

Improving The Financial And Emotional Health Of Grants Pass Is Up To Us

Regular readers of this column know I always try to do my best to consider a holistic view of health, looking at how all our body systems should work in unison for the benefit of the whole. A telephone call from a customer last week reminded me of **the importance of considering how the financial and emotional health of our local community should rightly be viewed as one integrated system as well.**

The man who phoned (we'll call him Doug) has been an occasional customer for many years. He had specific questions about a popular immune-enhancing formula he had just purchased on Amazon. He knew my store carried it so he must have assumed that it was reasonable to ask me about it even though he bought it elsewhere. When the call ended, I just had to check the Amazon price he paid. It was exactly 6 cents lower than my everyday price. The larger size of the same item, costs exactly the same at my store in downtown Grants Pass as on Amazon.

I admit I was miffed that he bought it from Amazon and then called to pick my brain about it, but why should you care?

What Doug doesn't fully appreciate is that by regularly shopping at independent locally owned businesses like mine, he is doing much more than supporting just the owner, he is **investing in a healthy, strong and vital community.**



Shopping local benefits everyone!

Consider that I have 9 employees. Think about where their paychecks go to: their local small-scale landlords, local auto mechanics, local bike shops, local organic farmers, local music and dance lessons for their kids, local hair salons and barber shops, local restaurants, local dentists, local shoe and clothing stores, and even though they may not be locally owned, nearby grocery and big box stores that employ your neighbors. Further, many of those locally owned businesses advertise in local newspapers that also have employees who contribute to the local economy.

Shopping locally causes a positive chain reaction. Statistics vary depending of the type of business: manufacturing, restaurants, boutiques, big box stores, etc., but on average, greater than 50% of all dollars spent at locally owned businesses recirculate throughout the local community, compared with less than 30% of dollars spent at national chains. Please consider that nearly ZERO of the dollars Doug spent shopping Amazon stayed in our local community.

Local restaurants like Carson's Bistro, Twisted Cork, Catalyst Pizza, and Sunshine are far more likely than national chains like Olive Garden or Applebees to source meats, organic veggies, beers, and wines from local or in-state producers. Even the graphic design and printing of the local restaurants' menus and signage will likely be done by other local businesses. The point is: Local businesses recirculate a greater percentage of every dollar back into the local economy as they create locally owned supply chains and invest in their employees.

Additionally, reliable data shows that **small locally owned businesses donate 250% more than national chains to local**



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Serious Blood Pressure Relief For GP Woman
Turning Back The Clock On Aging
Wellness Formula 30% Off Msrp**

nonprofits and community causes leading to improved living conditions in our community. One study found that locally-owned businesses contributed 400% more than Walmart in charitable donations to local causes. Every year my one small business typically contributes to at least 4 local schools, many non-profits and often, individual young athletes who need financial assistance to help turn their athletic dreams into reality. I'm sure most other locally owned businesses could accurately make very similar statements.

So when we shop local, a much larger share of our dollars will stay in our community where it belongs instead of flowing to the bank accounts of distant or foreign corporations. Also, no one wants their town to look and feel like a cookie-cutter duplicate of any-town USA. Locally owned businesses add diversity and character and create a sense of community for the cities and towns in which they operate making them interesting destinations.

Small towns around the world were built by friends and neighbors, as well as locally owned businesses.

The enhanced community-wide emotional and financial well-being created by shopping local cannot be overestimated. I hope that before he shops on Amazon again that "Doug" sees this article and seizes the opportunity to benefit the entire community by choosing to buy locally at a fair price before purchasing something online that is available right here in his hometown.

Something else I try to keep in mind when purchasing from locally owned businesses. The fees that small businesses pay to large banks and out of area processing companies to accept credit cards add up quickly. Sunshine pays about \$12,000 more per year in fees than we did a decade ago. It's not because the rates we pay have gone up. It's because a much greater percentage of our customers now pay with plastic. **Cash is greatly appreciated when possible.**



Blood Pressure Down 30 Points w The First Bottle

Shirley's Success Story

Shirley Rhodes from GP had experienced moderately high blood pressure for several years. Her systolic readings were usually 140-160.

A few months ago Shirley ended up in the ER after a cat bite. There, her blood pressure measured 190. After that, her regular doctor recommended prescription blood pressure medication. Shirley always tries to avoid pharmaceuticals except when absolutely necessary.

Her trusted relative who is a retired nurse had experienced excellent results reducing her own blood pressure with an all natural formula called **Cardio Tonic-BP** from Natura, an Ashland company. Shirley decided to go to Sunshine and give it a try.

The Results: In just a few days Shirley's blood pressure was lower. At her next doctor's appointment, amazingly it was down to 118, lower than it's been in years and she feels great!

Cardio Tonic-BP maintains healthy blood pressure, strengthens heart muscle function, and promotes cardiovascular health. It features: **Hawthorn**, the most valuable tonic herb for maintaining a healthy heart, Ayurvedic physicians have used **Arjuna** to support cardiovascular health for centuries, **Rauwolfia**, valued for centuries in India and Nepal to support cardiovascular health by influencing nerve impulses acting on the heart and blood vessels, **L-Citrulline**, a precursor to L-arginine, the amino acid essential for nitric oxide production which relaxes blood vessels to enhance healthy blood flow, **Magnesium** helps keep heart rhythm steady, **Olive Leaf**, **Forskolin**, **Grape seed extract**, **Ginger**, **L-carnitine** and a lot more.



Natura Health Products is respected among integrative and functional medicine practitioners for its unwavering commitment to excellence in dietary supplements. Stringent third-party testing guarantees the highest quality and safety of each formula. Every capsule embodies their commitment to transparent quality and your peace of mind.

Natura founder and master formulator, Donnie Yance, is considered one of the world's foremost herbalists.



Source Naturals Wellness Formula

Wellness Formula is the natural products industry's number one immune defense formula. It provides support for the multiple body systems that impact immune health. Wellness uses therapeutic levels of Vit-C & over 30 powerful ingredients, antioxidants, herbal extracts, vitamins and minerals including zinc and Vit-d. Use 3 tablets daily to maintain wellness, 3 every 3 hours at the first signs of cold or flu.

30% Off Msrp Every Day, Tablets Or Capsules



Sunshine Canvas Shopping Bags Are Back In Stock

**Smart Shoppers Like These 2 Girls
Get 10 Extra Rewards Points
Every Time They Use Their Bags**



Becoming Functionally Younger

Candy's Success Story

Now 58-years-young, Candy Harvey from GP lost much of her hair in 2020 after a nasty bout with Covid. Being a hairdresser, she was especially motivated to find something to help it grow back. In addition, in the last few years, maintaining her property and taking care of her horses had become extremely challenging. Candy thought collagen might be the answer and tried a cheap powder purchased at a discount store. It made no difference.

Then she came to Sunshine and was shown **Amino Sculpt**, medical grade liquid collagen and decided to give it a try.

The Results: Candy could barely believe it. "In about 2 weeks I began noticing more strength, energy, and stamina. My hips stopped hurting and I didn't need to take breaks stacking wood. My gut felt better and after a few months my hair was better than since I was a kid. This stuff is like the fountain of youth!"

What Is Collagen?

Collagen is the primary building block of all your body's elastic tissues - skin, muscles, tendons and ligaments and also found in your organs, blood vessels and intestinal lining. 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.

10% Off Thru February 22nd, Available In 2 Flavors



Gentle, yet thorough, 2-part, 14-day system. Helps relieve constipation and formulated to assist all 7 channels of elimination – Intestine, Liver, Kidneys, Lymph, Lungs, Blood, and Skin.

A great way to reset for 2025!