

Free, Easy, And Low Cost Ways To Strengthen Your Immune System

The Reality

Some time in the next few months, virtually all of us will be exposed to Covid-19, the new Coronavirus. As with the overwhelming majority of cold, flu, and other viruses we're exposed to, a battle will ensue. A healthy immune system wins virtually every time, usually without us even knowing a fight took place. Of course we all need to try hard to limit our exposures and follow all the sensible advice public health officials suggest.

However, mainstream health advice seldom includes some of the most profound yet super simple things you can do to bolster the virus fighting capabilities you will need when the inevitable exposure to Corona and other viruses happens.

Lots Of Good Sleep

The single most powerful action you can take to optimize your immune system and overall health is making sure you are getting sufficient, deep, restful, natural sleep. This cannot be overemphasized. Sleep induced by prescription drugs doesn't count because those medications prevent you from getting into the deepest most restorative levels of sleep.

Sugar Handcuffs Your Immune System.

I'll offer this one piece of basic medical advice without a license: Eliminate or greatly reduce your intake of refined sugar. Eating or drinking 75 grams of sugar, the equivalent of washing down a piece of cake with a 12-ounce can of soda, reduces the ability of white blood cells to kill bacteria and viruses by 50%. The immune-suppressing effect starts less than thirty minutes after ingestion & lasts five hours. In contrast, the ingestion of complex carbohydrates has little if any effect on the immune system.

Increase Outdoor Activity In Fresh Air

Moving your body in outdoor fresh air will oxygenate tissues and help dissolve stagnation of your body and mind. Two or more times a day, even a 5-10 minute walk around your block or property with your arms freely swinging will be very valuable. Getting your heart and breath rate up will help detox and flush out your lungs and sinuses.

Limit Exposure To Media Toxicity

If there's a talk show host, newspaper columnist, or politician that annoys you, avoid them. Stress is a proven arch-enemy of a healthy immune system and makes you more likely to get sick.

Inexpensive Supplements That Boost Immunity

Unfortunately by the time you read this many supplements will be sold out nationwide. If you already have them or can get them, extra vitamins C, D and zinc offer great bang-for-the-buck immune system enhancement.

A recent meta analysis of 25 studies with over 10,000 participants



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Sunshine Employee Who Works From Home
Relief From Essential Tremors With CBD
Meet Sunshine's Delivery Boy**

Immune enhancement continued:

showed that vit D supplements lower your chance of catching the colds and flu by 10%. More impressive the study also showed that if your vit D levels are low, which is true for many people in the winter, **taking extra D reduces your chances of catching the flu by 50%**. This is far more benefit than is gained by getting a flu shot. It would make sense to me that similar benefits would apply to Covid-19 as well.

With insufficient zinc, your white blood cells don't function optimally and other processes in your immune system are also effected. Each year there are approximately 200 different viruses that make up the "common cold." **While zinc helps support your immune system, it also appears to have antiviral properties** that prevent viruses from replicating and attaching to your nasal membranes. Research also shows that zinc can also help reduce the duration of colds and flu.

At The First Signs Of Any Flu

If you live alone contact someone who can periodically check in with you. Stay home take a hot bath or shower, bundle up, drink plenty of hot tea or water and lots of vit C. Vit C has been proven to reduce the duration and severity of respiratory infections.

I believe that dairy foods can be very mucous forming and can impair lung function. If chest congestion is present, they should be avoided. NAC, Clear Lungs Blue and Natura Lung and Bronchial Tonic can all help clear mucous & promote free breathing.

Please let's all use common sense, be smart, happy and as active as possible even if we stay much closer to home.

The Department Of Homeland Security Has Deemed Health Food Stores As Essential Businesses To Stay Open

We want everyone to stay safe and take seriously all of what's going on with the worldwide Covid-19 crisis. **SUNSHINE PLANS TO STAY OPEN OUR REGULAR HOURS** for the duration or for as long feasible. We've taken additional preventive measures and increasing sanitization frequency and practices.

If you are experiencing cold or flu symptoms or think you may be coming down with something, PLEASE do not enter our store. Instead if you need something we offer curbside pick-up for people who call ahead to place their order with a credit or debit card. As always we can ship via the USPS, with **free shipping for orders over \$100.** We have also been trying to do **daily local delivery runs inside GP for orders over \$50.**



The delivery boy out for morning rounds

Many of your favorite immune enhancers that sold out last week have been restocked. Vitamins C and D, zinc, elderberry, and Source Naturals Wellness Formula are being replenished on a daily basis. We even have TP and paper towels – shocking! However, due to exceptionally high demand and shortages at the raw material and manufacturing levels, out of stocks are changing on a daily basis.

Our deli side will continue to offer everything on our menu but for take-out only. We'll prep while you wait in the store or you may call ahead for faster pick-up. Our fresh organic produce and grocery departments are being restocked several times a week.

We at Sunshine want to encourage all of you to join us in reflecting on how much our local food producers mean to us. How much our local businesses mean to us. Local, sustainable, regenerative agriculture and local, sustainable, regenerative businesses build more diversity, collaborations and meaningful relationships. That diversity is what keeps us hardy and strong like all species. **Please try to support local whenever possible because it really matters, maybe now more than ever.**

Sincerely, Rob & Team Sunshine



The Best Ground Beef In Town

One Pound Packages From
L&R Family Farm

Local grass-fed beef born and raised on 160 acre certified organic ranch in the foothills of the beautiful Siskiyou mountains. The Ground is a 85% lean - just enough fat for outstanding flavor. The cows roam free from pasture to pasture on our their small family ranch. This is some of the most delicious and sustainable beef available anywhere on the market today. \$6.69/lb. Limit 3 per family.

Farmina Non-GMO Dog & Cat Foods Are In Stock

Also: whole org. chicken necks & raw meat blends for pets



Tremor relief with no side-effects

Essential Tremors Gone In One Hour

Dan's Success Story

Dan York is a 76-year-old sales rep for Field's Home Center in Murphy. A while back he noticed he was getting a little shaky. About a year ago the **tremors in**

his hands, feet, and head became a major distraction. Dan had to use extreme concentration on simple tasks to work his way through the shaking.

After a doctor's exam Dan now jokes that the diagnosis basically was: "you're old." Dan was offered a prescription but warned that the side-effects could be extreme. After reading the Sunshine newsletter Dan and his wife decided it would be smart for him to try CBD drops instead.

The Results: Dan began with a very small dose, 5 mg. of Green Earth Medicinals (GEM) CBD sublingual drops and **amazingly got major relief in about one hour!** Dan now uses about 5 mg 3x a day. If he misses a dose the tremors start to come back, He'll then take his drops and within a half an hour the tremors are gone.



The brand that works

GEM CBD is from southern Oregon farmland that was cultivated organically for a decade 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.

Every batch is quadruple 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.

When searching for the most effective, cleanest, & trustworthy CBD products available thousands of Sunshine customers have discovered that Green Earth Medicinals (GEM) is the best of the best. **Dr Christian Le and his GEM team control every aspect of cultivation and production from seed to shelf.**

Consumer Alert: At Sunshine we have now heard at least a dozen stories from our customers who said they got relief from GEM CBD and then tried a cheaper substitute from a local supplier that provided no results. After going back to GEM brand, they once again got the relief they needed. **Now with GEM's recent price reduction there really is NO reason not to use the best!**

Fortunately Sunshine's Top Employee Has Been Able To Work From Home

Maximiliano Compares Nutrition Labels With Whole Foods



This is his 3rd assignment in the 8 months he's been with us. By his one-year anniversary it looks like Max will be in the running for employee of the year.

