

## It's Cold Outside, Warm Soup or Ice Cubes ... You Decide

It's February, how about going outside naked and jumping into an ice-cold lake or river? Almost instantly your skin would turn white as capillaries contract to divert blood away from surface muscles sending it deeper to keep vital organs warm. Quickly, your muscles would lose their flexibility and ability to function properly. Obviously this would be really silly to do immediately before exercise or activity.

Equally silly however, is when nearly all restaurants will serve ice-water prior to your meal. Combining ice-cold liquids with food is one of the worst things you can do for digestion. Consuming it will do the same things to the muscles lining your stomach as jumping naked into an ice-cold lake does to the surface muscles of your body. Capillaries will contract and stomach muscle function will be impaired. When eating you want your stomach to be warmed up and flexible, just like how before exercising you want biceps and hamstrings "warmed up." The innermost stomach muscles, the inner obliques, aid in digestion by grinding the food together with digestive juices. The lower, narrower portion of the stomach, the pylorus, also uses muscular action (peristalsis) to send food into the small intestine.

Drinking ice-cold beverages with your meal also causes fats to congeal and often prevents appropriate amounts of stomach acids and enzymes from being released. Your stomach is not just a big bag at the bottom of your esophagus. It's a hardworking organ that needs between 40 minutes to a few hours, depending on the types of food consumed, to complete its critical work.

Daily, year-round drinking of ice-water wasn't even feasible until about 80 years ago. It's a modern invention that is detrimental to our health. I know several people who have actually "cured" their acid reflux simply by giving up ice-cold drinks with meals.



*Warm soups can improve digestion*

**So how should our meals begin?** Evidence of the existence of soups goes back 20,000 years. The word restaurant derives from the French verb restaurer, meaning to restore. It was first used in the 16th century referring to street vendors who sold highly concentrated, thick, inexpensive soups (probably mineral and collagen-rich bone broths). The soups were promoted as an antidote to physical exhaustion.

**Worldwide, soups have been the traditional way to begin meals for centuries.** In Japan miso soup is a daily staple and it's important to recognize that miso is much more than a flavoring. It provides restorative qualities from the digestive enzymes, probiotics, and protein delivered by the fermented soy bean paste. A classic Russian lunch will include hot soup as the first course year-round. Even in warm-weather Latin-American countries black-bean, chicken and rice, and hot fish soups are dietary mainstays. Relaxing and warming the stomach rather than freezing it, has been the traditional start to most meals for thousands of years.

**Before modern refrigeration, traditional warm-weather "chilled" soups were not actually chilled but served at, or slightly below, room temperature** – nowhere near the temperature of ice-water.



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**Oxygen Powered Colon Cleanse, Gentle & Effective**  
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**Collagen-Rich Bone Broths Are On Sale**

### Soup continued:

It would be extremely likely that the base of virtually all of these traditional soups was a stock made from boiling down root vegetables, herbs and animal bones. It's the content of the bones including collagen (a source of joint restoring glucosamine and chondroitin), the anti-inflammatory amino acids proline and glycine, and minerals that are the source of its health benefits. Extracting the nutrients from bones is accomplished through long time cooking (simmering for 12-24 hours or 8-10 hours in a pressure cooker) and by adding some acid to the pot, like vinegar, wine or a bit of tomato paste, which loosens and dissolves all the constituents.

The famous 12<sup>th</sup> century physician and biblical scholar, Maimonides wrote that chicken soup "is recommended as an excellent food as well as medication." Today, **the Drugs.com, website amazingly recommends chicken soup for its medicinal qualities.**

Beginning your meal with ice-water has been made possible by modern refrigeration but is a major step down in preparing us for smooth digestion and nutrient assimilation.

I usually begin a meal with warm soup or a little room temperature water with freshly squeezed lemon. I know it's rare, but **get excited when you go to a restaurant that routinely serves its water without ice.** It's a sign they understand how mealtime should be respected. Otherwise ask for your water straight-up, hold the ice, with a wedge of lemon.

**Back In Stock!!!**  
**Garden Of Life Raw Calcium**



## Stronger, Healthier Hair and Nails Sherry's Success Story

I was amazed to discover that Sherry Damico from GP is 81-years-old. She looks a lot younger but has experienced challenges with her hair and especially her nails for many years. Using **Amino Sculpt** liquid collagen for only 2 months the improvements were obvious - stronger nails and her hair was noticeably fuller.

### What Is Collagen?

Collagen is the primary building block of all your body's flexible tissues - skin, muscles, tendons and ligaments and also found in your organs, blood vessels, intestinal lining, hair & nails. In addition, it's a major part of our bones preventing them from becoming brittle. Collagen is the most abundant protein in your body. Unfortunately, we lose 10% of our body's collagen every decade after the age of 30.

Collagen can't be measured in a blood test but there are signs that your collagen level is decreasing. These signs and symptoms include:

- \* Skin that's wrinkled, or sagging.
- \* Hollowing in and around your eyes and face.
- \* Shrinking, weakening muscles and muscle aches.
- \* Stiffer, less flexible tendons and ligaments.
- \* Joint pain or osteoarthritis due to worn cartilage.
- \* Problems due to thinning of the lining of your digestive tract.

**Amino Sculpt** is sourced from pasture-raised, non-gmo, Canadian cattle and we know it works. **Amino Sculpt** liquid collagen contains the only Type 1 Collagen backed by 40 years of medical use, clinical research, and tested against placebo. It has been proven to heal wounds, help regenerate healthy skin for burn victims, and heal bedsores in the elderly 96% better than placebo. It has also been shown to help build and maintain muscle mass.

Highly Concentrated: **Amino Sculpt Sugar-Free** contains 18,000 mg of collagen peptides per serving. Unlike most companies, Health Direct hydrolyzes their own collagen with a proprietary fruit enzyme process making it rapidly absorbed due to its low molecular weight. Better absorption yields better results. It has become the favorite collagen of Sunshine customers.

**Amino Sculpt's** collagen peptides are time-tested, have been a favorite of Sunshine customers for almost 20 years, and recommended by over 4,700 health professionals including surgeons, doctors, and nutritionists. Best taken near bedtime

**Sale Extended, 10% Off Thru February 24<sup>th</sup>**  
**Available In 2 Flavors, Tart Cherry and Smooth Mango**



## Supercharge Your Soup Making With Kettle & Fire or Bare Bones Brand Bone Broth

*Sunshine stocks 8 varieties  
of chicken or beef bone broth*

Bone broths have been enjoyed by traditional cultures world-wide for their legendary restorative powers – see page one for more.

Supercharge and add flavor to a pot of rice by using collagen protein-rich broths to replace 25-50% of the water. These broths are ready-to-heat and serve or use in soup making and other recipes. They will cut 8-24 hours of prep time compared to boiling the bones yourself.

**10% Off Bone Broths, All Sizes & Varieties Thru Feb. 24<sup>th</sup>**



## New At Sunshine OXY-POWDER

Natural, Non-Irritating Colon Cleanse

**Oxygen-Powered = Unmatched Results**

Oxy-Powder, is the ultimate digestive re-set created to alleviate the discomfort of gas, bloating, and occasional constipation.

Experience the cleansing power of Oxy-Powder, formulated with natural ozonated magnesium and citric acid. Its unique formula releases oxygen to effortlessly loosen impacted waste and purify the entire digestive tract. Oxy-Powder is gentle on the body and non-addictive, allowing you to use it as needed (even frequently) without concern for irritation or dependency.

Abundant dietary fiber intake from whole foods with sufficient water are probably the two most important factors for maintaining daily regularity. When age, stress, insufficient physical activity, or very low food intake causes occasional constipation, that's the time for a natural laxative.

The herb senna has been used for centuries for relief of occasional constipation and is the main ingredient in many formulas and teas. However, senna's method of action is that it irritates the intestinal lining to cause movement making it unsuitable for frequent use. Regularly irritating the intestinal lining is definitely not advisable.

**Oxy-Powder can be a welcome addition to any wellness regimen especially when doing a fast or cleanse during a wellness reset.** Better gut health often leads to more energy, improved immunity and a more positive mental outlook.

**15% Off A Gut-Health Re-Set Package**  
**Purchase OXY-POWDER With Any Probiotic**  
**And Receive 15% Off Both Thru Feb 24<sup>th</sup>**



## New At Sunshine Dizzy Stop

**Helps Control Dizziness, Vertigo,  
Balance, and Motion Sickness**

Dr. Barton's Dizzy Stop is a non-drowsy, herbal supplement for dizziness designed to bring you relief from vertigo and other symptoms of motion sickness. It includes a potent and effective proprietary blend of soothing ginger root powder and grape seed extract. Take 2 capsules every 4 hours for relief of acute symptoms or 2 a day for long-term maintenance.

**10% Off Thru February 24<sup>th</sup>**



## Fast Relief For Stress And Anxiety

**Theanine Serene Has Been A Sunshine  
Superstar For Over A Decade**

Theanine Serene from Source Naturals contains the amino acid L-theanine, to support relaxation and focused attention, the calming neurotransmitter GABA, and magnesium to support muscle and nerve relaxation. **It continues to be very popular for one BIG reason – it works!**