

The Natural Newsletter

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Welcome to the Natural Food Store Newsletter,
your source for the latest in health news and exclusive wellness offers.

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we lower it, and
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Highlighted here: An array of organic culinary delights to enhance your holiday experience.

From the Editor: December Highlights

Dear Readers,

As we dive into the festive spirit, our December newsletter is brimming with valuable insights to guide you towards a healthier and more joyful holiday season. Let's take a glimpse at the captivating articles awaiting you in this edition.

- **Uric Acid: To Care or Not to Care?**

Uncover tips to manage uric acid levels and decide if it deserves your attention.

- **Digestive Enzymes: Your Holiday Meal Ally**

Explore the role of digestive enzymes to savor holiday feasts without discomfort.

- **Product Spotlight: AnxioCalm**

Discover a natural solution for anxiety to bring calmness to your festive days.

- **Embrace the Season with Natural Elegance**

Delve into genuine, health-conscious gifts for a cheerful and vibrant holiday.

As we close the chapter on another remarkable year, we extend our heartfelt wishes for a joyous holiday season and a healthy start to the new year. Thank you for being a cherished part of our community.

Wishing you wellness and happiness,

Cathryn Manis
Editor-in-Chief



Uric Acid: How can we lower it, and should we even care?

Most of what we hear is that uric acid is associated with gout, and if you have gout, stop eating red meats. Is there more to the story? Well...yes. Here goes:

Uric acid is a byproduct of protein metabolism. During this process, chemicals called **purines** are broken down inside the cell.

So, are these purines coming from eating red meat? Well, a little bit. Within our diet, foods higher in purines are dark meats, organ meats, fish, beans, peas, and beer.

But here's a couple truth bombs: first, most purines (**over 60%**) broken down in the body don't come from our food, but from our body itself. Second, gout is not necessarily about *too much uric acid*, but it is not being able to excrete it efficiently through our urine.

But here is my biggest take away- elevated uric acid causes even worse problems than gout- it is associated with high blood pressure, headaches, cognitive disease, heart disease, kidney disease, diabetes, and fatty liver.

In other words, you do not want elevated levels of uric acid. The biggest reason we start to see elevated uric acid is a diet rich in processed foods that contain **fructose**. Does this mean we should stop eating fruit and honey? Not necessarily. It's more important to cut out foods and drinks that contain **high fructose corn syrup**. Why?

Heavy amounts of dietary fructose inform our bodies that winter is coming, and we should prepare for times of food scarcity by putting on weight, raising blood sugar, blood pressure, and insulin resistance (think about a bear about to go into hibernation). But for us, this is a winter that never comes. We don't have times of food scarcity. We won't go into hibernation. We will continue to fatten up for a winter that won't get here!

So, what can you do to lower uric acid levels?

1. Reverse insulin resistance through diet changes and exercise. Cut back on the processed carbs.
2. For a quick turnaround, take black cherry or tart cherry extract. It especially reverses a gout flareup quickly.
3. For a good long-term approach, take Quercetin, Luteolin, DHA, Vitamin C, and Chlorella. These have been shown to block uric acid production and help the body handle the load it has.

If you have any questions, please reach out.

Eric McMullen from Cell to Soul Health

Digestive Enzymes: Your Holiday Meal Sidekick



As we approach the holiday season, it's hard not to think about the delicious feasts and gatherings with friends and family. From turkey and stuffing to pies and cookies, holiday meals are a delight for the taste buds but can be a challenge for our digestive systems. However, there's a secret weapon that can make your holiday dining experience more enjoyable: digestive enzymes from Enzymedica. In this newsletter article, we'll explore the importance of digestive enzymes and how they can help you process those rich, indulgent holiday meals.

The Role of Digestive Enzymes

Digestive enzymes are naturally occurring proteins that play a crucial role in breaking down the food we eat into smaller, more easily absorbed nutrients. Our bodies produce these enzymes in the pancreas, stomach, and small intestine, but sometimes we need a little extra help, especially during the holiday season when we tend to overindulge in hearty meals.

Enzymedica, a leading brand in the digestive health industry, has developed a range of enzyme supplements to assist your body in breaking down carbohydrates, fats, and proteins, ensuring that the nutrients from your holiday meals are efficiently absorbed and utilized.

The Holiday Digestive Challenge

During the holidays, we often consume larger portions of food, rich dishes, and sugary treats, which can put extra strain on our digestive systems. This can lead to discomfort, bloating, and indigestion, which can quickly take the joy out of holiday gatherings. Enzymedica's digestive enzyme supplements can help alleviate these issues by supporting the natural digestive processes in your body.

Enzymedica's Holiday Heroes

Here are a few Enzymedica products that can be your holiday meal sidekicks:

1. **DairyAssist:** If you're lactose intolerant but don't want to miss out on that delicious cheese platter, DairyAssist can help you digest dairy products more comfortably.
2. **Digest Basic:** For those looking for a simple and effective enzyme formula, Digest Basic provides essential digestive support for a wide range of meals.
3. **Digest:** A general digestive enzyme supplement that aids in the breakdown of various food groups, ensuring a smoother digestion process.
4. **Digest Spectrum:** This enzyme formula is designed to provide extra support for those with food sensitivities, making it an excellent choice for those with diverse holiday menus.
5. **Digest Gold:** A high-potency enzyme formula designed to break down a wide range of foods, making it perfect for indulgent holiday meals.
6. **GlutenEase:** For those sensitive to gluten, GlutenEase can help break down gluten proteins, reducing the risk of discomfort after enjoying gluten-rich holiday dishes.
7. **DGL Stomach Soothe:** This supplement is specially formulated to help soothe the stomach lining, making it a great addition for those prone to acid reflux or heartburn during holiday feasts.
8. **BeanAssist:** BeanAssist not only aids in the digestion of legumes but also helps with foods like broccoli and cabbage, which are prone to causing gas, ensuring a more comfortable dining experience.

Tips for a Digestive-Friendly Holiday Season

In addition to Enzymedica's digestive enzyme supplements, here are a few tips to help you enjoy your holiday meals without digestive distress:

1. **Chew Your Food:** Take your time to chew your food thoroughly. This reduces the burden on your digestive system.
2. **Stay Hydrated:** Drink plenty of water throughout the day to aid digestion and prevent constipation.
3. **Moderation is Key:** While it's okay to indulge, remember that moderation is key to a happy digestive system.
4. **Take Enzymedica Supplements:** Consider incorporating Enzymedica's digestive enzyme supplements into your holiday routine for added support.

In conclusion, the holiday season is a time for joy, celebration, and indulgence. With the help of Enzymedica's digestive enzyme supplements, you can savor your holiday meals without worrying about digestive discomfort. These enzymes are your trusted holiday meal sidekicks, ensuring that your body efficiently processes and absorbs the nutrients from your favorite dishes. This year, make the most of the holiday season, and treat your digestive system to some well-deserved support with Enzymedica's diverse range of products. Here's to a happy and comfortable holiday season!

December Product Highlight



Discover AnxioCalm: Your Natural Solution for Anxiety

As we approach the holiday season, we often find ourselves immersed in the joy and hustle of festivities. However, for some, this time of year can also bring about heightened stress and anxiety. Whether you're dealing with everyday anxiety or the holiday-induced variety, we have an incredible solution to share with you.

Introducing AnxioCalm by Terry Naturally

AnxioCalm is a natural, non-drowsy supplement designed to help alleviate anxiety and stress. Its key ingredient, clinically studied *Echinacea angustifolia* root extract, offers a remarkable approach to calming the mind without causing drowsiness or impairing your focus.

Why AnxioCalm Works:

1. **Clinically Studied:** *Echinacea angustifolia* root extract, the main component of AnxioCalm, has been the subject of clinical studies supporting its effectiveness in reducing anxiety.

2. **Quick Onset:** Unlike some other supplements that may take weeks to show results, AnxioCalm can have a noticeable calming effect in as little as 15 minutes.

3. **Non-Drowsy:** You can enjoy relief from anxiety without feeling tired or mentally foggy, making it an excellent choice for daytime use.

The Holiday Season and Anxiety

While the holidays are a time of celebration, they can also bring forth a unique set of stressors. The pressure of gift shopping, cooking, and entertaining, as well as family dynamics, can contribute to anxiety. AnxioCalm can be a valuable ally during this time, helping you stay calm and composed when it matters most.

How to Use AnxioCalm:

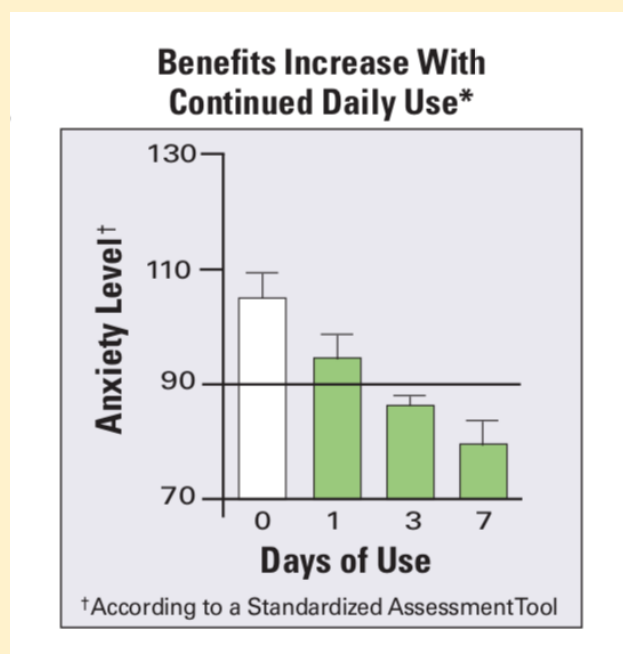
- Take one or two tablets twice daily.
- May take at bedtime to support restful sleep.
- Safe for adults and teenagers.

Remember that while AnxioCalm can be a wonderful tool for managing anxiety, it's essential to engage in other stress-reduction practices like mindfulness, exercise, and proper nutrition to maintain overall well-being.

The holiday season should be a time of joy and connection, and AnxioCalm can help you achieve just that. Experience the peace of mind you deserve, both during the holidays and throughout the year.

Visit The Natural Food Store today to learn more about AnxioCalm by Terry Naturally, and let us help you find your path to tranquility this holiday season.

Wishing you a peaceful and joyful holiday season!



- 🍯 Arkansas Honey: Pure and golden, sourced from local



🌟 Embrace the Season with Natural Elegance: Unwrap the Magic of Genuine Gifts!

'Tis the season of giving, and at the Natural Food Store, we are thrilled to unveil an array of Christmas treasures that promise to warm the hearts of your loved ones while nurturing their bodies and spirits. Our holiday assortment, featuring thoughtfully curated premade gift boxes, captivating candles, dazzling jewelry with crystals, jeweled phone grips, and convenient gift cards, is tailor-made to infuse your festive season with cheer and vibrancy.

💎 Radiant Essentials: Crystals, Jeweled Phone Grips, and More

Embark on a journey of enchantment as you explore our collection of crystals and jeweled phone grips, perfect for adding a touch of brilliance to your holiday celebrations. Elevate your festive style with our exquisite jewelry featuring crystals—adorn yourself in elegance and positive energy.

🎁 Sensory Indulgence: Premade Gift Boxes for Every Palate

Delight the senses with our meticulously curated premade gift boxes, an ideal present for those who relish life's finer pleasures. Overflowing with organic delights, these boxes offer a harmonious blend of flavors, textures, and fragrances. Each box showcases a selection of: atmosphere with the calming scents of incense and sage bundles..

beekeepers to bring you the sweet taste of Arkansas.

- 🍵 Harney & Son's Fine Tea: Embark on a tea connoisseur's journey with our curated selection of fine teas.
- 🌿 Incense and Sage Bundles: Foster tranquility with aromatic incense and sage bundles.

🕯️ Illuminate Your Holidays with PF Candle Co. Soy Candles

Step into the Natural Food Store and experience the enchanting scents of the season with our PF Candle Company soy candles. Immerse yourself in the warm glow and festive ambiance, making this holiday season memorable with the perfect gift of aromatic delight.

🎁 Gift the Enchantment of Nature in Every Package

Whether presenting a carefully curated box of organic delights, a scented candle to brighten the night, or jewelry adorned with crystals for positive vibes, our offerings are designed to evoke smiles and spread the essence of well-being.

May your season be brimming with joy, light, and the delightful fragrances of the holidays! Visit us at the Natural Food Store today to unwrap the magic of genuine gifts and infuse your celebrations with the beauty of natural elegance.

