

## Herbs To Increase Energy, Improve Sleep And Balance Stress

Many people's brains are in hyperdrive from sunrise to sundown and beyond. Humans, sped up by smart phones, computers, and the financial pressures of modern life voluntarily expose ourselves to more stress than is healthy or reasonable. **Three-quarters of all doctor's visits are the result of stress-related ailments and complaints.**

Our stress response is essentially a "hard-wired" part of our genetic code. When confronted with serious threats, our brain signals the adrenal glands to release the hormones adrenaline and cortisol. Adrenaline increases heart rate and blood pressure prepping us for a burst of muscular exertion. Cortisol releases blood sugar for fuel.



*Stress created fight or flight hormones attacking a computer*

These "fight or flight" chemical responses may have served our ancestors well preparing for a death match with a sabretoothed tiger, but are excessive for most modern daily needs. Unfortunately whether we are reacting to an actual serious physical threat or just the daily grind of traffic, work pressures, or a forgotten credit card bill, our biological reactions are often very similar - we rev up ready for a fight.

Some stress may be considered constructive – like planning for a trip or welcoming a new baby into your family. But even these can still contribute to adrenal fatigue and burnout.

**Continually over-responding to relatively minor chronic stress by pumping out fight or flight hormones has been shown to create many major negative effects on our health** including elevated blood pressure, low energy, sleep and digestive disorders, reduced immune function, muscle tension and pain, anger and emotional imbalances and a lot more.

Younger people (under 35 years old), generally have an amazing ability to bounce back and fully recover from overwork, injuries and illness. However, as we age the time it takes to rebound from significant challenges increases dramatically. For the elderly it can take a year to fully recover from a crisis.

In contrast to humans whose stress is largely self-inflicted, plants have no ability to avoid stress in their environment. They can't move to seek food or to escape the cold, pests, or environmental toxins. Instead evolution has equipped them with the ability to **adapt** by producing protective chemical compounds to successfully adjust to their changing environmental challenges.

From the perspective of Traditional Chinese Medicine, there is usually a Yin & Yang component to addressing stress in our lives. Plant medicine can play a large role in helping us cope.

Unwinding from stress is the yin component. Relaxing (yin) herbs include: Valerian, Chamomile, Passionflower, Hops, Skullcap, Lemon Balm, Lavender, California Poppy, used in capsules or teas can all help people unwind. More potent substances included



**- SEE INSIDE FOR -**  
**The Delicious Health Benefits Of Sauerkraut**  
**The Best Blood Building Iron Available**  
**Premium Adaptogenic Herb Blend Is On Sale**

in this class would be cannabis and alcohol. The relaxers don't however help us rebuild from the negative effects of chronic stress, major illness, or major injury.

Gradual strengthening and rebuilding our energy and stamina is the yang component of managing stress. While caffeine can help mask low energy with periodic jump starts, prolonged use actually depletes our energy stores and contributes further to burnout. **Adaptogenic herbs** however have been used and revered for energy enhancement since ancient times. They include: Rhodiola, Ashwagandha, Cordyceps, Ginsengs, Holy Basil, Schizandra, Rhaponticum and more.

Unlike pharmaceutical drugs that typically have only one mode of action, adaptogenic herbs have multiple modes. If the immune system or vitality is diminished, adaptogens can enhance them. However, if the immune system is overactive, for instance with allergies or autoimmune diseases, adaptogens help down-regulate response, decreasing over-activity and create balance. That's why a well-balanced traditional adaptogenic formula that can create more energy and vitality can also simultaneously create deeper more restful sleep. That is the genius of nature.

Whether you're looking to maintain or rebuild optimal health, herbal adaptogens provide essential support and combined wisely can buffer the effects of stress by restoring balance, optimizing metabolism, and encouraging healthy immune response. After trying some relaxing herbs that didn't help improve my own sleep after an extraordinarily stressful December, I tried our most powerful adaptogenic formula and am now appreciating significantly more sound, restful sleep and more energy.



## Increase Energy, Improve Sleep, And Balance Stress

**Power Adapt** from NATURA, an Ashland company is an extraordinarily well-balanced energy tonic designed to build strength and stamina while promoting a healthy stress response.

**Contains herbs used for centuries**

An extra-strength adaptogenic formula, **Power Adapt** features a blend of herbal extracts that work together to maximize the benefits of physical exercise. In many cases it can provide the boost needed to get you moving again or the balance needed to improve sleep, amazing it can do both - see front page story.

The botanical ingredients encourage healthy endocrine function by providing nourishment to the spleen, kidneys, and adrenal glands which results in the energy necessary to support your body's ability to rebuild, bounce back, and restore balance.

**Some people experience the benefits of Power Adapt overnight. Most feel it working in 3-7 days. I really like this stuff!**

**Power Adapt Is On Sale, 10% Off Thru March 25<sup>th</sup>  
Now In Liquid And Capsules**

## Sauerkraut Centuries Old Health Care That's Delicious

Sauerkraut is a delicious way to introduce a large variety of probiotic strains into your diet. Probiotics are friendly bacteria that colonize in the digestive track can **dramatically improve digestion and boost the immune system.**



Preparing sauerkraut or "sour cabbage" as a fermented vegetable began in Germany using the same principles that Asians used to make kimchee (pronounced kim chee) centuries earlier.

Fermentation is as much art as a science. I try to make every batch exactly the same and every batch comes out a little different....it's fun and fascinating. Like fine wine, there can be significant variation from batch to batch, or year to year....but it's all good.

Sauerkraut is very alkalizing, cleansing, energizing and delicious. Traditionally, a few tablespoons of sauerkraut or other pickled vegetables were eaten at least once a day towards the end of meals.

**Sunshine was the first natural food store in Southern Oregon to make and sell its own fresh, raw organic sauerkraut. It's available by the pint and on our salad bar.**

We feature 2 varieties. Our "gourmet" kraut made from org. green cabbage, fennel, and caraway. And our apple kraut made from org. red cabbage, apples, and ginger.

**Sunshine Org. Sauerkraut Is On Sale Thru March 25<sup>th</sup>  
One Pint, Either Flavor Only \$8.99**



## ClearLungs Blue Label Is Back In Stock!

**ClearLungs**, from RidgeCrest Herbs is the #1 selling natural formula in the US that targets lungs and respiratory health. The reason is obvious ... it works!

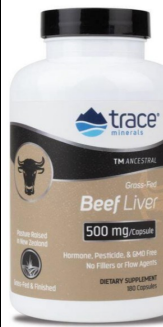
The ClearLungs formula is based on healing philosophies derived from Traditional Chinese Medicine and Ayurvedic traditions and is manufactured in the US.

### ClearLungs Blue Label:

- \* Supports Free Breathing
- \* Helps Maintain Balanced Mucous Levels
- \* Keeps Airways Open By Reducing Inflammation
- \* Provides Fast Relief For Congestion Due To Colds And Flu

**Ridgecrest** also offers an advanced formula targeted to help prevent and promote airway expansion during asthma attacks called **AirWay Clear**.

**RidgeCrest believes:** "We need to be the best at what we do -- not to beat others, but to move the world forward."



## Two New High Potency Super Foods From Trace Mineral Research

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

The beef liver caps are probably the world's most bio-available source of heme iron and vitamins A and K. Heme iron, the type found predominantly in animal sources, is absorbed far better than the non-heme form that is predominately found in plants.



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

Beef Liver and Beef Organ caps may be just what you need to boost strength, stamina, immune function, and energy production.



## Fresh From The Sunshine Organic Salad Bar ...

### Kale Salad w Sunflower Seeds

Great alone ... even better with fresh ripe avocado added

Lunch From the Sunshine Salad Bar Is Always Fast, Fresh, & Delicious

*Lightly marinated in a Sunshine original dressing*

**Always A Customer Favorite**