

Here We Go Again? I Hope Not ... Let's Try Health Promoting Alternatives Instead

In the fall of 2022, mainstream media started warning of a potential "triple-demic," with COVID, seasonal influenza, and RSV (respiratory syncytial virus) being in circulation at the same time. The sudden focus on RSV in particular, which has been around for decades, just happened to coincide with announcements that RSV vaccines were being fast-tracked, a very risky venture considering vaccine makers had been trying to bring an RSV vaccine to market for 60 years, and were never able due to major safety issues.

This fall, U.S. health officials recommend: A flu shot for everyone 6 months or older. An "updated" Covid booster that ironically targets an outgoing omicron strain that's already being supplanted by a new strain, and an RSV vax for people 60 and over. Amazingly they are encouraging people to bundle all three into a single visit even though there is no data whatsoever to support the claim that doing so is safe.

Recklessly bundling vaccines together without proof of safety is nothing new. In 2013, the Dept of Health and Human Services ordered an update of earlier findings on the lack of evidence supporting claims the CDC childhood vaccination schedule was safe.

The Institute of Medicine committee charged with producing the update found that "studies designed to examine the long-term effects of the cumulative number of vaccines or other aspects of the immunization schedule **have never been conducted.**"

This should be extremely concerning to all pediatricians and parents because currently the American Academy of Pediatrics recommendations state that children should receive 35 vaccine doses by the age of 15 months, 49 doses by the age of six, and 72 doses by the age of 18 with no scientific proof whatsoever that administering all these doses in close proximity to each other is safe. Claims to the contrary touting the safety of the schedule, no matter the source or how well meaning, are not science based. Empty responses to Freedom Of Information Act requests made to the FDA for such safety data verify that no such data exists.

As someone who has looked very carefully into nearly all aspects of vaccination policies for the past 43 years, I will say definitively that vaccine "science" is often **severely** lacking. And now they want to add a new fast-tracked vaccine to last year's fast-tracked booster, throw caution to the wind and hope for the best in order to protect you from this year's colds, flu, and a waning Covid variant.

While influenza, RSV and COVID can be problematic and dangerous for certain high-risk individuals, the overall risks associated with them are negligible for most. Just think back on how many times in your life have you had a cold or flu? Are you still here?

For people who are more comfortable leaving big pharma financed "science" out of their health maintenance plans I'll again recommend the following for staying healthy.

1) Normalize your weight. After age, by far the largest predictor of negative Covid outcomes was obesity. Research showed that moderately obese Covid-19 victims (approximately 30 lbs overweight for average height patients) were four times more likely to require hospitalization than the non-obese.

Continued on page 2, bottom of the left column



**- SEE INSIDE FOR -
Better Focus and Concentration In School
CBD Gummies Providing Great Results**

2023 Flu Shot Alternative

This under-the-tongue, homeopathic formula is a safe, effective, inexpensive, alternative to traditional flu shots. Just like the flu shot, it is reformulated every year to target the flu strains that are predicted to be the most major threats. **This year's version is being formulated right now and will arrive around mid-October.**



After 10 years of European testing, these homeopathic pills proved more effective and far safer than traditional flu shots. One dose per week, for 5 weeks, was the way this formula was originally tested. We offer all 5 doses in one convenient package for \$8.19.

Sunshine is the only place in the US that provides the *original* directions for use this product was created with. We have 21 years experience with it & we'll help make sure you use it correctly.

To Guarantee October Delivery Of The Updated 2023 Formula, Call Or Come In And Place Your Order Today



Our Favorite Boxed Cake Mix

**Moist, Sweet & Delicious
Hard To Tell That It's Even Gluten-Free!**

**For A Scrumptious Free Sample
Stop in Thursday Sept 7th After 11 am
While Supplies Last**

On Sale Thru Sept 23rd For \$6.99

Back To School

Improved Attention & Focus Hunter's Success Story



*Calm Kids
put smiles on
these faces*

Seven-year-old Hunter O'Dell from GP has always been very high energy. Focusing in school, keeping his hands to himself, and even just sitting still were often challenging for him.

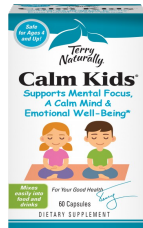
Towards the end of this school year his mom Amanda came to Sunshine looking for some help and was shown Calm Kids from Terry Naturally. She decided to give it a try.

The Results: Amanda said that within days Hunter was noticeably more calm. He was also far less emotional with fewer outbursts and was better able to keep his hands to himself. Overall Hunter is more able to **keep himself** out of "trouble." In the summer program at school, Hunter's upbeat personality and behavior are now much easier for everyone to appreciate. The best part may be that Hunter himself recognizes it.

At Sunshine we have heard the same thing from many families using **Calm Kids**: The children want to take it because the kids recognize that life is easier and less frustrating when they do.

Calm Kids is a synergistic blend of 11 safe and natural ingredients that helps to:

- * Calm the mind
- * Maintain healthy focus and brain function
- * Support learning and social engagement
- * Enhance emotional tranquility



Recommendations: For ages 4 and up, start with 1 capsule daily and increase dosage every few days until the desired response is achieved. Capsule may be opened and contents mixed with applesauce, yogurt, juice, etc.

**Terry Naturally Calm Kids Is On Sale
30% Off MSRP Thru Sept 23rd**

Healthy alternatives continued from page one:

2) Keeping your immune system strong is the best way to protect yourself against all infections, and there are many effective ways to do that. One is optimizing your vitamin D level. Higher levels of vitamin D have been shown to decrease your risk of developing a severe case of, and dying from, COVID-19. Daily vitamin D supplementation has also been shown to reduce your risk of colds and flu as it boosts your innate immunity. It has also been shown to reduce severity and duration of respiratory illnesses.

3) Immune-boosting nutraceuticals such as vitamin C, quercetin, zinc, and N-acetylcysteine (NAC) also belong in your medicine cabinet so you can start taking them at the very first signs of symptoms. Zinc is a potent broad-spectrum antiviral and quercetin helps transport it into the cell where it's needed. Liposomal vitamin C is also a premiere treatment for many and helps boost overall immune function. It's especially good when large amounts of C are needed. Benefits of NAC include reducing inflammation, clearing mucus from the lungs & reducing clot & stroke risk. especially when sick.

Bundling expensive experimental vaccines with flu shots that are often almost completely ineffective is definitely not a plan I would ever choose. I have much more confidence in natural approaches that keep my immune system ready to fight for me whenever its called on.



*GEM brand CBD
gummies work just
as well for Pat as
the tincture*

Severe Hip Bursitis Pain Gone!

Pat's Success Story

About 5 years ago Pat Schieber from Selma suffered from bursitis pain that had become debilitating. She needed a cane to walk and could barely climb stairs. She gave CBD from Green Earth Medicinals (GEM) a try and **the effects were noticeable within days**. Within a few months her limp & pain were gone.

Pat said: "GEM CBD works like magic for me. I've tried other brands but GEM just works better, every time! I'll never stop using it."

Now when she is out and about Pat carries a few of the new GEM brand CBD fruit-flavored gummies. She gets the same great results including reduced stress levels.

GEM CBD is from southern Oregon farmland that was cultivated organically for many years 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. **Each batch of GEM CBD is quadruple tested** by an independent lab for heavy metals, pesticides, microbial presence, and potency. A certificate of analysis is available.



Most Importantly, GEM CBD Really Works!



New At Sunshine Magnesium Glycinate From TMR

Magnesium Glycinate is a highly absorbable and bioavailable form of magnesium that is created by combining magnesium and glycine (a building block used to form proteins in the body). It benefits the heart, bones, nerves, and digestive tract and is very gentle on the stomach. It is known for supporting quality sleep and promoting healthy, natural sleep patterns and REM cycles. It has a calming effect on muscles and throughout the body. Many people use magnesium to prevent muscle cramps and reduce blood pressure.

Like all products from Trace Mineral Research (TMR), their magnesium glycinate is fortified with ConcenTrace, a proprietary complex of of ionic trace minerals to increase effectiveness and absorption. Available in 90 and 180 capsule bottles.

Introductory Pricing, 30% Off Thru Sept 23rd

Please Vote Sept By 12th, Grants Pass Special Election

City voters are being asked whether to recall or retain Mayor Sara Bristol. Unfortunately off-year special elections are often characterized by very low voter turnout. If that happens a vocal minority can force their agenda onto a silent (non-voting/passive) majority. To make sure the majority is represented we all need to submit our ballots to the County Courthouse by 8 pm Sept 12th. As a city councilor I am well informed on the issues surrounding this recall attempt. If you have any questions, including how I voted, feel free to ask me in person or by phone.