

October2022

Mother Nature's Food



Scroll down for the coupon of the Month!

[Our Website](#)

[Our Online Store](#)

New Items!

Solspring items below all **40% Off**



Pasta Red Sauces
Reg. \$6.19-\$11.49



Cooking Vinegars
Reg. \$14.49-\$29.99



Fermented Powders
Reg. \$31.09

Wiley's Finest
Fish Oil
20% off

Reg. \$18.49-\$47.49



Ener-G Bread
30% Off

Reg. \$8.99 Sale \$6.29
Keto Bread & Keto Rolls



The Ginger People

Ginger Juice **\$4.49**
Reg. \$5.99

Ginger Syrup \$5.49

Reg. \$7.49



the **gp**
ginger
people®
Life is better with ginger™

Sale Items!



Curamed 375mg &
750mg All Sizes

20% Off

Reg. \$35.99-\$113.99



All Nordic Natural
Products

20% Off



New Chapter
Multivitamin Gummies

25% Off

Reg. \$33.99 Sale \$25.50
Women's, Men's & Kid's



Enzymedica D3+K2
Sale **\$19.99**

Reg. \$25.99



All Buddha tea
25% off

Alfalfa, Chamomile, Elderberry,
Lavender, Valerian Root, Etc.

Quinn

Peanut Butter &
Maple Almond Butter

Sale **\$4.99**

Reg \$6.69



Sign Up for Weekly Sales

Mention Code OCTOBER when you check out in store to redeem!



20% OFF

Limit 10 Items
Valid October, 2022

**ANY
REGULAR PRICED
Natural Path Silver
Wings**



0500001000301

Meet Your Community!



Abigail Maxon

Maybe you noticed Abigail is gone, well if you don't already know, she won a local business grant this spring and is now launching her own business. She has been in the holistic health field for over a decade offering a wide variety of natural healing modalities such as trauma informed yoga and medicinal herbal products but she's currently pivoting to focus on a huge passion project and is going to be at Mother Nature's to come share what she's up to.

**Mark Your Calendars
Abigail will be here:**

Wednesday Oct 12th
from 12-3p
Tuesday Oct 25th
from 2-5pm

Over the past few years she's specialized in somatic tools for hormone cycle literacy. We are highly affected by our hormones but don't even really know what's going on month to month. Most people are taught that menstruation is shameful

Thursday Oct 27th
from 11am-2pm

Contact Info:

Rhythmic Renewal

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RhythmicRenewal.com

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or a burden, but she teaches people how to reframe their relationship with their cycle to be an empowering tool to find fulfillment rather than allowing it to be defeating.

Come on in to see what she's about to launch to help with all things hormones. Feel free to bring questions and concerns for a lil free consulting advise regarding things like cramps, pms, pmdd, pcos, endometriosis, menopause, anxiety, depression, ect.

Rhythmic Renewal
Website

Give us a Review below!



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