

Cloquet Natural Foods & Wellness Center

February 2010



February Monthly Specials

While supplies last

	REG	SALE
NOW Eye Support	21.45	15.90
NOW Protein Powder (plain)	20.60	15.45
Nutribiotic Skin & Wound Spray	4.95	2.99
Nutribiotic Foot Powder	4.35	2.99
Bar Soaps	Various Prices	

Many Valentines Day items on sale for those special people in your life such as Chocolates (including delicious new Love Candy), Honey Drops, Candles & Sparkling Juices.

ALSO ON SALE: Exotic Rice Crisps ...Natures Path Crispy Rice Cereal ...Celestial Seasonings Green Teas ... Almond Dream Ice Cream ...Frontera Salsas ...Bulk Asian Rice Snack Mix ...GTS Kombucha ...Dr. Oetker Crème Brulee ...Knudsons Morning Juice Blend ...Earth Balance Almond & Peanut Butters ...Pacific Soups ...Gaea Olives ... Henri & Lisa's Salmon Patties ...Bob's Cannellini Beans ... Bob's GF Vanilla Cake & Shortbread Mixes ...Bulk White Spelt Flour ...Applegate Chicken Pot Pies ...Alexia Chicken Nuggets w/ Broccoli & Cheddar ...Tree Frozen Spinach ... Chebe Bread Mix ...Miramonte Tongol Tuna ...Annie's Spaghettios ...Wholesome Sweeteners Agave ...and so much more!!!

New sale items every week. Great prices! Place special orders for individual items or case quantities at no extra charge.

Due to customer request, we are excited to now carry **FemmenessencePro**, a maca product designed to support pre & post menopausal hormone health for women. Try it when nothing else has worked for your symptoms. Clinical trial results include: regulation of hormones such as estrogens, progesterone, FSH, thyroid & adrenal; complements traditional HRT; highly significant reduction in hot flashes, night sweats & mood swings w/ an 84% success rate usually within 21 days; supports bone health; regulation of menstrual cycle, reduction of PMS symptoms & fertility support. **Meissner HO, et al. Hormone-Balancing Effect of Maca-GO. International Journal of Biomedical Science 2006, 2(4):375-394

CNF Quick Meal: Fish Tacos! Bake delicious Henri & Lisa's Fish Nuggets as directed. Add to the tortilla of your choice. Top w/ finely sliced colorful cabbages & peppers, etc. Drizzle w/ mayonnaise dressing or salsa.

Feature of the Month

This month we will be giving away a sports bag of **Solgar** supplements. **Solgar**, from New Jersey & in business for 60 years, has always been committed to quality, testing all ingredients in its products for purity & potency. The company only sells to natural food stores where knowledgeable retailers help consumers make good choices. **Solgar** was one of the first companies to have a "green facility" and they still package their products in environmentally-friendly glass containers. Come in often & enter to win the February Solgar "give-away".

Winner of the January drawing (a big basket of groceries) is **Danielle Stevens**. Congratulations to the lucky winner!

The Bread Basket is now making a wonderful **Gluten-Free White Sandwich Bread**. Delivery for Bread Basket baked goods is still early Wed a.m. but watch for two deliveries per week in the near future.

We have a huge selection of green teas, many on sale. We got many cases of Cool Brew Teas at end-of-season clearance prices. They are delicious brewed hot! Try the Blueberry Green Tea. The Good Earth Green w/ Mango, Peaches & Pineapple has become a CNF favorite, along w/ Celestial Seasonings Green w/ Gogi & Pomegranate.

Look for Field Day items in the store, a new line of organic products by our main food distributor, United Foods. Great everyday low prices!

Xylitol mints & gum are beneficial for dental health as we know from current research. Since the same bacteria that populate the mouth also populate the ears & sinuses, there is some evidence that xylitol can help fight bacterial growth in these other areas too. **Licorice** (the real kind of licorice) has also been shown to promote dental health. Evidently some dentists feel that a couple pieces a day of real black licorice (like Panda) has benefits that out-weigh the fact that licorice is a sticky candy. What about swishing your mouth as you drink a cup of licorice tea?

CloquetNatural Foods & Wellness Center
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NEW CNF ITEMS

Tree Frozen Spinach
Barleans Olive Leaf Extract
Glutino Corn Bread
Real Foods Corn Thins
NeoCell Super Collagen-C
Terra Mexican Chips
Citrus Magic Air Fresheners
Glutino Bread Sticks
Local GF White Sandwich Bread

Notes from Dr. Deb:



For those of you that haven't heard, **O'Neill had her baby!** **Jack David Whelan** (8 lbs & 4 oz) was born Jan 7th. Baby & parents are doing great. Please welcome our newest employees: **Brenda Maasch** (she & her husband Steve live in Esko, daughters grown) & **Brooke Leon** (a St.Scholastica student from Esko). A common concern among CNF customers is **vision health**. The macula is the center of the retina & is responsible for central vision. It is also the most sensitive part of the retina, prone to deterioration as we age. Nutrition plays a very important role in eye health. Our retinas are partly composed of the omega-3 fatty acid DHA (rich in fish oils) & **Lutein & Zeaxanthin**. These latter two are carotenoids, stored in high amounts around the macula, which provide potent antioxidant protection & help stop harmful oxidation from diminishing our macular pigment density, thus our vision. Our bodies cannot make these nutrients which are found in colorful fruits & vegetables or supplements. At least 10 mg of Lutein, 400 mg of zeaxanthin & 600 mg of DHA are recommended daily. **Ocu-Support by NOW**, a comprehensive eye-nutrient formula, is on sale this month at CNF. Take as recommended w/ two **Carlsons Fish Oil** capsules (or the equivalent) for the required DHA.

Another related common customer question at CNF is what to do about dry eyes. It is very important to support eye moisture "from within" w/ fish oil (600 mg EPA/DHA), 200 mg GLA (found in evening primrose oil or borage oil), a good quality multivitamin w/ at least 5000 IU of Beta Carotene & other Carotenoids (or a product like **Ocu-Support**) and Vitamin D. Symptomatic relief can be obtained w/ homeopathic drops such as **Dry Eye Relief by Similasan**. A bit of info about our favorite February treat! **Dark chocolate** (at least 70% cocoa) contains a number of antioxidants, proanthocyanidins & many polyphenols (a square of chocolate contains twice as many as a glass of red wine & almost as many as a cup of green tea properly steeped). Consumption of 20 grams a day (1/5 of a bar) is an OK amount of calories w/ a moderately low glycemic index. The satisfaction produced from dark chocolate is often greater than dessert. Take note: mixing dairy products w/ chocolate cancels its benefits. Eat a few squares of high quality dark chocolate at the end of a meal (w/ green tea) or melt it over fruit or serve w/ grated ginger or citrus peels. **Happy Valentines Day: Deb, Bud, Cheryl, Teri, Kathy, Brenda & Brooke**

There will be book readings & signings of *Divine Daisy A Transpersonal Tale* on Sat. Feb 13th at 1 pm at Northern Lights Bookstore in Duluth & on Sat. March 28th at 10:30 am at the Cloquet Public Library. Signed copies of the book are available at CNF.

Dr. Deb McClure, Chiropractor/ Clinical Nutritionist. Gentle, holistic chiropractic care for the entire family. Not taking new patients until after February 1, 2010.

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

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