



Mother Nature's Food
May 2017

Arriving Soon!

Terra Natural Design



New fashion accessories made with RENEWABLE seeds, nuts and berries from the Amazon Rainforest.

Here's a [video](#) to learn more about what Terra Natural is all about.

News from Debbie

Spring is here, really it is, and although it is a beautiful time of year,

Win me!!



Come in May 8-13th to register to win this Personal Blender. Great for smoothies and protein shakes!

\$39.99 value

One entry per visit.

Great graduation gift!!

New

Rise
Protein Bars

Nature's Plus
Life Garden Supplements

with everything blooming, for some of you it is a dreaded time of year. Sneezing, runny nose, sinus pressure, and puffy eyes could be you. There are many products out there but for your health consider some natural alternatives.

Neti pots - this is a great way to flush those allergens out of your sinus cavities. For those that do not like water in your nose, try using it when in the shower.

Homeopathic remedies - these target the specific allergen you are dealing with and/or your specific symptoms. I usually do not suffer from allergies but when I was suffering from so much pressure on the left side of my face that I felt like it was going to explode, I tried a homeopathic remedy and saw relief within 15 minutes. No side effects and no drowsiness so I was able to take it while at work with no problems.

Supplements - there are a number of supplements that are helpful when dealing with allergies. A few to look into are nettles, bromelain, and quercetin. Click on this [link](#) and you can read more about each of these.

Try one of these or come in and talk with us about your specific issues and we will help to point you in the right direction. Here is to loving spring again!!!



50% Off

Reg. \$3.29

Available in: Almond Honey, Cacao Banana, Chocolate Almond, Lemon Cashew, Snicker Doodle, and Sunflower Cinnamon. Only 3-5 ingredients per bar with 15-20g of protein!



25% Off

These certified non-GMO, gluten free, and whole food grown supplements are quality products from a company we have trusted for years.

**Kiss My Face
Sunscreen**



30% Off

Reg. \$15.99-\$16.99

From babies to adults we have you covered! Stock up for summer.

**New Wave Enviro
Blend It Bottle**



\$9.99

25 oz stainless steel blend it bottle.

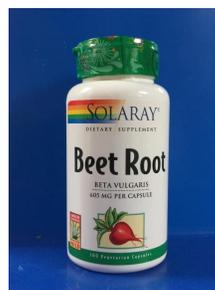
Sale

**Solaray
Turmeric**



40% Off

**Solaray
Beet Root**



40% Off

**Bell Lifestyles
Assorted Teas**



25% Off

Healthy Blood Pressure Support, Ezee Flow, & Bladder Health & Yeast Balance.

\$19.01
Reg. \$31.69

\$7.97
Reg. \$13.29

*All prices are subject to change and are based on availability

DIY Shampoo

Here's an easy recipe to try if you've been wanting a more natural shampoo.

- 1/2 c. coconut milk
- 2/3 c. Castile soap
- 10-15 drops essential oil of your choice
- 2 tsp. almond oil or olive oil

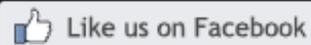
Mix together all ingredients in the bottle and shake thoroughly. Just give it a shake before you use.

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<http://mothernaturesfood.net>

Monday-Friday: 9am-7pm
Saturday: 9am-5pm
Sunday: CLOSED



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