



Mother Nature's Food
November 2017

Turkey Time

Marys Free Range
Turkeys
\$2.59/#



Come in early to get
your turkey or call to
reserve one.
Once they're gone,
they're gone.

New

Charlotte's Web

We will be closed

Thursday, November 23.

Have a safe and happy holiday! And after
that, get ready for a...

**NEVER BEFORE
SALE!**

**Friday & Saturday
November 24, 25**

20% Off

**ALL Supplements
ALL Protein Powders
ALL Health & Beauty
ALL Essential Oils & Accessories**

*Excludes Food, Champion Juicers and gift
certificates

Stock up for yourself and your family!!
If we're out of what you're looking for or
don't have enough, pre pay to get the 20%

off and we'll order it for you!

Homeopathy with Kate



\$34.99-\$149.99

Premium hemp supplements for us and our pets!

Here's a great success story to learn more about Charlotte's Web.

Sale

All Nordic Natural
20% Off



Sale ends Wednesday, November 22

Resources

Check out [Terry Talks](#) for great info on health and nutrition.

Administering & Antidoting Homeopathic Remedies

It is best to administer homeopathic remedies directly from the cap of the remedy container into the mouth without touching the remedy. This is because our hands can have remnants of substances like foods, oils, soaps and other substances that could contaminate the remedies. If you must handle a remedy, make sure your hands are clean.

Homeopathic medicines have the potential of being antidoted with strong smells or tastes. This is why you should wait at least 15 minutes before and after taking a remedy to eat or drink anything besides water. Remedies are commonly antidoted by eating or smelling mint. Also, camphor, tea tree, fresh paint or strong cleaning products can antidote a remedy as well. Some people are more sensitive and find they need to be more cautious about anti-doting remedies than others.

Remedy Tip

Magnesium phosphoricum (also known as *Mag phos*) is a wonderful anti-spasmodic remedy for muscle cramps and spasms of all kinds. Consider *Mag phos 6x* for growing pains, hiccups, menstrual pain, sciatica and general muscle cramps and pains. *Mag phos* is a remedy that works well by putting a few pellets in a mug of hot water, letting the pellets dissolve and sipping the water while it is still warm.

IMPORTANT: Always remember to stop taking a remedy when symptoms are very much improved or if after 3-4 doses the remedy is still not acting.

Check out our new website!

www.mothenaturesfood.net

We would love to hear from you! Please give us your feedback or your testimonial.

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



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<http://mothenaturesfood.net>

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