

A High Fat Keto Diet Can Be Very Healthy

The ketogenic diet approach focuses on consuming lots of fats, moderate protein, and minimal carbohydrates. A 70-25-5% ratio will help you transition to burning fat for fuel instead of sugars.

Benefits of a keto diet are well documented and can include: **weight loss, reducing inflammation, pain, blood insulin levels, and appetite and increasing energy and muscle mass.** Several customers have reported their inflammation and associated pains have completely disappeared when following a keto diet.

One huge advantage of keto dieting is minimal calorie counting. Many people easily lose weight consuming 2,500 to 3,000 calories per day on a high fat, low carb keto diet.

But Wait, Aren't Fats Bad For You? Actually high quality, organic fats are very good for our health. Throughout history, virtually all cultures around the world have thrived using naturally saturated fats as dietary mainstays, especially for cooking. Butter in Europe, ghee (clarified butter) in India, beef tallow in America, pork lard in China and coconut and palm oils in the tropics are all high in saturated fats. The Inuit and Eskimos eat diets that include large quantities of fat, but have very low incidence of heart disease. **The Maasai in Kenya are known for eating huge quantities of saturated fat – sometimes a half a pound of butterfat or several pounds of meat a day – yet their hearts are clean as a whistle!**



Perfect keto lunch: baked avo, egg & salmon

According to the American Journal of Clinical Nutrition, the conclusion of an analysis of the history and politics behind the diet-heart hypothesis was, that after 50 years of research, there was no evidence that a diet low in saturated fat prolongs life. Controversial MD Dwight Lundell performed over 5,000 open heart surgeries early in his career. Later, in his book [The Cure for Heart Disease](#), he wrote: "prescribing medications to lower cholesterol and a diet severely restricting fat intake is no longer scientifically or morally defensible."

Lundell posits that **abnormal inflammation of artery linings is what causes cholesterol to become trapped.** The biggest culprit causing chronic inflammation, is regular consumption of foods high in processed sugar and carbs.

Heart disease was extremely rare until about 1920. In America, during the Great Depression of the 1930s, people began switching from butter to margarine and began using Crisco, a man-made saturated fat derived from vegetable oil, because they were cheaper. Sugar consumption has nearly doubled since then as well.

Unfortunately, the so-called "proof" that saturated fats are bad for health came from the 1953 "Seven Countries Study" by Dr Ancel Keys. This severely flawed study showed that countries where people consumed the largest amounts of saturated fats had the highest rates of heart disease. **The biggest problem with Keys' study was that he cherry-picked data** from countries that were



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likely to support his theory and omitted others. Another major flaw was that he failed to distinguish between natural saturated fats and man-made saturated fats (trans-fats).

Naturally saturated fats are actually ideal for cooking and baking because they are extremely stable. They don't form toxic by-products when heated. A layman's explanation of saturated fats is easy to understand - saturated fats are fats that turn solid when they cool down to room temperature, at about 76 degrees. Unfortunately, this gives a negative impression suggesting saturated fats will harden inside our bodies. But whether solid or liquid, the chemical structure of a saturated fat remains unchanged - just as the chemical structure of water remains unchanged whether it is in the form of ice, water or steam. Plus, live humans naturally run at 98.6 degrees, well above 76.

Coconut oil is a saturated fat that has numerous health benefits. Studies from the 1930's and another in 1981 showed that Pacific Islanders who receive 30-60% of their calories from coconut oil demonstrated nearly non-existent rates of cardiovascular disease.

Of all the vegetable oils, using coconut oil as your primary cooking oil makes sense because it 's extremely resistant to heat-induced damage. Olive oil, is great for salads and other non-heated uses. However, when exposed to high heat, it smokes easily and develops an acrid taste. Its chemical structure makes it susceptible to heat-induced damage.

Naturally saturated fats taste good, are good for you and are what our ancestors thrived on for centuries before fake-fats became big business. The modern keto diet is based on many traditional truths.



Cholesterol Control Is Back In Stock!!!

Thank You For Your Patience

Cholesterol Control is a safe, synergistic blend of six different proven cholesterol fighters in a convenient 2-a-day formula. At Sunshine we see a success rate well over 90%, with most customers reporting cholesterol reductions of 30-70 points in as little as 5-8 weeks.

Using cholesterol lowering prescription statin drugs far too often results in debilitating short and long term side effects.

People using Cholesterol Control report feeling great. It contains the following:

RED YEAST RICE – is a naturally derived balanced statin that actually is a dietary staple in some Asian countries. A placebo controlled double blind study at UCLA School of Medicine demonstrated 10-30% reductions in cholesterol and triglycerides using red yeast rice.

CINNAMON EXTRACT – Recent studies showed 7-27% reductions in LDL (bad) cholesterol, 23-30% reductions in triglycerides and 18-29% reductions in blood sugar.

NIACIN – has been shown in large doses to reduce LDL up to 25% in 16 weeks and to increase HDL (good) cholesterol up to 33% compared with only 6% for prescriptions.

Co-Q-10 – is required by all muscles to utilize oxygen to create energy. **To a much smaller degree than artificial statins** Red Yeast Rice may sometimes slightly diminish our body's ability to manufacture Co-Q-10. This is why we added Co-Q-10.

GINGER – was chosen for this formula because it reduces and prevents oxidation of LDL and helps to improve circulation.

MILK THISTLE – is probably the number one herb in the world to help protect and improve liver function. The liver is where the body manufactures and recycles cholesterol.

Cholesterol Control was formulated by Sunshine's owner, Rob Pell, **It's a winner and at 28.98/month, a true bargain!**



Dr Dunner's Sambu Guard 3-In-1 Immune System Booster

The Elderberry, Echinacea, and Vitamin C in this formula provide a **power-packed immune system boost** when you need it most. Plus it tastes great!

Elderberry has been used in Europe for centuries for treating and preventing cold and flu.

Use It Every Day Or
At The First Signs Of Cold or Flu

Save An Additional 25% Thru March 23rd



Marsha knows which brand works best!

Using Green Earth Medicinals Back Pain Was Gone!

Then She Discovered That Other Brands Didn't Work As Well

Marsha's Success Story

While in her 40's Marsha Emerson of Grants Pass had 2 lower back surgeries. Now, 30 years later, she needed Aleve, Tylenol, and Advil trying to find relief for ongoing pain.

She read in the Sunshine newsletter about people getting great results using **Green Earth Medicinals (GEM) CBD** and decided to give it a try.

The Results: It worked great and Marsha's back pain was gone in less than 2 weeks.

What Happened Next: Hoping to save money Marsha went on line and bought a cheaper brand. It didn't work and her pain came back. Then she tried another cheap one from a well-known local hemp company. The pain remained! Then she came back and got another bottle of genuine Green Earth Medicinals CBD at Sunshine and her low back is now a thing of the past. Marsha said: **"the results depended on the brand."**

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



Green Earth Medicinals The brand that works

Why Buy The Best CBD?

Green Earth Medicinals testing goes far beyond the state mandates. **Each batch is quadruple tested** by an independent lab for heavy metals, pesticides, microbial presence, and potency. A certificate of analysis is available.

Hemp can and does pull toxins out of the soil and can be used to clean up toxic sites (soil remediation). However, the toxins are then transferred from the soil to the plants, so the source of your CBD medicine is very important.

GEM CBD is from So. Oregon farmland that was cultivated organically for nearly a decade. There are no nearby orchards or vineyards so the chance of pesticide drift is nearly zero. Their fields are not close to any major roads or other industries.

And The Results Often Depend On The Brand You Use!

Sunshine Found The Brand Of CBD You Can Trust

- Customer Quote Of The Month -

"I call ahead so my sandwich & juice are ready when I come to get my vitamins. Love that service!" - Cheryl Sweeney, GP