

## Miracle Health Breakthrough!

How much would you pay for a product that's proven to improve mood, memory, creativity, and focus while reducing your chances of dementia, heart disease, and osteoporosis? **Would the price of FREE make you a customer for life?**

Dozens of scientific studies prove that when you're active or exercise outdoors you not only improve cardiovascular health but also receive significant psychological and neurological benefits as well. Outdoor exercise and recreation forces your mind to pay attention to the changing terrain, scenery, and skyline. **Whether you walk or bike hills, a beach, or a winding path, your mind has to focus differently than it would staring at boring gym floors, walls, or video screens.**

Outdoor exercise may involve the same muscle groups as gym work but from the neck up the benefits are measurably greater producing more restful relaxation and sleep and far lower levels of brooding, or obsessive worry. By doing brain scans on people who exercised outdoors scientists found that there was decreased blood flow to the part of the brain associated with bad moods. **Everything from feeling sad or worried to major depression seem to be tied to this brain region. Exercising out in nature deactivated it.** Control groups who spent the same time indoors or walking on crowded city sidewalks demonstrated no such improvements.



A Scandinavian Journal of Medicine study demonstrated significant cardiovascular improvements in people who biked to work as little as three times per week, two miles each way. **Total cholesterol and blood pressure decreased and good cholesterol increased.**

The U.S. Department of Transportation found that a typical adult who used active transportation (walking and biking) had fitness levels of someone ten years younger than their actual age. A 30 minute outdoor daily walk or bike ride is associated with better mental health for men and reduced risk of breast cancer for women, reported the Journal of Epidemiology. In California, **people who walked or biked for transportation took 15% fewer sick days than people who commuted by car.**

Countries with the highest levels of active transportation have the lowest obesity rates. That alone isn't surprising. But what is cause for great concern is that, increasingly, American parents are putting our country's children on a path to obesity. In 1969, 42% of kids walked or biked to school and obesity rates were around 5%. Today, those numbers have changed dramatically for the worse, as just 16% percent of American children walk or bike to school and nearly one in three American kids are obese.

Grants Pass has many fine, sidewalks, parks, trails, and bike lanes with only one major problem – people forget to use them. A few years back, I attended the kickoff event for the Blue Zones healthy lifestyle program at GP High School. The place was packed with people and enthusiasm and probably 400-500 cars were parked outside. Ironically, including mine there were only 4 bicycles parked outside. Science proved it a long time ago, no one else can do the exercise for you!



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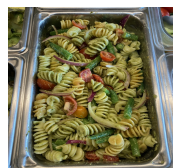
**GP Man Lowers Blood Pressure Almost 40 Points**  
**A New Highly Effective Joint Formula On Sale**  
**Stay Well-Hydrated With Essential Trace Minerals**

Summer and early autumn are the seasons when it's really inviting to break out of old habits. It gets light early and dark late and the summer weather is practically begging us to be exercising outdoors alone or with friends. **Walking and riding are easy, fun and free – plus there's no membership or spandex required.** What more could anyone ask for?

I'm currently in my 35<sup>th</sup> year, of year-round bicycle commuting. In 2009, I put only two tanks of gas in my car the whole year and have saved tens of thousands of dollars in the last three decades by relying on pedal power. Going to work I don't need coffee to wake up or to jump start my heart and brain; the fresh air and exercise does that. The evening ride home helps calm and clear my mind, so it's reasonable to say that my recreational "drug" of choice has two wheels and hand brakes.

**Tape this article to your fridge as a reminder of the free miracle "breakthrough" that can help keep you fit, happy and balanced.**

## On Our Organic Salad Bar



**Fresh Basil Pasta Salad**  
**Cool & Delicious**

Salad Bar Hours 10:30 - 3:30  
Monday - Saturday

**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



## New At Sunshine! Joint Essence

**Supports Joint Health, Range Of Motion,  
& Healthy Inflammation Response**

Winner of the Vitamin Retailer Magazine award for Best Joint Formula, **Joint Essence from Pure Essence Labs** is truly unique. Most top joint formulas contain ingredients unsuitable for people with shellfish allergies. There are no such worries with Joint Essence. But beyond that, **this formula works extremely well and often very quickly.**

Recent clinical studies have shown that three new joint health ingredients get people "back in motion" more quickly than most others

- 1) **Natural eggshell membrane (NEM)** - A natural source of collagen, glucosamine, chondroitin, and hyaluronic acid that has been clinically proven to reduce joint pain and improve flexibility faster than any other joint health supplement.
- 2) **AprèsFLEX Boswellia extract** - Promotes a healthy inflammatory response. AprèsFLEX is a patented Boswellia extract that promotes faster absorption and quicker therapeutic benefits.
- 3) **Boron** - Studies have shown that this trace mineral helps reduce joint pain and stiffness.

**Joint Essence** also contains ingredients used in Traditional Chinese Medicine for centuries to strengthen and tonify the entire skeletal structure, but most particularly the lower back, knees, ankles, ligaments and tendons.

**25% Off MSRP Thru July 26<sup>th</sup>**



## Trace Mineral Research

**Increase Energy & Stamina, & Prevent  
Muscle Cramps, All Summer Long**

Active kids nearly never get a muscle cramp but especially as we age, maintaining sufficient hydration for all-day energy levels is vital for our health, wellness, and performance. TMR electrolyte supplements, taken with sufficient water, offer the perfect solution to keep you active, vibrant, and cramp-free even during the hottest summer days.

TMR offers many convenient ways to optimize your health. Their Electrolyte Stamina tablets are super convenient and easy to carry in your pocket, purse, or wallet and include Vitamin B6 for enhanced mineral absorption. Their Lime and Watermelon gummies are delicious and provide 263mg of total electrolytes per serving, making them a tasty option. Their liquid mineral drops can be conveniently added to your water bottle ensuring you stay well-hydrated throughout the day at work or play.



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

**25% Off MSRP Thru July 26<sup>th</sup>**

**Save 10% By Pre-ordering  
Organic Smart Chicken A Case At A Time**



## Significant Blood Pressure Reduction

**Mike's Success Story**

65-year-old Mike Eagan from Grants Pass has experienced high blood pressure (BP) for about 3 years. His doctor prescribed a pharmaceutical that reduces his (BP) but makes him dizzy and negatively impacts his vision. Using the medication Mike's BP was typically 165/90 but he really wanted to get off the drug to avoid the negative side-effects.

Mike read a customer's blood pressure reduction success story in the Sun Times, came to the store, and was shown **Cardio Tonic-BP** from Natura, an Ashland company. He decided to give it a try.

**The Results:** Following the suggested label dose of 3 capsules a day, in about a month Mike's blood pressure was down almost 30 points and in 3 months it was 128/80. This was while reducing the prescription drug by about 85%. Mike now feels much better and his goal is to be off all meds very soon. To that end, **Mike has added fermented beet powder and nattokinase** from the Sunshine shelves. Fermented beet powder increases nitric oxide which helps dilate blood vessels and unlike typical beet products, contains zero sugars. Beets usually contain more sugar than any other vegetable. The fermentation process digests the sugars making it completely safe for diabetics and a great choice for helping reduce blood pressure. Nattokinase helps prevent abnormal build ups and inappropriate clotting. **Mike said: "if you want to feel better, natural is definitely the way to go."**

**We are getting a lot of very positive feedback on this product with many people reporting BP reductions of 10-40 points.** It's an exceptionally well thought out formula that contains one ingredient I haven't seen anywhere else, Rauwolfia. From the 1930s thru the 50s this herb became extremely popular, especially in India for treating high BP and nervous conditions. Over 100 scientific articles were written supporting its use. It fell out of popularity when reports of adverse side effects surfaced (that were later proven to be erroneous). Kudos to Natura for including Rauwolfia in this highly effective formula.

**Cardio Tonic-BP** maintains healthy BP, strengthens heart muscle function, and promotes cardiovascular health. It features: **Hawthorn**, the most valuable tonic herb for maintaining a healthy heart, **Arjuna**, an herb that **Ayurvedic physicians have used** to support cardiovascular health for centuries, **Rauwolfia**, valued for centuries in India and Nepal to support cardiovascular health by influencing nerve impulses acting on the heart and blood vessels, **L-Citrulline**, a precursor to L-arginine, the amino acid essential for nitric oxide production which relaxes blood vessels to enhance healthy blood flow, **Magnesium** helps keep heart rhythm steady, **Olive Leaf, Forskolin, Grape seed extract, Ginger, L-carnitine** and a lot more.



**Natura Health Products**, is highly respected among integrative and functional medicine practitioners for its unwavering commitment to excellence in dietary supplements. Stringent third-party testing guarantees the highest quality and safety of each formula. Every capsule embodies their commitment to transparent quality and your peace of mind.

**Natura founder and master formulator, Donnie Yance, is considered one of the world's foremost herbalists.**

**Sunshine 30<sup>th</sup> Anniversary Special Event Coming In August**