

Cloquet Natural Foods & Wellness Center

March 2010

March 2010 Sales Items

	REG.	SALE
Nutribiotic Toothpastes	6.45	4.30
TP Tea Tree Antiseptic Cream	8.80	5.70
CitraDish Liquid	4.69	3.20
Ecover Auto Dish Pwd	8.79	5.89
Ecover Dishwasher Tabs	7.79	5.39
Ecover Laundry Liquid 100 oz	18.79	12.19
Earth Friendly Dish Liquid	4.59	3.15
Earth Friendly Laundry Liq 100oz	15.99	12.49
Earth Friendly Auto Dish Gel	5.59	3.30

In honor of our Irish customers (and everyone else!) we are highlighting GREEN products this month. GREEN household products. GREEN tea. GREEN super-food supplements. Come in on St. Patrick's Day for a taste of the very popular Dynamic Greens.

ALSO ON SALE: Many Biokleen Products ...East Wind Peanut & Almond Butters ...AM Steel Cut Oats ...Pamela's Biscottis ...Almond Dream Ice Cream ...Coconut Bliss ...Bulk Blueberry Flax Granola ...GTS Kombucha ...Dr. Oetker Crème Brulee ...Knudsons Untomato Juice ...Midel Cookies ...Muir Glen Tomatoes / Pizza Sauce / Catsup ...Henri & Lisa's Salmon Patties ...Bob's Cannellini Beans ...Julie's GF Ice Cream Sandwiches ...OG India Tulsi Teas ...Follow Your Heart Vegenaïse ...Santa Cruz Chocolate Syrups ...Tree Frozen Spinach ...Miramonte Tongol Tuna ...World Catch Tunas ...Spectrum Olive Oil ...Kinnikinnick GF Donuts ...and so much more!!!

Correction from last newsletter: the amt of zeaxanthin recommended for vision support should have been 400 mcgs, not 400 mgs.

Greek yogurt makes a great substitute for sour cream. Try Greek Gods. It's the best.



Feature of the Month

This month we will be giving away a cloth bag of body care **Nature's Care** products. Come in often & enter to win the March "give-away".

Winner of the February drawing (a sports bag of Solgar products) is Sue Seppo of Cloquet. 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 Tues or Wed am

Make your own foaming hand soap! Measure out one part liquid hand soap such as Jason's Apricot Soap & ten parts water. Mixing well is very important! Using small amts of warmish water to start mixing really helps. Pour mixture into a foaming soap dispenser.

STAFF FAVORITES: Have you tried.....????!
Liberte Mediterranean Yogurts & Synergy Grape Kombucha (**Bud**) / Quantum Skin Crack Cream & Artisana Coconut Butter & FSTG Chocolate Corn Chips (**Deb**) / Knudsons Very Vegie Untomato Juice (**Kathy**) / NOW Blueberry or Lemon Liquid Cal- Mag (**Cheryl**) / Love Candies & Dark Choc w/ Almonds & Sea Salt (**all staff!**)

From the NY Times 2/28/10: Americans spend \$24 billion per year on sleep related products. Insomnia medication sales are expected to increase this year by 78%. Studies show that **sleeping pills increase sleep time by only 11.4 minutes over placebo & have wide-ranging side effects including interference w/ memory formation.** Natural sleep-aids are far safer & very effective for many people. Try melatonin, amino acids such as L-Theanine & 5-HTP, homeopathics such as Calms Forte & Rescue Sleep, Serotain Rx Sleep, herbs such as passionflower & valerian, and most importantly the minerals calcium & magnesium. Sleep issues can be very complex & combination approaches w/ nutrition & other therapies such as acupuncture can be helpful

There will be a book reading & signing of *Divine Daisy A Transpersonal Tale* on **Sat. March 27th at 10:30 am** in the Cloquet Library's booth at the Chamber of Commerce Event. Signed copies of the book are available at the store.

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

NEW CNF ITEMS

Kefir Starter
Honey Girl OGs Facial Toner
Tropical Oasis Kids Liquid Multi
Cin & Caramel PB Spreads
NOW Liquid Cal-Mag
Panda Soft Black Licorice
Yummy Chummies Dog Treats
Lundberg Jasmine Rice
Quantum Scar Reducing Cream
Bulk Blueberry Flax Granola

Notes from Dr. Deb:



One of my plans this past fall was to start updating the information sheets that we give to customers. Then life got in my way w/ an oral cancer diagnosis & subsequent surgery. I am determined now to write or rewrite at least a few sheets every month. The first new CNF Information Sheet is "Preparing for Surgery" featuring a product that I had good luck with (& other patients & customers) called Surgical Healing Formula from Nutrition Dynamics. It is designed for soft tissue support & healing. Intense nutritional preparation should ideally start one month prior to a surgical procedure & continue for at least one month after. Metagenics has a line of exceptionally high quality functional food & meal replacement products that work well for pre & post surgery nutrition & liquid diets. The last of the general anticancer nutrients that I found to be also specific to oral cancer is the polyphenol resveratrol. We carry Country Life Resveratrol Plus which is a combination of the nutrient from Giant Knotweed & grapes. Common foods that are rich in resveratrol are red grapes, blueberries, cherries, raspberries & cranberries. Luckily, the important polyphenols are preserved when berries are frozen. I consume these almost daily in my morning protein drinks (yes, even cranberries!).

Resveratrol has many other wonderful properties too. We have a good info sheet on resveratrol.

There is yet another senate bill misnamed the Dietary Supplement Safety Act of 2010 sponsor by McCain (R-AZ) and Dorgan (D-ND). Obstantively it seeks to regulate illegal steroids. However, it also seeks to repeal essential sections of the Dietary Supplemental Health and Education Act of 1994. The bill would create a regulatory climate similar to the one in Canada in which thousands of natural products have been removed from the marketplace. "The new bill jeopardizes consumers' rights to purchase nutritional supplements at affordable prices, smothers innovation and places big pharmaceutical companies in a position where they could patent certain dietary supplements and make them available only with a physician's prescription. They could also potentially reap enormous profits as a result of the bill" (Salem-News.com). Please call your senators and congressperson to protest this misguided bill. Finally, we now send more than twice as many newsletters via email as we do regular mail. We are trying to reduce that number further. We will be slowly eliminating postal mailings over the next couple of months. For local customers we ask that you pick up your newsletter here at CNF or get it online through email.

Deb, Bud, Cheryl, Teri, Kathy, Brenda & Brooke

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

www.bumblebeehollowpress.com