

## The Truth About Salt

People sometimes go to health food stores looking for a low-salt section because they've been led to erroneously believe that salt is bad for their health.

For few people reducing or eliminating salt from their diet may be effective in reducing blood pressure. However **for most, a low salt diet will likely have little or no effect on blood pressure.** Results published this month from a 6-year, 6-country study showed no statistically significant improvement in the reduced-sodium group.

Award winning MD & author David Brownstein, said in med school he was taught a low-salt diet was good and a high-salt diet was bad. "But in the real world using low-salt diets to treat cases of high blood pressure is seldom successful."



*Avocados are a great dietary source for both potassium & magnesium*

**The REAL problem is that refined table salt is little more than sodium chloride.** It's missing over 80 trace minerals that are naturally supposed to be in salt. Plus, refined table salt often contains harmful anti-caking agents, some of which have been linked to heavy metal toxicity and kidney problems.

### So What Should You Use Instead?

The truth is that **unrefined sea salt is actually VERY good for you.** It helps to balance blood sugar, keep bones strong, regulate metabolism, boost immune system and more. According to Dr. Brownstein, replacing standard refined salt with high quality natural sea salt that contains a full complement of 80 minerals in perfect balance, can improve overall health & even balance blood pressure.

Rather than focusing on eliminating salt to reduce blood pressure, **studies have clearly shown that having the correct balance of sodium, potassium, and magnesium is far more important than reducing salt.** Some doctors understand this. Potassium is a naturally occurring mineral your body uses as an electrolyte (substance in solution that conducts electricity), and it is vital for optimal health. Potassium works in your body with magnesium to relax the walls of your arteries, keep your muscles from cramping and lowers your blood pressure. The reduction in blood pressure with added potassium and magnesium has also been associated in studies with a reduced risk of stroke.

If you're eating mostly processed foods, your sodium-to-potassium balance is virtually guaranteed to be inverted. The standard American diet (SAD) lacks potassium. **Focusing on the ratio between sodium, potassium, and magnesium is far more important than obsessing on eliminating salt when it comes to your heart health and stroke risk.**

Improving your diet to include more naturally occurring minerals will almost certainly yield more impressive long-term results than simply cutting out the salt. Switching to unrefined sea salt can play a big role.



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## Targeted Function CBD Formulas

**Will Help You Feel Better Fast**



**CBD INFLAMMA SUPPORT** was created by Dr. Jason Miller exclusively for Green Earth Medicinals. It supports healthy inflammatory response by combining CBD with carefully chosen clinically-proven herbs to improve comfort and flexibility.

Inflammatory response is a critical aspect of recovery from injury and infection protection. In fact, normal levels of inflammation help to constantly balance immune function. Excessive levels can cause pain and swelling. This formula provides balance to reduce pain and stay healthy.

The CBD and clinically-proven herbs in this formula combine to help increase circulation and modulate pain receptors which balances our response to over-exertion and injury.

**CBD STRESS SUPPORT** can help you better adapt to a broad range of stressors. This amazing formula can help you function with a more confident, focused, and positive attitude. Amazingly it will also help you unwind, rest, and sleep better. That's the beauty of herbal adaptogenetic formulas. Unlike caffeine or prescriptions that either jack you up **or** sedate you, adaptogens naturally help create balance.



Dr Miller recommends 1-3 capsules, 1-3x per day for either formula.

\* The CBD in these formulas contains less than 0.3% THC. Use will not make you high but in rare cases can result in a failed THC screening.



## Former Smokers Now Breathing Easier

### Dave & Betty's Success Stories

*Cell Food is not just  
for elite athletes*

Dave & Betty Stephan from Merlin had suffered from COPD and emphysema for over 10 years. They needed nebulizers and prescription albuterol at least 3-4 times a day to get enough oxygen. Dave owns a landscape company so the physical work makes breathing well doubly important.

Dave came to Sunshine and was shown **Cell Food** to address his breathing challenges. **Hundreds of Sunshine customers have used Cell Food** to increase oxygen and reduce body-wide inflammation and its associated pain. Dave decided to give it a try.

**The Results:** When Dave's breathing became much better Betty decided to try it too. She followed the label directions and used 8 drops in a glass of water 3x a day and her breathing was immediately improved. Betty was able to reduce her albuterol down to once a day. One day recently she forgot to take her **Cell Food** and felt seriously out of breath the whole day. She took it again before bed and felt back to her new normal self by morning.

**Cell Food** is the world's top selling oxygen supplement, and is now available in over 90 countries. It contains abundant trace minerals, elements, enzymes, and amino acids in colloidal form, derived from sea water, mineral springs and sea vegetation. Hundreds of Sunshine customers have experienced more energy, increased blood oxygen levels, reduced pain, and more clear thinking. Cell Food is great before exercise and athletic endeavors. The results are often experienced in minutes.



### Come In And Get A FREE Sample

If you happen to feel better in 15-20 minutes, it's not a coincidence, it's the **Cell Food**. We had one customer drink a free sample in the store and felt so much better by the time she got home she immediately drove back to buy her first bottle!

## HCG: The Easiest Way To Lose Big Weight We Will Ever See

At Sunshine we've seen the results of the HCG diet plan. Two of our customers lost over 200 lbs, countless dozens lost over 100 and many hundreds have lost over 50 lbs each.

Those of you who have done the HCG protocol before know how easy and quickly the pounds came off and even though you were dieting, hunger pains were few and far between. Anyone wanting to try it for the first time...come on in. We'll explain how it works and why losing weight is so easy with HCG.



**This is the original HCG formula that thousands of our  
Grants Pass customers used with great success.  
Save \$10 Through May 21<sup>st</sup>**



## Overcoming Serious Mobility Challenges

### Freddy's Success Story

*Freddy used to fall  
down a lot,  
not any more!*

82-year-old Friedrun (Freddy) Schwab from Rogue River was in a bad way. Simply walking around the house her legs would often buckle and she'd fall down. Her balance and strength were seriously compromised. Freddy's family became concerned for her safety if she was left alone.

In the Sun Times Freddy read about the significant health improvements attributed to using medicinal mushrooms. They are most well-known for their immune enhancing qualities but their benefits don't end there. Freddy decided to give **Lion's Mane 4x capsules from Pure Essence Labs** a try.

**The Results:** After about 2 weeks Freddy began to feel the mushrooms were working. She felt stronger with better balance. Now it is obvious to her entire family how much Lion's Mane 4x has helped. Her legs feel strong and she actually goes for walks. She said: **"the Lion's Mane is the best thing that ever happened to me, it's like a miracle."**



Medicinal mushrooms are documented to deliver multiple benefits including: enhancing immune support, reducing and balancing inflammation, helping reduce and balance blood sugar, improving brain health and cognition, supporting the nervous system, and increasing energy and stamina.

**But Wait, There's More:** Another benefit that her doctor noticed was that Freddy's high blood sugar went way down from often being over 300 down to the low 100s. The doctor said that her blood sugar was "no longer an issue."

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 up to 70% starch and are actually nothing more than roots containing only fractions of the nutrients found in the tops

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

Sunshine carries the full line of 4x concentrated MyPure Medicinal Mushroom varieties. Some are known best for immune enhancement, others for energy or cognitive improvements. The **MYcoMUNE** formula is a combination of all 6. It's our best and most popular mushroom product with wide-ranging benefits.



## PrevaGen Professional Strength

PrevaGen is a brain health supplement clinically proven to help with mild age-associated memory loss. We've carried it for years. The **Professional Strength Formula** is their best value providing 40 mg of Apoaquorin per capsule. **Professional Strength** is not sold in drug stores or other mass market outlets. Many Sunshine customers are sure it has helped them and/or their family members. Trials including over 200 participants showed it improved verbal learning and recall for 41-90-yr-olds. We also stock regular and extra strength.