

An Advance In Medicine Drug Companies Don't Want Us To Know About

In the last few years, CBD has 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 some had known for years: CBD can provide astounding life-changing benefits often where mainstream pharmaceuticals have failed.

Attorney General Jeff Sessions may have a different view but according to the 2014 Federal Farm Act, CBD and other products derived from low THC hemp are legal without a prescription in all 50 states and excluded from the Controlled Substances Act. And unlike THC, CBD creates no "high."

In 2009, Dr Sanjay Gupta a neurosurgeon who is often the on-air medical face of CNN, was adamantly anti-cannabis. He explain later that he "fell into that camp because U.S. studies were never designed to find the benefits of cannabis. The system was designed to find harm and those were the studies getting funded, not studies that were designed to look for the benefit. When you start looking at labs that aren't dependent on some sort of government funding or labs outside of the U.S., a very different picture emerged."



Charlotte was blessed with a normal life by her parents willingness to try CBD

Five-year-old Charlotte Figi changed Gupta's mind for good. CNN reported that Charlotte regularly had hundreds of grand mal seizures a week and nothing in the mainstream medicine chest was helping. **The first time she was given CBD her seizures stopped for a week.** She now uses CBD and lives the life of a normal active healthy child. Dr Gupta has publicly apologized for being so close-minded on cannabis.

Nationwide, CBD awareness in large part due to Dr Gupta has exploded. Many hundreds of CBD businesses have sprung up all over the country. Practically every week for the past year companies from all over the country have offered my store samples of their products. It probably took me 6 months just to figure out what questions to ask. I discovered that most of these companies buy from 3rd party manufacturers and simply slap their label on a bottle. Their finished products or raw materials could be from anywhere in the world. Scrutinizing quality is very important.

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 medications. People with pain, anxiety, insomnia, seizures, nausea, depression, and muscle spasms may all benefit from CBD." Supporting Dr Rotter's view, I've



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personally met dozens of very credible people reporting significant health improvements using CBD. Many have been able to discontinue their prescription meds.

Dr Christian Le, a board certified internal medicine physician for 28 years with 8 clinics in Oregon told me that he has "seen CBD create great results for veterans with severe PTSD, chronic pain, and chronic anxiety, for years."

One of my employees volunteered to take 10-20 mg of CBD daily for 6 weeks. I 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.

A study published in the Journal of the American Medical Association for Internal Medicine showed a **25% decrease in opioid overdose deaths in states with legal medical marijuana.** Another study found hospitalization rates of people suffering from painkiller abuse and addiction dropped on average 23% in states that offered medical marijuana.

Cannabis (in many forms) as legal medicine in the US is hopefully here to stay. One of my customers who has derived great benefit from CBD said: "I voted for Trump and still have his yard sign on my front lawn, but I want his Attorney General to keep his hands off my cannabis." **CBD is helping a lot of people get off opioids and other prescriptions and live clear-headed, calmer, more pain-free lives. Green medicine can be win-win.**

Preventing & Treating The Flu

Flu symptoms are usually characterized with a very sudden onset. The flu usually hits like a ton-of-bricks. From functioning normally, to flat on your back, in a matter of hours, is quite common with flu. Symptoms usually include headache, body ache, the abrupt onset of fever (usually high), extreme fatigue, dry cough, possible runny nose and general weakness.

A cold is a milder respiratory illness than the flu. It usually begins with a sore throat and/or a runny or stuffy nose. Unlike the flu, colds seldom cause a fever over 101. Colds usually cause copious watery nasal secretions the first few days. Often these turn darker and thicker. Colds usually last about a week. General fatigue is common.

If you live alone and think you have the flu, let someone know who can periodically check up on you.

Cold and flu symptoms are actually signs that your immune system is working to fight off a respiratory virus. Fever helps your immune system's cells work more effectively because germs don't reproduce as well at temperatures above 98.6. Inflamed sinuses indicate armies of immune cells rushing to the area, A runny nose, sneezing, and coughing are your body's attempt to flush out germs.

Keep in mind that antibiotics have absolutely no effect on viruses and will actually weaken an important part of your immune system, the good bacteria in your gut. If your doctor prescribes them for your cold or flu make sure to ask why.

Chinese Medicine views colds as surface, therefore less serious, illnesses and the goal is to cure them quickly before they travel to deeper regions of the body. An ancient Chinese herbal formula called Yin Chiao (pronounced chow) uses diaphoretic herbs to warm the body's surface, induce sweating, and help bring pathogens up and out. Using Yin Chaio, I usually feel a little warm and slightly uncomfortable for a few hours and then my cold symptoms typically disappear. An Ashland company, **NATURA**, also makes an excellent diaphoretic and anti-viral formal called **Flew Away**. I highly recommend it

If you think you're getting sick the best thing to do is to immediately slow down and focus on healing. After taking either formula mentioned above you can increase their effectiveness substantially by drinking plenty of water or herbal teas, soaking in a hot bath with epsom salts and bundling up. This is a great option when you plan to stay home.

Merely taking the suggested label dose of most herbal remedies and carrying on with your normal activities will likely not be enough to keep from getting sicker. Battling colds and flu is a time to use big doses, 4 to 10 times the label dose is what I use.

There have been over 300 scientific investigations of the immune-enhancing effects of Echinacea. **Using sufficient quantities of a high quality extract** prepared from freshly harvested plants produced excellent results. Dosing 10 times the first day and four or more times the following days is proven to reduce symptom severity and duration significantly. Israeli scientists

Continued in next column

Severe Bursitis Pain Stopped In Its Tracks

Bobbie's Success Story



*Her smile says it all:
Well Rested
& Pain Free!*

72-year-old Bobbie White from Grants Pass was very active and healthy. She loved walking her pet Schnauzer 2 miles every day.

Unfortunately during recovery from knee replacement surgery she developed severe bursitis inflammation in her right hip. Bobbie couldn't even turn over in bed without terrible pain.

Her doctor prescribed Ambien for sleep, but she didn't like using it and was forced to rely on 800 mg of Advil every day for a year. Bobbie was concerned about the long-term side-effects of that as well.

Myofascia release (a massage technique) was helpful but she still was a long way from being pain-free and well-rested.

Then Bobbie read about CBD in the Sunshine newsletter and decided to find out more. CBD is the second most prevalent cannabinoid in the cannabis plant. Unlike THC, CBD will not make you "high." A rapidly increasing number of MDs now recommend CBD to their patients with chronic pain.



THE RESULTS: Using 10 mg of **Green Earth Medicinals CBD** twice daily in less than a week Bobbi experienced vastly improved sleep and she was pain-free during the day in just 2 weeks. – after a year of suffering!

It's very reassuring to know that from soil preparation and seed selection to bottling the finished product, the founders of Green Earth Medicinals control every aspect of manufacturing, quality control, and product development – very rare in this industry. Most other companies buy from 3rd party manufacturers (could be from anywhere in the world) and simply slap their own label on it. Sunshine only carries the best CBD products available.

Preventing And Treating Flu Continued:

showed that elderberry significantly reduced severity and duration of all flu symptoms if taken at the onset of illness.

Basic flu preventing strategy includes the following:

- * Do not cheat on your sleep, stay very well rested
- * Take extra vitamins C, D-3, & zinc - food derived is best
- * Seriously increase the C & zinc at the onset of illness
- * Avoid sugar, alcohol, & junk foods during flu season

Starting treatment at the very first signs of illness is the smart move. Slow down, pamper yourself, and take sufficient quantities of natural remedies along with extra water or herbal tea. I always feel that if I can reduce severity or duration by even a couple of days, my effort will have been worth it.