

Winning The Cold War

Every year viruses must love watching humans prepare for cold and flu season. For microbes it's a dream come true. In October we seal up our homes for winter – good-bye fresh air, sunshine, and vitamin D – hello stale, recycled air and darkness. Then we celebrate the season with the official American sugar festival supreme, Halloween. Over the next two months our ritualistic over-indulgence of food, alcohol, and sweets carries us through the holiday gauntlet of Thanksgiving and Christmas. It all culminates with the fun of an alcohol saturated, sleep deprived, New Year's celebration - Yee-Haw!!! Add the stress of travel, shopping, or being invaded by bands of visiting relatives carrying pathogens from distant lands and we've done almost everything humanly possible to make ourselves gracious hosts for viruses. They patiently wait to seize fertile opportunities just like this to celebrate the holiday season in their way, at our expense.

In short, relatively affluent folks who can afford to seriously over-do luxuries can be their own worst enemy when it comes to attracting colds and flu.



When exposed to viruses, our immune system naturally goes on the offensive and a well rested, properly fed body wins that battle nearly every time, even without us consciously knowing the fight took place. **So viruses are necessary but not the sole cause of us getting colds and flu.** Experts agree, excess sugar and alcohol consumption with added stress and reduced sleep can severely impair immune response.

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The foundation of staying healthy and preventing colds and flus is built on the daily basics: proper nutrition, moderate physical activity, fresh air, pure water, and most importantly, sufficient deep sleep. The importance of avoiding excess alcohol, sugar, and other dietary extremes is worth stating again.

Six natural substances known to offer powerful preventative action during cold and flu season are vitamins C and D, zinc, beta glucans (the main active ingredient in medicinal mushrooms) and the herbs echinacea and astragalus. The first five can also be used briefly in mega doses if you feel like you're coming down with a cold or flu. Astragalus* is better used daily in moderate doses more for prevention.

A deficiency of the mineral zinc is associated with increased risk for colds and flu. Your body doesn't store zinc, so it depends on a daily supply through diet. Zinc is involved in more enzymatic reactions in your body than any other mineral. A 2017 meta-analysis of randomized trials concluded that using zinc lozenges shortened the duration of colds by 30-40% on average.

Low vitamin D levels also increase your risk of contracting a cold or flu. Vitamin D is produced in your skin in response to sun exposure. A 2017 meta analysis of 25 vitamin D studies that included over 11,000 participants confirmed that vitamin D supplementation boosts immunity and cuts rates of cold and flu.



- SEE INSIDE FOR -
GP woman reverses osteoporosis
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Research supports using Vitamin C during a cold to reduce the duration of symptoms. Typically, the higher the dose you take the better the results during a cold. However, there are limitations as it can cause loose bowels. I recommend taking it 3-5x a day at the onset of symptoms in as large a dose as your bowels can tolerate.

A number of studies have confirmed beta-glucans offer powerful protection against cold and flu. One study showed that marathon runners (who obviously subject themselves to extreme stresses) who took 250 mg of beta-glucans for 28 days following a marathon were 37% less likely to contract a cold or flu compared to those taking a placebo.

Dosing 10 times with echinacea the first day and four or more times the following days is proven to reduce symptom severity and duration significantly.

Astragalus has been the #1 immune enhancing herb used in Traditional Chinese Medicine for centuries. It's slightly warming so it's ideal for winter use. Internationally respected holistically oriented MD, Andrew Weil, stated: "If you tend to get every bug that goes around, you can build up your resistance by using the time-tested Chinese herb astragalus. If there was only one herb to take to increase resistance to colds and flus, astragalus would be it."

Stocking your natural medicine chest with these items is a great way to gain the strategic advantage in this year's cold and flu battles.

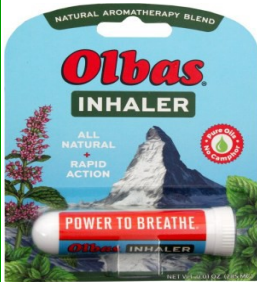
* Note: because Astragalus is slightly warming, it should not be used if a fever is present.



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.



Olbas All Natural Pocket Sized Inhaler

When you can't take an essential oil diffuser with you, take the power to breathe anywhere. Fast-acting, vapors of menthol, peppermint, cajeput and eucalyptus help open nasal passages providing an immediate, fresh, clean feeling in the nose, sinuses, and lungs. Especially helpful in low humidity environments created by indoor heating systems that dry out sinuses.

Great For Use At
Home, Office, School, And Airline Travel



Osteoporosis Reversed

Barbara's Success Story

*Barb's bones
are now good to go!*

71-year-old Barbara Henderson from GP is fit & active. Every year she and her husband Robert get plenty of fresh air and exercise bicycling thousands of miles.

Unfortunately in 2016 Barbara was diagnosed with osteoporosis. Osteoporosis means "porous bone." Bone is living tissue that is continually being broken down and rebuilt throughout our lives. Osteoporosis occurs when significantly more bone breaks down than is formed.

The Hendersons have shopped at Sunshine for nearly 2 decades so Barbara came in to ask us for some advice. She was shown the **Grow Bone System from Garden Of Life**.

The Results: After using Grow Bone for 3 years, lab tests showed she has increased her bone density 2.9% and that she now shows "normal" bone density.

THE GROW BONE KIT from Garden Of Life
has been clinically tested and proven to:

- Reduce Osteoporosis Risk
- Stimulate Bone Growth
- Increase Bone Strength
- Increase Bone Mineral Density

One of the healthiest and surprising aspects of the **Grow Bone System** is that results are achieved by using about half the total amount of calcium that doctors usually recommend. This is because it's highly bio-available, organic, raw-food derived calcium, accompanied by the right amounts of magnesium, boron, silica, strontium and vitamins K & D-3 – everything your body needs to absorb calcium & make strong bones.

Too much of the wrong kinds of calcium can cause bone spurs, kidney stones or possibly even hardening of the arteries. There are no such worries with the **Grow Bone System**.

Further, in a 12-year Harvard study of 78,000 women, **those who drank milk three times a day actually broke more bones than women who rarely drank milk.** Chapter 6 in my book, Wellness Uprising goes into further detail about this.

There is no magic bullet for osteoporosis. **If you think that prescription drugs like Fosomax are all you need in the fight against osteoporosis you may wish to think again.** If lay people or doctors had the time to analyze clinical trial details they'd find that tests showed this class of drugs provided an "absolute" risk reduction for osteoporosis of only about 1% (compared to the meaningless statistic of a 50% *relative* reduction). Side effects like jaw bone death (osteonecrosis of the jaw), are shown to be around 4%. So **Fosomax provides a 1% chance of upside gain versus a 4% downside risk.** I wouldn't put my money on those odds in Las Vegas.

Barbara is very happy she chose the Grow Bone solution.

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.... Powerful Relief

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