

# How do we know our Natural Remedies **work?**

## BECAUSE THAT'S WHAT YOU TELL US!



### Kathy's Success Story

*57-Year-Old Gold Hill Woman Finds Relief From 30 Years Of Pain And Serious Health Issues*

Kathy suffered from acute and chronic pain and inflammation and was diagnosed with Internal Lupus, Rheumatoid Arthritis and Fibromyalgia. Further, Kathy had severe spine problems and had undergone lower back surgery.



**Kathy Copeland from Gold Hill increases energy & relieves pain**

**The only remedies doctors offered her were pain pills, rest and surgery.** She was taking at least 3 prescription pain killers daily and was devastatingly tired nearly all the time.

Kathy's mom receives the Sunshine Newsletter in the mail and read about the great success of Sunshine customer, Netta Farmer, who suffered from Fibromyalgia pain and fatigue. Netta experienced fantastic health improvements from using **CellFood**. Kathy's mom shared the newsletter and Kathy decided to give the **CellFood** a try too.

**In less than a day, Kathy began to experience relief. She felt less pain and had more energy. Within 3 weeks, Kathy's pain was down by 80% and her energy was through the roof.**

She went from needing 3 pain pills a day to only one or two a week. She had so much more energy, she actually painted the inside of her house and her hands regained almost full flexibility for the first time in over 4 years.

Kathy's 84 year old Mom and 63 year old husband are also now using CellFood and love it too.



### Read Why Our Customers Say They Love Coming To Sunshine

"I love your fresh, organic salad bar and delicious homemade soups and sandwiches."

....*Susie Tefteller Grants Pass*

"Sunshine rocks! Rob should have his own TV show, called "Dr. Rob". This man is a wealth of knowledge on what works in the human body...Going to Sunshine is a lot better than researching the internet! They always have the answers to my health questions."

...*Denise Davis Grants Pass*

### Karen's Success Story

*68-Year-Old Rogue River Woman Experiences Relief From Serious Sciatica Pain.*

Karen began to suffer from Sciatica pain 25 years ago. She tried aspirin and other over-the-counter remedies as well as doctor's prescriptions.

Total bed-rest helped, but the pain would usually return.

Karen came to Sunshine and after telling us her problem, she was shown: **MSM with Hyaluronic Acid** from **Back To Health (an Oregon company)**. Within days Karen said she experienced relief and felt 90% better. Amazingly, she takes only half the recommended dose. In Karen's words... "it was like magic"

Hyaluronic acid is naturally present in the human body. It binds to water creating a viscous gel that lubricates joints and is also highly concentrated inside the eyes where it cushions and protects tissues while transporting nutrients to keep our eyes "well-fed". It also helps the skin stay young and healthy.

**As with many things, the quantity and quality of hyaluronic acid in our bodies diminishes with age. The hyaluronic acid in this supplement is made through a natural fermentation process in a laboratory.**



**Karen Leitner from Rogue River tried doctor's prescriptions, but has now finally found relief**



## Pat's Success Story

### 70-Year-Old Selma Woman Now Pain Free Without Prescriptions

For over 6 months 70-year-old Pat Scheiber from Selma suffered from acute hip bursitis and degenerative disc disease of the lumbar spine.

#### Her mainstream doctor prescribed

**Vicodin but Pat didn't like feeling "drugged" all the time.** 800 mg of Tylenol daily helped but it was very hard on her stomach. Pat didn't feel that either of those was a reasonable long-term solution.

Pat is a former law enforcement officer and was very wary of cannabis products but she did her homework & decided to consult with an expert.

Pat went to see Dr Christian Le, a board certified (for 28 years) internal medicine physician who now specializes in Cannabinoid Therapy. He recommended she try a **CBD** oral tincture extracted from hemp. Unlike THC (it's more famous cousin) **CBD** can provide pain relief but with no psychoactive effects (no "high"),

**The Results:** Using 35 mg per day (divided into 3 doses), the bursitis pain disappeared in just a few weeks. **Pat said: "I now walk without a limp and can climb stairs without being careful** to use my 'good leg' first on the way up. My Degenerative Disc Disease is a chronic problem and the CBD have reduced that pain by 90%." In addition she reports that her sleep has improved.

When Pat was last in Sunshine she was also shown supplements to help nourish and rejuvenate her damaged discs.

Pat's husband had a whiplash from a car accident that caused 2 herniated discs in his neck. Using CBD oral tincture he has experienced about an 85% reduction in pain and increased range of motion.

**Pat calls the Green Earth Medicinals (GEM) brand of CBD that Sunshine carries and Dr Le recommends:**

### "An Absolute Miracle with Zero Side-Effects."

"I'm always greeted with great service and expertise I can trust. I feel great knowing that Rob stands behind every product he carries."

...Donna Schmidt Grants Pass

"I love the knowledge coming from the staff. They are polite and very quick to help"

...Jan Woodruff Grants Pass

"I only had to search for a moment before a young lady came over to help me. She knew exactly where to find my items and I was in & out in 5 minutes. Great service & it smells wonderful inside the store!"

...Nancie Wollbrinck Grants Pass



## Christy's Success Story

### 39-Year-Old Grants Pass Woman Finds Relief For Body - Wide Nerve Pain

Christy Tegano was in constant pain. Her career as a massage therapist was in jeopardy. She sought a doctor's help who prescribed Gabapentin, a powerful narcotic. It reduced the pain enough for Christy to function but she became increasingly concerned with the list of possible side-effects from long-term use. Further, Gabapentin typically requires increasing doses over time. Christy decided she didn't want to be on it for the rest of her life, so she stopped taking it. The pain came back worse than ever for over a month.

That's when Christy came to Sunshine & spoke with Rob who suggested she consider trying **CellFood**. She did, and in 2 weeks her pain was 95% gone! Several times when her bottle ran out Christy tried going without her **CellFood**. Each time the pain would come back in several days.

**Off her prescriptions and using CellFood, Christy is now active, happy and pain-free.**

**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.

## Toby's Success Story

### 13-Year-Old Cairn Terrier Springs Back To Life.

Le (rhymes with tea) Raish and her dog Toby have been inseparable since Toby was a 6-week-old pup. She said: "Even though we argue every day, we're best friends."

Le says "Toby" has always been independent and strong-willed" (gotta love those terriers), but in the last few years he had become a "grumpy old man." **At first Le didn't realize Toby was in pain**, but when he started to drag his back legs behind him it was obvious why he was grumpy. Le said she was about to start using a cart to help him get around.

Then she came to Sunshine where our vitamin expert and full-time dog lover Jon suggested that Toby try **Advanced Joint Formula** for dogs from Back To Health (an Oregon company).

**The Amazing Results: In 3 days Toby was obviously feeling better and in just 3 weeks he was running around the house and able to climb stairs!**

They still argue (to be expected, he's still a terrier) but Le is beyond happy for her best friend. Le had tried a different brand of dog joint supplement but Toby wouldn't eat it. She said **he loves the Back To Health Advanced Joint Formula and gobbles it down.**

The detailed dosing instructions on the bottle are very easy to understand no matter what size dog you have. Advanced Joint Formula is very economical. The 4 oz jar will last most dogs about 4 weeks. Sunshine also stocks a larger size. All BackTo Health products are 100% natural and free of any toxic binders, fillers, or excipients.



## Jed's Success Story

### 51-Year-Old Grants Pass Man Lowers Blood Pressure 24 Points In One Week.

Jed Hart works hard to stay in shape. He exercises by biking over 50 miles a week and is very fit. Unfortunately, his blood pressure still measured 144/90; too high for someone his age.



Jed Hart uses magnesium as part of his fitness program

Jed came to Sunshine, told us his story and was shown **Magnesium Plus, from Pure Essence Labs**. It's effervescent and great tasting.

Within minutes of the very first time Jed took it, his blood pressure dropped from 144/90 down to 133/89. **After a week of using Magnesium Plus every day it was down to 120/70!**

Over 80% of Americans fail to get the minimum daily requirement for magnesium. Magnesium deficiency can lead to osteoporosis, insomnia, cardiovascular problems, migraines, muscle cramps (especially cramps in the legs at night), constipation, poor mental function, lack of energy, high blood sugar levels, and countless other problems.

## Ron's Success Story

### Man Finds Natural Pain Relief After 10 Years Of Prescription Celebrex

Ron Fields is an active 68-year-old business owner in Grants Pass (Field's Home Center on Williams Hwy). Incredibly, he had suffered from inflammatory arthritis in his wrists and elbows since he was 12-years-old. For the last 10 years Ron used prescription Celebrex to fight the pain. In a fortunate twist of fate, it stopped working and his wife suggested that he go to Sunshine and try **JTL Mobility**.



Skeptical at first, now a believer in the power of natural medicine

### The results: Pain Reduced 90% Within 3 Days!

Now Ron no longer has to worry about the serious long-term side-effects Celebrex is notorious for. **JTL Mobility from NATURA** (an Ashland Ore. based company) is a unique blend of powerful anti-inflammatory herbs with the added rebuilding qualities of salmon collagen and green lipped muscle that help to nourish joints, tendons, and ligaments. **NATURA'S** innovative formulas are distinguished by their exceptional grade of purity, potency and effectiveness.

"The people at Sunshine always make you feel welcome. I love shopping at your store"

...Dotti Kochis Grants Pass

"Thank you for promoting natural health and well-being in our community!"

...Karen Austin Grants Pass

"The friendly and helpful staff always help me find the products that I am looking for. I also enjoy the delicious soups and healthy, fast lunch options."

...Colleen M. Horn Grants Pass

## Tracy's Success Story

### 61-Year-Old Retired Nurse Finds Relief After Decade Of Pain.

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."

**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 CBD.**

**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, Oregon in a state-of-the-art manufacturing facility.



Using CBD, Tracy now has body-wide pain relief with no side-effects

## Rob's Success Story

### 44-Year-Old Grants Pass Man Experiences Almost Immediate Relief From The Enlarged Prostate Symptoms Of Day & Night Urinary Urgency.

About 3 years ago Rob began experiencing all the typical signs of an enlarged prostate common in men 40 and up. He had to get up several times a night to use the bathroom. During the day he also experienced urinary urgency. Rob would even experience discomfort sitting down for long stretches.

At the suggestion of his wife Jen, he began using **Prosta-Response**. In less than a week, his symptoms improved dramatically. Because he needed to use the bathroom far less often, Rob began getting a good night's sleep. During the day, urinary urgency was also greatly reduced and discomfort was gone.

He once stopped using **Prosta-Response** when a bottle ran out. In less than 2 weeks his symptoms returned. Rob ended that experiment and went back to using it and all is well again.



Rob Tincer from Grants Pass finds relief for enlarged prostate

## Bob's Success Story

*79-Year-Old Grants Pass Man Gets Almost Immediate Relief From The Enlarged Prostate Symptom Of Night-Time Urinary Urgency*

For the past eight years Bob could not get a good night's sleep. He usually had to get up four times a night to use the bathroom.

Bob's wife Mary, saw a success story about **Prosta-Response** in a Sunshine newsletter and suggested he give it a try. He was doubtful because other things he'd tried hadn't worked.

In about two weeks Bob could feel the difference – some nights getting up only once and sometimes **being able to sleep through the entire night.**

Mary says that since Bob is sleeping better that his mood has improved...and why not? Deep sleep is fundamental to health.



**Bob Cochran from Grants Pass finds relief for enlarged prostate**

**Prosta-Response** is a complimentary blend of 30 herbs, vitamins and minerals including the clinically proven dose of Saw Palmetto along with extra Beta Sitosterol and standardized Nettle. At a natural prostate health clinic in a California hospital, they recommended **Prosta-Response**. **Prosta-Response is the leading seller at Sunshine because it works. 3 tablets daily for the first 2 months and just 2-a-day after that.**

*"Just a comment to let you know that I appreciate your health newsletter and the health column you write in the newspaper. People cannot be too educated about food and their health" ...Cheryl Furgeson Grants Pass*

*"The selection is always perfect - it's as if you picked out the best values for me ahead of time - which is great for those of us who are limited on time."*

*...Lydia Weatherway Grants Pass*

*"I truly appreciate getting great health info with no hype along with organic produce and fresh juices."*

*...Charles Smythe Gold Hill*

*"I appreciate the friendliness with which I was approached and the immediate assistance given to help me find the product I was looking for!"*

*...Trudy Monsma Cave Junction*

*"I like the knowledge that Rob and staff have of the products that actually work. They have me on the right track. Thanks,"*

*...Dan Syfert Grants Pass*

*"I am new at getting healthy. Everyone was helpful in showing me around and helping me pick out the right products. All of the employees were patient and friendly"*

*...Teresa O'Brien, Murphy*

## Evelyn's Success Story

*Evelyn Heinrichs of Grants Pass had high cholesterol. She was prescribed a cholesterol lowering statin drug by her doctor. Evelyn doesn't like taking prescription drugs. She's committed to natural products because she's concerned about the harmful side-effects prescription drugs often create. She's a smart lady.*

At Sunshine Evelyn was shown an all natural formula called "**CHOLESTEROL CONTROL.**"

### EVELYN'S RESULTS:

<b>Total cholesterol down...</b>	<b>252 to 198</b>
<b>Bad cholesterol down...</b>	<b>25%</b>
<b>Triglycerides down...</b>	<b>15%</b>



Good cholesterol remained excellent Evelyn is a happy camper!

Rob Pell, owner of Sunshine Natural Foods, worked with the formulators at Better Health Products, to create the most effective natural cholesterol reducing product ever: "**Cholesterol Control**" is a safe, synergistic blend of 6 different proven cholesterol fighters in a convenient 2-a-day formula.

## Kim's Success Story

*63-Year-Old Grants Pass Registered Nurse Lowers Her Cholesterol*

Kim Seyboldt works at a local hospital. Her cholesterol tests came back with bad news. Her total cholesterol measured over 300 and Kim's doctor told her she should start using statin drugs to reduce it.

One of Kim's patients was a Sunshine customer. She suggested that Kim try **Cholesterol Control** to safely reduce cholesterol instead of using dangerous, artificial statins.

After using Cholesterol Control for 3 months, Kim is ecstatic. **Cholesterol Control worked!** Her doctor decided that Kim won't be needing statin drugs after all.

**Negative side effects of statin drugs are well documented.** On our website, read article # 13 in the Wellness Library for the full story.

**CHOLESTEROL CONTROL is safe & effective and available in Grants Pass exclusively at Sunshine Natural Foods. At Sunshine, we see a success rate well over 90%, with most customers reporting cholesterol reductions of 30-70 points in 5 to 8 weeks**



**Evelyn Heinrichs from Grants Pass finds relief for high cholesterol**



**Kim Seyboldt from Grants Pass lowers her cholesterol**



## Rick's Success Story

*66-Year-Old Grants Pass Man Improves Mood And Sleep And Reduces Daytime Anxiety Without Prescriptions.*

Rick's doctor prescribed Paxil and Adavan for anxiety. Concerned about side-effects he decided to try a safe, natural formula instead and Rick said: "It worked great!" **Theanine Serene with Gaba and Relora from Source Naturals** is a powerful natural blend that significantly reduces anxiety while calming and stabilizing moods. It helps provide a profound sense of mental and physical relaxation and well-being.



Rick Chapman says goodbye to prescriptions

## Sue's Success Story

*72-Year-Old Grants Pass Woman Is Reversing Osteoporosis Without Prescription Drugs.*

Sue Sawyer has been getting bone density tests for 6 years. 2 years ago she began using the **Grow Bone** formula from Garden of Life.

Her doctor told her that this year's **test showed a BMD (Bone Mineral Density) increase in her lower spine of 3.6%**. He called that "statistically significant" and said he rarely sees increases. Her thigh bone density increased 2.1%.



Sue's doctor said he: "rarely sees bone density increase"

**THE GROW BONE KIT** has been clinically tested and proven to:

- Reduce Osteoporosis Risk
- Stimulate Bone Growth
- Increase Bone Strength
- Increase Bone Mineral Density

One of the healthiest aspects of the Grow Bone System is that results are achieved using about half the total amount of calcium that doctors usually recommend. This is because it's highly bioavailable, organic, raw-food derived calcium, accompanied by the right amounts of magnesium, boron, silica, strontium and vitamins K & D-3 – everything your body needs to absorb calcium & make strong bones.

**Too much of the wrong calcium can cause bone spurs, kidney stones or hardening of the arteries - no such worries with Grow Bone.**

"I always find what I need and the staff is always ready to answer questions and help me find what I am looking for."  
...Susan Phipps Grants Pass

"The knowledgeable, well trained staff always gives me good advice."  
...Anthony Tagliere Grants Pass

"The staff was knowledgeable, helpful and nice. All my questions were answered & I got just what I needed to solve my health problem."  
...Dola Giorgi Grants Pass

## Randy's Success Story

*46-Year-Old Grants Pass Man Lost 200 lbs. Let's See How He's Doing, 2 Years Later*

In early 2011 Randy Storestad was 415 lbs and his doctor told him not to come back unless he lost weight. **He was basically fired by his doctor.**

Randy took the message to heart and realized the doctor was right, his excess weight had become life threatening and weight loss needed to become a top priority. He wasn't optimistic. He had tried virtually every weight loss program available and was too big to exercise. He felt his chances of losing weight were "slim to none". Soon after, Randy's sister told him about the HCG diet plan she had purchased at Sunshine. He decided to try it.

One of the first things Randy noticed while taking the HCG drops and following the diet was that he wasn't particularly hungry. In fact, he found the diet easy to stay on. He did notice that he needed to drink plenty of water and that was stated in the instructions.

**In his first 6 weeks carefully following the diet and using the HCG drops Randy lost an astonishing 61 lbs.** In all, Randy completed 4 rounds of HCG and lost over 200 lbs.

Two years later, his weight is stable and sustainable at around 235 lbs. Randy walks 3 1/2 miles a day in about 90 minutes. In a simple, inexpensive home gym, he works out with, high repetitions of light weights, three times a week.

**Congratulations Randy!!! You're an inspiration to everyone who sees you walking around town.**



Randy Storestad from Grants Pass loses 200 lbs in 10 months

"I always love coming to Sunshine and having a delicious smoothie. The meals are wonderful, the staff is knowledgeable, and everything is healthy all the time!"  
...Gina Lipp Grants Pass

"I love everything about your store, especially the helpful information regarding your supplement selections, excellent service and the fresh, tasty, thoughtfully prepared organic foods."  
...Cheryl Cronin Rogue River

"I appreciate a lovely atmosphere, questions answered in depth, fabulous products and the one recommended for acute sciatica, is a kick-ass remedy. Thank you Rob for being there for anyone who seeks to live and eat consciously. And your Sunshine granola is "to live for".  
...Karen Leitner Rogue River

"I liked that the personnel seemed genuinely interested in what I was trying to find out and gave me facts and honest opinions as to which was the best product for my needs."  
...John Mahler Grants Pass



## Ruth's Success Story

70-Year-Old Grants Pass Woman Is Reversing Osteoporosis

After reading Ruth's bone density scan several years ago, her doctor said she had osteopenia, a condition where bone mineral density is lower than normal.

The following year her bone scan showed that the condition had worsened and the diagnosis was now osteoporosis. Her doctor recommended that she begin taking prescription Fosamax immediately. It's been well documented that Fosamax can cause jaw bone death and other complications. Ruth was very reluctant to go down that road. Instead, she began using the **GROW BONE KIT from Garden Of Life**. This exact formula has been clinically tested and proven to:

- Reduce Osteoporosis Risk
- Stimulate Bone Growth
- Increase Bone Strength
- Increase Bone Mineral Density

After 2 years using this formula Ruth went back for another bone scan. The good news: Her doctor said her bones were stronger and told Ruth to: "Just keep doing whatever you're doing."

One of the healthiest and most amazing aspects of the **Grow Bone System** is that results are achieved using about half the total amount of calcium that doctors usually recommend. This is because it's highly bioavailable, organic, raw-food derived calcium, accompanied by the right amounts of magnesium, boron, silica, strontium and vitamins K & D-3 – everything your body needs to absorb calcium & make strong bones.

Too much of the wrong kinds of calcium can cause bone spurs, kidney stones or possibly even hardening of the arteries. There are no such worries with the **Grow Bone System**.



Ruth Wagnell from Grants Pass reverses osteoporosis

## Catherine's Success Story

69-Year-Old Grants Pass Woman Can Use Her Hands Again!

Catherine Wiley hyper-extended her left knee while jogging and began using **Wobenzym** to treat it. It worked great!

**What happened next was**

**amazing:** The side-effects of **Wobenzym** were fantastic. It provided profound relief for debilitating chronic pain and stiffness she had in her hands and fingers for decades.

**Catherine says her hands feel better now than they have in 30 years!** "I couldn't knit or play the piano and needed help opening jars and the mail. I could barely hold a pen. My hands throbbed lying in bed...I needed aspirin just to go to sleep." Her doctor called the condition, "trigger-fingers."

Within two weeks of beginning **Wobenzym**, she experienced dramatic improvement. **Within two months, she was able to play the piano for the first time in years.**

**Wobenzym** has been proven to work in 6 human clinical studies with 2,489 patients and has sold over 29 million bottles.

**The Key Benefits of Wobenzym Include:**

- Supports Joint and Tendon Health
- Relief from Aches, Pains and Muscle Soreness



Wobenzym provided pain relief and increased flexibility far beyond expectations

## Kristin's Success Story

65-Year-Old Rogue River Woman Has A New Life Thanks To CBD.

65-year-old Kristin Thompson from Rogue River was used to handling everything life threw at her. However, in a few month's time she was knocked off balance.

Kristin retired after a long career and within 3 months her mom passed away. Anxiety set in and life became very difficult. She came to Sunshine and Jon gave her the understanding she needed to give **CBD** a try.



Kristin feels like a new person thanks to CBD

**THE RESULTS:** Within a week Kristin began feeling really good again. Her mood improved, her anxiety vanished and her energy increased. She needed less sleep. Her blood sugar numbers normalized which helped control her appetite and lose 20 pounds. Joint pain is way less and she said: "**I feel like a whole new person.**" Her doctor said: "**You're obviously doing something right. Keep doing what you're doing.**"

Kristin once left town for 3 days without her CBD. Going without it reminded her how much better she feels taking it daily. She loves sharing her CBD story with friends.

CBD is extracted from hemp. Unlike THC (it's more famous cousin) CBD can provide pain relief and many other 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.

"Everyone is always helpful. I feel like you truly want to help people heal. The food is amazing. So far everything you have suggested has worked great for all family members. THANK YOU ALL!"

...Michelle Welch Grants Pass

"I so appreciate Rob's product knowledge AND his ability to fit product with customer concern. Obviously he is a good teacher because his staff stands ready to do the same. I am so grateful for SUNSHINE."

...Evelyn Heinrichs Grants Pass

"Sunshine always feels warm and welcoming and the food is delicious, nutritious and safe to eat. Also, I appreciate how Rob shares his knowledge of health generously with those in need of help. Sunshine is a gem in the heart of Grants Pass!"

...Karaina Black Williams



## Bill's Success Story

*Bill Becker, a 65-Year-Old truck driver from Grants Pass had this to say about Vision Optimizer:*

**"Vision Optimizer saved my job and keeps me behind the wheel!"**

"I've been a truck driver for 45 years. Last year I realized that **my night vision was failing**. Glare from oncoming headlights became unmanageable and I dreaded driving in the rain. Reading street signs from a distance was impossible. **I told my boss I was going to have to retire**. Then I went to Sunshine and spoke with Rob. He suggested a formula called **Vision Optimizer**. It's been an absolute miracle for me. **In 4 or 5 months my eyes improved 80%**. I can see the highway with headlights coming at me and my night vision problems are gone. **I now plan on working at least 6 or 7 more years."**

**"I hope my story helps a lot more people."**

**Vision Optimizer** is a synergistic blend of 17 ingredients. Elements of the formula such as lutein, zeaxanthin and alpha lipoic acid are effective antioxidants that target the structures of your eyes such as retina and lenses. Other ingredients promote fine capillary building.

**Results are usually experienced in 3 to 6 months. It takes awhile to give Vision Optimizer a good, fair honest shot, but Bill Becker discovered, it was worth the wait.**

## Joan's Success Story

*Tons More Energy For All the Things She Loves to Do.*

Especially during spring, summer, and fall, 79-year-old Joan Phillips of GP is a very busy gal. The challenges of daily yard work and gardening are considerable.

**Strength 24** has made these activities far easier than they've been in a long time. Joan says the **increased energy, strength, and stamina she feels is "totally amazing!"** She also says her thinking is more positive and she has more "drive" to get off the couch get her work done.

And at the end of every one of Joan's productive days, she is happy to experience **deeper, more restful sleep.**

**Strength 24** is a patented extract of Jasmine Flowers ( used for centuries in Chinese medicine) combined with the natural amino acids L-arginine, taurine, and citrulline. It is a multi-functional healthy-aging formula. The **Strength 24** formula increases enzymes that naturally begin to decline in people after the age of 40. These enzymes are critical for optimum muscle function and repair.

**Strength 24** was originally created as an anti-aging muscle and vitality enhancer. Coincidentally it was discovered that **Strength 24 also had a substantial and positive effect on the smooth muscles lining the bladder wall, significantly enhancing bladder control in men and women.**



Bill Becker from Grants Pass saves his job and his vision



Joan has found the fountain of youthful energy

## Become A Member Today

**The Sunshine Rewards Program Is Free...  
And Pays You Back 3 Different Ways**

**Every time your purchases from anywhere in our store add up to \$250, you'll receive \$10 back** in good-as-cash coupons you can use towards your next purchase. Some people earn \$10 back almost every month, others might take a year, however long it takes, we're happy to send you \$10 every time what you buy adds up to \$250.

**Having the Sun Times Health Newsletter delivered straight to their door** (or post office box) every month is what many people think is the best part of being a Sunshine Rewards customer. In it you'll get lots of great how-to-stay-healthy information including a feature article written by Rob every month along with announcements of new products and sale items, and, as they come in, more amazing natural healing success stories from real, live, local Sunshine customers.

**A birthday card and gift from us** will help you celebrate in healthy style. You'll receive a coupon for a free, organic juice, smoothie, soup or dessert every year.

**If you don't have a Sunshine Rewards card yet...you're missing out.**

**Joining the Sunshine Rewards Program is Easy, It Only Takes About One Minute. The Next Time You're In, Let Us Get You Started, So We Can Start Paying You Back.**



**Anthony Tagliere participated in our free Gold Rewards card special drawing and was one of four people who won over \$800 worth of the healthiest supplements available.**

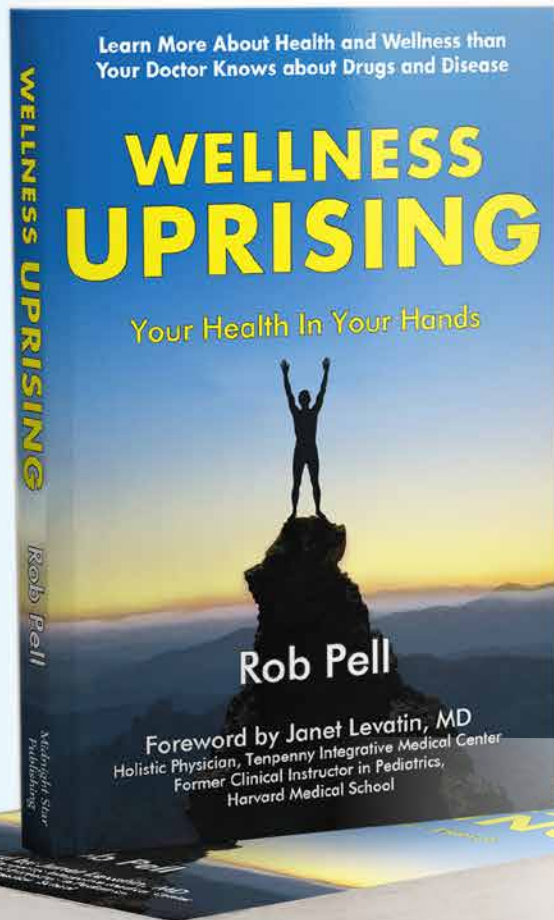
*"The staff at Sunshine Natural Foods is always friendly and helpful. I really appreciate Rob and his knowledge of health food supplements. He's been a reliable resource over the years. My husband loves your granola. The salad bar is one of my favorite places to grab lunch to bring back to work. It's always fresh, tasty and organic."*

*...Sharon Spagnola Grants Pass*

**Sunshine is dedicated to helping people empower themselves through holistic health education so they can be free of the Big-Pharma dominated drug delivery system for primary health care.**



# Available Now!



## Read What Doctors Are Saying About "Wellness Uprising"

"Wellness Uprising is a compelling book for our times. It speaks the unvarnished truth. No matter how much you already know about health and wellness, this book gives you practical tools to live more healthfully."

– Janet Levatin, MD

Holistic Physician,  
Tenpenny Integrative Medical Center  
Former Clinical Instructor in Pediatrics,  
Harvard Medical School

"Wellness Uprising empowers readers to awaken from the hypnotic trance the Western medical model has them in, is highly readable, enjoyable and invaluable. It takes on Big Pharma, Big Farming, and the government agencies that are supposed to oversee public health. In this book, Rob Pell shares his extensive health knowledge in a no-nonsense yet humorous manner."

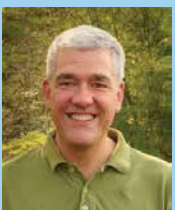
– Steven Rotter, MD

Integrated Medical Physician,  
Grants Pass, Oregon

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- Michael T. Murray, ND

**Widely regarded as one of the world's leading authorities on natural medicine**, Dr. Murray has been featured Primetime Live, 20/20, and Dateline NBC and has written over 30 books including, The Encyclopedia of Natural Medicine



Rob Pell has committed 35 years of his life to helping people increase their knowledge and use of natural foods, products, remedies, exercise, and healing. Dr. B.K.

Frantzis, certified him as an instructor in the time-tested, healing movement arts of tai chi and chi gung. The award winning Boston area natural foods restaurant, Five Seasons, which he co-founded was featured on CNN, CBS, and the Food Network. Along with his wife, Kate, he currently owns and operates Sunshine Natural Foods in Grants Pass, Oregon and is a health and wellness columnist for online and print media.

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