



September 2021

Mother Nature's Food

**We will be closed
Monday, September 6th.
Have a safe and happy holiday!**

Please let us know how we are doing! Leave us a review.

Sale



**All Sprout Living
Protein Powders
Includes bags and single
serve
20% off**



**All Barlean's
20% off**



**All Carlson
20% off**
Choose from
Vitamin D3, black elderberry
gummies, cod liver oil,
salmon oil, Ceylon



Navitas Organic Powders
25% off
 Choose from
 Cacao butter, nibs, and powder
 Goji berries
 Matcha powder
 Turmeric powder
 And Superfood berry and greens blends



Terry Naturally Anxiocalm
45 & 90 tab
20% off
 Learn about all the research done on this herb with the FREE book by Gaetano Morello, ND



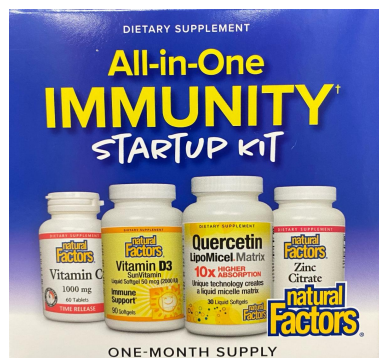
All New Chapter
25% off
 Choose from
 Multivitamins- Men, Women, and prenatal
 Prostate support
 Inflammation
 Bone strength
 Wholemega fish oil
 And more!!



All Gaia herbs
20% off
 Choose from
 Elderberry Syrup, Golden Milk, Turmeric Supreme, Bronchial Wellness Syrup, Black Elderberry Gummies and more!



All Natural Path Silver Wings
20% off
 Chose from colloidal silver products in 50-500ppm.



Support you immune system with this great All-in-One Kit from Natural Factors 50% off!!!
Sale \$19.99
 Reg \$39.99
 Includes Vitamin C, D3, Quercetin, and Zinc



Caboo sustainable bamboo napkins, bath tissue, and cleaning wipes
25% off



Yummy Super Coffee
 Hazelnut, Mocha, and Vanilla



Food for Life Ezekiel 4:9 Bread
 Sprouted, organic, Non-GMO, and flourless bread

Sale \$2.79
Reg \$3.79

Sale \$5.39 ea

Meet Abigail



Hi I'm Abigail!
You've probably seen me in the store. What you may not know is that I also teach yoga in here in town. We asked me to share a bit yoga tips with you!

I haven't always been a morning person, but I recently have really fallen in love with my simple morning routine. I used to try to force myself to do a longer yoga practice every morning, which always felt great, but let's be real, wasn't actually happening on a regular basis. My current routine includes just a few simple stretches as my coffee is brewing and I love it. This gives me time to relax and really enjoy my coffee and a book before I head out for the day. I find this so much more nourishing than rushing around & trying to discipline myself into something "bigger and better." This has also created space for me to make a smoothie to enjoy on my walk to work. One of my favorite things to add to my smoothie is our Sprout Living Collagen powder which is on sale this month. I highly recommend trying it out! Here's one way I enjoy mine. I hope you are inspired to explore simple nourishment to start your morning off right. A little can go a long way!

1 banana
some frozen berries
1 scoop of Sprout Living Collagen Powder
Top off with Almond or coconut milk
& perhaps a handful of spinach

Visit RhythmicRenewal.com or find [Rhythmic Renewal on Facebook](#) for information on the classes and retreats Abigail is currently offering!



Visit our website for more sales.

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

