

## New Year's Resolutions

Out with the old and in with the new. Approximately 80% of New Year's resolutions are health related, so who better to offer New Year's resolutions than a health writer? First, let's prioritize. Is it really important or healthy to obsess about losing weight back to your college, high school, or (depending on your level of neurosis) middle school weight? No. True health is about optimizing your well-being by balancing your physical, emotional, and spiritual needs. A few (or even several) pounds and inches here and there have little impact on that.



Here are six suggestions for free resolutions that can profoundly impact your life, both short and long - term. Post this on your fridge and implement one or more. Even reading it occasionally will be beneficial.

**1) Every day be grateful for something** - a splash of winter sunshine, the deep warmth of a cup of hot tea (or even the fact that you can afford tea), a supportive family member, a pet who greets you at the door, or an act of respect to or from a complete stranger ... at least once a day, find a reason to be truly grateful. Interestingly, the science on this is quite clear. Dr. Martin Seligman, former president of the American Psychological Association, published results of carefully controlled trials that showed the stronger the act of appreciation or kindness, the bigger the impact on feelings of personal well-being.

**2) When you arrive home** from your daily foray into the world, remove your shoes and wash your hands and face. This can go way beyond the hygienic benefits. It helps wash away the trials and challenges of the outside world allowing your home to be your sanctuary. At home it becomes safe to pull back and go inward for a few (or more) peaceful moments of reflection and meditation to help you recharge and focus on your well-being at the deepest levels. Settle in and be at peace with yourself in your own home.

**3) Chew each mouthful 40-50 times** or until the solids liquify. Chewing your food properly is an essential part of the digestive process. Thoroughly exposing food to the enzymes in your saliva begins digestion. Chewing also greatly increases the surface area of the food and allows greater exposure to digestive juices in the stomach that will further break it down.

**But far beyond the science of chewing is the feeling of gratitude.** While chewing, reflect on all the forces that brought the food to you, especially the farmers. I don't know a single organic farmer who is getting rich by growing vegetables for us. They do it for us every year - wet, dry, hot, cold, - no matter what each year's unique challenges are, organic farmers grow great food primarily because they truly love doing it (remember that organic farmers virtually never get any government subsidies). There are so many reasons to be grateful for all the links in your food chain.



## Become Your Own Expert

I'm convinced that a wide range of modern-day health problems, from autism in children to Alzheimer's in adults, are likely due to a build-up of toxic chemicals in our bodies.

**Modern man is exposed to a previously unheard of toxic load** - prescription drugs, vaccines, pesticides, mercury in dental fillings, aluminum residues from soft-drinks cans, chlorine in our drinking & bathing water, and out-gassing from new paint, carpet and other building materials - these dangers are practically everywhere. Our total exposure is significant.

**Without a comprehensive overhaul of their thinking, the FDA and medical establishment will continue to be powerless to offer reasonable explanations and remedies.**

Scientists and doctors use their microscopes to zoom in looking for answers. However, practical solutions will likely be found by zooming out for a macro (large) view which will allow common sense to be used. **“Macrosopes” and common sense**, rather than microscopes and laboratories are where long-term solutions will be found.

## New Year's Resolutions continued:

**4) Deep belly breathing is important.** Shallow upper chest breathing stimulates the body's natural 'fight or flight' response - which is when adrenaline kicks in to help deal with a stressful situation. Just taking a few deep belly breaths will help you leave the fight mode and make you instantly calm and more in touch with your most heart-felt realities.

**5) Deep restful sleep** is one of the pillars of our health and well-being. Benjamin Franklin said: “one hour of sleep before midnight is as valuable as two after midnight.” Chinese medicine tells us that the liver and gall bladder do their most restorative cleansing work between 11pm and 3 am. It is most beneficial for us to finish eating by 8 pm and be asleep with our stomachs empty during these hours for deepest levels of physical, emotional, and spiritual rejuvenation and healing.

**6) Moderate regular exercise** like a brisk walk, especially in fresh air, is good for the heart, reduces cholesterol and blood sugar, improves mood, reduces stress, improves sleep, clears the mind and strengthens bones. If humans were given an “owners manual” at birth, walking would probably be included for routine maintenance of every body system. No fancy spandex or gym memberships needed, just a good pair of shoes and enough will power to put one foot in front of the other.

Walking is probably the simplest and least expensive (usually free) form of regular exercise and it is only one example. Choose any activities you enjoy doing that also elevate your heart rate, and try to do them at least three or more times per week ... **Happy New Year from the Sunshine team**



## 91-Year-Old Woman Finds Relief For Neuropathy

### Gloria's Success Story

**With foot tingling, numbness & swelling gone, her balance has improved.**

Gloria Kutz from Williams had suffered from peripheral neuropathy for 10 years. It had become especially bothersome in the last 2 years with tingling, numbness, and swelling in her feet and ankles. The foot numbness definitely adversely affected her balance as well.

Gloria's doctor gave her a prescription but it made her so light-headed and tired that she was unable to safely drive.

Then Gloria came to Sunshine and was shown a product called **NEUROPATHY**. It contains 3 homeopathic ingredients and 10 essential oils and is completely safe.

**The Results:** She could feel it working right away and within a week the tingling, numbness and swelling were gone! Gloria said: **"I don't want to mislead anyone but it sure works for me."**

Gloria simply rubs in some of the **NEUROPATHY** oil 2 or 3 times a day and is good to go anywhere.

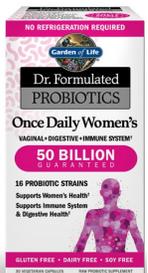
**She says the best part is that with the feeling back in her feet, her balance is much improved.** And unlike the doctor's prescription **NEUROPATHY** has no negative side-effects.



**On sale thru Jan. 21<sup>st</sup>, Save 10%**

## Probiotics: The Most Important Part Of Our Immune System. They Keep Us Alive!

In the last several years it's become fairly common knowledge (even TV commercials refer to it) that our gut needs good bacteria for optimal health and digestion. However, good bacteria reside all over us: eyes, ears, sinuses, lungs, vagina, urinary tract, within the joints, between the toes, and of course in our armpits. **There are over 400 different bacteria species in the digestive tract alone.**



**Formulated by Dr. Ron Perlmutter**

Our digestive tract is about 30 feet long and quite varied. A healthy stomach naturally has a strongly acidic environment (pH is 1 – 3) that inhibits the growth of bad bacteria. The small intestine has an alkaline environment (pH up to 8.5) Lactobacillus organisms do well there. The mouth and colon present fairly neutral pH. Bifidobacteria thrive there. Different types of bacteria play different roles to digest our food and fight disease. **They work together & are all very important.**

Both *Lactos* and *Bifidos* are needed to re-seed the gut and/or urogenital tract following radiation, chemotherapy, prescription antibiotic use or a bout of diarrhea.



## 20 Years of Pain, Low Energy & Migraines, Reversed in 3 Weeks

### Paul's Success Story

**Paul called CellFood "miraculous"**

Paul Cunningham is a 63-year-old retired fabricator from Williams. Following a severe fall 20 years ago he has suffered from debilitating all-over pain and weekly migraines.

About 4 years ago he was diagnosed with fibromyalgia. Thinking that stress might be a contributing factor, he decided to retire. Unfortunately retirement provided no relief.

He recently read about CellFood in a Sunshine newsletter and decided to give it a try.

**The Results: In about 3 weeks his energy was way up, pain was way down, and his weekly migraines were reduced in severity & duration by about 50%.**

**CellFood** was created by a scientist whom Einstein called a genius for his **CellFood** formula. It's the world's #1 oxygen enhancing supplement and contains 74 trace minerals, 34 enzymes and 17 amino acids.

Many people who try **CellFood** for the first time feel it working in 15-30 minutes - more energy, less aches and pains, and greater overall clarity. **CellFood** has been a huge winner with our customers for over a decade.

**Ask For a Free Sample**



## Probiotics continued:

**Lactobacillus acidophilus** provides a very wide range of benefits and protective qualities including: digesting milk sugar, vit-K production, increasing absorption of iron, treating diarrhea & constipation, fighting disease and **much** more.

**Lactobacillus casei** produce compounds that help fight E. coli, MRSA, Giardia, and **much** more.

**Lactobacillus reuteri** can be especially protective against vaginal and urinary tract infections and **much** more.

**Lactobacillus salivarius** resides in the mouth and small intestine. It's useful for treating bad breath & asthma and **much** more. It's especially effective controlling overgrowth of *Listeria*, a bacteria that causes food poisoning.

**Bifidobacterium bifidum** resides mainly in the colon and vagina. Since the *Bifido* population declines as we age (increasing risk of infection) older folks, in particular, may want to supplement *B. bifidum*.

**Bifidobacterium breve** is found in the colon and vagina where it inhibits E. coli and Candida It is also effective for allergies, antibiotic-related diarrhea, and IBS.

**A high-quality, living probiotic should provide a balanced blend of a dozen or more well-studied strains.**



## After Nearly Losing It All, Damaged Hair Grew Back

### Dene's Success Story

50-year-old Dene Doucetter from Grants Pass was diagnosed with Crohn's disease 17 years ago. In that time doctors have prescribed over 30 different medications for the many complications of the disease.

**NeoCell Beauty Infusion collagen helped Dene regrow her beautiful hair**

One of the side-effects was near-total hair loss. A little over two years ago Dene began using collagen from NeoCell. Collagen is great for soothing and rebuilding her intestinal lining (addressing the Crohn's disease) as well as feeding and promoting healthy hair growth.

**As we can see in the picture above, for Dene healthy, beautiful hair is no longer a problem.** In fact she says her hair is now filling in at the healthy rate of about 5 inches a year and is longer than it's ever been.

Collagen is the most abundant protein in the body. In addition to being a building block of healthy hair, virtually everything that bends, stretches and holds our bodies together is made of collagen. Unfortunately, we lose about 15% of our collagen every decade after the age of 30.

**Helps neutralize the effects of aging. Great after work-outs or to recover from illness, injury, or surgery**

Each Scoop Tastes Great, Dissolves Instantly, and Provides:

- \* 6,000 mg of instantly dissolving non-GMO collagen
- \* 50 mg of Hyaluronic Acid for skin, cartilage, & eyes
- \* 3,000 mcg of Biotin for support of better hair & nails
- \* ALA & Vitamin C for enhancement of collagen formation

**On Sale Thru Jan 21<sup>st</sup>  
Additional 10% Off, All 3 Formulas Of  
NeoCell Collagen**

## For A Fresh Start In 2017 Try A Full Body Cleanse



Experience more energy, greater mental clarity, more stamina and better health by doing a full-body cleanse for as little as one week. **Wild Rose Herbal D-Tox** has been the #1 selling cleansing product in Canada for over 25 years. It is gentle & effective and ideal for first-time cleansers. Fasting is not required. The instructions and dietary suggestions make it very easy to use.

**Renew Life Smoker's Cleanse** promotes healthy lung detoxification as it eases the desire to smoke. Helps reduce stress and promote calmness.



**All Cleanse Formulas Are On Sale  
Thru Jan 21<sup>st</sup> Save 20%  
Ask Us Which One Is Right For You**



## 66-Year-Old Retired Police Officer Recovers From Severe Back Injury

### Jim's Success Story

**35 years of pain, gone in one week**

35 years ago Jim Berg was engaged in helicopter SWAT team training. Just as he was jumping out, the helicopter suddenly swerved upward. An 8-foot jump instantly became a 20-foot fall. Jim knew immediately that the injury to his lower back was bad. He was bedridden for two weeks and in constant pain for 35 years.

Over the years doctors gave him prescriptions that did nearly nothing for the pain. His wife suggested he go to Sunshine where Nette recommended our 2 most popular joint recovery products. **JTL Mobility** from NATURA taken along with **Hyaluronic Acid with MSM** from Back to Health – both Oregon based companies.

The ingredients of these 2 formulas complement each other well, but Jim had lived with pain for so long he didn't think anything would help. **He admitted that he was very skeptical.**

**THE RESULTS: In one week Jim's pain was nearly completely gone. After 35 years, he could barely believe it!**

Hundreds of Sunshine customers have had great success eliminating pain and rebuilding joints using these products separately. Together they are extraordinarily effective.

## Lose Weight & Improve Health With HCG

Those of you who have done the HCG weight loss protocol know how well it works. If HCG is new to you, come in and see the pictures and read the success stories from Sunshine customers.



We've seen some of our customers lose 50, 100 & even over 200 lbs. in less than a year. **Dozens have told us they were able to discontinue many of their prescription medications after reaching their ideal weight.**

HCG is the easiest way to lose big weight we have ever seen!

To help you during the diet and to help maintain your weight afterward ... **try Miracle Noodles**



**Miracle Noodles contain zero carbs and miraculously ... ZERO calories!** They absorb all the delicious flavors of whatever you cook with them. For a satisfying HCG dinner, stir in your favorite veggies along with chicken, shrimp, or beef.



**FREE with every bottle of HCG you'll receive two 4 oz packages of Miracle Noodles ... A \$7.00 value, free!**

## Good News For People Suffering or Recovering From Serious Illness

Sunshine is very pleased to be expanding our partnership with NATURA Health Products. NATURA is an Ashland Ore. company known for innovative formulas distinguished by their exceptional grade of purity, potency, and effectiveness.

NATURA's holistic medical educator is Jason Miller, acupuncturist, herbalist and founder of Jade Mountain Medicine (acupuncture and herbal medicine clinic) in Ashland. Jason is a highly respected, first-rate healer. I first learned about him from several MDs (including an oncologist) who continue to give him very high praise.



*NATURA's seasonal defense line is among the most effective available for fighting colds & flu*

In addition to treating patients at his own practice Jason trains health practitioners all over the country in the art of diagnosis and treatment of very serious conditions (cancers, heart disease, & others) using holistic approaches. He has an extraordinary ability to understand western style medical records, diagnoses and medications and integrate traditional herbal treatments and protocols with them for the ultimate benefit of his patients.

The best thing a person with a serious health problem can do is to schedule a consultation with Jason or another well qualified holistic practitioner and bring their medical records and test results. Unfortunately, in many cases due to geographic, financial, or other constraints that is not feasible.

For those cases we have some very good news. NATURA has allowed me to work directly with Jason in coming up with some recommendations for people facing or recovering from serious conditions using the superlative NATURA formulas.

I am not a doctor or pharmacist and speaking with me will never replace a consultation with a top licensed holistic or mainstream medical practitioner. However, my discussions with Jason give me confidence to offer many of his suggestions that will likely go a long way in helping people treat themselves in addressing and recovering from serious illnesses.

**We can also address rebuilding and recovering from the side-effects of cancer treatments like chemo and radiation,** helping to enhance your immune system, clear toxins & prevent a recurrence.



**The NATURA product line gives us powerful tools to address serious disease & enhance our well-being**



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### -See Inside For-

91-year-old Woman Finds Relief From Neuropathy  
Retired Police Officer Finds Pain Relief After 35 Years  
Free Miracle Noodles With HCG In January

## A New Year's Resolution That Benefits All The People, Pets, & Plants In Your Home ... And It's Easy To Keep

Environmental pollution usually brings thoughts of polluted air, streams, or soil. We seldom think about pollution being in the place where we spend most of our time, **inside our own homes.**

**Make 2017 the year you resolve to use this safe, effective, super-economical, Sunshine recipe, anti-bacterial household cleaner.** You won't need to open doors and windows or run vent fans after using this essential oil based disinfectant. Customize the recipe to fit your personal preferences.

- 1 cup white vinegar
- 7 oz water
- 1 tsp biodegradable dish soap
- 10 drops orange essential oil
- 8 drops of tea tree essential oil

or

- 8 drops Now Brand Nature's Shield



**Add ingredients to a 16 oz spray bottle, shake & use. Your house will be squeaky clean, fresh & safe.**

**On Sale Now Thru Jan 21<sup>st</sup>  
Buy Any 2 Essential Oils and Get a 3<sup>rd</sup> One Free!**