

A Super-Majority Of Americans Now Believe In Medical Freedom

The right of individuals to make their own healthcare decisions continues to be a topic of intense public concern. Proponents of medical freedom argue that no government, employer, business, or other institution can override a person's ultimate authority over what medicines or vaccines they choose to take. They believe: Where there is risk, there must be free choice.



When the Covid vax was introduced in early 2021 several questions were thrust front and center for the thinking public to consider: What is truly safe and effective? How are vaccines and other medical interventions tested and just as importantly,

by whom? If a vaccine keeps **you** healthy, why would you force me to get it? If a vaccine does not prevent infection or transmission (it only reduces or eliminates the symptoms experienced by the recipient, this is true for the Covid vaxxes, the whooping cough vax, and others), what rationale could there possibly be for a cross-cultural mandate?

Despite the timeliness and intensity of these topics most major media outlets, and political strategists would have us believe that support for individual medical freedom is very low – just a fringe subset of normal thinking people. They will even point to polls done that are skewed by only including very limited sampling of specific targeted groups. What we've lacked is an objective poll that addresses the curiosities everyone has, with plain questions that get to the root of the controversies over health and medical choices.

Last month a comprehensive poll, conducted by Zogby Strategies, has documented remarkable super-majorities in favor of medical and health freedom. Zogby is one of most highly respected pollsters in the world whose client list is a Who's Who of Fortune 500 companies (GE, Microsoft, Cisco Systems, Coca-Cola, IBM); and government agencies such as the US State Department, US Department of Defense, and major cities throughout the US. Great care was taken to help ensure the results were truly representative of the views of American citizens. Polled were 1,000 registered voters throughout the US with 93.6% definitely or very likely to vote. The party breakdown is 37% Republican, 36% Democrat, 27% Independent.

Poll Results

Strongest Areas Of Agreement Receiving Broad Majority Support

- * Right to make one's own medical choices as a basic human right that should be protected by law: 87.2% agree (59.5% strongly).
- * Doctors should discuss vaccine concerns openly, without fear of medical board backlash: 88.1% agree (64.5% strongly — one of the highest "strongly agree" levels in the survey).
- * Health insurance cover chosen treatments, including holistic/alternative options: 76.1% agree (43.6% strongly).
- * Right to refuse vaccines for adults: 80.4% agree (50.5% strongly).
- * Personal medical/vaccine decisions should never lead to employment denial: 70.6% agree (47.3% strongly).
- * Parents' right to refuse vaccines for children/dependents. 65.7% agree (37.4% strongly agree).
- * Parents should be able to opt children out of school vaccine mandates: Among parents with children under 17, the agreement was 66.7%, with 42.8% strongly agreeing.

To put this staggering result in context, polls in recent years concluded that more than 70% of the public had supported school vaccine mandates. Public opinion has significantly changed after our first hand experience with the Covid vaccines' efficacy and safety claims vs actual real-world observations.

* College students should not have been expelled for refusing the COVID-19 vaccine: 65.4% agree (44.4% strongly).

* On matters related to the COVID-19 era, the poll documents a strong majority opposed measures in retrospect.

COVID-19 lockdowns/restrictions caused excessive damage to American society: 61.9% agree (35.0% strongly) vs. 32.0% disagree.

* On other matters related to medical freedom:

Childhood vaccine schedule expansion likely contributed to the rise in chronic diseases (among other factors): 48.3% agree vs. 38.2% disagree + 13.6% undecided — essentially split, but less than a decade ago, a strong majority said the vaccine schedule was safe, as noted in a Pew Research poll.

* The U.S. Department of Health and Human Services' decision to conduct additional vaccine safety research is justified: 68.6% agree vs. ~21% disagree + 10% undecided.

* Investigating the effects of thimerosal (a mercury-based compound), aluminum, polysorbate-80, polyethylene glycol and formaldehyde used in everyday medical products; 77.8% support, 47.8% strongly. (This question concerns the ingredients in vaccines.)

Overall, the poll shows very strong support (80–88%) for adult medical autonomy, the right to refuse treatment/vaccines as adults, freedom of medical speech for doctors and protection from employment discrimination based on medical choices.

More noteworthy, however, these results illustrate erosion in public support for school vaccine mandates since 2019, as also seen in other surveys. Retrospective judgment on COVID-19 policies leans toward viewing them as excessively damaging. Trust in figures like Dr. Anthony Fauci and his associated public health directives remains low (around 28-35%), with majorities believing he and other authorities prioritized other interests or enabled and supported excessive restrictions. There is also broad approval for more vaccine safety research. The results reflect an electorate (especially among likely 2028 voters) that is protective of individual medical decision-making rights.

Finally, I believe the poll results demonstrate that Americans will vote for candidates who protect their rights and freedoms, insist on transparency, and hold experts, and pharmaceutical companies accountable for their actions. The lessons of this poll are palpable. If people are asked straightforward questions that impact their own health and medical wishes, and those of their families, they clearly come down on the side of freedom, transparency, honesty, and choice. This should not be surprising because these are core American values on which people are more united than divided.

All we needed was a clear poll with plain questions and no surreptitious agendas to reveal this. That's what makes this poll different from the others. **Across party lines, it gets to the heart of what people truly think about the critical issues of our time as they concern medical ethics and human freedom.**

Sunshine Gold Rewards Winners

Every year Sunshine adds the top 25 customers of the year to our "Gold" rewards list. Along with all the Gold members from prior years they receive special gifts & benefits throughout the year including the opportunity to enter our holiday gift basket giveaway, \$800 worth of the best supplements available.

2026 Winners



Robert Henderson
grand prize



Carolyn Wade
Winner



Carolyn McGowen
Winner



Paige Bender
Winner

The Sunshine Rewards program is completely free and pays you back 3 different ways:

- * Good As Cash Store Credits
- * Monthly Health Newsletter Mailed To Your Door
- * Free Birthday Gift Every Year

1) Every time your purchases add up to \$250 (no matter how long it takes) you get a \$10 coupon mailed to you. 2) Our Sun Times health newsletter mailed monthly to your door. 3) A coupon for a free juice, smoothie, soup, or dessert mailed to you every year on your birthday.

If you don't have a Sunshine Rewards card yet, you're missing out. **Misplaced your card? No problem,** just ask and we'll look you up & credit purchases to your account whenever you come in.



Lithium Orotate

For Treating Dementia, Mood Imbalances, And Addictive Behaviors, Even In Children

Local nutritionally oriented physicians and nurse practitioners often send their patients to Sunshine for **Lithium Orotate**.

Supplementing with **Lithium Orotate** has proven to be a safe, successful way to address chemical imbalances that can result in mood disorders and published studies are now showing it to have great potential for treating Alzheimer's as well.

Lithium is gentle and without the negative side effects often associated with prescription medications. It can begin working in the first few days of use and full results can be experienced by the third week.

It's well-known for helping with: depression, a bad temper, unexplained emotional outbursts, sadness or uncontrollable crying, addictions, excessive sleeping or insomnia, menopause or PMS lows, migraines or frequent headaches and now, even improved cognition.

Lithium Orotate is natural, safe, non-addictive and non-toxic. The orotate form of lithium is absorbed so well it's effective in very low doses. And it's very inexpensive.

We have received very positive feedback from 2 families struggling with the challenges of advanced dementia. Improved mood, & cooperation from their Alzheimer's patients who began taking Lithium Orotate because of our in-depth article. Ask for a copy.

Improved Bladder Control

Roxine's Success Story



80-year-old Roxine Mock from GP began having bladder control issues about 2 years ago. It got to the point that it really disturbed her sleep because she had to get up 3-4x a night to use the bathroom.

Roxine then read in the Sun Times about people who had faced similar challenges getting help from a product called **Strength-24**. She decided was worth a try.

The Results: Roxine said: "it was amazing, I could feel it working the very first day and within 3 weeks I could sleep through the night."

Strength-24 is a patented extract of Jasmine Flower combined with the natural amino acids L-arginine, taurine, and citrulline. It is a multi-functional healthy aging formula.

Strength-24 was originally created as an anti-aging muscle and vitality enhancer. Many Sunshine customers have felt increased strength and vitality when using it. **It was discovered quite by accident that it had a significant effect on the smooth muscles lining the bladder walls, enhancing bladder control in men and women.**

Jasmine flower extracts have been used for centuries in Chinese medicine and all over the world to restore and promote health.

On Sale ... 15% Off Thru April 25th

Knocks Out Bladder Infections FAST!



Tablets, powder, or packets

U.T. Vibrance from Vibrant Health Is The Most Powerful Natural Acute Intervention Formula We Have Ever Seen For the Treatment Of Painful Urinary Tract Infections.

This one product has it all. **U.T. Vibrance** combines carefully selected botanical extracts and powders traditionally used to support healthy urinary tract function along with a massive dose of European D-mannose. Mannose quickly finds its way to the bladder where it helps dislodge infection-causing E.coli from the bladder wall so it can easily be passed in the urine.

U.T. Vibrance is far more effective than cranberry juice alone. **Many people report that it's just as effective for them as antibiotics.** Available in tablets or as a sweet tasting powder that mixes well in water. Also available in single-serve packs.

Key Benefits

- * Eradicates E.coli Bacteria From the Urinary Tract
- * Stops Itching, Burning, and Painful Urination.
- * Promote Urinary Tract Health

Or For Daily Prevention from Recurrent UTIs Try D-Mannose By Itself.

Stronger than cranberry juice. Even for people who have suffered from frequent UTIs, 1 or 2 capsules of D-Mannose twice a day used with plenty of water, targeted probiotics, and a reduced sugar diet may be exactly what you need to prevent painful recurrences. In capsules or powder.





Complete Relief From Night-time Muscle Cramps

Lance & Rebecca's Success Stories

72-year-old Lance Schmidt from GP would be woken up in the middle of the night from painful muscle cramps in his calves on a regular basis. Muscles in his shoulder blades also cramped frequently. As he got older, the cramps got worse. One day Lance came to Sunshine for something else and just happen to mention his challenge with muscle cramps. Rob explained that the #1 cause of muscle cramps is dehydration and that the #2 cause is lack of magnesium, especially as we age. Lance said that he drank plenty of water so Rob suggested he try the magnesium-rich Charleyhorses formula. Lance was willing to give it a try.

The Results: Lance began taking the recommended dose of 2 capsules twice daily and within days the improvement was noticeable. Within weeks the problem was gone. Lance now uses a daily dose of one capsule twice-a-day.

Lance shared his success story with his wife Rebecca who also suffered from frequent muscle cramps and she too got relief!

Charleyhorses from Independent Nutrition, an Oregon company, is a synergistic blend of 3 key ingredients that has been 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.

There is nothing in Charleyhorses that makes it a nighttime-only formula (no sleep-inducing herbs), so it's great for daytime use too.

Charleyhorses On Sale ... 10% Off Thru April 25th



Diabetes Patient Gets Relief With Almond Therapy

After reading the article in the March 2026 Sun Times, our customer followed the advice of eating 17 almonds 30 minutes before breakfast lunch and dinner. It resulted in a 50 point reduction in postprandial glucose readings. **TOTAL SUCCESS!** Go to our website to the newsletter archives and read it for yourself.



Complete Testosterone Support

Formulated to Optimize:

Lean muscle mass, Healthy sex drive, Daily energy & stamina, Resilience during stress, & Healthy weight management

Contains: Optimum amounts of Ashwagandha, DHEA, B-6, DIM, Boron, and Zinc. **20% Off Msrp Thru April 25th**



Since 1999, A Favorite of Many Sunshine Customers

For Improved Mood And A lot More

SAM-e became available in the US back in 1999. I still clearly remember the day 25 years ago our trusted Jarrow Formulas sales rep handed me a sample box. He said it was very popular in Europe for treating depression by helping to elevate mood and was now available in the US. I felt fine that day but for the heck-of-it; I popped one in my mouth anyway, then promptly forgot I had taken it. A few hours later I couldn't figure out why I was in such a great mood until I remembered about the SAM-e sample.

About 2 weeks later a woman came in the store one morning with her daughter. The daughter appeared very down. Mom was quite concerned because daughter had a history of mood challenges and they couldn't get a doctor's appointment until the following week. I offered her a free SAM-e sample which she immediately gave to her daughter. They thanked me, left the store, and my mind moved on. Early the next morning I was quite surprised when they came back and mom was elated. Her daughter appeared dramatically different to me. She was happy to engage in conversation and frankly seemed happy & quite "normal." For that family, SAM-e was a game changer.

Despite the same day mood improvements in those 2 stories, SAM-e is commonly thought to reach its full effectiveness after about 4 weeks of continued use.

What Is SAM-e?

SAM-e (S-Adenosyl-L-methionine) was discovered in the early 1950s. It's made in the body from methionine, an amino acid found in foods, and has been found to regulate key functions in living cells. Low levels of SAM-e in the body have been reported in cases of depression and liver disease This prompted researchers to investigate whether supplemental SAM-e might be helpful in treating those conditions. The idea that SAM-e might be helpful for osteoarthritis came from studies of SAM-e for depression. Some of the participants in the depression studies coincidentally noticed their joint and bone symptoms improved during the trials when taking SAM-e.

Brain/Mood Function: SAM-e may alleviate major depression and it seems to be significantly more effective than pharmaceuticals used for this condition. Doses used in clinical trials ranged from 400-1600 mg per day. The dose I took and gave to the customer in the story above was amazingly, only 200 mg and still created very noticeable results. SAME may reduce aggressiveness and migraines as well.

Liver Support: SAM-e offers profound support for the liver. It may help to preserve liver cell function and protect liver cells in Hepatitis C patients. It may prevent the liver toxicity of chemotherapy drugs and inhibit alcohol-induced fatty liver, as well as preventing and treating cirrhosis. It stimulates the flow of bile, thereby assisting digestion of fats. Improved bile flow is also crucial for detoxification.

Musculoskeletal System: SAM-e is well-known as a supplement for joint support as it stimulates the production of cartilage. 400-1200 mg per day has shown to be helpful here. Further, it may alleviate fibromyalgia. Improvements include a significant reduction in the number of trigger points, reduction in fatigue, reduction in morning stiffness, and improvements in mood.

20% Off Msrp Thru April 25th
Jarrow Formulas SAM-e All Sizes

Thank You Very Much: We really appreciate your efforts to avoid using credit and debit cards and paying with cash & checks instead .



Healthy Breakthrough In Tooth-Care

Most of us use toothpaste as part of an oral hygiene program to clean and possibly even whiten our teeth. Until recently the only ingredient in some toothpaste that could help re-mineralize enamel was fluoride. Unfortunately, fluoride is also a neurotoxin that has now been conclusively linked to reduced IQ in children and even tooth and bone damage if the dose is too high. And it is very easy to exceed doses that have questionably been considered safe.

The Good News: Hydroxyapatite Toothpaste Is Here!

The breakthrough in tooth-care we've all been waiting for has arrived. Hydroxyapatite is a natural mineral form of calcium. It makes up most of the hard parts in human teeth and bone. When used in toothpaste in sufficient concentrations it helps repair tooth enamel, prevents tooth decay, and can relieve sensitivity to hot and cold. **And in double blind clinical testing, hydroxyapatite matched or exceeded fluoride in cavity prevention without the risk of neurotoxicity!** Nano-hydroxyapatite works by filling tiny holes on the surface of your teeth, helping with enamel remineralization. The structure of hydroxyapatite closely matches the natural enamel found on human teeth.

Not All Brands of Hydroxyapatite Toothpaste Are the Same

Particle shape, size, and concentration matter, because small particles stick better to damaged areas during brushing which aids in cavity protection and relief from dentin hypersensitivity. Tooth enamel needs protection against daily acid attacks and wear. Studies show that 10% hydroxyapatite in toothpaste is especially good for protecting against root demineralization and reducing tooth sensitivity. This reduces dental caries by creating a tougher barrier and keeping oral biofilm in check. **Ollie brand toothpaste with 10% hydroxyapatite helps repair micro-damage in tooth enamel and dentin.** Brands using lower concentrations cannot point to studies proving efficacy.



Fluoride-free Ollie brand toothpaste is the healthy, natural way for adults to restore tooth enamel. And the rest of the ingredients list should satisfy even the most careful parents looking for fluoride-free options to prevent cavities in their kids' teeth while avoiding dangerous chemicals.

**On Sale, 10% Off Thru April 25th
Available in Mint & Strawberry**



We've Adjusted Our Local Delivery And Shipping Rates Thru June 30th

An exciting downtown improvement and beautification project began last week that will affect some of our parking now thru June 30th. To make it as easy for you to stay supplied with all your favorites we are:

*still offering curbside pick-up, call ahead to order and call again when you get to the neighborhood and we'll bring it out to your car

*are now offering reduced shipping to southern Oregon customers. on most orders from \$40 - \$100, direct to your door for only \$4 and free delivery within GP on most orders over \$50.

*As always, local or anywhere in the country, orders over \$100 ship free!
Call for details. 541.474.5044



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- SEE INSIDE FOR APRIL DETAILS -

Overwhelming Support For Medical Freedom

Better Bladder Control Allows Sleeping Thru The Night

Relief From Muscle Cramps For Husband And Wife

Powerful Help For Urinary Tract Infections



**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
- * 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 Center
- * Seventh Day Adventist Church in Rogue River
- * Grants Pass Kiwanis
- * Grants Pass Lion's Club
- * Seroptimists International River Valley
- * United Conservatives of Josephine County

In preparing for each presentation I learn a lot and engaging in the Q & A session with attendees is always fun for everyone