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

Artificial Sweeteners Are A Genuine Health Threat

In 1822 an average American consumed 6.3 lbs. of refined sugar per year. Today it's over 120 lbs. annually. Stated differently, in a week Americans used to consume the amount of sugar found in one 12 oz. soft drink. Now, we consume that much every 7 hours, of every day.

Excessive sugar consumption is one of the obvious factors contributing to the skyrocketing **obesity and diabetes rates in the US – the highest of any industrialized nation**. Further, excessive white sugar consumption has been conclusively linked to immunosupression, liver disease, anxiety, serious mood swings, hyperactivity in children, and increased body-wide inflammation which contributes to pain and cardiovascular disease.



artificial sweeteners are also linked to obesity and diabetes

In response to consumer demand modern science created artificial sweeteners. Thinking they are a smarter choice, Americans now consume copious quantities of these chemicals, which in most cases have proven to very damaging to our health as well.

Ironically, studies show that **Aspartame, the most widely used artificial sweetener of all-time, often *contributes to* weight gain** and has been conclusively linked to other very serious adverse health reactions. Equal, NutraSweet, AminoSweet, only name and packaging changes differentiate these identical products. The real truth is – they're all the same old toxic Aspartame.

Sucralose (commonly sold as Splenda), was formulated in 1976 when a group of UK scientists were actually trying to create a new pesticide. Its chemical structure resembles pesticides more than it does sugar. It's by no means an improvement. A recent Duke University study determined that Sucralose contributes to obesity, destroys almost 50% of healthy intestinal bacteria and will likely cause more weight gain than eating natural sugar. Something tells me we'll be hearing more bad news about Splenda as more studies emerge.

How do artificial sweeteners cause weight gain? *Scientific American* explained that when you eat something *naturally* sweet, your brain releases dopamine, which supplies you with a jolt of pleasure. Your brain's reward center is activated which encourages you to keep eating. The appetite-regulating hormone leptin is next to be released. It will inform your brain that you're "full" & to stop eating when enough calories have been ingested.

However, when you consume something sweet tasting but non-caloric (i.e. an artificial sweetener), your brain's pleasure pathway is still activated by the sweet taste which makes you want to keep eating. But because your body is still waiting for enough calories, leptin release is delayed so there's nothing to deactivate your appetite and your brain keeps sending signals to continue eating.

"60 Minutes" reported that the approval of Aspartame was "the most contested in FDA history." The FDA's own toxicologist, told Congress that it was certain that aspartame can cause brain cancer and that it violated the Delaney Amendment, which forbids putting anything in food that is a known carcinogen. Side effects from Aspartame can occur as acute serious reactions or can occur gradually. When they occur gradually over many years, it can be nearly impossible to pinpoint the cause.

Over 90 serious side-effects have been scientifically documented as adverse reactions to Aspartame. The following is a partial list:

* **Eye** and vision abnormalities, up to and including partial or complete blindness
* **Ear** problems – tinnitus – ringing or buzzing sound
* **Neurologic** – seizures, migraines, memory lapses, anxiety, Attention Deficit Hyperactivity Disorder (ADHD) in children
* **Heart** palpitations, shortness of breath and high blood pressure
* **Endocrine and metabolic** – hair loss, low blood sugar, diabetes, severe PMS
* **Other** – insomnia, excessive thirst, fluid retention, leg swelling, peptic ulcers

In one recent study, the health statistics for nearly 48,000 men and more than 77,000 women over the age of 20 were reviewed. They found that men who consumed more than one diet soda per day had an increased risk of developing multiple myeloma and non-Hodgkin's lymphoma. This 22 year study was the longest human Aspartame study of all time. Yet, for unexplained reasons, this association was not found in women. Increased incidence of leukemia was associated with diet soda intake in both genders.

I'm quite sure that some people can consume Aspartame and other artificial substances (even smoking) with few obvious negative consequences for awhile. However, it is a virtual certainty that Aspartame (like smoking) is extremely harmful to many people, often without them even knowing the cause.

Nevertheless, in the FDA approval process for Aspartame the "Golden Rule" took precedence - those with the most gold made the rules. Aspartame's golden manufacturer, pharmaceutical giant G.D. Searle, came out the winner and the artificial sweetener was approved.

High Fructose Corn Syrup (HFCS) has been used as a sweetener in soda (some call it artificial, some say natural) since the 1970s, but its use has exploded in the past decade. Folksy television ads featuring farmers standing out in their fields, now try to convince us that HFCS is natural because the main ingredient started out in a corn field. That alone, doesn't make it truly natural or safe. In fact, HFCS has been conclusively linked to a host of negative health outcomes and in some ways is more destructive to our health than white sugar. The process of turning corn into HFCS is chemical, not culinary.

Fact is, even though white sugar should be used only in moderation, closer to how our forebears practiced, it's still a *far* healthier option than chemical sweeteners or HFCS. It's ironic that in comparison to toxic artificial sweeteners, white sugar should probably be considered a "health" food.

There are many natural sweeteners that can replace white sugar. They all have different characteristics. Some add a distinct flavor signature, some are low calorie, some are zero calories. Check out page 2 for ways to replace white sugar and artificial sweeteners.

No matter what the commercials may imply: high-tech, fake sweeteners are not safe, fresh, natural, or healthy. They are dangerous and ultimately will undermine your weight and health goals. For a broader understanding of this subject, see chapter 11 of my book, Wellness Uprising.

Healthy Sweeteners

Healthy sugar substitutes all taste sweet but can be divided into 2 primary categories: Those that contain nearly zero calories, therefor do not raise blood sugar and are ideal for most diabetics (the first 3 listed). And those that will raise blood sugar (to varying degrees) but contain some level of minerals, antioxidants, enzymes and other health promoting properties making them far healthier than white sugar. They all have their unique taste and sweetness profile.

Stevia: The stevia plant yields an extract that is hundreds of times sweeter than white sugar but has virtually no effect on blood sugar - perfect for diabetics. Some brands of stevia have a noticeable aftertaste. Other brands are much better in that regard. Unrefined green stevia has been used for centuries by millions of people.

Monk Fruit: Despite its very sweet taste, this fruit contains virtually no calories and has no effect on blood sugar. There's little to no bitter aftertaste, unlike some other sugar substitutes. Monk Fruit sweeteners come in several forms: liquid extract, powder and granules - also known as Lo Han. It's one of my preferred choices.

Xylitol*: Is a naturally occurring sugar substitute that has no substantial impact on blood sugar. It's usually derived from corn cobs or birch trees. It tastes sweet with no bitter aftertaste. It's very versatile. Xylitol chewing gums, mints and nasal rinses are known for curtailing bacterial overgrowth thereby preventing and treating sinus and ear infections. Many dentists also recommend it to prevent dental cavities, plaque, and gum disease.

Coconut Sugar: Many are using coconut sugar as their natural sweetener of choice because it tastes great, creates a low glycemic load and unlike white sugar is rich in minerals and other phytonutrients. Coconut sugar is versatile. Date sugar (from dried dates) and coconut sugar are often used interchangeably in recipes because they provide similar flavor. Both are great for baking and measure just like traditional sugar. Coconut sugar has less impact on blood sugar and insulin levels than date sugar.

Honey: Raw organic honey is a true superfood and one of the best natural sweeteners. It's packed with enzymes, antioxidants, vitamins and minerals. **Many believe consuming local honey helps prevent seasonal allergies.** Be aware, some low-priced honeys may be little more than deceptively labeled corn syrup. Trust your source. It is medium to high on the glycemic index, so probably should be used sparingly, if at all by most diabetics.

Maple Syrup is one of the best natural sweeteners because it is uniquely delicious and is an outstanding source of minerals and antioxidants. **Grade A Dark is what was formerly labeled Grade B**. It has a stronger maple flavor and is darker and richer in nutrients than lighter sweeter more highly refined grade "A" syrups. Just the right touch of maple syrup is what gives the Sunshine Granola it's famous flavor. Maple syrup is moderate on the glycemic index.

All of the cookies and cakes we bake at Sunshine are sweetened with either maple syrup or coconut sugar.

Sunshine has great pricing on delicious organic Grade A Dark (formerly called grade B) maple syrup in 1 lb, 1 qt, and 1 gallon containers.

*Please note: Even small quantities of Xylitol can be toxic or fatal to dogs. Consuming very large amounts has also been linked to possible health risks in some humans.



Trace Mineral Research

For Increased Energy & Stamina All Summer Long

Summer is here! But instead of feeling excited to enjoy long hours of beautiful sunshine, some of us have concerns of becoming fatigued and listless due to overheating and dehydration. If you find it harder to get moving and stay active, especially outdoors, it could be a sign of electrolyte mineral imbalance.

An electrolyte is a mineral that produces an electrically conducting solution when dissolved in water. **Muscles need electrolyte minerals such as calcium, sodium, and potassium to contract for strength, and magnesium to extend and relax.** When these nutrients become imbalanced, it can lead to muscle weakness, fatigue, excessive contraction (cramping), or even insomnia.

Providing your body with essential minerals is critical to ensuring proper body function and maintaining your health and vitality. Trace Mineral Research (TMR) supplements are packed with essential macro minerals like magnesium, potassium, and calcium, as well as over 70 trace minerals crucial for optimal muscle function, hydration, and overall health.

Active kids nearly never get a muscle cramp but especially as we age, maintaining sufficient hydration for all-day energy levels is vital for our health and wellness. Don't let fatigue and muscle cramps slow you down. Our TMR electrolyte Supplements offer the perfect solution to keep you active and vibrant even during the hottest summer days.

TMR offers many convenient ways to optimize your health. Their delicious Lime and Watermelon gummies provide 263mg of total electrolytes per serving, making them a tasty option. The Electrolyte Stamina tablets are super convenient and easy to carry in your purse, pocket or wallet and include Vitamin B6 for enhanced mineral absorption. Their liquid mineral drops can be conveniently added to your water bottle ensuring you stay well-hydrated all day long at work or play.



Single Serving Power Paks – add to water for a refreshing pick-me-up packed with electrolytes, trace minerals, vit-C, and more.

Experience increased energy, reduced muscle cramps, and better overall hydration with TMR minerals sourced from the pristine Great Salt Lake. They are always free from artificial colors, flavors, and sweeteners. Feel the difference being well hydrated can make.

25% Off MSRP Thru July 25th

Parking Palooza #3, Come Celebrate!

Our Parking Lot Construction Is Finally Finished!

With the purchase of any **Trace Mineral Research** product you'll get an entry to win a $150 **TMR** Healthy Supplement Gift Basket Buy more products – get more entries. Winner chosen July 31st

---



Sunshine Popsicle Of The Decade Award Winner!!

Sweet Cherry n' Lemonade flavor popsicles are made from 100% fruit juice. NO added sugar. A refreshing, delicious, guilt-free summertime treat. Vegetable derived all natural food colorings. For ages ½ to 100 ... and above.



Healthy Breakthrough In Tooth-Care

The Results Are Pouring In!

You've read about **OLLIE** hydroxyapatite toothpaste the last few issues. Results are pouring in. Dozens of our customers are reporting complete disappearance of tooth and gum-line sensitive spots. **It appears as if problem spots are re-mineralizing before they turn into cavities!** My own dentist said I had a soft discolored spot at the gum-line on a molar that he was concerned with - said that we needed to keep an eye on it. When I first started using Ollie toothpaste that spot hurt whenever I brushed hard. Now, I don't feel any pain there at all! When I went back, the hygienist said the spot was looking good!

In 1993 the Japanese government officially recognized hydroxyapatite as a proven cavity-fighter. It is a natural mineral form of calcium that 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 cavities 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.

Fact Is … My Dentist's Office Now Offers A Topical Hydroxyapatite Treatment As A Fluoride Alternative!

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 (in adults) if the dose is too high. And it is very easy to exceed doses that have questionably been considered safe.



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.

Great Price On America's Best Toothpaste!
Available In Mild Mint, Strong Mint, Cinnamon, Orange And Strawberry

While Supplies Last: With The Purchase Of A Full-Size Ollie Tube, You Can Get A Travel-Size Tube Of Mint Flavored Ollie For Only $1.99



Low Back & Foot Pain Gone For Good!

Sherrie's Success Story

44-year-old Sherrie Waterhouse from GP has worked really hard as a landscaper for 26 years. Awhile back she began experiencing foot pain diagnosed as plantar faciitis. Ibuprofen provided pain relief but Sherrie was concerned that long-term use would tear up her stomach. She tried insoles, rollers, and epsom salts soaks but nothing provided sustained relief.

Then a friend suggested she go to Sunshine for some help. Sherrie explained her foot pain and that she also often had back pain due to the years of ongoing very physical work. She was shown **Terry Naturally Curamin Low Back Pain Relief** and decided to give it a try.

The Results: Within about a month, the foot pain **and** the low back pain she had experienced for years were gone! **Sherrie said that:** ***"Curamin Low Back is incredible."***



Curamin Low Back Pain Relief contains powerful, targeted ingredients that combine the clinically proven ingredients from their award-winning regular Curamin formula with additional targeted botanicals selected to support strength and comfort in the lower back. Like all Terry Naturally formulas, ingredients proven by documented science are relied on to achieve stellar results.

In fact, years ago, the parent company of Terry Naturally was sued. The frivolous allegation was false label claims regarding pain relief. The owner, Terry Lemerond, did not back down. He refused to change his label and instead showed the courts the documented research that conclusively supported his label claims. He won and his products continue to help thousands around the world live active, healthy, pain-free lives. Sherrie Waterhouse is one of them.

On Sale Thru July 25th
$5 Off On One Bottle or $12 Off When Buying Two



Our Finest Fish Oil On Sale, 35% Off Thru July 25th

New Chapter Wholemega is from wild caught Alaskan salmon that's minimally processed to preserve all 17 naturally occurring omegas, not just omega-3 like most other brands. New Chapter's low-temperature extraction protects numerous beneficial inflammation fighting and health promoting compounds including astaxanthin and vit D-3. Wholemega is clinically proven to reduce unhealthy triglycerides by 8.5% in just 2 weeks. Our top choice for fish oil.

Parking Palooza #2, Come Celebrate!

Our Parking Lot Construction Is Finally Finished!

With the purchase of any New Chapter product you'll get an entry to win a $150 **New Chapter Healthy Supplement Gift Basket** containing an assortment of New Chapter premium supplements. Buy more products – get more entries. Winner chosen July 25th.



Healthy Cholesterol On Sale, Lowest Price Of The Year

How Do We Know Healthy Cholesterol Works Great?

Because That's What You Tell Us!

Sunshine Has Received Hundreds Of Success Stories On This Remarkable Product



84-year-old Faye Poole from Merlin had high cholesterol - 274 total. Her doctor told her something needed to change and recommended a statin drug. She decided to use **Healthy Cholesterol** instead. **The Results:** Total cholesterol went down 47 points! Her doctor is very satisfied and she feels great!



75-year-old Rick Major from GP suffered a heart attack in 2014. Doctors installed 4 stints to open clogged vessels. Artificial statin drugs caused fatigue, muscle pain, dizziness, and depression. He decided to try **Healthy Cholesterol.** Rick's LDL (bad) cholesterol went from 200 down to 114 and he feels great !



77-year-old Silva Marie from GP was diagnosed with high cholesterol – 275 total. She tried a strict vegan diet. She lost 35 lbs but didn't reduce her cholesterol. Using **Healthy Cholesterol** Silva's total cholesterol dropped 40 points and she feels great!

Healthy Cholesterol is a synergistic blend of 6 proven natural 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 5-8 weeks.

On Sale Thru July 31st

Buy 1 Bottle, $25.98: Save $3
Buy 3 Bottles, $71.94: Save $15
Buy 6 Bottles, $131.88: Save $42

Satisfaction Guaranteed Or Your Money Back*

*Refund limited to the purchase price of one bottle

Parking Palooza #1, Come Celebrate!

Our Parking Lot Construction Is Finally Finished!

With the purchase of 2 or more bottles of Healthy Cholesterol you'll get an entry for a **$25 Sunshine Gift Certificate.** Winner chosen 7/31



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

Vitamins, CBD, Groceries, Produce, Pet Foods, Salad & Juice bars and more. Call for details. 541.474.5044 * minimum order required

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

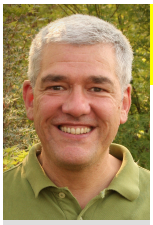
- SEE INSIDE FOR APRIL DETAILS -

Low Back Pain Gone For Good. 44-yr-old Is Very Happy

Energizing Electrolytes 25% Off

Results Pouring In On World's Finest Toothpaste

Comprehensive Guide To Healthy Sweeteners



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