

Cloquet Natural Foods & Wellness Center

December 2009

December Monthly Specials

While supplies last

	REG	SALE
<i>Solaray B-50 Complex (100 ct)</i>	9.90	7.25
<i>Solaray Olive Leaf (60 ct)</i>	15.75	12.25
<i>Desert Essence Lotions</i>	9.00	6.00
<i>Earth Friendly Toilet Cleaner</i>	4.39	3.40
<i>Earth Friendly Dishwasher Gel</i>	5.59	4.47
<i>Earth Friendly Shower Kleener</i>	5.55	4.15

ALSO ON SALE: Stash / Celestial Seasonings / Zhen's Holiday Teas ...Vanilla & Other Extracts ...Ginger Spread ...Tree Cranberry Sauce ...Pumpkin Pie Mix ... Arrowhead Mills Baking Mixes ...OG Valley Whipping Cream ...Variety of Sunspire Baking Chips ...Imagine Rice Nog ... Knudson's Sparkling Juices ...Hain Gravy Mixes ...Vermints ...Better Than Bouillons ... Meditalia Tapenades & Pestos ...Tree OG Crackers ... Wholesome Sweeteners Agave ...Kinnikinnic GF Angel Food Cake Mix ...Pamela's GF Brownie Mix ...Do Goodie Bars ...Chocolove Chocolates ...Green & Blacks Chocolates ...Wolfgang Puck Soups...Ezekial English Muffins ...and so much more!!!

Holiday Gift Table Items: Holiday Drinks / Holiday Teas / Calendars / Candles / Gift Items / Chocolates / Herbal Incense & Sachets / Soaps / Baskets / Body Care Products / Books / Maple Syrup / Wild Rice

The gift of food is always appreciated. We have many food items that make great gifts. Don't forget CNF Gift Certificates! And, of course, look for new sale items every week at great prices. Many of our customers place special orders for individual items or case quantities at no extra charge.



Feature of the Month

This month we will be giving away a basket of locally produced products such as maple syrup, wild rice & body care products. You will want to come in often & enter.

Winners of the November drawings (three \$35 CNF Gift Certificates) were **Kathy Alberio of Duluth, Lyle Takkunen of Cloquet & Kim Danielson of Esko**. Congratulations to the three lucky winners!

Our new line of beauty products from **Honey Girl Organics** are the best & made from the most pure ingredients we have seen. Honey, olive oil, bee pollen ...*they are edible*.

We have some new homeopathics for kids including **Kids 0-9 Homeopathics Flu Relief & Coughs and Colds and Homeopathy for Kids A+Attention**. Homeopathics can be very effective for children and they are so safe to use.

Gluten-free Holidays. Whether due to sensitivities or Celiac Disease, more people are cutting gluten from their diets. Here are some suggestions on how to help make the holidays gluten-free.

1. Thicken gravy w/ corn starch or arrowroot instead of flour.
2. For baking use a combination of flours such as brown or white rice, amaranth, corn, millet, sorghum, tapioca, soy, potato, etc.
3. Replace the gluten when baking w/ xanthan gum for proper rising & binding.
4. Use cornbread for stuffing instead of wheat bread.
5. If making a gluten-free pie crust sounds daunting, use pre-made gluten-free cookies or opt for crisps made w/ a crumble topping.

Cloquet Natural Foods & Wellness Center
502 Carlton Avenue
Cloquet, MN 55720
218-879-3243

NEW CNF ITEMS

Wyndmere Bacteria Fighter Spray
Bread Basket GF Dinner Rolls
Bread Basket GF Pie Crusts
Honey Girl OGs Facial Cream
Butter Toffee & Dk Choc Almonds
Kids Homeopathics
Kinnikinnic GF Angel Food Mix
Herbal Incense & Sachets
Blacklock 2010 Calendars



Divine Daisy A Transpersonal Tale

Notes from Bud & Deb:



“Sometimes in life everything is just the way we want it to be. But life is full of surprises and when we least expect it, things change.” From Divine Daisy

In late-September Deb was scheduled to have two wisdom teeth removed that had caused irritation and sores to the inside of her mouth over the years. But when the oral surgeon looked into her mouth and saw the sore he immediately referred her to St. Lukes for a consultation. A biopsy confirmed the dentist’s suspicion that it was squamous cell carcinoma. Deb underwent a PET Scan to determine the extent of the cancer. Although the tumor was invasive it was caught in time and fortunately remained localized in her left cheek. St. Lukes referred her to the Mayo Clinic and on October 19 she underwent a 12-hour surgery to remove the tumor and reconstruct the inside of her mouth. The surgery was successful such that neither follow-up chemo nor radiation was deemed to be necessary. She was tube-fed for two weeks and has followed that with a soft food diet. She is recovering nicely and the scarring to her face is healing very quickly. Deb’s recovery has been enhanced by her overall excellent health and well-being. Her prognosis is excellent as this type of cancer rarely metastasizes. We are very thankful that we had access to the great doctors and resources of the Mayo Clinic. We want to acknowledge Bud’s sister Molly,

our daughter Honey, and our terrific staff who have run the store in Deb’s absence. Deb will return to the store before Christmas and looks forward to seeing all of you again.

*The **Bread Basket** is now making gluten-free dinner rolls & pie crusts. They are in the freezer at CNF. If you would like them fresh some week, let us know. They good!*

Divine Daisy, Bud’s beautiful new children’s book is here. There will be a book release celebration & reading Wed. Dec 9th at 7pm in the Tweed Museum of Art at UMD in Duluth. Books can be purchased in the store or ordered online at www.bumblebeehollowpress.com.

BOOK RECOMMENDATION: *ANTICANCER : A NEW WAY OF LIFE* by David Servan-Schreiber, MD, PHD. *This is the best new book out right now on the topic of cancer. It is very comprehensive in its recommendations, reads like a novel and has stunning colored graphs showing the effects of different vegetable concentrates on the inhibition of cancer cell growth for various types of cancer. This is an excellent book!*

Wellness Center

Dr. Deb McClure, Chiropractor/ Clinical Nutritionist. Gentle, holistic chiropractic care for the entire family. Not taking new patients until after the first of the year.

Joan Schadt, Massage Therapist. Relaxation Massage, Reflexology, La Stone & Raindrop Therapies, Reiki, Carpal Tunnel, Fibromyalgia & Plantar Fasciitis Therapies. To schedule an appointment, call 878-1829.

CNF Hours: M-F 9-5:30 & Sat 9-12

www.cloquetnaturalfoods.com

*HOLIDAY HOURS : CNF will be closed Christmas (Fri. 12/25 & Sat. 12/26) and New Years (Fri 1/1).
HAPPY HOLIDAYS to all of you from all of us, Deb, Bud, Cheryl, O’Neill, Kathy, Teri, and Joan.*