

## New Year's Resolutions

Out with the old and in with the new. Approximately 80% of New Year's resolutions are health related, so who better to offer New Year's resolutions than a health writer? First, let's prioritize. Is it really important or healthy to obsess about losing weight back to your college, high school, or (depending on your level of neurosis) middle school weight? No. True health is about optimizing your well-being by balancing your physical, emotional, and spiritual needs. A few (or even several) pounds and inches here and there have little impact on that. Carrying around significant extra weight however has definitely proven to make people more susceptible to many negative health outcomes. Be smart and realistic, not obsessive while being kind to yourself.



Here are six suggestions for free resolutions that can profoundly impact your life, both short and long - term. Post this on your fridge and implement one or more. Reading it monthly will very likely prove to be beneficial.

**1) Every day be grateful for something** - a splash of winter sunshine, the deep warmth of a cup of hot tea (or even the fact that you can afford tea), a supportive family member, a pet who greets you at the door, or an act of respect to or from a complete stranger ... at least once a day find a reason to be truly grateful. Interestingly, the science on this is quite clear. Dr. Martin Seligman, former president of the American Psychological Association, published results of carefully controlled trials that showed the stronger the act of appreciation or kindness, the bigger the impact on feelings of personal well-being.

**2) When you arrive home** from your daily foray into the world, remove your shoes and wash your hands and face. This can go way beyond the hygienic benefits. It helps wash away the trials and challenges of the outside world allowing your home to be your sanctuary. At home it becomes safe to pull back and go inward for a few (or more) peaceful moments of reflection and meditation to help you recharge and focus on your well-being at the deepest levels. Settle in and be at peace with yourself in your own home.

**3) Chew each mouthful 50-60 times** or until the solids liquify. Chewing your food properly is an essential part of the digestive process. Thoroughly exposing food to the enzymes in your saliva begins digestion. Chewing also greatly increases the surface area of the food and allows greater exposure to digestive juices in the stomach that will further break it down.

**But far beyond the science of chewing is the feeling of gratitude.** While chewing, reflect on all the forces that brought the food to you, especially the farmers. I don't know a single organic farmer who is getting rich by growing vegetables for us. They do it for us every year - wet, dry, hot, cold, - no matter what each year's unique challenges are, organic farmers grow great food primarily because they truly love doing it (remember that organic farmers virtually never get any government subsidies). There are so many reasons to be grateful for all the links in your food chain.

## One New Year's Resolution That Benefits All The People, Pets, & Plants In Your Home ... And It's Easy To Keep

We seldom think about environmental toxins being where we spend most of our time, **inside our own homes.**

**Make 2022 the year you resolve to use this safe, effective, super-economical, Sunshine recipe, citrus anti-bacterial household cleaner.** You won't need to open doors and windows or run vent fans after using this essential oil based disinfectant. Customize the recipe to fit your preferences.

1 cup white vinegar  
7 oz water  
1 tsp biodegradable dish soap  
10 drops orange essential oil  
8 drops of tea tree essential oil

or

8 drops Now Brand Nature's Shield



**Add ingredients to a 16 oz spray bottle, shake & use. Your house will be squeaky clean, fresh, & safe.**

Essential Oils On Sale Thru Jan 22<sup>nd</sup>

## New Year's Resolutions continued:

**4) Deep belly breathing is important.** Shallow upper chest breathing stimulates the body's natural 'fight or flight' response - which is when adrenaline kicks in to help deal with a stressful situation. Just taking a few deep belly breaths will help you leave the fight mode and make you instantly calm and more in touch with your most heart-felt realities.

**5) Deep restful sleep** is one of the pillars of our health and well-being. Benjamin Franklin said: "one hour of sleep before midnight is as valuable as two after midnight." Chinese medicine tells us that the liver and gall bladder do their most restorative cleansing work between 11pm and 3 am. It is most beneficial for us to finish eating by 8 pm and be asleep with our stomachs empty during these hours for deepest levels of physical, emotional, and spiritual rejuvenation and healing.

**6) Moderate regular exercise** like a brisk walk, especially in fresh air, is good for the heart, reduces cholesterol and blood sugar, improves mood, reduces stress, improves sleep, clears the mind and strengthens bones. If humans were given an "owners manual" at birth, walking would probably be included for routine maintenance of every body system. No fancy spandex or gym memberships needed, just a good pair of shoes and enough will power to put one foot in front of the other.

Walking is probably the simplest and least expensive (usually free) form of regular exercise and it is only one example. Choose any activities you enjoy doing that also elevate your heart rate, and try to do them at least three or more times per week.

**Happy New Year from the Sunshine team!**

## Covid Common Sense: Please Be Prepared

Approx 2 years into the Covid crisis, common sense is needed more than ever. Definitions and goal posts from public health officials are ever-changing. There are several countries & even states and counties within the US with very high vax rates where Covid case rates are exploding including our most highly vaccinated state, Vermont. Same is true for Gibraltar (100% vaxxed), Israel, and Great Britain.

I wrote over a year ago: If protection wanes after doses one and two what will the side-effects be from doses 3,4,5, or 6? Many probably thought that was an irrelevant or inflammatory question. Now however some countries and even colleges in the US define fully vaxxed as having gotten three shots. Clearly the vaccines are not working as well as planned. Further, it appears to me from the copious data I've reviewed that the vaccines are FAR less safe than originally portrayed. That's for another article.

Logic would dictate the question: As the virus continuously reinvents itself to ensure its own survival **can we vaccinate ourselves out of this crisis?** Reviewing data from all over the world, there's NO indication that can happen. The more vaccines people have been asked to take, the more the virus has adapted to survive.

**This year's question: Since it's well established that these vaccines don't stop infection or spread, do vaccine mandates make sense in any way?** Trying to prevent the original Wuhan strain the vaccines appeared to at least reduce symptoms, with the Delta variant not so much. Ideally, a vaccine is expected to completely inhibit viral replication by inducing "sterilizing immunity." Natural recovery from Covid does this. However it's now proven that the amount of the live virus present in the nasopharynx of a vaccinated person with a breakthrough case is virtually identical to a case occurring in the unvaccinated. **So how does a hospital worker being vaccinated protect their patient if they can spread it just as readily as an unvaccinated worker? ... the logic says, it doesn't.** What would make a lot more sense would be to mandate that ALL hospital workers be tested frequently. If anything, it would be much more important to test the vaccinated because when infected their symptoms will sometimes be more mild and the chance of them inadvertently passing Covid to a patient would be much higher than an unvaccinated worker who feels sick and stays home from work.

Getting to the main point, with so many rapidly changing variables our health officials don't seem to know much more than you or I. I review data and information from around the world daily and have for over a year. And often the information US public health officials report is weeks or many months behind the lessons learned elsewhere.

**Common Sense point 1:** If you are over 65 or have comorbidities it would probably be advisable to speak with a trusted physician about whether the vaccine makes sense for you after reviewing relevant VAERS (Vaccine Adverse Event Reporting System) side-effect data.

**Common sense point 2:** If you are young and healthy it has been proven the risks of the vax outweigh the benefits. The younger you are the more true this is. People under 30 (especially adolescent males) are far more likely to need medical intervention from vax induced myocarditis than they are of ending up in the hospital with a severe case of Covid. An 80 year-old has about 10,000x more risk of dying from Covid as a 10-year-old. The data proves it. Despite what pro-vax ad campaigns imply, you getting vaxxed does not protect the people around you since the vaccine does not prevent spread.

**Common sense point 3:** Vaxxed or not be prepared to treat yourself if you get Covid. Hospitals offer very limited (if any) treatment so don't count on them doing much. GP Asante doesn't even

## Improved Bladder Control

### Barbara's Success Story



*Barb is now able to get uninterrupted restful sleep*

74-year-old Barbara McDonald from Medford had struggled with bladder control for 2 decades. Years ago her doctor suggested surgical intervention. She decided against that. Then her sister told her about a product at Sunshine called **Strength 24** that addresses that problem. Barb decided to give it a try.

**The Results:** Within a week Barb experienced significant improvement. She went from interrupting her sleep to use the bathroom 3x a night to once and some nights being able to sleep through without needing to get up at all! Barb uses one dropper-full twice a day like the label suggests.

**But Wait ... There's More:** Barb's 92-year-old mom was getting up 6x a night to use the bathroom. After hearing about her daughter's success decided to try it too. She now only needs to get up twice a night and gets much better sleep.

**Even More:** ... Barb's 72-year-old sister had struggled with urinary leakage for years. A doctor had suggested a mesh installation surgery that is known to be pretty risky. **She tried Strength 24 too and like her mom and sister loves the results.**

**Strength 24** is a patented extract of Jasmine Flower combined with the natural amino acids L-arginine, taurine, and citrulline. It is a multi-functional healthy aging formula.

**Strength 24** was originally created as an anti-aging muscle and vitality enhancer. It was discovered quite by accident that it had a substantial effect on the smooth muscles lining the bladder walls, enhancing bladder control in men and women.



Jasmine flower extracts have been used for centuries in Chinese medicine and all over the world to restore and promote health.

**Strength 24 is available in Grants Pass Exclusively at Sunshine Natural Foods**

### Common Sense continued:

offer monoclonal antibodies to the newly diagnosed and that medicine needs to be employed early in the course of illness. I unfortunately have personal experience with fully vaxxed people who have gotten very sick and even died from Covid (with no comorbidities other than age) who received virtually no treatment during their hospital stay.

Supplements to have on hand for self treatment include. Vitamins D, C, Zinc, quercetin, andrographis, NAC, Lung and Bronchial Tonic from Natura and others. The first four I recommend taking daily for prevention. I would also recommend you keep a good supply of ivermectin. We've had Covid in my family. The kids all recovered within 2 days with little treatment. Of the adults, those who took ivermectin along with the nutraceuticals recovered the fastest. There are literally dozens of studies proving that ivermectin is safe and works well against Covid. In 2015 it was awarded a Nobel Prize (as a drug for **humans**). 1/4 mg per pound of body weight for 5 days when treating early is what many doctors recommend. A reliable source for ivermectin has been: [www.buy-pharma.md/Ivermectin-p-923.html](http://www.buy-pharma.md/Ivermectin-p-923.html)

**Common sense point 4:** Dont get caught up in the political or media nonsense surrounding Covid. Many are beholden to the pharmaceutical industry and will do and say anything to serve them.

## New Arrivals At Sunshine For 2022



### Immuni-6 from Pure Essence Labs

Promotes a healthy immune and inflammatory response. Helps support respiratory health with Elderberry, Andrographis, Vitamin C, Vitamin D, Zinc and Selenium. **Andrographis may be the single most powerful herb available to combat respiratory viral infections available.** Triple tested for purity, potency and integrity.

*A great daily choice for cold and flu season*

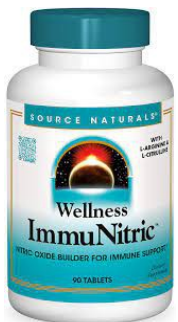
One capsule daily for maintenance. Two or 3-a-day or more at the first signs of respiratory distress.

**30% Off Msrp Intro Pricing Thru Jan 22<sup>nd</sup>**

**Pure Essence Labs has been one our most trusted suppliers for 20 years. Made in the USA. 90-day, money-back guarantee**

### Garden Of Life Vitamin D 5,000 & Zinc

- \* 5,000 IU Whole Food Derived Vitamin D,
- \* 22mg Zinc-Quercetin Chelate
- \* 85mg Quercetin
- \* A modest amount of a clinically studied probiotic for added immune and digestive support



### Source Naturals ImmuNitric

#### Supports Blood Vessel Health

Nitric oxide is critical for blood vessel health. It's a vasodilator, meaning it relaxes the inner muscles of your blood vessels, causing them to widen. In this way, nitric oxide increases blood flow and can reduce blood pressure. **ImmuNitric** provides abundant amounts of arginine and citruline to facilitate your body's synthesis of nitric oxide.

This formula also contains ample amounts of folate which helps prevent damage to the inner lining of the blood vessels, the endothelium.

Lung tissues are lined with endothelial cells as well. Covid has been called by some researchers a disease of the endothelium causing blood clots and lung dysfunction. Keeping these lung cells and blood vessels healthy, pliable and strong is very important.

Aging, smoking, diabetes, and lack of exercise can reduce our body's ability to synthesize nitric oxide and maintain a healthy endothelium.

**ImmuNitric** contains abundant amounts of arginine, citruline with ample folate and B-6 to nourish these tissues.

**We Are Happy To Offer Curbside Pick-Up, Free Local Delivery And Free Shipping Throughout The US - Call For Details: 541- 474 - 5044**



*each box contains 14 single serving packets*

### Moringa Hot Chocolate

#### Extraordinarily Delicious Incredibly Healthy

Dairy-Free, Sugar-Free and packed with nutrients. Made with only 4 ingredients: the superfoods cacao and Moringa, non-dairy creamer made from coconut milk and tapioca, and chicory root.

**But the BIG DEAL IS, ... It Tastes Great!**

Moringa has 17x the calcium of milk and 9x the protein of yogurt, is super rich in antioxidants, chlorophyll, iron and vit A.

**CocoRinga** has no added sugar. There are 1.8g of natural occurring sugar from the coconut and tapioca used to make the plant creamer and from the chicory root sap sweetener. There are only 10 g of carbs mostly from the fiber content making it KETO friendly. The cacao and Moringa actually help reduce glucose levels. Caffeine-free and diabetic friendly.



### The Healthiest Hot Chocolate You've Ever Tasted



### HydroFlask Backpack Cooler

Great for, hiking, kayaking, beach days, and camping. Waterproof zippers, welded seams. Padded shoulder straps. Keeps food and drink cold for 12-24 hours. Easier to carry than bulky hard sided coolers. Will hold 38, 12 oz cans .



### One Gallon HydroFlask Insulated Bottle

**Hydro Flask** offers the lightest weight, double wall stainless steel vacuum insulated bottles available. Even the tops are insulated. **A wide variety of sizes, colors, and styles are available including the Jumbo pictured here.**

### Last Year's Employee Of The Year Maximiliano

Monitors The Handling Of Sunshine's Most Valuable New Arrival ...

His 7 lb 12 oz brother, and our newest grandson Mateo Vaca-Pell on Oct 26<sup>th</sup>



Max has requested bro-ternity leave thru the first half of 2022. The rest of the staff has graciously agreed to cover his shifts.



## 100 Point Cholesterol Reduction

### Rene's Success Story

If 59 -Year-Old Rene Pare seems familiar to you it's probably because for 35 years he owned and operated Mountain View Landscaping in Grants Pass. After selling the business Rene had more time to focus on his health and at his doctor's urging lost 50 lbs. And to reduce cholesterol Rene decided to try **Sunshine's Healthy Cholesterol**.

**The Results:** Without modifying the KETO diet he used for the weight loss, **Healthy Cholesterol** helped Rene knock down his cholesterol from 275 to 175 in about 6 months.

**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 5-8 weeks. **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. \***

In contrast, using powerful cholesterol lowering statin drugs alone far too often results in debilitating short and long term side effects. Drug companies know that large doses of Co-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.

#### Healthy Cholesterol contains the following:

**RED YEAST RICE** – is a naturally derived balanced statin that actually is a dietary staple in some Asian countries. UCLA School of Medicine conducted a placebo controlled double blind study that demonstrated 10-30% reductions in cholesterol and triglycerides.

**CINNAMON EXTRACT** – Recent studies showed 7-27% reductions in LDL (bad) cholesterol, 23-30% reductions in triglycerides and 18-29% reductions in blood sugar.

**NIACIN** – has been shown in large doses to reduce LDL up to 25% in 16 weeks compared with 32% for prescription statins. Amazingly, it was shown to increase HDL (good) cholesterol up to 33% compared with only 6% for prescriptions.

**Co-Q-10** – is required by all muscles to utilize oxygen to create energy. To a much smaller degree than artificial statins Red Yeast Rice may sometimes slightly diminish our body's ability to manufacture Co-Q-10. This is why we added it to this formula.

**GINGER** – was chosen for this formula because it reduces and prevents oxidation of LDL and helps to improve circulation.

**MILK THISTLE** – is probably the number one herb in the world to help protect and improve liver function. The liver is where the body manufactures and recycles cholesterol.

**Healthy Cholesterol Is A Winner  
and at around \$27/month, it's a true bargain!**

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



**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 DETAILS -**

**Nourishing New Year's Resolutions**

**Exciting New Arrivals At Sunshine**

**Enhanced Bladder Control For 2 Generations**

**Covid Common Sense – Be Prepared**



**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 speak at the 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
- \* Grants Pass Soroptomists
- \* JoCo Drug Court Parole program
- \* JoCo Republican Women
- \* Grants Pass TOPS group (Take Off Pounds Sensibly)

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

#### Customer Quote Of The Month

**"My brother-in-law loves the CBD I bought him at Sunshine  
Thanks Rob and staff."  
- Frank Baskins, GP**