate physical activity, fresh air, and adequate rest give you a balanced, healthy framework from which to work. People who sleep less than 6 hours a night are 4x more likely to get sick as people sleeping more than 7 hours

Probiotics (beneficial bacteria) daily are one of the most effective steps you can take to maintain optimum health, *especially* after using antibiotics.

Wellness Formula is America's top selling immune formula providing immune building vitamins, minerals, and herbs.

Astragalus has been the #1 immune enhancing single herb in Chinese medicine for centuries. It is energizing, warming, and very economical.

Vitamin D-3: 1000-5000 I.U. of D-3 daily, provides excellent "bang-for-the-buck" cold & flu protection.

Quantum Super Immune Plus: This premium immune boosting supplement contains olive leaf and astragalus extracts as well as l-lysine with its proven anti-viral qualities.

Flu Shot Alternative: **Influenzinum 9C** is a homeopathic version of the flu shot. It's re-formulated every year based on which flu strains are predicted to be major threats. Sunshine has 15 years experience with this formula. We'll make sure you use correctly.

Children's Immune Chewable is a powerful comprehensive immune enhancing blend in a kid-friendly, raspberry flavor, one-a-day.

Herb Pharm Immune Fortifier for kids is alcohol-free & contains the best of the best. **Astragalus, elderberry, echinacea, reishi, & cinnamon.**

Flu Symptoms Usually Come On Very Suddenly and include headache, body aches, the abrupt onset of fever (usually high), extreme fatigue, dry cough, possible runny nose, and general weakness.

Colds Are Milder Respiratory Illnesses Than Flu usually beginning with a sore throat and a runny or stuffy nose. Colds seldom cause a fever over 101. They usually cause copious watery nasal secretions the first few days. Often these turn darker and thicker. Colds usually last about a week.

The 2 biggest differences between colds & flu are, that with flu, the onset of symptoms is usually very sudden and often includes a high fever.

Treating Flu Symptoms, because flu symptoms hit so suddenly, protect yourself by having flu remedies at home and work. That way you can begin treatment immediately, at the onset of symptoms when it will provide the most benefit. Drink plenty of water to replace fluids lost from sweating. **If you live alone, notify someone who can check in with you periodically.**

Elderberry, when taken at the first signs of flu, is proven to reduce duration and severity of the flu.

Oscillo is the #1 homeopathic medicine in the U.S. It is used for treating flu by millions of people in over 50 countries.

Flew Away from NATURA is a potent blend of 9 herbs that help to deactivate disease causing microorganisms while relieving discomfort during the healing process. The diaphoretic herbs in this formula help move pathogens up & out before illness can settle deeper in the body. Use at the first signs of cold or flu.

"He who takes medicine, but neglects his diet, is wasting the skill of his doctor."
Chinese Proverb

Treating Cold Symptoms: **Elderberry's** antiviral qualities that are so effective against flu viruses make it great for treating colds too.

Yin Chiao (Chow) Classic is an ancient Chinese cold remedy that immediately helps move stagnant energy and pathogens up and out before they can settle deeper in your body. Tested & proven for centuries.

Wellness Fizz is a new, especially fast-acting version of Yin Chiao with added elderberry, zinc and vit-C.

Extra-Strength Sinucare's unique combination of eucalyptus and myrtle oils in capsule form provides soothing, effective relieve for sinus congestion.

Clear Lungs Red Label is a national best seller that reduces bronchial congestion and restores free breathing **Blue Label Extra Strength** is especially effective treating congestion due to colds or flu.

Peaceful Mountain Throat Rescue is an ionic silver throat spray with soothing peppermint oil. It's proven effective versus staff and strep bacteria.

Lung & Bronchial Tonic from NATURA eases chest congestion, relieves cough, and soothes, nourishes and enhances the respiratory tract. Promotes free breathing.

S-Clear pump spray from NATURA supports nasal and sinus health. Reduces congestion and inflammation due to colds & allergies. Promotes free breathing.

Zinc Lozenges with Slippery Elm & Eucalyptus can reduce the duration and severity of a cold. Slippery elm relieves sore throat symptoms immediately and eucalyptus helps clear nasal passages.

Come to Sunshine for a free, convenient folding pocket guide to Winter Wellness Strategies for Cold & Flu prevention and treatment.

*excludes Influenzinum 9C



Pain Relief From Cannabis

(Without The "High")

Pat's Success Story

Did not want to use Vicodin or Tylenol daily for chronic pain

For over 6 months 70-year-old Pat Scheiber from Selma suffered from acute hip bursitis and degenerative disc disease of the lumbar spine.

Her mainstream doctor prescribed Vicodin but Pat didn't like feeling "drugged" all the time. 800 mg of Tylenol daily helped but it was very hard on her stomach. Pat didn't feel that either of those was a reasonable long-term solution.

Pat is a former law enforcement officer and was very wary of cannabis products but she did her homework & decided to consult with an expert.

Pat went to see Dr Christian Le, a board certified (for 28 years) internal medicine physician who now specializes in Cannabinoid Therapy. He recommended she try a CBD oral tincture extracted from hemp. Unlike THC (it's more famous cousin) CBDs can provide pain relief but with no psychoactive effects (no "high"),

The Results: Using 35 mg per day (divided into 3 doses), the bursitis pain disappeared in just a few weeks. **Pat said: "I now walk without a limp and can climb stairs without being careful to use my 'good leg' first on the way up. My Degenerative Disc Disease is a chronic problem and the CBDs have reduced that pain by 90%."** In addition she reports that her sleep has improved.

When Pat was last in Sunshine she was also shown supplements to help nourish and rejuvenate her damaged discs.

Pat's husband had a whiplash from a car accident that caused 2 herniated discs in his neck. Using CBD oral tincture he has experienced about an 85% reduction in pain and increased range of motion.

Pat calls the Green Earth Medicine (GEM) brand of CBDs that Sunshine carries and Dr Le recommends:

"An Absolute Miracle with Zero Side-Effects."



CBD oral tincture



Sunshine Offers Free Delivery Within Grants Pass and Free Shipping Anywhere In The US

Vitamins, Groceries, Produce, Pet Foods, Salad Bar, and more are all just a phone call away. Call for details. 541.474.5044



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- SEE INSIDE FOR -

Make Sure To Order Your 2017 Flu Shot Alternative
Access Your Natural Genius with Ultra Racetam
15-Year-Old Canine Companion Is Now Pain-Free
Stay Healthy - Complete Winter Wellness Guide



Rob Pell, owner at Sunshine

Need A Health-Related Guest Speaker For Your Group?

If you have a group of 15 people or more who are interested in holistic healthcare or lifestyle, I'd be very happy to work with you, free of charge.

I make room in my schedule every month for one or occasionally two public presentations.

You can choose a topic of particular interest to your group or I can make suggestions for you. Either way we can allot time to include a question-answer period so we'll all learn something new. Call me @ 541 474 5044 between 1 & 6 pm. and we can discuss availability & options.



Dr Dunner's Sambu Guard 3-In-1 Immune System Booster

The Elderberry, Echinacea, and Vitamin C in this formula provide a power-packed immune system boost when you need it most. **Plus it tastes great!**

Elderberry has been used in Europe for centuries for treating and preventing cold and flu.

Use It Every Day Or At The First Signs Of Cold or Flu

Save An Additional 10% Now Thru October 21st