

Are Certified Organic Foods Healthier?

A big misconception about organic food production that many people believe is that the only thing organic farmers do is forgo the use of toxic chemical herbicides, pesticides and fungicides. Obviously, less toxic stuff in our life is good. However, that's only one consideration in the organic versus conventional discussion.

Before reviewing the positives of organics let me mention a serious major drawback of conventional agriculture that may not be obvious to everyone. One class of commonly used synthetic pesticide is systemic pesticides, which are either applied to the seeds, soil or leaves of a plant, and are then absorbed. This allows for the chemical to distribute throughout the entire plant and kill insects that feed on it, **but makes it impossible to wash off.** Tests conducted by the USDA on systemic pesticides and found that 74 percent of conventionally grown lettuce and 70 percent of conventional broccoli contained these pesticide residues, **that don't wash off!**



Organic farmers deserve our utmost respect and support

Along with forgoing toxic chemicals, the real work of organic farmers is the building and nurturing of strong healthy soil using organic composts, cover crops, and manures. The nutrient values of harvested food are linked primarily to the biological activity of the microbes, organic matter, and mineral composition of the soil along with the genetics and quality of the seeds. Living microbes in the soil break down (pre-digest) soil nutrients allowing plant roots to absorb more of them. Exhausted "dead" soils cannot produce truly healthy, nutrient-rich food. **Nutrient-rich, healthy, strong soil leads to healthy, strong crops. Healthy, strong crops, lead to healthy, strong people. Real health insurance should start with reestablishing and protecting healthy soil.**

Government authorities have been aware of these issues for nearly 90 years. President Franklin D. Roosevelt said: "A nation that destroys its soils destroys itself." A U.S. Senate report written, amazingly, back in 1936 stated: **"The alarming fact is that foods—fruits, vegetables and grains—are now being raised on millions of acres of land that no longer contains enough of certain needed minerals. These foods are starving us - no matter how much of them we eat!"**

Recent Studies Prove Organic Superiority

Organic Foods contain more vitamins, minerals, enzymes and micronutrients than conventionally raised food.

A meta-analysis published 2016 in the British Journal of Nutrition, found that organic dairy and meat contain about 50 percent more beneficial omega-3 fatty acids. This is the result of the traditional free-range method of animals foraging on grasses rich in omega-3s which then end up in dairy and meats, compared with modern methods that feed with grains to create abnormally fast weight gain.

Another meta-analysis published in 2014, in the British Journal of Nutrition, found that organic crops had 19% to 69% higher content of 6 different critical antioxidants. One specific example in a ten year comparison study of tomatoes conducted at the University of California, Davis, found that organic tomatoes have almost double

the concentration of the beneficial flavonoid quercetin, compared with conventional tomatoes grown on an adjacent field.

A study published in The Journal of Alternative and Complementary Medicine, compared the nutrient content in five common organic vegetables versus "conventionally" grown ones. In organic carrots, spinach, lettuce, potato and cabbage there was significantly more Vitamin C, Iron, Magnesium and Phosphorus and less nitrates than conventionally grown examples.

A 2019 study on dairy products had findings showing antibiotics were detected in 60% of conventional milk samples whereas organic samples did not contain antibiotics.

What About Prepared Restaurant Foods? ... Slogans Are Cheap.

There is no shortage of local restaurants who would like to bill themselves as a "healthier" option that have slogans and menu statements such as: "Food with integrity," "we use the finest ingredients available," or "we use organic when available," etc. I find these statements disingenuous at best. When I first got into the natural food movement 50 years ago, widespread availability of certified organic produce, eggs, dairy, chicken and beef options didn't exist. Fortunately, in 2025 organic options in every one of those categories are plentiful year-round. So **any restaurant claiming, "organic when available," is not being truthful if they are not sourcing and using nearly all organic ingredients year-round.** Frankly, they obviously recognize the superiority of organic foods (it's why they sometimes use the word organic in a limited way on their menus), they just have no actual commitment to organic beyond mouthing the word or occasionally using an organic ingredient or 2.

It took me years to realize the correlation that when I ate at certain restaurants I would wake the next morning with a sore throat that would last about half a day. I understand now that this phenomenon is almost definitely because, whether "cooking from scratch" or not, many restaurants use inexpensive, very low quality oils (non-organic, high heat and hexane extracted) in their cooking and especially salad dressings. A smarter choice when dining out is real olive oil and vinegar if available. When I travel and can't always eat high quality foods, I use a really good digestive enzyme capsule with my meal to avoid sore throats and indigestion.

Avoiding Unintended Consequences

Water Supply: Choosing organic protects the streams and lakes downstream from toxic runoff that conventional farming produces.

Cancer: Eating organic can reduce your risk of some cancers. A new study in JAMA Internal Medicine found that those who ate organic foods frequently lowered their overall risk of developing cancer. Specifically, **those who primarily eat organic foods were more likely to avoid non-Hodgkin lymphoma and postmenopausal breast cancer** compared to those who rarely or never ate organic foods.

Behavioral Issues: Avoiding food additives like artificial colors and preservatives can minimize behavioral issues, especially in children.

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Osteoporosis Reversed!

Judi's Success Story

77-year-old Judi Weinrich from Azalea was diagnosed with osteoporosis about 5 years ago. Her doctor prescribed Fosamax. Wisely,

Judie was very wary of the well documented potential side-effects associated with it and decided to not use it.

About 2 years ago Judi saw a success story in the Sun Times about a woman who got great results using an all natural formula to reverse her osteoporosis. She came to the store to ask about it, was shown the **Grow Bone kit from Garden of Life**, and decided to give it a try.

The Results: After using the product daily and following the label instructions carefully for 2 years her last **bone scans produced very impressive results: bone density increases in her left hip of 11.3% and 10.4% in the right.** Her doctor called the results statistically significant. I'd say so!

THE GROW BONE KIT from Garden Of Life

has been clinically tested and proven to:

- Reduce Osteoporosis Risk
- Stimulate Bone Growth
- Increase Bone Strength
- Increase Bone Mineral Density

One of the healthiest and surprising aspects of the **Grow Bone System** is that results are achieved by using about half the total amount of calcium that doctors often recommend. This is because it's highly bio-available, organic, raw-food derived calcium, accompanied by the optimal amounts of magnesium, boron, silica, strontium and vitamins K & D-3 – everything your body needs to absorb calcium & make strong bones.

Too much of the wrong kinds of calcium or insufficient supporting nutrients can cause bone spurs, kidney stones or possibly even hardening of the arteries. There are no such worries with the **Grow Bone System**.

There is no magic bullet for osteoporosis. **If you think that prescription drugs like Fosamax are all you need in the fight against osteoporosis you may wish to think again.** If lay people or doctors had the time to analyze clinical trial details they'd find that tests showed this class of drugs provided an "absolute" risk reduction for osteoporosis of only about 1% (compared to the meaningless advertised statistic of a 50% *relative* reduction). Side effects like jaw bone death (osteonecrosis of the jaw), blood clots, stroke, and heart attacks are shown to be around 4% combined. So **Fosamax provides a 1% chance of upside gain versus a 4% major downside risk.** I wouldn't put my money on those odds in Las Vegas.

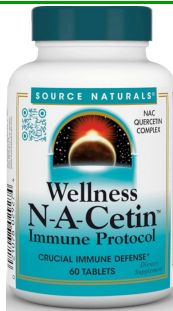
Judi is grateful she saw the Sun Times story about Grow Bone and was happy to share her good news with others.

Additional 10% Off Thru October 25th



Coconut Milk Yogurt Delicious and Dairy-Free

Incredibly rich and packed with 13 different probiotic strains. This is the highest quality, best tasting coconut yogurt we've ever had. At my house we all limit ourselves to about 2 spoonfuls a day because it's so expensive ... but so worth it! No added sugars



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

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!



Need A Health-Related Guest Speaker For Your Group?

Rob Pell,
owner at
Sunshine

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 Coronary and Pulmonary Patient Support groups at Asante
- * Vets Helping Vets
- * JoCo Drug Court Parole program
- * JoCo Republican Women
- * The Western Welcome Newcomers Club
- * Asante Hospital Auxiliary Members
- * The Breast Cancer Survivors group, 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.

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Farmworker Poisonings: Recent studies document elevated incidence of chronic diseases in farming communities linked to pesticides, including cancer, birth defects, learning disabilities, and other neurodegenerative disorders.

The Answer Should Be Obvious:

Humans (and all living things) were designed to run on organic foods. Any deviation from that comes with a long list of very negative consequences. Since that became clear to me I have been an ardent supporter of every link in the organic food production and delivery chain.

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. Flu often hits hard and sends you to bed

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 scientifically 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. Gummies, capsules, and syrup

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.

Quantum Organic Cough and TheraZinc Lozenges taste great & provide fast relief for cough and sore throat. They provide therapeutic doses of zinc with soothing slippery elm in cherry, lemon & honey, and elderberry varieties.



Blood Pressure Plummet, Largest Reduction Yet!

Lesse's Success Story

71-year-old Lesse Atkins from RR has always been a healthy, vibrant person. She jokes that her doctor seems disappointed that she has no need and therefore uses no prescription drugs.

Sadly, the loss of a family member recently changed that and her blood pressure shot up with readings as high as 180. Not wanting to treat with pharmaceuticals, she tried a natural remedy that had no effect. However, Lesse felt hopeful when she read success stories about blood pressure reductions in the Sun Times and came to the store looking for **Cardio-Tonic-BP from Natura** (an Ashland company).

The Results: In approximately 2 weeks Lesse's BP was down to 120/66 Amazing!

We are getting a lot of very positive feedback on this product with most people reporting BP reductions of 10-40 points and in Lesse's case, 60 points! It's an exceptionally well thought out formula that contains one ingredient I haven't seen anywhere else, Rauwolfia. From the 1930s thru the 50s this herb became extremely popular, especially in India for treating high BP and nervous conditions. Over 100 scientific articles were written supporting its use. It fell out of popularity when reports of adverse side effects surfaced (that were later proven to be erroneous). Kudos to Natura for including Rauwolfia in this highly effective formula.

Cardio Tonic-BP maintains healthy BP, strengthens heart muscle function, and promotes cardiovascular health. It features: **Hawthorn**, the most valuable tonic herb for maintaining a healthy heart, **Arjuna**, an herb that **Ayurvedic physicians have used** to support cardiovascular health for centuries, **Rauwolfia**, valued for centuries in India and Nepal to support cardiovascular health by influencing nerve impulses acting on the heart and blood vessels, **L-Citrulline**, a precursor to L-arginine, the amino acid essential for nitric oxide production which relaxes blood vessels to enhance healthy blood flow, **Magnesium** helps keep heart rhythm steady, **Olive Leaf**, **Forskolin**, **Grape seed extract**, **Ginger**, **L-carnitine** and a lot more.



Natura Health Products, is highly respected among integrative and functional medicine practitioners for its unwavering commitment to excellence in dietary supplements. Stringent third-party testing guarantees the highest quality and safety of each formula. Every capsule embodies their commitment to transparent quality and your peace of mind.

Natura founder and master formulator, Donnie Yance, is considered one of the world's foremost herbalists.



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- SEE INSIDE FOR OCTOBER DETAILS -

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Is Organic Food Healthier? The Data Is Conclusive

2025 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 to late 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 23 years experience with it & we'll help make sure you use it correctly.

To Guarantee October Delivery Of The Updated 2025 Formula, Call Or Come In And Place Your Order Today



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