



May 2018

Mother Nature's Food

Drawing!

During the month of May, we will have a drawing to win

2 Ultimate Collagen Peptides and 1 Boost Your Coffee Protein packet



Save the Date!

Kate will be at our store on Saturday, May 12th at 10:30 am to give a brief educational presentation on homeopathy and

Two Day Sale Friday and Saturday May 11-12

20% Off ALL Supplements and 20% Off All NOW brand Essential Oils

Just in time for Mother's Day!



Sale

Cascade Ice Organic Sparkling

tick disease. No registration necessary.

Overworked

Muscles?

By Kate Bechard

Spring is finally here! It's time to get outside and work in the garden and the yard. After all this physical work, your muscles may be stiff and sore. If we look in the homeopathic *materia medica* written by William Boericke, MD, we find under *Rhus toxicodendrum* (*Rhus tox*) "ailments from strains, overlifting" and "motion always 'limbers up'." (This *materia medica* is available on line for free.) I keep *Rhus tox* handy for those times when I've overdone it physically or woken up with a stiff neck. Read up on *Rhus tox* to find many more uses for this wonderful remedy.

The information presented here is for educational purposes only and should not be construed as medical advice. It is your choice if you would like to take advantage of this information. Please consult your physician for any medical advice or treatment.

Waters

5/\$5



All NEW
Cadia Products
25% Off!!

From cookies and crackers, olive oil, pasta sauce, and frozen berries, to laundry detergent and fabric softener. Come in and try samples of the new products happening all month.



Entire Line
Nordic Naturals
20% Off
From childrens
multivitamins, prenatal
DHA, Omega-3 in
softgel, liquid and
gummy forms and so
much more!

Visit our website!

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

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