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

Measles Transmission By Vaccinated People Now Documented

The media consistently tells us the unvaccinated are responsible for measles and other disease outbreaks. There is now substantial data proving that measles is also transmitted by the vaccinated. There are many reasons well-informed parents may have for choosing to forgo or delay vaccination. One day that may be the subject of another article.

For now, a new meta-analysis of 33 studies of peer reviewed medical literature published in Aug. 2026 confirmed that people who have received measles vaccines can become infected with measles and transmit the infection to others. **Transmission of measles by people who had received the vaccine was documented in 18 countries.** Of the documented cases where vaccinated individuals contracted measles, 8% transmitted it to others.



However, the factor that is most confounding is that very much as with the Covid and whooping cough (pertussis) vaccines, measles vaccine often does not prevent infection or transmission but only reduces severity or eliminates obvious symptoms in the infected individuals. So the vaccines may reduce risks for the infected but not for those with whom they come in contact. In the case of pertussis, the vaccine nearly eliminates all symptoms in infected individuals but does not reduce transmission to others. So a parent may have no way of knowing their vaccinated child has pertussis when sending them to school where they become a vector for transmission to others. Then when an unvaccinated child shows symptoms and tests positive, they are blamed for the outbreak. Until about 2-3 years ago, this fact was seldom considered. Research uncovered by the Informed Consent Action Network has verified it.

My family experienced this exact scenario 40 years ago. My 3 young daughters attended a private school and were unvaccinated for pertussis. Two became infected and displayed symptoms. Public Health officials began an investigation into the chain of transmission that brought it to the school. Their conclusion was as follows: An outbreak of pertussis had been documented at Children's Hospital in Boston (where we lived at the time). They believe that a doctor at the hospital brought it home to his ***vaccinated*** daughter who became asymptomatically infected. She was sent to school without symptoms, then transmitted it in my kids' classroom. The most concerning aspect of this is that a vaccinated, asympotmatic carrier could unknowingly infect an infant with pertussis, Infants are the one age group for whom pertussis may be very serious.

When unvaccinated children are infected with measles they typically present all the usual symptoms. Red rash, high fever, cough, runny nose and watery eyes. It's acknowledged that vaccinated people who get infected often experience much milder symptoms and in some cases, some of the usual symptoms are completely absent. In fact, only 36% for whom symptom information was available, met the World Health Organization clinical case definition for measles, and only 5% exhibited all five classic measles symptoms What is quite concerning is that in the absence of the full intensity of all the symptoms in a vaccinated child, their pediatrician may not even think to test for measles because ***"they can't have measles, they were vaccinated."*** Then if they transmit it to an unvaccinated child who presents all the typical symptoms, that child is blamed for the outbreak.

One very significant benefit for a woman who has acquired ***natural immunity*** to measles or other diseases by surviving an actual infection is that she will then pass much of that immunity to her newborn children. With ***Placental Transfer*** during pregnancy, protective proteins called antibodies pass from the mother to the fetus through the placenta, mainly in the third trimester. Studies also show that women with natural immunity often have higher starting concentrations of measles antibodies than women with vaccine-induced immunity. Because naturally immune mothers pass higher antibody levels, the protection in their infants lasts longer, helping to provide a level of protection to their newborns until they are old enough to be considered for vaccination.

When it comes to the subject of vaccines, there is nearly always far more to consider than newspaper headlines, TV talking heads, and even some doctors would lead us to believe.



New Book From A Local Author

In Medicinal Mushrooms Unscrambled Dr Mike Amaranthus brings user-friendly clarity to a fascinating but sometimes confusing subject with peer-reviewed scientific rigor, first hand experience, and honesty.

Dr Mike is a pioneer of modern mycological research (the study of funghi and mushrooms) with over 100 published articles as a decorated scientist and university researcher. Thriving today, he is also a 2-time stage 4 cancer survivor who used medicinal mushrooms as a big part of his healing journey.

Learn how to find, prepare and use the world's most powerful medicinal mushrooms including: Lion's Mane, Turkey Tail, Chaga, Reishi, and Maitake.

In 1995 Dr Mike and his wife founded Mycorrhizal Applications in Grants Pass, OR. That became the world's largest producer of fungal inoculum (fertilizer) used to improve plant performance.

The assertions in this book are impeccably documented with 165 footnotes and citations to hard data. Dr Mike didn't mess around. Nonetheless, this book is easy to read for regular folk and medical professionals alike.



Tired Brain Rejuvenated
Janya's Success Story

About 10 years ago Jayna Graham from GP began noticing that her brain started to feel tired. She could remember things but it just took longer for her brain to fully engage and bring things into sharp focus. She said she often "felt mentally fatigued and a little foggy upstairs."

Not ready to accept this as her permanent new reality Jayna, began searching online for ideas. She saw that 4 or 5 herbs and nutrients kept coming up as suggestions for cognitive improvement and decided to come to Sunshine to check them out.



Jayna was shown **Vibrant Mind** from Natura (an Ashland company) because it contained all of what she was looking for and more. Even though she felt it was a little spendy she decided to give it try promising herself that if it didn't help, she would never buy it again. It needed to work!

The Results: In the very first month Jayna noticed a significant improvement. If she misplaced her cell phone, she could find it quickly. The foggy feeling was gone and her brain didn't feel like it needed a nap all the time. **Jayna said: "it was definitely worth buying."** Her 77 year-old brain is now feeling a lot younger.

Vibrant Mind contains an array of highly concentrated botanical extracts and advanced nutrients which work to enhance focus, memory, and healthy neurological function.

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.

On Sale, 15% Off Thru Oct 24th



each box contains 14 single serving packets

Moringa Hot Chocolate
Extraordinarily Delicious Incredibly Healthy

Dairy-Free, Sugar-Free And Packed With Nutrients. It's made with only 5 ingredients: the super-foods cacao and moringa, chicory root, and non-dairy creamer made from coconut milk and tapioca.

BUT THE BIG DEAL IS, … IT TASTES GREAT!

Moringa has 17x the calcium of milk and 9x the protein of yogurt, is super rich in antioxidants, chlorophyll, iron and vit A.



Moringa Hot Chocolate has no added sugar. There are 1.8g of natural occurring sugar from the coconut and tapioca used to make the plant creamer and from the chicory root sap sweetener. There are only 10 g of carbs mostly from the fiber content, making it it KETO friendly. **The cacao and moringa actually help *reduce* glucose levels.** It's caffeine-free and diabetic friendly.

The Healthiest Hot Chocolate You Will Ever Find!



Update On Ollie Toothpaste
My Best Check-Up In Decades!
My Teeth and Gums Actually Improved!

Despite brushing, flossing and a water pic, I have been one of those people who seems to be cursed with dental issues. The gaps between my teeth and gums had continued to get larger nearly every check-up and cleaning … **until this week!**

Since I began brushing with Ollie the gaps between my teeth and gum line have decreased and **no new cavities!** My dental hygienist is really impressed. If this keeps up, my dentist may not be able to afford his family's winter ski vacations.

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.

The Good News: Hydroxyapatite Toothpaste Is Here!

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, hydoxyapatite matched or exceeded fluoride in cavity prevention <u>without</u> 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 Hydroxyapetite 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 <u>cannot</u> 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.

Four Flavors In Stock
Available In GP Exclusively At Sunshine



New Everyday Lower Pricing On <u>All</u> New Chapter Products

Including their best-selling lines of food-derived Multivitamins, Wholemega Wild Alaskan Salmon Oil, Zyflamend Anti-Inflammatory Herbal, Bone Strength, Magnesiums, and Herbs.

ALL THESE WINTER WELLNESS PRODUCTS ARE 10% OFF THRU 10/24

Colds And Flu Are Caused By Viruses. Antibiotics are completely ineffective against viral infections. Despite this, doctors amazingly treat 60% of colds and flu with antibiotics.

Prevent Colds and Flu With Healthy Daily Basics. A high quality multivitamin, moderate physical activity, fresh air, and adequate rest give you a balanced, healthy framework from which to work. **People who sleep less than 6 hours a night are 4x more likely to get sick as people sleeping more than 7 hours.** Good sleep is very important.

Probiotics (beneficial bacteria) daily are one of the most effective steps you can take to maintain optimum health, ***especially*** after using antibiotics.

Wellness Formula, **America's Top-Selling Immunity Superstar:** It's great for everyday use as prevention or load up with extra at the first signs of trouble. An award-winning blend of over 30 vitamins, minerals, adaptogens, and herbs—including high potencies of vitamins A, C, D, and zinc. It helps keep you breathing easy with time-tested botanicals like elderberry, echinacea, garlic, and mullein—used traditionally for immune and respiratory support—as well as vitamin A, necessary for keeping mucous membranes moist and functioning. Available in tablets or capsules.

Vitamin D-3: 1000-5000 I.U. of D-3 daily, provides excellent "bang-for-the-buck" cold & flu protection.

Vitamin D-A-K is a premium blend of highly bioavailable vitamins D, A and K. extracted from a whole-food complex. Sunshine's best-selling D-3 product.

Quantum Super Immune Plus: This premium immune boosting supplement contains olive leaf and astragalus extracts as well as L-lysine with its proven anti-viral qualities.

Garden of Life Raw Zinc is a whole food complex that also contains Vit-C. Studies show it can help prevent and reduce the duration of colds and flu.

Back To Health Zinc Bis-Glycinate proven to be 43% better absorbed than other more common forms of zinc. One capsule provides 50 mg.

Flu Symptoms Usually Come On Very Suddenly and include headache, body aches, the abrupt onset of fever (usually high), extreme fatigue, dry cough, possible runny nose, and general weakness.

Colds Are Milder Respiratory Illnesses Than Flu usually beginning with a sore throat and a runny or stuffy nose. Colds seldom cause a fever over 101. They usually cause copious watery nasal secretions the first few days. Often these turn darker and thicker. Colds usually last about a week.

The 2 biggest differences between colds & flu are, that with flu, the onset of symptoms is usually very sudden and often includes a high fever. Flu often hits hard and sends you to bed

Treating Flu Symptoms, because flu symptoms hit so suddenly, protect yourself by having flu remedies at home and at work. That way you can begin treatment immediately, at the onset of symptoms when it will provide the most benefit. Drink plenty of water to replace fluids lost from sweating. **If you live alone, notify someone who can check in with you periodically.**

Elderberry, when taken at the first signs of flu, is scientifically proven to reduce duration and severity of the flu.

Oscillo is the #1 homeopathic medicine in the U.S. It is used for treating flu by millions of people in over 50 countries.

Flew Away from NATURA is a potent blend of 9 herbs that help to deactivate disease causing microorganisms while relieving discomfort during the healing process. The warming herbs in this formula help move pathogens up & out before illness can settle deeper in the body. Use at the first signs of cold or flu.

To maximize the effectiveness of Flew Away take a hot bath or shower, take 2 capsules, bundle up, drink hot soup or tea and stay home and rest. Stay well hydrated & take 2 capsules every 4 hours.

Treating Cold Symptoms:

Herb Pharm Rapid Immune Boost is a super-effective blend of 10 herbs featuring echinacea, goldenseal, and elderberry. It's a true feel-better-faster formula. Best if used 6-8x the first day.

Lung & Bronchial Tonic liquid from NATURA eases chest congestion, relieves cough, and soothes, nourishes, and enhances the respiratory tract. Promotes free breathing.

S-Clear pump spray from NATURA supports nasal and sinus health. Reduces congestion and inflammation due to colds and allergies. Promotes free breathing.

Throat and Gland from NATURA supports throat tissue health & lymphatic drainage. If your first cold symptoms are in your throat, this is the formula to use.

Clear Lungs Blue Label Extra Strength capsules reduce bronchial congestion, restore free breathing, and is especially effective treating congestion due to colds or flu.

Elderberry's antiviral qualities that are so effective against flu viruses make it great for treating colds too. Gummies, capsules, and syrup

Yin Chiao (Chow) Classic is an ancient Chinese cold remedy that immediately helps move stagnant energy and pathogens up and out before they can settle deeper in your body.

NAC is very effective for clearing mucous from the lungs and helping the liver detox. An excellent adjunct to virtually any cold or flu protocol.

Now Brand Elderberry Zinc Lozenges with slippery elm, Vit-C, echinacea, and propolis can reduce the duration and severity of a cold. Slippery elm relieves sore throat symptoms immediately.

Quantum Organic Cough and TheraZinc Lozenges taste great & provide fast relief for cough and sore throat. They provide therapeutic doses of zinc with soothing slippery elm in cherry, lemon & honey, and elderberry varieties.



Using The Flu Shot Alternative She Was Flu-Free For 18 Years

Then It Happened ... Denise's Story

As a pre-school teacher for many years, Denise Pederson from GP was exposed to every sneeze, sniffle, cough, cold and flu imaginable. For 18 straight years she used the homeopathic flu-shot alternative and stayed flu-free.

Then it happened.... last year Denise forgot to order it, went without. and unfortunately... **SHE GOT THE FLU** for the first time in 2 decades! She said she'll never forget to order it again!



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 right now and will arrive around mid to late 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. Thousands of our customers say it works great!

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

---

October Sale On All Pure Essence Labs Products ...Total Of 20% Off MSRP

On Sale: All Multis - Men's, Women's, One-A-Days and more, Ionic Fizz Magnesiums, Energy & Adrenal Boosters, Candex, And all Medicinal Mushrooms including **Lion's Mane 8x,** the best Lion's Mane capsules available anywhere!



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

Vitamins, CBD, Groceries, Produce, Pet Foods, Salad and Juice bars and more. Call for details. 541.474.5044 *with minimum purchase

---

PELL COUNCIL

Working people, business owners, seniors on a fixed income, and everyone on a budget needs a voice at City Hall. I will continue to be that voice. **If you'd like to support my reelection to the Grants Pass City Council** by placing a yard sign at your home or business within Grants Pass, please give me a call. I can deliver it or you can come by to pick one up. Thank you – Rob Pell

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 OCTOBER DETAILS -

Order Your 2026 Flu Shot Alternative NOW

Annual Winter Wellness Guide, Updated For 2026

Rejuvenated Brain Rolls Back The Aging Clock



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 I 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