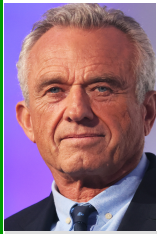


When Science Turns Political

For decades, anti-fluoride, clean drinking water health advocates have been portrayed by mainstream media as fringe conspiracy theorists. That all changed in late September. After an 8-year legal battle, a federal court ruling may put an end to fluoridating public water supplies and marks a pivotal point in the campaign to convince the public and policymakers of the fluoride's dangers for pregnant women, children's developing brains, and myriad other negative health outcomes. After reviewing extensive expert testimony and mountains of evidence, District Court Judge Edward Chen (an Obama appointee) found the levels of fluoride added to US water supplies present an **“unreasonable risk that fluoridation could cause neurological and developmental damage and lower IQ in children, at levels to which the public is generally exposed in drinking water.”** Other possible side effects include: increased risk of bone fractures in the elderly, fluorosis of children's teeth and bones, and lots more. Judge Chen ordered the EPA to perform a risk assessment that is among the first steps in setting fluoride restrictions under the Toxic Substances Control Act.



RFK Jr

Water fluoridation began in parts of the US in 1945, though the recommended levels have since been lowered due to health risks. According to the CDC, fluoride strengthens teeth and reduces cavities by replacing minerals lost during normal wear and tear. Dentistry groups say it protects young children's gums and developing teeth. However many dentists agree that the optimum way to use fluoride to protect teeth is through topical application, not through ingestion.

About 70% of the US now has fluoride added to its drinking water. Most of Europe, Japan, China, and Russia do not. The State of Hawaii and several major US cities have opted out. The people of Portland OR. have voted against fluoride in their water three times in the last several decades, most recently in 2013 to overturn a unilateral action from their city council that tried to reintroduce it to their water.

The controversy has not been limited to conspiracy theory **“health nuts.”** Mainstream scientists like Linda Birnbaum, a former head of the EPA's toxic chemicals program, came out in support of ending fluoridation, and some government agencies over the last several years also found unreasonable risk. Incredibly an American Pediatric Association official during the recent court case said she would not oppose fluoridation even if it reduced IQ by five points for 10% of the population!

After the recent court ruling, four water systems, including that which provides water to Salt Lake City, have stopped or suspended fluoridation. Despite the court win, Michael Connert, lead attorney in the case for Food and Water Watch said he did not expect support for fluoridation to immediately vanish. He said: “regardless of the evidence, there's a scientific paradigm and deep beliefs that exist that say fluoridation is safe and effective, and that doesn't just go away overnight,”

Even if fluoridated drinking water is beneficial (a lot of scientific evidence shows the risks far outweigh the benefits), **the big problem of dispensing fluoride through the water supply is that it's nearly impossible to carefully control appropriate dosing.** In hot, dry climates, especially during summer, people could be getting 3 or 4



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times the dose when more water is consumed as they would during the winter when people (myself included) sweat and drink far less. Also when water is boiled for cooking, the fluoride doesn't dissipate, instead it accumulates creating a greater concentration. Further, small children typically drink more as a percentage of their body weight and could be receiving dangerous doses on a hot summer day.

One big question I feel has never been adequately addressed is why was fluoride chosen as the only “health promoting” supplement to be added to our water? There's abundant scientific evidence that: vitamin C is generally healthy, zinc and vitamin D help prevent colds, flu and even Covid, and calcium can help keep bones strong. Why aren't those substances added to our water supplies? Personally, I feel that our water should be as pure and additive-free as possible. People should have the right to add supplements or not, as a matter of personal choice.

Pure Science Turns Political

The recent science-based legal ruling was the culmination of several decades of controversy and an 8-year courtroom battle. It received a moderate amount of coverage from mainstream news for a few days until ... president-elect Donald Trump's newly nominated Dept of Health and Human Services Director, Robert Kennedy Jr., publicly agreed with Judge Chen and released a statement saying: “On January 20, the Trump White House will advise all U.S water systems to remove fluoride from public water. Fluoride is an industrial waste associated with arthritis, bone fractures, bone cancer, IQ loss, neurodevelopmental disorders, and thyroid disease.”

That was all it took for any and all left-leaning mainstream media outlets to begin screaming in unison that fluoride was nearly as pure as mother's milk, American as apple pie, and that Kennedy must be deranged for suggesting that all Americans should have free choice over adding a controversial supplement to their drinking water.

Continued on page 2, left column



Relief From Chronic Muscle Cramps Tawrin's Success Story

47-year-old Tawrin Verrett from Sunny Valley had experienced muscle cramps in his lower legs for about 2 years. The calf cramps would not come and go sporadically, sometimes they would lock on for days. The number 1 cause of muscle cramps is dehydration, but Tawrin often drinks nearly a gallon of water per day so obviously that wasn't the cause. The number 2 cause is often, insufficient magnesium.

Tawrin tried several natural remedies looking for relief with no luck. Then he came to Sunshine and was shown a product called **Charleyhorses**, from Independent Nutrition Company (INC), a Eugene company. It is formulated specifically to address muscle cramps. He decided to give it a try.

The Results: With a 2-day calf cramp locked on Tawrin took 2 Charleyhorses capsules and in less than an hour his calf relaxed and the cramp was gone! He now takes the recommended dose daily and his muscle cramps are a very rare occurrence.

Charleyhorses is a synergistic blend of 3 key ingredients that has proven by hundreds of Sunshine customers to be a miracle cure for preventing muscle cramps. Magnesium, potassium, and taurine have been carefully formulated to address the cause of most muscle cramps.

Magnesium is needed for over 300 chemical reactions in our body. As we age our body's ability to absorb magnesium often diminishes. Chronic muscle cramps can be an early warning that our magnesium levels are low. In addition to preventing muscle cramps, supplemental magnesium can help us manage stress, reduce blood pressure, and improve sleep. While the Charleyhorses formula targets muscle cramps, it can provide the magnesium needed to create many other benefits. INC does not use any toxic binders, fillers or excipients.

Charleyhorses On Sale ... 10% Off Thru December 21st



Organic Smart Chicken is incredibly healthy, juicy, & delicious

Smart Chicken Is The Healthiest, Juiciest, Most Delicious Chicken You've Ever Tasted ... Guaranteed!

Whole birds, breasts, thighs, drumsticks, wings, bone-in or boneless, with or without skin. Order your favorites now to be well-stocked for holiday dinners.

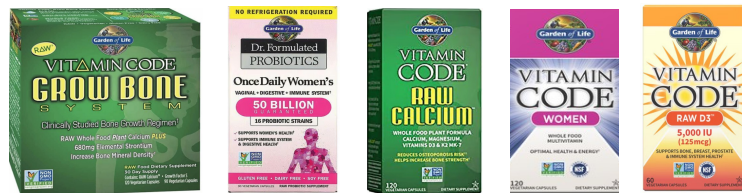
Save 10% By Pre-ordering By The Case

Science Becomes Political continued:

For over 3 decades Kennedy has been one of the most effective environmental lawyers in the country working diligently to hold Monsanto, Pfizer, and other large corporations accountable for deadly chemical products, air and water pollution, and toxic chemicals like mercury and aluminum that have been added to vaccines. The science presented in Judge Chen's courtroom supports Kennedy's long-held views on fluoride. Mainstream media has used his statement in favor of "letting the science speak," as a way to launch a clearly partisan attack. Politics aside, I'm grateful Kennedy has had the courage to stand up for us and our children for the last 3 decades and continues to do so now.

Note: Fluoride is not currently added to municipal water supplies in S. Oregon.

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The primary immune enhancing compound, Beta Glucan, is optimized using water extraction. The primary cognitive enhancing phytonutrients erinacines and hericenones, are optimized using alcohol extraction. Just using alcohol as a solvent would destroy most of the beta-glucans. **Dual Extraction delivers unrivaled potency for immune & cognitive enhancement unmatched in the marketplace.**

Made from 100% fruiting body, never the mycelia (roots), with no grain-based fillers. Sourced in the USA, Canada, and Scotland.

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Vitamin D-A-K is a premium blend of highly bioavailable forms of vitamins D, A and K. Vitamin D, vitamin K, and carotenoid complex A are known for their vast array of health benefits, especially in boosting the immune system and increasing calcium being assimilated into our bones. Naturized Nutrients® are produced through a proprietary manufacturing process that converts isolated nutrients through fermentation into a postbiotic whole food complex, resulting in optimal absorption, assimilation, and utilization by the body.

Taking extra Vitamin D makes a lot of sense in the winter when we get insufficient direct sunshine for our bodies to manufacture it.

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