

Times Are Changing

We are experiencing times of unprecedented change when it comes to health care. It was quite common 15 years ago for customers to come into Sunshine and say things like: "I can't tell my doctor I'm using natural remedies, he'll refuse to see me" or "my doctor doesn't believe in any natural stuff." It would happen several times every month.

Fast-forward to 2017 and we actually have Nurse Practitioners, Physicians Assistants and MDs themselves sending people to our store for products and even for our advice. I think it's because at this point virtually all MDs have seen cases where a Big-Pharma solution didn't work or, worse yet, may have caused great harm. Plus they probably all have some credible person in their life (a patient, relative, friend, or colleague) who has had success using an inexpensive, toxin-free natural remedy for a problem that the doctor's med school education told him needed to be treated with drugs. Maybe it's not too late to find value in what the "old normal" used to be.



Healthy kids playing in the 60s

"Old Normal": Growing up in the 60s, I cannot recall anyone who was allergic to peanut butter, prevented by asthma from running and playing all day long with the rest of us, or had even heard of type 2 diabetes in

children. The most common anti-depressant drug, Prozac, hadn't even been invented. That's probably because *real* normal was, is, and always will be - being healthy, active, and drug free every day.

"New Normal": Some new medical technologies are amazing. Replacement knees and hips can provide decades of pain-free mobility to otherwise healthy people. But many others that have become the "new normal" for health in America are shocking. A recent study showed that **72% of the commercial breaks on the CBS evening news included at least one pharmaceutical commercial.** I guess it shouldn't be surprising that an average of over 13 drug prescriptions are written annually for every person in the country with one in ten Americans now using prescription antidepressants.

In children, soaring rates of autism, serious ADHD issues, life-threatening acute allergies and asthma are all becoming part of the "new normal" childhood. Anaphylactic shock produced by peanuts has caused many schools to ban peanut butter sandwiches (**the Oregon public school my grandson attends features peanut-free zones**). Inhalers in kids' school backpacks are legal and commonplace in all 50 states. Kids are encouraged to self-administer these medications during their school day. But are they healthier? Dr. Grant Tomkinson, of the University of South Australia, examined 50 studies on running fitness that involved more than 25 million children



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The Best Cannabis In Oregon Comes To Sunshine
GP Woman Reduces Cholesterol 60 Points
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from 28 countries. He stated, "In the one mile run, the typical child of today would finish about one and a half minutes behind the typical child of 1975."

Irrespective of the happy images that carefully choreographed pharmaceutical company ads portray of people using their drugs, there is no circumventing the fact that staying truly healthy and in balance requires using our bodies at least somewhat within the parameters of the way that they were designed. Clean food grown from rich soil, clean (non-chlorinated) water, some regular moderate physical activity, and natural (drug-free) sleep, are now and have always been, the non-negotiable, true building-blocks of a healthy life.

In a growing number of states including Oregon we are now seeing a legal resurgence of using cannabis to treat many common and not so common conditions, often with great success and often for problems where prescription drugs have failed. Cannabis had been legally used as medicine for several thousand years before it was banned briefly for 80 or 90 years in the US. **I practically fell over in my store last week when a sweet little old lady with severe hip pain said her orthopedic surgeon's assistant suggested she try CBD oil (the medicine from the hemp plant that relieves pain without the THC that makes you high).**

It's really exciting that a local, well-respected orthopedic surgeon's office is open minded enough to look to the old (even ancient) normal to provide relief for their patient. Like Wilford Brimley used to say on the Quaker Oats TV commercials: "It's the right thing to do."



She ditched her prescription and went safe & natural instead

Reduced Cholesterol Nearly 60 points Without A Prescription

Jan's Success Story

72-year-old Jan Engstrom from GP has been dealing with elevated cholesterol for over 8 years. Her doctor prescribed Crestor, but the joint pain and fatigue it caused was too much to bear. She had to stop taking the prescriptions.

Jan then came to Sunshine and was told that **Cholesterol Control** has helped 100s of Sunshine customers. She decided to give it a try.

The Results: Jan said: "My cholesterol went down almost 60 points without the side-effects. I really do believe in this product. "

Cholesterol Control is a safe, synergistic blend of six different proven cholesterol fighters in a convenient 2-a-day formula. At Sunshine we see a success rate well over 90%, with most customers reporting cholesterol reductions of 30-70 points in as little as 5-8 weeks. Cholesterol Control was formulated by Sunshine's owner, Rob Pell,

Is Smoke In The Air Bothering Your Lungs?

Sunshine has 3 supplements proven to help cleanse toxins, reduce inflammation & mucous, & help restore free breathing.

- **Lung and Bronchial Tonic** from NATURA
- **NAC** (N-Acetyl Cysteine) from Now
- **Respiration** formula from Solaray

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 the most 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

Cannabis Comes To Sunshine (Without The High)

Cannabidiol (abbreviated **CBD**) is one of the most prevalent chemical compounds in the cannabis plant. Unlike THC, (its more famous cousin) **CBD** is completely non-psychoactive. It won't get you high but has other very impressive health benefits



In the last few years, **CBDs** have 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: **CBDs** can provide astounding life-changing benefits, often where mainstream pharmaceuticals have failed.

Common Benefits Of CBDs Include:

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

Many hundreds of **CBD** businesses have sprung up all over the country. Practically every week for the last year different companies have offered Sunshine samples of their products. We have been extremely careful when considering these companies and evaluating their products.

We Found The Best ... It Was Worth The Wait

We chose to carry **CBDs** from Green Earth Medicine (GEM) because **they are the most scientifically advanced in Oregon and provide unsurpassed purity.** GEM **CBDs** are organically sourced from full-spectrum, low THC hemp grown in pristine soil. They contain a full spectrum of cannabinoids & terpenes for outstanding health benefits with no psychoactive effects ("the high"), making them safe for driving and at work.



Brock Lauritsen & Eric Cerecedes of Green Earth Medicine gave me a tour of their farm and labs

The GEM team is the manifestation of a dream of Dr Christian Le (pronounced Lay). Dr Le has been a board certified Internal medicine physician for 28 years. In the last few weeks I've spent nearly 3 hours with him and have no doubt that helping people improve their health with cannabis is Dr Le's true calling. He has made himself an expert. He now has 8 clinics, 3,000 patients, and over 7 years experience in Cannabinoid Therapy. He's been a hemp researcher since 2005.

The rest of the GEM product development team is composed of highly experienced clinicians and researchers with over 50 years of combined clinical and scientific expertise. They give us the resources we need to answer your questions.

Sunshine Finally Found A Line Of CBD Products You Can Trust