

It's Cold Outside, Warm Soup or Ice Cubes ... You Decide

It's February, how about going outside naked and jumping into an ice-cold lake or river? Almost instantly your skin would turn white as capillaries contract to divert blood away from surface muscles sending it deeper to keep vital organs warm. Quickly, your muscles would lose their flexibility and ability to function properly. Obviously this would be really dumb to do immediately before exercise or activity.

Equally dumb however, is when nearly all restaurants will serve ice-water prior to your meal. Combining ice-cold liquids with food is one of the worst things you can do for digestion.

Consuming it will do the same things to the muscles lining your stomach as jumping naked into an ice-cold lake does to the surface muscles of your body. Capillaries will contract and stomach muscle function will be impaired. When eating you want your stomach to be warmed up and flexible, just like how before exercising you want biceps and hamstrings "warmed up." The innermost stomach muscles, the inner obliques, aid in digestion by grinding the food together with digestive juices. The lower, narrower portion of the stomach, the pylorus, also uses muscular action (peristalsis) to send food into the small intestine.

Drinking ice-cold beverages with your meal also causes fats to congeal and often prevents appropriate amounts of stomach acids and enzymes from being released. Your stomach is not just a big bag at the bottom of your esophagus. It's a hardworking organ that needs between 40 minutes to a few hours, depending on the types of food consumed, to complete its critical work.

Daily, year-round drinking of ice-water wasn't even feasible until about 80 years ago. It's a modern invention that is detrimental to our health. I know several people who have actually "cured" their acid reflux simply by giving up ice-cold drinks with meals.



Warm soups can improve digestion

So how should our meals begin? Evidence of the existence of soups goes back 20,000 years. The word restaurant derives from the French verb restaurer, meaning to restore. It was first used in the 16th century referring to street vendors who sold highly concentrated, thick, inexpensive soups (probably mineral and collagen-rich bone broths). The soups were advertised as an antidote to physical exhaustion.

Worldwide, soups have been the traditional way to begin meals for centuries. In Japan miso soup is a daily staple and it's important to recognize that miso is much more than a flavoring. It provides restorative qualities from the digestive enzymes, probiotics, and protein delivered by the fermented soy bean paste. A classic Russian lunch will include hot soup as the first course year-round. Even in warm-weather Latin-American countries black-bean, chicken and rice, and fish hot soups are dietary mainstays. Relaxing and warming the stomach rather than freezing it, has been the traditional start to most meals for thousands of years.



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Before modern refrigeration, traditional warm-weather "chilled" soups were not actually chilled but served at, or slightly below, room temperature – nowhere near the temperature of ice-water. It would be extremely likely that the base of virtually all of these traditional soups was a stock made from boiling down root vegetables, herbs and animal bones. It's the content of the bones including collagen (a source of joint restoring glucosamine and chondroitin), the anti-inflammatory amino acids proline and glycine. and minerals that are the source of its health benefits. Extracting the nutrients from bones is accomplished through long time cooking (simmering for 12-24 hours or 8-10 hours in a pressure cooker) and by adding some acid to the pot, like vinegar, wine or a bit of tomato paste, which loosens and dissolves all the constituents.

The famous 12th century physician and biblical scholar, Maimonides wrote that chicken soup "is recommended as an excellent food as well as medication." Today, **the Drugs.com, website includes chicken soup for its medicinal qualities.**

Beginning your meal with ice-water has been made possible by modern refrigeration but is a major step down in preparing us for smooth digestion and nutrient assimilation.

I usually begin a meal with warm soup or a little room temperature water with freshly squeezed lemon. I know it's rare, but **get excited when you go to a restaurant that routinely serves its water without ice.** It's a sign they understand how mealtime should be respected. Otherwise ask for your water straight-up, hold the ice, with a wedge of lemon.



Vitamin-D3 Is Very Important *It's The Sunshine Vitamin*

Vitamin D3 is a very important for many critical body functions. Without sufficient D3 our bodies cannot make healthy bones. Research also shows that optimum vit-D3 levels help strengthen immunity and protect against viruses and many other adverse health events including cancer. Further, results of a recent meta-analysis demonstrated that **low vit-D levels were associated with an increased risk of sleep disorders** including poor sleep quality and short sleep duration.

Our skin manufactures vit-D3 with sufficient sun exposure. However, half the year the angle of the sun in our region makes it impossible for most of us to make enough D, even on sunny days. Testing is the only sure way to know if you have enough vit-D.

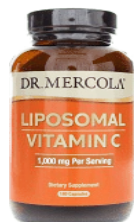
Sunshine Now Carries Vitamin D Test Kits

This Vitamin D Test Kit is a simple, at-home finger prick test that you mail in. **Results are usually emailed back within 2 weeks.** Vitamin D blood levels in the range of 30-100 ng/ml have been associated with good bone, immune, brain, and heart health. Below 30 is usually cause for concern. Once we know our vitamin D levels, if needed, we can make diet and lifestyle modifications to improve our levels in as little as a few months. Progress may be monitored by taking another test.

On Sale Now For \$39.98 – Includes All Lab Fees

If You're Not Going To Use The Covid Vaccine

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. **Back To Health brand Zinc Bisglycinate** is another top choice

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 shows that optimum vit-d3 levels help strengthen immunity and protect against invading viruses & other adverse health events including cancer.

Now Brand Quercetin with Bromelain: Quercetin (pronounced kwur-seh-tn) has antiviral qualities 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. Bromelain is anti-inflammatory and assists in quercetin absorption.



Everyone at Nancy's house is back to normal

Recovery From MPL Knee Surgery

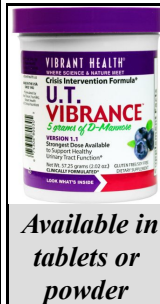
Ruby's Success Story

Nancy Tripp's 5-year-old Maltese injured her knee jumping over a tree branch. Surgery was required and unfortunately Ruby had a very difficult recovery. She was sore, unhappy, listless, little appetite, and no enthusiasm for her favorite activities - all the classic signs of doggy depression.

Nancy was willing to try anything. She decided to try CBD, came to Sunshine and picked up some PET CBD from Garden of Life. Since Ruby is only 4½ lbs, Nancy gave her 4 or 5 drops and hoped for the best.

The Results: A little over an hour later Ruby noticeably perked up. She went to her toy box for the first time in over a month, pulled out her teddy bear, brought it to Nancy, and there were kisses and loving all around. **Depression Gone After One Dose!**

Garden of Life Pet CBD is organically produced from hemp grown in Eastern Oregon.



Available in tablets or powder

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U.T. Vibrance from Vibrant Health Is The Most Powerful Acute Intervention Formula We Have Ever Seen For the Treatment Of Painful Urinary Tract Infections.

This one product has it all. **U.T. Vibrance** combines carefully selected botanical extracts and powders traditionally used to support healthy urinary tract function along with a massive dose of European D-mannose. Mannose quickly finds its way to the bladder where it helps dislodge infection-causing E.coli from the bladder wall so it can easily be passed in the urine.

U.T. Vibrance is far more effective than cranberry juice alone. **Many people report that it's just as effective for them as antibiotics.** Available in tablets or as a mildly sweet tasting powder that mixes well in water.

Key Benefits

- * Eradicates E.coli Bacteria From the Urinary Tract
- * Stops Itching, Burning, and Painful Urination.
- * Promote Urinary Tract Health

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