

Medicinal Mushrooms: Ancient Wisdom Meets Modern Science

Humans have used medicinal mushrooms for thousands of years. The Greek physician Hippocrates, circa 450 bc, used mushrooms as potent anti-inflammatories and for cauterizing wounds. Yet, mushrooms remain an enigma to many in the medical field. Fortunately this ignorance is rapidly changing.

That many scientists and laypeople have avoided mushrooms for centuries is understandable, maybe even sensible. After all, while some mushrooms can feed and heal, some can kill, and some can send you on a psychedelic spiritual journey. This demonstrates their diverse chemical constituents and from a survival point of view, it's probably safer to avoid powerful but poorly understood phenomenon. Only recently has modern science rediscovered what the ancients knew long ago - that mushrooms can be deep reservoirs of powerful medicines.

With over 2,000 species of mushrooms, it can be difficult to know which are considered medicinal. To some degree all mushrooms contain beta glucans, which have been found to help fight inflammation and enhance the immune system. And while some medicinal mushrooms have powerful unique advantages, they generally share the following common list of benefits:

- Boost immunity
- Reduce stress and anxiety
- Fight cancer
- Enhance memory
- Improve mood
- Improve endurance
- Decrease fatigue

It would be unrealistic to think you'll experience benefits from medicinal mushrooms immediately. Adaptogens generally work slowly, so it can take weeks for their powerful effects begin to become obvious. **And even more than simple vitamins and minerals, for best results, it's imperative to take high-quality mushroom products at known effective doses.**

Some Well-Known Medicinal Mushrooms And Their Documented Benefits Include:



Lion's Mane is proven to improve cognitive function

Lion's Mane Mushrooms: Compounds in Lion's Mane promote the creation of nerve growth factor (NGF) which can potentially enhance cognitive abilities by regulating and renewing cells in the nervous system. One Japanese study showed that Lion's Mane supplementation provided significant cognitive improvement in older adults who were suffering from mild cognitive impairment. It helped the brain in all aspects including aiding in memory, concentration, and even depression and anxiety. The abundance of antioxidants in them can also lower inflammation, which is helpful for people who deal with digestive issues like irritable bowel syndrome (IBS).



Reishi may be the "King" of immune enhancers

Reishi is often called the "King of Mushrooms." It is one of the world's most researched botanicals, and has been shown consistently to benefit the mind and body. In Chinese medicine it's taken to boost immunity against everything from the common cold to cancer by increasing the activity of the body's essential white blood cells. The Reishi mushroom is also famous for its soothing, relaxation and sleep-enhancing effects. It can even promote relief and mood enhancement for people dealing with anxiety or depression while alleviating fatigue. Seasonal allergy sufferers often find relief when supplementing with Reishi. It's often used treating hepatitis B patients and patients with chronic bronchitis showed clinical improvement using it, especially older patients with asthma. Reishi has been shown to regenerate bronchial epithelium (bronchial tract lining).



Cordyceps is tops for vitality

Cordyceps Mushrooms: For centuries, Cordyceps was available only to the royal families of Asia. This is the medicinal mushroom of choice when it comes to fitness, vitality, endurance, stress, in addition to immunity.

Turkey Tail Mushrooms: They're prized for their immune-boosting and anti-cancer potential. It's one of the best selling anti-cancer supplements in Japan and China. Turkey Tail's powerful white blood cell-boosting qualities are believed to help treat several different kinds of cancers by suppressing tumor growth. **Turkey tail can also help chemo patients, repairing immune cell damage that was caused by chemotherapy.** The prebiotics present in turkey tail mushrooms also makes it a great ingredient to improve digestion and overall gut health.



Turkey Tail is considered a cancer fighter



Shiitake is medicinal and also delicious

Shiitake Mushroom is a potent immune-boosting mushroom with antitumor and antiviral properties. It can also help reduce blood pressure and cholesterol. Shiitake is used medically for diseases involving depressed immune function, including cancer, AIDS, environmental allergies, candida infections, and frequent flu and colds. An injectable form of Shiitake mushrooms is often used alongside chemotherapy in China and Japan for the treatment of gastric cancer. Since Shiitake mushrooms are so tasty, you can also enjoy them in stir-fries, miso soup, grain-based dishes, casseroles or even curries.

When selecting and using medicinal mushrooms quality and patience (giving them a chance to work) are paramount. They can be very powerful.

New At Sunshine: The Highest Quality Medicinal Mushrooms Available

Basic Mushroom Education

Real medicinal mushrooms are from the fruit/top of the organism (the part we can see) not the mycelia (their "roots"). Just like the grape is different than the vine, the mushroom fruit has different nutrients than the mycelia.

Many "mushroom" supplements are actually mycelia grown on grain. They contain only fractions of the nutrients found in real/wild mushrooms, and are up to 70% starch.

Most supplement companies now list whether their product contains mycelia (and the starch the mycelia is grown in) but still have pictures of mushroom fruiting bodies on the label.



Sunshine carries 5 varieties of MyPure mushrooms

The Pure Essence Mushroom Difference

MyPure Mushrooms from Pure Essence are just that. Pure, non-GMO, 100% certified organic mushroom fruiting bodies with **guaranteed levels of immune enhancing nutrients** called Beta glucans.

Real mushrooms contain high levels (up to 55%) of Beta-glucans and less than 2% starch. Mycelia usually contain less than 7% beta glucans, but 40% to 70% starch.

About Pure Essence Labs. The founder of Pure Essence Labs, Jerry Cochem is a vitamin industry icon. In 1978 he helped bring spirulina

to the US starting the green foods movement. In 1984 he introduced the world's first food-based vitamin mineral formulas when founding Rainbow Light. After selling Rainbow Light in 1998 he started Pure Essence Labs. Sunshine has carried his products for nearly 2 decades. His medicinal mushroom extracts appear to us to be the the highest quality commercially available.

**On Sale Thru Oct 26th
30% Off All MyPure Mushroom Formulas**



The birthday girl closes her eyes and makes a wish

Another Sunshine Customer Celebrates Their 100th Birthday

On August 3rd we brought Fran Tompkins a chocolate-cranberry, gluten-free macaroon on her 100th birthday. Fran has shopped at Sunshine for nearly 2 decades and has been interested in natural health approaches for about 60 years.

The daughter of a gold miner, Fran was born in Takilma Ore in 1919. Around 1960 her mom had some serious health issues. Through books acquired at a health food store, Fran was able to gain valuable insights into the cause of her mom's condition and what changes she could make to optimize her own health.

Currently Fran closely watches her diet, (she's gluten-free), takes Vit-C, and digestive enzymes, uses CBD to help her sleep, and sees Dr. Steven Rotter, a local, naturally oriented MD. We look forward to celebrating 101 with Fran next August!



Relief from migraines has brought a smile to Jayde's face

Winning The Migraine Battle

Jayde's Success Story

Her mom didn't know what she could do to help 15-year-old Jayde Klipfel find relief when a migraine would lock on. Advil and essential oils helped a little but sometimes the headaches would last a week or more. Jayde needed to be in a quiet dark room and would essentially be incapacitated.

They decided to try Green Earth Medicinals (GEM) CBD.

The Results: With a headache pounding, her mom gave Jayde a 10 mg. dose of CBD in liquid tincture form and she soon began to feel better. **Now Jayde is able to avoid migraines entirely by taking CBD at the very first signs that one is coming on.**

We've received hundreds of extraordinary CBD success stories directly from Sunshine customers. Using GEM CBD **they've reported getting relief from chronic pain, insomnia, stress, neuropathy, anxiety, IBS, Parkinson's, and more, all without making them "high."** Many like Jayde Klipfel have been able to discontinue other medications. One called it: "an absolute miracle, with zero side-effects!"

GEM CBD is from southern Oregon farmland that was cultivated organically for many years prior to their hemp being planted. There are no nearby orchards or vineyards so the chance of pesticide drift is nearly non-existent. Their fields are not close to any major roads or other industries.



Green Earth Medicinals The brand that works

Every batch is tested for potency, and microbial, chemical, and heavy metal contamination. It is also 3rd party tested for the presence of 8 cannabinoids, 18 terpenes, and dozens of other beneficial compounds naturally found in hemp.



Free*Green Earth Medicinals (GEM) Topical Pain Relieving CBD Roll-On

Get fast relief with broad-spectrum hemp extract containing cannabinoids and terpenes specifically chosen to regulate inflammatory response.

Formulated to soothe sore muscles it contains: CBD, Jamaican Dogwood, Menthol, Camphor, Frankincense, Eucalyptus, Tangerine, Lavender, and more.

For maximum relief GEM topical formulas (roll-ons and creams) work even better when used in conjunction with their oral CBD tinctures.

*** Thru Oct 26th, 15% Off Either Size Roll-On Or ... Smaller Size Is Free With The Purchase Of GEM 1200, 1500, or 3000 mg Oral Tinctures**

Limit 1 Free Bottle Per Family

Colds And Flu Are Caused By Viruses. Antibiotics are completely ineffective against viral infections. Despite this, doctors amazingly treat 60% of colds and flu with antibiotics.

Prevent Colds and Flu With Healthy Daily Basics. A high quality multivitamin, moderate physical activity, fresh air, and adequate rest give you a balanced, healthy framework from which to work. People who sleep less than 6 hours a night are 4x more likely to get sick as people sleeping more than 7 hours

Probiotics (beneficial bacteria) daily are one of the most effective steps you can take to maintain optimum health, *especially* after using antibiotics.

Wellness Formula is America's top selling immune formula providing immune building vitamins, minerals, and herbs.

Astragalus has been the #1 immune enhancing single herb in Chinese medicine for centuries. It is energizing, warming, and very economical.

Vitamin D-3: 1000-5000 I.U. of D-3 daily, provides excellent "bang-for-the-buck" cold & flu protection.

Quantum Super Immune Plus: This premium immune boosting supplement contains olive leaf and astragalus extracts as well as l-lysine with its proven anti-viral qualities.

Flu Shot Alternative: **Influenzinum 9C** is a homeopathic version of the flu shot. It's re-formulated every year based on which flu strains are predicted to be major threats. Sunshine has 17 years experience with this formula. We'll make sure you use correctly.

Garden of Life Raw Zinc is a whole food complex that also contains Vit-C. Studies show it can help prevent and reduce the duration of colds and flu.

Herb Pharm Immune Fortifier for kids or adults is alcohol-free & contains the best of the best. **Astragalus, elderberry, echinacea, reishi, & cinnamon.**

Flu Symptoms Usually Come On Very Suddenly and include headache, body aches, the abrupt onset of fever (usually high), extreme fatigue, dry cough, possible runny nose, and general weakness.

Colds Are Milder Respiratory Illnesses Than Flu usually beginning with a sore throat and a runny or stuffy nose. Colds seldom cause a fever over 101. They usually cause copious watery nasal secretions the first few days. Often these turn darker and thicker. Colds usually last about a week.

The 2 biggest differences between colds & flu are, that with flu, the onset of symptoms is usually very sudden and often includes a high fever.

Treating Flu Symptoms, because flu symptoms hit so suddenly, protect yourself by having flu remedies at home and at work. That way you can begin treatment immediately, at the onset of symptoms when it will provide the most benefit. Drink plenty of water to replace fluids lost from sweating. **If you live alone, notify someone who can check in with you periodically.**

Elderberry, when taken at the first signs of flu, is proven to reduce duration and severity of the flu.

Oscillo is the #1 homeopathic medicine in the U.S. It is used for treating flu by millions of people in over 50 countries.

Flew Away from NATURA is a potent blend of 9 herbs that help to deactivate disease causing microorganisms while relieving discomfort during the healing process. The warming herbs in this formula help move pathogens up & out before illness can settle deeper in the body. Use at the first signs of cold or flu.

"He who takes medicine, but neglects his diet, is wasting the skill of his doctor."
Chinese Proverb

Treating Cold Symptoms: **Herb Pharm Rapid Immune Boost** is a super-effective blend of 10 herbs featuring echinacea, goldenseal, and elderberry. It's a true feel-better-faster formula. Best if used 6-8x per day.

Lung & Bronchial Tonic from NATURA eases chest congestion, relieves cough, and soothes, nourishes, and enhances the respiratory tract. Promotes free breathing.

S-Clear pump spray from NATURA supports nasal and sinus health. Reduces congestion and inflammation due to colds & allergies. Promotes free breathing.

Throat and Gland from NATURA supports throat tissue health & lymphatic drainage. If your first cold symptoms are in your throat, this is the formula to use.

Clear Lungs Blue Label Extra Strength is hugely popular at Sunshine. It reduces bronchial congestion, restores free breathing, and is especially effective treating congestion due to colds or flu.

Elderberry's antiviral qualities that are so effective against flu viruses make it great for treating colds too.

Yin Chiao (Chow) Classic is an ancient Chinese cold remedy that immediately helps move stagnant energy and pathogens up and out before they can settle deeper in your body.

Extra-Strength Sinucare's unique combination of eucalyptus and myrtle oils in capsule form provides soothing, effective relief for sinus congestion.

Now Brand Elderberry Zinc Lozenges with slippery Elm, Vit-C, echinacea, and propolis can reduce the duration and severity of a cold. Slippery elm relieves sore throat symptoms immediately.

Come to Sunshine for a free, convenient folding pocket guide to Winter Wellness Strategies for Cold & Flu prevention and treatment.

*excludes Influenzinum 9C

2019 Flu Shot Alternative

This under-the-tongue, homeopathic formula is a safe, effective, inexpensive, alternative to traditional flu shots. Just like the flu shot, it is re-formulated every year to target the flu strains that are predicted to be the most major threats.



This year's version is being formulated right now and will arrive around mid-October.

After 10 years of European testing, these homeopathic pills proved more effective and far safer than traditional flu shots. One dose per week, for 5 weeks, was the way this formula was originally tested. We offer all 5 doses in one convenient package for \$6.99.

Sunshine is the only place in the US that provides the original directions for use this product was created with. We have 17 years experience with it & we'll help make sure you use it correctly.

To Guarantee October Delivery Of The Fresh 2019 Formula, Call Or Come In And Place Your Order Today

Where Is Scout Running?



To Sunshine For Lunch

Because We Now Carry Grain-Free Farmina Formulas*

- * Most Species Appropriate Non-GMO Kibble
- * 34% Protein: 95% From Animal Sources
- * Varieties Include: Grass Fed Lamb, Wild Italian Boar, and Free-Range Chicken

For Your Pets' Optimum Health Sunshine Also Stocks:

raw meat blends, raw organic chicken necks, locally made grain-free treats, pet CBD, pain relieving joint nourishing formulas, healthy training treats, Wondercide flea & tic repellent, and food-grade diatomaceous earth

New At Sunshine

We now stock 600 & 1200 mg. Green Earth Medicinals CBD in a delicious cinnamon flavor. Stop in for a taste!



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Migraine Sufferer Finds Relief With CBD

2019 Winter Wellness Guide

Introduction To Using Medicinal Mushrooms

Need A Health-Related Guest Speaker For Your Group?



*Rob Pell,
owner at
Sunshine*

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.

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 time to include a question-answer period so we'll all learn something new. Call me @ 541 474 5044 between 1 & 6 p.m. and we can discuss availability & options.

Thank you very much to the Josephine County Chaplains group for inviting me to speak to your members. Preparing for every presentation and engaging in the Q & A session is always fun and educational.



Sunshine Offers Free Delivery Within Grants Pass and Free Shipping Anywhere In The US

Vitamins, CBD, Groceries, Produce, Pet Foods, Salad & Juice bars and more. Call for details. 541.474.504