

Winning The Cold War

Cold and flu viruses must laugh watching human rituals in the autumn months. For them it's a dream come true. In October we seal up our homes for winter – good-bye fresh air, sunshine, and vitamin D – hello stale, recycled air and darkness. Then, we kick off the season with a sugar-filled Halloween. Over the next two months our ritualistic over-indulgence of food, alcohol, and sweets carries us through the holiday gauntlet of Thanksgiving and Christmas culminating with an alcohol saturated, sleep deprived, New Year's celebration - Yee-Haw!!! **Researchers agree, that excess sugar & alcohol severely impair immune response.** Add the stress of travel, shopping, or being invaded by bands of visiting relatives carrying pathogens from distant lands, and we've done almost everything possible to make ourselves gracious, fertile hosts for viruses, ready to celebrate the holiday season in their own way, at our expense.



In short, relatively affluent folks, who can afford to seriously over-do luxuries, can be their worst enemy when it comes to attracting colds and flu.

Anyone who physically interacts with humans is exposed to respiratory viruses multiple times virtually every day, with or without a mask. When exposed, our immune system goes on the offensive and a well rested, properly fed body wins that battle nearly every time, usually without us consciously knowing the fight ever took place. While viruses are causative agents they are by no means the sole reason for us getting sick with colds and flu.

The foundation for staying healthy is built on the daily basics of balanced nutrition, moderate physical activity, fresh air, pure water, and possibly most important, sufficient, deep sleep. A high quality, whole-food multivitamin and extra vitamin D are common sense additions. A 2017 meta analysis of 25 vitamin D studies that included over 11,000 participants confirmed **that vitamin D supplementation boosts immunity and cuts rates and reduces duration of cold and flu.**

Cold and flu symptoms are actually signs that our immune system is working to fight off the offending virus. Fever helps your immune system work more effectively because germs don't reproduce as well at temperatures above 98.6. Inflamed sinuses indicate armies of immune cells rushing to the area, and a runny nose flushes out pathogens.

Dr. Andrew Weil stated: "If there was only one herb to take to increase resistance to colds and flu, **astragalus** would be it" – it's been the #1 immune enhancing herb used in Traditional Chinese Medicine for centuries and is slightly warming, making it ideal for winter use. It's economical, energizing and can be used daily for months at a time.

Traditional Chinese Medicine views colds as surface, therefore less serious, illnesses and the goal is to cure them quickly before they settle deeper in the body. An ancient Chinese herbal formula (now manufactured in the US) called **Yin Chiao** (pronounced chow) uses diaphoretic herbs to warm the body's surface, induce sweating, and help bring pathogens up and out. Using **Yin Chiao**, I usually feel a little warm and slightly uncomfortable for a few hours and then my cold symptoms typically disappear. **Flew Away** from Natura (an Ashland company) uses a similar method of action and is even better.



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- SEE INSIDE FOR DETAILS -

The Best Vitamin D Supplement Available

Relief For High Blood Pressure

Two Great Christmas Gift Ideas

There have been over 300 scientific investigations of the immune-enhancing effects of **Echinacea**. Using **sufficient quantities** of a high quality extract, prepared from freshly harvested echinacea plants produced excellent results. Dosing up 6-8 times the first day & four times the following days has been shown to reduce symptoms, severity, and duration significantly, compared to placebo.

Folklore surrounding **elderberry** for treating colds and flu is legendary. In addition, scientists in Israel proved that elderberry created dramatic reduction of duration in virtually all flu symptoms.

More than a dozen placebo-controlled clinical trials have examined **the therapeutic effect of zinc on the common cold**. The results demonstrate up to a 42% reduction in the duration of colds using daily doses up to 75 milligrams. **Quercetin** used daily will significantly increase the effectiveness of zinc.

Studies confirm that beta-glucans, the active immune enhancing compounds found in medicinal mushrooms, offer powerful protection against cold and flu. We carry the best.

Research supports using **Vitamin C** during a cold to reduce the duration of symptoms. Typically, the higher the dose, the better the results during a cold. **Liposomal C** can usually be used in very high doses (even hourly) without creating loose bowels.

Wellness Formula from Source Naturals contains nearly everything associated with immune enhancement, all in one bottle.

Traditional Medicinals Tea Company offers three highly effective herbal blends for treating cold symptoms in pre-blended tea bags: **Throat Coat, Cold Care PM, and Breathe Easy.**

Stocking your natural medicine (war) chest with these items is a great way to gain the strategic advantage in this year's cold and flu battles.



Prescription Med Causes Rise in Blood Pressure ... Cardio Tonic Brings It Down

Liz's Success Story

Soon after starting a prescription drug, 76-year-old Liz Duckworth from GP saw her blood pressure increase to 148. She and her doctor became concerned and considered discontinuing it.

After reading in the Sun Times about Sunshine customers reducing blood pressure by using Cardio Tonic-BP, Liz decided to give it a try.

The Results: In about 2 weeks Liz saw her blood pressure go back down to about 135. Also, she noticed that a slight swelling in her ankles completely went away. Liz and her doctor are happy.

We get a lot of very positive feedback on this product with many people 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.



Vitamin DAK From Natura The Best Vitamin D Supplement Available

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 post-biotic 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.

10% Off Through December 20th



Flu-Free For 18 Years Using The Homeopathic Flu Shot Alternative

Then It Happened ... Denise's Story

As a pre-school teacher for many years, Denise Pederson from GP was exposed every to every sneeze, snuffle, cough, cold and flu imaginable. For 18 straight years she used the homeopathic flu-shot alternative and stayed healthy.

Then it happened.... last year Denise forgot to order it, went without, and unfortunately... **SHE GOT THE FLU** for the first time in 2 decades! Not this year ... the picture above was taken when she came in to pick up this year's supply for herself and family.

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.



After 10 years of European testing, these homeopathic pills proved more effective and far safer than traditional flu shots. Sunshine has literally 1000's of customers who use it every year who are confident it works for them.

Since this formula is formulated to target each year's specific flu strains, we order only what we'll sell in one season. Next year, this year's stock will be obsolete. Call ahead to check availability.



Installs without tools in minutes

A Great Christmas Gift Chlorine Removing Shower Filter Perfect For Anyone Using City Water

Cities use chlorine to disinfect water because it's inexpensive and very effective in preventing the spread of most water-borne diseases. However, chlorine is a poison that has many serious adverse effects on human health and should be removed prior to drinking or bathing.

The heat and steam of a shower facilitates absorption of chlorine and other chemicals through the skin. Steam from a shower can contain 20 times the concentration of chlorine as tap water. Inhalation of chlorine vapors is often a contributing cause of bronchitis and asthma.

After I installed a shower filter, my wife and daughters immediately noticed softer, healthier hair and skin. We love ours.

These units simply screw in between your shower head and the water pipe. If you can change a light bulb, you can install a New-Wave Enviro shower filter in minutes. Changing the filter cartridge is easy and we keep the replacement cartridges in stock. We've sold these filters for over 20 years.

"New--Wave Enviro" Shower Filters

Standard White Or Designer Chrome Finishes

On Sale Thru December 24th For \$29.98.....Save \$10



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