

## Miracle Health Breakthrough!

How much would you pay for a product that's proven to improve mood, memory, creativity, and focus while reducing your chances of dementia, heart disease, and osteoporosis?

**Would the price of FREE make you a customer for life?**

Dozens of scientific studies prove that when you're active or exercise outdoors you not only improve cardiovascular health but also receive significant psychological and neurological benefits as well. Outdoor exercise and recreation forces your mind to pay attention to the changing terrain, scenery, and skyline. **Whether you walk or bike hills, a beach, or a winding path, your mind has to focus differently than it would staring at boring gym floors, walls, or video screens.**

By doing brain scans on people who exercised outdoors scientists found that there was decreased blood flow to the part of the brain associated with bad moods. **Everything from feeling sad or worried to major depression seem to be tied to this brain region. Exercising out in nature deactivated it.** Outdoor exercise may involve the same muscle groups as gym work but from the neck up the benefits are measurably greater producing more restful relaxation and sleep and far lower levels of brooding, or obsessive worry. Control groups who spent the same time indoors or walking on crowded city sidewalks demonstrated no such improvements.



A Scandinavian Journal of Medicine study demonstrated significant cardiovascular improvements in people who biked to work as little as three times per week, two miles each way. **Total cholesterol and blood pressure decreased and good cholesterol increased.**

The U.S. Department of Transportation found that a typical adult who used active transportation (walking and biking) had fitness levels of someone ten years younger than their actual age. A 30 minute outdoor daily walk or bike ride is associated with better mental health for men and reduced risk of breast cancer for women, reported the Journal of Epidemiology. In California, **people who walked or biked for transportation took 15% fewer sick days than people who commuted by car.**

Countries with the highest levels of active transportation have the lowest obesity rates. That alone isn't surprising. But what is cause for great concern is that, increasingly, American parents are putting our country's children on a path to obesity. In 1969, 42% of kids walked or biked to school and obesity rates were around 5%. Today, those numbers have changed dramatically for the worse, as just 16% percent of American children walk or bike to school and nearly one in three American kids are obese.

**Continued, lower right next column**

## Preventing Lyme's & Other Tick-Borne Diseases

Lyme's disease is a bacterial infection typically transmitted through the bite of an infected tick. Ticks are tiny insects that look like small spiders. Lyme's is estimated to affect 300,000 people in the US annually.

Ticks wait on low hanging plants and brush for a person or animal to pass by. When a host brushes against the plant, ticks cling to fur or clothing and then crawl upward looking for a place to bite & begin feeding.



**Most experts believe ticks need to be attached for at least 24 hours to transmit Lyme's.** To remove them use tweezers to grasp the tick as close to the skin's surface as possible and pull up with steady pressure. Apply disinfectant afterward.

**Prevention is the smart move.** Many tick repellents are highly toxic. I much prefer essential oil blends that provide excellent protection including cedar, citronella, lemon grass, and others. Spray or rub them on your boots, socks pants and skin before hiking and other activities in brushy wooded areas.

## Sunshine Carries "Wondercide" & Other Excellent Natural Tick Repellent Formulas

### Miracle Health Breakthrough continued:

**Grants Pass has many fine bike lanes, sidewalks, parks, and trails with only one major problem – people forget to use them.** I recently attended the kickoff event for the Blue Zones healthy lifestyle program at GP High School. The place was packed with people and enthusiasm and probably 400-500 cars were parked outside. Ironically there were only 4 bicycles (including mine). Come on folks, no one else can do the exercise for you!

Summer and early autumn are the seasons when it's really inviting to break out of old habits. It gets light early and dark late and the summer weather is practically begging us to be exercising outdoors alone or with friends. **Walking and riding are easy, fun and free – plus there's no membership or spandex required.** What more could anyone ask for?

I'm currently in my 35<sup>th</sup> year, of year-round bicycle commuting. In 2009, I put only two tanks of gas in my car the whole year and have saved tens of thousands of dollars in the last three decades by relying on pedal power. Going to work I don't need coffee to wake up or to jump start my heart and brain; the fresh air and exercise does that. The evening ride home helps calm and clear my mind, so it's reasonable to say that my recreational "drug" of choice has two wheels and hand brakes.

**Tape this article to your fridge** as reminder of the free miracle "breakthrough" that can help keep you fit, happy and balanced.



## 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.

**Rob Pell,**  
owner at  
**Sunshine**

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 plenty of time to include a question-answer period so we'll all learn something new.

During the past year local groups have provided me the opportunity to share evidence-based holistic health information to over 200 of their members. I greatly appreciated their interest. Call me @ 541 474 5044 between 1 & 6 pm. and we can discuss availability & options.



## Now Available At Sunshine Spectrum Vibrance

The bright pigments of the plants in Spectrum Vibrance, that give them their vibrant reds, yellows, blues, and greens are known as polyphenols, an extensive class of phytonutrients with a broad range of health benefits. Each serving of Spectrum Vibrance delivers nutrition equivalent to 4.5 servings of fruits and vegetables.

*From the Vibrant Health line of premium quality formulas*

The added botanical extracts and bioactive food substances, such as lycopene, astaxanthin, phycocyanin, turmeric, and curcuminoids enhance the antioxidant protection significantly benefiting our immune health, eye health, circulatory health, and longevity.

**Compare to Dr Gundy's Vital Reds:** Spectrum Vibrance has more polyphenol-rich ingredients, is GMO-free and costs a lot less ... **Spectrum Vibrance is the obvious winner!**

**Save 10% Thru July 21<sup>st</sup>**



## One Of My Favorites, Organic Stuffed Grape Leaves

Don't let the can fool you. These stuffed grape leaves are way better than I ever expected they could be. Fantastic as an appetizer, snack or side dish.

I especially love dipping them in Sunshine Hummus for a super-fast healthy lunch or quick dinner.



**On Sale Thru July 21<sup>st</sup>, Only \$3.99/can**

**Do you have a health success story attributable to a product or advice you got at Sunshine? Please let us know. Sharing it in our newsletter will help hundreds of people.**

# The Perfect Pair



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# Relief

Sunshine customers say Green Earth Medicinals (GEM) topical pain relieving CBD cream is a winner. It provides pain & inflammation relief with a fresh clean citrus scent. Non-greasy, it rubs in and disappears within seconds. Use it to help soothe nerve, muscle, and joint pain. For areas of chronic discomfort it works best used along with their under-the-tongue CBD tinctures or spray.

**Save \$10 Thru July 31<sup>st</sup>**

Buy The New GEM 2 oz. Topical Pain Relieving Cream Or Spray Along With Any Size Oral CBD Product And Get \$10 Off.

**It's The Perfect Pair For Pain Relief**



*Available as powder or tablets*

## Relief From (& Prevention For) Bladder Infections

**U.T. Vibrance from Vibrant Health Is The Most Powerful Formula We Have Ever Seen For the Treatment Of Painful Urinary Tract Infections.**

This one product has it all. Vibrant Health's **U.T. Vibrance** combines carefully selected botanical extracts and powders traditionally used to support healthy urinary tract function along with a massive dose of European D-mannose. Mannose is a sugar that passes through the human system unmetabolized (does not raise blood sugar). Once absorbed, it quickly finds its way to the bladder where it helps dislodge infection-causing E.coli from the bladder wall so it can easily be passed in the urine.

**U.T. Vibrance** is far more effective than cranberry juice alone. Many people report that it's just as effective for them as antibiotics. It can be used at a low dose periodically as a preventative or full strength as a crisis intervention formula.

Available in tablets or as a mildly sweet tasting powder that mixes easily in water or juice. **U.T. Vibrance will maximize your chances for long term urinary tract health especially when used as a preventative for people who have a history of recurrent bladder infections.**

### Key Benefits

- \* Eradicates E.coli Bacteria From the Urinary Tract
- \* Stops Itching, Burning, and Painful Urination.
- \* Promotes Urinary Tract Health

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

CBD is an extract derived from low THC hemp and is legal without a prescription in all 50 states. It's excluded from the Controlled Substances Act and unlike THC, **CBD creates no "high."**

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 confirm what some had known for years: **CBD can provide astounding life-changing benefits often where mainstream pharmaceuticals have failed.**

**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 I started 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. Practically every week for the past year companies from all over the country have offered our 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 the 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 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

**Advance In Medicine continued lower right next column**



*Other brands she tried didn't work*

## Relief From Work-Induced Body Pain

### Sharon's Success Story

59-Year-Old Sharon Peacock from Costa Mesa, CA has extraordinary stamina, but sometimes it can get the better of her. During a recent 3-week stretch, as part of her job, she drove over 7,000 miles.

She made sure she got good sleep and her mind was willing, but eventually her body started complaining. She began to experience numbness and tingling in her right elbow, and pain and stiffness in her lower back and right leg.

While in Grants Pass Sharon saw an ad for a Hemp Show at the JoCo Fairgrounds and decided to check it out. At the show she tried samples of topical **CBD** pain relieving creams from 6 different manufacturers on different parts of her body.

**The Results: Within 30 minutes the topical CBD cream from Green Earth Medicinals was the only one that provided relief** (Green Earth Medicinals is the only brand of CBD products Sunshine has chosen to carry).



*The brand that works*

**Sharon now uses the 300 mg jar of the topical cream along with the 1200 mg under-the-tongue drops** and said the longer she's used it the more relief she's gotten. We look forward to catching up with Sharon the next time her travels bring her through Grants Pass.

**Green Earth Medicinals CBD** is extracted from organically produced, State of Oregon certified low THC hemp. Unlike THC (it's more famous cousin) **CBD is non-intoxicating** and can provide pain relief and many other health benefits without the "high."

### Advance In Medicine continued:

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."**

Further, 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.

When we first began offering CBD I was totally shocked when the first 2 bottles we sold came from MD referrals. The first was for an 82-year-old woman with inflammatory bowel disease. The 2<sup>nd</sup> was a woman suffering from severe bursitis.

**CBD, the non-intoxicating cannabis extract, is helping a lot of people get off opioids and other prescriptions and live clear-headed, calmer, more pain-free lives.**

**Free Shipping Anywhere In The U.S. On All Supplement Orders Over \$100**



## Win 2 Free Tickets For A Hellgate Jetboat Ride

Exciting, beautiful, safe and educational, a Hellgate Jetboat trip can be the highlight of anyone's summer.

Enter any time you shop at Sunshine in July

Entering is super easy and is open to anyone who has or gets a Sunshine rewards card. Anytime you shop at Sunshine this July take a brief moment to fill out the 3-line jetboat entry form and you can be a winner.

### The Coolest Way To Spend A Hot Day This Summer



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.

On Sale Thru July 21<sup>st</sup>

Oregon Albacore Tuna Loin only \$13.98/lb  
Oregon Halibut Filet now \$21.98/lb

## Now Available At Sunshine Garden Of Life Organic MCT Oil



### Increase Energy, Lose Weight, Improve Thinking, Curb Hunger

Designed for athletes looking for a fast burst of energy or anyone looking to support brain health, Garden of Life MCT Oil (Medium Chain Triglycerides) is extracted from 100% organic coconut oil.

MCTs are burned by the body for energy (fuel) instead of being stored as fat and MCTs have proven beneficial effects on cognitive function.

Garden of Life MCT Oil is the best available. Use it to make "Bulletproof Coffee", the supercharged way to start your day.

### Energy For Hours - Organic Bullet Proof Coffee Recipe

8-12 oz freshly brewed org coffee, 1 tsp to 2 tbsp org MCT oil, 1-2 tbsp org grass-fed butter, blend for 15-30 seconds. It'll look like a creamy latte with foam on top. Alertness for hours!



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- SEE INSIDE FOR -

Feature Story ... Free Major Health Breakthrough Preventing Lyme's Disease

Understanding CBD's popularity... Plus \$10 Off Sale Supercharge Your Diet With Colorful Nutrition



## Increase Energy, Eliminate Toxins & Reduce Inflammation With An Organic Juice Cleanse

Juice cleansing is a healthy, easy, delicious way to detox and nourish your body. It's simple. Just take a day or more from your regular diet and instead consume organic plant-based nutrients in the form that's easiest for your body to assimilate – fresh, raw, organic vegetable & fruit juices.

Give your gut a rest. The nutrients in freshly made juice are readily absorbed with little or no work by your digestive system. Feel the increased energy!

### Sunshine Makes Juice Cleansing Affordable

Choice of fresh juice blends from our list. Packed in glass jars  
Any 3, 16 oz jars ... \$16.98 Any 6, 16 oz jars ... \$32.50  
Packed on ice to ensure freshness

Any Juicing book in stock ... half price with any order\*

Custom blends available. We prefer 30 minute notice if possible. Jar deposit extra. \*Max one book per family

- Customer Quote Of The Month -

"When friends come to visit they get yogurt, fresh fruit, and Sunshine Granola for breakfast. Then we go to Sunshine so they can buy some to take home." - Bobbi White, GP

Free Shipping Anywhere In The U.S. On All Supplement Orders Over \$100