

Resist Covid By Getting Fit And Having Fun

A New York City study found that moderately obese Covid-19 victims (approximately 30 lbs overweight for average height patients) were four times more likely to require hospitalization than the non-obese. Obesity was a more significant risk factor driving hospitalizations for all genders and races than any other co-morbidity except advanced age. Because I want to maximize the chances of avoiding any/major Covid symptoms or complications if/when I'm exposed, I decided to lose 20lbs.

In addition to restricting caloric intake, I'm restricting my eating window to about 8 hours per day, which alone is scientifically shown to supercharge your immune system. My first meal is around noon and is comprised of a power-packed super nutrition smoothie like the ones described below. My break-fast smoothie is about 800-900 calories. With it I take my "Covid protection package," extra: zinc, vitamins d3 and c, and quercetin. Dinner is a very low-carb, 7-800 calories at around 7 pm.



Fruit smoothies can be a simple warm weather treat or a power packed meal replacement depending on how you make them. The only

equipment needed is a blender. The base is usually fresh or frozen fruit. Using organic fruit is critical to avoid potential exposure to toxic pesticide residues. Using frozen fruit makes an almost limitless variety of flavors very convenient. When using room temperature fruit if you want your drink to be cold on a hot day, add some ice before blending. If your smoothie is too thick for your blender to handle simply add more liquid (water, juice, almond or hemp milk, etc). Especially if you're not making it yourself make sure there's no added sugar or artificial ingredients.

Fruit smoothies are delicious and packed with free radical fighting antioxidants, vitamins, and fiber. They can replace ice cream, desserts, and other hi-sugar snacks and drinks. Simply blend whatever fruit and juices you have into a refreshing creamy shake. They are generally lower in sugar than the desserts or the giant gulp soft drink they may be replacing. However, eating large amounts of fruit and fruit juices alone can leave you hungry an hour or two later.

My power-packed Meal Replacement Smoothies (MRS) are legitimate, well balanced meals that can provide hours of long-term sustenance. They usually include fruits for a base – plus a whole lot more! MRS rely on additional protein and healthy fats to stabilize blood sugar (preventing hunger) over a much longer period and help maintain muscle. MRS smoothie recipes often call for added protein powders but I much prefer to use whole food sources of protein and fiber like, hemp, chia, pumpkin, or ground flax seeds. Nuts or nut butters and yogurt are also good choices. Dr Joseph Mercola and Rocky Balboa love raw eggs in their smoothies (see caution at bottom). I love ripe avocados in my smoothies. They blend up super creamy, and are packed with healthy fat and twice the potassium of bananas.



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To fine-tune any smoothie simply add herbs, dried or fresh: ginger (improves circulation), turmeric (reduces inflammation), elderberry or echinacea (increases immunity), etc. Kale provides chlorophyll, vit-K and 10x the calcium, of cow's milk. Your options are virtually limitless.

Meal Replacement Smoothie Recipe. Makes 2, 16 oz servings:

- 16 oz unsweetened coconut water or coconut, almond, or hemp milk
- For much sweeter taste substitute fruit juice for the milk above
- 2 cups berries or other fruit
- 1 Ripe Avocado
- 1 cup hemp, chia, pumpkin or ground flax seeds, or 6 Tablespoons of nut butter or 4-8 Tablespoons of protein powder
- 1/4 teaspoon cinnamon
- 2 pinches high quality sea salt

Optional add-ins:

- A high quality vitamin-mineral supplement powder
- 1 Tablespoon org. coconut oil, 4-8 oz. yogurt, or two raw eggs
- Fresh Kale, Spinach, or other veggies, Raw sauerkraut, Banana

The healthy delicious possibilities are endless. Create a recipe that tastes great to you. Adjust the protein and fat content until you find one that helps avoid hunger and keeps you satisfied until your next meal. Watch Out! If you eat your regular meals and add MRS in addition you're likely to gain weight! My results so far: 13 lbs. down, 7 to go.

Caution: if using raw eggs, to avoid food borne illness make sure they are high quality, been kept refrigerated and your smoothie stays cold



New At Sunshine Freshly Ground Organic Almond Butter

Made Right In Our Kitchen!

Organic almonds
are packed with
nutrition

If you've never tasted freshly ground organic almond butter you're in for a real treat. It's super-healthy, rich, satisfying, surprisingly sweet tasting, and versatile.

Almonds are high in protein and fiber and been shown to have positive effects on: blood pressure, blood sugar, cholesterol levels, and even cancer prevention. But I eat almond butter mostly because it tastes GREAT!

Almond butter is super-versatile. Spread it straight on bread, crackers or rice cakes. I add 2 tablespoons and a half a ripe avo to turn a smoothie into a high nutrition meal with staying power. Add it to noodles and broth for a rich almond flavor.

If You've Never Tried It, Ask For A Free Sample.

You'll Love It.
On Sale, 10% Off Thru Sept 19th
Available In Pounds And Half Pounds



New At Sunshine Help For Blood Sugar Maintenance

Sucontral D is a clinically studied formula powered by Hintonia latiflora, a botanical with a long history of traditional use. Scientists have discovered a unique compound in this plant that powerfully supports healthy blood sugar balance, validated by over 60 years of research.

Sucontral D combines Hintonia latiflora with B-vitamins, folic acid, vitamins C and E, and the trace minerals zinc and chromium, important nutrient cofactors for insulin function and healthy blood sugar metabolism.

Sucontral D helps maintain healthy blood sugar & A1C levels, insulin function, and carbohydrate metabolism.

It's Now Official: Sunshine Wins Best Place To Buy CBD In The Rogue Valley

In the recent 2020 Sneak Preview reader's poll that went to 30,000 area homes and businesses Sunshine was rated the best place in the Rogue Valley to buy your CBD.

Our customers use CBD for pain and headache relief, improved sleep, reduced anxiety, improved mood, and more – all, without any “high.” It has worked for thousands of our customers!

Our 6-page info pack explains what you need to know about CBD quality, dosing, and our customers stories in their own words.

Celebrate Our BIG WIN - Get 10% Off Any CBD
Product From Green Earth Medicinals Thru Sept 19th

2020 Flu Shot Alternative

This under-the-tongue, homeopathic formula is a safe, effective, inexpensive, alternative to traditional flu shots. Just like the flu shot, it is reformulated every year to target the flu strains that are predicted to be the most major threats. **This year's version is being formulated right now and will arrive around mid-October.**



After 10 years of European testing, these homeopathic pills proved more effective and far safer than traditional flu shots. One dose per week, for 5 weeks, was the way this formula was originally tested. We offer all 5 doses in one convenient package for \$7.59.

Sunshine is the only place in the US that provides the *original* directions for use this product was created with. We have 18 years experience with it & we'll help make sure you use it correctly.

To Guarantee October Delivery Of The
Updated 2020 Formula, Call Or Come In And
Place Your Order Today

To Answer Your Most Commonly Asked Question:

These Are The 4 Products I Take Every Day To Help Protect Myself Against Viruses

All the naturally oriented doctors I know agree that supplementing with vit-c, vit-d3, and zinc will help increase resistance to nearly all respiratory viruses, very likely, including Covid-19. In addition, quercetin (a plant pigment found in many foods) not only helps relieve allergies but enhances the virus-fighting capabilities of zinc by significantly increasing zinc's absorption into cells where it can more effectively attack invading viruses.



Garden Of Life Raw Zinc is food-derived and naturally contains the necessary enzymes and co-factors for optimal absorption

Mercola Liposomal Vit-C allows you to take larger doses of C when you need it most, without causing upset stomach.

Garden Of Life Raw D3: The latest research has shown that optimum vit-d3 levels help strengthen immunity and protect against many adverse health events including cancer.

Now Brand Quercetin with Bromelain: Quercetin (pronounced kwur-seh-tn) has antiviral qualities of its own and also significantly enhances the virus-fighting capabilities of zinc by increasing zinc's absorption into cells where it can more effectively attack invading viruses. The bromelain helps is anti-inflammatory and assists in quercetin absorption.