

What I Want In A Presidential Candidate

Since my chosen career has basically been as a wellness educator, it should be no surprise that helping empower people to make their own good health decisions is very important to me. If we don't realize it when we're young adults, by the time we get to our 50's, 60's, 70's, and beyond, we know that with good health, almost anything is possible. Without it, life is generally very difficult for us and we're often a significant burden to our families. For this reason, a president who truly values the physical health of their nation's people, a healthy environment, and healthy checks and balances in our health care and pharmaceutical industries is someone I could strongly support.



I believe we need a president who sees the need to end the advertisement of prescription drugs on TV. The US and New Zealand are the only countries in the world who currently allow this practice. A person's health should be between them and their health care professional. Drug companies spend more on advertising than they do on

research. About 70% of the advertisements during evening TV news shows are for pharmaceuticals. I believe the effect of all those advertising dollars supporting the news shows is that objective investigation of drug or vaccine injuries and failures are seldom, if ever, reported. Keep in mind that one third of all drugs approved as "safe and effective" between the years 2000 and 2010 have since been withdrawn with 14,000 being recalled for safety reasons in the past 10 years as well. Those are statistics you're not likely to see reported on the evening news! Although drug companies would fight tooth and nail through their lobbyists and friends in Congress, executive order by our president can likely direct the FDA and the FCC to end TV ads for prescription drugs.

We need a president who sees the need to end the financial conflicts of interest between regulatory agencies such as the FDA, CDC, EPA, and NIH and the industries they are supposed to oversee. Political bias and sweetheart deals must be removed from funding decisions for health research.

A president may make many changes that don't require Congressional approval. For example, the National Institutes of Health (NIH) with its \$42 billion annual budget no longer studies the causes of chronic disease and has instead become an incubator for drug (often to treat chronic diseases) and vaccine development. Amazingly, NIH staff members then outrageously collect royalties on sales after the new drug or vaccine is approved and recommended by their buddies at the FDA and CDC. The easiest way to end a big part of that that scheme is to terminate the practice of allowing NIH scientists from collecting royalties on products they've worked on at taxpayer expense.

I want a president who understands the importance of studying the astounding increase in the rate of chronic diseases in adults and children over the past 30 years. Former CDC director Wallensky said on the Good Morning America TV show that, "75% of the people who died with Covid had at least 4 comorbidities. So really, these are people who are unwell to begin with." It's been reliably reported that only 6% of those who died from Covid had no other confounding issues. By and large Covid killed those who were chronically ill or obese. In the 1980s, 12% of American children had chronic afflictions.

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

- SEE INSIDE FOR -
After 60 years, Finally A Good Night's Sleep
Help For Muscles, Joints and Bones

President continued:

Today the rate of chronic disease in children is over 50%! What happened? Rates of allergies, asthma, autism, diabetes and obesity in children have skyrocketed. Today's generation of children is the first in American history that has a shorter life expectancy than its parents.

It could be very informative to compare the overall health and rates of chronic diseases among vaccinated school age children who meet CDC guidelines (72 doses of 16 different vaccines), to unvaccinated or less heavily vaccinated children. While correlation doesn't equal causation, it would be helpful to create, track, and study this data. It's quite possible that over-vaccination is playing a factor in the rates of chronic diseases. Given the stakes to our nation's children and its future, I want a president with the curiosity and the courage to find out what's going on with the rapidly declining health of our citizens.



I also want a president who is willing to fight like a lion to prevent the destruction of Constitutional rights as was done during two presidential administrations through the COVID pandemic. Someone who whole-heartedly believes that even in the most dire emergency, you can't waive Constitutional rights and that you have to go through the democratic process to change constitutional protections.

During the Pandemic I had a close friend who worked remotely as a consultant to a government organization headquartered two hours away. He never saw anyone in person during the course of his work. Incredibly he was fired for failing to comply with a government vaccine mandate. Since the Covid crisis ended, virtually every Covid vaccine mandate has been ruled illegal, unconstitutional, or been lifted. But it never should have gotten that far. The only other instance of such an egregious breach of American citizen rights occurred during WWII to Americans of Japanese descent who were forced into internment camps. I want a president who knows that these were very wrong and would bravely fight to the end to prevent anything like this from happening again. **Continued on page 2**



Liquid Collagen Is Clinically Proven To
Improve Tendons and Ligaments
Increase Muscle Mass
Increase Fat Burning
Improve Hair Nail And Skin

But First, What Is Collagen?

Collagen is the primary building block of all your body's elastic tissues - skin, muscles, tendons and ligaments and also found in your organs, blood vessels and intestinal lining. It's also a major part of our bones preventing them from becoming brittle. Collagen is the most abundant protein in your body. Unfortunately, we lose 10% of our body's collagen every decade after the age of 30.

Collagen can't be measured in a blood test but there are signs that your collagen level is decreasing. These signs and symptoms include:

- * Skin that's wrinkled, or sagging.
- * Hollowing in and around your eyes and face.
- * Shrinking, weakening muscles and muscle aches.
- * Stiffer, less flexible tendons and ligaments.
- * Joint pain or osteoarthritis due to worn cartilage.
- * Problems due to thinning of the lining of your digestive tract.

Amino Sculpt is sourced from pasture-raised, non-gmo, Canadian cattle and we know it works. Amino Sculpt liquid collagen contains the only Type 1 Collagen backed by 40 years of medical use, clinical research, and tested against placebo. It has been proven to heal wounds, help regenerate healthy skin for burn victims, and heal bedsores in the elderly 96% better than placebo. It has also been shown to help build and maintain muscle mass.

Highly Concentrated: Amino Sculpt Sugar-Free contains 18,000 mg of collagen peptides per serving. Unlike most companies, Health Direct hydrolyzes their own collagen with a proprietary fruit enzyme process making it rapidly absorbed due to its low molecular weight. Better absorption yields better results.

Amino Sculpt's collagen peptides are time-tested, have been a favorite of Sunshine customers for almost 20 years, and recommended by over 4,700 health professionals including surgeons, doctors, and nutritionists. Best taken near bedtime

20% Off Thru August 19th

Available In 2 Flavors, Tart Cherry and Smooth Mango

President, continued from page one:

I want a president who fully understands that the concept of free speech and the First Amendment is absolute (excluding the obvious few examples of shouting "fire" in a crowded theater or disseminating obscene photos of minors, etc). One who will never use the power of any government agency to influence what the media (social or otherwise) should or should not print. The federal court ruling issued on July 4th in the case of Missouri vs Biden made it very clear that the White House should cease and desist from continuing that practice. There was substantial evidence presented that the White House pressured social media outlets to suppress Covid-related information that strayed from the government's preferred narrative. Another story you probably didn't see on the evening news or local newspaper!

Since you read the Sun Times for health advice rather than political ideology, I don't feel it's my place to print who I'll likely be supporting for president in 2024. However, if you're curious enough to ask, you know where to find me in person or by phone.



Lifelong Sleep Challenges, Literally Gone Overnight!

Sandy's Success Story

70-year-old Sandy Saunders from GP has had serious difficulty getting a good night's sleep her entire life. As a child the problem was so bad her mom even occasionally give her a hit of brandy to get her to sleep.

It's easy to smile after a good nite's sleep

As an adult Sandy tried using Green Earth Medicinals (GEM) CBD tincture which helped to a degree. She also tried melatonin, valerian, Formula 303, and even nighttime over the counter pharmaceuticals. Nothing completely solved her problem. Sandy wisely avoided prescription sleep medications because their side-effects are well-documented and can be dangerous (see chapter 13 in my book Wellness Uprising).

At Sunshine's April CBD event, educators from GEM listened to her story and suggested she try their **CBD Sleep Spray** and even gave her a free sample to get started.

The Results: Sandy slept that well that night and every night since. *"It's hard to believe a natural product could make such a big difference. My head hits the pillow and I am out, every night."*

GEM Sleep Spray delivers fast-acting sleep support using their full-spectrum hemp extract in combination with 11 other carefully selected botanical ingredients to seamlessly work together to calm your nerves and support sounder sleep. It works through direct mild sedation as well as by decreasing nervousness and pain.

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 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, & 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.



"Charley Horses" For Relief Of Muscle Cramps

Especially in the summer active people can sweat out important electrolytes like magnesium and potassium. Taking 1 **Charley Horses** capsule before and/or after outside summertime activity is usually all it takes to keep your energy up and your muscles feeling great.