

## 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 2024 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 20<sup>th</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!**

## 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

## 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 \$5.00 value, free!**



## High Quality Drinking Water By The Gallon, Bring Your Jugs Reverse Osmosis Purified

**Alkaline, Ionized Water ... \$2.49/Gallon**

Water purified on site through our *Water-Revolution* Alka-Purity system. Ask for a free sample.

**Filtered Water ... 50 cents/Gallon**

Water filtered with our *Multi-Pure* solid carbon block filter. The best carbon filtration money can buy – removes chlorine, volatile organic chemicals, heavy metals & more – free samples available.

**Please note:** While some toxins dissipate when water is boiled, others like heavy metals accumulate. It's not only important to drink pure water, it's important to cook with pure water too.



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

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

## Reduced Cholesterol 40 Points

Silva Marie's Success Stories



77-year-old Silva Marie from GP was diagnosed with high cholesterol 15 years ago. Her doctor was concerned that Silva's 275 total cholesterol number was putting her at risk.

**Listening to Silva's approach to health was very inspiring.** She believes that information, a health-seeking attitude, diet and natural remedies are the keys to staying healthy. **She goes to doctors for tests and to grower's markets and health food stores for answers.**

**25 years ago Silva was diagnosed with diabetes.** Not wanting to be dependent on pharmaceuticals for the rest of her life and wanting to address the root of her problem, she radically changed her diet. Silva eliminated honey and excess carbs and stayed very active. Follow-up tests showed her diabetes was completely gone!

**15 years ago after learning that her cholesterol numbers were high** she focused on her diet again and decided to adopt a strict vegan diet, consuming no animal products at all. She had great results. **Silva lost 35 lbs, and virtually eliminated back, hip, and ankle pain. She threw away her cane.** Unfortunately her cholesterol numbers were virtually unchanged. A vegan diet doesn't work for everyone, but it definitely worked well for Silva and since she felt better than she had in years, she happily went on with her life

Then a few months ago Silva read a customer success story in the Sun Times about a woman who reduced her cholesterol using Sunshine's exclusive formula, **Healthy Cholesterol.** She decided to try it.

**The Results:** In just over 1 month's use her total cholesterol went down over 40 points while her good cholesterol remained excellent!

**Read more about Healthy Cholesterol on the back cover of this issue. It's on sale this month and comes with a money-back guarantee.**

## What Happened To Rob's Bike?



My new bike needs charging 2x a week

For 28 years many of you had grown accustomed to seeing my black bike locked to the rack in front of the store, 5-6 days a week, year-round. Since April it hasn't been there and many of you have asked if I'd stopped riding or if I'd retired. I'm happy to answer no to both questions. **So where did the bike go?**

After 28 years Kate and I decided to downsize and move to a smaller house on one floor. Our new house is about a mile and a half further away and significantly uphill from the store. Going home every night was a serious workout. I gave it about 6 months to see if I'd get in better shape. Despite my best efforts, commuting home never got easier & I kept finding excuses to drive more often until I was only biking 2-3 days a week.

**E-Bike to the rescue!** Don's Bikes hooked me up with exactly what I needed - motorized pedal assist, fenders for the rain, great baskets for groceries and enough power to make my ride home a decent workout that I can still enjoy 5-6 days a week. Since e-bikes get stolen a lot, my new bike is parked inside the store. FYI, my new rechargeable color-coordinated helmet has flashing lights built-in and needs charging about once a month.



## 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 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. 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 23<sup>rd</sup> 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 18 months 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 11 months.** 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 26<sup>th</sup>, 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 16<sup>th</sup> 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.

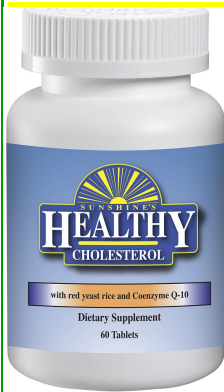


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HCG is the easiest way to lose big weight we have ever seen!

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





## Win A 6-Month Supply Of Healthy Cholesterol Absolutely Free!

Over the years we've shared with you dozens of success stories from customers who have experienced significant cholesterol reductions when using **Healthy Cholesterol**. Now is the time for you to share your story with us and enter to win a free 6-month supply!

Simply bring us a copy of your blood work that was taken before and after beginning use of this product that documents your total, hdl, and ldl cholesterol. For people who have been using Healthy Cholesterol (or the old name, Cholesterol Control) the blood work can be from back when you first began using it. Let us know how long you or your doctor had concerns about your cholesterol and what other methods you may have tried to reduce it, diet, pharmaceuticals, natural supplements, etc. We will choose a winning and a second place story and publish them along with your picture in an upcoming issue of Sun Times. Second place gets a 3-month free supply.

**People using Healthy Cholesterol often report seeing significant results in as little as 5 weeks.** The contest closes March 15<sup>th</sup> so even if you've never used it before there is still plenty of time to start the product, get your results, and enter the contest.

**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 4-12 weeks with no side-effects. **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.

It's been our observation that 4 out of 5 of our customers who report having mild or even strong side-effects from the statin drugs report having no such problems using **Healthy Cholesterol**.

**Healthy Cholesterol contains the following: Red Yeast Rice, Cinnamon Extract, Niacin, Co-Q-10, Ginger, and Milk Thistle**

**On Sale Thru Jan 20<sup>th</sup>  
Regular Price \$28.98 Per Bottle  
Sale Price For 3 Bottles ... \$76.94  
You Save \$10**

**A New Batch Of Healthy Cholesterol Is On The Way, Please Call Ahead To Ensure It's In Stock Before You Come In**

\*Guarantee limited to the purchase price of one bottle with proof of purchase receipt



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### - SEE INSIDE FOR JANUARY DETAILS -

- A Woman's Life Changing Answer For Anemia
- Another Sunshine Customer Reduces Their Cholesterol
- 68-Year-Old Builds Muscle & Strengthens Joints
- What Happened To Rob's Bike?



## Hot Organic Soup

**Every Day On The Sunshine Buffet From 10:30 – 3:30**

During the winter we typically offer 2 delicious organic soups every day. One will always be vegan, the other will usually feature organic chicken. We know of no other restaurant in GP that is committed to all organic when it comes to soups. Our soups are almost always gluten-free.

### The Soup Menu Changes Several Times A Week.

Some of our offerings include: Tuscan Lentil Minestrone, Coconut Curry w Red Lentil, Garbanzo w Squash and Ginger, and our renown Split Pea, which are all vegan. Chicken soup choices include: Lemon Chicken w Rosemary Rice, Spanish Tomato Rice w Chicken, Wild Rice w Mushroom, Miso and Chicken, & Zesty Blackbean w Turkey.

Our soups are always thick and hearty. Many people consider them a meal unto themselves. Most include the added benefit of soy-free miso that provides extra protein, lots of health promoting probiotics, and a smooth rich flavor.

**On a tight schedule?** Sunshine soups are self-serve on our hot bar. You can be in and out in minutes. Or call ahead & have a sandwich or salad waiting for you to eat-in or take-out with your soup.

**Our organic soups are always prepared in stainless steel pots. No aluminum or non-stick allowed in the Sunshine kitchen. We're looking out for you!**