

## Do The Government Regulatory Agencies Really Work For Us?



*Irwin Mainway promoting his Bag Of Glass*

Some of us are old enough to remember an old Saturday Night Live skit from the 70s titled, Consumer Probe. It featured interviews with Dan Aykroyd as Irwin Mainway, a fast-talking unscrupulous entrepreneur who self-righteously defends the integrity of his various highly questionable products: A children's Halloween costume made from all-black non-reflective materials named, Invisible Pedestrian, Children's Christmas gifts including a Bag Of Broken Glass and many more. The points of the satire are obvious: There are people who lack any semblance of a moral compass and will do anything to make money and, aren't there government agencies protecting us from businesses like his?

I was reminded of those old "comedy" routines recently when reading a report titled: Court Documents Show GlaxoSmithKline Knew For 40 Years Zantac Could Cause Cancer. The report is based on evidence discovered in tens of thousands of lawsuits across the US revealing that Pharma giant GlaxoSmithKline (GSK) had, for decades, concealed evidence showing that ranitidine, the drug sold as Zantac, could cause cancer. These warnings came from independent researchers and also from GSK scientists **even before** FDA approval in 1983. Within five years Zantac, used to treat heartburn and ulcers, became the world's best-selling medicine surpassing \$1 billion in annual sales. GSK later sold the drug to Pfizer.

Zantac, has now been linked to at least 10 types of cancer, including bladder, esophageal, liver, pancreatic and stomach cancers. It was finally recalled in 2020. Taking a lesson from Mr. Mainway, GSK continues to claim that there is "no consistent or reliable evidence" that Zantac caused cancer.

The actual science is quite clear, NDMA an impurity in Zantac can become increasingly potent and very carcinogenic the longer it's stored and under certain conditions. One such condition is being combined in the stomach with many common foods including vegetables! A U.S. government cancer researcher and biochemist, William Lijinsky, found in 1969 that carcinogenic levels of NDMA could form in the stomach when using ranitidine. According to his wife, Rosalie Lijinsky, herself a genetic toxicologist who recently retired from the FDA, William lost federal funding for his research due to pressure from both the food and pharmaceutical industries.

Bloomberg Businessweek reported that "Every public-health agency, from the EPA to the FDA and the World Health Organization, now acknowledges NDMA likely causes cancer in humans." So why was Zantac on the market for so long? Apparently regulatory agencies base their approvals on flawed research paid for by GSK which skewed the narrative away from Zantac's risks. That process has been revealed in hundreds of documents, containing thousands of pages, many of which have never been made public before these lawsuits. GSK sold a drug that might harm people, tried to discount evidence of it, and never gave anyone the slightest warning.

The process of developing, testing, and approving ranitidine was fast. Maybe not warp speed but very fast. Zantac was soon marketed as being "better and safer" than the leading heartburn drug at the time.

Court findings have also revealed that GSK knew of another potentially serious problem with ranitidine. It wasn't always stable. The drug was sensitive to heat and humidity, and when exposed to too much of either could degrade, creating increased levels of NDMA in storage. GSK officials never revealed this to the FDA approval team.

In the early 1990s, it was found that the pills were not stable and were changing color while in storage. According to Bloomberg Businessweek, "Discoloration is often a sign that tablets are degrading. In some cases, degradation can cause dangerous impurities to form." However, GSK's solution would have made Irwin Mainway proud. They simply changed the color of the pills!

In 2012, GSK plead guilty and was fined \$3 billion "for marketing drugs for inappropriate uses, disregarding safety data and cheating Medicaid," according to the Bloomberg Businessweek report. And in 2014, "China fined GSK \$500 million and deported a top executive for bribing doctors to prescribe Zantac and other drugs.



Legal representatives responding to the current lawsuit allegations offered this: "Patient safety is the highest priority for GSK, and the company categorically refutes any allegation of having covered up data regarding the safety of ranitidine. The safety of ranitidine has been thoroughly evaluated over the past 40 years."

It took more than 40 years of research, real-world use and observation of Zantac before enough long-term data was accumulated to satisfy the FDA that the truth about Zantac was far different than the safety claims made by its manufacturer.

### Any Possible Lessons Learned We Can Apply Today?

Vaccines typically require approximately 10 years to develop and test for effectiveness and medium-term unwanted side-effects. In contrast the Covid jabs were developed, "thoroughly tested," and approved as "safe and effective" for emergency use in just 11 months. **Shouldn't products, and especially brand-new technologies, be tested for short, medium, & long-term side-effects before being approved?**

How about this? In the 2 years since the Covid jab has been in use, actual real-world data on a CDC website has shown it being closely associated with at least several hundred thousand serious side-effects, some completely unexpected including, blood clots, shingles, thrombocytopenia (abnormal excessive bleeding), myocarditis, anaphylaxis, hospitalizations, tens of thousands of permanent disabilities, increased allergies and asthma, abnormal effects to the reproductive organs in men and woman, deaths and, according to pathologist Dr Ryan Cole, increased cancers.

**A third of all drugs approved by the FDA from 2000 to 2010 have since been recalled after real-world side-effects became too obvious to ignore.** Until government agencies consistently do their jobs and protect us from Big Pharma's warp speed, profit-driven drug development programs whose safety studies are often paid for and controlled by the manufacturers themselves, we'd be foolish to trust the notion that they are truly working for us, They need to be thoroughly testing all drugs and vaccines **before** they are approved.

## Two Very Special Green Earth Medicinals CBD Sale Announcements

### 1) 10% Off Thru April 29<sup>th</sup> On All

Green Earth Medicinals (GEM) CBD Products

Includes Tinctures, Capsules, And Topicals

### 2) Super Sale! For One Day Only! Thursday April 6<sup>th</sup>

Get An additional 10% Off ... Total 20% Off All GEM products and with any purchase from 11am-3pm you will also receive a free topical pain-relieving roll-on or cream

Also From 11-3 Free Samples On GEM CBD Products



*Green Earth  
Medicinals. The  
Brand That Works*

### How Do We Know Sunshine CBD Products Work?

*Because That's What You Tell Us!*

Our organically produced CBD is from State of Oregon certified low THC hemp and will not make you "high" but has other very impressive health benefits. Read the following results reported by our customers. Names, write-ups, & details are available in the store and on our website.

### After Experiencing What CBD Did For Her, One Woman Called It: "An Absolute Miracle With No Side-Effects"

\* Severe Bursitis Pain Stopped In Its Tracks After One Week's Use ... 72-Year-Old Grants Pass Woman

\* 10 Years' Of Neuropathy Pain And Stiffness Gone Overnight ... 50-Year-Old Grants Pass Woman

\* Essential Tremors Almost Completely Gone In 2-3 Weeks ... 67-Year-Old Sunny Valley Man

\* Anxiety Gone, Lost Weight & "Felt Like A Whole New Person"... 65-Year-Old Rogue River Woman

\* After 26 Years Using Drugs, Severe Shoulder Pain Gone In Minutes ... 75-Year-Old Merlin Man

\* Bursitis Gone & Degenerative Disc Pain Greatly Reduced In 5 Weeks...70-Year-Old Selma Woman

\* Deep Restful Sleep And Off Her Meds In 2 Weeks ... 72-Year-Old Grants Pass Woman

\* Parkinson's Tremors Gone In 48 Hours ... 82 year-old O'Brien Woman

Sunshine Has The Line Of  
Locally Produced CBD That Gets Results



## Optimize Circulation & Blood Vessel Health

Without The Excess Sugar

Organic red beet roots deserve to be a part of your regular diet for several important reasons. They help to:

- \* Normalize blood pressure and improve circulation throughout your body, including your brain
- \* Reduce abnormal inflammation
- \* Improve your body's detoxification processes
- \* Promote brain neuroplasticity - the ability to form new neural pathways thereby facilitating the learning of new things.
- \* High in valuable nutrients: vitamin C, folate, potassium and manganese.

Unfortunately beets contain more sugar than any other vegetable. The question is how to get big benefits without spiking blood sugar? We'll get back to that later.

**But first this question:**

How do beets improve circulation?

**Background:**

Lining the walls of all our blood vessels is a membrane called the endothelium. Inside the cells of the endothelium is a soluble gas called nitric oxide (NO) which is continually produced from the amino acid, L-arginine. NO is responsible for relaxing our blood vessels allowing them to dilate which facilitates **increased blood flow and reduced blood pressure**. Healthy blood flow is essential for energy production & overall well-being. As we age the amount of our NO typically diminishes by approximately 10% per year.

**Answer:**

Researchers have found that nitric oxide-rich beet juice is linked to improved vascular performance. It provides the endothelium with the nutrients it needs to expand the blood vessels. Studies have shown that people who added beet juice to a mild to moderate exercise program experienced increased circulation compared to people who exercised without using beet juice.

**Now, about beets high sugar content.** Because beets contain significantly more sugar than sweet potatoes and nearly twice the sugar as carrots, you definitely can't drink large quantities of beet juice or typical beet powders without running the risk of spiking your blood sugar levels.

**But when you ferment beets, something interesting happens...**

Beneficial bacteria created during the fermentation process consume most of the naturally occurring sugars, while leaving beets' precious nutrients untouched. Fermentation effectively removes the simple carbs in beets as their sugar content converts to alcohol, which then quickly evaporates. Non-fermented beet powders typically contain high levels of sugars! **Mercola Organic Fermented Beet Powder provides all the health boosting benefits of fresh beet juice without the high sugar normally found in beets. Through fermentation the sugar content has been reduced by approximately 95%.**

**Mercola Fermented Low-Sugar Beet Powder  
On Sale - 20% Off Thru April 22<sup>nd</sup> Only \$19.98/bag**



**Revealed ... The Secret Of The Juiciest, Most Delicious Chicken You've Ever Eaten, Guaranteed Or Your Money Back!**

“Smart Chicken” was founded in 1998 based on the premise that the poultry processing industry had taken the taste out of store-bought chicken. The folks at **Smart Chicken** believe in raising chickens the right way and were willing to take a risk that consumers would pay a little more for **better tasting and far healthier chicken.**

Certified organic **Smart Chickens** have free access to green pasture land and are raised without exposure to pesticides, herbicides or synthetic fertilizers. They are the *only* chicken producer in the US to maintain certified organic *and* certified humane treatment status. **These chickens are truly special.**

Further, **Smart Chicken** introduced to the U.S. an Air-Chill technology that makes a **HUGE difference in taste, juiciness and safety.** Conventional methods chill with chlorinated water that is absorbed by the chicken. Unfortunately, this breaks down the meat, dilutes the natural juices and can cause cross contamination.



*Organic Smart Chicken is incredibly healthy, juicy, & delicious*

The innovative Air-Chill method utilized to process **Smart Chicken** uses no water, combined with their Humane Harvest methods, **make these chickens the healthiest & most flavorful available.**

Available Fresh or Frozen, Whole Birds, Whole Legs, Boneless Skinless Breasts, Boneless Skinless Thighs, Wings, and Ground.

**We Guarantee That Organic “Smart Chickens” Will Be The Juiciest, Most Delicious Chicken You've Ever Eaten... Or Your Money Back!**

**Free Samples, Marinated, Cooked & Ready To Eat. Wednesday April 19<sup>th</sup> Between 12 & 2 pm**  
**Thru April 29<sup>th</sup> All Smart Chicken Is On Sale For 10% Off**

**Sunshine Customer Smart Chicken Reviews**

“**Absolutely love** the boneless/skinless thighs. Juicy and flavorful. We use them in everything from stir fries to crock pot to chicken salad.” - Beth Cromwell, Merlin

**Hands down, the best chicken I've ever tasted.** Baked a whole bird.” - David Young, Grants Pass

**Even after taking it out of the freezer it was still the best chicken I've ever had.** Used a simple, salt, pepper, rosemary & garlic rub....came out great! - Torri Cavener, Grants Pass

**Pre-Order Cases For Ongoing 10% Discounts**

**Sunshine Gold Rewards Winners**

Every year Sunshine adds the top 25 customers of the year to our “Gold” rewards list. Along with all the Gold members from prior years they receive special gifts & benefits throughout the year including the opportunity to enter our holiday gift basket giveaway, \$800 worth of the best supplements available.

**2023 Winners**



*Judy Schulz-Rogers grand-prize*



*Connie Boronda winner*



*Shirley Rhodes winner*



*Diane Gay winner*

**The Sunshine Rewards program is completely free and pays you back 3 different ways:**

- \* **Good As Cash Store Credits**
- \* **Monthly Health Newsletter**
- \* **Free Birthday Gift Every Year**

1) Every time your purchases add up to \$250 (no matter how long it takes) you get a \$10 coupon mailed to you. 2) Our Sun Times health newsletter mailed monthly to your door. 3) A coupon for a free juice, smoothie, soup, or dessert mailed to you every year on your birthday.

If you don't have a Sunshine Rewards card yet, you're missing out. **Misplaced your card? No problem,** just ask and we'll look you up and credit purchases to your account every time you come in.

**Gout Pain Can Be Excruciating... GO-OUT Provides Relief & Prevention**

Gout is characterized by excruciating, sudden burning pain as well as swelling, redness and stiffness in the affected joint. It occurs most commonly in the big toe but can appear elsewhere. Uric acid crystals inside the joint cause intense pain whenever it's moved.



*2 formulas, daily maintenance or extra strength*

Help restore joint flexibility with black and tart cherry extract, celery seed extract, bromelain, and turmeric. **All five ingredients were strategically selected for this fast acting formula.**

If you have a history of gout attacks, this formula will give best results if taken daily as a preventative for at least a month. Use on an as-needed basis after that. **For me it took several months of continuous use to reach the desired preventative effects.** My flare-ups are gone.

**Two Thumbs Way Up From Sunshine Customers For GO-OUT From Mt. Angel Vitamins**

**Msrp \$27.99...Sunshine regular low price \$22.98 On Sale Thru April 22<sup>nd</sup> For \$19.98**



## Healthy Cholesterol Is On Sale

Reducing Cholesterol Just Got Easier

**Healthy Cholesterol** is a synergistic blend of 6 proven natural cholesterol fighters in a convenient 2-a-day formula. At Sunshine we're seeing a success rate greater than 90% with most customers reporting cholesterol reductions of 30-70 points in 5-8 weeks. **Healthy Cholesterol** is Rob's new and improved, lower cost version of his old super-effective Cholesterol Control formula.

In contrast, using prescription cholesterol lowering **statin drugs alone far too often can result in debilitating short and long term side effects that frequently include muscle pain, weakness, fatigue and even cognitive disorders.** The fact that dementia rates in the US are skyrocketing at the same time that 25% of adults over 40 are using prescription statin drugs may not be a coincidence. Duane Graveline M.D. shares his personal story of severe memory impairment after using prescription statins in the book: Lipitor, Thief Of Memory. Fortunately his memory challenges abated after discontinuing the drugs.

Drug companies know that large doses of C0-Q-10 should be added to statin drugs for additional safety. In fact some own patents on their statins combined with Co-Q-10 added but they never manufactured them, possibly because they don't want to call attention to the inherent dangers of their artificial statins. **For a full report on the complications that statin drugs may cause just ask for it next time you're in.**

### Healthy Cholesterol Is A Winner

We are so confident Healthy Cholesterol will safely and effectively work for you, we offer a complete satisfaction full money back guarantee. \*

**Healthy Cholesterol Is On Sale Thru April 22<sup>nd</sup>**

**\$25 Off When Purchasing 6 Bottles  
\$3 Off Single Bottles**

Each Bottle Is A One Month Supply

\*Guarantee is limited to the purchase price of 1 bottle

### - Customer Quote Of The Month -

The best soup in Southern Oregon! Fresh, homemade, just plain good! I had a bowl of the Lentil Barley w Mushroom and it was delicious!

- Marylou Hansen, GP



**Sunshine Offers Curbside  
Pick-up, Free\* Delivery Within  
Grants Pass, and Free\*  
Shipping Anywhere In The US**

Vitamins, CBD, Groceries, Produce, Pet Foods, Salad & Juice bars and more. Call for details. 541.474.5044

\* minimum order total may be required



**GREAT PRICES, GREAT ADVICE**  
128 S.W. "H" STREET, GRANTS PASS, OR  
541-474-5044 • TOLL FREE: 877-656-1634  
sunshinefoodandvitamin.com

### - APRIL IS SALE MONTH -

Free Gifts, Free In-Store Demos, Free Taste Tests

Semi-Annual Green Earth Medicinals CBD Sale

Smart Chicken On Sale w Mouth-Watering Free Samples

Low-Sugar Beet Root Powder Is On Sale



*Rob Pell,  
owner at  
Sunshine*

### Need A Health-Related Guest Speaker For Your Group?

If you have a group of 15 people or more who are interested in holistic healthcare or lifestyle, I'd be very happy to work with you, free of charge. I make room in my schedule every month for one or occasionally two public presentations.

You can choose a topic of particular interest to your group or I can make suggestions for you. Either way we can allot time to include a question-answer period so we'll all learn something new. Call me @ 541 474 5044 between 1 & 6 p.m. and we can discuss availability & options.

**Thank you very much to all the groups who have invited me to speak at their meetings. A partial list includes:**

- \* The Pulmonary Patients Support group at Asante
- \* The Breast Cancer Survivors group at the Asante Women's Health Center
- \* The Grants Pass Lion's Club
- \* Vets Helping Vets
- \* JoCo Drug Court Parole program
- \* JoCo Republican Women
- \* Grants Pass TOPS group (Take Off Pounds Sensibly)
- \* The Western Welcome Newcomers Club
- \* Asante Hospital Auxiliary Members

**In preparing for each presentation I learn a lot and engaging in the Q & A session with attendees is always fun for everyone**