

How the Covid-19 Crisis Can Improve Your Health

If you're worried or anxious about the Corona crisis, this article is for you. I spend over an hour every day walking and bicycling to and from work and around NW Grants Pass. In the last several weeks I've seen a serious uptick in unprecedented behavior in the neighborhood, but in a good way. Individuals and families are spending time outdoors walking, biking & pushing baby strollers through the neighborhood at rates I've never witnessed before. Even adjusting for seasonal variation, I'm definitely observing more people outside inhaling fresh air and increasing their metabolism than during normal non-corona times. This is a really good thing because exercising outdoors is far more beneficial than exercising indoors at home or in a health club.



Outdoor exercise is proven to improve mental health

By doing brain scans on people who exercised outdoors scientists found that there was decreased activity in the part of the brain associated with bad moods. Everything from feeling sad or worrying, to major depression seems to be tied to this brain region. Exercising out in nature deactivates it. Outdoor exercise may involve the same muscle groups as gym work but from the neck up the benefits are measurably greater, producing more restful relaxation and sleep and far lower levels of brooding or obsessive worry. Control groups who spent the same time on treadmills indoors or walking on crowded city sidewalks demonstrated no such

improvements.

Dozens of scientific studies prove that when you're active or exercise outdoors you not only improve cardiovascular health but also receive significant psychological and neurological benefits. Outdoor exercise and recreation forces your mind to pay attention to the changing terrain, scenery, and skyline. Whether you walk or bike hills, a beach, or a winding path, your mind has to focus differently than it would staring at boring bedroom or gym walls and floors, or video screens.

Due to Covid-19, whether we're employed or not, the one thing most of us have a lot more of is time. We're typically cramming less things into our daily routines. As a result we now have the time to change many of the trips that we would normally have only made by car into opportunities for outdoor walking, jogging or biking. Staying physically fit even when your gym is closed is actually relatively easy to do and the emotional benefits are proven to be far greater.

The U.S. Department of Transportation found that **a typical adult who used active transportation (walking or biking) had fitness levels of someone ten years younger than their actual age.** A 30 minute outdoor daily walk or bike ride is associated with better mental health for men and reduced risk of breast cancer for women, reported the Journal of Epidemiology. In California,



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people who walked or biked for transportation took 15% fewer sick days than people who commuted by car. A Scandinavian Journal of Medicine study demonstrated significant cardiovascular improvements in people who biked to work as little as three times per week, two miles each way. Total cholesterol and blood pressure decreased and good cholesterol increased. The Journal of the American Medical Association published a study demonstrating that biking to work was just as effective in increasing cardiovascular health as a structured exercise program.

Spring, summer and early autumn are the seasons when it's really inviting to break out of old habits and the Corona crisis has given us no choice but to change some of our old routines. It gets light early and dark late and this weather is practically begging us to be exercising outdoors alone or better yet with our families or housemates. Walking and riding are easy, fun and practically free – plus there's no membership or spandex required. What more could anyone ask for?

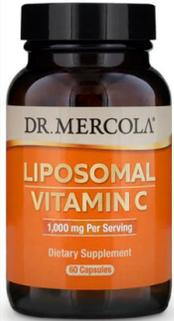
During the Governor's stay at home order most bike stores are still open. I know of one such store in Arizona that had its busiest day ever at the start of the Corona crisis. You can tune-up, add a basket and backpack and start doing some of your shopping using pedal power. Physically and mentally it can help you not just cope, but actually thrive during the Corona crisis.

Sunshine Is Here, Open & Ready To Serve
You can come in the store or call ahead to arrange for curbside pick-up, free delivery, or free shipping.
Open: 9-6 M-F 9:30-5:00 Sat. 541 474 5044

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 now 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 continue to offer free delivery within GP & free shipping options outside the city limits.

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



New At Sunshine Liposomal Vitamin C

Vitamin C is critical for optimizing many organs and body systems: heart, brain, blood vessel linings, tissue repair, collagen synthesis, and as an antioxidant to help neutralize toxins.

Liposomal C takes vitamin C supplementation to a whole new level. Liposomal C envelopes vitamin C in tiny lipid particles which does 2 things: First, it substantially increases absorption into the bloodstream. Especially as we ingest large doses of regular vit C the absorption rates go down. Second, compared to regular C, a much higher percentage of liposomal vit C is absorbed from the bloodstream into your cells – an even higher rate than intravenous vitamin C.

Liposomal C is the smart choice whenever you need to take large doses of Vit C. and don't want to have to be popping pills every couple of hours.



No Need To Suffer, Natural Allergy Relief Is Here And ... It Won't Make You Drowsy

Seasonal allergies are triggered by foreign proteins from pollens. Inflammatory reactions to animal dander, yeasts, molds and foods can often create a double-whammy and be worst during times of high pollen counts..

Allergy attacks happen when our bodies send in the histamines to address an allergy trigger. Inflammation (a fiery battle) ensues and our bodies try to douse the flames and flush out the invaders with copious amounts of fluids (water, mucous, and lymph) - hence the burning, itchy, watery eyes, sinuses, and throat.

Sunshine recommends formulas that feature natural anti-histamines, inflammation reducers, & one that even adds enzymes and blood-cleaning herbs to digest & remove the foreign proteins. They have no negative side-effects and won't make you drowsy.

The Sunshine Allergy Relief Guarantee

Try one of our recommended allergy formulas.
If it's not effective we'll exchange it for a different one until we find the one that works best for you.



Fast Relief For Leg Cramps & Sore Hands

Bob's Success Story

71-year-old Bob McGee from GP endured leg cramps nearly every day for 4 years.

**Muscle cramps gone
with no side-effects**

The #1 cause of muscle cramps is dehydration. The #2 cause is lack of magnesium. Bob knew this, upped his water and tried taking magnesium orally. Unfortunately oral magnesium proved to be too laxative for him. Bob came to Sunshine and was shown a new form of topical magnesium called CALM Topical Cream. Unlike other topical magnesiums CALM is not greasy & penetrates well.

The Results: Using his hands, Bob rubbed the CALM cream into his legs daily and his muscle cramps were gone very quickly. Bob also got a totally unexpected benefit. After a round of golf his hands used to get really sore – not any more! While rubbing it into his legs his hands were also getting a good dose of the magnesium and it worked great there too.

But Wait, There's More:

CALM Topical Provides Help For Shingles Pain

Bob's wife Gloria had residual pain from shingles for over 7 months. She would get stinging prickly pain under her skin on her abdomen: "It felt like bee stings" she said. She started massaging CALM cream into the affected areas and got rapid relief.

Bob and Gloria Are Both Extremely Happy With The Results They Got From CALM Cream

Magnesium is needed for over 300 different reactions in our bodies. So if you have the obvious symptom of muscle cramps there may be other less obvious aspects of our health that are sub-optimal as we well. The only negative from using too much magnesium is that it can be too laxative for some people.



Conditions that may improve with increased magnesium include: Asthma, Constipation, Diabetes, Headaches, High Blood Pressure, Kidney Stones, Sleeplessness, Muscle pain, tightness and spasms, and many others.

Magnesium is naturally found in seaweeds, dark leafy greens, nuts, seeds and even dark chocolate. Unfortunately dark chocolate is naturally very bitter so it is usually processed with unhealthy amounts of sugar.

Most soil today is magnesium deficient and conventional (non-organic) fertilizers don't usually contain much, if any magnesium. So **using the right magnesium supplement can make a big difference in how you feel.**

Oral magnesium will likely provide the best results. However if magnesium is too laxative for you, the CALM TOPICAL cream may be just what you need.

Feel Better Fast

All Magnesium Products
Are An Additional 10% Off Through May 23rd