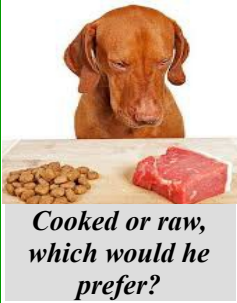


## Healthy Pets Make Happy Families

When our entire family is healthy and energetic, our world becomes a brighter place. For the nearly 65% of American households who consider their pet a family member, the well-being of pets plays an important role in our peace of mind.

**With annual routine vet bills averaging around \$250**, treatments for chronic illnesses and related medications costing between 500 and several thousand dollars and doggie or kitty surgeries often costing much more, it also makes good financial sense to do everything we can to keep our pets healthy.

**The sorry truth about most mainstream pet food brands is not pretty.** Most well-known pet foods (including the so-called premium brands often recommended by vets) can contain really horrible ingredients. Shockingly the animal proteins can and do come from euthanized pets, roadkill, rejected/diseased scraps from meat processing plants, and even spoiled supermarket foods. Regulatory agencies can barely keep up with monitoring the purity of the human food supply. Pet food oversight takes a distant back seat. While sad, it **shouldn't be surprising that cancer is now the leading cause of death for adult dogs with approximately half dying from it.**



Truly high quality pet foods will always be made from ingredients that are USDA approved for human consumption. Just like when you shop for your humans, you should never buy pet products with artificial colors or preservatives. Further, dogs and especially cats are made to run on animal protein, not grains, other carbs, or fillers.

**The ingredients list of many of the most famous brands (often vet recommended)**

**typically show 5 of the first six ingredients to be grains or other carbs** that get converted to sugars. Three typical examples below:

**Hill Science Diet Chicken:** Chicken, Whole Grain Wheat, Cracked Pearled Barley, Whole Grain Sorghum, Whole Grain Corn, Corn Gluten Meal, etc.

**Blue Buffalo Grain-Free Beef:** Deboned Beef, Turkey Meal, Potatoes, Peas, Pea Starch, Potato Starch, etc.

**Eukanuba Chicken:** Chicken, Chicken By-Product Meal, Corn Meal, Ground Whole Grain Sorghum, Brewers Rice, Ground Whole Grain Barley, Dried Beet Pulp, etc.

**The best diet you can feed your dog or cat (recreating what they are designed to run on) is a homemade, balanced, raw food diet.** You'd be surprised to learn that compared to the cost of really good kibble, a balanced raw diet can sometimes actually save you money.

The book: [Raw and Natural Nutrition For Dogs](#) is an excellent guide to get you started. From a practical perspective, feeding your pet high quality (organic or non-gmo) dry kibble made from ingredients approved for human consumption and adding a homemade "raw booster mix" should provide your pet with everything they need to stay healthy. It's easy to do, reasonably priced and quick to prepare. If you're traveling or in a hurry you can just serve the kibble. Or if you're like me and want you pets to eat as well as the human members of the family, you'll jump in with both feet and go 100% raw.



**- SEE INSIDE FOR -**  
**88-yr-old GP Man Recovers From Anemia**  
**For 25 Years, A Great Sunshine Choice For**  
**Improving Mood and A Lot More.**

It practically defies logic that some vets advise against feeding raw animal foods to dogs. They must not get a lot of nutritional training in vet school. However many vets, animal breeders, and trainers with decades of experience whom I consider to be true health experts (instead of disease specialists), totally support a diet of 100% raw foods for dogs and cats. Our pets' stomach acids and digestive tract are much stronger than ours. Think about it, they lick and sniff everywhere and everything and can even eat from animal carcass (except salmon) that's been outside unrefrigerated for days or even weeks with no problems. Fresh raw meats should pose no problems.

You can easily prepare a week's worth of raw booster mix in about 10 minutes, then just add some every day to your pet's kibble.

### Raw Booster Mix Recipe

2 lbs of raw ground beef, chicken, lamb, turkey or a combination  
2 teaspoons of bone meal & optional 1 teaspoon powdered seaweed  
1/4 cup of oil, hemp, flax, coconut, or fish  
1 lb of cabbage, kale, parsley combo finely chopped or blended  
1 or 2 medium carrots grated, finely chopped, or blended

A few raw eggs and/or unpasteurized yogurt is also great. Mix with food processor or by hand. Introduce the booster mix gradually. Adjust the recipe to your pet's tastes and digestive tolerances.

Frequent use of pet probiotics will boost immunity, help prevent worms, and improve digestion. In addition, 1/2 teaspoon a day of Spirulina powder has brought back the "pep in their step" to many pets in their golden years.

Dr Karen Becker DVM, is one of the best online sources for care and feeding advice for your pets. Google her videos.

**Sunshine Carries A Locally Sourced, Raw, 4-meat Blend** with 10% organs and 1% bone meal that is extremely popular. Available in 1 and 5 lb tubes in our freezer section. Your pet will love you for it. Many allergies and skin conditions disappear feeding raw.



## Since 1999, A Favorite of Many Sunshine Customers For Improved Mood And A lot More

SAMe became available in the US back in 1999. I still clearly remember the day 25 years ago our trusted Jarrow Formulas sales rep handed me a sample box. He said it was very popular in Europe for treating depression by helping to elevate mood and was now available in the US. I felt fine that day but for the heck-of-it; I popped one in my mouth anyway, then promptly forgot I had taken it. A few hours later I couldn't figure out why I was in such a great mood until I remembered about the SAME sample.

About 2 weeks later a woman came in the store one morning with her daughter. The daughter appeared very down. Mom was quite concerned because daughter had a history of mood challenges and they couldn't get a doctor's appointment until the following week. I offered her a free SAME sample which she immediately gave to her daughter. They thanked me, left the store, and my mind moved on. Early the next morning I was quite surprised when they came back and mom was elated. Her daughter appeared dramatically different to me. She was happy to engage in conversation and frankly seemed quite "normal." For that family, SAME was a game changer.

Despite the same day mood improvements in those 2 stories, SAME is commonly thought to reach its full effectiveness after about 4 weeks of continued use.

### What Is SAME?

**SAMe** (S-Adenosyl-L-methionine) was discovered in the early 1950s. It's made in the body from methionine, an amino acid found in foods, and has been found to regulate key functions in living cells. Low levels of SAMe in the body have been reported in cases of depression and liver disease. This prompted researchers to investigate whether supplemental SAMe might be helpful in treating those conditions. The idea that SAMe might be helpful for osteoarthritis came from studies of SAMe for depression. Some of the participants in the depression studies who also had osteoarthritis said their joint symptoms improved during the trial when they took SAMe.

**Brain/Mood Function:** SAM-e may alleviate major depression and it seems to be significantly more effective than pharmaceuticals used for this condition. Doses used range from 400-1600 mg per day. SAM-e may reduce aggressiveness and migraines as well.

**Liver Support:** SAM-e offers profound support for the liver. It may help to preserve liver cell function and protect liver cells in Hepatitis C patients. It may prevent the liver toxicity of chemotherapy drugs and inhibit alcohol-induced fatty liver, as well as preventing and treating cirrhosis. It stimulates the flow of bile, thereby assisting digestion of fats. Improved bile flow is also crucial for detoxification.

**Musculoskeletal System:** SAM-e is well-known as a supplement for joint support as it stimulates the production of cartilage. 400-1200 mg per day has shown to be helpful here. Further, it may alleviate fibromyalgia. Improvements include a significant reduction in the number of trigger points, reduction in fatigue, reduction in morning stiffness, and improvements in mood.

**20% Off Msrp Thru March 22<sup>nd</sup>**  
**Jarrow Formulas SAME All Sizes**

**Thank You Very Much:** We really appreciate your efforts to avoid using credit and debit cards and paying with cash & checks instead.



## 88-Year-Old GP Man Gets The Boost He Needs To Continue Being Active and Healthy

### Bill's Success Story

Bill Fortino from GP has lived an active and very productive life despite several health challenges. In 1992 he was diagnosed with cardiomyopathy and was told he likely had only a few years to live. Doctors surmised that damage from a childhood bout with Scarlet Fever was the cause. He began taking a solid dose of Co-Q-10 to nourish his heart muscle over 20 years ago. He's outlived his doctor's prognosis by over 3 decades so far!

Several years ago Bill's blood tests began to show that he was anemic. Anemia is a condition in which the body does not have enough healthy red blood cells. Red blood cells transport oxygen from our lungs to our body tissues. Consequently, anemia results in our bodies being starved for oxygen. It's generally diagnosed by a blood test. The supplemental iron recommended by his doctor helped a little but caused severe constipation. Bill's son came to Sunshine and shared his dad's predicament and purchased **Trace Mineral Research (TMR) Freeze-Dried Beef Liver** capsules.

**The Results:** Major success! Bill's red blood count is now in the normal range and the best part is, **he is more active because he has more energy - and no constipation.** More energy and needing less sleep are very common reports when people solve their anemia challenges. Bill told his doctor what he was taking and she said she would recommend it to all her patients with anemia.

Common symptoms of anemia that may occur first include:

- Feeling weak or tired, especially after exercise
- Headaches
- Problems concentrating or thinking
- Irritability
- Loss of appetite
- Numbness and tingling of hands and feet

**There are myriad causes of anemia, some can be very serious.** Whatever the cause, our body needs certain nutrients to make enough red blood cells. Iron, vitamin B12, & folic acid are the most important.

**Trace Mineral Research (TMR) Freeze-Dried Beef Liver** capsules are sourced from grass-fed, hormone and pesticide-free, pasture-raised New Zealand cattle. **They are probably the world's most bio-available source of heme iron and vitamins A and K.** Heme iron, the type found predominantly in animal sources, is absorbed far better than the non-heme form that is predominately found in plants.

**10% Off Thru March 22<sup>nd</sup>**



## New At Sunshine From An Oregon Company **Mt Angel Eye Complete**

**Eye Complete** is perfect for anyone looking to maintain vision as they age or those frequently exposed to screens. Fights the progression of macular degeneration while it protects against blue light damage. If you're over 50, **Eye Complete** is the perfect supplement to keep your eyes as young as they can be.

**Introductory Pricing Thru March 22<sup>nd</sup>**

- Buy one bottle, \$31.99 ... save \$8
- Buy three bottles, \$89.99 ... save \$30