

Better Than Prescriptions

The human-animal bond has been nurtured and proven mutually beneficial for thousands of years. It's obvious that humans provide food, shelter, and safety for their pets but **what exactly do pets provide their people?** Many dog breeds were traditionally used for herding, guarding and hunting livestock or game. More recently dog's (and to a lesser degree cat's) innate abilities have been adapted for law enforcement, assisting the handicapped, emotional support, seizure warnings, and even detection and warning of food allergens.

The scientific theory of using animals for physical and emotional health dates back to the 1700s. In the 1800s Sigmund Freud (the father of psychoanalysis) and Florence Nightingale (the founder of modern nursing who dramatically increased survival rates for injured soldiers) often used dogs and other pets while treating patients.



*My grand daughter
Alyse enjoys reading
Brady his favorite book*

Pet owners enjoy having their “fur babies” around but only recently have the benefits been scientifically measured. Petting a dog boosts immunity and provides emotional calm. **Watching swimming fish lowers blood pressure.** Cat owners enjoy a 30% reduction in heart attack risk. Now researchers can explain the source of our companion animals’ healing powers. They profoundly change the biochemistry of our brains and no matter what life may bring, sickness, sadness, or radiant health, pets can make us feel better.

Animal researcher Meg Olmert has singled out what she believes is the main cause of these healing powers: **interacting with pets increases a pituitary hormone called oxytocin.** Oxytocin levels rise in a mother’s brain as she goes into labor. Once her infant is born, just the sight, smell, or thought of the baby is enough to increase levels of this “maternal hormone.” Oxytocin causes a cascade of physiological changes creating a **profound sense of calm, comfort, and focus** - the sensations that a nursing mother routinely embodies. It slows heart rate & breathing, reduces blood pressure & inhibits stress hormones.

Fortunately, oxytocin’s powers are not, as once thought, limited to mothering and **levels can be significantly increased in all mammals by gentle physical touching or even eye-gazing.** The non-judgmental sense of acceptance oxytocin helps create is critical to forming close social relationships with an infant, a mate, or unrelated individuals.

Oxytocin is not the only neurotransmitter companion animals call forth from our brains. South African researchers showed that when people petted and spoke to their dogs, as well as doubling blood levels of oxytocin, levels of beta endorphins, the natural painkillers associated with “runners high” and



Better than prescriptions continued:

dopamine, the “reward” hormone also increased. University of Missouri scientists documented that **petting dogs also caused a spike in people’s serotonin**, the neurotransmitter that most antidepressants attempt to elevate. These neurochemicals are essential to our sense of well-being.

It’s no wonder that **pet-assisted therapies help troubled children, people with autism, & those suffering from PTSD and drug addiction** - pets help normalize brain chemistry.

Because pets help calm and focus the brain they can be a great teaching aid for children. Nine years ago Iris Hurvitz started a program in the Josephine County Library called Canine Reading Buddies. Her goal was to improve literacy skills of children. Kids (accompanied by an adult) can go the library on Tuesdays from 3-4pm and read out loud to relaxed dogs that provide non-judgmental calm energetic support. This program has in many cases helped create significant improvements in reading skills.

Calming and balancing the brain by interacting with pets not only benefits children but some of the most hardened in society – prisoners. A Washington State study reported that the average 3-year recidivism rate (prisoners going back to jail) there is 28% but is only five percent for inmates that have participated in its animal training programs. Prison animal programs in other states report significant improvements in prisoner behavior and/or reduced recidivism as well.

For altering brain chemistry pets can often be our best medicine, with no negative side-effects.



Allergy Relief Is Here, No Need To Suffer

Get natural allergy relief with no side-effects

Seasonal allergies are triggered by foreign proteins from pollen. Allergic reactions to animal dander, yeasts, molds and foods can often create a double-whammy and be worst during times of high pollen counts as well.

Allergy attacks happen when our bodies send in the histamines. Histamines act like bouncers at a bar. They help your body get rid of something that's acting up - in this case, an allergy trigger. Inflammation (a fiery battle) usually ensues and our bodies try to douse the flames and flush out the invaders with copious amounts of fluids (water, mucous, and lymph) - hence the burning, itchy, watery eyes, sinuses, and throat.

Proven To Provide Fast Relief For Allergy Discomfort

Sunshine recommends formulas that feature natural anti-histamines, inflammation reducers, and one that even adds enzymes and blood-cleaning herbs to digest & remove the foreign proteins. They have no negative side-effects and won't make you drowsy.

The Sunshine Allergy Relief Guarantee

Try one of our recommended allergy formulas. if it's not effective we'll exchange it for a different one until we find the one that works best for you.

Water Can Cause Cancer

A woman recently came into Sunshine looking for help. She had unfortunately been diagnosed with bladder cancer. Discussion brought out that she lived in Grants Pass and regularly drank and bathed in the city tap water. She was shown the following statistic from my book, *Wellness Uprising*:

“The National Cancer Institute estimates total cancer rates to be up to 93% higher for people who consume chlorinated water than for people who do not. One published study showed an increase of 80% in bladder cancer rates alone, for those consuming chlorinated water.”



New Wave shower filters install in minutes with no tools required

Amazingly, her oncologist had never mentioned this to her. Further, taking a hot, chlorinated, shower or bath may even be more dangerous than drinking it. More chlorine is absorbed directly through the skin and inhaled in the steam from one typical shower than is taken in from drinking several glasses of tap water. The heat and steam opens the pores allowing a high absorption of chlorine and other chemicals. Steam from a shower can contain 20 times the concentration of chlorine as tap water.

Sunshine carries drinking water and shower filters that effectively remove chlorine and other contaminants and are very easy to install. May sale prices start at \$26.98.



CBD helped her "feel really, really good"

All-Over Body Aches & Pains Are Gone!

Lavinia's Success Story

Lavinia Nastasa from Loma Linda California is a very healthy and active 60-year-old. However, in the last 3 or 4 years age-related aches and pains had begun to creep in.

Her lower back and knees had become tender, but being an avid piano player when inflammation and pain began to affect her hands she decided to take action.

Last year she came to Sunshine looking for help and became one our first CBD customers.

The Results: Lavinia began taking 10 mg, twice a day of GEM CBD under the tongue. **In about a week her aches and pains were significantly reduced and her sleep became very sound and deeply rejuvenating. She now feels very alert all day.** Her piano playing is pain-free and she's noticed the range of motion when turning her head is much greater. She thinks that's because inflammation is less all over. Lavinia said: “The CBD has helped me feel really, really good.”



CBD is extracted from state-certified low THC hemp. Unlike THC (it's more famous cousin) CBD can provide pain relief and many other health benefits without the “high.”

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



New At Sunshine Organic Sweet Potato CBD-Infused Dog Treats

Do you ever wish that your dog was a little more calm? Does she get separation anxiety or nervous during a car ride? This is the answer. Helps relieve pain too and she'll love the taste.

Just 3 Simple Ingredients: Organic sweet potato, org. coconut oil & org. CBD

The Cycle Of Change

Whether it's Galileo's theory that the earth revolves around the sun or breakthroughs in modern holistic medicine, natural agriculture, and environmental stewardship, we can expect the following:

“All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident.” – Arthur Schopenhauer