

# Cloquet Natural Foods & Wellness Center

January 2010

## January Monthly Specials

While supplies last

	REG	SALE
<i>Source Natural Wellness Formula</i>	10.30	7.75
<i>MRM Glucosamine/Chondroitin</i>	33.60	28.00
<i>1500mg/1200mg (180ct) &amp; (90ct)</i>	18.60	14.50
<i>MRM Beyond Basics</i>	(180 ct) 25.70	20.00
	(90 ct) 13.30	10.50
<i>Zand Cough Drops</i>	2.05	1.65
<i>Ecos Laundry Liquid</i>	15.99	12.99
<i>Wyzi Wipes</i>	1.75	.99
<b>Bolga Baskets</b>	Various Prices	



## January Drawing

This month we will be giving away a large basket of grocery items. Come in often & enter.

Winner of the December drawing (lovely basket of locally produced products) was **Claudia Askevold of Sturgeon Lake**. Congratulations to the lucky winner!

ALSO ON SALE: : Ancient Harvest Spaghetti ...  
Bionature Spiral Pasta ...Celestial Seasonings Cool Brew  
Teas ...Stash / Celestial Seasonings / Zhenas Winter Teas  
...Santa Cruz Lemon Ginger Echinacea Juice ...Maranantha  
Almond & Peanut Butters ...Pacific Beef Broth ...Applegate  
Turkey Bacon ...Henri & Lisa's Salmon Patties ...Vanilla  
& Other Extracts ...Rice Select Mixes ...Xylitol Mints ...  
Variety of Sunspire Baking Chips ...GF Truffle Brownie  
Mix ...Knudson's Sparkling Juices ...Chebe Bread Mix ...  
Do Goodie Bars ...Eco Kids Cereals ...Annie's Spaghettios  
...Wholesome Sweeteners Agave ...Arrowhead Mills Millet  
...and so much more!!!

### CNF BEST SELLERS for 2009

**Klaire Labs Probiotics**  
**Klaire Labs & NOW Magnesium**  
**All brands of Vitamin D**  
**Carlson Fish Oil**  
**MRM Bone Maximizer**  
**Mag Phos Homeopathic**  
**Solaray Tumeric**  
**Solaray GarliCare**  
**Source Naturals Wellness Formula**  
**Nutrition Dynamics Dynamic Greens**  
**Nature's Secret Ultimate Cleanse**

*The top nutritional deficiencies are #1) Magnesium, #2) Omega-3 Fatty Acids, #3) Phytonutrients(plant nutrients) and #4) Vitamin D. Judging by our top sellers list, CNF customers are taking care of themselves w/ magnesium, fish oil, green products & Vitamin D. Investment in your health is one that pays back handsomely for your efforts.*

Our new line of beauty products from **Honey Girl Organics** are made from the most pure ingredients we have seen...honey, olive oil, bee pollen, etc. And if you haven't already tried our mineral-based make-up, we have many happy customers that love our line by **Ultra Pure**. This make-up is much better for the skin than commercial products.

CNF homeopathics include **Kids 0-9 Homeopathics Flu Relief & Coughs and Colds and Homeopathy for Kids A+Attention**. Homeopathics can be very effective for children and are safe to use.

Try **Organic India's Tulsi Tea** in Raspberry Peach & Red Mango flavors. **Tulsi** (or **Holy Basil**) is known in India as the "Queen of Herbs" & is grown in every home. Tulsi is an adaptogenic herb which helps your body handle stress. It's rich in antioxidants too!

**Natural Vitality's OG Life Liquid Multiple Vitamin/Mineral**, a fairly new product for the CNF shelves, has been gaining momentum w/ our customers. It's hard to keep it on the shelves.

We now stock **George's Aloe Vera Juice** for our customers that prefer a neutral taste in their juice. No bitter taste at all.

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

*NEW CNF ITEMS*

Shelton's Canned Chicken  
Wild Planet Tunas  
GF Ravioli  
Pita Pizzas  
NOW Grape Seed Oil  
Marinated Tempeh Strips  
Shelton Turkey Bologna  
Oriental Snack Mix  
Glutino Sesame Bagels

**Notes from Dr. Deb:**



*Greetings! I'd like to thank all my wonderful CNF friends who have sent their prayers & well-wishes, cards and flowers to me this past month. All the love & support, every prayer and hug has helped me heal. Thank you. On my journey through the last two months after the diagnosis of oral cancer, subsequent surgery at Mayo and now the healing process, I have learned so much. There are four powerful nutrients that are on all the anticancer lists, but also happen to be very specific for oral cancer. They are green tea catechins, the curcumin in tumeric, Vitamin D and resveratrol. I will discuss the first two. The many health-promoting benefits of green tea are widely known. All green tea is rich in polyphenols, such as catechins, which are powerful antioxidants, detoxifiers and anticancer agents. The Japanese varieties such as sencha & matcha are the richest in polyphenols. Recommendations for use: Steep green tea for eight to ten minutes to release its catechins and drink soon. These compounds break down in an hour or two. Drink two or three cups per day. Decaf green tea contains all its catechins. Tumeric (the yellow part of curry) is the most powerful natural anti-inflammatory identified today and is very anticancer in many other ways. To be best assimilated by the body tumeric should be mixed w/ black pepper & dissolved in oil. Recommendations for use: Mix 1/4 tsp tumeric with 1/2 tsp olive oil & a generous pinch of black pepper. Add daily to vegetables, grains, soups, dressings. A few drops of agave nectar can remove the slight bitter taste. On another note (bittersweet): O'Neill has worked her last day. Her baby boy is due mid-January. We wish her the best & will miss her smiling face & gentle loving manner around the store. She will miss all of you too. Happy New Year from the staff at CNF: Deb, Bud, Cheryl, O'Neill, Teri & Kathy*

*Divine Daisy A Transpersonal Tale (2010)* Bud's beautiful new children's book has been doing well. There were wonderful articles in *The Pine Journal* (12/11/09) and the *Budgeteer* (12/19/09) (see [www.bumblebeehollowpress.com](http://www.bumblebeehollowpress.com)) about Bud & the process of writing *Divine Daisy*. There will be a book reading & signing Sat. Jan. 23rd at 10:30 am at the **Cloquet Public Library**. Signed copies 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**  
[www.cloquetnaturalfoods.com](http://www.cloquetnaturalfoods.com)  
[www.bumblebeehollowpress.com](http://www.bumblebeehollowpress.com)

**Solar energy produced in 2009: 8700 KW - CO2 saved 147901 lbs.**