

The Natural Newsletter

SEPTEMBER | 2023 | ISSUE #2

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

IN THIS ISSUE



**Dive Into the World
of Hydration
Essentials**

**September Product
Highlight Grow
Bone by Garden of
Life**

**Harness the Power
of Extra Virgin
Olive Oil**

**Big News for Our
Kombucha Bar!**

**What's New This
Month at
Summer Rose
Coffee Bar**

From the Editor

Hello, dear readers,

We're excited to bring you another edition of our newsletter, packed with information and updates that we hope will enhance your well-being and shopping experience.

In this edition, we dive into the importance of staying hydrated during these warm months. We'll share tips and tricks to help you maintain optimal hydration levels and keep your body performing at its best.

Our product spotlight shines on Garden of Life's Grow Bone. Discover how this supplement can contribute to your overall bone health, and why it's become a favorite among our customers.

We take you on a journey through the world of Squizito olive oils. These exceptional oils have earned a special place on our shelves, and we're excited to introduce you to their exquisite flavors and culinary possibilities.

We're thrilled to share that the talented Elizabeth Stevenson is now crafting kombucha in-house. Learn more about this probiotic-rich beverage and how Elizabeth is infusing her passion into each batch.

Our in-store coffee bar has some exciting additions this month. From healthy yogurt parfaits to Summer's creative t-shirt designs and small art prints, we invite you to explore the new flavors and artistic inspirations that await you.

As always, we aim to provide you with valuable information, exceptional products, and a warm, welcoming shopping environment. We hope you enjoy this edition of our newsletter, and we look forward to seeing you at our store soon.

Warm regards,
Cat Manis

Dive into the World of Hydration Essentials!

Our bodies are 60% water, and that water is *SALTY*. You could say we are walking oceans! Current health fads challenge everyone to drink a gallon of pure water a day, regardless of the person's size or weight. This could actually do harm, especially if that water has no minerals...most bottled water, reverse osmosis filtered, or distilled water. Drinking a gallon of pure water may not just be overkill, but also could flush out precious electrolyte minerals. In general, plain water is not ideal when you're drinking a lot of it. Hydration isn't just H₂O; our bodies need a balance of sodium, chloride, potassium, and magnesium too.

Suggestions-

1. **Go Halfsies:** Aim for around half your body weight in ounces of water daily. It's a personalized approach that keeps you on track without going overboard.
2. **Electrolyte Elevation:** Boost your hydration game with electrolyte water. Opt for a clean powder blend or embrace the natural goodness of coconut water.
3. **For Coffee Lovers:** If you're a coffee connoisseur, consider replenishing those electrolytes even more. Balance your brew with electrolyte-infused water to stay at your best.
4. **Salt & Zest:** Spice up your hydration routine with a pinch of sea salt and a splash of lemon. It's a tasty twist that packs a punch of flavor and minerals.
5. **Nature's Refreshment:** After an intense sweat session, don't shy away from real fruit juice. It's a sweet and natural way to restore lost nutrients.

Stay tuned for more insightful tips and tricks, and feel free to share your favorite hydration hacks in the comments below. Let's make waves in the world of hydration together!

Blessings and good heath,
Eric McMullen

September Product Highlight



Strengthen Your Bones Naturally with Garden of Life's Grow Bone System

If you are one of the millions of individuals who are concerned about the natural bone loss that occurs with aging, we have exciting news for you. Garden of Life is proud to introduce the Grow Bone System, a revolutionary approach to stimulating bone growth, increasing bone strength, and enhancing bone mineral density. Supported by rigorous clinical studies, this system is designed to help you build stronger, healthier bones as you age.

Understanding the Grow Bone System

The Grow Bone System is a comprehensive solution to address the challenges of bone health. It comprises two key formulas: Vitamin Code RAW Calcium and Vitamin Code Growth Factor S. Let's delve into what makes this system so remarkable.

Vitamin Code RAW Calcium

At the core of the Grow Bone System is Vitamin Code RAW Calcium, fortified with AlgaeCal RAW Clinical Strength. This patented ingredient is an ocean-derived, raw, organic, and plant-based source of calcium. What sets it apart is its natural richness in 73 essential bone-building minerals and trace elements.

Key Features of Vitamin Code RAW Calcium:

- 756mg RAW, Whole Food, Organic, Plant-Form Calcium: Providing the foundation for strong bones.
- 1600IU RAW Vitamin D3: Essential for calcium absorption and bone health.
- 100mcg Vitamin K2 as RAW MK-7: Helps direct calcium to the bones and away from arteries.
- 386mg of RAW Magnesium: Enhances calcium utilization in the body.
- Completely Free of Limestone Rock, Chalk, or Animal Bone Source Calcium: Ensures purity and effectiveness.
- Gluten-Free: Suitable for various dietary preferences.
- No Binders or Fillers: Pure and unadulterated bone nutrition.
- Live Probiotics and Enzymes: Promotes optimal digestion and nutrient absorption.
- Contains 22 RAW and Organically Grown Fruits and Vegetables: A comprehensive whole-food approach to bone health.

Vitamin Code Growth Factor S

The second component of the Grow Bone System is Vitamin Code Growth Factor S, which complements the benefits of Vitamin Code RAW Calcium. This formula incorporates essential bone health minerals such as strontium, along with probiotics, enzymes, and raw organic fruits and vegetables.

Key Features of Vitamin Code Growth Factor S:

- 680mg of Elemental Strontium: A critical bone-building nutrient, supported by clinical research.
- Live Probiotics and Enzymes: Enhances nutrient absorption and overall gut health.
- No Binders or Fillers: Pure and potent bone support.

Strontium is naturally found in trace amounts within your bones, making it a vital component of bone health. Clinical trials have shown that consuming 680mg of strontium per day, the same amount contained in Growth Factor S, can have a positive impact on bone health.

Timing Matters

It's important to note that calcium and strontium should not be taken together as they compete for absorption sites in the body. To maximize the benefits of the Grow Bone System, take Vitamin Code RAW Calcium and Vitamin Code Growth Factor S at separate times of the day. Additionally, maintain a diet rich in calcium and vitamin D to further support your bone health journey. *Cont. Page 4*

Special Limited-Time Offer!

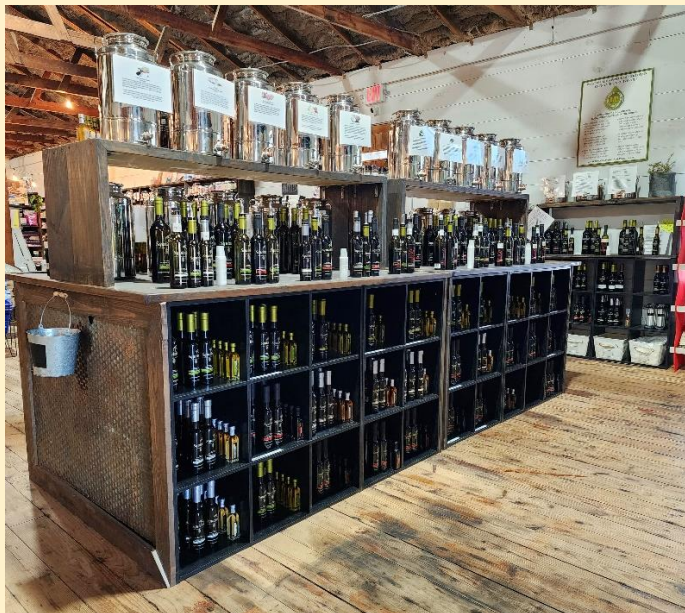
To help you take a proactive step towards better bone health, The Natural Food Store is excited to announce a special promotion. For a limited time, while supplies last, you can get the Grow Bone System at an incredible 50% discount!

Remember, strong bones are the foundation for a vibrant and active life. Invest in your bone health today with the Grow Bone System from Garden of Life.

Wishing you a lifetime of strong and healthy bones!

Harness the Natural Power of Extra Virgin Olive Oil: Your Ally Against Arthritis and Joint Pain

In the pursuit of holistic wellness, finding natural remedies that offer a dual benefit of taste and health is a true victory. Enter Extra Virgin Olive Oil (EVOO), a culinary marvel that not only delights the palate but also harbors remarkable anti-inflammatory properties. As we delve into the world of EVOO, it's essential to understand its role in combating arthritis and joint pain, while also ensuring its authenticity through certification.



A Natural Healer for Arthritis and Joint Pain:

Extra Virgin Olive Oil has long been celebrated for its heart-healthy attributes, but its anti-inflammatory prowess often goes unsung. Rich in monounsaturated fats and polyphenols, EVOO becomes a potent ally in mitigating inflammation – a common culprit behind arthritis and joint pain. These compounds work harmoniously to reduce oxidative stress, lower levels of pro-inflammatory markers, and promote overall joint health. Incorporating EVOO into your daily diet can aid in soothing discomfort and enhancing mobility, making it an essential addition to your wellness journey.

Certification: A Mark of Purity and Quality:

While the market abounds with olive oil options, not all are created equal. The assurance of authentic Extra Virgin Olive Oil lies in its certification, particularly evident through transparent chemical parameters. Certified EVOO undergoes rigorous testing to ensure it meets stringent quality standards, maintaining its purity and health benefits. Look for indicators such as low acidity, a high content of beneficial monounsaturated fats, and the presence of antioxidant-rich phenols. These markers substantiate the oil's genuineness and its potential to truly support your health goals.

Squizito's Commitment to Excellence:

At Squizito, we take pride in offering EVOOs of the highest quality in the world. Our oils are sourced as a fresh crop from both the northern and southern hemispheres every six months, ensuring a consistent supply of freshness and flavor. Each bottle is not only a testament to our commitment to quality but also comes with the assurance of certification, with chemical parameters transparently posted. Harnessing the power of Squizito EVOOs in your everyday cooking is simple and rewarding. Substitute your usual cooking oil with our EVOO for sautéing vegetables, imparting a delightful earthiness to stir-fries, or drizzle it over roasted potatoes for a healthful and savory upgrade.

As you embark on a path towards natural well-being, remember that the choices you make in your kitchen can reverberate throughout your body. Extra Virgin Olive Oil stands as a beacon of holistic nourishment, guiding you towards vitality and relief. By understanding its anti-inflammatory attributes and seeking the seal of certification, you empower yourself with an invaluable tool for fostering joint health and overall vitality. Embrace the transformative power of EVOO and savor a life enriched with flavor, health, and wellness.

Big News for Our Kombucha Bar!

Hello Kombucha Enthusiasts,

We have some truly exciting news to share with you today - a development that's sure to make your taste buds tingle with anticipation. Our Kombucha Bar is about to get even better!

Starting this month, we're thrilled to welcome Elizabeth Stevenson as the newest member of our team. Elizabeth is not just a passionate kombucha enthusiast but a skilled kombucha brewer. She'll be taking the reins of our Kombucha Bar, bringing her expertise and creative flair to craft the most delightful, probiotic-packed kombucha you've ever tasted.

Elizabeth's dedication to quality and flavor is truly remarkable. She'll be working her magic in-house, ensuring that each batch of kombucha is brewed with care and precision. From selecting the finest tea leaves to experimenting with unique flavor profiles, you can trust Elizabeth to deliver a kombucha experience that's nothing short of exceptional.

What can you expect from our revamped Kombucha Bar?

A Diverse Range of Flavors: Get ready to explore an ever-evolving array of kombucha flavors that will tickle your taste buds and keep you coming back for more. Elizabeth's creative genius will shine through in every brew.

Freshness Guaranteed: With our kombucha brewed right here, you can savor the freshness in every sip. Our kombucha will be as fresh as it gets.

Probiotic Benefits: Kombucha is not only delicious but also great for your gut health. Our in-house brews will be brimming with the probiotics that make kombucha such a popular choice for wellness enthusiasts.

We couldn't be more excited to have Elizabeth on board and to share this new chapter in our Kombucha Bar's journey with you. So, whether you're a long-time kombucha lover or you're just curious to see what all the buzz is about, now is the perfect time to swing by and experience the magic for yourself.

Join us in giving Elizabeth Stevenson a warm welcome, and be prepared for a kombucha revolution at The Natural Food Store. We can't wait to serve you a glass of effervescent, probiotic goodness!

Summer Rose Coffee Bar at The Natural Food Store - What's New This Month!

Summer has some fresh additions to delight your taste buds. Swing by her coffee bar, right here at The Natural Food Store, and discover what's new:

Yogurt Parfaits with Granola:

Craving a healthy and tasty snack? Try Summer's new yogurt parfaits with granola. Packed with creamy yogurt, delightful fruit jam, and crunchy granola, it's a perfect summer treat.

New T-Shirts Designed by Summer:

Check out the latest t-shirts designed by Summer herself. Limited edition and stylish, they're a must-have!

Pesto Quiches:

Summer's savory selection just got better with pesto quiches. These flaky pastries are filled with eggs, cheese, and basil pesto. Great for breakfast or a quick bite.

Art Prints by Summer for Sale:

Discover the artistry of Summer as you sip your coffee. We have small art prints created by Summer herself available for purchase. Take home a piece of Summer's creative spirit.

Visit us and explore these exciting new offerings at Summer Rose Coffee Bar, right inside The Natural Food Store!

