

Now, More Than Ever, The Supplement Doctors Should Be Prescribing

After decades of decline, heart failure mortality is climbing across nearly all demographics with the greatest increase in heart attacks being among young and middle age adults. Poor diet and obesity certainly contribute. However it would be foolish to ignore the superimposed effect of Covid-19 vaccination which has conclusively been shown to cause increased rates of myocarditis - inflammation of the heart muscle. Myocarditis is proven to increase both short and long-term risk of weakening of the heart and subsequent heart failure.

Studies published early in the Covid vaccine campaign downplayed and underestimated the rates of heart damage the vax created. Reluctantly, the mainstream has finally acknowledged the reality that the Covid vaccine spike protein often causes heart muscle damage. A recent study from scientists in South Korea showed that approximately 30% of the group studied experienced heart muscle damage in the weeks following injection (confirmed by elevated troponin levels in the blood). This damage was in no way related to naturally catching the Covid virus, it was clearly a before and after effect of the vaccine. The effects were sub-clinical in nearly all patients, meaning that the patients didn't know the damage had been done. Being unaware can be even more dangerous for people engaging in activities that normally stress the heart like vigorous exercise. I also know several people who absolutely did feel significant heart abnormalities in the days following vaccination and this was even before myocarditis risks had been publicized. At that time most doctors in America didn't believe there was any correlation between myocarditis and the Covid vaccine. The most recent studies have shown that vaccine-induced myocarditis can last at least 6 months (at which time the studies ended). Some doctors believe vaccine induced myocarditis has lasted years in many cases.

The Good News: Cochrane Review Finds Coenzyme Q-10 (Ubiquinol) Associated with Reduced Heart Failure Mortality. Cochrane Collaboration studies have been considered the "gold standard" for meta-analysis of health-related issues for clinicians, patients, and researchers. The latest Cochrane review was done using Ubiquinol, the best absorbed type of Co-Q-10.

For people diagnosed with myocarditis, congestive heart failure, and other heart issues, a mountain of independent peer-reviewed research proves that Co-Q-10 is one of the first things doctors should be recommending for their cardiac patients.



Co-Q-10 can make exercise easier

Co-Q-10 is a vitamin like substance made by our bodies from dietary raw materials. All of our muscles need Co-Q-10 to process oxygen for energy. **Since the heart is our most oxygen intensive muscle (uses the most oxygen for its size) it is very dependent on Co-Q-10.** Biopsies show that about 2/3 of the people with heart disease are deficient in Co-Q-10. Another serious consideration is the fact that in the US more than 25% of adults over 40 are now using cholesterol reducing statin drugs. Statin drugs are notorious for reducing our body's ability to manufacture Co-Q-10. That's why people using statins often complain of muscle pain and fatigue - they are Co-Q-10 deficient.

Continued in the right column

2024 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 re-formulated 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 \$8.19.

Sunshine is the only place in the US that provides the original directions for use this product was created with. We have 22 years experience with it & we'll help make sure you use it correctly.

To Guarantee October Delivery Of The Updated 2024 Formula, Call Or Come In And Place Your Order Today

Supplement Doctors should be prescribing continued:

The good news is that correcting Co-Q-10 deficiency with supplements has created impressive results.

There have been at least 8 international conferences on the clinical aspects of Co-Q-10. 3,000 papers submitted by 200 different physicians and scientists from 18 countries. Most focused on heart disease and were remarkably consistent. **The conclusion: Heart function is significantly improved by Co-Q-10 while producing nearly no adverse side-effects or drug interactions. Most who used it also felt more energy.**

One study showed improvements in 82% of cases. The 2-year survival rate for these patients was 62% vs 25% for similar heart patients given conventional drugs. In short 2 ½ times as many patients might have been alive after 2 years had they chosen Co-Q-10 instead of pharmaceuticals. Another was done on 80 patients with heart disease who were administered 100 mg/day of Co-Q-10 orally for 12 weeks. 89% showed significant improvements in the amount of blood their hearts pumped (the ejection fraction), reduced shortness of breath, and increased muscle strength. The improvements lasted as long as they continued using Co-Q-10.

I know from 2 experiences in my immediate family that some **highly regarded mainstream cardiologists, amazingly, still do not recommend Co-Q-10 until you ask them about it.** Only then did they encourage it for my relatives. The only reason I can think of for this "oversight" must be because the doctors weren't taught about it in medical school probably because Co-Q-10 is not patented.

For more details ask for our free Co-Q-10 brochure with local success stories from people who extended their lives using Co-Q-10. The older you are the more benefit you're likely to receive from using it since Co-Q-10 synthesis in our bodies diminishes with age. Our customers' stories are very impressive.

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 liquid 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 and 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 capsules reduce bronchial congestion, restore 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.

NAC is very effective for clearing mucous from the lungs and helping the liver detox. An excellent adjunct to virtually any cold or flu protocol.

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 for treating respiratory viruses.



Ubiquinol is the best form of Co-Q-10

74-Year-Old “Miracle Boy” Walks Out Of The Hospital

Don's Success Story

The very first customer success story we ever published in the Sunshine newsletter, over 24 years ago, was about a 74-year-old man from Gold Hill named Don Razy. Don was admitted to the hospital in June of 2000 and diagnosed with congestive heart failure. **His heart was 4x its normal size**, he needed continuous oxygen and was unable to walk the short distance from his hospital bed to the bathroom. **His cardiologist gave him 2-4 weeks to live!**

Don's daughter was a dialysis nurse in New Jersey who just happened to be treating a retired cardiologist. She mentioned her dad's bleak prognosis and the cardiologist said one thing: Get him on Co-Q-10! Don's wife Ilene came to our store and purchased Co-Q-10. Don began taking 300mg per day (I suggested what was back then, considered a very large dose) along with hawthorn extract capsules (the number one herb for heart strengthening).

The Amazing Results: A year later Don was feeling great and back to mowing the lawn and feeding his chickens! His cardiologist began referring to Don as **“The Miracle Boy.”** But we know it wasn't a miracle ... it was the Co-Q-10!

After reading Don's story several other customers with very serious heart problems experienced dramatic improvements by using Co-Q-10. We published those stories too. **Thanks again to the entire Razy family. They saved several lives by sharing his story.**



The Safe, Natural, Herbal Answer For Menopause Discomforts

Hot flashes, mood swings, nite sweats and other menopause symptoms may be common but that doesn't mean you have to live with them.

Transitions was formulated to not only soothe menopause symptoms but to also strengthen your adrenal glands. Stronger adrenals mean your body will produce more progesterone hormone which will help balance estrogen levels. Far safer than Hormone Replacement Therapy.

Sunshine Customers Give Transitions Two “Thumbs-Up”



The Answer For Women's Thinning Hair

With over 40 ingredients, **Hair ReVive** is the most complete formula Ridgecrest Herbs has ever created. It contains five separate nutritional, herbal and homeopathic complexes that address one or more of the five major causes of hair loss in women.

Fully Guaranteed: We're so confident you will be delighted with **Hair ReVive**, if after using 2 bottles as directed – 2 capsules twice a day for 8 consecutive weeks, you don't feel your hair is healthier, thicker, & more beautiful, show us your receipt & your empty bottles and you'll receive 100% of your money back...Simple as that!

Buy 1 bottle for \$47.98, get the 2nd bottle (the same day) for \$34. That's a full 8 week supply for \$81.98. You save \$38 off MSRP!

How Do We Know Sunshine CBD Products Work?

Because That's What You Tell Us!

Liquid Tinctures, Creams, Gummies & more, our **Green Earth Medicinals** brand of organically produced CBD is from State of Oregon certified low THC hemp and **will not make you “high”** but has other very impressive health benefits. Read the following results reported by our customers. Their full names, write-ups, and details are available in the store and on our website.

After Seeing What CBD Did For Her, One Woman Called It: “An Absolute Miracle With No Side-Effects”

*** Severe Bursitis Pain Stopped In Its Tracks After One Week's Use ... 72-Year-Old Grants Pass Woman**

*** 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**

Sunshine Has The Line Of Local CBD That Gets Results 10% Off thru Oct 26th



Why Buy The Best?

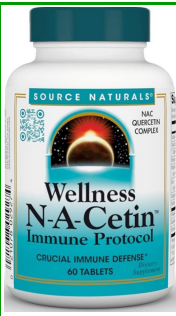
Green Earth Medicinals (GEM) CBD products are from organically grown State of Oregon certified low THC hemp plants. But their testing goes far beyond the state mandates.

Hemp can and does pull toxins out of the soil. So very much like mushrooms, hemp can be used to clean up toxic soil (soil remediation). Unfortunately the toxins then end up in the plants, so the source of your CBD medicine is very important.

GEM CBD is from southern Oregon farmland that was cultivated organically for many years 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.

Further, 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.

Sunshine Found The Brand Of CBD You Can Trust



With Colds, Flu, or Covid If Your Lungs Are Congested, This Is Serious Treatment

Source Naturals **Wellness N-A-Cetin** Immune Protocol delivers 7 powerhouse ingredients for crucial immune defense. Published research on the NIH PubMed website conclusively shows the exceptional effectiveness of the star ingredient in

this unique formula, NAC. NAC demonstrated its ability to loosen mucous in the lungs and reduce: hospital admission, mechanical ventilation, and mortality rate.

For anyone fighting viral infections, the other ingredients in the formula have been demonstrated to be very smart choices as well: vitamins, C & D, zinc, quercetin, and bromelain.

Of course Sunshine offers all these ingredients separately, but even with one-bottle simplicity, this unique formula offers true therapeutic level dosing of the most critical ingredients. I do not believe your doctor can offer you anything more effective. This formula is truly outstanding. Kudos to Source Naturals!



Moringa Hot Chocolate Extraordinarily Delicious Incredibly Healthy

Dairy-Free, Sugar-Free and packed with nutrients. Made with only 5 ingredients: the superfoods cacao and Moringa, chicory root, and non-dairy creamer made from coconut milk and tapioca.

each box contains
14 single serving
packets

But the BIG DEAL IS, ... IT TASTES GREAT!

Moringa has 17x the calcium of milk and 9x the protein of yogurt, is super rich in antioxidants, chlorophyll, iron and vit A.

CocoRinga (their name for this amazing product) has no added sugar. There are 1.8g of natural occurring sugar from the coconut and tapioca used to make the plant creamer and from the chicory root sap sweetener. There are only 10 g of carbs mostly from the fiber content, making it KETO friendly. **The cacao and Moringa actually help reduce glucose levels.** Caffeine-free and diabetic friendly.



The Healthiest Hot Chocolate You Will Ever Find!



**On Our Salad Bar New & Improved
Delicious, Refreshing, and Super Healthy,
Wakame Seaweed & Cucumber Salad**



**Sunshine Offers Curbside
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- SEE INSIDE FOR OCTOBER DETAILS -

Order Your 2024 Flu Shot Alternative NOW

74-Year-Old "Miracle Boy" Walks Out Of The Hospital!

Green Earth Medicinals October Sale On Everything



**Rob Pell,
owner at
Sunshine**

Need A Health-Related Guest Speaker For Your Group?

If you have a group of 15 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 will 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
- * Vets Helping Vets
- * JoCo Drug Court Parole program
- * JoCo Republican Women
- * The Grants Pass Lion's Club
- * Grants Pass TOPS group (Take Off Pounds Sensibly)
- * The Western Welcome Newcomers Club
- * Asante Hospital Auxiliary Members
- * The Breast Cancer Survivors group at the Asante Women's Health Center
- * Seventh Day Adventist Church in Rogue River

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