



VOTED "BEST PLACE TO BUY VITAMINS"
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 sunshinefoodandvitamin.com

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

Inside –

- Allergy Relief
- Chi Gung Class Schedule
- Cholesterol Control on sale

**ANNOUNCING THE 5TH ANNUAL SUNSHINE BARGAIN BASKET...
 ...PRICES SLASHED UP TO 90%**

Back by popular demand, the **Bargain Basket (BB)** is your chance to save crazy money on top quality supplements. During the past year we've accumulated factory closeouts, special orders that people flaked out on, mis-shipments, and items that we've mistakenly ordered. Now is your chance to buy them brand new, factory sealed with current dates at prices up to 90% off retail. Some examples include:

GARDEN OF LIFE PERFECT MEAL	MSRP \$41.98	BB \$9.98	SAVE \$32.00
JARROW ALLERTAME	MSRP \$29.98	BB \$9.98	SAVE \$20.00
NOW GLUCOCHOND 120 CAPS	MSRP \$31.98	BB \$11.98	SAVE \$20.00
NORDIC NATURALS ULTIMATE OMEGA	MSRP \$27.98	BB \$9.98	SAVE \$18.00
PURE SOLUTIONS MENOPAUSE	MSRP \$39.98	BB \$9.98	SAVE \$30.00
NOW BRAND SUPER EPA	MSRP \$21.98	BB \$9.98	SAVE \$12.00

HERE IS HOW IT WORKS:

For every \$15 you spend on anything else at Sunshine you get to buy up to 2 items from the bargain basket. An example would be if you spent \$30 on normally priced great stuff, you would get to buy up to 4 items from the bargain basket.

Last year the basket contained about 150 items & was cleaned out in 5 days. The basket will be available 3 days after this newsletter is mailed out and will contain over 150 great deal\$.

So hurry in, roll up your sleeves and dive in because when these amazing deals are gone, they're gone for good. All sales during this promotion are final. No exceptions.

IF YOU'RE LOOKING FOR SAVINGS UP TO 90% ON SOME OF THE BEST BRANDS IN THE BUSINESS, THE TIME TO ACT IS NOW!!

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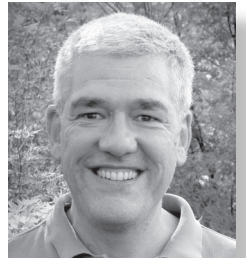
**Increase Energy
 Reduce Stress, Relieve Pain
 Through the Ancient Chinese Movement Art of Chi Gung**

Chi (pronounced chee) simply means energy, or life force. Gung means work or method. So, Chi Gung is the art (or method) of developing and efficiently using the energy within your body. Originally from China, tens of millions of people now practice different kinds of Chi Gung worldwide every day.

The system I teach is extremely safe, effective, fun and easy to learn. Inspired by the flexibility of a dragon and the power of a tiger, it's called Dragon-Tiger Chi Gung. It consists of 7 invigorating yet calming movements that quickly give you a sense of your body's energy. **It releases stress and pain and helps develop increased flexibility by exercising all your joints, muscles and connective tissue.** It's similar to Tai Chi, but much easier to learn and remember.

These movements can be learned regardless of age or physical ability. More than half the people in China doing Chi Gung begin after reaching age 60. Usually done standing up, this set can be done sitting down if disability dictates. **Dragon -Tiger is especially well suited for people of all ages.**

Chi Gung can be practiced daily for improving health or enhancing performance in work and athletics. Additionally, the Dragon-Tiger exercises have been used in China for the effective treatment of cancer and other degenerative diseases.



Rob Pell - Instructor

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**HUNDREDS OF SUNSHINE CUSTOMERS
 LOWER THEIR CHOLESTEROL EVERY MONTH WITH
 CHOLESTEROL CONTROL
 On Sale Now thru April 9th**

Rob Pell, owner of Sunshine Natural Foods, working closely with the formulators at Better Health Products, helped develop the most effective natural cholesterol reducing formula ever: It's called: Cholesterol Control. Cholesterol Control is a synergistic blend of proven cholesterol fighters in a convenient 2-a-day formula. **At Sunshine we're seeing a success rate greater than 90% with most customers reporting cholesterol reductions of 30-70 points in 5-8 weeks.**

There are many natural cholesterol fighters. Sometimes taking a large medicinal dose of any one of them can result in unwanted side effects. That's why moderate doses of 6 different nutrients working synergistically can create great results with virtually no negative side effects. In contrast, using powerful cholesterol lowering statin drugs alone far too often results in debilitating

short and long term side effects. The drug companies know that C0-Q-10 should be added to statin drugs for additional safety. In fact some own patents on their statins with Co-Q-10 added but they never manufactured them possibly because they don't want to call attention to the inherent dangers of their products.

We are so confident Cholesterol Control will safely and effectively work for you, we offer a complete satisfaction full money back guarantee.*



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Please Remember..... In Ancient China the Doctor Did Not Get Paid Unless the Patient Improved. Chi Gung Has Been Tested and Proven by Chinese Doctors For Centuries.

What You Will Learn By Attending This Series

- 1) *The complete 7-move Dragon-Tiger Chi Gung set as taught by master BK Frantzis**
- 2) *Deep abdominal breathing methods that can help to: improve circulation, dramatically reduce stress, improve digestion and normalize blood pressure.*
- 3) *Targeting and healing areas of past physical injury without risking further stain or discomfort*
- 4) *Introduction to basic Tai Chi exercises.*

Chi Gung Success Stories

"I began practicing Chi Gung at age 81 with Rob. I was only able to practice 3 minutes, 3 times a day sitting down. After 7 months I could do 20 minutes standing up and was able to discontinue all my medications"

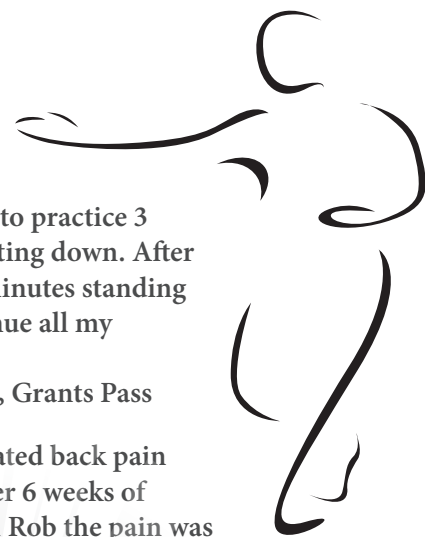
.... Loretta Norris, Grants Pass

"I suffered from work related back pain every day for 8 years. After 6 weeks of practicing Chi Gung with Rob the pain was gone for good."

...Dave Barker, Williams

"Due to job related stress, my blood pressure had become dangerously high. In only 2 days of Chi Gung breathing with Rob it was back down in the safe range"

.....Sharon Abegg, Grants Pass.



Chi Gung Class Schedule Details

It's Fun, Easy To Learn and With 5 or 10 Minutes of Daily Practice Can Help You Feel Great For the Rest of Your Life!

The complete Dragon-Tiger Chi Gung Series Will Be Taught Over 8 Weeks Beginning April 6th.

Place: Sunshine Natural Foods Tel. 541 474 5044

Times: Wednesday evenings 6:15-7:15 beginning 4-6-11
Saturday mornings 9:30-10:30 beginning 4-9-11

Note: One new movement will be taught per week. The whole series can be learned by attending one class a week. You are invited and encouraged to attend both classes at no additional charge

Cost: \$90 for all 8 weeks. Early registration discount of \$10 will apply if enrolled before April 3rd, discount price is \$ 80.

Enroll Today, Class Size Is Limited. To Register By Phone Or For More Information Call Rob At Sunshine: 541 474 5044 days or 541 476 7578 eves.

** Classes will be taught by Rob Pell. Rob was certified and encouraged by Dr. Frantzis to transmit this material. Rob has taught Chi Gung to several to hundred people in Grants Pass.*

Allergy Relief Is Here, No Need To Suffer

Allergic responses occur when our bodies try to burn off, break down and cleanse foreign proteins from the blood by firing up the immune system and sending histamines to affected areas. The proteins can be from pollens, animal dander, yeasts molds etc. Water and other fluids are then dispatched like the fire department to extinguish the blaze. Hence the burning, itchy, watery eyes and sinuses. Sunshine recommends 3 products to address these problems.



Respir-All from Now Brand has been a clear winner with Sunshine customers for over a decade providing fast relief for a broad range of allergy symptoms. Many report it's far more effective than their prescriptions, won't cause drowsiness and usually begins to work in 20-30 minutes.

AllerFree from Pure Essence - provides a specially formulated enzyme blend to cleanse the blood of extraneous proteins to prevent the need for an immune system reaction in the first place.

Sabadil Allergy from Boiron Labs - is a homeopathic blend that provides fast relief for upper respiratory allergy symptoms. Like all homeopathics Sabadil is exceptionally safe.

Our Guarantee....All Three Are Effective, Safe And Surprisingly Fast Acting. Try One, If It Doesn't Work For You We'll Exchange It Towards One Of The Others Until We Find The One That Gives You Relief!

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Cholesterol Control contains the following:

RED YEAST RICE - is a naturally derived balanced statin that actually is a dietary staple in some Asian countries. UCLA School of Medicine conducted a placebo controlled double blind study that demonstrated 10-30% reductions in cholesterol and triglycerides.

CINNAMON EXTRACT - Recent studies showed 7-27% reductions in LDL (bad) cholesterol, 23-30% reductions in triglycerides and 18-29% reductions in blood sugar.

NIACIN - has been shown in large doses to reduce LDL up to 25% in 16 weeks compared with 32% for prescription statins. Amazingly, it was shown to increase HDL (good) cholesterol up to 33% compared with only 6% for prescriptions.

Co-Q-10 - is required by all muscles to utilize oxygen to create energy. To a much smaller degree than artificial statins Red Yeast Rice may sometimes slightly diminish our body's ability to manufacture Co-Q-10. This is why we added Co-Q-10 to this formula.

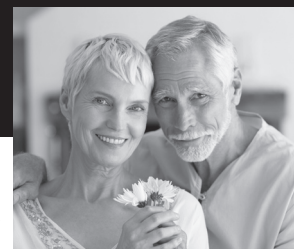
GINGER - was chosen for this formula because it reduces and prevents oxidation of LDL and helps to improve circulation.

MILK THISTLE - is probably the number one herb in the world to help protect and improve liver function. The liver is where the body manufactures and recycles cholesterol.

MSRP for one month bottle \$32.98.....
Sunshine everyday Discount Price \$25.98 ea.
Sale priced thru 4-09..... Buy 3 bottles for only 64.98**
..... You Save \$13.00!

**Refund is limited to the purchase price of 1 bottle. **Cannot be combined with any other offer. Cash, check or credit cards only. No coupons*

STAMINA RX For Male Sexual Enhancement



Stamina Rx has been a favorite among Sunshine customers for several years probably because it can provide results with the very first use. It contains the highest grade herbal extracts and nutraceuticals available. Over 1 billion Stamina Rx tablets have been sold nationwide.

Stamina Rx takes sexual performance herbal chemistry to a new level. The bar has been raised for the entire industry.

On Sale Now Thru April 9th
Available in a 40 count bottle or a 2 count trial size.

**40 Tablet Bottle MSRP \$44.98.....
Now 25% off only \$33.79..... thru 4-09 you save \$11.00**

**2 Tablet Trial Size Regularly \$2.99 ea.
Now buy one and get a second one at half price.**

HCG UPDATE...Sunshine Now Has Dozens of Customers Who Have Lost Over 50 lbs Using Our HCG Plan. Many Have Been Able to Discontinue Toxic Prescription Medications As Well.

So Far, Randy Storstad of Grants Pass Is **THE SUNSHINE CHAMPION!** In about 8 months using HCG Randy has now lost over 170 lbs., is able to walk daily for exercise and reduced his blood sugar enough to discontinue taking prescription insulin. He has truly undergone a life changing transformation. Most amazing is that he says he has seldom been hungry while dieting with HCG. Congratulations to Randy and everyone else who have made a serious commitment to improving their health.



Now thru April 9th with the purchase of any 2 oz bottle of HCG, mention this newsletter and receive your choice* of a box of Grissini breadsticks or an organic juice, smoothie, soup or dessert absolutely free!



*While supplies last

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