

Cloquet Natural Foods & Wellness Center

November 2009

November Monthly Specials

While supplies last

	<i>REG</i>	<i>SALE</i>
<i>Alacer EmergenCs (30 ct)</i>	<i>12.85</i>	<i>8.35</i>
<i>NOW D3 2000 IUs (120 ct)</i>	<i>6.45</i>	<i>5.00</i>
<i>NOW MSM 1000mg (120ct)</i>	<i>9.30</i>	<i>7.30</i>
<i>Ecover Wool Wash</i>	<i>6.79</i>	<i>3.96</i>
<i>Ecover Dish Liquid</i>	<i>5.79</i>	<i>4.15</i>
<i>Ecover Automatic Dish Tablets</i>	<i>7.79</i>	<i>5.80</i>
<i>Earth Friendly Laundry Lq</i>	<i>15.99</i>	<i>12.49</i>

ALSO ON SALE: Wild Grill Salmon Patties ...Mary's Gone Crackers ...Ginger Chews ...Tree Cranberry Sauce ...Pumpkin Pie Mix ... Arrowhead Mills Stuffing ...OG Valley Whipping Cream ...GF Pantry Croutons ...Colavita OG Olive Oil ...Shelton Chicken Broth ...Country Choice Oatmeal Pkts ...Variety of Sunspire Baking Chips ...Mayacama GF Gravy Mixes ...Imagine Rice Nog ...Woodstock Whole Canned Tomatoes ...Spectrum Canola Oil Qts ...Tulsi Teas ...Alexia Garlic Bread ...Tinkyada Lasagna ...Sunbutter ...Wholesome Sweeteners Agave ...Turkey Bacon ...Do Goodie Bars ...Pacific Soups ...NOW Stevia ...Sahale Mixes...Ezekial English Muffins ...Glutino Pretzels...and so much more!!!

Look for new sale items every week at great prices. We also place special orders for individual items or case quantities for many of our customers at no extra charge. Save money by ordering in bulk and in cases. *We have 50# bags of Champ White Flour for \$25 and Regular Rolled Oats for \$32.*

We have lots of great drinks to warm the body and the spirit w/ many at great sale prices! We have cappuccino mixes, locally roasted coffee, holiday teas, medicinal teas, hot cocoa mixes, local Dahl's Dairy milk in glass bottles, milk substitutes, nogs and cider. Don't forget cinnamon sticks and whole nutmeg. Lemonade is good warm mixed w/ hot tea.

CNF Gift Certificates

This month (November) we are giving away three CNF Gift Certificates for \$35 each. Next month (December) we will be giving away a basket of locally produced products such as maple syrup, gouda cheese and wild rice. You will want to come in often & enter.

Winner of the October drawing (a large basket of MRM products) was *Dan Anderson of Meadowlands*. Dan & his family have been regulars at CNF for years. Congratulations Dan!

Our bulk spices are packaged fresh weekly by Teri, our Spice Girl. Herbs & ground spices should be replaced at least on a yearly basis or they lose their potency and freshness as their oils degrade. Whole spices can be kept much longer. Autumn is a good time of year to replenish your supply. Our spices come from Frontier Foods in Iowa. Every home should always have these two items: one whole nutmeg to keep your family together and rosemary (the herb of remembrance) so your loved ones never forget each other. Traditionally these were often given as wedding gifts.

Coming Holiday Gift Table Items: Solaray B-50 Complex 100ct / Solaray Olive Leaf 60 ct / Desert Essence Repair Lotions / Holiday Drinks / Stash Holiday Teas / Cookie Mixes / Candles / Gift Packs / Bakery Items/ Gift Items / Body Care Products / lots of Books.

Hours: M-F 9-5:30 & Sat 9-12
www.cloquetnaturalfoods.com

Cloquet-
Natural Foods & Wellness Center
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Cloquet, MN 55720
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NEW CNF ITEMS

World Catch Crab Cakes
Liberte Mediterranean Yogurt
Eden Bonito Fish Flakes
Nori-Mu Pudding Mixes
OG Canned Peaches & Pineapple
OG GF Baking Mixes
Lots of New Baskets!!

Divine Daisy

a transpersonal tale



Written by Bud McClure
Illustrated by Ginny Maki

Notes from Dr. Deb:



Bud's new children's book will arrive from the printer just prior to Thanksgiving. He has spent 18 months writing and designing the book. The beautiful illustrations were done by Ginny Maki, a graduate student at the Minnesota College of Art and Design. The book will be available in the store for the holidays and can be found at www.bumblebeehollowpress.com. Here's a brief summary of the book.

Divine Daisy is the magical story of a dog whose special gift is awakened when she is kissed by a rabbit. It's the story of a lonely boy who takes her home, the rabbits who she befriends and who share their secrets with her. It is a story of love, hope and truth told with heartbreaking honesty that does not gloss over the more difficult emotions of sadness and grief. The story is about our cosmic connection to something greater than ourselves, a world beyond logic and reason that resonates with how children see the world. Divine Daisy is an affirmation of the mystery of life and a book that will enchant children each time they read it. The book is for people of all ages, big and small. It is a book that parents will want to read and discuss with younger children. It is a book that adults will find joy in reading themselves. Most of all it is a book to be shared with someone special. The watercolor illustrations are heartfelt and bring the story to life in a way that engages the imagination. In each image the artist has captured the essence of Divine Daisy. Like a holograph each illustration contains the whole story. Taken together story and image carry us into a transpersonal realm of universal harmony.

Happy Thanksgiving to all of you from all of us: Deb, Bud, Cheryl, O'Neil, Teri, Kathy, and Molly.

Wellness Center

Dr. Deb McClure, Chiropractor/ Clinical Nutritionist. Gentle, holistic chiropractic care for the entire family. To schedule an appointment call 879-3243.

Joan Schadt, Massage Therapist. Relaxation Massage, Reflexology, La Stone & Raindrop Therapies, Reiki, Herbal Wraps. To schedule an appointment call 878-1829.

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