

## Do We Really Want Big Pharma To Rescue Us Again?

Of all the first-world nations, America is the most overweight, out of shape country in the world. Today, about 70% of adults and nearly 50% of children and adolescents in the US are overweight or obese. The skinniest nations are Japan, with only 3.7% of the population tipping the scales, followed by India, Korea, Indonesia and China.

**In addition to skyrocketing obesity, nearly 50% of adults and 33% of teens and young adults are considered pre-diabetic.** Further 25% of teens have fatty liver disease which is something we used to see primarily in elderly alcoholics. 40 years ago there were practicing pediatricians who had never seen even a single case of juvenile type-2 diabetes among their own patients. This dangerous metabolic dysfunction is caused primarily by poor lifestyle choices involving diet and lack of exercise. Our nation's genetics didn't change in two generations but our lifestyle choices definitely did.

**The physiological mechanism causing the increase in obesity is no mystery: Americans eat more calories than they burn and the excess energy is stored as fat.** The intellectual and societal mechanisms contributing to obesity and diabetes are not as immediately obvious.



**23% of Food Stamp dollars are spent on junk foods**

One factor may be influences from The Academy of Nutrition and Dietetics which calls itself: "the world's largest group of registered dietitians and nutritionists." Its members are working across the country in hospitals and public health positions. Could the advice they give their clients be colored by the manufacturers of unhealthy foods? Most thinking people would probably believe that is not only possible but likely when considering that the Academy accepts \$15 million annually from the pharmaceutical, pesticide, and ultra-processed food industries. Entities such as General Mills, The American Beverage Association, Kraft, sugar and artificial sweetener manufacturers, Abbott (baby formula manufacturer), Hershey, Pepsi, Coca-Cola, and more all financially "donate" to the Academy. Incredibly, internal documents also show that the Academy actually has investments in Johnson & Johnson, Pfizer, and Merck.

Another contributor to the metabolic health crisis in this country is very likely our own USDA (United States Dept. of Agriculture). Stuningly, in the midst of a juvenile diabetes crisis, the USDA's appointed Dietary Guidelines Committee very curiously concluded that 10% of a 2-year-old child's diet could "safely" come from added sugar. Immediately thereafter this became USDA's official recommendation. A peer-reviewed study published subsequently revealed that 95%, 19 of the 20 members, of that committee had serious financial conflicts of interest due to their employment in the ultra-processed food industry. Unbiased they were not.

In addition to health damaging dietary recommendations, our government agencies support the ultra-processed food industry from the consumer side too. 15% of Americans depend on the food stamp program (purportedly for basic nutrition). **Unfortunately, annually 10% (\$10 billion) of all food stamps in the US are actually used to purchase soda and 23% (\$23 billion) are used to feed metabolism-destroying junk foods to low income people.** Could part of the

solution to our skyrocketing obesity and diabetes epidemics be healthier food and lifestyle choices? Certainly, but until the financial conflicts of interest are removed from nutritional advisory committees, the USDA won't be limiting food stamp use to basic, minimally-processed, healthier food choices anytime soon.

**When was the last time you saw a TV commercial with a 3-generation family riding bikes or playing outside with the voice over: *Ask your doctor if fresh air, exercise, and home-cooked natural foods are right for you?***

Instead of running commercials educating people about potential root causes of obesity and diabetes our trusted friends from Pharma run millions of dollars in TV ads weekly pushing new weight loss and diabetes wonder drugs like Ozempic. Ozempic is now officially approved only to treat diabetes but is commonly used off-label for weight-loss and it's so convenient, a once weekly injection that you'll likely need to stay on for the rest of your life (most of the patients who stopped, gained the weight right back). Considering that 70% of Americans are overweight or obese and Ozempic costs about \$900/month out of somebody's pocket, you can easily see why pharma execs are probably shopping for new waterfront mansions with matching yachts preparing for this drug to be the most profitable in history once it receives its expected full FDA approval for weight-loss (and weight-loss advertising) in adults & children later this year.

How does it work? Essentially Ozempic significantly slows down your digestion keeping food in the stomach longer so you don't feel hungry. Unfortunately slowing digestion using Ozempic, sometimes even to the point of gastric paralysis, has side-effects: vomiting, significant muscle loss, pain, blurred vision, kidney damage, and more. Further it's recently been discovered that a growing number of patients have experienced depression and suicidal ideation. That it can create very serious psychological side-effects shouldn't be surprising. Most of our brains' feel-good chemicals, serotonin, GABA and others are manufactured in the gut and Ozempic is a gut disrupter. Government investigations into unforeseen side-effects are now being conducted throughout Europe, but in the US, not so much.

Instead, in the US, to ensure everything runs smoothly and all questions are addressed, Ozempic's manufacturer has paid over \$25 million to highly credentialed U.S. medical doctors for consulting, "education," and lecture fees to professionally smooth out any rough spots. Nonetheless, many people discontinue Ozempic in the first year due to the major side-effects. Unfortunately for some, the gastric paralysis does not abate even after discontinuing the drug.

**If that's not enough, our FDA is now overseeing with its eyes squeezed tightly shut what could become the biggest healthcare problem ever.** Direct-to-consumer tele-medicine services paid for by drug manufacturers that bypass your local doctor completely, appear to be catching on. If you want to take off 20 lbs for wedding pictures or before swimsuit season, just go to drug manufacturer Eli Lilly's online tele-medicine portal and check out their new miracle weight-loss drug Wegovy. It uses the same active ingredient as Ozempic. Online you'll receive an "exam" and consultation with a company paid "doctor" and voila – you'll have your prescription likedy-split with no time consuming follow-ups. What could go wrong?

**Pharma, continued on page 2, bottom left**

## Sunshine Gold Rewards Winners

Every year Sunshine adds the top 25 customers of the year to our "Gold" rewards list. Along with all the Gold members from prior years they receive special gifts & benefits throughout the year including the opportunity to enter our holiday gift basket giveaway, \$800 worth of the best supplements available.

### 2024 Winners



**Sonya Fuoroli**  
grand prize  
winner



**Megan Toch**  
winner



**Robert Corcoran**  
winner



**Mary Joy**  
winner

**The Sunshine Rewards program is completely free and pays you back 3 different ways:**

- \* Good As Cash Store Credits
- \* Monthly Health Newsletter Mailed To Your Door
- \* Free Birthday Gift Every Year

1) Every time your purchases add up to \$250 (no matter how long it takes) you get a \$10 coupon mailed to you. 2) Our Sun Times health newsletter mailed monthly to your door. 3) A coupon for a free juice, smoothie, soup, or dessert mailed to you every year on your birthday.

If you don't have a Sunshine Rewards card yet, you're missing out. **Misplaced your card? No problem**, just ask and we'll look you up & credit purchases to your account whenever you come in.

### Pharma continued from page one

January 2<sup>nd</sup> this year I noticed my clothes must have suddenly shrunk, so I decided to try to lose some weight. Gastric paralysis, kidney damage and depression were not very appealing options so I decided to bravely wing it on my own without Ozempic. In addition to adding a little to my usual twice daily neighborhood walks, I've reduced meal-time portions about 15% and snack only occasionally on small portions of fruit or vegetables. So far I'm down about 13 lbs. Side-effects have included a few less body-aches, better sleep, a slight uptick in energy, and about a 10 point reduction in blood pressure.

For people who feel the need for assistance beyond dietary and exercise modifications for reducing blood sugar and losing weight, a time-tested herbal supplement we reported on in our December issue continues to get excellent reviews from customers as a safe, effective, natural option. If interested, check out the story on page 3 about extra-strength Berberine MetX.

**Is it big-pharma to the rescue again?** The Covid crisis proved to me again we cannot rely on government agencies to seek, learn, and teach us the truth about any health related issue that big-pharma has patented drugs or expensive procedures to treat. Potential profits will trump truth every time. Drug companies have 3x as many paid lobbyists as there are members of the US congress, so as with many subjects, you're more likely to find accurate, honest answers to health questions by using common sense and doing your own basic research than by listening to well-compensated industry insiders. **For weight loss, you'd be wise to say no thank-you to pharma's suggestions.**

## Impressive Bone Density Increase In Only 13 Months

### Barbara's Success Story



Ten years ago, after a bone density test, 77-year-old Barb Dinkowitz from GP was told she had osteopenia. Four years later her doctor said her condition had worsened and was now osteoporosis. He prescribed Fosamax. Barb was extremely concerned with the potential of severe side-effects and wisely decided against the prescription.

Barb then read in the Sun Times read about the **GROW BONE** kit from Garden Of Life and decided to give it a try.

**The Results: 13 months later the bone density in her hips had increased 7.5% and density in her lumbar spine increased 7.8% with no side-effects!** Her doctor called it, statistically significant. In addition to adding GROW BONE Barb continued with her regular fitness routine. I see her walking all over the north side of town. Barb said she walks 3.5 miles, 5x a week and I believe it! Since weight-bearing exercise is an important part of maintaining bone density, Barb now has all her bases well covered.

### THE GROW BONE KIT from Garden Of Life

has been clinically tested and proven to:

- Reduce Osteoporosis Risk
- Stimulate Bone Growth
- Increase Bone Strength
- Increase Bone Mineral Density

One of the healthiest and surprising aspects of the **Grow Bone System** is that results are achieved by using about half the total amount of calcium that doctors often recommend. This is because it's highly bio-available, organic, raw-food derived calcium, accompanied by the optimal amounts of magnesium, boron, silica, strontium and vitamins K & D-3 – everything your body needs to absorb calcium & make strong bones.

Too much of the wrong kinds of calcium or insufficient supporting nutrients can cause bone spurs, kidney stones or possibly even hardening of the arteries. There are no such worries with the **Grow Bone System**.

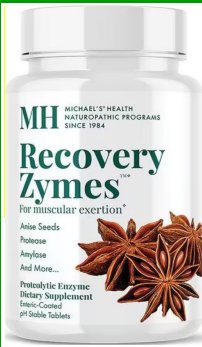
There is no magic bullet for osteoporosis. **If you think that prescription drugs like Fosomax are all you need in the fight against osteoporosis you may wish to think again.** If lay people or doctors had the time to analyze clinical trial details they'd find that tests showed this class of drugs provided an "absolute" risk reduction for osteoporosis of only about 1% (compared to the meaningless advertised statistic of a 50% *relative* reduction). Side effects like jaw bone death (osteonecrosis of the jaw), blood clots, stroke, and heart attacks are shown to be around 4% combined. So **Fosomax provides a 1% chance of upside gain versus a 4% major downside risk.** I wouldn't put my money on those odds in Las Vegas.

**Barb is grateful she saw the Sun Times story about Grow Bone and was happy to share her good news with others**



### Back In Stock, Lion's Mane 4x From Pure Essence Labs

**The Number 1 Choice Of Sunshine Customers For Maintaining and Improving Memory And Neurological Function**



## Recovery Zymes

**Help Improve Circulation And Speed Recovery From Injury, Overuse, And Surgery**

Systemic proteolytic enzyme therapy has been the subject of over a dozen clinical trials on thousands of patients and used by 10s of millions of people worldwide.

Our bodies produce proteolytic enzymes like pancreatin to help digest protein. We can also ingest enzyme-rich foods like papaya (an excellent source of papain) and pineapple (a great source of bromelain). When taken with meals, proteolytic enzymes are metabolized and largely “used up” digesting our food. However when taken on an empty stomach an entire different range of benefits may be expected.

In 2022 a review of 9 clinical trials concluded that **when properly formulated, enteric coated, and taken on an empty stomach proteolytic enzymes will travel throughout our entire body bringing down inflammation and associated pain and stiffness.** Used over time, this “systemic” use of proteolytic enzymes has been proven equally effective as over-the-counter pain-killers like aspirin, ibuprofen, and celebrex (NSAIDS) for reducing osteoarthritis pain and inflammation. However, unlike NSAIDS, even long-term use of systemic enzyme therapy is safe and does not present the very serious risks of liver damage and gastrointestinal bleeding.

**In addition, systemic enzyme therapy has also been shown to improve blood flow in people with vascular conditions.** I can personally attest to that. The method of action is likely that the enzymes are helping to “digest” and dissolve fibrin and plaque on blood vessel walls. When circulation improves, so does the supply of oxygen and nutrients to damaged tissue, which speeds healing.

**Many local doctors now recommend proteolytic enzymes to their patients after surgeries** to dissolve/digest the clotted blood that causes post surgical discoloration (black and blue bruising). Keep in mind that discoloration and scaring doesn't just happen on the surface where it's visible, it also occurs internally, slowing recovery, contributing to discomfort and reduced mobility. With systemic use (taken on an empty stomach), recovery times (including reducing scar tissue) from many surgeries and injuries can be reduced significantly.

There is also mounting evidence that systemic enzyme therapy using the ingredients in **Recovery Zymes** can be very beneficial even for cases of rheumatoid arthritis and other autoimmune conditions.

### Compare To Wobenzym

For years Sunshine customers have used Wobenzym, a proteolytic enzyme blend manufactured in Germany. Due to supply chain issues, Wobenzym has been impossible to keep in stock **The really good news is that Recovery Zymes are made in the US, have the same enzyme profile and potency, contain added anise and fennel to increase stomach comfort and costs a lot less.**

**Additional 10% Off Thru April 27<sup>th</sup> On Both Sizes Of Recovery Zymes**

## Gout Pain Can Be Excruciating... GO-OUT Provides Relief & Prevention

Gout is characterized by excruciating, sudden burning pain as well as swelling, redness and stiffness in the affected joint. It occurs most commonly in the big toe but can happen anywhere. Uric acid crystals inside the joint cause intense pain whenever it's flexed.



*2 formulas, daily maintenance or extra strength*

Helps restore joint flexibility with black and tart cherry extract, celery seed extract, bromelain, and turmeric. **All five ingredients were strategically selected for this fast acting formula.**

If you have a history of gout attacks, this formula will give best results if taken daily as a preventative for at least a month. Use on an as-needed basis after that. **For me it took several months of continuous use to reach the desired preventative effects.** My flare-ups are gone.

**Two Thumbs Way Up From Sunshine Customers For GO-OUT From Mt. Angel Vitamins**

**20% Off Both Formulas Thru April 27<sup>th</sup>**



## Enhanced Absorption Berberine MetX

**Reduce Blood Sugar & Much More**

Ancient wisdom has burst on the scene and is helping dozens of Sunshine customers who have concerns with elevated blood sugar levels, and a lot more. Berberine has been used for centuries to normalize blood sugar and lipid levels making it ideal for people concerned with diabetes and elevated cholesterol levels. Recently it has also been shown to help reduce incidence of recurring urinary tract infections.

**Studies have shown berberine to be as effective as prescription Metformin for reducing blood sugar, A1c, triglycerides, and LDL cholesterol.** Although the compound berberine is found in many botanicals, the berberine in Berberine MetX is a root and bark extract from Berberis aristata, also known as Indian barberry.

One problem people have with taking common berberine products is that the absorption rate is usually low, necessitating taking it 3x per day. **Berberine MetX from Terry Naturally** features their exclusive GammaSorb enhanced delivery system, GammaSorb is a plant-based material that binds to nutrients, making them more easily absorbed and bioavailable. It has been shown to increase the absorption of many hard to absorb fat-soluble nutrients by as much as 8x! As a result the recommended dose for **Berberine MetX** is just one capsule a day. Great news for people tired of taking handfuls of pills.

**The Key to Results** is not how many milligrams of supplements or nutrients you take orally, but how many milligrams your body can absorb from the intestines into the blood. Only the amount you absorb has a biological effect on your health. Terry Naturally Berberine MetX's high absorption rate is the smart choice.

**Sales On This Product Have Exploded! Please Call Ahead To Check Availability**

**Green Earth Medicinals CBD  
Semi-Annual Sale And Demo Day  
2 Special Offers**

**1) 10% Off Thru April 27<sup>th</sup> On All**

Green Earth Medicinals (GEM) CBD Products  
Includes Tinctures, Capsules, Gummies, And Topicals.

**2) Super Sale! For One Day Only  
Wednesday April 17<sup>th</sup>**

**Get An additional 10% Off ... Total 20% Off All GEM  
products and with any purchase you will also receive a  
free topical pain-relieving roll-on**

**Free Samples On GEM CBD Products From 10am-2pm**



**Healthy Cholesterol Sale  
Final Month**

Healthy Cholesterol is a synergistic blend of proven cholesterol fighters now in a 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 reported side-effects. Healthy Cholesterol is Rob's new and improved, lower cost version of

his old super-effective Cholesterol Control formula.

Healthy Cholesterol Regular Price \$28.98 Per Bottle

**On Sale Thru April 27<sup>th</sup>**

- 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



**Brand New At Sunshine  
Complete Testosterone Support**

Formulated to Optimize:

Lean muscle mass, Healthy sex drive, Daily energy & stamina, Resilience during stress, & Healthy weight management

Contains: Optimum amounts of Ashwagandha, DHEA, B-6, DIM, Boron, and Zinc.

**Introductory Pricing: 30% Off Thru April 27<sup>th</sup>**



**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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sunshinefoodandvitamin.com

**- SEE INSIDE FOR APRIL DETAILS -**

- Osteoporosis Reversed in 13 Months**
- Reduce Pain And Improve Circulation w Enzymes**
- Reduces Blood Sugar And Encourages Weight Loss**
- Gout Relief On Sale**



**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 Pulmonary Patients Support group at Asante
- \* Vets Helping Vets
- \* JoCo Drug Court Parole program
- \* JoCo Republican Women
- \* The Grants Pass Lion's Club
- \* Grants Pass TOPS group (Take Off Pounds Sensibly)
- \* The Western Welcome Newcomers Club
- \* Asante Hospital Auxiliary Members
- \* The Breast Cancer Survivors group at the Asante Women's Health Center

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