

Living Better Deep Into Old Age

My grandmother was physically active, mentally sharp, positive, and healthy until the day she died at 94. She regularly used no prescription meds of any kind. Grandma's infirmity lasted less than one day. Fortunately there are steps we can all take to compress any illness or disability into the very end of our lives rather than having them linger for years.

As a species, we did a lot of physical activity for 300,000 years, until very recently. We were not designed for years of TV, computer time or sit-down jobs. Sedentary life-styles are unnatural.

The New England Centenarian Study is the world's largest ongoing study of people age 100 and older. They discovered that living to 100 or 105 appears to require, frankly, the gift of top genetics. The super-seniors studied all fit 27 genetic patterns that slowed aging and decreased the risk of age-related illnesses. For the rest of us with more average longevity in our make-up, there are proven steps to optimize the hand we were dealt deep into our lifespan.

4 Factors To Optimize For Aging Healthfully

1- Exercise For Body ... And Our Brain

Gerontologists agree that exercise is the single most important thing for healthy aging & it doesn't have to be the sweat-dripping-in-the-eyes exercise variety. A simple half hour walk, three or more days a week is proven to: be good for the heart, reduce cholesterol and blood sugar, improve mood, reduces stress, improve sleep, clear the mind and strengthen bones. Equipment required, just a good pair of shoes and enough will power to put one foot in front of the other.

Few know that exercise is also the best thing you can do for your brain, increasing cognition and elevating mood. Researchers have discovered this is due to a brain chemical we naturally produce known as brain-derived neurotrophic factor (BDNF). BDNF is a critical factor in mood and cognition,. Nothing protects the brain more than exercise because we make the most BDNF while exercising. They've concluded that even just one infusion of naturally produced BDNF into the brain is "sufficient to induce a relatively rapid and sustained antidepressant-like effect," **Exercise appears to be the most underutilized anti-depressant.**

2- Enhancing Your Microbiome

A person's microbiome is the collection of all the microbes in the body. Typically when we think of bugs, mostly bacteria that live in our guts, noses, mouths, and other body cavities, we're busy blaming them for making us sick.

But in recent years, researchers have been studying the "good" bacteria, fungi, and beneficial viruses that live inside us and discovered they actually keep us healthy. A healthy gut microbiome plays a key role in providing energy, producing vitamins, nutrients, and immune enhancing compounds. **An unhealthy microbiome, one with a less diverse microbial population, has been correlated with digestive problems & nearly every other disease.** Diet plays a huge role in maintaining a healthy microbiome. The best diets are rich in prebiotics. Prebiotics are the food source for good bacteria in your body and are different from probiotics, which are the good bacteria. There is no reason to go out and buy prebiotics. Virtually any food rich in fiber provides abundant pre-biotics. Go veggies!



**- SEE INSIDE FOR DETAILS-
CBD Relieves Back Pain & Muscle Spasms**

The Healthiest Hot Chocolate Ever!

The Best Source Of Bio-available Iron

Probiotics, are found in fermented foods like yogurt, kefir, sauerkraut, kimchi, and miso, as well as cheeses that have been aged but not heated afterward. They are also available in supplement form. Studies have shown that babies given a microbiome boost from probiotics were 40 percent less likely to contract infantile sepsis and far less subject to allergies and asthma later in life.

3-Reduce Fall Dangers At Home

Little kids do it for fun. Skiers do it by accident, but usually survive. But older people falling is the leading cause of injury and injury-induced deaths in seniors, according to the CDC. If you break your hip, there's a more than 20 percent chance that you will die in the first year afterward. Weight-bearing exercise, balancing on one leg (holding onto a chair if necessary), Tai Chi and yoga are all proven to improve balance and reduce fall risk.

The benefits of installing good lighting in your home and removing trip hazards should be self-evident

4-Make Time For Friends And Family

Social isolation and loneliness are major risk factors for poor health and earlier mortality - a major concern for people over 50, because that age group is more likely to live alone, to have lost close friends or family members, or to be living with chronic illnesses and sensory impairments.

Connecting with others while doing activities you enjoy is a great way to stave off negative aging. This is part of the reason the pandemic was so devastating. People's social connections were severed and replaced largely by negative TV and social media news.

I may need some luck to equal my grandma's lifespan, but I'm definitely gonna give it my best effort.



Moringa Hot Chocolate

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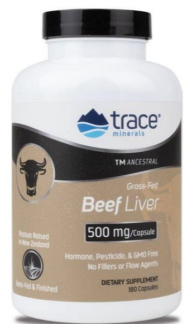
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Moringa has 17x the calcium of milk and 9x the protein of yogurt, is super rich in antioxidants, chlorophyll, iron and vit A.

CocoRinga (their name for this amazing product) has no added sugar. There are 1.8g of natural occurring sugar from the coconut and tapioca used to make the plant creamer and from the chicory root sap sweetener. There are only 10 g of carbs mostly from the fiber content, making it KETO friendly. **The cocoa and Moringa actually help reduce glucose levels.** Caffeine-free and diabetic friendly.



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Both these premium products are sourced from grass-fed, hormone and pesticide-free, pasture-raised New Zealand cattle.

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The Beef Organ blend contains the same freeze-dried liver along with heart, kidney, pancreas, and spleen. Tremendous source of naturally occurring Co-Q-10, and highly bio-available immune enhancing compounds from spleen.

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Relief From Back Pain And Muscle Spasms

Darlene's Success Story

*CBD tincture
and topical cream
create double
barrel action for
pain relief*

Thirty years ago in an unfortunate fall, 72-year-old Darlene Carlson from GP ruptured a disc in her back. She had it surgically repaired but damage to the surrounding discs and musculature continued to cause severe pain and muscle spasms.

Darlene relied heavily on NSAIDs (common NSAIDs are Advil/ibuprofen, Aleve, Celebrex, Motrin, aspirin etc) to address her pain. Then in November of 2018 she suffered a severe gastrointestinal bleed likely caused by these meds since bleeding is a well-known serious side-effect.

A friend mentioned that CBD could be a safe and healthy alternative. Darlene had read about CBD in the Sun Times and decided to give it a try.

The Results: Darlene used a low dose of **Green Earth Medicinals Extra Strength 1500** twice a day. Before she was through the first bottle she experienced noticeable relief. Prior to using CBD she would wake up every 2 hours through the night due to back pain and spasms. Now her back pain and spasms are significantly reduced and she can sleep 5 hours at a time. **Darlene said: "I wouldn't be able to survive without it."**

Many local MDs now recommend CBD drops to their patients with chronic pain and sleep issues and even topical CBD cream after surgeries. CBD is the second most prevalent cannabinoid in the cannabis plant. Unlike THC, **CBD will not make you "high."**

It is well-known that hemp plants very readily absorb toxins from the soil they're grown in so it's very important to choose your CBD medicine wisely. Many other companies buy from 3rd party growers and manufacturers (could be from anywhere in the world) and simply slap their own label on it.



Green Earth Medicinals 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, thousands of Sunshine customers have discovered that Green Earth Medicinals is the best of the best.

Most Importantly: It Really Works!



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