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

Balancing Stress, Increasing Energy, And Improving Mood And Sleep

Many people's brains are in hyper-drive from sunrise to sundown and beyond. Humans, sped up by smart phones, computers, and the financial pressures of modern life absorb more stress than is healthy or reasonable. **Three-quarters of all doctor's visits are the result of stress-related ailments and complaints.**

Our stress response is a "hard-wired" part of our genetic code. When confronted with serious threats, an armed intruder, wild animal, or a tidal wave, our brain signals the adrenal glands to release the hormones adrenaline and cortisol. Adrenaline increases heart rate and blood pressure prepping us for a burst of muscular exertion. Cortisol releases blood sugar for muscle fuel.



Stress created fight or flight hormones attacking a computer

These "fight or flight" chemical responses may have served our ancestors well preparing for a death match with a sabre-toothed tiger, but are excessive for most modern daily needs. Unfortunately whether we are reacting to an actual serious physical threat or just the daily grind of traffic, work pressures, or a forgotten credit card bill, our biological reactions are often very similar - we rev up ready for fight or flight.

Some stress may be considered constructive – like planning for a new job or trip or welcoming a new baby into your family. But even these can still contribute to adrenal fatigue and burnout.

Continually over-responding to relatively minor chronic stress by pumping out fight or flight hormones has been shown to create many major negative effects on our health including elevated blood pressure, sleep and digestive disorders, reduced immune function, muscle tension, anger, emotional imbalances and a lot more.

Younger people (under 35 or 40 years old), generally have an amazing ability to bounce back and fully recover from overwork, injuries and illness. However, as we age the time it takes to rebound from significant challenges increases dramatically. For the elderly it can take a year or to more fully recover from a crisis.

In contrast to humans whose stress is largely self-inflicted, plants have no ability to avoid stress in their environment. They can't move to seek food or to escape the cold, pests, or environmental toxins. Instead, evolution has equipped them with the ability to **adapt** by producing protective chemical compounds to successfully adjust to their changing challenges.

From the perspective of Traditional Chinese Medicine, there is usually a Yin & Yang component to addressing stress in our lives. Plant medicine can play a large role in helping us cope.

Unwinding from stress is the yin component. Relaxing (yin) herbs include: **Valerian, Chamomile, Passionflower, Hops, Skullcap, Lemon Balm, Lavender, California Poppy,** used in capsules or teas can all help people unwind. More potent substances included in this class would be cannabis and alcohol. The relaxers don't however help us regain energy and rebuild from the negative effects of chronic stress, major illness or injury but they can help us exhale & relax.

Continued on page 2

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- See Other Side For -

Order 2026 Flu Shot Alternative NOW!

New At Sunshine: Joint Solution Advanced Stress Relieving Adaptogenic Herbs On Sale

2026 Flu Shot Alternative



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. **This year's version is being formulated in France right now and will arrive around mid-October.**

After 10 years of European testing, these homeopathic pills proved more effective and far safer than traditional flu shots. One dose per week, for 5 weeks, was the way this formula was originally tested. We offer all 5 doses in one convenient package for $8.19.

Sunshine is the only place in the US that provides the *original* directions for use this product was created with. We have 24 years experience with it & we'll help make sure you use it correctly.

To Guarantee October Delivery Of The Updated 2026 Formula, Call Or Come In And Place Your Order Today



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

Vitamins, CBD, Groceries, Produce, Salad and Juice Bar, & more. Call for details. 541.474. 5044 ***minimum order required**

2 Great Stress Relief Formulas From Natura, An Ashland Company



Power Adapt is a true adaptogen blend formulated to build vitality and stamina while promoting calm in the face of ongoing stress. **The emphasis of this formula is restoring energy reserves.** It provides deep healthy strength and energy while enhancing the restorative nature of deep sleep.

The botanical ingredients encourage healthy endocrine function by providing nourishment to the spleen, kidneys, & esp adrenal glands which results in the energy necessary to support your body's ability to rebuild, recover, & restore balance to feel functionally younger.



Uplift is new at Sunshine. It's formulated to elevate mood and promote a healthy state of mind, even in the face of stressful circumstances. **The emphasis of this formula is restoring a calm, healthy, positive, mood.** Premium quality botanical extracts are provided to support healthy levels of dopamine, serotonin and GABA By combining the building blocks for neurotransmitters with the clearing and guiding influence of the herbs, a comprehensive approach to mood support is achieved.

20% Off One Or Both Thru Sept 26th

Keep The Kids Healthy In School
3 Great Choices, 20% Off Msrp

Garden Of Life Kids Immune Gummy

Herb Pharm Immune Avenger - The Early Onset Superhero!

Source Natural Herbal Resistance Liquid

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reduce stress, continued from page 1

Gradual strengthening and rebuilding our energy and stamina is the yang component of managing stress. While caffeine can help mask low energy with periodic jump starts, prolonged use actually depletes our energy stores and contributes further to burnout. **Adaptogenic herbs** however have been used and revered for energy enhancement since ancient times. **They include: Rhodiola, Ashwagandha, Cordyceps, Ginsengs, Holy Basil, Schizandra, Rhaponticum and more.**

Unlike pharmaceutical drugs that typically have only one mode of action, adaptogenic herbs have multiple modes. If the immune system or vitality is diminished, adaptogens can enhance them. However, if the immune system is overactive, for instance with allergies or autoimmune diseases, adaptogens help down-regulate response, decreasing over-activity and create balance. **That's why a well-balanced traditional adaptogenic formula that can create more energy and vitality can also simultaneously create deeper more restful sleep. That is the genius of nature.**

Whether you're looking to maintain or rebuild optimal health, herbal adaptogens provide essential support and combined wisely can buffer the effects of stress by restoring balance, optimizing metabolism, and encouraging healthy immune response. After trying some relaxing herbs that didn't help improve my own sleep after an extraordinarily stressful month, I tried our most powerful adaptogenic formula and am now appreciating **more sound, restful sleep and more energy.**



New At Sunshine
Joint Solution Advanced

Increased Flexibility, Reduced Pain, Stronger Joints with Mt Angel Joint Solution Advanced

In Oregon's Willamette Valley in the town of Mt Angel, Mt. Angel Vitamins has been manufacturing their entire product line for over 50 years. Sunshine has been bringing in more of their products every year and our customers have embraced each and every one.

Joint Solution Advanced is one of Mt Angel's most recent formulas. It provides the exact 3-pronged approach we like to see in joint formulas. This one does it all!

*** Strengthens, nourishes and lubricates ligaments and tendons**
*** Supports healthy cartilage for maximum cushion and shock absorption**
*** Provides anti-inflammatory herbs to reduce pain & swelling**

We recently negotiated a great deal to be able to bring this fantastic product to you at a very affordable price. Other companies products with comparable ingredients usually sell for $40-50 per month. Mt Angel has agreed to exclusively supply Sunshine with a 180 count bottle (a 6-week supply) for an everyday price other brands charge for 4-week supplies. **That's like getting 2 weeks FREE! You will not find this size and value anywhere else.**

You'll be getting a true full-spectrum joint formula manufactured to GMP standards in Oregon... at an extraordinary price. A WINNER!

In Addition, Save Even More With Introductory Pricing Thru Sept 26th
Take An Extra 15% Off ...
$38.29 For A Full 6-week Supply



New Chapter Magnesium
With Ashwagandha

Magnesium with Ashwagandha features 2 highly beneficial forms of magnesium with the herbal adaptogen ashwagandha, for adrenal support, calming, and reducing the stress hormone cortisol

This magnesium formula is 2.5x better absorbed than the leading brand.

For those who do not get enough magnesium, taking more will likely help:
* reduce high blood pressure
* prevent and treat chronic muscle cramps.
* relieve constipation
* improve sleep quality
* boost mental health by helping to diminish anxiety and depression
* reduce elevated blood sugar
* promote bone health by increasing calcium absorption especially when combined with vitamins D and K
* diminish migraines and asthma
* maintain normal heart rhythms often preventing atrial fibrillation

25% Off Msrp Thru Sept 26th