

Some Science Worth Sharing

If you get your news exclusively from mainstream media most of what I'm about to share will be brand new for you. Just so you know, sometimes when I publicly share unbiased, documented but unsettling factual information like this, the feedback is not always gratifying. Strangers have walked into Sunshine and literally yelled at me. I've been called a "pawn of Putin" and told I have "blood on my hands for my "deadly and immoral views" - simply for disseminating documented scientific observations about health and well-being.

Passions and prejudices clearly run high on everything surrounding Covid and our government's responses to it. It's so unfortunate and "anti-science" to have so many people guided by politics rather than level-headed debate on the most important healthcare issue of our time. Facts are we've spent trillions in tax dollars on pandemic relief, tens of billions on subsidizing the invention and distribution of the jabs, and billions more advertising such. After adding to that the cost to patient care of a burnt-out medical system running short-staffed after vaccine mandates drove many employees away, one would hope that doctors, scientists, and public health officials would focus on impeccable record keeping to create clean and timely data and having the courage to speak up if they see slip-shod practices or policies that support ideology and profits over medical outcomes.

Recent Covid Stories Mainstream News Have Chosen To Ignore

* **In January the Cleveland Clinic hospital system released results of their internal study on the latest bivalent booster.** Conclusions were derived from the health records of their 51,000 employees. Their findings: the new booster was only 30% effective (another way of saying 70% ineffective) for preventing infection &, **most important, the more vaccine doses someone had received the more likely they were to get Covid!** In 2021 after studying their 51,000 employees Cleveland Clinic also concluded that natural immunity from getting infected was more effective in preventing reinfection than getting the vaccine. Possibly another story your mainstream news suppressed.

* **17% of teenagers experienced heart symptoms following their second Pfizer Covid shot.** Researchers recently published their study in the peer-reviewed European Journal Of Pediatrics. The researchers conducted electrocardiograms (ECGs), which measure the heart rhythm, on 4928 high schoolers in the capital of Taiwan, **before and after** their second Pfizer shot. After the second shot they found significant ECG irregularities, myocarditis, and one with premature ventricular contractions, which raise the risk of sudden cardiac death. Of note, four of the five students with the most serious problems did not report chest pain or other obvious problems after the second shot - very concerning. Where there is risk, there must be choice,

* **Vaccine mandate for healthcare workers overturned.** In a groundbreaking ruling, the New York State Supreme Court on Jan. 13 struck down the state's COVID-19 vaccine mandate for healthcare workers. **The court ruled that the state's mandate was "arbitrary and capricious" on the basis that COVID-19 vaccines do not stop transmission of the virus, thereby eliminating any rational basis for such a policy.** It's really unfortunate that the ruling took so long for 2 reasons. Tens of thousands were undoubtedly coerced into getting shots they didn't want that did nothing to protect their coworkers or patients. Plus many people undoubtedly had their financial lives destroyed when they were fired for refusing the jab.



- SEE INSIDE FOR -
Cancer Protection From Medicinal Mushroom
Relief From 4 Decades Of Gut Challenges
Keep Your Kids Healthy This Winter

* **Dr Aseem Malhotra, a prominent cardiologist in the U.K. is now calling for total vaccine data transparency.** He was featured in "public service ads" promoting Covid jabs for nearly 2 years. After his otherwise healthy father died of blood clots in his heart following Covid vaccinations Malhorta reviewed all available data and discovered that the paper which underpinned the emergency use authorization of the Pfizer vaccine claiming 95% effectiveness (relative risk reduction) actually revealed an absolute risk reduction of only 0.84 percent. In other words, for every 119 individuals vaccinated, only one person would be protected from being infected.

* **We're sitting ourselves to death but the good news is: Physical Exercise Significantly Lowers Risks for Covid-19 Complications.** A study published in January in the American Journal of Preventive Medicine found that exercise of any amount had a protective effect on risk of hospitalization and death from Covid-19. This study follows 25 previous studies that also reported strong associations between mortality and hospitalization, and physical inactivity. The strongest association was found between the "always active" with the "always inactive" categories. Patients in the **"always inactive" category had 91 percent higher odds of hospitalization, and 291 percent higher odds of death after hospital admission compared to patients admitted who were in the "always active" category.** Results were consistent across all demographics. This is a phenomenon I wrote about nearly 2 years ago when many pro-vax types wanted to hear nothing except: get vaxxed it's our only hope!

Safe and effective is still the mainstream media and mainstream medical narrative. Along with the theory that the jab is your only hope for improving Covid outcomes. There are now literally thousands of pages of actual unbiased science that strongly suggest otherwise. People who rely exclusively on mainstream sources of medical information need to know these things. Ok, I'll brace now for knee-jerk backlash.



Proven Cancer Protection

Turkey Tail Medicinal Mushroom

Turkey Tail mushrooms, also known as *Trametes versicolor* or *Coriolus versicolor*, were named for their concentric rings of brown and tan, which give a resemblance to the tail feathers of a turkey. Unlike many other medicinal mushrooms, Turkey Tail mushrooms are

tough and chewy and are not considered a gourmet food. However, they have now been proven to work great as an immune enhancing, cancer fighting supplement!

Successes with thousands of cancer patients in dozens of clinical trials in the last several years have demonstrated across the board increased survival rates when using extracts from Turkey Tail mushroom that are rich in the main active ingredients. Results were documented when being used as an adjunct to standard cancer treatments compared with using the standard treatments alone. Studies have included patients being treated for cancers of the breast, lung, stomach, and bowel.

Turkey Tail's benefits appear to be derived from its content of the phytonutrients abbreviated as PSP and PSK, both of which appear to inhibit the growth of cancer cells. PSK is actually approved and often prescribed in Japan as an adjunct treatment for cancer.

Pure Essence Turkey Tail 4X combines 1:1 and 8:1 extracts of certified organic Turkey Tail fruiting bodies to deliver the most potent Turkey Tail nutrition you'll find. Both extracts are 100% certified organic mushrooms that are hot water treated to rupture the cell walls to maximize nutrient bioavailability. The 1:1 powder provides rich levels of immune enhancing Beta-D-glucans while the 8:1 portion maximizes PSP and PSK polysaccharides more specific to cancer fighting.

Real medicinal mushrooms are from the fruit/top of the organism (the part we can see) not the mycelia (their "roots"). Just like the grape is different than the vine, the mushroom fruit has a different nutritional profile than the mycelia. Many "mushroom" supplements are actually nothing more than mycelia containing only fractions of the nutrients found in the tops & are up to 70% starch.

Each capsule of Pure Essence Turkey Tail 4X is up to 4 times stronger than typical turkey tail fruiting body extracts, up to 16 times stronger than simple turkey tail powders, and up to 40 times stronger than Turkey Tail from mycelia that most other companies typically use.

MyPure Mushrooms from Pure Essence Labs now offer 7 different mushroom varieties and blends. In addition to cancer fighting some target overall immunity, energy, and cognitive enhancement. All are 100% certified organic mushroom fruiting bodies with **guaranteed levels of immune enhancing compounds**. Turkey Tail 4x is one of their most potent products.



The most potent Turkey Tail currently available



Relief ... From 4 Decades Of Digestive Problems

Annie's Success Story

gut relief from top to bottom

72-year-old Annie Capshaw from GP has been challenged by gut problems for over 40 years. Acid reflux, ulcers, bloating, diverticulitis, IBS, you name it, top to bottom unfortunately she had it. Doctors prescribed Omeprazole a long-acting proton pump inhibiting anti-acid. Long-term use of many prescription anti-acids is known to cause serious unwanted side-effects such as: bone fractures, infections, vit b-12 deficiency, fatigue, and more.

Annie read about **Vital Gut Renew** in the Sunshine newsletter and decided to give it a try.

The Results: Annie got relief from the bloating within 2 days and nearly all her gut pain was gone in a week. Annie's rapid results are really consistent with what many other Sunshine customers have experienced using this formula. She said: "I'm back to myself again. I'm so glad I decided to try it."

Vital Gut Renew from Vital Planet is an advanced formula created to help soothe and heal the gut by providing added support to help the body rebuild and strengthen healthy cells lining the intestinal wall. It combines L-glutamine, a naturally-occurring amino acid, with time-honored herbs to promote optimal digestive function.

Vital Gut Renew was also formulated to address Leaky Gut Syndrome, a serious and all-too-common health concern. Leaky Gut can be caused by repeated exposures to foods and medications that a person may be sensitive to which causes chronic inflammation, damage, and thinning of the intestinal wall. Leaky Gut can compromise your health by allowing undigested proteins into the bloodstream causing allergies, fatigue, and a weakened immune system.

Garden Of Life Sugar-Free Kid's Immune Gummy



Keep'em Healthy All Winter Long

Antioxidant whole food vitamins C and D along with Zinc to provide the nutritional support they need to stay healthy. This kids immune gummy is organic and delicious, without sugar, artificial flavors, toxic pesticides or GMOs.

Winner! Judy Lynde

2023 Sunshine Yellow Sweatshirt Contest



Judy read about the contest in our December newsletter. She was the 7th person to mention it at the register which made her the winner. Anytime Judy needs a boost on a gray day all she needs to do is don her official Sunshine yellow sweatshirt. Frankly though, Judy is one of the most upbeat enthusiastic people to ever come in our store. She probably seldom needs a boost and will likely be wearing her Sunshine yellow whenever she feels like a fashionista.

- Customer Quote Of The Month -

"Love the prepared food, products, and the very helpful staff"

- Michelle Welch, GP