

## Stay Happy This Winter

December's shorter days and colder nights, have humans and other living creatures naturally hunkering down to endure 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 your energy and make you 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 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 27 years ago my first few months of adjusting to GP gray winter skies was personally challenging. One day a recently widowed customer came in the store complaining of 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 could.

**Mention this article and be the 7<sup>th</sup> person to spend \$23 or more and you'll get a Sunshine-approved yellow 2023 sweatshirt or fleece vest, Absolutely Free!!!**

### More Wintertime Mood-Enhancing Tips

**“Check your meds.** If you have any tendency toward depression, you may want to avoid all tranquilizers, sleeping pills, narcotics, and even antihistamines. Even the rebound effects from alcohol and marijuana can be dangerous 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.

**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 they 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.”



### - See Inside For Holiday Savings -

Genuine Hydroflasks ... 20% Off

Essential Oils and Diffusers ... 20% Off

Man Finds Relief From Years Of Gut Pain

### Stay Happy continued:

**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.

**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 the most underutilized anti-depressant.**

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 Yellow** is my basic Rx for staying happy and healthy this winter.

**Sunshine Store-wide Gift Certificates  
Are Available In Any Denomination**

## Rice Cakes Have Come A Long Way!

No More Bland And Boring

Today's Rice Cakes Are Exciting And Delicious!



Great alone or with almond or peanut butters for a quick and easy breakfast or high nutrition snack. Amazing that the Lundberg choices have only 1 gram of added sugar per serving. Great before or after school, work, or a trip to the gym.

These Are Not Your Grandmother's Rice Cakes!



**Year End Sale ... 20% Off  
Genuine Hydro Flask  
Piping Hot Or Icy Cold, The Best  
Insulated Drink Bottles Available**

Hydro Flask offers the lightest weight, double wall stainless steel vacuum insulated bottles available. Even the tops are insulated. A wide variety of colors and styles are available.

Hectic morning getting in the way of coffee time? No problem, in a Hydro Flask it'll still be piping hot when you're ready.

**Guaranteed: No Condensation Or Heat Transfer  
To The Outside Of The Bottle, Ever!**



Perfect for cold & flu season

**A Very Healthy Alternative To  
Synthetic Room Fresheners and  
Scented Candles**

**20% Off Ultrasonic Essential Oil Diffusers**  
Very Easy And Safe To Use

**20% Off Now Brand Essential Oils**  
When Purchasing 3 Or More

**On Sale Thru December 24<sup>th</sup>**



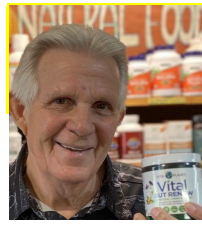
Free DELIVERY

**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. 541.474.5044

## Chronic Gut Pain ... Gone!

Jim's Success Story



74-year-old Jim Ledwick from GP suffered from lower gut pain for several years. Doctors performed a battery of tests that were inconclusive and came away scratching their heads. They had no idea of the cause or a solution.

Jim came to Sunshine with his problem and Nette showed him **Vital Gut Renew**. Jim decided to give it a try. He followed the directions. On an empty stomach in the morning he used 1 scoop stirred into a glass of water.

**The Results:** Within days Jim's pain was gone. He then used it every day for several months until his discomforts were barely a memory. Jim then started using it every other day. However whenever he lets his supply run out and doesn't use it for several days, unfortunately his discomforts return.

**Jim said: "It boggles my mind how well this product works. It's nothing short of a miracle."**

**Vital Gut Renew** from Vital Planet is an advanced formula created to help soothe and heal the gut by providing added support to help the body rebuild and strengthen healthy cells lining the intestinal wall. It combines L-glutamine, a naturally-occurring amino acid, with time-honored herbs to promote optimal digestive function.

**Vital Gut Renew was also formulated to address Leaky Gut Syndrome**, a serious and all-too-common health concern. Leaky Gut can be caused by repeated exposures to foods and medications that a person may be sensitive to which causes chronic inflammation, damage, and thinning of the intestinal wall. Also known as Increased Intestinal Permeability, Leaky Gut can compromise your health by allowing undigested proteins into the bloodstream causing allergies, fatigue, and a weakened immune system.



**Sunshine Superstars For  
Head, Chest, Cough, & Cold Relief**

**Lung & Bronchial Tonic** from NATURA eases chest congestion, relieves acute and chronic coughs, soothes, nourishes, and enhances the respiratory tract. Can provide serious help even for COPD. **Promotes free breathing. A clear Sunshine Superstar!**

**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 health & lymphatic drainage. Use for swollen glands or tonsillitis. **If your first cold symptoms are in your throat, this is the formula to use.**

NATURA is an Ashland Ore. company known for innovative formulas distinguished by exceptional purity, potency, and effectiveness.

