

Migraines Don't Have To Be A Pain

Migraines are severe, recurring, very painful headaches. The extreme/debilitating pain that they cause can last for hours, days, and sometimes longer. Much of what I write about migraines is from personal experience. With professional help, I was able to eliminate them by reducing several contributing factors.

Decades of research have failed to pin down the exact mechanisms behind migraine attacks. The throbbing, piercing or "burning" pain often occurs on one side of the head only. Other common symptoms include nausea, visual disturbances, dizziness, and extreme sensitivity to light, sound, smell or touch.

According to the American Migraine Association, 36 million Americans are effected. Women are three times as likely as men to get them due to hormone fluctuations. Many people get a warning sign that a migraine may be coming and can sometimes reduce the duration or severity significantly if they act quickly in the beginning.



Migraines can be debilitating

I strongly urge migraine sufferers to try to identify a pattern of anything they may have done that could have triggered the migraine. Identifying a pattern makes finding relief much easier and less time consuming. Common triggers which may or may not apply to you include:

Dietary factors: Alcohol and caffeine can trigger migraines. Foods can also have this effect: chocolate, cheese, citrus fruits, food additives, coloring, and artificial sweeteners can be triggers for some. Irregular mealtimes and dehydration are sometimes implicated. However an individual person's trigger may not be on a commonly accepted list.

Physical causes: Tiredness and insufficient sleep, shoulder or neck tension, poor posture (like hunched over a keyboard for hours), and physical overexertion have all been linked to migraines. Low blood sugar and jet lag can also be triggers.

Emotional triggers: Stress, depression, anxiety, excitement, or shock can trigger a migraine.

Medications: Some sleeping pills, hormone replacement therapy medications, and contraceptive pills are all possible triggers.

Hormonal changes: Women may experience migraine symptoms due to changing hormone levels.

A paper published in Frontiers in Neurology in 2017 looked at riboflavin's (vitamin B-2) influence in preventing migraines, highlighting its neuroprotective potential. The authors link migraine pain to neurovascular dysfunction, inflammation and "dysfunction in cranial vascular contractility." Riboflavin is a water-soluble vitamin, so you need to get a consistent supply. Many foods are rich in it. It can reduce migraine frequency.

When I got migraines they would lock on and almost always last 36 hours. The only thing that ever relived the pain mid-attack was acupuncture. 35 years ago when I got a



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CBD Relieves Back Pain & Muscle Spasms
Order Your 2022 Flu Shot Alternative Now
Covid Prevention Formula In One Bottle**

migraine I could usually get a same-day appointment. During the treatment the pain would turn to heat and dissipate immediately or within an hour or so.

No matter which practitioner I saw, they would invariably say/diagnose from a Chinese Medicine perspective: "too much heat in the liver." In my case that understanding eventually led me to be able to prevent and even treat the early stages of a migraine. They've been gone for 25 years.

My migraines seemed to be triggered by a combination of factors that made my "liver too hot" - too much heat producing food like salmon or chicken (especially if it was barbecued or fried), insufficient sleep, and some overwork or stress. Those factors together were a prescription for me needing the better part of 36 hours to relax in a dark, quiet space waiting for the pain to end.

Another factor in curing my migraines were Chinese herbs to "cool" the liver. At the first signs of a migraine I would take a double dose of a specific formula and within a hour or two waves of heat would leave my body and the headache was averted.

Another remedy I feel compelled to share came recently from a customer. A woman reported that her 15-year-old daughter would get migraines so severe they could lock on for over a week and the girl would be essentially bedridden. They decided to try CBD and it seems to not only reverse a migraine in progress and work for daily prevention, but also stop the progression if a larger dose is taken at the onset.

For some people, migraines remain a mystery. However many have learned their triggers and early interventions to avoid a full-blown migraine from locking on.

2022 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 \$7.99.

Sunshine is the only place in the US that provides the *original* directions for use this product was created with. We have 20 years experience with it & we'll help make sure you use it correctly.

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Good News -Back In Stock
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Garden Of Life Kids Immune and Vit D Gummies

Covid-related supply chain issues made these super-popular gummies unavailable last winter but they are now back. Cherry-flavored yummy gummies are sugar-free, taste great, and will help keep 'em healthy.

Garden of Life combined food derived Zinc with antioxidant vitamins C and D to provide the nutritional support children need to stay well all winter long. Kids Immune Gummies are Certified Organic



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Six Highly Recommended Nutrients For Covid Protection ... All In One Bottle

Promotes a healthy immune and inflammatory response and supports respiratory health with Elderberry, Andrographis, Vitamin C, Vitamin D, Zinc and Selenium. **Andrographis may be the single most powerful herb available to combat respiratory viral infections.** Elderberry boosts immunity and contains a healthy dose of naturally occurring quercetin to help transport the zinc deep into the cells where it's most effective fighting viruses. This is a really well thought out formula.

One capsule daily for maintenance. Two or 3-a-day or more at the first signs of respiratory distress.

Pure Essence Labs has been one of our most trusted suppliers for 20 years. Made in the USA. 90-day, money-back guarantee.

Major Pain Relief

Judy's Success Story



Wishes she could have found CBD years earlier

72-year-old Judy Poppleton from Grants Pass has suffered with back issues for a very long time. Multiple rear-end car crashes layered on top of post-polio syndrome have made her life a painful challenge.

Judy has seen a chiropractor weekly for years but would still frequently experience severe nerve pain and muscle spasms along her entire spine. The chiropractor said her muscles were so tight her back was "like a brick wall."

Judy heard about CBD and wanted to use a brand she could trust so she came to Sunshine and was shown **Green Earth Medicinals (GEM)** brand.

The Results: Judy's pain level is significantly reduced and her muscles are more pliable and far less tense. Her chiropractor says the vertebrae move much more easily back into place and the adjustments last much longer because the spasms are largely gone.

Judy said: "Without CBD I would not be able to take care of myself and live alone."

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.

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 Really Works!

Sunshine Alkaline Water Still Going Strong

Regular tap or most filtered waters typically measure about 5.0 on the ph scale. Water from **Sunshine's Reverse-Osmosis, Alkaline-Ionized** spigot measures about 9.0 - **purple** on the ph scale.

We filled a glass bottle over 30 days ago with water from our **Water-Revolution** machine & it still measures an impressive 9.0.

Fill your jugs: \$2.49/gal...Conventional filtered water: 50 cents/gal