

## Covid Aside, This Country Needs Some Major Healing

The Covid pandemic is starting to get me down. In part because far beyond the actual virus, our country is in crisis. Friends, families, and neighbors, are divided like never before. In years past the line in the sand may have been opinions on: foreign wars, gun rights, health care mandates, etc. The issue that is tearing us apart, often without meaningful discussion, is: are you vaxxed?

There are many reasons to get vaxxed. Some are based in biological benefits - at least in the short term it appears that recipients are less likely to die or end up in intensive care if they were to get Covid. For some age groups this is a huge consideration. Some want to help their communities by being less likely to take up a hospital bed. Other reasons may have nothing whatsoever to do with the biological effects of the virus on their bodies. Even if they don't want the jab, possibly with resentment they may get it to: keep their jobs, be able to attend college, keep peace in their families, be allowed to dine out or attend a concert or ball game in cities like New York or San Francisco. Maybe they succumbed to peer pressure or were bribed with a gift card or lottery ticket. It's not up to me to judge for others whether any of those reasons are valid for them.



There are also many reasons to refuse the jab. Avoiding potential vaccine side-effects would likely top that list. The words *safe and effective* are simple adjectives that cost nothing to use. They need to be attached to quantifiable numbers to mean anything. Some of us remember that when Merck (the world's second largest vaccine manufacturer) J&J, and Pfizer were fined billions each and paid more in civil judgments it's largely been for falsifying or suppressing data and paying kickbacks to healthcare providers promoting their products. That they have been less than trustworthy in these regards is well established public record. Suspicion of these corporations is easily understandable.

A very recent report in the Journal Of The American Medical Association (JAMA) showed the incidence of vax-induced myocarditis appears to be 5x higher than previously reported by the CDC. However, when carefully reading the new data I discovered that the no one under 26 years old was even included in the study. Guess what? The CDC warning for increased risk of vax-induced myocarditis was for adolescents and young adults. That age group wasn't even included in the new assessment. So what are the numbers? What is the risk-to-benefit ratio for myocarditis for a young male wanting to get vaxxed? We don't know. According to CDC numbers, that age group already has a 99.997% chance of surviving if they get Covid without the vaccine, so before they decide on whether the jab makes sense on a biological basis, they need to know the true risks.

And there are many other potential vax-induced complications, some minor, some possibly fatal



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and without accurate numbers, *safe and effective* are just empty words.

It's not my place to judge for others but I believe there are valid reasons for people making whatever vax choice they're comfortable with. You can see an article I wrote for the Josephine County Eagle in which I shared some of my views about prevention and alternative treatments for Covid at this link: [SunshineFoodandVitamin.com/covid-19-give-straight-doc/](http://SunshineFoodandVitamin.com/covid-19-give-straight-doc/) I received hundreds of thank yous for it from a wide swath of local people including MDs and an an optometrist.

I knew there would also be criticism. Nonetheless, the level of vitriol and ad hominem attacks from a few was shocking. One guy came 3 steps into my store and began screaming at me about it. I chose to discontinue my personal & professional relationship with a local newspaper man who emailed multiple times that I had "blood on my hands" for my "deadly and immoral views." I offered each critic (who wasn't screaming) an opportunity to discuss their specific concerns with the article in order to eradicate any discernible inaccuracies on either side of the issue. Not one critic was willing to rebut any specific statements in the article, nor did they indicate an interest in engaging in dialogue. They just wanted me to exclusively support their vaccine choice.

This is a microcosm of what the entire country is experiencing. The lack of acceptance of contrasting or opposing views has ratcheted our collective stress levels to the breaking point.

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**Order 2021 Flu Shot Alternative Now. Details On Page 2**

## 2021 Flu Shot Alternative

This under-the-tongue, homeopathic formula is a safe, effective, inexpensive, alternative to traditional flu shots. Just like the flu shot, it is reformulated every year to target the flu strains that are predicted to be the most major threats. **This year's version is being formulated right now and will arrive around mid-October.**



After 10 years of European testing, these homeopathic pills proved more effective and far safer than traditional flu shots. One dose per week, for 5 weeks, was the way this formula was originally tested. We offer all 5 doses in one convenient package for \$7.79.

**Sunshine is the only place in the US that provides the original directions for use this product was created with.** We have 19 years experience with it & we'll help make sure you use it correctly.

**To Guarantee October Delivery Of The Updated 2021 Formula, Call Or Come In And Place Your Order Today**

## Smokey Skies and Mask Wearing Got You Down?

### More Oxygen May Be Your Answer



After wearing a tight-fitting mask for about 15 minutes during a recent medical visit my blood oxygen level was 5 points lower than my normal and I felt terrible, physically & emotionally. **When the mask came off I felt better within minutes.**

Another way to boost blood oxygen levels, improve mood, and increase energy is by using **Cell Food** drops in a glass of water 3x a day. **Cell Food** is the world's #1 oxygen enhancing supplement. After being reminded how important oxygen is to me, I'm now back to using Cell Food every day.

**Next time you're in, ask for a free sample.** If you happen to feel a lot better in 15-30 minutes, it's not coincidence it's the **Cell Food**.

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**A Healthy Thought:** Choose 2 people a week who have a different view on the vaccine than your own and hear what they have to say. Find a way to embrace, respect and value them as human beings first and their vaccine decision second. Find some common ground. This healing is badly needed and extends far beyond any illness that viruses could cause.

**Community-wide another thing I think would reduce stress and increase mutual trust would be if the local hospital system agreed to provide free treatment for anyone who has been Covid vaccine injured.** When Asante officials encourage everyone to "take one for the team" by getting vaccinated they need to have our backs. If the side-effects are as rare as they say it won't cost them much but could be very significant to any of their patients on a tight budget who encounter any difficulties.

## Energetic & Strong

### Kimberly's Success Story



**With fatigue gone energy is back!**

Two years ago 50-year-old Kimberly Guerrero of Grants Pass was diagnosed with anemia. She had been tired, low energy, and was experiencing "brain fog."

Simply put, anemia is defined as having an insufficient number of red blood cells. Since red blood cells primary job is carrying oxygen throughout your body, with anemia your organs and tissues do not receive enough oxygen for optimum energy and wellness.

Kim came to Sunshine and Rob showed her a product called: **Healthy Blood from Garden Of Life.** She decided to give a try.

**The Results:** In just a few days she experienced a noticeable increase in energy and was feeling like herself again. **But Wait ... There's More!** When diagnosed with anemia her doctor also told her that she was pre-diabetic and wanted her to start taking Metformin to treat that. Amazingly, when Kim went back to the doctor a month after the initial visit not only was her red blood count back to normal but her blood sugar was as well. Kim said: "my doctor was dumbfounded!"

**Vitamin Code Healthy Blood** contains 28mg of whole food derived iron along with whole food derived vitamins C, B-6, and B-12. It also includes a blend of 17 organically grown vegetables & 75 ancient soil based alkalizing trace minerals containing natural cofactors to support iron absorption and utilization.

**One last lesson:** Kim said that after feeling great for a while she figured she might not need **Healthy Blood** anymore and stopped taking it. After a week the fatigue and brain fog returned. She went back to using **Healthy Blood** and her well-being returned.

## Garden Of Life Sugar-Free Immune Gummy

### Send Them Back To School Strong And Healthy



Antioxidant whole food vitamins C and D along with Zinc to provide the nutritional support they need to stay healthy. This kids immune gummy is organic and delicious, without sugar, artificial flavors, toxic pesticides or GMOs.

### New At Sunshine

## Vital Gut Renew



Advanced formula created to help soothe and support the intestinal lining. Contains: L-Glutamine, N-Acetyl D-Glucosamine (Vegan) Organic Aloe Vera, DGL, Organic Ginger, Organic Marshmallow root. Reasonably priced and very effective. **Satisfaction Guaranteed or Your Money Back!**

Combine with a top probiotic like Vital Planet 100 billion, 100 strain for maximum relief of inflammatory gut problems.