

Become An Indoor "Environmental"ist

Remember, Clean Doesn't Have A Smell

Whenever environmental pollution is mentioned, invariably thoughts of smog polluted air, and chemical spills in streams and soil come to mind. We seldom think about pollution where we spend most of our time and the only environment where we have almost total control, inside our homes.

Many people understand that when we remodel or update, new paints, carpet and other building materials can off-gas toxic chemicals, but that generally occurs only once a decade or so. What about considering the chemicals we contact every day from household cleaners, laundry soaps and personal grooming products?

It's accepted that commercially prepared toilet and oven cleaners are usually highly corrosive and inhaling their fumes can be extremely irritating to the eyes and respiratory tract. The package warnings are pretty clear.

However, due to the fact that clothing is in contact with our skin 24/7, laundry products deserve our utmost attention. Our skin is very permeable and quickly absorbs outside substances directly into the bloodstream. Removing stains & soil from clothes and replacing them with toxic detergent residues & fragrances is not a good trade-off.

Sodium lauryl sulfate (SLS) is a surfactant, detergent, and emulsifier commonly used in thousands of laundry products, industrial cleaners, shampoos and soaps because it is a very inexpensive foaming agent. However, in some ways, it carries a very high price.

According to the Environmental Working Group, research studies on Sodium Lauryl Sulfate have shown potential links to...

- * Mutations and cancer.
- * Organ toxicity
- * Developmental/reproductive toxicity and infertility
- * Neurotoxicity, endocrine disruption, ecotoxicology, and cellular changes
- * Irritation of eyes

Unfortunately, laundry detergent manufacturers are not required to list it on their labels.

Another very real contributor to in-home pollution dangers are fabric softeners and dryer sheets. Even though they may make your clothes feel soft and smell fake-fresh, fabric softeners and dryer sheets are some of the most toxic products used in the laundering process.

The National Institute of Occupational Safety and Health has found that one-third of the substances used in the fragrance industry are toxic, but because the chemical formulas of fragrances are considered trade secrets, companies aren't required to list their ingredients but merely label them as contain "fragrance."

Remember: clean doesn't have a smell. If a product promises "April Freshness" or an "Irish Spring" be very wary. If it sounds too ridiculous to be true, you can be sure it is and it's probably toxic too.

When gauging ecological claims of laundry and cleaning products, look for specifics. **For example, "biodegradable in 3 to 5 days" holds a lot more meaning than "biodegradable,"** as most substances will eventually break down if given enough time and the right ecological conditions. Also, statements like "no solvents," "no

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 2025 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 18th

Indoor environmentalist continued:

phosphates," or "plant-based" are more meaningful than vague terms like "ecologically-friendly" or "natural."

Dr Bronner's has been making organic soaps for over 150 years and their liquid castille soaps diluted in water have hundreds of household uses. All of their scents come from organic essential oils. Citrasolv concentrate, natural degreaser, is exceptionally effective and very economical. Country Save laundry detergent is a Sunshine favorite.

Recently, a class of contaminants known as PFAS, aka "forever chemicals" (because that's pretty much how long they linger in the environment), has come to the forefront of the discussion of environmental pollution. These persistent manufacturing chemicals exist in more than 12,000 forms, and have been linked by the EPA to a long list of health effects, including decreased fertility, high blood pressure in pregnant women, increased cancer risks, developmental delays and low birth-weight in children, hormonal disruption, reduced effectiveness of the immune system, and more.

PFAS chemicals are virtually everywhere: synthetic fabric clothing, furniture, pizza boxes, food wrappers, electronics, cell phone screens, carpeting, fire-fighting foam, water resistant clothing and footwear, and much more. So widespread is the planet's PFAS load that, according to one 2022 study in Environmental Science and Technology, the chemicals actually fall from the sky in rain, with the clouds having picked up PFAS in water evaporating from contaminated oceans.

Not every brand of all of these items necessarily contains the forever chemicals. And if you are concerned, there are a host of websites that provide guides to PFAS-free products, including ones sponsored by

Continued on page 2, bottom left

New Everyday Low Pricing On Garden Of Life Supplements



Grow Bone, Probiotics, Raw Calcium, Multis, Vitamin D, And A Lot More!

Sunshine has been the number one Garden Of Life Distributor in Josephine county for over 2 decades. Come in and have us explain the difference Garden Of Life supplements can make for you.



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 will 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 Coronary and Pulmonary Patient Support groups at Asante
- * Vets Helping Vets
- * JoCo Drug Court Parole program
- * JoCo Republican Women
- * The Western Welcome Newcomers Club
- * Asante Hospital Auxiliary Members
- * The Breast Cancer Survivors group at the Asante Women's Health Center
- * Seventh Day Adventist Church in Rogue River

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

Indoor environmentalist continued from page 1:

the Environmental Working Group (one of the most reliable), the Center for Environmental Health, the EPA, the Natural Resources Defense Council, and many more. Careful research and selective shopping can limit your exposure to PFAS. Some national chains are even beginning to make commitments to promoting PFAS-free products.

The majority of us would be wise to consciously avoid unnecessary daily exposure to chemicals that may cause damaging long-term health effects like cancer or hormonal imbalances, even if those effects are not immediately obvious.

My hope is that in the near future our government regulatory agencies, FDA, EPA, NIH, CDC and others begin seriously prioritizing our health interests even if it means stepping on some very well-connected corporate toes.

Four New Vital Planet Cleanses For A Fresh Start in 2025

To gain maximum benefit from any of the following cleanses, eating lighter and less for the 14 day duration will help your body purify.



Vital Cleanse is a gentle, yet thorough, 2-part, 14-day system featuring ingredients traditionally used to eliminate waste and impurities from the body. Helps relieve constipation. Supports full body natural detoxification & elimination function.



Vital Detox is a 2-part, 14-day system containing ingredients traditionally used to purify the blood, support liver health and create a balanced intestinal environment. Helps relieve occasional gas & bloating.



Vital Candipure is a targeted, 14-day yeast cleanse designed to maintain a healthy balance of intestinal yeast and a healthy urinary tract. Symptoms of yeast imbalance may include fatigue, brain fog, sugar and carb cravings, headaches, yellow coated tongue and vaginal yeast imbalance.



Vital Parapure is a targeted, 14-day microbial cleanse that promotes a healthy balance of intestinal microorganisms. Parasite symptoms may include abnormal bowel movements, a bloated belly, itchiness, dark circles under eyes, teeth grinding at night, sugar cravings and abnormal weight loss.

Two Great Vital Planet Fiber Formulas



Vital Fiber is a great tasting, daily fiber formula that contains mostly insoluble fiber from Organic Flax, Pea, & Hemp Fiber, the type most known to promote bowel regularity to support elimination of waste & toxins. Non-gas & bloating formula. 13 grams of organic fiber per serving

Prebiotic Fiber 35 is formulated with 35 Organic fiber sources. To create a diverse microbiome, we need to feed the good bacteria in our gut with a highly diverse array of prebiotics. Research indicates we need 30+ sources of fiber weekly to achieve this. Nothing else is close to offering this level of diversity.



Vital Planet Special Offer* 20% Off, Thru Jan 18th

*Combine 2 or more Vital Planet formulas, Cleanses, Fibers, Probiotics, Vital Gut Renew and Laxatives and receive 20% off every Vital Planet product purchased.



Green Earth Medicinals CBD Gummies 20% Off Thru Jan 18th

They deliver a full 20 mg of CBD along with all the other cannabinoids, terpenes, flavones, and other plant compounds you expect from serious botanical medicine to help: **relieve pain, improve sleep, reduce anxiety, and enhance mood.** These are the most effective CBD gummies you've ever tried ... **GUARANTEED!**



Fast Relief From Severe Peripheral Neuropathy Pain

Lorraine's Success Story

Peripheral neuropathy happens when the nerves that are located outside of the brain and spinal cord (peripheral nerves) are in some way damaged. This condition often causes numbness, weakness, burning, low level or sometimes intense stabbing pain, usually in the hands and feet. Peripheral neuropathy can result from traumatic injuries, infections, metabolic problems, inherited causes, or exposure to toxins. One of the most common causes of neuropathy is diabetes.

73-year-old Lorraine Holguin from Selma had it bad. On a scale of 1 to 10, she said her pain level was an "11." She experienced numbness, burning, and pain from her feet all the way up to her hips. She saw a neurosurgeon who diagnosed her condition after administering the electromyography needle test. He said it would likely get worse but didn't really have much more to offer.

(While nowhere near as extreme as Lorraine's case, using the needle test, I too was diagnosed with neuropathy in my feet manifesting as numbness, occasional burning, stabbing, and hypersensitivity when walking barefoot on rough surfaces.)

Lorraine came to Sunshine looking for suggestions and was shown **Healthy Feet and Nerves** from Terry Naturally and decided to give it a try.

The Results: Taking the recommended dose of 2 capsules twice daily, by day 3 Lorraine noticed a significant improvement. Astoundingly, in 2 weeks Lorraine's pain level was down to a 2! She is very happy!

Healthy Feet & Nerves features nutrients that support the delicate nerve endings in your feet, legs, fingers, and throughout your body in clinically tested doses.

- *Active B-Vitamins for more powerful nervous system support.
- * Benfotiamine, the more rare fat-soluble form of thiamin, raises thiamin levels in the blood up to 5 times better, and maintains them significantly longer, than typical water-soluble B1.
- * Alpha-lipoic acid at the clinically studied dose level per day proven for nerve health benefits.
- *A uniquely purified Boswellia to increase levels of key active anti-inflammatory compounds compared to non-standardized boswellia.

10% Off Thru January 18th

Satisfaction Guaranteed Or Your Money Back!



New At Sunshine BioActive Methyl B-Complex

There are eight B vitamins, and each supports you in different ways. Life Extension Bioactive B complex formula helps promote energy production, the nervous system, and positive mental outlook - the perfect companion to a well-balanced diet. BioActive Complete B-Complex is made with optimum forms of each B vitamin that are easier for your body to use including methylated forms of Folate and B-12. Very important for the estimated 30% of the population who are unable to absorb more common forms.



Relief From Burning Gut Pain Ron's Success Story

77-year-old Ron Keiser is a rancher who splits his time in between Hugo and Montana was experiencing burning gut pain for 5 straight months. Searching for relief he consulted with a good friend who is a retired doctor. The doctor told him to avoid pharmaceuticals and go to a trustworthy health food store instead. At Sunshine he was shown a formula that was featured in our newsletter called **Vital Gut Renew** and decided to try it.

The Results: Ron followed the directions and in about a week, the burning was gone! Ron told us: *"The word needs to get out, this product really works. I think I'm getting more out of my food, I just feel better."* Since he travels quite a bit, Ron makes sure to double up on the large economy size whenever he's in town.

Vital Gut Renew is an advanced formula created to help soothe and heal the gut by providing added support to help the body rebuild and strengthen cells lining the entire digestive tract. It combines L-glutamine, a naturally-occurring amino acid, with other time-honored herbs to promote optimal digestive function & balance stomach acid.

Vital Gut Renew was also formulated to address Leaky Gut Syndrome, a serious and all-too-common health concern. Leaky Gut can be caused by repeated exposures to foods and medications that a person may be sensitive to which causes chronic inflammation, damage, and thinning of the intestinal wall. Also known as Increased Intestinal Permeability, Leaky Gut can compromise your health by allowing undigested proteins into the bloodstream causing allergies, fatigue, and a weakened immune system.

Dozens of Sunshine customers using Vital Gut Renew have reported extraordinary life changing results for challenges throughout the entire digestive tract: Acid reflux, ulcers, c-diff, IBS, Crohn's, and more.

Save 20% Off Msrp Thru January 18th

Works Great Alone But Even Better When Combined With Vital Planet Probiotics.

Get 20% Off Any Vital Planet Probiotic When Purchased With Any Size Of Vital Gut Renew



Coral White Toothpaste For Healthier Oral Health Care

Coral white natural whitening toothpaste provides a gentle and gradual whitening effect over time. It's made with ecosafe above sea coral calcium with 73 trace minerals. Combines the power of coral calcium, 15% xylitol, therapeutic grade peppermint essential oil, hydrogen peroxide, goldenseal extract and more. Helps to neutralize acid, restoring healthy pH balance in the mouth.

Because Coral White is fluoride-free, it poses no swallowing hazard. Compare that to the following warning required by law on fluoride containing toothpastes: *"Keep out of reach of children under 6 years of age. If more than what is used for brushing is accidentally swallowed, get medical help or contact a Poison Control Center right away."*

**Two Refreshing flavors Mint and Cinnamon
On Sale: 10% Off Thru January 18th**



40 point Cholesterol Reduction

James's Success Story

73-year-old James Harcomb from GP has been a registered nurse for 27 years, 14 of which at UCLA Medical Center. He has always taken a keen interest in his health and fitness. In Dec 2023 his cholesterol was 221 and he wanted to lower it some. James' problem was that in years past he had tried 3 different brands of prescription cholesterol drugs and all produced unacceptable muscle aches.

In the Sunshine newsletter James read about our **Healthy Cholesterol** formula and decided to give it a try.

The Results: Six months later, the next time he had his cholesterol checked: total cholesterol down 40 points, LDL down 35 points, triglycerides down 11 point **All WITH NO MUSCLE ACHES!**

The fascinating thing is that **dozens of our customers have been told by their doctors that prescription statins are chemically identical to the natural statin used in Healthy Cholesterol.** But just like James, nearly all report that they have no issues at all when using Red Yeast Rice, the natural statin featured in **Healthy Cholesterol!**

Healthy Cholesterol is a synergistic blend of proven cholesterol fighters in a convenient 3-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.

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. Statin drugs are well-documented to diminish our bodies' ability to make Co-Q-10 and all of our muscles, especially our hearts need Co-Q-10 to process oxygen for energy. Drug companies know that large doses of Co-Q-10 should be added to statin drugs for 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, Cinnamon Extract, Niacin, Co-Q-10, Ginger, and Milk Thistle
Healthy Cholesterol Regular Price \$28.98 Per Bottle

On Sale Thru January 31st

- Buy 1 Bottle, \$26.98: Save \$2
- Buy 3 Bottles, \$76.94: Save \$10
- Buy 5 Bottles, \$144.90: And Get 1 Bottle Free!

Please Note: The Suggested Dose Is Now 3-a-day
Each Bottle Has Been Increased From 60 to 90 Tablets

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



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



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- SEE INSIDE FOR JANUARY DETAILS -

- Non-Toxic Household Cleaner For Pennies Per Gallon**
- Relief From Serious Neuropathy Pain**
- Cleanse, Purify, And Reset For 2025**
- Rancher Finds Relief From Stomach Discomforts**



Organic coconut curry with chicken

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 GP restaurant that's 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, Mushroom & Wild Rice w 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!