

New Year's Resolutions

Out with the old and in with the new. Approximately 80% of New Year's resolutions are health related, so who better to offer New Year's resolutions than a health writer? First, let's prioritize. Is it really important or healthy to obsess about losing weight back to your college, high school, or (depending on your level of neurosis) middle school weight? No, it's not. True health is about optimizing your well-being by balancing your physical, emotional, and spiritual needs. A few (or even several) pounds and inches here and there have little impact on that. Carrying around significant extra weight however has definitely proven to make people more susceptible to many negative health outcomes. Be smart and realistic, not obsessive while being kind to yourself.



Here are six suggestions for free resolutions that can profoundly impact your life, both short and long - term. Post this on your fridge and implement one or more. Reading it monthly will very likely prove to be beneficial.

1) Every day be grateful for something - a splash of winter sunshine, the deep warmth of a cup of hot tea (or even the fact that you can afford tea), a supportive family member, a pet who greets you at the door, or an act of kindness or respect to or from a complete stranger ... at least once a day find a reason to be truly grateful. Interestingly, the science on this is quite clear. Dr. Martin Seligman, former president of the American Psychological Association, published results of carefully controlled trials that showed the stronger the act of appreciation or kindness, the bigger the impact on feelings of personal well-being.

2) When you arrive home from your daily foray into the world, remove your shoes and wash your hands and face. This can go way beyond the hygienic benefits. It helps wash away the trials and challenges of the outside world allowing your home to be your sanctuary. At home it becomes safe to pull back and go inward for a few (or more) peaceful moments of reflection and meditation to help you recharge and focus on your well-being at the deepest levels. Settle in and be at peace with yourself in your own home.

3) Chew each mouthful 50-60 times or until the solids liquify. Chewing your food properly is an essential part of the digestive process. Thoroughly exposing food to the enzymes in your saliva begins digestion. Chewing also greatly increases the surface area of the food and allows greater exposure to digestive juices in the stomach that will further break it down.

But far beyond the science of chewing is the feeling of gratitude. While chewing, reflect on all the forces that brought the food to you, especially the farmers. I don't know a single organic farmer who is getting rich by growing vegetables for us. They do it for us every year - wet, dry, hot, cold, - no matter what each year's unique challenges are, organic farmers grow great food primarily because they truly love doing it (remember that organic farmers virtually never get any government subsidies). There are so many reasons to be grateful for all the links in your food chain.

One New Year's Resolution That Benefits All The People, Pets, & Plants In Your Home ... And It's Easy To Keep

We seldom think about environmental toxins being where we spend most of our time, **inside our own homes.**

Make 2026 the year you resolve to use this safe, effective, super-economical, Sunshine recipe, citrus anti-bacterial household cleaner. You won't need to open doors and windows or run vent fans after using this essential oil based disinfectant. Customize the recipe to fit your preferences.

1 cup white vinegar
7 oz water
1 tsp biodegradable dish soap
10 drops orange essential oil
8 drops of tea tree essential oil
or
8 drops Now Brand Nature's Shield



Add ingredients to a 16 oz spray bottle, shake & use. Your house will be squeaky clean, fresh, & safe.

Essential Oils On Sale Thru Jan 20th

New Year's Resolutions continued:

4) Deep belly breathing is important. Shallow upper chest breathing stimulates the body's natural 'fight or flight' response - which is when adrenaline kicks in to help deal with a stressful situation. Just taking a few deep belly breaths will help you leave the fight mode and make you instantly calm and more in touch with your most heart-felt realities.

5) Deep restful sleep is one of the pillars of our health and well-being. Benjamin Franklin said: "one hour of sleep before midnight is as valuable as two after midnight." Studies have shown that those who chronically get less than seven hours of sleep a night are three times as likely to develop the common cold compared to those who routinely get eight hours or more of sleep. We should strive to be finished eating 2-3 hours before bed for deepest levels of physical, emotional, and spiritual rejuvenation overnight.

6) Moderate regular exercise like a brisk walk, especially in fresh air, is good for the heart, reduces cholesterol and blood sugar, improves mood, reduces stress, improves sleep, clears the mind and strengthens bones. If humans were given an "owners manual" at birth, walking would probably be included for routine maintenance of every body system. No fancy spandex or gym memberships needed, just a good pair of shoes and enough will power to put one foot in front of the other.

Walking is probably the simplest and least expensive (usually free) form of regular exercise and it is only one example. Choose any activities you enjoy doing that also elevate your heart rate, and try to do them at least three or more times per week.

Happy New Year from the Sunshine team!



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



*boneless,
skinless, grilled
breast*

Organic Smart Chicken Is The Healthiest, Juiciest, Most Delicious Chicken You've Ever Had, Guaranteed!

Save 10% By Pre-ordering A Case At A Time

Organic whole birds, breasts, thighs, drumsticks, wings, bone-in or boneless, with or without skin. Certified organic **Smart Chickens** have free access to green pasture land and are raised without exposure to pesticides, herbicides or synthetic fertilizers.

Further, Smart Chicken introduced to the US an **Air-Chill technology that makes a HUGE difference in taste, juiciness and safety.** Conventional methods chill with chlorinated water that is absorbed by the chicken. Unfortunately, this breaks down the meat, dilutes the natural juices and can cause cross contamination. Smart Chicken Air-Chill processing tastes better. Once you try it, you'll never go back.



The Best Ground Beef In Town Lowest Prices Ever, Thru Jan 24th One Pound Packages From L&R Family Farm

Local grass-fed beef born and raised on a 160 acre certified organic ranch in the foothills of the beautiful Siskiyou mountains. The ground is a 85% lean - just enough fat for outstanding flavor. The cows roam free from pasture to pasture on their small family ranch. This is some of the most delicious and sustainable beef available anywhere in the world. **If you like eating meat, you'll love it!**

**ON SALE! \$7.25/lb You Save \$1/lb
\$6.75/lb For 5 Or More Pounds
Maximum, 10 lbs Per Family**

Two Great New Products From New Chapter Are On Sale

Shatavari Force

Clinical Strength Menopause Relief



Shatavari ia an adaptogen herb that's been used by women in India for centuries to enhance fertility in younger woman and to balance hormones and relieve menopause discomforts in later years.

For Menopause Shatavari Helps To:

- * Reduce hot flashes & night sweats
- * Improves depth and duration of sleep
- * Reduces feelings of fatigue
- * Relieves stress and anxiety

In a double blind placebo controlled trial after 1 month, 80% of participants were either satisfied or very satisfied with the effectiveness of Shatavari for treating menopause symptoms. After 2 months that percentage rose to an even more impressive, 84%.

Daily Skin Renewal

Potent Nutrients For Glowing Hydrated Skin

- * Reduces fine lines and wrinkles while supporting skin hydration
- * Boosts collagen support for long-term skin health
- * Preserves skin hydration & elasticity
- * Long-term skin resilience with Clinical Strength Astaxanthin plus vitamins A,C,E fermented high-absorption Zinc and organic collagen



On Sale New Chapter Men's or Women's Real-Food One-A-Day Multivitamins



New Chapter's real food derived multivitamins are processed to provide nutrients in a form your body can recognize and absorb, just like food. They contain all the necessary enzymes and co-factors for complete assimilation.

Available in 3 sizes and in formulas customized for three different age ranges: **Regular, 40-plus, and 55-plus formulas.**

Most vitamins need to be taken with food, but New Chapter vitamins *are* whole-food fermented, making them easily digestible even on an empty stomach.

Available in 3 sizes

For 35 years New Chapter has delivered industry leading standards for products. Their commitment to Non-GMO and Organic sources is second to none. Further New Chapter is a certified "B" corporation which means that they define success in holistic terms that encompass not just profit, but transparency, people, community and the Earth.

**All New Chapter Products On Sale
Including Wholemega and Zyflamend
25% Off Msrp Thru Jan 31st**

Major Health Crisis Is A Wake-Up Call

Kurt's Success Story



Reducing Blood Pressure, Blood Sugar, & Cholesterol Naturally

62-year-old Kurt Shelton was diagnosed with high blood pressure 15 years ago. His doctor prescribed Lisinopril which brought his readings down close to normal. But for the last 5 years it was up to 140-160.

About 6 months ago Kurt had a mini-stroke and when he went to the ER his BP was 227/127. Kurt decided he needed to make wholesale changes with how he addressed his health. Initially Kurt's doctor tried to dissuade him from relying on natural formulas and dietary changes saying they would be too complicated for him to manage. Undeterred, **Kurt immediately gave up eating white sugar and significantly reduced his carb intake. He lost 60 lbs** and with the Lisinopril his BP came down to 136/90 and his blood sugar went from 105 down to 90.

Kurt's doctor also prescribed a statin drug to reduce his cholesterol. Instead Kurt came to Sunshine looking for natural alternatives to the drugs his doctor wanted him to use. He was shown **Cardio Tonic-BP** to reduce his blood pressure and **Healthy Cholesterol** to address his cholesterol numbers. Kurt decided to give them a try.

The Results: Adding **Cardio Tonic-BP** to his originally prescribed dose of Lisinoprol, dropped his BP to 106/69, actually too low, so in consultation with his doctor Kurt cut the Lisinopril dose from 40 mg every day down to 20mg every other day. He loves this because fewer pharmaceuticals = fewer side-effects. He plans to completely eliminate the Lisinopril very soon. After taking the **Healthy Cholesterol** formula his total cholesterol dropped by 20 points.



His doctor said: "this is fantastic, keep doing whatever it is you're doing." Kurt is really happy he's well on his way to being drug-free and naturally healthy.

Healthy Cholesterol (a formula created by Rob Pell) is a synergistic blend of proven cholesterol fighters in a convenient 3-a-day formula. At Sunshine we're seeing a success rate greater than 90% with most customers reporting cholesterol reductions of 30-70 points in 4-12 weeks with no side-effects.

We are so confident Healthy Cholesterol will safely and effectively work for you, we offer a complete satisfaction full money back guarantee. *

In contrast, using powerful cholesterol lowering statin drugs alone far too often results in debilitating short and long term side effects. Statin drugs are well-documented to diminish our bodies' ability to make Co-Q-10 and all of our muscles, especially our hearts need Co-Q-10 to process oxygen for energy. Drug companies know that large doses of Co-Q-10 should be added to statin drugs for safety. In fact some own patents on their statins combined with Co-Q-10 added but they never manufactured them, possibly because they don't want to call attention to the inherent dangers of their artificial statins.

Healthy Cholesterol Regular Price \$28.98 Per Bottle
On Sale Thru January 31st

Buy 1 Bottle, \$26.98: Save \$2
Buy 3 Bottles, \$76.94: Save \$10
Buy 5 Bottles, \$144.90: And Get 1 Bottle Free!



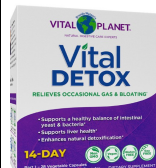
See more about Cardio Tonic-BP on the back page.

For A Fresh Start in 2026 Four Vital Planet Cleanses

To gain maximum benefit from any of the following cleanses, eating lighter and less for the 14 day duration is highly advised. Finishing your evening meal at least 3 hours prior to bedtime will help create optimum liver and kidney detox benefits.



Vital Cleanse is a gentle, yet thorough, 2-part, 14-day system featuring ingredients traditionally used to eliminate waste and impurities from the body. Helps relieve constipation. Supports full body natural detoxification & elimination function.



Vital Detox is a 2-part, 14-day system containing ingredients traditionally used to purify the blood, support liver health and create a balanced intestinal environment. Helps relieve occasional gas & bloating.



Vital Candipure is a targeted, 14-day yeast cleanse designed to maintain a healthy balance of intestinal yeast and a healthy urinary tract. Symptoms of yeast imbalance may include fatigue, brain fog, sugar and carb cravings, headaches, yellow coated tongue and vaginal yeast imbalance.



Vital Parapure is a targeted, 14-day microbial cleanse that promotes a healthy balance of intestinal microorganisms. Parasite symptoms may include abnormal bowel movements, a bloated belly, itchiness, dark circles under eyes, teeth grinding at night, sugar cravings and abnormal weight loss.

Great For Daily Regularity ... Two

Exceptional Vital Planet Fiber Formulas



Organic Vital Fiber is a great tasting, daily fiber formula that contains mostly insoluble fiber from Organic Flax, Pea, & Hemp Fiber, the type most known to promote bowel regularity to support elimination of waste & toxins. Non-gas & bloating formula. 13 grams of organic fiber per serving

Organic Prebiotic Fiber 35 is formulated with 35 Organic fiber sources. To create a diverse microbiome, we need to feed the good bacteria in our gut with a highly diverse array of prebiotics. Research indicates we need 30+ sources of fiber weekly to achieve this. No other fiber product offers this diversity of daily fibers.



20% Off Msrp Vital Planet

Cleanses and Fibers Thru Jan 24th

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There are 2 easy ways to access our newsletter archives on the store website. Use the link below on your phone or computer or use the QR code on your phone.

sunshinefoodandvitamin.com/newsletters/





Blood Pressure And Heart Rate From Dangerous To Normal

Robert's Success Story

On a visit to the dentist 63-year-old Robert Sealy from GP was informed that his blood pressure was 170/105. And his heart rate was 120 bpm. A persistent resting heart rate of 120 is extremely dangerous. The dentist refused to perform the procedure.

Robert came to Sunshine looking for suggestions and was shown Cardio Tonic-BP from Natura. Based on the success other customers had experienced, he decided to give it a try.

The Results: Before he even finished the first bottle Robert's bp was 125-130/78-85. Equally impressive, his heart rate measured in the mid 60s. Robert is a happy camper and said: "this stuff really works!"

We get a lot of very positive feedback on this product with a large majority reporting BP reductions of 10-40 points. It's an exceptionally well researched 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.

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

Customer Testimony Of The Month

"I really appreciate the newsletter every month. I live in Trinidad, CA but stop by whenever I'm in town and also order my supplements over the phone. The soups and deli are great too!"

Peter Martin



Sunshine Offers Curbside Pick-up, Free Delivery Within Grants Pass, and Free Shipping Anywhere In The US

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- SEE INSIDE FOR JANUARY DETAILS -

Non-Toxic Household Cleaner For Pennies Per Gallon

Losing 60 lbs, Lowering Cholesterol, BP & Blood Sugar

Cleanse, Purify, And Reset For 2026

84% Success Rate Relieving Menopause Symptoms



Hot Organic Soup

**Every Day On The Sunshine Buffet
From 10:30 – 3:30**

Organic coconut curry with chicken

During the winter we typically offer 2 delicious organic soups every day. One will always be vegan, the other will usually feature organic chicken. We know of no other GP restaurant that's committed to all organic when it comes to soups. Our soups are almost always gluten-free.

The Organic Soup Menu Changes Several Times A Week.

Some of our vegan offerings include: Tuscan Lentil Minestrone, Coconut Curry w Red Lentil, Garbanzo w Squash and Ginger, and our renown Split Pea, which are all vegan. **Chicken soup choices include:** Lemon Chicken w Rosemary Rice, Spanish Tomato Rice w Chicken, Mushroom & Wild Rice w Chicken, & Zesty Blackbean w Turkey.

Our soups are always organic, thick, hearty, and delicious. Many people consider them a meal unto themselves. Most include the added benefit of soy-free miso that provides extra protein, lots of health promoting probiotics, and a smooth rich flavor.

On a tight schedule? Sunshine soups are self-serve on our hot bar. You can be in and out in minutes. Or call ahead & have a sandwich or salad waiting for you to eat-in or take-out with your soup.

Our organic soups are always prepared in stainless steel pots. No aluminum or non-stick allowed in the Sunshine kitchen. We're looking out for you!