

Sleep Should Be Simple, Safe, And Sound

Since the beginning, humans have naturally allowed the sun to determine their sleep-wake cycle. Man is not a nocturnal animal. To survive in very low-light situations nocturnal animals have more highly developed senses of hearing, smell, and especially sight. Without these ultra-keen adaptations, animals vying for survival at night would likely starve or be eaten. For that reason, humans are programmed to be safely tucked away within a few hours of nightfall.

Each day, when the sun sets and the temperature drops, our body's pineal gland begins to secrete melatonin, the sleep hormone. Within a few hours, sleep should naturally follow. This natural health promoting cycle is disrupted by artificial lights, late night TV watching, and computer use.



Drug-free sleep is critical for good health

Many critical body functions occur during sleep. Our pituitary glands secrete human growth hormone (HGH) during deep sleep, stimulating the growth and repair of bones, muscles and virtually all body tissues. During sleep, the flow of cerebrospinal fluid surrounding the brain increases dramatically, washing away waste proteins that accumulate during waking hours. Build up of these wastes has been linked to Alzheimer's.

Sleep induced by artificial chemicals is not worth the significant risks. Harvard University sleep specialist Dr. Daniel F. Kripke wrote: "there's no objective evidence that sleep medications help people perform better the next day. Most studies show they impair performance the following day." The FDA recently acknowledged that sleep-inducing sedative drugs containing zolpidem (Ambien, Edluar, Zolpimist, and Intermezzo) create serious risks due to morning drowsiness. They don't wear off the second the alarm clock goes off. Lunesta is especially likely to produce hours of morning impairment, particularly among people over age 60. The side-effects most commonly occur in women. Controlled trials show a higher rate of developing depression among those given sleeping pills compared to those given a placebo.

Naturally Optimizing Sleep

The single best thing I know for promoting sleep is taking a hot epsom salts bath an hour or two before bed. The warmth and quiet is calming and significant magnesium is absorbed transdermally, relaxing muscles, blood vessels, & nerves.

Avoid caffeine - often an afternoon (or even morning) cup of coffee or tea will keep some people from sleeping well at night. The caffeine found in chocolate and soft drinks may also be enough to cause insomnia.

Sleep in complete darkness - or as close to it as possible, or wear an eye mask to block out stray light. If you use the bathroom in the middle of the night avoid turning the light on



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SEE INSIDE FOR

Formula To Increase Energy & Balance Stress

Success With CBD For Depression & Anxiety

New Topical Cream For Bruises And Pain Relief

because your body will think it's dawn. A dim red nightlight can help. Red has the least power to suppress melatonin and shift circadian rhythms.

Exercising at least 30 minutes per day can improve your sleep.

Stress reduction and balancing negative emotions often significantly improve sleep

Avoid nighttime drops in blood sugar (nocturnal hypoglycemia) - if you fall asleep but cannot stay asleep more than a few hours, your blood sugar may be falling in the middle of the night. I generally don't advise eating before bed, but for some people a small snack that includes complex carbohydrates and protein (like a slice of whole-grain bread with almond or peanut butter or a little yogurt) can help to stabilize blood sugar and facilitate a good night's sleep.

Natural Supplements To Improve Sleep

Significant numbers of customers tell me that **CBD** right before bed is exceptionally effective for improving sleep. Formulas containing (separately or together) **valerian, chamomile, passion flower, skullcap, melatonin, GABA,** and others have received hundreds of *thumbs-up* from our customers. GABA or CBD can be especially effective in relieving anxiety related sleep problems. **Lavender oil** applied to your pillow is sometimes all that is needed for a good night's sleep.

High quality deep sleep may be even more important to good health than clean food, water, and air.



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.

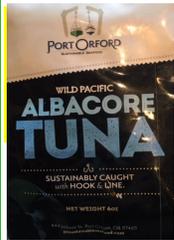
An extra-strength adaptogenic formula, **Power Adapt** features a blend of herbal extracts that work together to maximize the benefits of physical exercise. In many cases it can provide the boost needed to get you moving again.

Contains herbs used for centuries

The botanical ingredients encourage healthy endocrine function by providing nourishment to the spleen, kidneys, and most importantly the adrenal glands. **Power Adapt can provide the energy necessary to support your body's ability to rebuild, recover, and bounce back.** It's great for helping to recover from long-term injury or illness and can create the feeling of being 10 years younger.

Power Adapt is really effective for people over 50 but we've also seen it do wonders for younger adults with high-stress lifestyles who tend to "burn the candle at both ends."

Some people experience the benefits of Power Adapt overnight. Most feel it working in 3-7 days. I really like this stuff and use it twice a day.



New At Sunshine: Port Orford Sustainable Seafood Albacore Tuna Pouches

Delicious & Super Convenient

The tuna in these 6 oz. shelf-stable pouches (no refrigeration needed) **tastes light-years better than any canned tuna you'll find in GP ... GUARANTEED!** It's full of flavor, rich in natural oils, and comes from line-caught, fresh young tuna caught off the Oregon coast.

Flavorful enough to eat straight from the pouch or use it to improve your favorite tuna salad and casserole recipes.



New From Green Earth Medicinals CBD Topical Pain Relieving Cream

The next big winner from GEM arrives this week. It's their topical CBD cream. The GEM topical cream provides pain and inflammation relief with a fresh clean citrus scent. Non-greasy, it rubs in and disappears within seconds.

GEM anti-inflammatory CBD cream can be used to help soothe nerve, muscle and joint pain. For areas of chronic discomfort it will work best used in conjunction with their under-the-tongue CBD tinctures and spray.

Customer Quote Of The Month

"We looked at your salad bar and said: We need to be eating here!"
- Jonell Hanning, Williams Ore.



Please Trust Me On This One

Rob Pell
owner
Sunshine Natural Foods

For over 22 years our mission at Sunshine Natural Foods has been to help people empower themselves through holistic health education so they can be free of the Big-Pharma dominated drug delivery system for primary health care.

Long-time readers of our newsletter know that when sharing customer health success stories we've always provided the name and picture of the people who volunteer their stories. When people share their successes it enables us to help more people improve their health. We really appreciate their generosity of spirit.

Due to the sensitive nature of her health challenge, a woman came to me who wanted to share her story but asked if we could withhold her name. This one time I made an exception. I judged her to be credible and her story genuine.

She is a 39-year-old GP resident who has had problems with depression for several years and had been prescribed Prozac and later 2 other medications. They either didn't work, caused unpleasant side-effects (fatigue, insomnia, diminished libido, upset stomach) or made her mood worse!

She came to Sunshine and considering giving CBD a try.

The Results Were Amazing. Literally overnight her anxiety and depression were gone! She continues to use 10 mg of Green Earth Medicine (GEM) CBD twice a day and feels better and more stable than she has in many years.

The US Government Acknowledges Cannabis Can Be Beneficial

In the early 1990s researchers discovered that humans actually produce and are "naturally wired" to use many of the compounds later known as cannabinoids. Whether due to poor diet, toxic environmental factors, or something else, insufficient endocannabinoids (cannabinoids naturally inherent in our bodies) appear to be at the heart of many poor health issues.

While some branches of the US government have been claiming that cannabis has no legitimate medical uses, **the government itself actually patented a cannabis compound back in 2003.** Its chemical structure is similar to THC and is to be used treating conditions without the adverse side effects associated with smoked marijuana (it creates no "high"). Their patent claims possible uses in treating neurodegenerative diseases such as Alzheimer's, Parkinson's, and dementia.

Ironically those benefits are naturally available **directly** from the hemp plant without the patent, it's called CBD!

Every week at Sunshine we hear more amazing success stories from our customers who are using CBD to reduce pain, improve sleep, and create emotional balance.

Something to consider: The GEM CBD we carry is made from State of Oregon certified low THC hemp. While not considered nearly enough to cause euphoria (the high), the minute/trace amounts of THC in virtually all low THC CBD products may show up in drug screenings.