

## Why Your Garden Should Be Organic

Gardening can be a healthy, fun, satisfying, stress relieving, and family-oriented endeavor. Who couldn't use a big shot of all of that right now? Why take the risks of using cancer causing chemicals when the alternative, organic gardening, offers myriad benefits: more nutritious food, in many cases better yields, crops that better adapt to weather extremes and a healthier, safer environment for animals and humans.

So-called modern farming and gardening methods typically rely on lots of artificial fertilizers and toxic herbicides to grow our food. The most widely used weed-killer in the world is glyphosate, the key ingredient in Monsanto's Roundup. Glyphosate was introduced in 1974, but its journey to becoming the world's No. 1 weedkiller gained momentum in 1996 after Monsanto developed genetically modified seeds that could survive Roundup's concentrated toxic attacks on weeds.

In 2020 Bayer (Monsanto's new parent company) agreed to pay more than \$10 billion to settle tens of thousands of claims from Roundup customers who have already died from, developed, or are at risk of developing the cancer known as non-Hodgkin's lymphoma. Internal company memos brought out at trial demonstrate that **Monsanto simply bought whatever made-up "science" they needed to support their misleading safety claims.** Remarkably, they are still not legally required to add a warning on their label & continue to sell the product without one.



*Organic gardens benefit everyone*

### Why Is Organic Better?

A big misconception about growing organic vegetables is that many people believe that the only thing organic farmers and gardeners do is forgo the use of toxic chemical herbicides, insecticides and fungicides. Obviously less toxic stuff in our life is a good thing. However, that's only one, albeit very important, part.

**The real work of organic growers is the building and nurturing of strong healthy soil using organic composts, cover crops, and manures.** The nutrient values of harvested food are linked primarily to the biological activity of the microbes, organic matter, and mineral composition of the soil along with the genetics and quality of the seeds. Living microbes in the soil break down (pre-digest) soil nutrients allowing plant roots to absorb more of them. Exhausted "dead" soils cannot grow truly healthy, nutrient-rich food. Nutrient-rich, healthy, strong soil leads to healthy, strong crops. **Healthy, strong crops, lead to healthy, strong people. Real health insurance should start with reestablishing and protecting healthy soil.**

Government authorities have been aware of these issues for over 70 years. President Franklin D. Roosevelt said: "A nation that destroys its soils destroys itself." A U.S. Senate report written, amazingly, back in 1936 stated: "The alarming fact is that foods—fruits, vegetables and grains—are now being raised on millions of acres of land that no longer contains enough of certain needed minerals. These foods are starving us - no matter how much of them we eat!"



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**New Garden Of Life Multivitamin Gummies**  
**Mom & Daughter Find Relief For Neuropathy**  
**Big Cholesterol Reduction w No Side-Effects**

### Surprisingly, Organic Substantially Also Outperforms Artificial Genetic Engineering

In addition to producing more nutrient-rich food, strong soils can also produce resilient plants that are less susceptible to environmental challenges. Results from the 30-year Farm Systems Trial conducted by the Rodale Institute in Pennsylvania demonstrated that organic corn yields were 31% higher than conventional farming yields in years of drought. These drought year yields are especially remarkable when compared to genetically engineered, supposedly "drought tolerant" varieties which saw increases of only 6% to 13% over conventional (non-drought resistant) varieties. **Organic methods substantially outperformed artificial genetic engineering.** Plants grown from healthy soil are also more resistant to pests.

All living creatures and ecosystems benefit from sustainable organic growing practices - from the soil microorganisms and earthworms, to our children, grandchildren and pets. Thinking for now, and for 7 generations into the future, it's the farming and gardening practice that will create the greatest long-term yield for our health and the planet.

Further, cultivating our own summertime organic gardens will help make us grateful for the farmers and distributors who make store-bought organic veggies available to us year-round. From all the organic vendors at our local Grower's Markets to organic farms in warm weather states that supply stores through the winter, they all deserve our loyalty and gratitude. They are literally helping to keep their customers alive and healthy.



## Cardiac Patient Significantly Reduces Cholesterol Numbers

### Rick's Success Story

*Statin drugs made him feel terrible. Problem solved w Healthy Cholesterol*

Unfortunately, 75-year-old Rick Major from GP suffered a heart attack in 2014. In response, doctors installed 4 stints to open clogged vessels. Rick later also underwent surgery to clear his carotid artery that was 70% blocked.

His cardiologist said that the biggest challenge would be to reduce Rick's cholesterol. To that end, Rick was prescribed artificial statin drugs. The prescription statin was effective in bringing down Rick's cholesterol but it came with a price – unwanted side-effects. Rick said the prescription caused fatigue, muscle pain, dizziness, and depression.

Rick's wife then read about an all-natural potential alternative that could help reduce his cholesterol called **Healthy Cholesterol**. He decided to give it a try.

**The Results: After starting Healthy Cholesterol in October, Rick's most recent test results showed a reduction in LDL (bad) cholesterol from over 200 all the way down to 116 - with no apparent side-effects and Rick feels great!**

**Healthy Cholesterol** is a synergistic blend of proven 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 4-12 weeks with no side-effects. **Healthy Cholesterol** is Rob's new and improved, lower cost version of his old super-effective Cholesterol Control formula.



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

### Healthy Cholesterol Sale Extended For 1 Final Week Thru May 8<sup>th</sup>

**\$3 off per bottle Or \$25 off When Purchasing 6 Bottles**

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

## Allergy Relief Is Here, No Need To Suffer



Seasonal allergies are triggered by foreign proteins from airborne pollen. Allergy attacks happen when our bodies fight to neutralize these proteins that we see as "invaders." Inflammation (a fiery battle) usually ensues and we try to douse the flames and flush out the invaders with copious amounts of fluids (water, mucous, and even lymph) Hence the burning, itchy, watery eyes, sinuses, and throat.

### Our Chosen Formulas Provide Fast Relief

Sunshine recommends formulas that feature natural anti-histamines, inflammation reducers, & one that even adds enzymes and blood-cleaning herbs to digest & remove the foreign proteins.

**Bottom line ... they work!**



## 2 Generations Of Relief Neuropathy Pain, Burning, And Tingling ... Gone!

### Success For Demi & Dorothy

*Healthy Feet and Nerves provided fast relief for mom and daughter*

Within the last year, 68-year-old Demi Major of GP began having all the classic symptoms of peripheral neuropathy: Sensations of burning, tingling, and needles on the bottoms of her feet and toes. She would occasionally have unusual sensations in her fingers as well.

After reading about **Terry Naturally Healthy Feet and Nerves** in the Sun Times she decided to give it a try.

**The Results: In only 2 or 3 days Demi's discomforts were completely gone.** She takes the recommended dose - 2 caps twice daily.

Her mom Dorothy had also been experiencing nerve pain and twitchy, restless legs so Demi decided to give it to her as well. Same results!

**Noteworthy - we often see this:** When a remedy works for a person it is very likely to provide similar results for a close blood relative. A similar phenomenon seems to be in play regarding prescription drug side-effects. If a person experiences unwanted side-effects to a prescription, very often their close relatives will experience similar side-effects.



**Healthy Feet & Nerves features the nutrients that support the delicate nerve endings in your feet, legs, fingers, and throughout your body.**

\*Active B-Vitamins for more powerful nervous system support.

\* Benfotiamine, the fat-soluble form of thiamin, raises thiamin levels in the blood up to 5 times better, and maintains them significantly longer, than water-soluble B1

\* Alpha-lipoic acid at the clinically studied dose level per day proven for nerve health benefits.

\*A uniquely purified Boswellia to increase levels of key active anti-inflammatory compounds compared to non-standardized boswellia.

**10% Off Thru May 20<sup>th</sup>**

**Satisfaction Guaranteed Or Your Money Back!**



## New From Garden Of Life Vitamin Code Multivitamin Gummies

**Men's, Women's, Kids' and Prenatal**

Supporting your health is now easier, tastier, and more convenient than ever with their full line of vitamin and mineral gummies made from whole food fermented ingredients. They also contain clinically studied probiotics, and are **downright delicious**. Vitamin Code gummies put a tasty twist on targeted formulas for the entire family,

**10% Off One Bottle Thru May 27<sup>th</sup>**

**20% Off Two Any Two Bottles**