



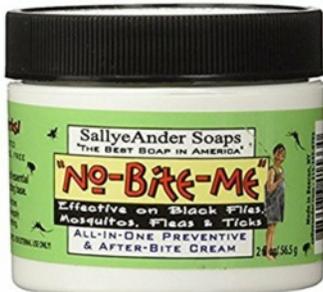
Store Hours

Tues. thru Fri.  
9:00 AM - 5:00 PM  
Sat. 9 AM - Noon  
CLOSED Sun. & Mon.

There are occasionally exceptions to these hours which are listed on the door, on our website & are also on our answering system if you call when we are closed. If in doubt check first!

FEATURED PRODUCT

This is the column where we re-introduce you to those great products and or services that we have provided for a long time that you may have forgotten about. In this issue we'd like to remind you about natural insect repellents that we have since we are well into Spring and the insects as waking up and are going to be looking for something to munch on and you don't want that something to be you! One of our best selling natural insect repellents is **No Bite Me** from SallyAnder.



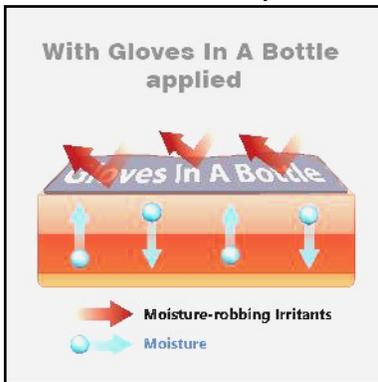
No Bite Me! cream has been SallyAnders best selling product since 1982, because it really WORKS! It is made with all edible ingredients (as you can see on the label below) and does NOT have any DEET or harmful chemicals. Just dab a little bit on exposed skin and the bugs will leave you alone. Safe to use on newborn skin. Effective on black flies, mosquitoes, ticks, ants, sand-fleas, fleas, and spiders! Also works as an after-bite if you forget to use it! One jar will last a family of four 2 summers.



Gloves In A Bottle is a shielding lotion. A shielding lotion bonds with the outer-most layer of skin, locking in natural moisture and oils. Natural moisture and oil loss is the leading cause of dry skin and irritated skin. This is one of the biggest reasons why so many dermatologists are now recommending Gloves In A Bottle as an effective dry skin treatment.



Unlike contemporary skin moisturizers which try to replace the skin's natural moisture with an artificial, often greasy moisture, Gloves In A Bottle bonds with dead skin cells to create what can only be termed an invisible pair of gloves. This new outer layer helps prevent the loss of natural oil and moisture, supports skin elasticity, and improves the overall ability of the epidermis to protect the inner skin cell layers. The natural moisturizing effects of Gloves In A Bottle will leave your skin soft and supple!

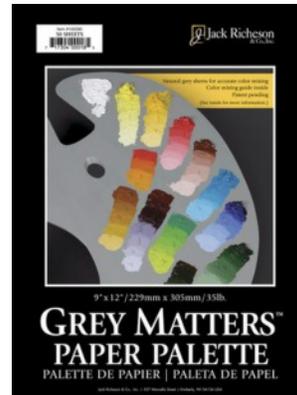


While conventional moisturizers, lotions and skin creams coat your skin with petroleum or wax-based substances that tend to clog pores and inhibit the skin's ability to breathe and perspire, Gloves In A Bottle functions so well that the skin breathes and perspires naturally. Because it literally becomes part of the outer layer of skin, it does not wash off like other lotions, but comes off naturally as your skin exfoliates. For continued protection, simply reapply in 4 — 12 hours.

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Paper Palette Pads



Grey Matters Paper Palette Pads Jack Richeson offers a unique, disposable solution to help artists working on

a toned surface be able to see how the colors will appear on neutral surfaces before applying them to the painting. The paper is suitable for oils, casein, acrylics and alkyds, and each pad includes a color mixing reference guide inside the front cover. The Grey Matters Palette is acid free

palette paper toned in a neutral grey. 50 sheets / 35lb

Snack fans and movie lovers will find Real Salt™ unrefined 10 oz. Popcorn Salt the perfect addition to their hot, fresh popcorn. With 60+ trace minerals, Real Salt's Popcorn Salt also supports proper nutrition.



Real Salt™ unrefined 10 oz. Neti Salt combines comfort with nature's powerful yet gentle solutions for your sinuses. With 60+ trace minerals, our Neti Salt will support a thorough and gentle cleansing of your nasal passages.



**Nut Consumption Reduces Chronic Disease and Mortality**  
By TAP Integrative

Nuts provide a dietary source of protein, essential fatty acids, fiber, vitamin E, magnesium, and a variety of bioactive compounds, such as ellagic acid, genistein, and resveratrol. Tree nuts include walnuts, almonds, hazelnuts, cashews, pistachios, and pecans. Peanuts and Brazil nuts, although not scientifically categorized as nuts, are also considered in the broader category of nuts because of their nutritional properties.

Nut consumption has been associated with a lower risk of cardiovascular disease and all-cause mortality, but previous reports and meta-analyses have not been comprehensive. In an attempt to provide the most updated summary estimates of the association between nut consumption and mortality, Aune and colleagues published a comprehensive meta-analysis in BMC Medicine in 2016.

The meta-analysis included 29 prospective studies of nut intake and risk of cardiovascular disease, cancer, cause-specific mortality, or all-cause mortality in adult populations. Relative risks (RRs) were calculated for the highest versus lowest nut consumption as well as for one 28-gram serving per day increase in nut intake.

For one serving per day increase in nut intake, the RRs were, for coronary heart disease 0.71, stroke 0.93, cardiovascular disease 0.79, total cancer 0.85, all-cause mortality 0.78, mortality from respiratory disease 0.48, diabetes 0.61, neurodegenerative disease 0.65, infectious disease 0.25, and kidney disease 0.27. The number of studies evaluating specific types of nuts was limited, but results appeared to be similar between tree nuts and peanuts. Most risk reduction was observed at nut intakes of approximately 15-20 grams per day (approximately 10-20 nuts, depending on the type of nut), eaten 5-6 times per week.

The authors calculated that, if nut consumption were causally linked to mortality, a total of 4.4 million deaths may have been attributable to a nut intake less than 20g per day in the year 2013 in the regions assessed (North and South America, Europe, Southeast Asia, and the Western Pacific).

The results of this meta-analysis provide the most comprehensive data to date to support a recommendation to increase nut consumption for the purposes of reducing the risk of chronic disease and mortality.

Reference: Aune D, Keum N, Giovannucci E, et al. Nut consumption and risk of cardiovascular disease, total cancer, all-cause and cause-specific mortality: a systematic review and dose-response meta-analysis of prospective studies. BMC Med. 2016;14(1):207.

*This information is neither a recommendation nor diagnosis for disease. We make no health claims regarding the information presented here. This information is a starting point in your interest to be a better informed consumer of natural health products. We look forward to being a resource for you.*



# Wireless Motion Alert



This wireless motion alert is the answer to the question, "How do I tell when someone comes into my driveway" or "Is there a way for me to tell when a customer comes in"? This easy to install motion sensor comes with one base and one sensor and is expandable up to 8 sensors (which are sold separately). The outside sensor is weatherproof and has an adjustable sensitivity control. And the listed range that this will operate in is 1/2 mile. So if you need to detect motion up to 1/2 mile away this is the device you want.

# YES We Have Fidget Spinners



We have Fidget Spinners in stock in a variety of colors. This Fidget Spinners have really caught on. Get yours today and spin your way to tranquility and peacefulness.

"Let us make your Custom Sign in our Sign Shop – Yard Sale Signs, Banners, Lettering for your business building or vehicle, registration numbers for boats and trailers and lots more."

**CUSTOM SIGNS  
MADE TO ORDER**



# Caller ID with 14 Digit LCD Display

Yes we still have stand-alone Caller ID units. This Caller ID has a capacity of 100 incoming calls and 30 outgoing calls. This item is hard to find and you probably won't find it anywhere else.



Butler Soy Curls™ are an all natural alternative to meat that are heart-healthy, delicious and easy to use and are a great addition to your favorite recipes.

The exquisite texture, flavor and versatility of Soy Curls™ is unmatched. Soy Curls™ are:

- 100% Natural
- Contain the whole soybean
- High in protein
- Good source of fiber
- Gluten-free
- Vegan
- Non-GMO - no chemical pesticides
- Grown & made in the USA
- 0 trans fats
- No sodium
- No cholesterol
- CHIP approved

Soy Curls™ make:

- Great Fajitas
  - Scrumptious Sandwiches
  - Sizzling Stir Fry
  - Heartwarming Soups
  - Salads
  - Mouth watering casseroles
  - Barbeque!
  - And so many other dishes.
- Get an 8 oz package of Soy Curls™ today to give them a try!