

## Finally ... The Perfect Diet For Everyone

Nice if it could be that simple, but finding the perfect diet *for you* may not be as hard as it sounds. Looking at their general concepts many of today's popular diets are more similar, in very healthy ways, than they are different.

Here's a partial list of some popular diets recently billed as the greatest: Keto, Whole 30, Paleo, Atkins, Blue Zones (Mediterranean is basically the same thing), and Vegan. How to choose and what's the difference?

Let me first say that I've seen different people thrive on virtually any of these programs. One generality I'm confident stating: whichever diet you choose, long-term it will be far healthier for you and the planet if the food is produced without toxic chemicals. This basically means finding organic sources or growing your own.

A little history to help you understand how we got here. In 1954, the president of the SRF (Sugar Research Foundation) gave a speech describing a great business opportunity. If Americans could be persuaded to eat a lower-fat diet - "for the sake of their health"- they would need to replace that fat with something else for both flavor and calories. America's sugar consumption could go up by a third he surmised.

According to a recently published article in JAMA Internal Medicine, 1960s internal documents from the SRF showed they wanted to "refute" concerns about sugar's role in heart disease and vilify saturated fats. They then paid for research at Harvard designed to prove it. The result was published in the New England Journal of Medicine (NEJM) in 1967 with no disclosure of the sugar industry funding. The NEJM didn't mandate disclosure of research funding sources until 1984.



**The sugar industry has controlled important research**

These documents strongly suggest that five decades of research into the role of nutrition and heart disease, including many of today's dietary recommendations, were fundamentally shaped by the sugar industry's marketing goals.

Based largely on this questionable research US health officials and many conventional physicians strongly encouraged Americans to follow low-fat, relatively high-carb diets, which ruined the health of millions. Further, the public was told to cut out natural saturated fats and replace them with the real villain of the story, trans fats made with hydrogenated vegetable oils (liquid vegetable oils that stay solid at room temperature due to their processing). Remember the "I can't believe it's not butter" commercials? I can't believe we all fell for it and for decades sugar was given a free pass as a causative agent in heart disease. This high sugar, lower fat diet is now being blamed by many experts for fueling the current obesity crisis.

Healthy fats are a great source of calories and nutrients, always have been, always will be. Refined sugar and excess carbs are not. All the most reputable research demonstrates it.



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**- SEE INSIDE FOR -**  
**Sunshine Employee On Well Deserved Vacation**  
**83-Year-Old Woman Finds Neuropathy Relief**  
**Three Healthy Holiday Gift Ideas**

Today's popular diets, Keto, Whole 30, Paleo, and Atkins are all based on the truth that most minimally processed natural fats, including saturated fats are very healthy. Diets centered around this truth that also feature reducing or eliminating excess carbs and sugars will likely increase energy, help optimize weight, and reduce inflammation and pain. Saturated fats from animal and vegetable sources (and their accompanying nutrients) are a critical component of these diets as they provide a number of important health benefits by nourishing proper function of myriad body systems, especially eyes and brain. Saturated fats also promote satiety, reducing hunger so you avoid binge eating.

The so-called Blue Zones (Mediterranean) diets are very healthy and contain lots of high quality fats (including saturated) from varying sources along with lots of vegetables. However, they are generally created in and optimized for the semi-tropical temperate regions from where they came so may not contain enough animal proteins to keep us warm year-round in colder climates. With slight adjustments, these diets can be even better for many.

Properly designed Vegan diets (no animal products) are their own niche and can be balanced and healthy. I don't think they are inherently any healthier physically but a reasonable case can be made they may be healthier for our overpopulated planet.

IMO an optimum diet for most people will be organic, include about 60% vegetables and contain plenty of high quality fats and proteins with minimal sugars and carbs. Bon Appetite!

### Customer Quote Of The Month

*"Sunshine is my favorite lunch spot and the only place I buy my supplements"*  
- Brigitte Nelson, GP



## Neuropathy Discomforts Gone In Minutes!

### Marilyn's Success Story

*CBD cream provided really fast relief*

83-year-old Marilyn Courtney of GP suffered for over a year with tingling, burning, pain, and cramps in her hands and feet. The cramps were especially bothersome at bedtime. Good sleep is very important to her because she oversees her husband's health care.

A neurologist's prescription caused a red rash so she had to discontinue it. Several topicals provided no improvement. A friend suggested that she try **CBD Topical Relief Cream** from Green Earth Medicinals (GEM).

**The Results:** Marilyn said: "I rubbed it in real good just before bed and it worked great ... the very first night!"

Marilyn loves the relief she gets from **GEM Topical Relief Cream** and was very happy to hear that it's now available in a 4-oz pump bottle that will save her money.

Each 2 oz jar of **GEM CBD Relief Cream** is guaranteed to provide 600 mg of CBD. In addition, Corydalis, arnica, hypericum, Jamaican dogwood, hops, turmeric, and frankincense modulate the pain response directly & indirectly. Limonene-rich citrus essential oil enhances absorption. It penetrates quickly & doesn't stain clothes. **Many people report benefits in minutes.**



*Penetrates instantly, relieves in minutes*

This formula has been 3<sup>rd</sup> party tested for the presence of 8 cannabinoids, 18 terpenes, and dozens of other beneficial compounds found in hemp. **The topical cream works even better in combination with GEM sublingual CBD drops.**

## Sunshine Superstars For Head & Chest and Cough & Cold Relief



**Lung & Bronchial Tonic** from NATURA eases chest congestion, relieves acute and chronic coughs, soothes, nourishes, and enhances the respiratory tract. Can provide serious help even for COPD. **Promotes free breathing. A clear Sunshine Superstar!**

**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 health & lymphatic drainage. Use for swollen glands or tonsillitis. If your first cold symptoms are in your throat, this is the one to use.

NATURA is an Ashland Ore. company known for innovative formulas distinguished by their exceptional grade of purity, potency, and effectiveness.



## Sunshine Employee On Well-Deserved Vacation

### Maximiliano Celebrates His 4-Month Birthday

*Max kickin back in Kailua*

As hard as was to adjust the schedule and give him the time off, his co-workers were happy to do it. They know how hard Sunshine's top milk evaluator works.

If the scores on his 5-month employee review are as high as expected, there's likely a promotion in his future. Stay tuned!

## Three Healthy Holiday Gift Ideas

### Hot Or Cold, For The Best Insulated Drink Bottles Available, Insist On Genuine Hydro Flask



**Hydro Flask** offers the lightest weight, double wall stainless steel vacuum insulated bottles available. Even the tops are insulated. A wide variety of colors and styles are available.

Hectic morning getting in the way of coffee time? No problem, in a **Hydro Flask** it'll still be piping hot when you're ready.

Bring ice water with you in the morning, and we promise it'll still be icy cold in the afternoon.

**Guaranteed: No Condensation Or Heat Transfer To The Outside Of The Bottle, Ever!**

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