

Stay Happy This Winter

November's shorter days and cooler nights, have humans and other living creatures naturally hunkering down preparing for winter. We receive much less sunlight in winter which means our production of vitamin D-3 will be greatly reduced. Reduced sunlight, less physical activity and less fresh air, are likely reasons some of us fall prey to S.A.D. (seasonal affective disorder), a type of depression that can zap our energy and make us feel moody.

One in ten Americans now take prescription antidepressants, an increase of 400% in the last 20 years. However, according to Journal of the American Medical Association, they often work no better than placebos. Plus, antidepressant side effects are often significant and discontinuing use is often extremely difficult. Fortunately there are many simple, low cost steps you can implement to **stay healthy and happy through the darkness of winter.**

Upon moving to Oregon 29 years ago, my first few months of adjusting to GP grey winter skies was personally challenging. Around that time a recently widowed customer came in the store experiencing depression. She was wearing a dark dress and a long black overcoat. I thought: her color choices **cannot** be helping her situation and I began to study the emotions of colors. Turns out **it's well documented that yellow is associated with mental clarity, optimism, self esteem and inspiration.** This can benefit us by improving mood, memory and concentration while increasing confidence, curiosity and courage. I bought a couple of bright yellow sweatshirts and became a believer. Wearing yellow provides me with more, bang-for-the-buck, side-effect free, mood enhancement than any patented prescription ever would.

Mention this article and be the 7th person to spend \$24 or more and you'll get a Sunshine-approved, yellow 2024 sweatshirt or fleece vest, ABSOLUTELY FREE!

More Wintertime Mood-Enhancing Tips

Research shows that physical exercise is at least as good as antidepressants. This is due to a brain chemical we naturally produce known as brain-derived neurotrophic factor (BDNF). BDNF is a critical factor in mood and cognition. Nothing protects the brain more than exercise because we make the most BDNF while exercising. Just one infusion of naturally produced BDNF into the brain is sufficient to induce a relatively rapid and sustained antidepressant-like effect. **Exercise appears to be our most underutilized anti-depressant.**

Check your meds. If you have any tendency toward depression, you may want to avoid tranquilizers, sleeping pills, narcotics, and even antihistamines. Even the rebound effects from alcohol and marijuana can be very concerning for people leaning towards depression.

Don't skip meals. Keeping blood sugar stable reduces mood swings. Smaller, more frequent meals with a little higher protein and fat help stabilize blood sugar.



- See Inside -

**Lion's Mane 4x Back In Stock w A New Low Price
On Sale, Our Best Co-Q-10 ... Now 30% Off
Our Most Popular Formula For Stress & Anxiety**

Stay Happy continued:

Cut caffeine. Addiction to coffee and other forms of caffeine often interferes with normal moods and brain serotonin (a primary feel-good hormone) levels."

Reduce your intake of sweets. Sweets temporarily make you feel good as blood sugar levels soar, but may worsen mood later on when sugar levels plummet.

Eat a serotonin-enhancing diet including: wild salmon, sardines, herring, mackerel, and anchovies, which are even higher in omega-3 fatty acids than other fish.

People living in darker northern latitudes suffer from S.A.D at 10x the rate as those in sunnier southern latitudes. However, countries in northern latitudes with the highest per-capita fish consumption, have the lowest rates of S.A.D. Since fish contains large amounts of vitamin D but has become very expensive, it's quite likely that supplementing with 5000 I.U. of vitamin D-3 daily, can help substitute for our missed sun exposure when it comes to preventing seasonal mood swings.

Acupuncture has proven itself to be very useful in treating mood disorders, including depression.

Chapter 14 of my book **Wellness Uprising** contains a comprehensive list of mood-enhancing supplements & strategies.

Eating right, regular outdoor exercise, inexpensive natural supplements, including vitamin D-3, and wearing YELLOW is my basic Rx for staying happy and healthy all winter.



Relief From Years Of Joint Pain

Abel's Success Story

71-year-old Abel Chacon from GP was a letter carrier for 35 years. The daily work load took its toll on his hips and knees as pain and stiffness became his daily norm. Abe's doctor gave him cortisone shots and later a prescription for oxycodone. Unfortunately he became addicted and spent \$35,000 on rehab getting clean.

Abe's ex-wife is a Sunshine customer, For his joint pain she suggested that he try a joint health and mobility formula that worked well for her, **JTL Mobility from Natura**, an Ashland company. It took him awhile to decide to give it a try.

The Results: Abe took double the label dose the first week and in 4-5 days began to experience significant relief. He can now get in and out of chairs with no pain! After driving to Medford his knees are no longer stiff when he exits the car. Abe is walking a lot better and said he now wishes he'd listened to his ex-wife sooner.

JTL (Joints, Tendons, Ligaments) is a unique blend of powerful anti-inflammatory herbs with the added rebuilding qualities of salmon collagen and green lipped muscle that help to nourish joints, tendons, and ligaments.

Created by Donnie Yance, one of the world's most gifted herbalists, Natura's innovative formulas are distinguished by their exceptional grade of purity, potency and effectiveness.

JTL Mobility is the formula preferred by many hundreds of Sunshine customers for treating their joint and mobility issues.



Nourish Your Heart With Sunshine's Best Co-Q-10

There have been at least 8 international conferences on the clinical aspects of Co-Q-10 with 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.

Ubiquinol is more effective than regular Co-Q-10 because it does not need to be converted by the body to be absorbed, it's body-ready and shown to have 2-4x greater absorption than conventional Co-Q-10.

30% Off Msrp On Ubiquinol Thru Nov 23rd
Combine It With The World's Best Heart Strengthening Herb, Hawthorn, And Get 30% Off That Too!



Fast, Gentle, Relief For Stress And Anxiety

Theanine Serene Has Been A Sunshine Superstar For Over A Decade

Theanine Serene from Source Naturals contains L-theanine (from green tea leaves), to support relaxation and focused attention, the calming neurotransmitter GABA, and magnesium to support muscle and nerve relaxation. Taken before bed it allows your body and mind to gently unwind, facilitating peaceful sleep without using any sedative herbs. Because this formula contains no sedatives, it's also very good for daytime use on an as-needed or ongoing basis to help balance daytime stress and anxiety.

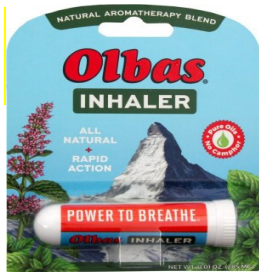
Theanine Serene Continues To Be Very Popular For One BIG Reason – It Works!

25% Off Msrp Thru Nov 23rd



Back In Stock, Lion's Mane 4x New Everyday Low Price ... 1/3 Less!

The Number 1 Choice Of Sunshine Customers For Maintaining and Improving Memory And Neurological Function



Olbas All Natural Pocket Sized Inhaler

When you can't take an essential oil diffuser with you, take the power to breathe anywhere. Fast-acting, vapors of menthol, peppermint, eucalyptus and cajeput help open nasal passages providing an immediate, fresh, clean feeling in the nose, sinuses, and lungs. Especially helpful in low humidity environments created by indoor heating systems that dry out sinuses.

Great For Home, Office, School, And Airline Travel



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Cough Or Sore Throat? Sunshine Has The Lozenge For You!



Quantum Cough Relief Organic Lozenges are a must during the winter & back-to-school seasons when your throat needs soothing and your cough needs quieting - highest quality ingredients.

Quantum TheraZinc Organic Lozenges provide 7 mg per drop of highly bioavailable zinc. Formulated to eliminate the zinc taste of most traditional zinc lozenges.... **Powerful Relief**

If you value the information you and your family receive from the Sun Times & our staff, please make Sunshine your first stop or call for organic foods, supplements, and natural health products.