

The Secret Health Weapon

With Covid-19 dominating our lives and mainstream medical offering few suggestions besides: stay home, wash your hands, sneeze into your elbow and wear a mask, it would be very sensible to see what Mother Nature offers for our protection.

Let's check out Quercetin (pronounced: kwer-seh-tin). Quercetin is a yellowish pigment in the flavonoid group of plant compounds. Small amounts are found in a wide variety of fruits and vegetables including: apples, onions, grapes, berries, broccoli, eucalyptus, tea, blue-green algae. It's also available in larger doses encapsulated at health food stores.

Herbalists know that quercetin is extremely effective preventing and treating allergy attacks from airborne and food allergens. It's on the label of nearly every effective natural allergy formula.

Allergy and asthma attacks begin when our bodies send in an initial line of defense cells called histamines to address allergens to intentionally cause mild inflammation. The inflammation initiates our body's effort to flush out the invaders (allergens) using water, mucous, and lymph. If this natural process successfully removes the allergens quickly our allergy attack is mild and over fast. If not, we can be miserable for hours or days with itching and burning, scratchy eyes, nose, and throat.

Quercetin is one of the most effective natural antihistamines ever studied and often reduces these inflammatory reactions to a minimum. Many pet owners have had great success treating their pet's seasonal allergies and itching using quercetin as well.

June (allergy season) of any year is a great time to know about quercetin but this year we should also be aware of another far less well-known benefit of quercetin: It contains significant antiviral properties and can play multiple roles fighting respiratory viruses including, potentially, Covid-19.



There are different ways to treat viruses

Solid research shows that quercetin can: inhibit the ability of viruses to infect cells, inhibit replication of already infected cells, reduce infected cells resistance to treatment with antiviral medication, and reduce virus-related hyper-inflammation (cytokine storm). The cytokine storm is commonly observed causing death in end stage Covid-19 cases.

One study published in 2016 demonstrated quercetin's inhibition of several influenza strains, including H1N1. In another double-blind study, trained male bicyclists pedaled for 3 hours per day at approximately 57% of maximal work capacity. They ingested 1000 mg of quercetin or a placebo daily, before, during, and for 2 weeks after the daily exercise. The quercetin group experienced significantly fewer upper respiratory tract infections compared to the placebo group

Possibly the most important immune enhancing quality quercetin offers is its ability maximize the efficacy of zinc as an antiviral. Fairly early in the Corona war of 2020 many mainstream medical



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types finally began acknowledging the effectiveness of supplemental zinc for fighting respiratory viruses.

With insufficient zinc, our white blood cells don't function optimally and other processes in our immune system are also impacted. While zinc helps generally support our immune system, it also specifically helps reduce the duration of colds and flu.

Zinc may be a vastly underrated player in the COVID-19 pandemic. It's vital for healthy immune function and a combination of zinc with a zinc ionophore (transport molecule) was shown in 2010 to inhibit SARS (Severe Acute Respiratory Syndrome) coronavirus. It also blocked viral replication within minutes. A big challenge is that zinc is largely insoluble and doesn't easily pass through the fatty wall of our cells. Quercetin is a very effective zinc ionophore so it has viral fighting capabilities of its own, plus it helps escort zinc deep inside our cells to greatly increase zinc's virus fighting properties.

I believe the most effective way to take quercetin is combined with bromelain, a natural protein-digesting enzyme from pineapple. Bromelain helps to increase absorption of quercetin and is proven to have its own anti-inflammatory properties. They work great in tandem and are often packaged together.

You're not likely to see information about quercetin in your daily mainstream newspaper. They usually just reprint wire service health articles that are for the most part generated by drug company funded "research." When it comes to safe and effective "secret" weapons to improve your health, we'd all be wise to choose from nature's stockpile.

To All Our Valued Customers, Thank You Very Much

We really appreciate you continuing to shop with us during the challenging times of Covid-19. For everyone's safety we continue to ask that upon entering our store you disinfect your hands at the sanitizing station and observe social distancing guidelines. **Another option is calling ahead for curbside pick-up. We also plan to continue offering free delivery within GP for the month of June, and free shipping options outside the city limits.**

You can order from any dept.: groceries, supplements, organic produce, freshly prepared deli items & juices, even pet foods.

Good News For Lunch Customers

As per Phase 1 of the Governor's reopening guidelines, limited indoor seating is available again along with **new outdoor seating.**

New At Sunshine

Vision Help Especially For People Who Use A Good Multi-Vitamin



Proven eye protection

As we mature (ok ... get older) our eyes often need help. Often top quality eye support formulas duplicate many of the most beneficial vision health nutrients you're already taking in your high quality multi.

The clinically proven vision enhancing nutrients that are likely lacking in sufficient quantities in your multi are: **Zeaxanthin, Lutein, and Bilberry** - the only 3 ingredients in this new more cost-effective formula.

There is a lot of evidence that lutein (loo-teen) and zeaxanthin (zee-uh-zan-thin) reduce the risk of AMD (Age Related Macular Degeneration). And beyond reducing the risk of developing eye disease, separate studies show lutein and zeaxanthin improve visual performance even if you've already been diagnosed with AMD or cataracts.

Bilberry's dark blue pigments have powerful antioxidant properties that can help protect our retinas and lenses. One study showed that bilberry had positive effects on vision in lower light environments.

Back To Health, a Eugene Ore. company, uses no fillers or flowing agents in their capsules except rice flour. Their Zeaxanthin, Lutein, and Bilberry formula provides: 5 mg of zeaxanthin, 25 mg of lutein, and 160 mg of bilberry extract per daily capsule. Each bottle is a 60 day supply.

Additional 10% Off Thru June 20th ... \$26.09

The Forgotten Factor in Bone Health

In addition to the right amounts & forms of calcium, magnesium, trace minerals, and vitamins D & K, **Collagen** is vitally important as well. Pick up a FREE 2-page informational article about this little mentioned bone health factor next time you're in.



Essential oils worked better than prescriptions

Neuropathy Pain ... Gone!

John's Success Story

In 2010 71-year-old John Mahler underwent 7 months of chemotherapy. Unwanted side-effects developed - pain, tingling, and numbness in his feet. His doctor called it neuropathy and prescribed Gabapentin. When the low dose stopped working the doctor wanted to increase it. John was concerned with the side-effects and said no.

He came to Sunshine and was shown a product called **NEUROPATHY**. A completely safe synergistic blend of 3 homeopathic ingredients and 10 essential oils including Frankincense and Myrrh. John decided to give it a try.



The Results: John massaged about 12 drops of NEUROPATHY oil into each foot and received relief the very first day. **NO MORE PAIN!** He uses it twice a day and his neuropathy pain is a thing of the past. He also occasionally uses an oral CBD tincture for some extra help. No more Gabapentin side-effects!

For Seasonal Allergies And A Lot More



Quercetin (kwer-seh-tin) and bromelain (bromeh-lane) seems like an odd combination. Quercetin, a plant pigment, combined with a digestive enzyme from pineapple, but I call it a great "natural antihistamine" because it's so effective preventing seasonal allergy attacks.

Research shows that quercetin can also have a major impact assisting our immune system deal with viruses, both directly and by increasing zinc's ability to fight viruses.

Why You Should Buy Sunscreens Only At Health Food Stores

Statistically the greatest rise in skin cancer has been in countries where chemical sunscreens have been heavily promoted. Most mass market sunscreens contain oxybenzone, a synthetic estrogen that goes thru the skin into the bloodstream. It can cause hormonal imbalances in men, women & children.

Further, 40% of mass market sunscreens also contain vitamin A (retinol or retinyl palmitate). Government studies showed tumors and lesions develop 21% faster when skin coated with vitamin A is exposed to sunlight.

Know The Facts. Pick Up Our FREE 2-page Sun Protection Article Before You Buy Sunscreen Again

- Customer Quote Of The Month -

"I really appreciate using the hand sanitizing station set up by the front door with clear signage asking everyone to please use before shopping."
- Leigh Leaming, Eagle Point