

The Happiest Man Alive

Matthieu Ricard, 69, is a Tibetan Buddhist monk and has been called "the world's happiest man." Scientists at the University of Wisconsin have measured his brain wave activity and verified that he is indeed, an extremely happy camper.

Ricard sometimes meditates for entire days and acknowledges he's a generally happy person (although he feels his "happiest man" title is a media-driven overstatement). **His advice for how to be happy: "Stop thinking me, me, me."**

One of the most well-known forerunners to "the science of happiness" was well-known author and political activist Norman Cousins, who in 1964 was diagnosed with a life-threatening disease. Doctors gave him a 1 in 500 chance of recovery.



Cousins created his own laughter therapy program, which he claims was the key to his ultimate recovery. Cousins said: "I made the joyous discovery that **ten minutes of genuine belly laughter had an anesthetic effect and would give me at least two hours of pain-free sleep.**" He went on to write the critically acclaimed book, Anatomy Of An Illness.

Remember that positive thinking and happiness isn't the same as trying to gloss over the negative situations or denying problems. However, positive thinking will help you approach that problem with the attitude of, how can I improve a challenging situation for myself and others?

Benefits of Positive Thinking and overall happiness are well documented to:

Boost Immunity

Did you know that stress can reduce your body's natural immunity to disease? Positive thinking helps to relieve stress and prevent it from messing with your immune system.

Improve Heart Health

A 20 year study of over 6,000 men and women from age 25 to 74 found that those with the highest sense of enthusiasm, hope, and the ability to deal with stress cut the risk of coronary artery disease in half. Reducing stress and worry has also been proven in many cases to lower blood pressure and alleviate other chronic afflictions.

Increase Resilience

Studies have found that positive thinking has helped victims of crises recover more quickly. Thinking positive thoughts helps you to be more resilient, enabling you to bounce back even from serious or traumatic experiences.

Extend Your Healthy Lifespan

A study conducted at the University of London found that seniors who thought positively not only live longer but tend to age healthier. This means that they suffered from fewer physical and emotional health problems as they got older.



- SEE INSIDE FOR JUNE DETAILS -

Electrolytes For More Energy & Faster Recovery

CBD Provides Significant Pain Relief

Back In Stock: 3 Of Our Most Popular Products

Happiest Man continued:

Any of the following activities practiced daily should help keep you managing stress constructively and help you tune in to happiness.

- * Go for a daily walk or regularly partake in other exercise that you enjoy
- * Spend time in nature or work in your garden
- * Play with a pet
- * Spend time with young children
- * Laugh, Dance, Sing, Whistle, Hum
- * Practice yoga, Tai Chi or Chi Gung
- * Meditate
- * Write in your journal
- * Listen to music
- * Get a massage
- * Soak in a bath or hot tub

All of these activities can create the desired relaxation response in our bodies without the backlash associated with medications or alcohol. Practiced daily, many of these high-quality choices also have a cumulatively beneficial effect that will act as an insurance policy against future stress and negativity.

High quality relaxation techniques can take some practice. Remembering to do them is the first hurdle. Daily, not weekly or monthly happy maintenance is the key.

Customer Quote Of The Month

"The avocados on the Sunshine salad bar, roll-ups, and in the produce section are consistently the best in town - good job!"

- Pam Swift, GP



Trace Mineral Research Electrolytes & Workout Formulas

More Energy And Faster Recovery All Summer Long!

An electrolyte is a mineral that produces an electrically conducting solution when dissolved in water. Muscles need electrolyte minerals such as calcium, sodium, and potassium to contract for strength, and magnesium to extend and relax. When these nutrients become imbalanced, it can lead to muscle weakness & fatigue, excessive contraction (cramping), or even insomnia.

Activity during the warm summer season can easily cause you to sweat out important electrolyte minerals. Drinking water alone often isn't enough to replenish your body's supply of electrolytes. Many foods today are grown in soils depleted of their naturally abundant minerals. To help restore your body's lost electrolytes and minerals supplementation is often necessary.



Single Serving PowerPaks – add to water for a refreshing pick-me-up packed with electrolytes, trace minerals, vit-C, and more.

Great Salt Lake in Utah is the world's oldest inland sea, a remnant of the last great Ice Age. It has been collecting and concentrating minerals and trace elements from the surrounding Rocky Mountains for tens of thousands of years. The result is nutrient rich waters which contain over 72 ionic minerals and trace elements that are eight to ten times more concentrated than regular seawater in precisely the same proportion as healthy human fluids. It is from this source that Trace Minerals Research (TMR) harvests the elements and trace minerals that go into every product.

TMR electrolytes are available in tablets or liquids that are ready to add to water or your favorite sports drink.

In addition to their electrolyte formulas TMR also offers 2 great workout formulas that combine their electrolytes with additional nitric oxide boosters to increase circulation and amino acids to help rebuild muscle mass.

All TMR products contain no artificial colors, flavors, or sweeteners and are non-GMO.

Back In Stock



Prosta-Response The most common cause of frequent or urgent urination when men reach middle age is enlarged prostate. Sunshine carries several excellent prostate formulas, but over the years our customers have consistently rated **Prosta-Response** from Source Naturals as the best.

Coconut Milk Yogurt Delicious and Dairy-Free

Incredibly rich and packed with 13 different probiotic strains. This is the highest quality, best tasting coconut yogurt we've ever had. At my house we all limit ourselves to about 2 spoonfuls a day because it's so expensive ... but soooo worth it!

No Added Sugars



Relief From Severe Back Pain

Kay's Success Story

GP resident Kay Brashears-Simpson began suffering from severe sciatic pain about 15 years ago. Doctors recommended surgery and inserted 6 screws to help stabilize her lower back. That procedure eliminated her pain for a while.

Unfortunately the pain came back and doctors at a pain clinic in Medford prescribed Tramadol, a synthetic opioid. However the side effects including severe dizziness were unacceptable to Kay. The same clinic recommended their own brand of CBD which didn't work at all.

In the Sun Times newsletter Kay read about the **Green Earth Medicinals** brand of CBD and decided to give it a try.

The Results: Kay followed the dosing recommendations from the Sunshine info package and within weeks was able to begin weaning herself off the Tramadol. She is now mostly pain-free and is again able to comfortably walk for exercise and recreation.

Green Earth Medicinals (GEM) CBD products are from organically grown State of Oregon certified low THC hemp plants. But their testing goes far beyond the state mandates. **Each batch of GEM CBD is quadruple tested** by an independent lab for heavy metals, pesticides, microbial presence, and potency. A certificate of analysis is available.



**Green Earth Medicinals
The brand that works**

Hemp can and does pull toxins out of the soil. So very much like mushrooms, hemp can be used to clean up toxic soil (soil remediation). Unfortunately the toxins then end up in the plants, so the source of your CBD medicine is very important.

GEM CBD is from southern Oregon farmland that was cultivated organically for many years prior to their hemp being planted. There are no nearby orchards or vineyards so the chance of pesticide drift is nearly non-existent. Their fields are not close to any major roads or other industries.

Sunshine Found The Brand Of CBD You Can Trust

Back In Stock

Extra Strength Super Joint With Hyaluronic Acid



This great combination of Glucosamine, Chondroitin, MSM and Hyaluronic Acid from Back to Health (an Oregon company) has been the Sunshine value leader for joint maintenance and repair for nearly 5 years. Covid-related supply chain issues had made this product unavailable for nearly 6 months. It's finally back on our shelf ... yay.

Hyaluronic Acid (HA) is exceptional for keeping cartilage nourished and well hydrated. This makes it remarkably effective for improving hips, knees, and the discs between the vertebrae. HA is also highly concentrated inside the eyes where it cushions, protects, and transports nutrients to the structures keeping our eyes safe & "well-fed." HA also helps the skin stay young and healthy.