

June 2023

Mother Nature's Food



[Our Website](http://Mothernaturesfood.net)

New Items!

Wixter Seafood

No Antibiotics
No Preservatives
& No Hormones EVER

-Norwegian Salmon

Reg \$24.88

-Alaskan Sockeye Salmon

Reg \$32.19

-American Shrimp

Reg \$19.99

-Norwegian Cod

Reg \$19.38

-Ecuadorian Mahi-Mahi

Reg \$23.18

-New Zealand Orange Roughy

Reg \$24.59

Buy 1 Get 1 50% Off

2nd must be equal or lesser value*



Sale Items!



Trace Minerals

Power Packs

20% Off

Reg. \$20.59-\$22.99



Buzz Away

2oz, 4oz, 8oz

Sale \$5.39-\$14.79

Reg. \$7.19-\$17.49



Smart Sweets

Sweet Fish & Red Twist

Sale \$3.19

Reg. \$4.19

Mina



Mild Harissa Sauce

Sale \$5.99

Reg. \$7.89



Good Culture
Cottage Cheese

Sale \$4.29

Reg. \$5.09



Veggie Wash
Fruit & Veggie Wash

Sale \$6.49

Reg. \$7.69



ESTABLISHED 1977
MACFARMS

Mac Farms
Caramel Sea Salt
Macadamias

Sale \$6.89

Reg. \$9.19



Alo
Flavored Drinks
Sale 2/\$5.00

Reg. \$2.99



Jolly Llama
Ice Cream Products
Sale \$4.99

Reg. \$6.89

Sign Up for Weekly Sales

The Mindful Peanut

I have been a cancer survivor since my mid-30s. That full journey brought me the lowest lows and highest highs of my entire life. Prior to my diagnosis I was completely burnt out, trying to push through so many physical and mental ailments at my job and pretending like everything was "ok".



Contact Info:

Sara will be here:

Friday, June 2nd
9-10am

Saturday, June 3rd
9-11am

Phone Number:

612-978-7999

Email:

themindfulpeanut@gmail.com

Website:

themindfulpeanut.com

It most certainly wasn't "ok". And I had to learn the hard way that the way I was living in total disregard for signals from my body. Eventually the body says enough.

On my road to recovery, I immediately was hit with another setback of being diagnosed with Endometriosis. The chronic pain and cyclical rollercoaster I was on led to very high amounts of anxiety, low mood and a substantial impact on my relationships and ability to function. I had been very accustomed to therapeutic diets. I have been gluten-free, vegetarian or vegan and low-FODMAP for most of my adult life. A large shift happened when I learned to balance the how to eat as much as the what. And treating my body with kindness, giving it support when it needs it and pushing it on days I feel ready.

From my experiences I promised myself I'd dedicate energy toward helping others get the most out of their life as possible. Because life and time are a precious commodity. Let's not spend it feeling rubbish.

The Mindful Peanut
Website

Give us a Review below!





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Sent by nature@mothernaturesfood.net in collaboration
with



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