SUN TIMES
Sunshine Natural Foods
Sunshine... Where an educated consumer is always our best customer.
June 2026

Miso: Ancient Super-Food For Modern Times

Miso (pronounced mee-so) is Japan's traditional seasoning and health food. It is a rich tasting light or dark-colored paste used in cooking that is made by fermenting soybeans and rice. Legend has it originating in China before being introduced to Japan some 1,300 years ago. Today, it's commonly associated with miso soup, a nutrient-rich smooth, savory soup often served with seaweed and tofu that has become a basic part of many Japanese daily meal plans. **The reason miso has stayed relevant for so long is simple: it's delicious and incredibly beneficial to your health.**

First the obvious: because it's fermented, miso is loaded with probiotics, almost like a dairy-free, Asian version of yogurt (especially good for lactose intolerant people) making it a worthy addition to any meal plan. It has also been used traditionally to help battle conditions like fatigue, stomach ulcers, high blood pressure and inflammation. Recent research shows that consuming one bowl of miso soup per day, as do most residents of Japan, bestows other health benefits, including reduced risk of breast and many other cancers, protection from radiation, lower cholesterol levels, relief from leaky-gut syndrome, reduced allergies, and surprisingly, reduced PMS and hot flashes.

Organic miso is a great example of a fermented food whose full nutritional potential is unlocked by fermentation. In fact, fermentation improves the digestibility of the soybeans and therefor the bioavailability of their nutrients. And surprisingly, fermentation also transforms the soybeans into an anti-estrogenic food, very important for people concerned with estrogen dominant conditions like breast cancer, PMS, and hot flashes .



This miso ages in 100-year-old cedar barrels for 3 years in an un-airconditioned building using no artificial preservatives. Artisans place large quantities of stone on top of the wooden casks to add pressure to the process.

Making miso is an art. Hundreds of varieties of this classic Japanese staple can be found across Japan. Like wines and cheeses in Europe it reflects local preferences, customs, climate, and even the natural soil and airborne bacteria and fungi in a given region. Each miso's fermentation and aging process involves a multitude of factors from the type of koji (starter culture) used, to the cooking technique and even the length of fermentation, all resulting in variances of taste, color and texture.

Practically speaking, in the US today there are basically two main types of miso available with a few varieties within them. White or yellow miso is made by fermenting soybeans and rice for 3-6 months. Chick pea miso has become popular recently and is in the light category. They have a mild and slightly sweet taste. Red or dark miso is made with a higher proportion of soybeans than lighter varieties and undergoes up to three years of fermentation and has a noticeably stronger more hearty taste and character.

Sunshine Natural Foods
Great Prices, Great Advice
128 S.W. "H" Street, Grants Pass, Or
541-474-5044 • Toll Free: 877-656-1634
sunshinefoodandvitamin.com

- SEE INSIDE FOR -

Cancer Fighting Turkey Tail Mushroom Back In Stock
Sugar-Free Fermented Beet Root Powder Is Back
Long Covid Brain Fog … Gone Using Lion's Mane

Research has shown that dark varieties appear to embody greater health promoting qualities and more protection from some of the negative side-effects of cancer treatments. Lighter misos are generally a much easier flavor for "uninitiated" Americans palates to enjoy.

Some miso companies in Japan have been run continuously in the same buildings for over 500 years. These often use traditional materials like wooden kegs (that are sometimes used for 100 years or more). Other companies have modernized and have incorporated widespread use of stainless steel. The more traditional methods have the added advantage of the beneficial bacteria and starters actually becoming embedded within the wooden kegs and the immediate production environment. Americans may be able to relate to this concept by thinking about certain cities that are known for their subtly different (many would argue better) sourdough breads or bagels that may be attributable to the natural yeasts and fungi in the environment.



Miso soup w udon noodles

Simple homemade miso soup is very easy and economical to prepare and makes a great everyday staple. For flavor you can just add miso into almost any dish, dressing, meat or fish glaze, ramen bowl, or soup. However to maximize the benefits of miso's live probiotics it should be added at the end of soup making or cooking just before serving so as not to kill the probiotics. About a half to one teaspoon of miso per cup of liquid (or to taste) is a good starting point. Taking even one minute to dissolve miso in a cup of lukewarm water or vegetable broth once a day can provide almost instant ancient wisdom and well-being for modern lifestyles. High quality organic miso can be found in all good natural food stores.



Long Covid Induced Brain Fog Lifts After 5 Years

Mike's Success Story

Mike Eagan, a 65-year-old GP insurance broker got Covid in 2021. While in most ways he recovered well, Mike has experienced brain fog and occasional dizziness that wouldn't go away.

During one of his regular visits to Sunshine he asked Rob for a recommendation to address his challenges. The suggestion:"**Lion's Mane medicinal mushrooms**." Mike decided to give it a try.

The Results: In about one month, the brain fog and dizziness was gone! Mike says he feels better than he has in years.

Medicinal mushrooms have been revered for centuries for their powerful immune enhancing, energizing, and anti-cancer qualities. In addition, one variety, Lion's Mane, has also shown significant cognitive enhancing properties and healing effects throughout the central nervous system.



A recent Japanese study showed that **Lion's Mane supplementation provided significant cognitive improvement in older adults** who were suffering from mild cognitive impairment. It helped the brain in all aspects including aiding in memory, concentration, and even depression and anxiety. Lion's Mane can also reduce inflammation throughout the body.

Pure Essence Labs Lion's Mane 8x was created to be the ultimate brain-boosting supplement for problem-solvers, and those seeking peak mental performance.

Unlike other brands of Lion's Mane, Pure Essence Labs uses their own **Dual Extraction Technology** that harnesses the full potential of their mushrooms by optimizing extraction of both water-soluble and fat-soluble phytonutrients. Compare the back panel labels of other brands and see for yourself. No one else uses dual extraction.

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 (There is no alcohol in the finished product). **Dual Extraction delivers unrivaled potency for immune *and* cognitive enhancement unmatched in the marketplace.**

25% Off Msrp Thru June 20th



New At Sunshine!
Top Seedz Organic Crackers

Grain-Free, Nutrient-Packed
Fiber-Rich, Sugar-Free

And Most Important, They Taste Great!

Combine With Sunshine Hummus For A Delicious Light Lunch

Sunshine Hummus Has Been Called: The Best Hummus In America!

$1 Off When Purchasing Top Seedz w Any Size of Sunshine Hummus





Optimize Circulation & Blood Vessel Health

Without The Excess Sugar

Organic fermented red beet root powder deserves to be a part of your regular diet for several important reasons. It helps to:

* Normalize blood pressure and improve circulation throughout your body, including your brain
* Reduce abnormal inflammation
* Improve your body's detoxification processes
* Promote brain neuroplasticity - the ability to form new neural pathways thereby facilitating the learning of new things.
* High in valuable nutrients: vitamin C, folate, potassium and manganese.

How Do Beets Improve Circulation?

Researchers have found that the naturally occurring nitric oxide (NO) in beet juice is linked to improved vascular performance. The NO enables the endothelium (a thin membrane that lines the blood vessels) to relax the blood vessels and lower blood pressure. **Studies have shown that people who added beet juice to a mild to moderate exercise program experienced improved circulation compared to people who exercised without using beet juice.**

Unfortunately beets contain more sugar than any other vegetable, nearly twice the sugar of carrots and even more sugar than sweet potatoes. You definitely can't drink large quantities of beet juice or typical beet powders without running the risk of spiking your blood sugar levels. **The question becomes: how to get big benefits without spiking blood sugar?**

When you ferment beets, something interesting happens, beneficial bacteria created during the fermentation process effectively digest the sugars. **Mercola Organic Fermented Beet Powder provides all the health boosting benefits of fresh beet juice without the sugar normally found in beets.** Through fermentation the sugar content has been reduced by nearly 100%.

The same size bag of typical beet powders contains approx 75 grams of sugar. Mercola fermented beet powder contains zero!

Mercola Fermented Zero-Sugar Beet Powder And Capsules Are Back In Stock & On Sale Thru June 20th

---

The Cancer Fighter
Back In Stock! Highest Quality Turkey Tail Mushroom Extract Capsules

Turkey tail extracts are clinically proven to improve 5-year breast cancer outcomes. Each capsule of **Pure Essence Turkey Tail 4X** is up to 4 times stronger than typical turkey tail fruiting body extracts, up to 16 times stronger than simple turkey tail powders, and up to 40 times stronger than Turkey Tail from mycelia that most other companies typically use.

Turkey Tail's benefits appear to be derived from its content of the phytonutrients abbreviated as PSP and PSK, both of which appear to inhibit the growth of cancer cells. PSK is actually approved and often prescribed in Japan as a treatment for cancers.

25% Off Msrp Thru June 20th