

Getting To The Heart Of The Matter

Co-Q-10 (Coenzyme Q-10) is a vitamin like substance made by our bodies from dietary raw materials. All of our muscles need Co-Q-10 to process oxygen for energy. **Since our heart is our most oxygen intensive muscle (uses the most oxygen for its size) it is very dependent on Co-Q-10.** Biopsies show that about 2/3 of the people with heart diseases are deficient in Co-Q-10. Another serious consideration is the fact that in the US more than 25% of adults over 40 are now using cholesterol reducing statin drugs. Statin drugs are notorious for reducing our body's ability to manufacture Co-Q-10. That's why people using statins often complain of muscle pain and fatigue - they are Co-Q-10 deficient. The good news is that correcting Co-Q-10 deficiency with supplements has created impressive results.



Co-Q-10 can make exercise easier

One study was done on 80 patients with heart disease who were administered 100 mg/day of Co-Q-10 orally for 12 weeks. **89% showed significant improvements** in the amount of blood their hearts pumped (the ejection fraction), reduced shortness of breath, and increased muscle strength. The improvements lasted as long as they continued using Co-Q-10.

Another study showed improvements in 82% of cases. The 2-year survival rate for these patients was 62% vs 25% for similar heart patients given conventional drugs. In short 2 ½ times as many patients might be alive after 2 years had they chosen Co-Q-10 instead of pharmaceuticals.

The very first customer success story we ever published in the Sunshine newsletter almost 20 years ago was about a 74-year-old customer from Gold Hill named Don Razy. He was admitted to the hospital in June of 2000 and diagnosed with congestive heart failure. **His heart was 4x its normal size**, he needed continuous oxygen and was unable to walk the short distance from his hospital bed to the bathroom. **His cardiologist gave him 2-4 weeks to live!**

Don's daughter was a dialysis nurse in New Jersey who just happened to be treating a retired cardiologist. She mentioned her dad's dilemma and the cardiologist said one thing: Get him on Co-Q-10! Don's wife Ilene came to our store and purchased Co-Q-10. Don began taking 300mg per day (a large dose) along with hawthorne herbal extract. **The amazing results: A year later Don was feeling great and back to mowing his lawn and feeding his chickens!** His cardiologist began referring to Don as "The Miracle Boy." But we know it wasn't a miracle ... it was the Co-Q-10!

After publicizing Don's story several other customers with very serious heart problems experienced dramatic improvements after taking Co-Q-10. We published their stories as well.

Continued in next column



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Heart Matters Continued:

There have been at least 8 international conferences on the clinical aspects of Co-Q-10. 3,000 papers submitted by 200 different physicians and scientists from 18 countries. Most focused on heart disease and were remarkably consistent. The Conclusion: **Heart function is significantly improved by Co-Q-10 while producing very few adverse side-effects or drug interactions.** Most who used it also felt more energy.

I know from 2 experiences in my family that **many highly regarded mainstream cardiologists amazingly will still not recommend Co-Q-10 until you ask them about it.** The older you are the more benefit you're likely to receive from using it.

Co-Q-10 is a fat soluble nutrient. This means that it will best be absorbed if taken with a small amount of oil or fat, like what would be present in a typical meal - animal proteins, nuts, seeds, butter, avocados, etc. Taking it by itself on an empty stomach will hamper absorption. In the last several years a new, better absorbed form of Co-Q-10 has been made available, ubiquinol. In healthy young adults over 90% of the Co-Q-10 in the body is in the form of ubiquinol but as we age both the total level of Co-Q-10 and the body's ability to convert it to ubiquinol decline.

Common doses in many studies were 100-150 mg/day. Many nutritionally oriented physicians will recommend doses as high as 400-600 mg/day for patients with severe heart conditions or to neutralize the negative effects of statin drugs.

Co-Q-10 has many other benefits but where it really shines like no other is in helping improve matters of the heart.



Natural Approaches To Optimizing Thyroid Function

w/ Curtis Kunkle Naturopathic Doctor

Free Evening Talk Followed By Question and Answer Session

Have you ever experienced: Fatigue, difficult to reverse weight gain, brain fog, depression, infertility, dry skin, or unexplained hair loss?

You may be suffering from hypothyroidism.

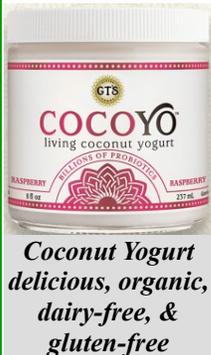
Dr. Curtis Kunkle is a naturopathic physician who specializes in thyroid and adrenal imbalances. He also focuses on complicated, hard to treat and conditions that other health practitioners have been at a loss to identify.

Dr. Kunkle resides in Portland Oregon and is in the process of moving to his practice to Southern Oregon.

When: Thursday, November 8th from 6:30 to 8:00 p.m.

Where: Sunshine Natural Foods, Grants Pass Oregon

Cost: Free



Coconut Yogurt delicious, organic, dairy-free, & gluten-free

New At Sunshine COCOYO

CocoYo Raspberry is a smooth and dairy-free coconut yogurt to help start your day. Made with the meat of raw, young coconuts, CocoYo's naturally tart and effervescent taste is beautifully balanced with the subtle addition of organic Raspberry juice.

Crafted to support healthy digestion and nourish the gut, CocoYo Raspberry offers billions of living probiotics by the spoonful. **Thumbs up across the board from the Sunshine staff.**

Cough Or Sore Throat? Sunshine Has The Lozenge For You!



Quantum Cough Relief Organic Lozenges are a must during the winter & back-to-school seasons when your throat needs soothing and your cough needs quieting - highest quality ingredients.

Quantum TheraZinc Organic Lozenges provide 7 mg per drop of highly bioavailable zinc. Formulated to eliminate the zinc taste of most traditional zinc lozenges.... More flavors available.

Also Available At Sunshine Colloidal Silver-Manuka Honey Lozenges



Relief From 20 Years Of Shoulder Pain

Howard's Success Story

Retired & living life pain-free

59-year-old Howard Binney of Grants Pass was a firefighter for 30 years. About 20 years ago he was on a ladder fighting a structure fire when the window next to him blew out knocking him to the ground. He suffered cracked ribs & a torn rotator cuff (shoulder)

Needing to be clear-headed for his job as a firefighter Howard didn't want to use narcotics for the pain. Doctors prescribed Meloxicam instead, a prescription anti-inflammatory. However the side-effects of long term use can be quite serious: nausea, dizziness, gastrointestinal bleeding, and more.

Now that Howard is retired and no longer has to be concerned about drug screenings at work (note - while not considered nearly enough to cause euphoria (the high), the minute/trace amounts of THC in virtually all low THC CBD products may show up in drug screenings) he decided to try CBD for his ongoing shoulder pain.



The brand that works

The Results: In about 10 days of daily use Howard's shoulder pains were gone. He also said it improved his sleep the first night he used it.

With his shoulder pain under control, Howard now plans to actively pursue one of his favorite activities: rowing and fishing the rivers of the Pacific Northwest.

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." It's grown, extracted & bottled in Central Point, OR.



Winter Wellness Essential Oil Combo Kit

Kit Includes: a 1/3 oz bottle of Tea Tree, Nature's Shield, Clear The Air, and Eucalyptus. As a mist from an electronic oil diffuser or just a drop on your upper lip, Eucalyptus helps keep sinuses clear.

When everyone around you is coughing or sniffing, using Nature's Shield in a diffuser can provide the protection you need to stay free of colds and flu all winter long.



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