

Fresh Fruit Smoothies

Summer Fun or Sustained Sustenance, It's Your Choice

Fruit smoothies are refreshing, fun, easy, and delicious. They can be a great warm weather treat or a power packed meal replacement depending on how you choose to make them. Especially if you're not making it yourself make sure there's no added sugar or artificial ingredients.

The only equipment needed is a blender. The base is usually fresh or frozen (my preference) fruit. Using organic fruit is critical to avoid potential exposure to toxic pesticide residues. Using frozen fruit makes enjoying an almost limitless variety of flavors very convenient. If you use room temperature fruit but want your drink to be cold on a hot day, add some ice before blending. If your smoothie comes out too thick for your blender to handle, simply add more liquid (water, juice, almond or cow's milk, etc).



Fun smoothies are delicious and packed with free radical fighting antioxidants, vitamins, and fiber. They can replace ice cream, desserts, and other hi-sugar snacks and drinks. Simply blend whatever fruit and juices you have into a refreshing creamy shake. These are generally lower in sugar than the desserts or the giant gulp soft drink they may be replacing. However, eating large amounts of fruit and fruit juices alone can leave you hungry an hour or two later.

Sustenance smoothies are legitimate, power-packed, well balanced meal replacements that can provide hours of long-term go-power. They usually include fruits for a base – plus a whole lot more!

For long-term staying power, in addition to fruits, Functional smoothies rely on protein and healthy fats. Proteins and fats help stabilize blood sugar (preventing hunger) over a much longer period and help build muscle. Functional smoothie recipes often call for added protein powders. They work but I much prefer to use whole food sources of protein and fiber like, hemp, chia, or ground flax seeds. Nuts or nut butters and yogurt are also good choices. Dr Joseph Mercola and Rocky Balboa love raw eggs in their smoothies (see caution at bottom).

Coconut milk or coconut oil are also great additions to Sustenance smoothies providing really healthy fats that create energy and provide MCTs (medium chain triglycerides) that nourish the brain. I love ripe avocados in my smoothies. They blend up super creamy, and are packed with healthy fat and twice the potassium of bananas.

To fine-tune any smoothie simply add herbs, dried or fresh: ginger (improves circulation), turmeric (reduces inflammation), elderberry or echinacea (increase immunity), etc. Kale provides chlorophyll, vit-K and 10x the calcium, of cow's milk. Your customization options are virtually limitless.

Convenience stores and drive throughs across the country have tried to cash in on the healthy reputation smoothies have earned



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Extra Strength CBD 30% Off While Supplies Last
Muscle Cramp Relief - Charley Horses Back In Stock
Improved Attention, Focus, and Calm For Kids

by serving cheap imitations that are low quality, high profit and usually filled with sugar, corn syrup, artificial colors and chemicals. There may be exceptions, but generally these fast food smoothies should be avoided.

Functional Breakfast Smoothie Recipe. Makes 2, 16 oz servings:

16 oz coconut water or coconut, almond, or hemp milk
For much sweeter taste substitute fruit juice for the milk above
2 cups berries or other fruit
1/2 Ripe Avocado
3/4 cup hemp, chia, or ground flax seeds, or 6 Tablespoons of nut butter or 4-8 Tablespoons of protein powder
Juice of 1/2 lemon or 1/4 of a lemon with the rind on
1/2 teaspoon cinnamon
1-2 pinches high quality sea salt

Optional add-ins:

A high quality vitamin-mineral supplement powder or liquid
1 Tablespoon org. coconut oil, 4-8 oz. yogurt, or two raw eggs
Fresh kale, spinach, or other veggies, Raw sauerkraut is full of probiotics and will create a delicious tart, yogurt-like flavor.

The healthy delicious possibilities are endless. Customize your smoothie until you create a recipe that tastes great to you. Keep adjusting the protein and fat content until you find one that helps avoid hunger and keeps you satisfied till your next meal.

Caution: If using raw eggs, to avoid food borne illness make sure they are high quality, been kept refrigerated, and your smoothie stays cold.



Improved Attention & Focus Hunter's Success Story

Seven-year-old Hunter O'Dell from GP has always been very high energy. Focusing in school, keeping his hands to himself, and even just sitting still are often challenging for him. One teacher described him as a “bull in a china shop.”

Calm Kids put smiles on these faces

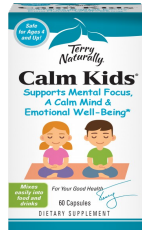
Towards the end of this school year his mom Amanda came to Sunshine looking for some help and was shown **Calm Kids** from Terry Naturally. She decided to give it a try.

The Results: Amanda said that within days Hunter was noticeably more calm. He was also far less emotional with fewer outbursts and was better able to keep his hands to himself. Overall Hunter is more able to **keep himself** out of “trouble.” In the summer program at school, Hunter's upbeat personality and behavior are now much easier for everyone to appreciate. The best part may be that Hunter recognizes it.

At Sunshine we have heard the same thing from many families using **Calm Kids**: The children want to take it because the kids recognize that life is easier and less frustrating when they do.

Calm Kids is a synergistic blend of 11 safe and natural ingredients that helps to:

- * Calm the mind
- * Maintain healthy focus and brain function
- * Support learning and social engagement
- * Enhance emotional tranquility



Recommendations: For ages 4 and up, start with 1 capsule daily and increase dosage every few days until the desired response is achieved. Capsule may be opened and contents mixed with applesauce, yogurt, juice, etc.

**Terry Naturally Calm Kids Is On Sale
30% Off MSRP Thru August 20th**



Green Vibrance Superfoods Great For Adding To Smoothies

Made with nutrient-dense, concentrated whole foods including certified organic cereal grass powders and juices, goji berries, astragalus, spirulina, holy basil, flaxseed powder, 25 billion probiotics, prebiotics, enzymes and much much more. **25% Off Thru Aug 20th**



Back In Stock !!! “Charley Horses” For Relief Of Muscle Cramps

Especially in the summer active people can sweat out important electrolytes like magnesium and potassium. Taking 1 **Charley Horses** capsule before and/or after outside summertime activity is usually all it takes to keep your energy up and your muscles feeling great.

30% Off While Supplies Last Green Earth Medicinals 3000 mg CBD

Relieve Pain, Improve Sleep, Reduce Anxiety

Sunshine Has The Line Of Local CBD That Gets Results

- * **Severe Bursitis Pain Stopped In Its Tracks After One Week's Use ... 72-Year-Old Grants Pass Woman**
- * **Debilitating Recurring Migraines Gone With Just A Small Daily Dose ... 15-year-old Grants Pass Young Lady**
- * **10 Years' Of Neuropathy Pain And Stiffness Gone Overnight ... 50-Year-Old Grants Pass Woman**
- * **Essential Tremors Almost Completely Gone In 2-3 Weeks ... 67-Year-Old Sunny Valley Man**
- * **Anxiety Gone, Lost Weight & “Felt Like A Whole New Person”... 65-Year-Old Rogue River Woman**
- * **After 26 Years Using Drugs, Severe Shoulder Pain Gone In Minutes ... 75-Year-Old Merlin Man**
- * **Bursitis Gone & Degenerative Disc Pain Greatly Reduced In 5 Weeks...70-Year-Old Selma Woman**
- * **Deep Restful Sleep And Off Her Meds In 2 Weeks ... 72-Year-Old Grants Pass Woman**
- * **Parkinson's Tremors Gone In 48 Hours ... 82-Year-Old O'Brien Woman**

Many local MDs now recommend CBD drops to their patients with chronic pain and sleep issues and even topical CBD cream after surgeries. CBD is the second most prevalent cannabinoid in the cannabis plant. Unlike THC, **CBD will not make you “high.”**

It is well-known that hemp plants very readily absorb toxins from the soil they're grown in so it's very important to choose your CBD medicine wisely. Many other companies buy from 3rd party growers and manufacturers (could be from anywhere in the world) and simply slap their own label on it.



GEM CBD is from southern Oregon farmland that was cultivated organically for a decade 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.

Every batch is quadruple tested for potency, and microbial, chemical, and heavy metal contamination. It is also 3rd party tested for the presence of 8 cannabinoids, 18 terpenes, and dozens of other beneficial compounds naturally found in hemp.

This special offer is limited to bottles with a best-by date of Dec 2022. GEM's testing shows their CBD to be fully potent for 6 months beyond the best-by date so we expect these bottles to be fully effective thru June 2023. **Sale limited to spearmint flavor.**

When searching for the most effective, cleanest, & trustworthy CBD products, thousands of Sunshine customers have discovered that Green Earth Medicinals (GEM) is the best of the best.

Most Importantly: It Works!