

# The Natural Newsletter

NOVEMBER | 2023 | ISSUE #4

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

## IN THIS ISSUE

**Creatine: Is it Worth  
the Hype?**

**Elevate Your  
Thanksgiving Feast  
with Extra Virgin  
Olive Oils**

**November Product  
Highlight: Embrace  
Wellness with  
Wellness Formula®**

**Celebrate 1 Year of  
Summer Rose Coffee  
Bar at The Natural  
Food Store!** 🌹 ☕



*Highlighted here: An array of organic culinary delights to enhance your holiday experience.*

## From the Editor:

Dear Readers,

As we delve into the latest edition of our newsletter, I'm thrilled to bring you a collection of captivating articles that span the spectrum of health, nutrition, and culinary delights. Our team has worked diligently to curate a diverse set of topics to cater to your interests, and we're excited to share them with you.

### **Creatine: Is it Worth the Hype?**

We kick things off with an in-depth exploration of the often-discussed dietary supplement, Creatine. Is it truly the game-changer it's claimed to be?

### **Elevate Your Thanksgiving Feast with Extra Virgin Olive Oils**

Thanksgiving is just around the corner, and what better way to prepare for this cherished holiday than by learning how to enhance your feast with the finest extra virgin olive oils? Join us on a culinary journey that will elevate your Thanksgiving table to new heights.

### **Embrace Wellness with Wellness Formula®: Your Trusted Shield for a Vibrant Life!**

Wellness is a state we all aspire to achieve, and in this article, we introduce you to Wellness Formula®—a trusted shield for a vibrant life. Discover how this potent formula can bolster your well-being and help you thrive in all aspects of your life.

### **Celebrate 1 Year of Summer Rose Coffee Bar at The Natural Food Store!**

At The Natural Food Store, we're all about celebrating milestones. Join us in commemorating the 1-year anniversary of our Summer Rose Coffee Bar, a testament to our commitment to providing you with the finest and most enjoyable experiences.

We hope you find these articles both informative and engaging. As always, we're eager to hear your thoughts and suggestions. Your feedback drives us to continue delivering the content you love.

Thank you for being a part of our community.

Warm regards,  
Cathryn Manis

## Creatine: is it worth the hype?

For the first time since high school, I've recently started taking Creatine. When I used to think of creatine, I thought of muscle building, but then I learned a lot more.

Creatine is an organic acid produced in the liver that helps to supply energy to cells all over the body, especially muscles. It enhances ATP production and recycling and allows for muscle fibers to contract faster, quicker, and makes them overall stronger. But here is what else it can do:

- Supports methylation
- Increase energy
- Improve bone density
- Improve memory and cognition
- Improves cell hydration
- Promotes anabolic hormones (like HGH and testosterone)
- Lower blood sugar

There are a few more things but these are the highlights. I have felt really good while taking creatine lately. I'm not ready to enter any bodybuilding competitions but that's not really in the cards for me. I want to feel good and have good energy, and I feel like it has helped me.

Some people are afraid to take creatine because they think it makes them retain water. While it does help draw water into the cell, this is a good thing. This is different from fluid build-up of edema or lymphedema. Some men who are prone to baldness experience some thinning when taking creatine. I have not noticed this myself. It is probably less common than suggested. But, if you notice this, you can discontinue taking it.

Thanks for reading. Good health and blessing to you,  
Eric McMullen.





# Elevate Your Thanksgiving Feast with Extra Virgin Olive Oils

As Thanksgiving approaches, the anticipation of a mouthwatering feast fills the air. It's the time for family gatherings, gratitude, and, of course, delicious food. While the traditional dishes are treasured classics, there's always room for a culinary twist that takes your Thanksgiving dinner to the next level.

One ingredient that can transform your Thanksgiving meal is extra virgin olive oil (EVOO). Not only is it a heart-healthy alternative to other cooking oils, but it also infuses dishes with a rich and savory flavor that's simply unbeatable. Let's explore some creative ways to incorporate EVOO into your Thanksgiving spread.

## 1. Mushroom & Sage Infused Olive Oil: The Stuffing Secret

A great stuffing is a Thanksgiving essential, and here's a secret to making yours unforgettable: Mushroom & Sage Infused Olive Oil. This flavor-packed EVOO brings a delightful earthy essence to your stuffing. Simply sauté onions, celery, and mushrooms in this oil before mixing them into your stuffing mixture. The result? Stuffing that's bursting with depth and flavor, making it a highlight of the meal.

## 2. Cranberry Pear Balsamic: A Post-Thanksgiving Delight

The day after Thanksgiving, when leftovers fill your fridge, it's time to think about reinventing those turkey and cranberry sauce dishes. Enter Cranberry Pear Balsamic Vinegar. This tangy and slightly sweet balsamic vinegar is the perfect drizzle for turkey tacos made from your leftover turkey. Add some fresh greens, a dash of this balsamic, and a sprinkle of your favorite cheese to create a tasty and refreshing twist on leftovers.

## 3. The Elegance of Olive Oil Mashed Potatoes

Mashed potatoes are a Thanksgiving staple, and you can elevate them with a touch of elegance. Instead of using regular butter, consider using a high-quality, mild EVOO in your mashed potatoes. It adds a silky texture and a delicate olive flavor that pairs beautifully with the richness of the dish. Your guests will be impressed by this sophisticated take on a classic favorite.



## 4. Drizzled Delights: Olive Oil Desserts

Don't limit your EVOO exploration to savory dishes. Olive oil can work wonders in desserts, too! Consider making an olive oil cake for a unique and moist dessert that's sure to be a hit. A drizzle of a complementary balsamic vinegar, like fig or dark chocolate, can be the finishing touch that makes your dessert truly exceptional.

This Thanksgiving, let your culinary creativity shine by incorporating extra virgin olive oils into your dishes. Whether it's adding depth to stuffing, reinventing leftovers with balsamic drizzles, or creating unique desserts, EVOO can elevate every aspect of your holiday meal. We invite you to explore our selection of EVOOs and balsamic vinegars at Squizito Tasting Room inside Natural Food Store to discover the perfect flavors for your Thanksgiving feast. Wishing you a joyous and flavorful Thanksgiving celebration!

## November Product Highlight



### Embrace Wellness with Wellness Formula®: Your Trusted Shield for a Vibrant Life!

In today's wellness-driven world, taking care of our immune system is a top priority. That's where Wellness Formula® steps in, proudly holding the crown as the natural products industry's go-to immune defense formula. It's like having a trusted friend by your side, cheering on your well-being.

#### What Makes Wellness Formula® Special?

Wellness Formula® is a powerhouse blend of nature's best, carefully chosen to give your immune system the TLC it deserves. Imagine a superhero team - vitamin C, zinc, garlic, echinacea, astragalus root, and more - all working together to boost your immune response and help you stay on top of your game.

#### Flu Season Warriors: Wellness Formula® to the Rescue!

As we approach flu season, having a robust immune system is like having an extra layer of protection. Wellness Formula® is your secret weapon, arming you with the strength to face the seasonal sniffles and colds head-on. It's like a warm, cozy sweater for your immune system, keeping you snug and healthy even when the weather gets chilly.

#### Awards That Speak Volumes

Wellness Formula® isn't just any immune support - it's the immune support! The impressive collection of Vity Awards from Vitamin Retailer magazine, a whopping nineteen times, is a true mark of excellence and customer satisfaction. This product has won the hearts of the community, showcasing its efficacy and reliability.

#### Join the Wellness Journey

In a world where wellness reigns supreme, Wellness Formula® is your ally, your champion. It's about more than just feeling good; it's about living vibrantly. Let Wellness Formula® be your companion on this exciting journey towards a healthier, happier you.

## Celebrate 1 Year of Summer Rose Coffee Bar at The Natural Food Store! 🌹☕



Join us in commemorating a delightful year of aromatic brews and cozy corners at Summer Rose Coffee Bar, nestled within the Natural Food Store. From the first sip to a thousand smiles, we've cherished every coffee-filled moment with you!

To mark this special milestone, we're thrilled to introduce our stunning collection of bespoke holiday cards, each designed by Summer herself. Spread love and warmth this holiday season with cards that capture the essence of our cozy coffee haven.

And while you're here, don't forget to check out our exclusive line of Summer Rose sweatshirts, each one a perfect blend of comfort and style embodying the spirit of our beloved coffee bar. Also, dive into the spirit of the season with our specially crafted seasonal drinks, curated by Summer for your delight.

Come and share in the joy of our 1st anniversary at Summer Rose Coffee Bar within the Natural Food Store. Your love and support have made this journey unforgettable, and we can't wait to share many more cups of happiness with you. Here's to another year of exceptional coffee, delightful company, and creative surprises!