

## Scientific Proof!

### Food Can Outperform Prescriptions

If we want to believe myriad TV ads depicting happy, dancing, wide-bodied people, some new pharmaceutical drug is all anyone would ever need to reduce diabetes and obesity. Let's not forget however the absurdly long list of possible side-effects, including death that are rattled off at the end of the ads so fast you'd need to play it back at half speed to have any chance of remembering them all. Nonetheless, reducing diabetes is certainly a worthy goal because incidence of diabetes has nearly doubled since 1995 and people with it are twice as likely to experience heart attack and stroke with similar increases in kidney disease, neuropathy, and vision loss, along with a 50% greater risk of all-cause mortality.

**Regularly consuming large quantities of refined sugars is definitely one part of the "new normal" American diet contributing to the increase in diabetes.** In 1822, an average American consumed 6.3 lbs. of refined sugar per year. The average American now consumes over 100 lbs. of refined sugar per year. Obesity researcher Stephan Guyenet described that another way: In 1822, the average American consumed, over the course of about a week, the same amount of sugar found in one of today's 12 ounce soft drinks. Now, we consume that much every 7 hours. It is one of the obvious factors contributing to skyrocketing obesity and diabetes rates in the US.



*Almonds can often outperform prescriptions*

Type 2 diabetes (accounting for 95% of all diabetes) doesn't manifest overnight, it typically takes years to develop beginning with abnormal increases in postprandial glucose levels (blood sugar readings taken 1 or 2 hours after eating). **For years I've explained to Sunshine customers one very simple way to reduce rapid increases in blood sugar** is to avoid eating refined carbs or sugars by themselves. If you eat a slice of white bread, white rice, or potato alone, that will spike your blood sugar which quickly signals your pancreas to rapidly release insulin into the bloodstream. These bursts of insulin accompanied by high sugar levels can cause chronic inflammation that damages blood vessels. However, the increase in our blood sugar can be significantly slowed by having peanut butter, almond butter, or even dairy butter on the bread, rice or potato. Eating proteins or fats with a concentrated carb source will significantly slow the rise in blood sugar compared to eating the carb alone, thus requiring less insulin to be released. Reducing glucose levels after meals is an effective way of reducing the chances of developing Type 2 diabetes.

Last month I became aware of "gold standard" science that took this concept even further: Results from a randomized controlled trial recently published in Clinical Nutrition ESPEN demonstrated something extraordinary. **Consuming 20 grams of almonds 30 minutes before meals led to clinically significant improvements in blood sugar levels in individuals with prediabetes**, including a 23.3% reversal to completely normal blood sugar levels in just 90 days. That would equate to eating 17 almonds half an hour before breakfast, lunch and dinner. Most amazing, the almond protocol actually outperformed one of the most popular drugs in the world commonly prescribed to keep sugar levels in check after eating.



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**- SEE INSIDE FOR DETAILS -**

**80-Year-Old Feels Great & Still Pumping Iron  
Off Blood Pressure Prescriptions & Feeling Great  
Amino Sculpt New Lower Pricing**

**Unlike the pharmaceutical, almonds created no unwanted side-effects. Instead, almonds delivered additional benefits:**

**Weight loss \* Reduced waist circumference \* Improved insulin sensitivity \* Lower cholesterol and triglycerides \* Increased satiety \* Improved muscle strength.**

Consider that the pharmaceutical is a patented chemical designed to block natural digestive enhancing enzymes. Almonds are a whole food humans have consumed for millennia - rich in fiber, healthy fats, micronutrients, and actual metabolic intelligence. This is not an isolated finding. It is a pattern. And it is precisely why the new US Dept of Health and Human Services "Eat Real Food" guidelines which emphasize whole, minimally processed foods like nuts, appear revolutionary. They signal a long-overdue inversion of the old food pyramid, toward what some now call a "flipped pyramid": fewer refined carbohydrates, more ancestral, nutrient-dense foods.

This "wild" experiment appears like it actually respects all the evolutionary and adaptive refinements mankind has undergone over millions of years. It's no wonder it works!

People can thrive eating many types of healthy diets. Some choose to rely on animal-based sources of concentrated protein and fats while others choose vegetarian sources - either can work well. Regardless of whether you are an omnivore or observe one of the different types of vegetarian diets, **eating moderate amounts of whole unprocessed organic food is a primary component of a healthy lifestyle. Ironically, until the last one or two hundred years, it's the only diet that was even available.**

Believing that drug companies want to heal you is like believing that casinos want you to win! Both beliefs make you an easy target for profiteers measuring success only by their bank accounts.

## Still Pumping Iron At 80 Years-Old!

### Carolyn's Success Story



Octogenarian Carolyn DeMersseman was a body builder 40 years ago and continues to work out 2 hours a day, 4 days a week. This is despite her doctor's advice to begin taking it easy. Ha!

Being super fit and supremely active has created some wear and tear over the years. Carolyn was diagnosed with osteoarthritis in her left shoulder. She was considering following doctor's "orders" to slow down and take it easier when a friend at the gym told her about a formula called, **Super Joint** at Sunshine. She decided to give it a try.

**The Results: She followed the directions and took 2 capsules twice a day and in about 2 weeks felt it was actually working.** This is not surprising because one of the ingredients, Hyaluronic Acid (HA) is known for beginning to work very quickly. HA is very good for keeping cartilage hydrated. As we age our cartilage can dry out when that happens our joint surfaces can become like 2 dry sponges rubbing on each other. As soon as we add water, the cushion comes back. She is now back to doing her full work-outs!

**Carolyn said: "I couldn't work out without it. I feel really lucky to have found something that works so well."**

**Super Joint** is a perfectly proportioned combination of Glucosamine, Chondroitin, MSM and Hyaluronic Acid from Back to Health, an Oregon company. It has been the Sunshine value leader for joint maintenance and repair for 9 years.

**Hyaluronic Acid (HA)** is exceptional for keeping cartilage nourished and well hydrated. This makes it remarkably effective for improving hips, knees, and the discs between the vertebrae. Reestablishing proper cushion between the vertebrae can relieve pressure on the nerves which often helps relieve sciatic, back, and neck pain. HA is also highly concentrated inside the eyes where it cushions, protects, and transports nutrients to the structures keeping our eyes safe & "well-fed." HA also helps the skin stay young and healthy.

20% Off Thru March 21<sup>st</sup>



## New Everyday Lower Pricing Same Awesome Results!

### What Is Collagen?

Collagen is the primary building block of all your body's elastic tissues - skin, muscles, tendons and ligaments and also found in your organs, blood vessels and intestinal lining. In addition, it's a major part of our bones preventing them from becoming brittle.

Collagen can't be measured in a blood test but there are signs that your collagen level is decreasing. These signs and symptoms include:

- \* Skin that's wrinkled, or sagging.
- \* Shrinking, weakening muscles and muscle aches.
- \* Stiffer, less flexible tendons and ligaments.
- \* Joint pain or osteoarthritis due to worn cartilage.
- \* Problems due to thinning of the lining of your digestive tract.

Take An Extra \$5 Off Our New Low Pricing  
Thru March 21<sup>st</sup>



## Even Off Her Prescriptions, Blood Pressure Now Normal

### Kari's Success Story

69-year-old Kari Carter from GP was diagnosed with high blood pressure 3 years ago. Typically her readings were in the high 140s. In addition, her heart rate was often around 100 bpm. The drug prescribed by her doctor left Kari feeling fatigued, foggy, and dizzy. They switched her to another that provided no improvement. Kari said she felt like "a dumbed down version of myself."

In the Sun Times Kari read about a blood pressure reduction formula called **Cardio Tonic-BP** from Natura and decided to give it a try, while discontinuing her doctor's prescriptions.

**The Results: Kari said: "In just a few weeks my energy came back, I felt great, and my BP was in the 120s."** More good news, her heart rate was down 15-20 bpm.

**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.



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## Delicious Medicine Organic Almonds On Sale

Nutrient dense powerhouse great for: blood sugar control, weight management and fullness, reducing cholesterol, and improving bone health. \$9.98/lb