

Should Your Garden Be Organic?

So-called modern farming methods really deserve close scrutiny from a health perspective. Thousands of people across the U.S. have now filed lawsuits alleging that Monsanto's Roundup herbicide (the most widely used herbicide in the world) caused them to develop cancer. For many years Monsanto tried to convince everyone that Roundup was perfectly safe.

The jury, in the first of over 11,000 cases pending against the chemical company, ruled that Roundup caused a school district groundkeeper's Non-Hodgkin lymphoma. He was awarded \$78 million. Internal company memos brought out at trial demonstrate that Monsanto bought whatever made-up "science" they needed to support their misleading claims. Now in a second case, a judge ruled in favor of the plaintiff, ordering Bayer, which acquired Monsanto in 2018, to pay more than \$80 million. The victim used Roundup to kill weeds on his private property.



Healthy vegetables can only come from healthy soil

I urge Sunshine readers to seriously consider the healthy advantages of gardening organically and avoiding exposure to, and ingestion of, toxic chemicals. The benefits are many, including: more nutritious food, crops that better adapt to weather extremes and a healthier, safer, environment for animals and humans.

A big misconception about growing organic vegetables is that many people believe that the only thing organic farmers and gardeners do is forgo the use of toxic chemical herbicides, insecticides and fungicides. However, that's only one small (albeit very important) part.

The real work of organic growers is the building and nurturing of strong, healthy soil using organic composts, cover crops and manures. The nutrient values of harvested food are linked primarily to the biological activity of the microbes, organic matter, and mineral composition of the soil, along with the genetics and quality of the seeds. Nutrient-rich, healthy, strong soil leads to healthy, strong crops. Healthy, strong crops, lead to healthy, strong people. Microbial life forms are the "engines" of topsoil and critical to producing nutritious food. Exhausted soils cannot grow healthy, nutrient-rich food. Real health insurance starts with reestablishing and protecting healthy soil.

Government authorities have been aware of these issues for over 70 years. President Franklin D. Roosevelt said: "A nation that destroys its soils destroys itself." A U.S. Senate report written, amazingly, back in 1936 stated: "The alarming fact is that foods—fruits, vegetables and grains—are now being raised on millions of acres of land that no longer contains enough of certain needed minerals. These foods are starving us - no matter how much of them we eat!"

Conventional, modern method backyard gardens and farm systems rely heavily on highly toxic pesticides. These methods create serious negative impacts to healthy, lively soil.



- SEE INSIDE FOR -
Natural Allergy Relief Won't Make You Drowsy
Most Pet Food Labels Don't Tell The Whole Story
Not All Brands Of CBD Work The Same

Organic Substantially Outperforms Artificial Genetic Engineering

In addition to producing more nutrient-rich food, strong soils can also produce resilient plants that are less susceptible to environmental challenges. Results from the 30-year Farm Systems Trial conducted by the Rodale Institute in Pennsylvania demonstrated that organic corn yields were 31% higher than conventional farming yields in years of drought. These drought year yields are especially remarkable when compared to genetically engineered supposedly "drought tolerant" varieties which saw increases of only 6% to 13% over conventional (non-drought resistant) varieties. Organic methods substantially outperformed artificial genetic engineering. Plants grown from healthy soil are also more resistant to pests.

Synthetic pesticides are by name, definition, and purpose, designed to kill. Humans living in farming areas are often exposed to significant amounts of dozens of different pesticides not only in their food but in the air and groundwater as well. It's an inescapable byproduct of conventional, modern farming methods. Organic practices completely eliminate those hazards.

All living creatures and ecosystems benefit from sustainable organic growing practices - from the soil microorganisms and earthworms, to our children, grandchildren and pets. It's the farming and gardening practice that will create the greatest long-term yield for our health and planet. Further, cultivating our own summertime organic gardens will help make us grateful for the farmers and distributors who make store-bought organic veggies available to us year-round.



No Need To Suffer, Natural Allergy Relief Is Here And ... It Won't Make You Drowsy

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.

Farmina Brand Dog & Cat Foods Superior Formulas for Complete Nutrition Grain-Free & Non-GMO

Farmina ND, Natural & Delicious high-quality dog food is made of 70% animal ingredients, 30% vegetables, fruits, vitamins & minerals and **no grain**

Farmina pet foods are preserved using only natural anti-oxidants. To further ensure freshness during packaging nitrogen gas is used to displace oxygen in the bags to prevent fat oxidation and rancidity. This also helps guarantee the preservation of nutrients over time. **New from Farmina:** Canned foods for dogs and cats that are grain-free as well.

Sunshine stocks several varieties of dry and canned **Farmina** foods including Wild Boar, Chicken, Fish, and Lamb.

Consumer Warning: Most pet foods (including many/most so-called premium brands) contain really unhealthy ingredients. The animal proteins **can and do** come from euthanized pets, roadkill, and rejected scraps from meat processing plants. Many highly advertised brands **are more concerned with marketing than the health of your pets**. Many/most of the grain-free brands are actually still far too high in carbohydrates from potatoes, sweet potatoes, peas, lentils, garbanzo flour & more.

Farmina's Label Tells A Totally Different Story!



Relief From 5 Years Of Knee Pain

Lisa's Success Story

She found out which brand of CBD works

For 5 years 62-year-old Lisa Ward of Grants Pass suffered from increasing levels of pain in her left knee. Over the counter pain-killers helped some but the knee kept getting worse.

Lisa then received a stem cell treatment from an osteopathic physician in Medford. This helped a lot but she still had pain in one specific area of the knee. Then Lisa heard Rob & Dr Christian Le on a radio program discussing CBD. She asked her doctor about it and he suggested that she give it a try.

The Results: After just 2 weeks of using Green Earth Medicinal's (GEM) CBD Lisa's knee pain was nearly gone! She first realized how much it had improved when walking through a large airport with no pain.

Then she tried a different well known local brand and her pain returned! She ditched that experiment, went back to using genuine GEM CBD & got the relief she wanted.



*Green Earth Medicinals
The brand that works*

GEM Full Spectrum 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.

Why Buy The Best CBD?

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

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 toxins or pesticide drift is nearly zero. Their fields are not close to any major roads or other industries. **GEM CBD is clean, safe, and effective.**

Sunshine Found The Brand Of CBD You Can Trust

- Free Lunch Quote Of The Month -

The store smells great, like good stuff and health. Sunshine is the kind of place I wouldn't have been caught dead in until I realized I was more likely to die in a regular grocery store or fast-food restaurant. - Mark Koberstein, Wilderville

The Free Lunch Quote Of The Month is selected from responses to the online surveys our rewards customers submit. If you see your quote in the newsletter or on the store front window, let us know and we'll buy you a free lunch to eat-in or take-out. Choose a juice, smoothie or soup along with a roll-up sandwich or a pass thru the salad bar..... **We always appreciate your feedback.**