

## The Healing Power Of Sound

There are many effective methods of healing that have been in use for thousands of years that are beyond the ability of modern medicine to fully understand and explain.

The approach most western doctors provide often turns our body into a battlefield using chemicals as weapons. The beauty of herbal medicines are that they can often help fight and heal simultaneously, getting more to root causes. An even more subtle and refined healing modality is sound therapy, which has been practiced for as long as there have been healers.

Appropriately chosen music has been scientifically proven to have many beneficial health effects – stress reduction, reducing blood pressure and heart rates, reducing pain, enhancing immune response and more.



*My granddaughter Alysse, finds an alternate use for a large Tibetan Singing Bowl*

There is also a type of sound therapy that predates any recorded music that we're likely to hear on the radio or via CD. It uses the pure, clean, gentle, yet powerful energy that can be produced by Tibetan Singing Bowls. For 2,500 years Tibetan Singing Bowls have been made from a seven metal alloy that is hammered into shape when the metal is still hot. To hear their potential they can be gently struck with a soft mallet but are induced to start "singing" by rubbing a leather-wrapped stick slowly around the outside of the bowl's rim. They may be the most powerful and healing of all the instruments. Each has been tuned to one musical note, A thru G, and corresponds to one of our 7 chakras (energy centers along our spine). One or more may be used in a healing session.

The sweet, complex tones produced by the bowls can deeply penetrate both body and mind. A visual example of the cleansing power of vibration is what happens when we put jewelry or dentures into a supersonic bath and see how in a short while all the dirt and grime is gently released. This process is a lot more refined than scrubbing something clean. In this way, sound vibration can also release energy blockages throughout the mind, body, and spirit creating improved energy and emotional balance.

Dr Mitchell Gaynor MD, a nationally respected oncologist, originally learned of the profound power of the singing bowls from a patient. For over two decades he incorporated the bowls in his practice often in conjunction with chemotherapy, frequently producing impressive results.

**Dr. Gaynor, said: "If we accept that sound is vibration and we know that vibration touches every part of our physical being, then we understand that sound is heard not only through our ears but through every cell in our bodies. Sound can help heal virtually any medical disorder."**

Sound massage is not just for ill people. Healthy people can also



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**New CBD Gummies from GEM**  
**GP Woman finds help for lifelong asthma**  
**Grow Bone is finally back in stock**

### Healing Power of Sound continued:

derive great benefits from it. Karen Parnell, a gifted energy healer based in Medford, Oregon said: "Healing with Tibetan Singing Bowls uses sound and vibration to balance, clear, and attune our physical, emotional, and energy bodies. The pure tones and vibrations of these sacred healing bowls can bring deep relaxation to our bodies deeply affecting the body at the cellular level. This opens up the flow of energy and moves us back toward vibrational alignment with optimum health."

The bowl vibrations are gentle enough to calm the nervous system yet powerful enough to travel deep into the body to penetrate the bones. **Vibrations can travel into places you could never touch with your hands, to affect a healing that would be very difficult for a massage therapist or doctor to recreate otherwise.**

Using Tibetan Singing Bowls many people can experience going into a state of deep relaxation in only five or ten minutes that could otherwise take months or years of practice in meditation or other relaxation techniques to achieve. **With regular practice (or treatments) most people can experience increases in energy, clarity, creativity, health and an improved ability to manifest balance in their lives.**

**Note: For any one seeking more information** about singing bowl wellness treatments or attending a singing bowl group meditation contact Karen Parnell @ 541 621-7891 or go to her website: [orendaenergyarts.com](http://orendaenergyarts.com)



New From Green Earth Medicinals

## CBD Gummies

The Best CBD Gummies Available

Full-spectrum hemp extract gummies have finally arrived delivering 20 mg of CBD along with all the other cannabinoids, terpenes, flavonoids, and other plant compounds you expect from serious botanical medicine. **These will be the most effective CBD gummies you've ever tried ... GUARANTEED!**

**What's missing:** All the stuff you find in "bargain" brands - CBD isolates, high-fructose corn syrup, animal-derived gelatin, preservatives, artificial flavors, dyes, and sweeteners.

Enjoy one raspberry-lemon flavor gummy, twice daily or as needed. Allow 30 minutes to an hour for onset of effects. All bodies are unique, so effects and durations will vary.

**You Deserve The Best – Green Earth Medicinals CBD  
Special Introductory Pricing: \$24.99 per bottle**



Finally Back In Stock !!!

## The Grow Bone Kit From Garden Of Life

Clinically tested and proven to:

- \* Reduce Osteoporosis Risk
- \* Stimulate Bone Growth
- \* Increase Bone Strength
- \* Increase Bone Mineral Density

One of the healthiest and surprising aspects of the **Grow Bone System** is that the clinically proven results were achieved by using about half the total amount of calcium that doctors often recommend. This is because it's highly bio-available, organic, raw-food derived calcium, accompanied by the optimal amounts of magnesium, boron, silica, strontium & vitamins K & D-3, everything your body needs to absorb calcium & make strong bones.

Too much of the wrong kinds of calcium can cause bone spurs, kidney stones, or possibly even hardening of the arteries. There are no such worries with the **Grow Bone System**.

There is no magic bullet for osteoporosis. **If you think that prescription drugs like Fosomax are all you need in the fight against osteoporosis you may wish to think again.** If lay people or doctors had the time to analyze clinical trial details they'd find that tests showed this class of drugs provided an "absolute" risk reduction for osteoporosis of only about 1% (compared to the meaningless statistic of a 50% *relative risk* reduction). Side effects like jaw bone death (osteonecrosis of the jaw), blood clots, stroke, and heart attacks are around 4% combined. So **Fosomax provides a 1% chance of upside gain versus a 4% major downside risk.**

Chapter 6 in my book, Wellness Uprising goes into further detail about other critical factors that contribute to maintaining strong and vital bones. Most of which, you've probably never heard about from your doctor.



## Relief From "Severe Uncontrolled Asthma"

### Sheila's Success Story

Sheila Berard, a 75-year-old realtor from GP, has endured respiratory problems for over 50 years. Doctors diagnosed asthma, nasal polyps and mucous plugging in the bronchial tubes. A recent test showed her lungs to be functioning at 55% capacity.

Sheila's pulmonologist labeled her condition, severe uncontrolled asthma and prescribed Dupixent to reduce lung inflammation and decrease asthma severity. Unfortunately for Sheila, Dupixent would have cost her a \$1200/mon copay. Sheila tries to rely on natural options for her health maintenance so she came to Sunshine to ask for possible alternatives. That's when Nette showed her **Lung and Bronchial Tonic from Natura**, an Ashland company. Sheila decided to give it a try.

**The Results:** Beginning with less than half the recommended dose, Sheila noticed very positive results in the first few days. She is now taking the full dose and has significantly fewer coughing attacks and needs to use her inhaler far less. Sheila now walks 2 miles a day to keep her lungs in good shape and is very much looking forward to her next lung capacity test.

**Lung & Bronchial Tonic** features a synergistic blend of highly concentrated botanical extracts traditionally used to address seasonal challenges as well as chronic respiratory concerns. It is formulated to soothe, cleanse, nourish, tonify and relax the respiratory system. In addition, **Lung & Bronchial Tonic** encourages healthy microbial balance & immune system function.

Several Sunshine customers (including my own family) found **Lung and Bronchial Tonic** very beneficial when recovering from Covid. Several times when I've used it, coughing seemed to increase for about 5-10 minutes. Afterwards it became evident the herbs were stimulating my lungs to cleanse before relaxing the respiratory tissues. Usually for hours thereafter those systems have calm considerably and breathing is much more free, easy, and cough free.



### Concerned With Summer Smoke?

Several Sunshine customers diagnosed with COPD have gotten truly amazing relief for respiratory problems they've had for decades by using **Lung and Bronchial Tonic**. One even reported she made it through several severe summer fire/smoke events with no significant impacts when using it



## The Best Ground Beef In Town

### One Pound Packages From L&R Family Farm

Local grass-fed beef born and raised on 160 acre certified organic ranch in the foothills of the beautiful Siskiyou mountains. The Ground is a 85% lean - just enough fat for outstanding flavor. The cows roam free from pasture to pasture on their small family ranch. This is some of the most delicious and sustainable beef available anywhere on the planet. \$8.25/lb. Limit 4 per family. If you eat meat, you'll love it!