

# 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.



## IN THIS ISSUE

### **Dunbar's Number: The Power of 150**

Explore how our social circles align with Robin Dunbar's theory of 150 as the ideal community size, impacting history and our store's loyal following.

### **Summer Rose Coffee Bar: Weekly Delights**

Taste the essence of summer at Summer Rose Coffee Bar, with rotating treats.

### **August Product Highlight**

**Sucontrol D:  
Harnessing Hintonia for Diabetes**  
Discover Sucontrol D, a natural diabetes solution with Hintonia's benefits, regulating blood sugar, reducing glucose absorption, and supporting heart health.

**Store Update:  
Fresh Shopping Experience**  
Welcome to our revamped store layout, offering a more organized and spacious shopping journey, and an expanded range of products.

### **🌿 Holistic Wellness at Our Store**

Meet wellness experts Eric McMullen and Cat Manis for personalized guidance, experience tailored massages by Hannah Elliott, and explore Reiki and Hypnotherapy with Julie Jones.

## About the Editor

Hello! I'm Cat, and I'm excited to share a bit of my journey with you. Around 12 years ago, I had the privilege of working at The Natural Food Store when it was still under the ownership of the remarkable Cas Rifkin and Perry Ambrose. Though my time there lasted just a year before my family and I relocated to Tennessee, the experiences I gained were invaluable. During that period, Perry, a nutritionist, ignited my passion for health, nutrition, and natural remedies.

In the following years, I embraced a different role as a full-time stay-at-home mom, homeschooling my 3 children. Yet, my interest in natural remedies remained alive, earning me a reputation within my family and a small circle of friends as the go-to person for holistic solutions. Fast forward to 2021, my family and I had returned to Arkansas and with the unwavering support of my wonderful husband, I decided it was time to invest in myself. I pursued certification as an Integrative Nutrition Health Coach, and in August 2022, I proudly received my credentials.

Reflecting on this journey, I can't help but wish I could reach out to Perry and share my achievements with him. He was a pivotal figure who kindled my inspiration, and I find great joy in returning to the store he helped shape. I'm thrilled to be back, dedicating myself to the world of health and wellness, and I can't wait to continue growing alongside all of you.

- Cat Manis



## Dunbar's Number

By Eric McMullen

In the 1990's, British anthropologist Robin Dubar developed a theory that the ideal community size for humans is approximately 150 people. His theory is based on the size of our brains, that we have the capacity to hold about 150 social relationships; only a few *close* relationships, and then branching out from there. Interestingly, throughout history we see this number pop up in the size of Roman military groups, tribal sizes, farming communities, and larger companies. Even if you have thousands of Facebook friends, there is something about this 150 number that we humans can't get away from.

This got me thinking about our store. We definitely see many more than 150 customers in a given week, or sometimes even in a day. But as our leadership team has dug into this, we expect that our loyal customer following, our *tribe* that come in and know us by name, is probably somewhere around 150 people. These 150 people are our community, *and if you are reading this, it probably means you are one of them!*

We wanted a way to reach out and better connect with you, tell you what we've been learning in health, offer discounts and exclusive offers, and let you in on the inner-workings of our store. So we'd like to take the opportunity to say THANK YOU and that we appreciate you. And we would love to hear from you as well. Let us know what topics you'd like to see, products you are looking for, and how we could serve our community better.



## Ever-Changing Summer Delights at Summer Rose Coffee Bar!

Experience the fresh taste of summer each week at Summer Rose Coffee Bar. From dark chocolate pistachio cookies to zesty orange ganache pop pies, our in-house selection rotates to surprise and delight. Quench your thirst with featured drinks like mint lemonade and iced peach tea. Join us next week for new pastry and drink delights. At Summer Rose, every week is a new flavor adventure!



## August Product Highlight



### Harnessing Hintonia: A Natural Support for Diabetes Management with Sucontrol D by Terry Naturally

Diabetes, a chronic condition affecting millions worldwide, demands effective management to ensure a healthy and fulfilling life. Amidst the plethora of remedies available, one natural solution stands out: Hintonia. Derived from the bark of the *Hintonia latiflora* tree, this herbal remedy is garnering attention for its potential benefits in diabetes management. Specifically, products like Sucontrol D by Terry Naturally harness the power of Hintonia to provide a comprehensive approach to supporting individuals grappling with diabetes. Let's delve into the remarkable advantages that Sucontrol D offers for diabetes management.

*Cont. Page 4*

### **Blood Sugar Regulation**

Sucontrol D aids blood sugar regulation through Hintonia's compounds. Active elements like plant polyphenols and flavonoids enhance insulin sensitivity and glucose utilization, promoting balanced blood sugar levels.

### **Reduced Glucose Absorption**

Sucontrol D slows glucose absorption, preventing spikes in blood sugar levels after meals. This promotes glycemic control and a stable energy profile.

### **Anti-Inflammatory Properties**

Sucontrol D's Hintonia content fights chronic inflammation linked to diabetes, improving overall health and metabolic function.

### **Cardiovascular Health Support**

Sucontrol D's comprehensive approach, addressing blood sugar, inflammation, and antioxidants, indirectly benefits heart health, lowering cardiovascular risks in diabetes patients.

As diabetes rates rise, natural solutions like Sucontrol D gain importance. Terry Naturally's Sucontrol D offers a promising array of benefits for diabetes management. Embracing Sucontrol D alongside lifestyle changes paves the way for a healthier life for those with diabetes.

### **Discover the Latest Store Updates!**

Welcome to our revamped store! With fresh shelves and a reimagined layout, we're excited to enhance your shopping experience. Don't worry if you're puzzled by the changes; we're here to help. These updates are all about making your visit more enjoyable, not overwhelming you. Plus, we've expanded our shelf space, offering an even wider range of amazing products.

Our store is not only better organized but also boasts a stunning new appearance that we think you'll love. If you're unsure where to find your favorites, our friendly staff is ready to assist during your next visit. See you soon at The Natural Food Store!

## **Discover a Holistic Approach to Wellness at Our Store**

Greetings, valued customers! We are thrilled to share an overview of the diverse range of in-house services we offer to support your journey towards a healthier and happier lifestyle. At our store, we believe in nurturing your mind, body, and soul, and our team of experienced professionals is here to guide you every step of the way.

### **Eric McMullen and Cat Manis: Your Holistic Lifestyle Guides**

Eric McMullen and Cat Manis, our dedicated wellness experts, bring you a wealth of knowledge and experience to help you achieve your health goals. Whether you're seeking guidance on managing diabetes, embarking on a weight loss journey, or exploring the benefits of a ketogenic or low-carb lifestyle, Eric and Cat are here to offer personalized coaching tailored to your needs.

### **Hannah Elliott: Elevate Your Wellbeing with Specialized Massages**

Hannah Elliott invites you to experience a world of rejuvenation through her specialized massage therapies. Choose from Craniosacral, Manual Lymphatic Drainage, Oncology, and Medical Massages tailored to your needs. Discover balance, relief, and rejuvenation in her expert hands.

### **Julie Jones: Nurturing Body and Mind**

Discover harmony through Reiki with Julie Jones, harmonizing your energy for peace. Explore soothing Holistic Facials, combining skin care with deep relaxation. Seek stress relief and change through transformative Hypnotherapy sessions."

At our store, we are dedicated to your holistic well-being. Drop by our store today and let us help you take the first step towards a happier, healthier you.

Stay well,  
The Natural Food Store