

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. Reading it monthly will very likely prove to 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.

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

We seldom think about environmental toxins being where we spend most of our time, **inside our own homes.**

Make 2018 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 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.

Essential Oils On Sale Thru Jan 20th

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**

Profits Before People, Exposing The Farm & Pharmaceutical Industrial Complex

The Sunshine Lending Library Is Here To Serve You

We all need to know where to look for accurate, unbiased health and wellness information. One thing is certain, we'll seldom if ever find it on the evening news, The New York Times, The Washington Post, or other mainstream newspapers. They're all bought and paid for by the pharmaceutical-industrial complex. Pharmaceutical giants even had a major say over what our doctors were taught in medical school.

You can receive life-changing information by borrowing any of our videos for free. Choose from the following titles:

Food Inc: How the US food industry's obsession with profit is placed before human health, worker safety, & the environment

Bought: The hidden story of vaccines, big pharma & our food

Fed Up: Shows how the USDA cares more about agribusiness profits than people's health - creating an obesity epidemic.

Doctored: Illustrates how the medical and insurance industries have created a nation of addicts.

GMO OMG: Explains why Monsanto spends so much money preventing GMO labeling. They have A LOT to hide.

Vaxxed: How corruption at the CDC has obscured fraud and intentionally falsified vaccine safety data.

The Greater Good: Illuminates the heartbreaking emotional price average families pay when vaccine damage strikes them.

Here's how it works. Leave a refundable \$20 deposit and borrow a video. Watch it with friends and family, loan it to your doctor, or sponsor a viewing party at your house. Return it within 3 weeks and get your \$20 back - simple as that.

Please let us know of any other titles you feel would be worthy additions to our library

More On CBD At Sunshine

Test Results Are Back: One of our employees volunteered to take 10-20 mg of Green Earth Medicinal CBD for 6 weeks. We then sent them for a urinalysis to be tested for the presence of THC. Positive would indicate marijuana use. **The test came back negative, no THC was detected.**

Dr Steven Rotter, an MD from Grants Pass, recently told me that: *"not only does CBD have the potential to replace many medications, it has the potential to replace whole classes of drugs. People with pain, anxiety, insomnia, seizures, nausea, depression, & muscle spasms may all benefit from CBD."*

Since we introduced Green Earth Medicinal CBD at Sunshine in early September, countless dozens of grateful customers have told us their inspiring personal success stories...Awesome!



An artist has full use of her hands again

More Pain Relief From Cannabis (Without The "High")

Lynnette's Success Story

A 72-year-old artist from Grants Pass, Lynnette Brown, had suffered from increasingly severe arthritis pain in her hands for 10 years. Some days she couldn't close her hand enough to hold a piece of chalk. Ibuprofen didn't help.

Lynnette's friend had been using powerful prescription pain-killers for back pain. He was able to replace them using CBD and suggested she give it try too.

Lynnette came to Sunshine with all her CBD questions and spoke with Jon. He explained that CBD is extracted from hemp. Unlike THC (it's more famous cousin) CBD can provide pain relief but without the "high" making it safe for use at work or driving.

The RESULTS: She began with the dose Jon suggested and was patient. After 2 weeks she increased her dose slightly and within 2 more weeks her pain was gone – after 10 years!



CBD oral tincture

After speaking with Lynnette I was impressed with the strength of her handshake and the smile on her face.

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**



Low-carb Miracle Noodle "stir fry"

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!





After Months of Pain & Disability, Broken Bone Finally Heals

Gloria's Success Story

She went natural instead of risking prescription Fosamax

Last March 71-year-old Gloria Weinberger from Cave Junction broke 2 bones in her left foot. For 5 months one of the breaks showed no sign of healing. In fact the gap between the broken pieces widened. She needed an immobilizing boot, crutches, and a wheelchair.

Her podiatrist prescribed Fosamax. Gloria did her homework and discovered the disturbing facts: it was unlikely to work and could cause the weakening or death of bone tissue throughout her body. Her doctor then recommended an electronic bone growth stimulator but her insurance refused to cover it.

Then Gloria came to Sunshine. Because high quality calcium alone is sometimes not enough, she was shown a collagen formula called **Derma-Matrix** from Neocell. Bones are comprised of about one-third collagen, an elastic protein.

THE RESULTS: After using **Derma-Matrix** for about 2 months, x-rays showed that the gap between the broken bones in her foot has knitted together and is healing. **She walked in unassisted to tell us the good news!**

The word collagen comes from the Greek word Kolla, meaning to glue or bind together. In bones collagen provides a slightly flexible framework for the calcium and other minerals to adhere to. Flexibility is the hallmark of all youthful body tissues.

By age 60, many of us will have lost 50% of our collagen. It's obvious. Due to decreased collagen production as we age our skin thins, wrinkles and sags, we lose muscle tone, tendons and ligaments become more prone to injury, joints become less stable, bones become brittle, the quality of our hair and nails diminishes, our intestinal tract, bladder and even our blood vessels lose strength and flexibility. Virtually anything in our body that was flexible and bouncy when we're young, will suffer due to age-related collagen reduction.

Each Scoop Of Derma-Matrix Tastes Great, Dissolves Instantly, and Provides:

- * 6,000 mg of instantly dissolving non-GMO collagen
- * 50 mg of Hyaluronic Acid for skin, cartilage, & eyes
- * Vitamin C for enhancement of collagen integration

Sunshine Carries 3 Great Collagen Formulas From Neocell. All Are On Sale Thru Jan 20th

For more about how to keep your bones healthy see Chapter 6 in my book: Wellness Uprising. Available at Sunshine

To Find Past Issues Of The Sunshine Newsletter On Our Website ... Go To:
Sunshinefoodandvitamin.com/newsletters



Intense Hip Pain Gone!

Bella's Success Story

Bella, an English Spaniel, has been Rick Chapman's trusted companion and business partner for 9 years.

Easy to use powder mixes with food

While many dogs are afraid of vacuum cleaners, Bella works all day at Plaza Sew & Vac with Rick repairing any brand vacuum that comes in the door (Bella generally lets Rick handle the sewing machines :)

Two months ago with no warning Bella developed a severe problem with her left hip, Her leg would go out from under her and she could barely walk. Rick was *very* concerned.

He remembered reading 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**. Rick decided to give it to Bella.

The Results: Within a few days the yelping stopped, the pain appeared gone, and Bella was walking normally again.

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) along with mild anti-inflammatory botanicals.

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



Delicious & Super Convenient

New At Sunshine:

Port Orford Sustainable Seafood Albacore Tuna Pouches

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!**

This tuna is full of flavor and rich in natural oils. It's comes from line-caught, younger fish that are proven to be healthier than larger fish.

January Intro Pricing: \$ 5.69/per pouch ... * Limit 4 per family

Available Flash-Frozen From Port Orford Seafood

Halibut fillet is dense but sweet, tender, and moist.

Sablefish, also known as Black Cod or Butterfish actually contains higher levels of beneficial omega-3 oils than salmon. Unlike other delicate white meat fish, Sable has a very rich "buttery" flavor.

Albacore Tuna Loin, Port Orford Albacore has the deep, rich satisfying flavor you'd expect from premium tuna. They are hand-lined and then promptly iced, one-at-a-time. To appreciate all the flavor, please don't overcook this wonderful ocean gift.

Also Available: Lingcod, Rockfish, And More



Pain Relief From Cannabis

(Without The High)

Tracey's Success Story

Body-wide pain relief with no side-effects

Tracey Moley, a 61-year-old retired Licensed Vocational Nurse and Peace Officer suffered from osteoarthritis of her neck, lower back, hands, and wrists for over a decade. Work-related overuse had also caused tendinitis in both forearms.

Her problems can be traced back to a riding accident at age 11 when she was thrown from a horse and landed on her head. More than a decade later x-rays revealed that she had in fact broken a cervical vertebrae in the fall.

As the years went by she began to have increasingly serious neck and back pain that was eventually diagnosed as osteoarthritis along with TMJ (jaw bone misalignment).

She got temporary relief from prescription Flexeril and 800 mg of Motrin twice a day. Due to the side-effects, Tracey didn't feel that either of those was a reasonable long-term solution.

She then began reading about the benefits of CBD in the Sunshine newsletter. CBD is extracted from hemp. Unlike THC (it's more famous cousin) CBD can provide pain relief but no "high." She decided to try it for 6 months.



CBD oral tincture

The Results: In just 4 weeks virtually all her spinal pain was gone! Her TMJ and tendinitis pain was substantially reduced, her sleep improved, blood pressure was down, and she felt great! Tracey takes 10 mg twice daily under the tongue.

Tracey's doctor said that he wished that he could get all his chronic pain patients to try it.

Green Earth Medicinal (GEM) CBD contains the broadest spectrum of beneficial phytonutrients of any CBD we have found. It's organically grown and processed in Central Point, Oregon in a state-of-the-art manufacturing facility.



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.



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- SEE INSIDE FOR -

CBD – Test Results ... Plus A Local MD's Comments
Healing Broken Bones Requires The Right Nutrients
Losing Weight Allows Many To Discontinue Prescriptions
9-Year-Old Canine Companion Is Now Pain-Free



Aaron Longton, founder of Port Orford Sustainable Seafood with a beautiful Chinook salmon

Sustainable Seafood Comes To Sunshine

Line Caught from Port Orford

Port Orford Sustainable Seafood (POSS) is now supplying Sunshine with some of the most vibrant and freshest tasting fish I've ever eaten.

Fact is that "fresh" ocean fish in most Grant's Pass stores is usually 2-7 days old and often sold frozen *after* that. Seafood from POSS is flash-frozen at 30 below zero within hours of being caught to lock in fresh-caught flavor and quality.

THEIR STORY: POSS can afford to pay their local fisherman and other employees top dollar by cutting out the corporate middleman and selling direct to us. This Community Supported Fishery (CSF) is great for the people of Port Orford and great for us - it's win-win. Tasting is believing!

Without Pre-ordering You Can Buy It From Our Display Freezer At The Back Of Our Store

OR ...

GET DISCOUNT PRICES by becoming a POSS member and ordering from their online fish market. Your "custom catch" will be delivered once a month to Sunshine. We'll keep it frozen until you pick it up. **Their website has all the details: posustainableseafood.com**