

Migraines Don't Have To Be A Pain

Migraines are severe, recurring, very painful headaches. The extreme/debilitating pain that they cause can last for hours, days, and sometimes longer. Much of what I write about migraines is from personal experience. With professional help, I was able to eliminate them by reducing several contributing factors.

Decades of research have failed to pin down the exact mechanisms behind migraine attacks. The throbbing, piercing or "burning" pain often occurs on one side of the head only. Other common symptoms include nausea, visual disturbances, dizziness, and extreme sensitivity to light, sound, smell or touch.

According to the American Migraine Association, 36 million Americans are effected. Women are three times as likely as men to get them due to hormone fluctuations. Many people get a warning sign that a migraine may be coming and can sometimes reduce the duration or severity significantly if they act quickly in the beginning.



Migraines can be debilitating

I strongly urge migraine sufferers to try to identify a pattern of anything they may have done that could have triggered the migraine. Identifying a pattern makes finding relief much easier and less time consuming. Common triggers which may or may not apply to you include:

Dietary factors: Alcohol and caffeine can trigger migraines. Foods can also have this effect: chocolate, cheese, citrus fruits, food additives, coloring, and artificial sweeteners can be triggers for some. Irregular mealtimes and dehydration are sometimes implicated. However an individual person's trigger may not be on a commonly accepted list.

Physical causes: Tiredness and insufficient sleep, shoulder or neck tension, poor posture (like hunched over a keyboard for hours), and physical overexertion have all been linked to migraines. Low blood sugar and jet lag can also be triggers.

Emotional triggers: Stress, depression, anxiety, excitement, or shock can trigger a migraine.

Medications: Some sleeping pills, hormone replacement therapy medications, and contraceptive pills are all possible triggers.

Hormonal changes: Women may experience migraine symptoms due to changing hormone levels.

A paper published in *Frontiers in Neurology* in 2017 looked at riboflavin's (vitamin B-2) influence in preventing migraines, highlighting its neuroprotective potential. The authors link migraine pain to neurovascular dysfunction, inflammation and "dysfunction in cranial vascular contractility." Riboflavin is a water-soluble vitamin, so you need to get a consistent supply. Many foods are rich in it. It can reduce migraine frequency.

When I got migraines they would lock on and almost always last 36 hours. The only thing that ever relived the pain was acupuncture.



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GP Man Reduces Cholesterol 70 Points
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Back To School Cold & Flu Prevention For Kids

35 years ago when I got a migraine, fortunately I could usually get a same-day appointment. During the treatment the pain would turn to heat and dissipate immediately or within an hour or so.

No matter which practitioner I saw, they would invariably say/diagnose from a Chinese Medicine perspective: "too much heat in the liver." In my case that understanding eventually led me to be able to prevent and even treat the early stages of a migraine. They've been gone for over 20 years.

My migraines seemed to be triggered by a combination of factors that made my "liver too hot" - too much heat producing food like salmon or chicken (especially if it was barbecued or fried), insufficient sleep, and some overwork or stress. Those factors together were a prescription for me needing the better part of 36 hours to relax in a dark, quiet space waiting for the pain to end.

Another factor in curing my migraines were Chinese herbs to "cool" the liver. At the first signs of a migraine I would take a double dose of a specific formula and within a hour or two waves of heat would leave my body and the headache was averted.

Another remedy I feel compelled to share came recently from a customer. A woman reported that her 15-year-old daughter would get migraines so severe they could lock on for over a week and the girl would be essentially bedridden. They decided to try CBD and it seems to not only reverse a migraine in progress and work for daily prevention, but also stop the progression if a larger dose is taken at the onset.

For some people, migraines remain a mystery. However many have learned their triggers and early interventions to avoid a full-blown migraine from locking on.



70 Point Cholesterol Reduction

Tim's Success Story

Tim was very happy to find a natural alternative that worked so well

Retired Grants Pass Postmaster, 70-year-old Tim Haycraft had been dealing with elevated cholesterol for several years. In 2015 his doctor was concerned enough to recommend a statin drug. Tim and his wife decided to implement dietary improvements instead.

Unfortunately Tim's 2017 cholesterol test result was still too high for his doctor's liking – total cholesterol was 265 and his good to bad ratio was less than ideal.

Tim and his wife Marianne came to Sunshine and were told that **Cholesterol Control** has helped 100s of Sunshine customers to significantly reduce their cholesterol. He decided to try it.

Tim's 2019 Cholesterol Test Results:

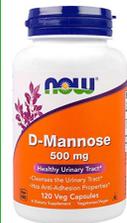
- * Total cholesterol down 70 points from 265 to 195
- * Good cholesterol up from 61 to 65
- * Good to bad ratio significantly improved

Cholesterol Control is a safe, synergistic blend of six different proven cholesterol fighters in a convenient 2-a-day formula. Most of our customers' lab results show cholesterol reductions of 30-70 points in as little as 5-8 weeks. It usually also reduces triglycerides while maintaining or increasing HDL (good cholesterol). We typically see a success rate of well over 90% for those using it. Cholesterol Control was formulated by Sunshine's owner, Rob Pell.



The BIG problem with prescription cholesterol lowering statin drugs is that they inhibit your body's ability to make Co-Q-10. All your muscles, especially your heart, need Co-Q-10 to process oxygen for energy. This is why so many people using artificial statins experience muscle fatigue and soreness.

It's been our observation that approximately 4 out of 5 people who report serious or uncomfortable side-effects using statin drugs say they are not bothered at all by the combination of the natural statin and support nutrients in **Cholesterol Control**.



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D-Mannose is the ingredient in cranberries that fights UTIs. It helps flush E. coli from the bladder by preventing it from adhering to the bladder wall.

Several trials have proven that it works equal to or better than antibiotics for preventing & even treatment of painful UTIs.

Stronger than cranberry juice. For people with frequent UTIs, 1 or 2 capsules twice a day may be all you need to prevent a recurrence.

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.

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Kids Immune Fortifier



The **Fortifier** is especially effective for everyday use as a **strengthened and preventative**. This 100% organic formula features the immune enhancing power of echinacea, elderberry, astragalus, reishi mushroom, and cinnamon bark.

Kids Immune Avenger

Be poised and ready to **pounce on the first signs of colds or flu with the organic Avenger**. Formulated to clear congestion, boost immunity, and enhance circulation.



Alcohol-free formulas that are safe for kids and strong enough for adults



All Natural Relief For Shooting Pain, Burning, Prickling, Tingling, And Numbness

Rub this amazing formula into the affected area and feel the soothing relief within minutes. Totally safe, contains 10 essential oils and 3 homeopathic ingredients. Dozens of happy customers continued to use this formula daily.

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