

## Now Is The Time Of Year To Plan Your Organic Garden!

Benefits of organic gardens and farms are many, including: more nutritious food, crops that better adapt to weather extremes, and a healthier, safer environment.

Many people believe that the only thing organic farmers and gardeners do is forgo the use of toxic chemical pesticides. That's important, but only one small part of their job.

Exhausted soils cannot grow healthy, nutrient-rich food, **so the real work of organic growers is the building and nurturing of strong, healthy soil using organic composts, cover crops and manures.** Food nutrient values increase when organic seeds are grown in nutrient-rich, healthy soil. Healthy soil leads to strong, healthy plants. Strong, healthy plants lead to strong, healthy people. Real health insurance should start with reestablishing and protecting healthy soil.



**Healthy vegetables can only come from healthy soil**

Minerals are prepared for uptake within the soils by beneficial soil microorganisms. In contrast when synthetic forms of nitrogen, phosphorus and potassium are applied topically, rather than being organically generated and embedded within the soil they are easily flushed out by wind and rain. Plus, modern farming methods typically add only a few minerals that help crops grow large quickly, even though over 70 minerals are needed for optimum health. In order for these essential elements to be present in our food, they must first be present in the soil.

Organic soil-building methods naturally help to fully enhance and restore soil. In short, organic soil has more of the "good stuff" to start with and hangs onto more of it for a longer period of time, while synthetic chemical-based systems lose the "good stuff" more quickly. It's the good stuff (a diverse supply of macro and micro minerals) in our food that helps us enhance and maintain our health.

Government authorities have been aware of this problem for over 70 years. **Franklin D. Roosevelt said: "A nation that destroys its soils destroys itself"**. A U.S. Senate report written, back in 1936 stated: "The alarming fact is that foods-fruits, vegetables and grains- are now being raised on millions of acres of land that no longer contains enough of certain needed minerals. These foods are starving us - no matter how much of them we eat!" Agricultural decisions made for economic reasons alone are proving disastrous.

Results from the 30-year Farm Systems Trial conducted by the Rodale Institute in Pennsylvania demonstrated **that organic corn yields were 31% higher than conventional** farming yields, in drought years and substantially outperformed so-called drought-resistant GMO crops as well.

So-called modern farming methods really deserve close scrutiny from a health perspective. Thousands of people across the U.S.

## Allergy Relief Is Here, No Need To Suffer



Seasonal allergies are triggered by foreign proteins from airborne pollen. Allergic reactions to animal dander, yeasts, molds and foods can often be worst during times of high pollen counts as well.

Allergy attacks happen when our bodies fight to neutralize these proteins that we see as "invaders." Inflammation (a fiery battle) usually ensues and we try to douse the flames and flush out the invaders with copious amounts of fluids (water, mucous, and even lymph) Hence the burning, itchy, watery eyes, sinuses, and throat.

### Our Formulas Have Been Proven To Provide Fast Relief For Allergy Discomfort

Sunshine recommends formulas that feature natural anti-histamines, inflammation reducers, and one that even adds enzymes and blood-cleaning herbs to digest & remove the foreign proteins.

#### The Sunshine Allergy Relief Guarantee

Try One Of Our Recommended Allergy Formulas.  
If It's Not Effective We'll Exchange It For A Different One Until We Find The One That Works Best For You.

### Organic Garden continued:

have now filed lawsuits alleging that Monsanto's Roundup herbicide (the most widely used herbicide in the world) caused them to develop cancer. For many years Monsanto tried to convince everyone that Roundup was perfectly safe.

The jury, in the first of over 11,000 cases pending against the chemical company, ruled that Roundup caused a school district groundkeeper's Non-Hodgkin lymphoma. He was awarded \$78 million. Internal company memos brought out at trial demonstrate that Monsanto bought whatever made-up "science" they needed to support their misleading claims. In the second of such cases, a judge ruled in favor of the plaintiff ordering Bayer, which acquired Monsanto in 2018, to pay more than \$80 million. The victim used Roundup to kill weeds on his private property.

**Long range thinking is paramount.** The Iroquois (a Native American tribe) philosophy of 7 generation sustainability posits that it's appropriate to think seven generations ahead and decide whether decisions made today would benefit children seven generations into the future. **"In every deliberation, we must consider the impact on the seventh generation...even if it requires having skin as thick as the bark of a pine."**

All living creatures benefit from sustainable organic growing practices - from the soil microorganisms and earthworms, to our children, grandchildren and pets. **Thinking for now, and for 7 generations into the future, organic gardening and farming is the only truly healthy choice.**



## Covid-Induced Brain Fog Reversed

### Audrey's Success Story

Late last year 72-year-old Audrey Glynn from Wolf Creek was hit hard by Covid and sick for a month. Months later she was still having cognitive challenges and experienced "brain fog," a decreased clarity and quickness of her brain functions. Reading music when playing guitar she would recognize the notes but was unable to play them in rhythm. Her brain was in slow motion.

Audrey then came to Sunshine and was shown a Pure Essence Labs medicinal mushroom variety called Lion's Mane 4X. The 4X is quadruple the strength of their standard product.

**The Results:** Audrey took 2 capsules of powdered extract and the very first day she experienced a noticeable improvement in brain function and has continued to improve every day since. Her brain is coming back to normal.

Medicinal mushrooms have been revered for centuries for their powerful immune enhancing, energizing, and anti-cancer qualities. In addition, one variety, **Lion's Mane, has also shown significant cognitive enhancing properties.**



*Lion's Mane is proven to improve cognitive function*

A recent Japanese study showed that Lion's Mane supplementation provided significant cognitive improvement in older adults who were suffering from mild cognitive impairment. It helped the brain in all aspects including aiding in memory, concentration, and even depression and anxiety. The abundance of antioxidants in them can also lower inflammation, which can be helpful for people who deal with digestive issues like irritable bowel syndrome (IBS).

Real medicinal mushrooms are from the fruit/top of the organism (the part we can see) not the mycelia (their "roots"). Just like the grape is different than the vine, the mushroom fruit has a different nutritional profile than the mycelia. Many "mushroom" supplements are actually nothing more than mycelia/roots containing only fractions of the nutrients found in the tops and are up to 70% starch.



MyPure Mushrooms from Pure Essence are just that - pure, 100% certified organic mushroom fruiting bodies with **guaranteed levels of immune enhancing beta glucan compounds.**

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## Sauerkraut Centuries Old Health Care That's Delicious

Sauerkraut is a great way to introduce a large variety of probiotic strains into your diet. Probiotics are friendly bacteria that colonize in the digestive track and can dramatically improve digestion and boost the immune system.

Sunshine is the only natural food store in Southern Oregon that makes and sells its own fresh, raw organic sauerkraut. It's available by the pint and on our salad bar.



## Dangerous Recurrent Bladder Infections Stopped In Their Tracks

### Mary's Success Story

*The solution was simple*

73-year-old Mary Clayton Margarine from Merlin was having a very bad year. After treating 7 rounds of UTIs (aka bladder infections) with antibiotics, an eighth landed her in a hospital bed with sepsis and IV antibiotics. Mary is a retired intensive care nurse so she was very aware that sepsis is life-threatening.

After being released from the hospital she didn't want to go through that again. She needed help. Her open-minded primary care physician then suggested a solution no one in the hospital had thought of - using a natural supplement called D-Mannose to prevent further infections. Mary came to Sunshine and purchased Now Brand D-Mannose capsules and began taking 3 per day.

**The Results:** Mary has not had another UTI in over a year! Her urine now measures a pH of around 5. It used to be 7 which was in the range that had made her susceptible to recurrent infections.

D-Mannose is the primary ingredient in cranberries that fights UTIs. It helps flush E. coli from the bladder by preventing it from adhering to the bladder wall. It can also help reduce urine pH making it harder for bacteria to grow and get out of control. Several trials have proven that it works equal to or better than antibiotics for preventing & even the treatment of painful UTIs.

**Stronger than cranberry juice.** For people with frequent UTIs, 1 or 2 capsules twice a day may be all you need to prevent a recurrence. Reducing sugar intake and daily use of probiotics can also be part of a healthy long-term solution.

## Overactive Bladder Problem Solved

### Bob's Success Story



77-year-old Bob Musgrave from Grants Pass has experienced a lot in his life. He was a welder, a mechanic, and then became a church chaplain at a correctional facility for 20 years. One issue he had dealt with through much of his life has been an overactive bladder.

While in his 20s Bob had a bladder infection that left his urogenital tract with scar tissue. He often had to urinate every 1-2 hours. Bob read about the Strength-24 in the Sunshine newsletter and decided to give it a try.

**The Results:** After using Strength-24 for about 4 days he noticed a significant improvement and now needs to use a bathroom only about once every 3-5 hours.

**Strength 24** was originally created as an anti-aging muscle and vitality enhancer. It was discovered quite by accident that it had a substantial effect on the smooth muscles lining the bladder walls, enhancing bladder control in men and women.



**Strength 24 is available in Grants Pass Exclusively at Sunshine Natural Foods**

## 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.

### 2022 Winners



**Rhonda Bauman**  
grand-prize



**Bernie Gardner**  
winner



**Sam Clarke**  
winner



**Cheri Dalton**  
winner

The Sunshine Rewards program is completely free and pays you back 3 different ways: 1) Our Sun Times health newsletter mailed monthly to your door. 2) Every time your purchases add up to \$250 (no matter how long it takes) you get a \$10 coupon mailed to you. 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 every time you come in.



## Curried Tempeh Salad

### New Item For April On Our Salad Bar

Tempeh is made from cooked and slightly fermented soybeans. It's thought to have originated in Indonesia thousands of years ago. Because tempeh is fermented it's much healthier and more digestible than most other forms of soy. It's protein-rich and contains many other nutrients.

The taste of tempeh compared to tofu would be like comparing the tastes of whole grain sourdough bread to wonder bread. Because it's made from fermented whole soybeans tempeh is fiber-rich and more hearty with a slightly tart taste. I've always loved it in dozens of preparations.



### How to Cook Tempeh

Cubed tempeh in salads, soups, or stir fries is wonderful. A sauteed slab as the "meaty" centerpiece of a sandwich with mustard, mayo, lettuce, tomato and pickles has been a go-to for me for over 40 years. As a replacement for ground beef, crumble it, finely chop it, or even grate it with a cheese grater and add it to soups or meatless chili. You can bake it in a casserole or give it a nice crisp edge when you fry it or cook it on the grill.

For the month of April we'll be featuring our curried tempeh salad on our salad bar, grab-and-go from our produce case and even offering it as a filling for our roll-up sandwiches.

**Tempeh Is Available In Our Dairy Case Next To The Tofu**

## Super Healthy Sunshine Snacks

### Absolutely Scrumptious!

### Sunshine Roasted Organic Seeds & Nuts



### Free Samples Thru April 23<sup>rd</sup>

Customers all over the US who order the seeds and nuts we marinate & roast say that they are the best they've ever experienced. *"They are perfect."*

Organic Almonds, Pumpkin Seeds, Macadamias, and Sunflower Seeds. All are available pre-packaged or in our bulk section. The seeds are also available on the salad bar.

### The Perfect Hi-Energy, Gluten-Free Snack



### All Natural No Sugar Added Chocolate And It's Amazing!

Several delicious varieties in both dark and milk chocolates including salted almond butter in dark chocolate (my favorite), mint with dark chocolate, peanut butter in milk chocolate and more. and Incredible taste and only 1 gram of sugar per serving.

Chocolove XO bars are all natural, non-GMO, and sweetened with inulin derived from chicory root. Inulin produces no glycemic spikes and unlike stevia, has no aftertaste.

According to the CDC the US has a serious problem, nearly 10% of the adult population has diabetes and more than 1 in 3 has prediabetes. That would be one reason to choose Chocolove XO. Another ... is the taste .... FANTASTIC!

### Get Your Chocolate Fix Without A Sugar Spike



### Killer Keto Snacks Nutty Krunch Granola

### Grain-Free And Extraordinarily Delicious

### Krunchy, Sweet, and Only 1 Gram of Sugar Per Serving

This granola is everything you want it to be – flavorful, filling, and it crushes cravings, with none of the guilt. Only 1 gram of sugar per serving. Made in Ashland.

**Save \$1 Per Bag Thru April 23<sup>rd</sup>**

### - Customer Quote Of The Month -

"Very happy you told us about the Moringa sugar-free hot chocolate. We love it."  
- Robert Henderson, GP



## Cholesterol Numbers Significantly Reduced

### Greg's Success Story

#### Cholesterol down and feeling great

62-year-old Greg Bradley from GP has always been very fit and healthy. Unfortunately a recent cholesterol screening gave him and his doctor cause for concern. Greg tried one of the statin drugs but it definitely did not agree with him. Muscle pain and weakness was not OK with him.

Fortunately Greg then read in the Sunshine newsletter about a customer who had excellent results reducing his cholesterol using a product called **Healthy Cholesterol** that was formulated by Sunshine owner Rob Pell. He decided to give it a try.

**The Results:** Greg's total cholesterol dropped 40 points, his triglycerides fell from 100 to 73, and his good cholesterol went up from 51 to 74 .... and he felt great!

**Healthy Cholesterol** is a synergistic blend of proven cholesterol fighters in a convenient 2-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 5-8 weeks. **Healthy Cholesterol** is Rob's new and improved, lower cost version of his old super-effective Cholesterol Control formula.

In contrast, using powerful cholesterol lowering **statin drugs alone far too often can result in debilitating short and long term side effects that too often include muscle pain, weakness, and fatigue and even cognitive disorders.** That the World Health Organization is now calling dementia an epidemic and over 25% of adults in the US are now using statin drugs, may not be a coincidence.

Drug companies know that large doses of C0-Q-10 should be added to statin drugs for additional 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. For a full report on the complications that stain drugs may cause just ask for it next time you're in.

**We are so confident Healthy Cholesterol will safely and effectively work for you, we offer a complete satisfaction full money back guarantee. \***

**Healthy Cholesterol Is A Winner and at around \$27/month, it's a true bargain!**

\*Guarantee is limited to the purchase price of 1 bottle

### Colloidal Silver Toothpaste

**Silverbiotics** toothpaste rocks the toothpaste world with its FDA cleared nano silver technology. It's recommended by leading dentists and oral surgeons for its rapid wound healing, inflammation reduction, and antimicrobial qualities. It also contains Above-Sea Coral Calcium and baking soda to help clean, whiten and re-mineralize your teeth.

Also available as Silverbiotics overnight tooth gel that soothes, heals and helps prevent morning breath.



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**- SEE INSIDE FOR APRIL DETAILS -**  
**Serious Recurrent Bladder Infections Stopped**  
**Covid-induced Brain Fog Reversed**  
**Enhanced Bladder Control For 77-yr-old Man**  
**Delicious New Selection On The Salad Bar**



**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 can 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
- \* The Breast Cancer Survivors group at the Asante Women's Health Center
- \* The Grants Pass Lion's Club
- \* Grants Pass Soroptomists
- \* JoCo Drug Court Parole program
- \* JoCo Republican Women
- \* Grants Pass TOPS group (Take Off Pounds Sensibly)

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

**Customer Quote Of The Month:** "The soup and salad bar are delicious. I know that I can always trust the quality of the ingredients in the prepared food." - Susan Porcaro, Rogue River