



Mother Nature's Food December 2017

Holiday Help from Homeopathy

Eat too many cookies or sweets? Overindulged at a holiday party? Stayed up too late shopping or preparing for holidays? No need to worry! Nux Vomica to the rescue. This wonderful remedy has proven itself time and time again in such situations.

Are you traveling for the holidays? Don't forget to pack the Nux Vomica. Our family recently had an overnight flight that was, shall we say, not very restful. We didn't get much, if any, sleep that night. Each family member took several doses of Nux Vomica during the trip and in the days after our flight. We were able to function normally and none of us suffered any ill consequences after that long, sleepless trip or got sick at all during our vacation. Nux Vomica has been one of our favorites for motion sickness as well.

Thank you, Nux Vomica,

Merry Christmas and Happy New Years from Mother Nature's Food!!

We will be **CLOSED** our usual Sunday's
and
Monday, December 25 and
Monday, January 1.

Have a safe and happy holiday season!

Sale

ALL Enzymedica
20% Off



ALL Solgar
20 % Off

for making our holiday and travel enjoyable.

-Kate Bechard

It is your choice if you would like to take advantage of this information. Please consult your physician for any medical advice or treatment.



Cadia

Natural and Organic foods from Cadia at Mother Nature's Food!!

Choose from organic beans, nut butters, preserves, ketchup, mustard, flatbread, popcorn, tortilla chips, gluten free animal crackers, sandwich cookies, apple juice, apple cider vinegar, apple sauce, pickles, gelato, frozen vegetables, bread, spaghetti noodle and pasta sauce, pizza sauce, and raisins!




Come in the month of December and try any Cadia product at 20% Off!!

Remember to check the frozen items out too! Who doesn't like Italian Gelato?! Yum!!

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



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