SUN TIMES
Sunshine Natural Foods
Sunshine... Where an educated consumer is always our best customer.
January 2023

Finally ... The Perfect Diet For Everyone

Nice if it could be that simple, but finding the perfect diet ***for you*** may not be as hard as it sounds. Looking at their general concepts many of today's popular diets are more similar, in very healthy ways, than they are different.

Here's a partial list of some popular diets recently billed as the greatest: Keto, Whole 30, Paleo, Atkins, Blue Zones (Mediterranean is basically the same thing), and Vegan. How to choose and what's the difference?

Let me first say that I've seen different people thrive on virtually any of these programs. One generality I'm confident stating: whichever diet you choose, long-term it will be far healthier for you and the planet if the food is produced without toxic chemicals. This basically means finding organic sources or growing your own.

A little history to help you understand how we got here. **In 1954, the president of the SRF (Sugar Research Foundation) gave a speech describing a great business opportunity.** If Americans could be persuaded to eat a lower-fat diet - "for the sake of their health"- they would need to replace that fat with something else for both flavor and calories. America's sugar consumption could go up by a third he surmised.

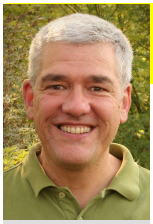
According to a recently published article in JAMA Internal Medicine, 1960s internal documents from the SRF showed they wanted to "refute" concerns about sugar's role in heart disease and vilify saturated fats. They then paid for research at Harvard designed to prove it. The result was published in the New England Journal of Medicine (NEJM) in 1967 with no disclosure of the sugar industry funding. The NEJM didn't mandate disclosure of research funding sources until 1984.

The sugar industry has controlled important research

These documents strongly suggest that five decades of research into the role of nutrition and heart disease, including many of today's dietary recommendations, were fundamentally shaped by the sugar industry's marketing goals.

Based largely on this questionable research US health officials and many conventional physicians strongly encouraged Americans to follow low-fat, relatively high-carb diets, which ruined the health of millions. Further, the public was told to cut out natural saturated fats and replace them with the real villain of the story, trans fats made with hydrogenated vegetable oils (liquid vegetable oils that stay solid at room temperature due to their processing). Remember the "I can't believe it's not butter" commercials? I can't believe we all fell for it and for decades sugar was given a free pass as a causative agent in heart disease. This high sugar, lower fat diet is now being blamed by many experts for fueling the current obesity crisis.

Healthy fats are a great source of calories and nutrients, always have been, always will be. Refined sugar and excess carbs are not. All the most reputable research demonstrates it.



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 me to speak at their 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
* Vets Helping Vets
* JoCo Drug Court Parole program
* JoCo Republican Women
* Grants Pass TOPS group (Take Off Pounds Sensibly)
* The Western Welcome Newcomers Club
* Asante Hospital Auxiliary Members

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

Perfect Diet continued:

Today's popular diets, Keto, Whole 30, Paleo, and Atkins are all based on the truth that most minimally processed natural fats, including saturated fats are very healthy. Diets centered around this truth that also feature reducing or eliminating excess carbs and sugars will likely increase energy, help optimize weight, and reduce inflammation and pain. Saturated fats from animal and vegetable sources (and their accompanying nutrients) are a critical component of these diets as they provide a number of important health benefits by nourishing proper function of myriad body systems, especially eyes and brain. Saturated fats also promote satiety, reducing hunger so you avoid binge eating.

The so-called Blue Zones (Mediterranean) diets are very healthy and contain lots of high quality fats (including saturated) from varying sources along with lots of vegetables. However, they are generally created in and optimized for the semi-tropical temperate regions from where they came so may not contain enough animal proteins to keep us warm year-round in colder climates. With slight adjustments, these diets can be even better for many.

Properly designed Vegan diets (no animal products) are their own niche and can be balanced and healthy. I don't think they are inherently any healthier physically but a reasonable case can be made they may be healthier for a crowded planet.

IMO an optimum diet for most people will be organic, include about 50% vegetables and contain plenty of high quality fats and proteins with minimal sugars and carbs. Bon Apetite!

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 5 ingredients: the superfoods cacoa and Moringa, chicory root, and non-dairy creamer made from coconut milk and tapioca.

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 (their name for this amazing product) 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 Will Ever Find!

New !!!

From Garden Of Life

CREAMY PROTEIN

In 2 Delicious Flavors

The Best Tasting Clean Protein Drink We've Ever Tasted
Silky Smooth And Creamy.
20 Grams Protein Per Serving
Mixes Almost Instantly With No Clumping, Just Stir And Enjoy
Made From Oat Milk, Coconut Milk, & Plant Proteins

Unanimous Winner Of The Sunshine Taste Test

20% Off Thru January 21st

Calling All Pasta Lovers

Who Want To Lose Weight And Reduce Blood Sugar

We've Got Pasta That's Nearly Carb & Calorie Free

Miracle Stir Fry

Miracle Noodles are packed in water and are ready to just heat to use in your favorite recipe. They're made from konjac root, a probiotic fiber eaten in Asia for centuries. We carry spaghetti and fettuccine varieties. Keto friendly and gluten-free.

Palmini Hearts of Palm Pasta is a wheat pasta substitute made from the edible inner core of a palm tree that's sustainability harvested, Comes fully cooked packed in water. Just heat and serve in your favorite recipe. We carry angel hair and lasagna varieties. Keto friendly and gluten-free.

Palmini chicken cacciatore

Astounding Bone Density Increase In Only 1 Year

Vicki's Success Story

67-year-old Vicki Lamar from GP was told she had the bones of a frail 90-year-old. Over the last several years she had experienced several fractures some of which initially went undiagnosed. This was perplexing to her because she has supplemented with calcium faithfully for over 20 years. The problem was, Vicki was not combining her calcium with other nutrients properly for optimum absorption. Her doctor insisted she needed Fosamax. Vicki was extremely concerned with the potential for severe side-effects.

Friends told her to talk to the Sunshine staff about the **GROW BONE** kit from Garden Of Life. She decided to give it a try.

The Results: In exactly one year the bone density in her hips increased an average of 4% and the increase in her spine was astoundingly over 10%. These are the largest increases any customer has ever documented to us.

THE GROW BONE KIT from Garden Of Life
has been 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 results are 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 and 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*** reduction). Side effects like jaw bone death (osteonecrosis of the jaw), blood clots, stroke, and and heart attacks are shown to be around 4% combined. So **Fosomax provides a 1% chance of upside gain versus a 4% major downside risk.** I wouldn't put my money on those odds in Las Vegas.

Further, in a 12-year Harvard study of 78,000 women, **those who drank milk three times a day actually broke more bones than women who rarely drank milk.** Chapter 6 in my book, Wellness Uprising goes into further detail about this.

Vicki Is Very Happy She Chose The Grow Bone Solution.

- Customer Quote Of The Month -
"Loved the Coco-Ringa, so very good!" - Elle Carroll, Brookings

Significant Cholesterol Reduction

Jeanette's Success Story

The cholesterol test results of 65-year-old Jeanette Blankenship from Grants Pass were just high enough for her doctor to be concerned. She was grateful her doctor didn't push cholesterol-lowering statin drugs on her. Her reluctance was because those drugs produced unwanted side-effects for her mom. Muscle aches, weakness, and fatigue are the acknowledged common side-effects of the statin drugs. Less well-known side-effects include cognitive impairment as reported in the book: Lipitor, Thief of Memory, by Dr. Duane Graveline, who suffered bouts of complete amnesia that ended when he finally discontinued use of statins.

I believe it was wise for Jeanette to be concerned. It has been my observation that a reasonable predictor of a drug's potential efficacy or side-effects can be ascertained by observing the effects of the same drug on close blood relatives. Jeanette decided to try Sunshine's **Healthy Cholesterol** formula instead.

The Results: LDL (the bad) cholesterol went down by 17 points at the same time her HDL (good) cholesterol increased by 7 points. Modest improvements but just enough to satisfy her doctor's concerns … and the best part: no unwanted side-effects!

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.

Drug companies know that large doses of C0-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. For a full report on the complications that stain drugs may cause, just ask for it next time you're in.

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

Healthy Cholesterol Is A Winner
and at around $28/month, it's a true bargain!

*Guarantee is limited to the purchase price of 1 bottle

Sunshine Alkaline Water Still Going Strong

Regular tap or most filtered waters typically measure about 5.0 on the ph scale. Water from **Sunshine's Reverse-Osmosis, Alkaline-Ionized** spigot measures about 9.0 - purple on the ph scale.

We filled a glass bottle July 23rd 2022 with water from our **Water-Revolution** machine and stashed it in the fridge. **It still measures** an impressive 9.0, very alkaline, and frankly ... tastes fantastic.

Bring your jugs & fill-em up: $2.49/gal for Alkaline Ionized Water
Multi-pure filtered water: 50 cents/gallon

Coach: Devon Holder, Handler/Owner: Rob Pell, Labradoodle: Scout, Scout's physical therapist: Rick Seltzer from K. Falls

Relief From Severe Canine Hip Dysplasia

Scout Earns His AKC Agility Champion's Title

Scout's story is unusual. At 18months old, less than 2 month's after he began competing in canine agility, Scout was diagnosed with moderate/severe hip dysplasia. He was in a lot of pain and had trouble walking and climbing stairs. It appeared to many, including 2 vets, that his agility career was over.

Coach Holder suggested that Scout see a canine massage and rehab therapist in Klamath Falls named Rick Seltzer. **We went for 2 sessions and began doing the suggested exercises 6 days a week for the next 11months.** The exercises focus on strengthening and stabilizing his core and rear end. Using no pain-killers and showing no signs of discomfort, it was decided Scout could try competitive level agility again. After 2 years of recommitting to the sport he loves, on November 26th, at a sanctioned agility trial in Eugene, Scout earned his AKC Agility Champion title. He ran clean in 5 out of six events entered with 4 second place finishes, He still does his exercises about 5 days a week and sees a canine chiropractor in Ashland about once a month.

At the beginning of the season in March, I thought Scout could get enough clean runs and fast times to earn his champion's title this year. On his last run of the year, he did. He has also likely earned an invitation to the 2023 AKC National Agility Championships to be held March 16th in Tulsa, OK. Official notification for that will be in the next few weeks.

Labradoodles are not known for being particularly good at agility, a sport usually dominated by Border Collies. Scout is an unusual Labradoodle. He LOVES doing agility, second only to chasing squirrels or cats who hop the fence into his yard.

Diet: Raw muscle meats, organs, and bones with raw vegetables
Nutritional supplements used daily: Back To Health Advanced Joint Formula For Pets, 1 scoop daily. Now Brand BioCell Collagen, 1 capsule daily.

Lose Weight & Improve Health With HCG

Those of you who have done the HCG weight loss protocol know how well it works. If HCG is new to you, come in and see the pictures and read the success stories from Sunshine customers.

We've seen some of our customers lose 50, 100 & even over 200 lbs. in less than a year. **Dozens have told us they were able to discontinue many of their prescription medications after reaching their ideal weight.**

HCG is the easiest way to lose big weight we have ever seen!

FREE with every bottle of HCG you'll receive a 4 oz package of Miracle Noodles... A $7.00 value, free!

Medicinal mushrooms reversed her biggest fear

Memory Loss Reversed

Rebecca's Success Story

71-year-old Rebecca Schmidt from Williams was very concerned about the obvious decline of her mental functions. She feared she had started down the path of Alzheimer's.

Rebecca was increasingly frustrated with her inability to remember simple things like the names of people she knew well and mental lists of things she needed to do. Rebecca became upset with herself as it became obvious to those close to her that her cognitive capabilities had diminished.

Then Rebecca read about **Lion's Mane** medicinal mushrooms in the Sunshine newsletter. She hoped they would help and was prepared to try them for a few months. She was unprepared for what happened next.

The Results: Her memory came back in the first few days! She could remember events and names and basically her life was back in focus. Rebecca said: *"I would highly recommend Lion's Mane to anyone with a memory loss problem."*

Medicinal mushrooms have been revered for centuries for their powerful immune enhancing, energizing, and anti-cancer qualities. In addition, one variety, Lion's Mane, has also shown significant cognitive enhancing properties and healing effects throughout the central nervous system.

A recent Japanese study showed that **Lion's Mane supplementation provided significant cognitive improvement in older adults** who were suffering from mild cognitive impairment. It helped the brain in all aspects including aiding in memory, concentration, and even depression and anxiety. The abundance of antioxidants in Lion's Mane can also reduce inflammation throughout the body,

Real medicinal mushrooms are from the fruit/top of the organism (the part we can see) not the mycelia (their "roots"). Just like the grape is different than the vine, the mushroom fruit has a different nutritional profile than the mycelia. Many "mushroom" supplements are actually nothing more than mycelia containing only fractions of the nutrients found in the tops & are up to 70% starch.

MyPure Mushrooms from Pure Essence Labs now offer 7 different mushroom varieties or blends. In addition to cognitive help, some target immunity, energy, or even cancer fighting. All are 100% certified organic mushroom fruiting bodies with **guaranteed levels of immune enhancing beta glucan compounds.** Lion's Mane 4x is one of their most potent products.

Sunshine Offers Curbside Pick-up, Free Delivery Within Grants Pass, and Free Shipping Anywhere In The US

Vitamins, CBD, Groceries, Produce, Pet Foods, Salad & Juice bars and more. Call for details. 541.474.5044

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Great Prices, Great Advice
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541-474-5044 • Toll Free: 877-656-1634
sunshinefoodandvitamin.com

- SEE INSIDE FOR OCTOBER DETAILS -

GP Woman Achieves Major Bone Loss Reversal

GP Dog Receives Relief For Canine Hip Dysplasia

New Protein, Silky Smooth, Creamy, And Delicious

Low Carb Low Calorie Pasta For Your Favorite Recipes

The Sunshine Winter Challenge

Your Chance To Win A Free Prize

Our December newsletter feature article offered strategies for boosting mood to avoid the winter blues. One was about using the power of the color yellow.

It's well documented that yellow is associated with mental clarity, optimism, self esteem and inspiration. This can benefit us by improving mood, memory and concentration while increasing confidence, curiosity and courage.

To help ensure that Sunshine is a place you can rely on to boost your spirits year round, we've purchased yellow sweatshirts for all our employees.

During the month of January, when you come in during the hours of 10-5, two or more of our employees will be wearing yellow. If not, let us know and you'll receive your choice of a fresh organic juice, smoothie, soup, or dessert to brighten your day.

We also have a limited number of Sunshine yellow sweatshirts for sale for people who want to strut their own yellow vibe wherever they go. If we don't have your size we can order one for you.

Let 2023 Be The Year
When We All Brighten Spirits Wherever We Go!