

## Vitamin D for Winter Wellness and A Lot More

Vitamin D is nicknamed the sunshine vitamin because our bodies produce it after sun exposure. **We must have D to absorb calcium & phosphorous to promote bone growth.** Too little D can result in soft bones in children (rickets) and fragile bones in adults. We also need it for other important body functions. Unfortunately, enough sunlight to produce sufficient D is hard to find 7 months of the year in Oregon. Fatty fish, beef liver, and egg yolks are the best food sources but sunlight is best.



*Gray Oregon days will not help you produce vit-D*

**Before the year 2000, very few doctors considered the possibility that adults might be Vit D deficient.** For decades the RDA (recommended daily allowance) stated for D was 400 i.u. per day (considered today to be very low). But as the technology to measure D became

inexpensive and widely available thousands of new studies were done and it became increasingly clear that D deficiency was very widespread.

**Researchers now estimate that 50% of us are at risk of Vit D deficiency.** Among school aged children it may be as high as 70%. Further, studies now show that people with higher levels of D have a lower risk of many diseases, including cancers, heart disease, high blood pressure, and depression. **It also helps you fight infections of all kinds including colds and flu.** According to Dr. Michael Holick, world renown Vit D researcher and author of the book The Vitamin D Solution, a study of Japanese schoolchildren taking 1,200 units of D per day during the winter reduced their risk of flu by about 40 percent - **far more effective than traditional flu shots.**

Dr. Holick said: "I treat my patients, on average, with 3,000 units of Vit D a day, it's been very effective. I've published a paper that over a six-year period of time, most of my patients on 3,000-units of D a day have a blood concentration of D between 40 and 60 nanograms per milliliter (ng/ml) and there is no toxicity." Other independent research has shown that Vit D blood concentrations between 50-70 ng/ml is optimum for health.

Most of us are not likely to have blood tests done just to check our D levels. However, the next time your doctor orders any blood test you can request they test for D as well. If you so choose, testing during the winter months (the time of year your body's natural production will be lowest) provides the most useful information. A smartphone app called DMinder can tell you how much UV radiation you're getting in your area, and how many units of Vit D you're making. **Keep in mind that levels of sun exposure needed to produce optimum D levels vary significantly depending on your natural skin tone.** Fair skinned people generally need less to produce optimum levels.

### If You Take Vitamin D, Remember Vitamin K2

It's important to remember that if you're taking high dose Vit D supplements, you also need to take vitamin K2. The biological role of K2 is to help move calcium into the proper areas in your



**Rob Pell,**  
owner at  
*Sunshine*

## Need A Health-Related Guest Speaker For Your Group?

If you have a group of 20 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 can 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
- \* The Breast Cancer Survivors group at the Asante Women's Health Center
- \* The Grants Pass Lion's Club
- \* Grants Pass Soroptomists
- \* JoCo Drug Court Parole program
- \* JoCo Republican Women
- \* Grants Pass TOPS group (Take Off Pounds Sensibly)
- \* Asante Hospital Auxiliary Members

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

### Vitamin D continued:

body, such as your bones and teeth. It also helps remove calcium from areas where it shouldn't be, such as in your arteries and soft tissues helping to prevent vascular disease, kidney stones, and bone spurs. Until the last few years it was quite common for women to come to our store with recommendations from their doctors to supplement with calcium with no mention of the complementary support nutrients such as vitamins D and K needed for optimum absorption & safety. Natura brand DAK (an Ashland company) provides an excellent balance & is what I use.

**Fortunately K2 is easy to find in your diet. Dark leafy greens (kale, collards, mustard greens, etc.) are extraordinarily high (700-1100 mcg. per cup cooked).** Spinach, broccoli, brussel sprouts, cabbage, and darker lettuces are also excellent sources. Supplementing with K may not be necessary if your diet regularly includes any of these. For every 5000 i.u. of D experts recommend taking 100-200 mcg of K2 to prevent the inappropriate calcification that higher doses of D-3 alone could cause. The MK-7 form of K2 is best. It lasts longer; so you have a much better chance of building up a consistent blood level compared to MK-4 or K1.

**Vitamin D is inexpensive and provides exceptional bang-for-the-buck protection as part of your year-round and especially winter wellness protocols.**



## Relief From Neck Pain And A Lot More

### Chris's Success Story

*The last 3 years have been very good to Chris*

74-year-old Chris Hill from GP has a lot to smile about. Three years ago Chris began experiencing significant neck pain and stiffness which unfortunately coincided with a cancer diagnosis. In addition to addressing his cancer, Chris saw 2 massage therapists for his neck issues but never got relief that lasted more than a day. Then he came to Sunshine and Rob showed him Green Earth Medicinals CBD and decided to try it.

**The Results:** Chris tried the extra-strength 1500 for about 10 days and woke up one morning, turned & stretched and thought: "this is really cool," no neck pain for the first time in months!

**Another benefit Chris has noticed is that the PTSD he has experienced since his Viet Nam service is nearly gone.**

Last but definitely not least, After extensive cancer treatments, Chris's blood-work now shows no signs of cancer. ... **Chris Definitely Has A Lot To Smile About!**

**Green Earth Medicinals (GEM) CBD products** are from organically grown State of Oregon certified low THC hemp plants. But their testing goes far beyond the state mandates. **Each batch of GEM CBD is quadruple tested** by an independent lab for heavy metals, pesticides, microbial presence, and potency. A certificate of analysis is available.



*Green Earth Medicinals The brand that works*

Green Earth Medicinals CBD is the most effective, cleanest, and thoroughly tested CBD we have found. Chris and hundreds of other Sunshine customers get great results with it every day.

## 2 Special CBD Announcements

### 1) 10% Off Thru October 31<sup>st</sup> On All

Green Earth Medicinals (GEM) CBD Products

Includes Tinctures, Capsules, And Topicals.

### 2) Super Sale! For One Day Only Thursday October 6<sup>th</sup>

**Get An additional 10% Off ... Total 20% Off All GEM products** and with any purchase you will also receive a **free topical pain-relieving roll-on or cream**

Free Samples On GEM CBD Products From 11am-3pm



Working people, small business owners, seniors on a modest fixed income, and everyone on a tight budget needs a voice at City Hall. I will continue to be that voice. If you'd like to support my campaign for a Grants Pass City Council seat by placing a yard sign at your home or business please give me a call. I can deliver it or you can come by to pick one up. Thank you - Rob.



## Amazing Benefits For Multiple Sclerosis Patient

### Tanya's Success Story

*Tanya is happy her research paid off*

46-year-old Tanya Garza from Rogue River is living proof that it's possible to triumph over life's challenges.

Tanya was born with scoliosis which necessitated her wearing a back brace until she was 2½. 20 years ago she was diagnosed with multiple sclerosis. MS is a chronic disease affecting the central nervous system (brain & spinal cord). MS occurs when the immune system attacks nerve fibers and the myelin sheathing that surrounds/insulates them. This causes inflammation, destroying nerve cells and myelin. This alters electrical messages from the brain often causing multiple intermittent and chronic symptoms including, in Tanya's case, chronic pain and muscle spasms.

Tanya has relied on her income as an in-home caregiver and her clients have relied on her for 27 years. Being drug-averse, Tanya always looks for natural remedies before taking anything which led her to watch the **Netflix documentary: Fantastic Fungi**. In it she learned about the amazing possibilities of the Lion's Mane medicinal mushroom. She's been a Sunshine customer for decades so she came in, asked us about it, and decided to give it a try.

**The Results were obvious quickly. Muscle pain and spasms lessened, nerves calmed down, body became less rigid, sleep improved, and energy went way up.** Before using Lion's Mane, at 4 o'clock at the end of a work shift Tanya was exhausted. Now she has plenty of energy to go thru 10 pm and finish out her day any way she chooses. **After a recent visit, her neurologist emphatically told her: "keep doing whatever you're doing!"**

Medicinal mushrooms have been revered for centuries for their powerful immune enhancing, energizing, and anti-cancer qualities. In addition, one variety, Lion's Mane, has also shown significant cognitive enhancing properties and healing effects throughout the central nervous system.



*Lion's Mane is proven to improve cognitive function*

A recent Japanese study showed that **Lion's Mane supplementation provided significant cognitive improvement in older adults** who were suffering from mild cognitive impairment. It helped the brain in all aspects including aiding in memory, concentration, and even depression and anxiety. The abundance of antioxidants in Lion's Mane can also reduce inflammation throughout the body,



Real medicinal mushrooms are from the fruit/top of the organism (the part we can see) not the mycelia (their "roots"). Just like the grape is different than the vine, the mushroom fruit has a different nutritional profile than the mycelia. Many "mushroom" supplements are actually nothing more than mycelia containing only fractions of the nutrients found in the tops & are up to 70% starch.

MyPure Mushrooms from Pure Essence Labs are just that - pure, 100% certified organic mushroom fruiting bodies with **guaranteed levels of immune enhancing beta glucan compounds. Lion's Mane 4x is their most potent product.**

**Colds And Flu Are Caused By Viruses.** Antibiotics are completely ineffective against viral infections. Despite this, doctors amazingly treat 60% of colds and flu with antibiotics.

**Prevent Colds and Flu With Healthy Daily Basics.** A high quality multivitamin, moderate physical activity, fresh air, and adequate rest give you a balanced, healthy framework from which to work. People who sleep less than 6 hours a night are 4x more likely to get sick as people sleeping more than 7 hours

**Probiotics** (beneficial bacteria) daily are one of the most effective steps you can take to maintain optimum health, *especially* after using antibiotics.

**Wellness Formula** is America's top selling immune formula providing immune building vitamins, minerals, and herbs.

**Vitamin D-3:** 1000-5000 I.U. of D-3 daily, provides excellent "bang-for-the-buck" cold & flu protection.

**Quantum Super Immune Plus:** This premium immune boosting supplement contains olive leaf and astragalus extracts as well as l-lysine with its proven anti-viral qualities.

**Immunin-6 From Pure Essence** features 6 highly recommended nutrients for Covid protection all in one bottle. 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.

**Garden of Life Raw Zinc** is a whole food complex that also contains Vit-C. Studies show it can help prevent and reduce the duration of colds and flu.

**Back To Health Zinc Bis-Glycinate** proven to be 43% better absorbed than other more common forms of zinc. One capsule provides 50 mg.

**Flu Symptoms Usually Come On Very Suddenly** and include headache, body aches, the abrupt onset of fever (usually high), extreme fatigue, dry cough, possible runny nose, and general weakness.

**Colds Are Milder Respiratory Illnesses Than Flu** usually beginning with a sore throat and a runny or stuffy nose. Colds seldom cause a fever over 101. They usually cause copious watery nasal secretions the first few days. Often these turn darker and thicker. Colds usually last about a week.

**The 2 biggest differences between colds & flu are, that with flu, the onset of symptoms is usually very sudden and often includes a high fever.**

**Treating Flu Symptoms,** because flu symptoms hit so suddenly, protect yourself by having flu remedies at home and at work. That way you can begin treatment immediately, at the onset of symptoms when it will provide the most benefit. Drink plenty of water to replace fluids lost from sweating. **If you live alone, notify someone who can check in with you periodically.**

**Elderberry,** when taken at the first signs of flu, is proven to reduce duration and severity of the flu.

**Oscillo** is the #1 homeopathic medicine in the U.S. It is used for treating flu by millions of people in over 50 countries.

**Flew Away** from NATURA is a potent blend of 9 herbs that help to deactivate disease causing microorganisms while relieving discomfort during the healing process. The warming herbs in this formula help move pathogens up & out before illness can settle deeper in the body. Use at the first signs of cold or flu.

**To maximize the effectiveness of Flew Away** take a hot bath or shower, take 2 capsules, bundle up, drink hot soup or tea and stay home and rest. Stay well hydrated & take 2 capsules every 4 hours

**Treating Cold Symptoms:**

**Herb Pharm Rapid Immune Boost** is a super-effective blend of 10 herbs featuring echinacea, goldenseal, and elderberry. It's a true feel-better-faster formula. Best if used 6-8x per day.

**Lung & Bronchial Tonic** from NATURA eases chest congestion, relieves cough, and soothes, nourishes, and enhances the respiratory tract. Promotes free breathing.

**S-Clear** pump spray from NATURA supports nasal and sinus health. Reduces congestion and inflammation due to colds & allergies. Promotes free breathing.

**Throat and Gland** from NATURA supports throat tissue health & lymphatic drainage. If your first cold symptoms are in your throat, this is the formula to use.

**Clear Lungs Blue Label Extra Strength** is hugely popular at Sunshine. It reduces bronchial congestion, restores free breathing, and is especially effective treating congestion due to colds or flu.

**Elderberry's** antiviral qualities that are so effective against flu viruses make it great for treating colds too.

**Yin Chiao (Chow) Classic** is an ancient Chinese cold remedy that immediately helps move stagnant energy and pathogens up and out before they can settle deeper in your body.

**Androgrphis** provides treatment and protection for respiratory infections, boosts immunity, reduces fever and inflammation and more.

**Now Brand Elderberry Zinc Lozenges** with slippery Elm, Vit-C, echinacea, and propolis can reduce the duration and severity of a cold. Slippery elm relieves sore throat symptoms immediately.

**Natural Covid Protection Packages** for prevention or as part of treatment includes vit D-3, vit C, zinc and quercetin. Virtually all top naturally oriented doctors recommend these.



## Cholesterol Plummet By 63 Points

### Martha's Success Story

**Healthy Cholesterol  
provided the results  
Martha wanted**

An active 75-year-old retired photographer, Martha Gonzi's cholesterol has always been a little high. But in January when her total cholesterol number came back at 302 her doctor read her the riot act and prescribed a statin drug. Martha too was concerned but when she read the possible side-effects Martha said no thank you and went to Sunshine. She was shown a formula called **Healthy Cholesterol** and decided to give it a try.

**The Results:** Martha was on a mission. She cleaned up her diet and faithfully took 1 Healthy Cholesterol tablet twice-a-day. In 7 months Martha's total cholesterol dropped from 302 down to 239 and her good cholesterol remained about the same. Further, her blood sugar went down 17 points as well!



**Healthy Cholesterol** is a synergistic blend of proven cholesterol fighters in a convenient 2-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 Oct 22<sup>nd</sup>**

**Regular Price Is \$27.98 Per Bottle**

**Buy 3 Bottles And Save \$10**

\*Guarantee is limited to the purchase price of 1 bottle



**Sunshine Offers Curbside  
Pick-up, Free Delivery Within  
Grants Pass, and Free  
Shipping Anywhere In The US**

Vitamins, CBD, Groceries, Produce, Pet Foods, Salad & Juice bars and more. Call for details. 541.474.504



**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 OCTOBER DETAILS -**

**CBD Super Sale w Free Samples and Free Gifts**

**MS Patient Gets A Major Boost Using Lion's Mane**

**Relief From Neck Pain And PTSD Using CBD**

**Annual Winter Wellness Guide And Sale**

## 2022 Flu Shot Alternative

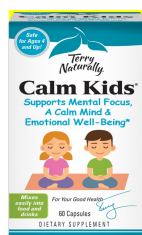
This under-the-tongue, homeopathic formula is a safe, effective, inexpensive, alternative to traditional flu shots. Just like the flu shot, it is reformulated every year to target the flu strains that are predicted to be the most major threats. **This year's version is being formulated in France right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

**To Guarantee October Delivery Of The  
Updated 2022 Formula, Call Or Come In And  
Place Your Order Today**



**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

**Make This School Year The Best One Yet**