


## Artificial Sweeteners Are A Genuine Health Threat

In 1822 an average American consumed 6.3 lbs. of refined sugar per year. Now it's over 120 lbs. annually. Stated differently, in a week Americans used to consume the amount of sugar found in one 12 oz. soft drink. Now, we consume that much every 7 hours, of every day.

Excessive sugar consumption is one of the obvious factors contributing to the skyrocketing **obesity and diabetes rates in the US – the highest of any industrialized nation**. Further, excessive white sugar consumption has been conclusively linked to immunosuppression, liver disease, anxiety, serious mood swings, hyperactivity in children, and increased body-wide inflammation which contributes to pain and cardiovascular disease.



In response to consumer demand modern science created artificial sweeteners. Thinking they are a smarter choice, Americans now consume copious quantities of these chemicals, which in most cases have proven to very damaging to our health as well.

**artificial sweeteners are linked to causing obesity and diabetes**

Ironically, studies show that **Aspartame, the most widely used artificial sweetener of all-time, often contributes to weight gain** and has been conclusively linked to other very serious adverse health reactions. Equal, NutraSweet, AminoSweet, only name and packaging changes differentiate these identical products. The real truth is – they're all the same old toxic Aspartame.

Sucralose (commonly sold as Splenda), was formulated in 1976 when a group of UK scientists were actually trying to create a new pesticide. Its chemical structure resembles pesticides more than it does sugar. It's by no means an improvement. A recent Duke University study determined that Sucralose contributes to obesity, destroys almost 50% of healthy intestinal bacteria and will likely cause more weight gain than eating natural sugar. Something tells me we'll be hearing more bad news about Splenda if more studies emerge.

**How do artificial sweeteners cause weight gain?** *Scientific American* explained that when you eat something *naturally* sweet, your brain releases dopamine, which supplies you with a jolt of pleasure. Your brain's reward center is activated which encourages you to keep eating. The appetite-regulating hormone leptin is next to be released. It will inform your brain that you're "full" & to stop eating when enough calories have been ingested.

However, when you consume something sweet but non-caloric (i.e. an artificial sweetener), your brain's pleasure pathway is still activated by the sweet taste which makes you want to keep eating. But because your body is still waiting for enough calories, leptin release is delayed so there's nothing to deactivate your appetite and your brain keeps sending signals to continue eating.

**"60 Minutes" reported that the approval of Aspartame was "the most contested in FDA history."** The FDA's own toxicologist, told Congress that it was certain that aspartame can cause brain cancer and that it violated the Delaney Amendment, which forbids putting anything in food that is a known carcinogen. Side effects from Aspartame can occur as acute serious reactions or can occur gradually. When they occur gradually over many years, it can be nearly impossible to pinpoint the cause.

Over 90 serious side-effects have been scientifically documented as adverse reactions to Aspartame. The following is a **partial** list:

- \* **Eye** and vision abnormalities, up to and including partial or complete blindness
- \* **Ear** problems – tinnitus – ringing or buzzing sound
- \* **Neurologic** – seizures, migraines, memory lapses, anxiety, Attention Deficit Hyperactivity Disorder (ADHD) in children
- \* **Heart** palpitations, shortness of breath and high blood pressure
- \* **Endocrine and metabolic** – hair loss, low blood sugar, diabetes, severe PMS
- \* **Other** – insomnia, excessive thirst, fluid retention, leg swelling, peptic ulcers

In one recent study, the health statistics for nearly 48,000 men and more than 77,000 women over the age of 20 were reviewed. They found that men who consumed more than one diet soda per day had an increased risk of developing multiple myeloma and non-Hodgkin's lymphoma. This 22 year study was the longest human Aspartame study of all time. Yet, for unexplained reasons, this association was not found in women. Leukemia was associated with diet soda intake in both genders.

**I'm sure it's quite likely that many people can consume Aspartame and other artificial substances (even smoking) with few obvious negative consequences. However, it is a virtual certainty that Aspartame (like smoking) is extremely harmful to many other people, often without them even knowing the cause.**

Nevertheless, in the FDA approval process for Aspartame the "Golden Rule" took precedence - those with the most gold made the rules. Aspartame's golden manufacturer, pharmaceutical giant G.D. Searle, came out the winner and the artificial sweetener was approved.

High Fructose Corn Syrup (HFCS) has been used as a sweetener in soda (some call it artificial, some say natural) since the 1970s, but its use has exploded in the past decade. Folksy television ads featuring farmers standing out in their fields, now try to convince us that HFCS is natural because the main ingredient started out in a corn field. That alone, doesn't make it truly natural or safe. In fact, HFCS has been conclusively linked to a host of negative health outcomes and in some ways is more destructive to our health than white sugar. The process of turning corn into HFCS is chemical, not culinary.

Fact is, even though white sugar should be used only in moderation, closer to how our forebears practiced, it's still a *far* healthier option than chemical sweeteners or HFCS. It's ironic that in comparison to toxic artificial sweeteners, white sugar should probably be considered a "health" food.

**There are many natural sweeteners that can replace white sugar.** They all have different characteristics. Some add a distinct flavor signature, some are low calorie, some are zero calories. Check out page 2 for ways to replace white sugar and artificial sweeteners.

**No matter what the commercials may imply: high-tech, fake sweeteners are not safe, fresh, natural, or healthy.** They are dangerous and ultimately will undermine your weight and health goals. For a broader understanding of this subject, see chapter 11 of my book, [Wellness Uprising](#).



## New Product, Just Released **BerberTrim Complex** For Weight-loss & Blood Sugar Management

Studies have shown berberine to be as effective as prescription Metformin for reducing blood sugar and A1C while also reducing triglycerides, and LDL cholesterol.

**BerberTrim** from Source Naturals harnesses the power of berberine with the addition of banaba leaf, chromium, green tea extract, alpha lipoic, and 7 other natural ingredients for cutting-edge glycemic control and reduced food cravings that will naturally lead to weight-loss. The green tea extract also provides a slight energy boost to enhance fat burning.

This formula looks really good to me. Let us know what you think.

**Satisfaction Guaranteed Or Your Money Back!\***  
**Intro Pricing Thru July 27<sup>th</sup> Save 30% Off Msrp.**  
**Two Sizes 15 Day and 30 Day Supplies**

\* Money back guarantee limited to the purchase price of one bottle



## Moringa Hot\* Chocolate

**Extraordinarily Delicious**  
**Incredibly Healthy**

Dairy-Free, Sugar-Free and packed with nutrients. Made with only 5 ingredients: the superfoods cacao and Moringa, chicory root, and non-dairy creamer made from coconut milk and tapioca.

each box contains  
14 single serving  
packets

**But the BIG DEAL IS, ... IT TASTES GREAT!**

Moringa has 17x the calcium of milk and 9x the protein of yogurt, is super rich in antioxidants, chlorophyll, iron and vit A.

**CocoRinga** (their name for this amazing product) has no added sugar. There are 1.8g of natural occurring sugar from the coconut and tapioca used to make the plant creamer and from the chicory root sap sweetener. There are only 10 g of carbs mostly from the fiber content, making it KETO friendly. **The cacao and Moringa actually help reduce glucose levels.** Caffeine-free and diabetic friendly.



**The Healthiest Hot Chocolate You Will Ever Find!**

**\*If You Love This "Hot" Chocolate**  
**But Want To Enjoy It Cold**

**How about this suggestion from a long-time customer?** He and his wife stir half a pack of Moringa drink powder into a cup Nancy's Organic Greek Yogurt or whip it into Nancy's Organic Cottage Cheese.... **FUN, DELICIOUS, SUPER NUTRITION!**



## Fresh Fruit Chia Custard

Delicious Super-Healthy Summer Treat

Packed With Protein, Fiber And Essential Fatty Acids  
Available Most Days On Our Salad Bar & Produce Case



## Stomach Pain ... Gone!

### Renda's Success Story

68-year-old Renda Reinhart from Grants Pass was not feeling well. She had near-daily pain in her upper abdomen along with burning acid reflux. Renda's doctor called her symptoms gastritis and prescribed a stomach acid inhibitor that she used for over a year before becoming very concerned about potential side-effects. Renda was smart to be concerned.

When the whole class of drugs commonly prescribed to reduce stomach acid, called proton-pump inhibitors (Prilotic, Nexium, Prevacid and others) were first introduced it was with the very clear understanding that these drugs could only safely be used for a few weeks at a time. Side effects of long-term use included increased risk of osteoporosis, pneumonia, kidney disease, dementia, cardiovascular issues, and more.

Renda used the prescription for a year and then discontinued it "cold turkey." Unfortunately she began experiencing pain, burning, and anxiety. She scheduled an appointment with a highly regarded gastroenterologist in Medford but the appointment was 3 months out, which actually turned into a good thing.

Waiting for her appointment Renda came to Sunshine, told Jon her story, and he recommended **Vital Gut Renew** from Vital Planet. She decided to give it a try.

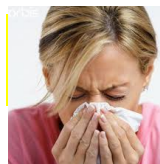
**The Results:** Problem solved! Renda's gastritis became a thing of the past. It was ironic that months later when she finally went to the appointment, her problem no longer existed. She told the whole story and **the doctor said, That's great! Keep doing what you're doing.**

**Vital Gut Renew** is an advanced formula created to help soothe and heal the gut by providing added support to help the body rebuild and strengthen cells lining the entire digestive tract. It combines L-glutamine, a naturally-occurring amino acid, with other time-honored herbs to promote optimal digestive function & balance stomach acid.

**Vital Gut Renew** was also formulated to address Leaky Gut Syndrome, a serious and all-too-common health concern. Leaky Gut can be caused by repeated exposures to foods and medications that a person may be sensitive to which causes chronic inflammation, damage, and thinning of the intestinal wall. Also known as Increased Intestinal Permeability, Leaky Gut can compromise your health by allowing undigested proteins into the bloodstream causing allergies, fatigue, and a weakened immune system.

Dozens of Sunshine customers using Vital Gut Renew have reported extraordinary life changing results for challenges throughout the entire digestive tract: Acid reflux, ulcers, c-diff, IBS, Crohn's, and more.

**Save 20% Off Msrp Thru July 20**



**No Need To Suffer**  
**Ask Us About Natural Allergy Relief**

**Our Chosen Formulas Provide Fast Relief**



## New Product, Just Released **BerberTrim Complex** For Weight-loss & Blood Sugar Management

Studies have shown berberine to be as effective as prescription Metformin for reducing blood sugar and A1C while also reducing triglycerides, and LDL cholesterol.

**BerberTrim** from Source Naturals harnesses the power of berberine with the addition of banaba leaf, chromium, green tea extract, alpha lipoic, and 7 other natural ingredients for cutting-edge glycemic control and reduced food cravings that will naturally lead to weight-loss. The green tea extract also provides a slight energy boost to enhance fat burning.

This formula looks really good to me. Let us know what you think.

**Satisfaction Guaranteed Or Your Money Back!\***  
**Intro Pricing Thru July 27<sup>th</sup> Save 30% Off Msrp.**  
**Two Sizes 15 Day and 30 Day Supplies**

\* Money back guarantee limited to the purchase price of one bottle



## Moringa Hot\* Chocolate

**Extraordinarily Delicious**  
**Incredibly Healthy**

Dairy-Free, Sugar-Free and packed with nutrients. Made with only 5 ingredients: the superfoods cacao and Moringa, chicory root, and non-dairy creamer made from coconut milk and tapioca.

each box contains  
14 single serving  
packets

**But the BIG DEAL IS, ... IT TASTES GREAT!**

Moringa has 17x the calcium of milk and 9x the protein of yogurt, is super rich in antioxidants, chlorophyll, iron and vit A.

**CocoRinga** (their name for this amazing product) has no added sugar. There are 1.8g of natural occurring sugar from the coconut and tapioca used to make the plant creamer and from the chicory root sap sweetener. There are only 10 g of carbs mostly from the fiber content, making it KETO friendly. **The cacao and Moringa actually help reduce glucose levels.** Caffeine-free and diabetic friendly.



**The Healthiest Hot Chocolate You Will Ever Find!**

**\*If You Love This "Hot" Chocolate**  
**But Want To Enjoy It Cold**

**How about this suggestion from a long-time customer?** He and his wife stir half a pack of Moringa drink powder into a cup Nancy's Organic Greek Yogurt or whip it into Nancy's Organic Cottage Cheese.... **FUN, DELICIOUS, SUPER NUTRITION!**



## **Fresh Fruit Chia Custard** Delicious Super-Healthy Summer Treat

Packed With Protein, Fiber And Essential Fatty Acids  
Available Most Days On Our Salad Bar & Produce Case



## **Stomach Pain ... Gone!**

### **Renda's Success Story**

68-year-old Renda Reinhart from Grants Pass was not feeling well. She had near-daily pain in her upper abdomen along with burning acid reflux. Renda's doctor called her symptoms gastritis and prescribed a stomach acid inhibitor that she used for over a year before becoming very concerned about potential side-effects. Renda was smart to be concerned.

When the whole class of drugs commonly prescribed to reduce stomach acid, called proton-pump inhibitors (Prilotic, Nexium, Prevacid and others) were first introduced it was with the very clear understanding that these drugs could only safely be used for a few weeks at a time. Side effects of long-term use included increased risk of osteoporosis, pneumonia, kidney disease, dementia, cardiovascular issues, and more.

Renda used the prescription for a year and then discontinued it "cold turkey." Unfortunately she began experiencing pain, burning, and anxiety. She scheduled an appointment with a highly regarded gastroenterologist in Medford but the appointment was 3 months out, which actually turned into a good thing.

Waiting for her appointment Renda came to Sunshine, told Jon her story, and he recommended **Vital Gut Renew** from Vital Planet. She decided to give it a try.

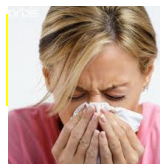
**The Results:** Problem solved! Renda's gastritis became a thing of the past. It was ironic that months later when she finally went to the appointment, her problem no longer existed She told the whole story and **the doctor said, That's great! Keep doing what you're doing.**

**Vital Gut Renew** is an advanced formula created to help soothe and heal the gut by providing added support to help the body rebuild and strengthen cells lining the entire digestive tract. It combines L-glutamine, a naturally-occurring amino acid, with other time-honored herbs to promote optimal digestive function & balance stomach acid.

**Vital Gut Renew** was also formulated to address Leaky Gut Syndrome, a serious and all-too-common health concern. Leaky Gut can be caused by repeated exposures to foods and medications that a person may be sensitive to which causes chronic inflammation, damage, and thinning of the intestinal wall. Also known as Increased Intestinal Permeability, Leaky Gut can compromise your health by allowing undigested proteins into the bloodstream causing allergies, fatigue, and a weakened immune system.

Dozens of Sunshine customers using Vital Gut Renew have reported extraordinary life changing results for challenges throughout the entire digestive tract: Acid reflux, ulcers, c-diff, IBS, Crohn's, and more.

**Save 20% Off Msrp Thru July 20**



**No Need To Suffer**  
**Ask Us About Natural Allergy Relief**

**Our Chosen Formulas Provide Fast Relief**



## Winner! Healthy Cholesterol Contest

**Faye Poole Wins A Free 6-Month Supply**

Faye brought us "before and after" print-outs from the Asante lab re-confirming that Sunshine's **Healthy Cholesterol** formula works really well for **reducing high cholesterol**.

In January, her doctor was very concerned. The blood test showed that 84-year-old Faye Poole from Merlin had high cholesterol - 274 total. Her doctor told her something needed to change and recommended a statin drug. Faye was concerned with the possible side-effects of statins. After reading an article in the Sun Times about our **Healthy Cholesterol** formula she decided to give it a try.

**The Results:** Faye continued to eat a healthy balanced diet, no significant changes. She got her blood tested again just before our contest deadline and brought in the results on May 31<sup>st</sup>. Total cholesterol was down 47 points! Her doctor is satisfied. **Faye is a happy camper and has won a 6-month supply of Healthy Cholesterol absolutely free!**

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

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

In contrast, using powerful cholesterol lowering statin drugs alone far too often results in debilitating short and long term side effects. Drug companies know that large doses of Co-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.

It's been our observation that 4 out of 5 of our customers who report having mild or even strong side-effects from the statin drugs report having no such problems using **Healthy Cholesterol**.

**Healthy Cholesterol contains the following: Red Yeast Rice, Cinnamon Extract, Niacin, Co-Q-10, Ginger, and Milk Thistle**

**On Sale Thru July 27<sup>th</sup>  
Regular Price \$28.98 Per Bottle  
Sale Price For 3 Bottles ... \$76.94  
You Save \$10**

\*Guarantee limited to the purchase price of one bottle with proof of purchase receipt



**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



**GREAT PRICES, GREAT ADVICE**  
128 S.W. "H" STREET, GRANTS PASS, OR  
541-474-5044 • TOLL FREE: 877-656-1634  
sunshinefoodandvitamin.com

**- SEE INSIDE FOR JULY DETAILS -**

**BerberTrim For Weight-loss and Blood Sugar**

**Chronic Stomach Pain And Acid Reflux ... Gone!**

**Trace Minerals For Summer Stamina**

**Popsicle Of The Decade Award Winner**



**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
- \* Seventh Day Adventist Church in Rogue River

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