



good4USM
HEALTH HOTLINE MAGAZINE
AUGUST 2018 VOL. 15

INTRODUCING

Natural Grocers Brand PRODUCTS

ORGANIC Preserves
Reduced Sugar

NEW

USDA ORGANIC

\$4.79
20.5 oz
EDAP \$5.29

ORGANIC
By Vitamin Cottage

21 Grains & Seeds Bread

NEW

\$2.99
15-27 oz
EDAP \$3.99

ORGANIC Bread

\$4.99
1 lb
EDAP \$6.99

Fresh Ground ALMOND BUTTER
PLU 385

All items are available while supplies last; no rain checks. EDAP = Every Day Affordable Price. We reserve the right to correct errors.

Recipe of the Month
**TOMATO &
PESTO GALETTE**

THINK
WISELY

NUTRITION
REPORTER™

SENSATIONAL
SAVINGSSM

1 FAMILY. 63 YEARS. PRICELESS HISTORY.

1955 was a year of firsts: the Brooklyn Dodgers beating the New York Yankees in the World Series, Peter Pan, the Broadway musical, airing on live tv, and Margaret and Philip Isely, the Co-Founders of Natural Grocers setting out on their mission of empowering their neighborhood to take charge of their health. This August marks our 63rd anniversary, and we're celebrating with a big thank you to all our neighborhoods for helping us write so many chapters of this story. As we look forward to the upcoming celebration, we also want to take a moment to look back on the way we've come and celebrate some of the defining moments of our journey.

In **1989**, when Michael Keaton's Batman was the hero of movie theatres everywhere, we made organic the hero of our brand-new produce departments. With our very first bunch of spinach, we decided to do something no other large chain has done before or since – sell only organic produce. Now that the USDA has rolled out a certification program, all our departments are certified organic produce handlers as well, not many grocers can say that!

1990 saw the Hubble Space Telescope Launched, and Home Alone was the biggest movie of the year. It was another year of standing alone for us, as we took all products with partially hydrogenated oils off our shelves, because of compelling evidence about the associated health risks. In 2015 the FDA finally caught up and took them off the GRAS (generally recognized as safe) list. You could say that we have always been before our time — Cool before it was even a thing!

In **1995**, as the Galileo spacecraft arrives at Jupiter and we took another unprecedeted step forward on our mission of nutrition education. We debuted our Nutritional Health Coach position, bringing personal consultations and expertise free of charge to your neighborhood grocery store. It's a benefit you won't find anywhere else.

In **2009**, while the Black Eyed Peas were getting the party started with "I Gotta Feeling," we had a feeling too. We felt that we couldn't wait any longer to take a stand about plastic, so we took all disposable plastic bags away from our checkouts, along with paper.

We were all "Happy" in **2014**, when Pharrell Williams was crooning in our ears, and the Natural Grocers family had another reason to be happy. We were breaking the norms once again, with the introduction of our pasture based dairy standard. It means every milk-based product in our dairy case comes from cows that are 100% pasture based. The impact this can have on the environment is as huge as the potential to reverse global warming and stop desertification. If that's not something to be happy about, we don't know how to spell h-a-p-p-y.

A few years later in **2016** when the National Park Service turned 100 we were introducing our free -range egg standard, so that chickens could roam and do whatever it is that chickens do.

The **2018** documentary, "Won't You Be My Neighbor," is a tribute to Mr. Rogers, and a title to live by, as our family continues our mission of empowering our neighborhoods with nutrition education, unrivaled quality standards and always affordable prices. It's the story our parents began, and the legacy we are dedicated to carrying on. It's a story that wouldn't be written without you, and we hope you join us to celebrate our 63rd Anniversary on Thursday, August 16th with our annual ice cream social, lots of prizes, deals and all-around fun. See you there neighbor.

The Isely Family

P.S. August is also Co-Founder Margaret Isely's birth month, and we think we can still hear her laughing in agreement over this one from James Dent: "A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing and the lawn mower is broken."

OUR 5 FOUNDING PRINCIPLES

NUTRITION
EDUCATION

HIGHEST
QUALITY
PRODUCTS

ALWAYS
AFFORDABLE™
PRICING

COMMITMENT
TO OUR
COMMUNITY

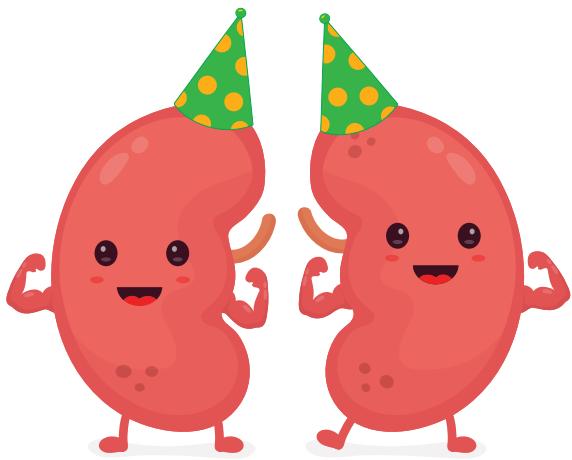
COMMITMENT
TO OUR
EMPLOYEES

CONTENTS

4

RECIPE OF THE MONTH

GRAIN-FREE HEIRLOOM TOMATO & PESTO GALETTE



6

DR. JOSH AXE

8 ALL-NATURAL WAYS TO PREVENT KIDNEY STONES



26

THINK WISELY™

5

FOR THE LOVE OF ORGANICS TOMATOES

10

MAGNESIUM: THE UNSUNG HERO OF BRAIN HEALTH

24

JACK CHALLEM'S NUTRITION REPORTER™



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{ Clip & Make }

INGREDIENTS

- For the crust**
- 2 medium heirloom tomatoes, cut into $\frac{1}{4}$ -inch slices (or your favorite variety of slicing tomato)
 - $\frac{1}{4}$ cup Natural Grocers Bulk Shredded Parmesan Cheese, divided

For the crust

- 2 cups Natural Grocers Bulk Paleo Baking Flour
 - $\frac{1}{2}$ teaspoon salt
 - 6 tablespoons cold salted butter, cut into $\frac{1}{2}$ -inch cubes
 - 4-6 tablespoons ice water
 - 1 egg, beaten (optional)
- Salt and fresh ground pepper, to taste

For the filling

- 1 tightly packed cup fresh basil, large stems discarded
- 2 tablespoons shelled pistachios
- 2-3 garlic cloves, chopped
- 2 tablespoons Natural Grocers Olive Oil



4

GRAIN-FREE HEIRLOOM TOMATO & PESTO GALETTE

Prep: 35 min. | Cook: 30 min. | Total: 65 min.

Makes: 11-inch Galette

INSTRUCTIONS

MAKE THE CRUST:

1. Whisk the flour and salt together. Add the cold butter and cut it into the flour mixture using a pastry cutter or two forks, until the mixture resembles coarse meal and just a few pea-sized chunks of butter remain.
2. Add four tablespoons of the ice water and continue mixing. Add water, one tablespoon at a time, until the dough just starts to come together. Using your hands, gather the dough together and press into a ball. If the mixture doesn't hold together in a ball, add another tablespoon of ice water and try again.
3. Transfer the bowl and the ball of dough to the refrigerator while you prepare the pesto.
4. Preheat the oven to 375° F.

MAKE THE PESTO:

1. Process the basil in a food processor until it is coarsely chopped. Add the pistachios and garlic and process until the nuts are very small, stopping to scrape down the sides as needed. With the motor running, drizzle in the olive oil and process until you have a thick paste. Set aside.

ASSEMBLE THE GALETTE:

1. Roll the dough out between two sheets of parchment paper into a 12-inch round, about $\frac{1}{8}$ -inch thick. Remove the top piece of parchment and use your fingers to press the edges together slightly to make a smoother edge. Spread the pesto over the dough leaving a little over an inch border. Sprinkle 3 tablespoons of Parmesan evenly over the pesto.
2. Layer the tomato slices on top of the Parmesan-covered pesto, overlapping them just slightly if necessary to fit them all. Gently fold the border over the filled portion by holding onto the parchment and pulling the dough up and over, overlapping the dough as needed. Use your fingers to patch together any portions that break.
3. Brush the crust with the beaten egg. Sprinkle the entire galette with a little salt, fresh ground pepper, and the remaining tablespoon of Parmesan cheese.
4. Carefully transfer the prepared galette and the bottom sheet of parchment to a baking sheet. Place the baking sheet in the preheated oven and bake for 30-35 minutes, rotating the baking sheet once about halfway through cooking, until the galette is golden brown. Transfer to a cooling rack and allow galette to cool for 10 minutes before slicing and serving.

ORGANIC HEADQUARTERSSM

**At Natural Grocers
we're Proud to be
USDA Certified
Organic Handlers**



FOR THE LOVE OF ORGANICS: **TOMATOES**

By Charity Isely

Riddle me this: In 1893 the Supreme Court ruled me a vegetable for the sake of tariffs, although botanically speaking, I'm a fruit. These days I'm a veggie in New Jersey, a fruit in Ohio, and officially both in Arkansas. Most of you either love me or hate me, but even my haters tend to enjoy me in some form, like with French fries, on tacos, or in Italian food. If you haven't figured me out by now, then perhaps you've never heard Louis Armstrong sing my favorite clue: "You like tomato and I like tomahto..."

Now that you've solved my identity, allow me to toot my own horn. You've probably heard of lycopene, but did you know that lycopene is a leader of the pack when it comes to antioxidants, and yours truly is the best dietary source of it? You can call it the "quencher" for its efficiency at subduing singlet oxygen. What's that you say? It's a reactive oxygen species (ROS), which can be generated by environmental factors like UV exposure, and has been known to damage your DNA. Not something you want to run around unchecked. Back to the horn tooting, tomatoes also contain several phytochemicals that seem to help lycopene do its job better than it does by itself — we call that synergy!

There are so many ways to enjoy a tomato, which is great news because preparation matters to nutrient content. Eaten raw you have a low-calorie yum, with a side of vitamin C and potassium. Lycopene, on the

other hand, becomes more available after heating and when paired with healthy fat. Did we hear homemade pasta sauce for dinner? Just make sure if you use canned tomatoes, that they're organic, as well as BPA and junk free, which all Natural Grocers brand canned tomatoes are!

Speaking of organic, you've probably heard of the "Dirty Dozen"? If you haven't, it's an annual list the Environmental Working Group (EWG) puts out, ranking conventional produce with the highest pesticide residues. Tomatoes landed the number nine spot on the list for 2018 and have placed in the Dirty Dozen multiple times. Thing is, studies have shown organic tomatoes may also have higher antioxidant content and more vitamin C. Why would you ever go "dirty" again?

Pesticide residues found by USDA testing include suspected hormone disruptors, neurotoxins, developmental and reproductive toxins, and pesticides known to be toxic to honeybees. Ditch the chemicals and get more nutrition with organic! You see, studies have shown that organic tomatoes have higher antioxidant content and more vitamin C compared to conventional. Why would you ever go "dirty" again?



ALL NATURAL WAYS TO PREVENT KIDNEY STONES

Dr. Josh Axe, DNM, DC, CNS



According to the National Kidney Foundation, each year over half a million people visit the emergency room for kidney stones, and it's estimated that over the course of a lifetime, one in ten people will experience a kidney stone at some point. While the incidence of developing kidney stones is slightly more common in men, it can happen to anyone of any age or gender, and once you've had a stone, it is more likely you will develop another one in the future.

So, what are kidney stones? And more importantly, how can you prevent them?

Kidney stones are hard masses that develop inside of the kidneys from crystallized materials that are naturally present in the body. Some of the most common types of kidney stones include calcium oxalate stones, cystine stones, struvite stones, and uric acid stones.

Once a kidney stone forms, it can remain in the kidney, or it can make its way down the urinary tract into the ureter (the tube connecting the kidney to the bladder). The most common symptom of kidney stones is pain near the kidneys or when urinating, but those aren't the only signs that something is amiss. In

fact, sometimes stones won't cause you pain until they reach a certain size or start moving. Further, kidney stones can lead to other serious medical issues including kidney damage and infection.

So, what are some of the best natural ways to prevent kidney stones so you never have to experience this painful health condition? Let's take a look.

These suggestions can easily be incorporated into your daily life immediately:

1

SUPPLEMENT WITH MAGNESIUM & VITAMIN B6

High magnesium intakes are associated with a lower risk of kidney stones and research has shown that magnesium weakens calcium-oxalate bonds and reduces the size of their aggregates. Like vitamins A, D, and K, magnesium is also necessary to ensure that calcium is deposited where it's supposed to be—in the bones—and not in the places where it doesn't belong—the blood vessels and kidneys. Additionally, magnesium and vitamin B6 taken together have been shown to significantly reduce the recurrence of kidney stones among people with recurring stones. Finally, magnesium can bind to oxalate in the digestive tract, inhibiting the formation of calcium oxalate stones, but timing is important—magnesium must be consumed along with oxalate-containing foods to effectively bind the

oxalate before it enters the bloodstream. When you consume high-oxalate foods such as spinach, nuts, potatoes, and beets, try taking a magnesium supplement at the same time to reduce the amount of oxalates absorbed.

I typically recommend 250 milligrams of a high-quality magnesium supplement in capsule form or as part of a mineral powder supplement, taken two times per day, for kidney stone prevention. For vitamin B6, you can take a daily B complex vitamin, specifically one that contains at least 50 milligrams of vitamin B6.

2

TRY FISH OIL

Fish oil is derived from oily fish, with the best sources being cold-water, fatty fish. The benefits of fish oil are certainly plentiful and kidney stone prevention is just one of them. According to some studies, the consumption of 1,200 milligrams of fish oil per day has been associated with "significant decreases in urinary calcium and oxalate concentrations and increases in urinary citrate concentration."

To get the benefits of fish oil and its essential fatty acids from your diet, try eating more wild-caught, cold-water fish, like salmon and sardines. If you are not consuming these types of fish on a regular basis, a fish oil supplement is an easy way to reap the benefits.

3

DRINK MORE H2O (AND DITCH THE SUGARY SODA)

According to the National Institute of Diabetes and Digestive and Kidney Diseases, making sure you drink enough water is the number one thing you can do to help prevent kidney stones, and most experts recommend drinking at least eight cups per day unless you have kidney failure. When there isn't enough fluid passing through the kidneys on a regular basis, this creates an environment for waste products to build up and possibly form stones. Keeping good quality water flowing through your system throughout the day helps to literally flush you out—this increases your urine volume, which helps to dilute the salts in urine and discourages stone formation.

While you up your water intake, be sure to avoid sugary drinks, especially sodas. Sugary drinks and soft drinks have been linked to a higher risk of developing kidney stones. Sugar has been shown to increase urine calcium concentrations while significantly decreasing urine volume in patients with a history of kidney stones. One more reason to quit sugar.

4

MAINTAIN A HEALTHY BALANCE OF THE FAT-SOLUBLE VITAMINS

The fat-soluble vitamins A, D, and K2 work together to ensure that calcium is deposited where it belongs—in the bones and teeth—rather than in soft tissues, helping to discourage the development of kidney stones. This is especially important for anyone who suffers from calcium oxalate stones. While there are no established guidelines for an optimal ratio of these important nutrients, experts recommend that for every 1,000 IUs of vitamin D you take, you can benefit from 100 mcg of vitamin K2. The recommended vitamin A dose is around 5,000 IUs per day.

Dietary sources of the fat-soluble vitamins include organ meats, egg yolks, and full-fat, grass-fed dairy products.

5

AVOID HIGH-SODIUM, PROCESSED FOODS

There are several types of kidney stones and avoiding too much sodium is a universal recommendation for avoiding each of them. Keeping an eye on sodium intake is especially key for calcium stones, the most common category of kidney stones. According to the Urology Care Foundation, having too much salt passing into the urine prevents calcium from being reabsorbed from the urine and into the blood. So if you keep your salt intake in check, it can help keep urinary calcium levels in a healthy zone, making calcium stones less likely. While I'm a big fan of unprocessed, nutrient-rich pink Himalayan sea salt, I recommend avoiding the added sodium found in processed foods.

6

EAT MORE CALCIUM-RICH FOODS

While the most common type of kidney stone is the calcium oxalate stone, which can increase anxiety around the consumption of calcium-rich foods, a low-calcium diet may actually raise the risk of developing kidney stones. According to an article published in the journal *Clinical Nutrition Research*, "There is substantial evidence that a higher calcium diet is associated with lower kidney stone formation, because the higher calcium intake will bind oxalate in the gut if it is consumed with meals, thereby reducing oxalate absorption." Foods high in oxalates include leafy greens such as spinach and Swiss chard, beets, cocoa, cashews, almonds, and peanuts.

Some healthy dietary sources of calcium include sardines with the bones, kefir, tahini, and broccoli.

7

INCORPORATE CITRUS JUICE

Increase the kidney stone-preventing benefits of water by adding fresh citrus juice to it. Citrus is naturally rich in citric acid, a substance that has been shown to guard against kidney stone formation. In fact, an estimated 60 percent of patients with calcium stones are said to have hypocitraturia, or low citric acid levels. Lemon juice is believed to be so helpful that multiple scientific studies have looked at the benefits of this citrus fruit in relation to kidney stones. Lime juice has also been studied, since it's another natural source of citric acid. Adding apple cider vinegar to your water may also help, as it is another good source of citric acid.

8

EXERCISE

Moderate exercise on a weekly basis—such as three hours of walking, one hour of jogging, or even four hours of light gardening—may reduce the risk of developing kidney stones by up to 31 percent, according to research. A study of more than 84,000 postmenopausal women with no history of stones reveals a likely link between physical activity and a decreased chance of kidney stones.

This is likely due to the fact that physical activity can positively impact the processing of vitamins and minerals in the body while also increasing thirst, thus leading to a greater intake of fluids. One study also points out the link between a higher body mass index (BMI) and an increased risk of kidney stones, with researchers concluding that physical activity may reduce the risk of kidney stones mainly because of the amount of physical activity, rather than the intensity of exercise.

I recommend getting your body moving on a daily basis by participating in physical activities you enjoy and will stick with long-term. Not only can this help with kidney stones, but it can also help to keep your weight in a healthy place and improve overall health.

COMMON SYMPTOMS OF KIDNEY STONES CAN INCLUDE:

- Pain when urinating
- Severe pain in the side and back below the ribs
- Pain that radiates to the lower abdomen and groin
- Pain that comes in waves and fluctuates in intensity
- Nausea and vomiting
- Urine that is pink, red or brown in color
- Cloudy or foul-smelling urine
- Persistent urge to urinate
- Urinating more often than usual
- Urinating only in small amounts
- Fever and chills, if an infection is present

INTRODUCING

Natural Grocers Brand Products

ORGANIC

Bread

NEW

\$2.99
15-27 OZ

EDAP \$3.99



At Natural Grocers, we love a thick, fresh slice of organic bread. Then we learned about a thing called sprouting and the way it has of making everything better; like increasing fiber content, making grain more digestible and boosting the availability of nutrients. Naturally we started trying all the sprouted bread we could get our hands on, but something was still missing. We couldn't find that sweet spot - that perfect, chewy texture, with a side of nutty crunch, for an affordable price spot. That's when we decided on our mission - to bring home our own sprouted bread, the kind that would change the future of veggie sandwiches and French toast and homemade croutons.

We knew exactly what we were looking for, as we set out on our search. It had to be certified organic and non-GMO, no exceptions. The bread we were seeking would come from someone who had been making it for a long time. Someone who had decades of experience in refining their recipes so that they could deliver the best texture. Someone who knew how to make it interesting and different, like 21-grain instead of 9. It's not every day you happen upon a delicious concoction a-la bread legumay... (That's legume, it just sounded fancy and fun misspelled.) We also needed a bread that understood the importance of old standbys - comforting, go to flavors like

white and whole wheat, and that in between fun place - honey and oat. To seal the deal, we needed baking partners like ourselves who are committed to transparency and truth in food. We needed organic, non-GMO, vegan and kosher to mean what they say. We needed all of this at a sweet spot price that anyone can afford. That's what we were looking for, and we didn't stop 'til we found it. Now we can't believe it didn't happen sooner, because it's so ridiculously perfect for bread lovers everywhere. Hearty, clean flavor, free of artificial enhancements means the only thing left to change the future of sandwiches is how many ways you can make them.



USDA
ORGANIC



All items are available while supplies last; no rain checks.
EDAP = Every Day Affordable Price. We reserve the right to correct errors.



NATURAL GROCERS
By Vitamin Cottage

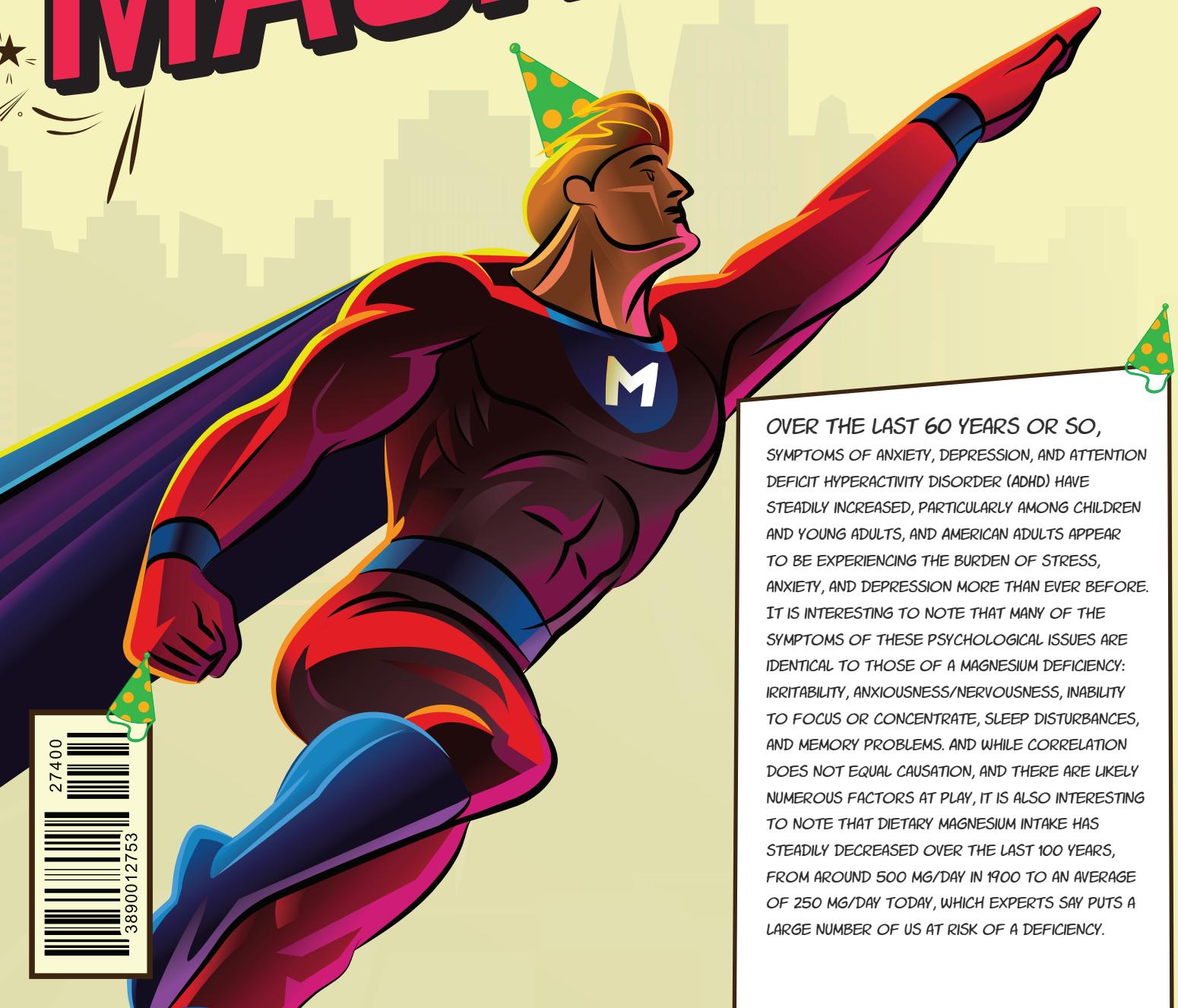
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AUGUST
2018

THE UNSUNG HERO OF BRAIN HEALTH

MAGNESIUM

By Lindsay Wilson



OVER THE LAST 60 YEARS OR SO, SYMPTOMS OF ANXIETY, DEPRESSION, AND ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) HAVE STEADILY INCREASED, PARTICULARLY AMONG CHILDREN AND YOUNG ADULTS, AND AMERICAN ADULTS APPEAR TO BE EXPERIENCING THE BURDEN OF STRESS, ANXIETY, AND DEPRESSION MORE THAN EVER BEFORE. IT IS INTERESTING TO NOTE THAT MANY OF THE SYMPTOMS OF THESE PSYCHOLOGICAL ISSUES ARE IDENTICAL TO THOSE OF A MAGNESIUM DEFICIENCY: IRRITABILITY, ANXIETY/NERVOUSNESS, INABILITY TO FOCUS OR CONCENTRATE, SLEEP DISTURBANCES, AND MEMORY PROBLEMS. AND WHILE CORRELATION DOES NOT EQUAL CAUSATION, AND THERE ARE LIKELY NUMEROUS FACTORS AT PLAY, IT IS ALSO INTERESTING TO NOTE THAT DIETARY MAGNESIUM INTAKE HAS STEADILY DECREASED OVER THE LAST 100 YEARS, FROM AROUND 500 MG/DAY IN 1900 TO AN AVERAGE OF 250 MG/DAY TODAY, WHICH EXPERTS SAY PUTS A LARGE NUMBER OF US AT RISK OF A DEFICIENCY.

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3890012753



MIND CONTROL

Magnesium may not be the first nutrient that comes to mind when you think of brain health, but it turns out that this mineral is an incredibly important nutrient for our brains. It's required for proper neurotransmitter production and function, it modulates the stress response, and it strongly influences brain plasticity, our brain's ability to change and form new communication pathways. It has been shown to enhance learning and memory, has been effective in treating depression and anxiety, and is being studied for its potential to "rewire" the brain to respond without fear and anxiety in cases of severe anxiety disorders like post-traumatic stress disorder (PTSD). The research is mounting, and magnesium is looking better all the time. Let's take a look at some of the research.

DEPRESSION AND ANXIETY

According to a 2016 report from the National Institute of Mental Health, about three million teens aged 12 to 17 have experienced some form of depression, while 16 million adults have. Depression's partner, anxiety, affects six million teens and 40 million adults, and the numbers only seem to keep growing. Magnesium can help with both. A study published in 2017 found that supplementation with 248 mg of elemental magnesium for six weeks resulted in a "clinically significant" improvement in depression scores among 126 moderately depressed adults. The positive effects were observed within two weeks. The researchers used a patient health questionnaire that is commonly used to make a diagnosis of depression to measure scores of depression; after the six-week trial, depression scores dropped on average by six points, from moderately depressed to mildly or minimally depressed. Anxiety scores also improved. Magnesium is involved in the production and function of mood-regulating neurotransmitters, including serotonin, and is also known to reduce inflammation, which is believed to play a role in depression.

ATTENTION DEFICIT HYPERACTIVITY DISORDER

Like other mental disorders, diagnoses of ADHD are also steadily increasing—between 2003 and 2011, diagnoses in children increased by 42 percent. Characterized by an inability to pay attention and stay focused, difficulty controlling behavior, hyperactivity, mood swings, and impulsivity (also all common symptoms of magnesium deficiency), this brain disorder can interfere with school, social, and home life. Multiple studies have shown that children with ADHD are likely to be magnesium deficient, and that supplementation improves symptoms. A study published in 2016 recruited 25 children between the ages of six and 16 who had ADHD and matched them with 25 controls. Seventy-two percent of the children diagnosed with ADHD were magnesium deficient, and deficiency was more prevalent in males compared to females. The magnesium-deficient children were then divided into two

groups, one group received 200 mg of magnesium a day in addition to their standard medical therapy, while the other group received standard medical therapy alone. According to the researchers, the supplemented children had "a highly significant" improvement in hyperactivity and impulsivity, and a "significant" improvement in inattention. None of these improvements were seen in the group receiving only standard therapy.

BRAIN PLASTICITY

Brain plasticity is the brain's ability to form new communication pathways, or synapses, between neurons. Synapses are how neurons communicate, allowing us to learn new things and form and retain new memories, but as we age the synapses become less plastic, or flexible. Thinking slows, learning a new concept becomes more difficult, and memories may be lost; in other words, there is a loss in cognitive function. It has long been thought that there wasn't much to be done about this loss of plasticity, that it was simply an inevitable part of aging. Enter magnesium.

Magnesium has been found to be a "critical factor in controlling synapse density and plasticity" and a recent human study shows how important magnesium is for general cognitive function. The study included men and women, aged 50 to 70, who reported cognitive impairment, including memory and concentration problems. Half of the subjects took a unique form of magnesium, magnesium L-threonate, which has the ability to cross the blood-brain barrier, and half were given a placebo. All subjects were evaluated at six and 12 weeks. By the end of the study, those receiving magnesium L-threonate had a significant improvement in cognitive function, including improved executive function (e.g., time management, planning, attention and focus) and improved long-term and short-term memory. Remarkably, magnesium supplementation also reversed brain age in the subjects by an average of nine years.

The discovery that magnesium increases synaptic plasticity and has lead researchers to explore the mineral as a potential way to "rewire" brains affected by traumatic fear and anxiety, such as in phobias, PTSD, and other extreme anxiety disorders. It is believed that elevated levels of brain magnesium can create new synapses and communication pathways that are not influenced by fear and anxiety, thus altering behavior.



SUPER MAGNESIUM: L-THREONATE

With the impressive role it plays in the brain, magnesium really should be at the top of the list of brain health supplements, especially with a large portion of the population falling into deficiency territory. It is a safe and well-tolerated supplement for children and adults alike (the most common side effect is loose stools, which results from taking too much or taking a form that is not well absorbed). To support brain function, look for magnesium L-threonate, which has the ability to cross the blood brain barrier and effectively increase brain levels of this mighty mineral.

Supplements

OFFERS VALID AUGUST 10 TO SEPTEMBER 1, 2018

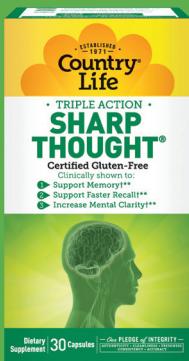
Country Life®

Sharp Thought®

\$14.99
30 cap

Sharp Thought contains a special conjugated complex of phosphatidylserine (PS) and DHA from omega-3 (Sharp-PS® GOLD).*

EDAP \$20.69



Country Life®

High-Potency Biotin
5 mg

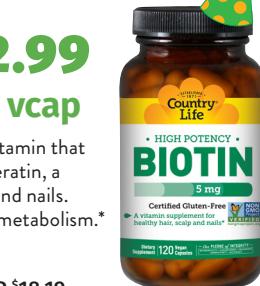


\$7.79
60 vcap

Biotin is a water-soluble B vitamin that supports the formation of keratin, a building block for skin, hair and nails. Biotin also supports energy metabolism.*

EDAP \$10.69

High Potency Biotin
5 mg



\$12.99
120 vcap

EDAP \$18.19

Nature's Way®

Zinc Chelate
30 mg

\$4.29
100 cap

Zinc is essential for cellular reproduction and is present in all tissues, organs and secretions of the body.*



EDAP \$5.85

B-100 Complex

\$12.79
100 cap

B vitamins are essential to the production of cellular energy and maintenance of nerve structures.*



EDAP \$14.49

Nature's Way®

Organic Flax Oil



\$9.29
16 oz.

This premium organic flax oil contains 57% omega-3 (alpha-linolenic acid), 17% omega-9 (oleic acid) and 15% omega-6 (linoleic acid).*

EDAP \$10.29

Organic Flax Oil



\$11.99
24 oz.

EDAP \$16.99

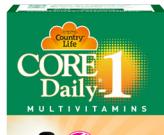
Country Life®

Core Daily-1 Multivitamin
Men or Women

\$13.49
60 tab

Core Daily-1 Multivitamins contain probiotics, whole foods, aloe, B-vitamins, enzymes and more.*

EDAP \$17.79



Nature's Way®

Alive!® Children's Chewable Multi-Vitamin

\$9.69
120 chew

\$10.29
90 gummies



EDAP \$10.89

Alive!® Gummies for Children



EDAP \$11.99

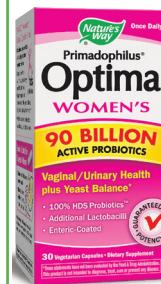
Nature's Way®

Primadophilus® Optima Women's

Primadophilus® 6 Billion Gummies

\$23.99
30 vcap

\$15.49
60 gummies



EDAP \$26.99



EDAP \$17.99

Natural Factors®

Coenzyme Q10
200 mg



\$7.49
30 sg

EDAP \$9.29

Coenzyme Q10
100 mg



\$13.99
120 sg

EDAP \$16.79

Coenzyme Q10 (CoQ10) is required for cellular energy production and supports cardiovascular and cellular health.

All items are available while supplies last; no rain checks. EDAP = Every Day Affordable Price.

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease. We reserve the right to correct errors.

Supplements**OFFERS VALID AUGUST 10 TO SEPTEMBER 1, 2018****Natural Factors®***Organic Oil of Oregano*

\$15.39
1 oz.
\$9.19
30 sg

Oil of oregano protects against infectious organisms and parasites. It also provides free radical scavenging protection and supports the immune system.*

EDAP \$16.45

*Oil of Oregano
180 mg*

EDAP \$9.75

Natural Factors®*Melatonin 3 mg
Chewable*

\$4.29
90 chew
\$10.79
180 chew

Stress Relax Melatonin by Natural Factors contains all-natural melatonin, known to promote a normal sleep-wake cycle.*

EDAP \$5.99

*Stress Relax Melatonin
5 mg*

EDAP \$15.09

Natural Factors®*Lutein
40 mg*

\$19.99
60 sg

Lutein is the principal carotenoid concentrated in the macula, the central area of the retina responsible for vision.*

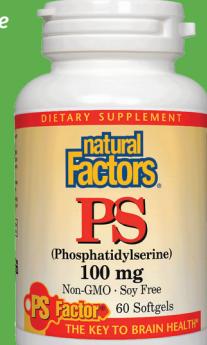
EDAP \$26.25

Natural Factors®*PS Phosphatidylserine
100 mg Soy Free*

\$16.99
60 sg

Phosphatidylserine (PS) is a natural component of the brain and is integral to all brain cell activity. Supplementing with PS supports healthy brain function.*

EDAP \$23.39

*Solaray®
Magnesium Asporotate*

\$9.99
120 cap
EDAP \$11.65



Magnesium helps support normal muscle and nerve function, heart health, a healthy immune system and bone health.*

**Solaray®
Magnesium AAC
200 mg**
\$6.39
100 vcap
EDAP \$9.55

*KAL®
Magnesium Glycinate 400
2 Daily*

\$9.99
90 tab
EDAP \$14.39



**KAL®
Magnesium Glycinate 400
Soy Free**
\$10.99
60 sg
EDAP \$16.15

*KAL®
Magnesium Taurate +*

\$9.99
90 tab
EDAP \$14.49



**Nature's Life®
Magnesium Malate 1300 mg**
\$6.39
100 tab
EDAP \$9.55



Tart cherries are a rich source of potent free radical scavengers, such as anthocyanins, flavonoids and melatonin.*

**Solaray®
Tart Cherry
425 mg**
\$9.99
90 vcap
EDAP \$14.99



**Solaray®
Tart Cherry Celery Seed**
\$9.99
60 vcap
EDAP \$15.09

**Solaray®
Triple Strength
Tart Cherry**
\$16.99
90 vcap
EDAP \$24.75



**Dynamic Health®
Organic Tart Cherry**
\$9.99
16 oz.
EDAP \$13.35



All items are available while supplies last; no rain checks. EDAP = Every Day Affordable Price.

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease. We reserve the right to correct errors.

THINKWIS

BONAFIDE PROVISIONS

Savory pancakes for the kiddos as a weekend treat? Maybe you're looking for new ways to persuade them to eat veggies, ways that will leave them begging for more? What if you amped up the power of your kid-friendly food with the gut healing, immune boosting qualities of bone broth, sending nutritional value skyrocketing and your little ones devouring? Can you imagine such a world? Bonafide Provisions can. Their journey to real food began with a son who was struggling from infancy with chronic infections. His mom, Sharon, wasn't going to sign off on an uncertain future where the only thing you could count on was loads of antibiotics, so she set to work finding answers. Long story short, after making a number of dietary changes, with bone broth playing a central role, Blake became infection free and Sharon became a clinical nutritionist so she could share this healing journey with others. Bonafide Provisions happened naturally after that, as Sharon discovered how many of us would like to reap the benefits of bone broth, but have no time to make our own. Carefully crafted to the highest quality standards, every

ingredient is thoughtfully sourced from local ranches and farms across their home state of California and elsewhere when necessary. The veggies are certified organic and the bones are from pasture-raised animals. No cages. No cruelty. No hormones, antibiotics, byproducts or GMOs. All the ingredients are slow simmered for a minimum of 24 hours then completely cooled before they're quickly frozen to preserve integrity without the use of damaging heat or artificial preservatives or stabilizers. They don't believe in compromising quality for shelf stability, so you'll only find Bonafide in the frozen section of your local Natural Grocers. Find out how easy it is to get the whole family eating it by putting it in pancakes topped with bacon and maple syrup or simmering your veggies in it, along with Parmesan and garlic, braising meats, making soups and stews, and the list goes on. There are so many ways to use bone broth that will leave the family begging for more, and we make it easy to experiment at the gut-friendly price of \$8.19 for 24 ounces.



BOBO'S STUFF'D BARS

It's after school snack time, and we found something so tasty that we sneak bites in the pantry before handing it out to the kids. Organic oats and brown rice syrup combine in chewy, oven fresh deliciousness and are wrapped around a nut butter center—try and tell us you won't be sneaking a bite the first chance you get! It all started on a rainy day in Colorado, with a mother and daughter who were hungry for snacks. Under a sky so gray, Beryl and Bobo decided the best way to have some fun was to bake. They opened their pantry and pulled out some oats, full of fiber and good for the heart, which they mixed with a tad of brown rice syrup for a less sugary sweet. The result was a snack so scrumptious that it had to be shared, so Bobo took it to school and the legend of Bobo's was born. Soon other

moms were begging for the recipe, and the rest, as they say, is history. These days a new chapter of history is being written, as they introduce the world to Stuff'd—oat bars with dreamy nut butter concoctions baked into the center. They're vegan, Non-GMO Project Verified and gluten-free certified, without artificial flavors, colors or questionable sweeteners. Of course, you don't need to wait for a rainy day to satisfy your snackable moments with the yummiest oat bar to ever grace recess. Drop into your local Natural Grocers any time, rain or shine, and treat yourself to Bobo's new Stuff'd Bars in four delectable flavors: Peanut Butter, Peanut Butter Chocolate Chip, Coconut Almond Butter and Chocolate Almond Butter. We have them for the everyday happiest price in town at \$2.59 each.





THE HONEST STAND

It's the kind of dish you shovel into, probing with your spoon until you find the right spot to lift and dump a heap of noodles dripping with cheese straight into your mouth. Mac and cheese, a food so compelling that Thomas Jefferson served it at a state dinner in 1802. Whether gourmet or straight from the box, the comfort factor remains the same—when we crave mac and cheese, we crave mac and cheese. Just ask Alex of The Honest Stand. A few years back, she was a college kid doing the mac and cheese thing, when she was diagnosed with celiac disease. Unfortunately, dairy has a protein that's hard on celiac sufferers, so

If you're thinking about the mundane task of writing your next grocery list, how about doing a little light reading first? Allow us to introduce you to "Think Wisely"—a narrative about the stuff you may want to include in your next snack, or brunch, or "welcome to the neighborhood" gift basket... Every product has a story to tell, and we're having a blast finding some fun ones to share with you. All you have to do is sit back, relax and make that grocery list something you look forward to.



Alex was suddenly faced with giving up gluten and dairy, but she wasn't letting go of mac and cheese without a fight. With a little help from her mom, she came up with a plant-based cheesy dip so irresistible that she tried it out on her partner Jeremy, and he had no idea it wasn't the real thing. After that came farmers markets and creative kitchen sessions and flavors to suit every whim. As more folks began clamoring for this comforting, cheesy thing they'd been missing, The Honest Stand honed its craft to non-dairy perfection. Now their plant-based line of cheesy dips is a certified trifecta of organic, vegan and paleo.

It's gluten-free genius calls on a tasty mix of veggies and nuts, wrapped in feel-good flavors like Parmesan Garlic, Spicy Nacho and Smoked Cheddar, that can be enjoyed straight from the container or cooked into any dish you desire. They donate their excess to those in need and care for the environment all along the way, from BPA-free containers to custom made, recyclable shipping coolers. Looking for a new way to say "cheese?" Natural Grocers has all five flavors for the comforting price of \$4.99 for nine ounces. Look out Mac, Cheese has gone renegade.



**\$4.99
PER
9 oz**



KAL, FOCUS SAURUS, GRAPE

It's a wonderful world out there when you're a kid. Every day is filled with fascinating distractions, from figuring out what rocks are made of to searching for dinosaur eggs. Our little ones have the best imaginations, the most curious questions and the finest reminders of things that matter. However, getting them to focus on things like homework or after-school chores can be a less enchanting story. Luckily the KAL brand understands the challenge, and they've formulated a genius way to bring kids' attention back from recess. Focus-Saurus for Kids combines the essential brain nutrient phosphatidylserine (PS) with the amino acids GABA, L-glutamine and glycine for a synergistic dose of brain-boosting power. Rounded

out with free radical scavengers green tea and wild blueberry, along with vitamins A, C, D3 and the B's, every nutrient is carefully selected for its ability to work together to improve focus and attention, based on clinical studies. They come in dinosaur shapes, with natural grape flavor that's sugar and allergen free, and their enticing purple color is derived from grape skin and beet juice. Gather up the kiddos and try them out, stat, because we know that meeting a kid who doesn't want a dinosaur in his/her life is almost as rare as meeting a real dinosaur. They're available on Natural Grocer's shelves this month for \$11.35; a price so good you don't have to focus on your receipt.

SWEETWOOD



It's a returning to your roots story. A take something good and do it better story. An adventure story. When you bite into a tender, savory piece of Sweetwood jerky it will be your story, wherever you want to take it. You might think we're partial to Sweetwood because we're both Colorado natives, but once the slow smoked flavor hits your tongue, you'll know we'd love them even if they were from a planet we'd

never heard of. The story began when Ryan Wood came home to Colorado, after spending time on the East Coast doing things like co-founding Under Armour, a sports apparel company. The sweet mountain air of Steamboat Springs called him back, and the soft whispers

of a simpler life on a ranch by the Elk River unexpectedly turned into the saga of the best smoked meat products around. Still headquartered in Steamboat, Sweetwood's Fatty Meat Sticks, Bully Beef Bars and Jerky are setting off on adventures all over the country, but we think you can taste the pristine excitement of a Colorado mountain morning wherever you take them. As for the details, all of your new favorite smoked meat products are from pasture-raised animals and free of chemical nitrates, gluten and MSG. The pepper tastes like it was freshly cracked over the Peppered Jerky, and the Jalapeno Fatty has the zing of just-picked peppers. There aren't any artificial flavors, colors, preservatives or junk sweeteners to dilute the vibrant notes of each variety, whether it's Honey BBQ, Teriyaki or the simplicity of Original. Whatever flavor you prefer for your adventures, Sweetwood smoked meats are the kind of snack that can power you over mountains..

HAIL MERRY

Sweet and tangy; we were sold from the start. It's a mouth burst of fresh lemon flavor straight from the tree outside Aunt Ella's window in Pasadena, circa 1964. Okay, we don't have an Aunt Ella from Pasadena, but somebody does, we're sure of it, and you know exactly what we're talking about. The sunshiny vibrancy of citrus is wonderful, but the temptation of chocolate can never be completely erased, so we opened our mouths for the dark chocolate bite next. As it melted into luxurious richness, hitting every pleasure nerve along the way, we knew we were committed for life. Almost too good to be true, but 100% verifiably real, thanks to nutritional know how and the art of craft, the Hail Merry brand was voted Paleo Mag's 2017 best guilt-free dessert for good reason. As founder Susan O'Brien likes to say, "Hail yes!" Susan is a bit of a rebel, which inspired her to create this fabulous contradiction of guilt-free indulgences in flavors to suit every whim, from Chocolate Mint to Caramel and Sea Salt to Coconut Crème. Now she's bucking the norms again with her latest creation—one-of-a-kind protein bites. Organic sunflower protein makes hers

distinctively different from other plant-based protein bars. It keeps them paleo, loads them with branch chain amino acids for power-boosting strength and allows them to seamlessly blend into the luxurious flavors Hail Merry is known for. They're debuting in two hard-to-resist varieties—Salted Brownie and Cranberry Almond—and along with every other Hail Merry treat, they're organic, Non-GMO Project Verified, certified vegan, gluten free, kosher and made with fair trade ingredients. Refined sugar, grain, corn, soy, artificial enhancements or preservatives never even dare to venture near the Hail Merry kitchen. Check out our refrigerated grab-and-go cases this month to find the entire line for the sweetest prices in town, starting at \$2.69 for the tarts, \$2.99 for the bites, the Chocolate Chip Cookie Dough Bites for \$3.29, and the protein bites for \$1.99. Nobody should be priced out of indulgence.

SALE
\$3.89
PER bag



New Package
Same Amazing
Taste

SALE
\$2.99
bag



SALE
\$1.99
bar

MANNA ORGANICS



Is your morning toast in need of a wake-up call? Ours was until we started spreading Manna Organics Toasted Coconut Cashew Butter on it. The next level deliciousness has it replacing our alarm clock—our taste buds wake up on their own, begging for toast! A nut butter sandwich at lunch calls for serious flavor and nutrient density, so that's when we dip into the Sprouted Amaretto Almond. A sophisticated hors d'oeuvre party has us impressing our friends with the Sprouted Fig & Nut, but we save the Hazelnut Cocoa Truffle for ourselves. That one is for late night eating straight out of the jar! (Okay, maybe we share it with the super special people in our lives, or at least the ones who catch us shamelessly devouring it at odd hours.) The Roasted Dark Chocolate Pecan is decadently dangerous in the best way, and

the creamy texture of the Cashew Bliss makes for a fantastic peanut butter replacement. The sugar-free Coconut Cashew speaks for



itself, but you truly can't go wrong with any of them. Manna Organics has been doing food

right for a while now, with their much loved sprouted breads, and we were stoked when they created bread's favorite companion, nut butter.

Their lineup of artisanally crafted butters is certified organic, GMO free, vegan and kosher. The simple, comprehensible ingredient lists never include a trace of preservatives, palm oil or anything artificial, and the consistently "best in class" quality never disappoints. Visit your local Natural Grocers sooner than later, so you can have your own bottle of un-guilty pleasure at the best price in town. Amaretto Almond is \$16.99 and all other flavors are \$13.99.



17

don't want to feed them artificial colors and sugar, so how about the perfect kid-friendly treat (that leaves no mess behind)? From your favorite neighborhood grocery store to your favorite afternoon pastime, our very own certified organic dried mango is here to please, and at the special sale price of \$6.59 all month long. All of the flavor and none of the mess.

NGVC ORGANIC, UNSWEETENED DRIED MANGO

It's the fruit of white sand beaches and Caribbean blue water and palm trees waving in tropical breezes. At least that's what mango always feels like to us—it's heavenly flavor capable of transporting us to a tropical paradise, as its yellow juices drip down our chins in messy bliss. Then we thought, why not enjoy the exotic, no-regrets delight of mango anytime and anywhere we want it? That sent us looking for the best dried mango on the planet, and ever since we brought it home it's

been one of the most popular staples of our bulk department. If you haven't tried it yet, we can think of so many places you should. We're envisioning backpacking trips, when you need a quick, clean snack. We're remembering all those inconvenient cravings that hit when you're studying for the big test or toiling at your office desk. Can't forget about the after-school situation either. Nobody wants the kiddos running all over the house with messy juice dripping down their chins, but you also

PRIMAL KITCHEN:

It's America's favorite condiment, and no, it's not ketchup. We've been in love with mayonnaise since it became commercially available in a New York deli in the early 1900s. Its creamy zing is a staple of all kinds of recipes, yet the sad fact remains that traditional mayo is full of sugar, unhealthy fats and artificial preservatives. Mark Sisson, The New York Times best-selling author and Primal lifestyle trailblazer, tasted the hollow space that getting rid of mayo left in health-minded pantries everywhere. He listened to his audience when they said they didn't have time to whip up a batch of homemade mayo whenever they wanted a sandwich. So, he went and whipped some up for us, in his own Primal Kitchen, and the result is a zesty dollop of a condiment that we think tastes better than the original. It's also the first avocado oil-based mayo

to revamp the sandwich. Why avocado oil? Because it's packed with the right kind of fats—mono and poly unsaturated—and it has special powers of increasing the phytonutrient availability of foods you pair it with. Primal Kitchen has created flavors to fill the hole in every recipe, from Spicy Chipotle and Garlic Aioli to simple Avocado Oil Mayo. Every jar of creamy perfection is made with cage-free eggs and Non-GMO Project Verified beet vinegar. They are sugar free, dairy free and gluten free along with being Paleo friendly, Whole 30 approved and Keto appropriate. Go ahead and introduce it to your deviled eggs or your Paleo fish fry—America's favorite condiment is better than ever. Make a picnic stop at your neighborhood Natural Grocers today and pick some up for the everyday unbeatable price of \$8.89 for a 12-ounce jar.



Supplements

OFFERS VALID AUGUST 10 TO SEPTEMBER 1, 2018

Dynamic Health®
Once Daily Tart Cherry Ultra 5X
\$12.99
16 oz.
EDAP \$19.09

Dynamic Health®
Tart Cherry Turmeric & Ginger Tonic
\$12.99
16 oz.
EDAP \$16.29

Dynamic Health®
Organic Raw Apple Cider Vinegar with Mother
\$2.99
16 oz.
EDAP \$3.55

Dynamic Health®
Organic Raw Apple Cider Vinegar with Mother & Honey
\$3.99
16 oz.
EDAP \$5.89

Dynamic Health®
Organic Coconut Vinegar with Mother
\$4.99
16 oz.
EDAP \$5.99

Apple cider vinegar supports a healthy weight and healthy blood sugar levels.*

Nature's Plus®

Animal Parade Gold Children's Multi Chew Assorted
\$17.99
120 chew
Each serving of these animal-shaped chewables is now packed with 500 IU of vitamin D3.*
EDAP \$23.29

Animal Parade MagKidz
\$7.79
90 tab
MagKidz provides a superior form of magnesium for general well-being.*
EDAP \$10.19

KAL®

Dinosaurs Dino-Dophilus Probiotic 2 Billion
\$8.71
60 chew
EDAP \$10.89

Uric Acid Flush
20% Off Our Always Affordable Price on All KAL Items
\$12.92
60 vcap
EDAP \$16.15

Gaia Herbs®
Turmeric Supreme
60 vcap
Turmeric Supreme Pain combines turmeric with other herbal extracts to support a healthy pain response.*
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25% Off Our Always Affordable Price

NOW®

Magnesium & Potassium Aspartate
\$10.79
120 vcap
Magnesium and potassium are two minerals found throughout the body and play roles in cell and tissue health.*
EDAP \$15.09

Potassium Citrate 99 mg
\$5.49
180 cap
Potassium citrate is a well absorbed and highly bioavailable form of potassium.*
EDAP \$7.49

NOW®
L-Theanine
\$12.49
90 vcap
L-Theanine promotes relaxation while maintaining alertness and promotes healthy cognitive function.*
EDAP \$16.59

NOW®
Chewable GABA
\$10.99
90 chew
GABA is naturally produced in the body and its presence within the central nervous system may help promote relaxation and ease nervous tension.*
EDAP \$15.09

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Select Pristine Bagged Dog Food

12⁹⁹
3 lb.



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EDAP \$22.25

LIVE Soda®

Raw and Organic Kombuchas



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EDAP \$2.59

99¢
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Traditional Medicinals®
Boxed Teas

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Bonafide Provisions®
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4⁹⁹
24 oz.

EDAP \$8.19

Mountain Valley®
Spring or Sparkling
Spring Water

99¢
1L



EDAP \$2.19



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Organic 100% Italian Extra Virgin Olive Oil

7³⁹
16.9 oz.



Certified
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Organic Toscano Extra Virgin Olive Oil

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Sweetwood Smokehouse®
Beef Jerky



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Fatty Meat Sticks



1⁵⁹
2 oz.

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Organic

9⁹⁹
1.3 L

EDAP \$1.19

Applegate Naturals®
Natural Uncured Sunday Bacon

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8 oz.



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C2O®
Coconut Waters

11⁸⁸
12-pack



EDAP \$23.85

Seventh Generation
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Tortillas



Primal Kitchen®
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Avocado Oil
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NON-GMO Project
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Tanka®

Buffalo Cranberry
Snack Sticks

90¢
1 oz.

Certified
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1.35
1 oz.

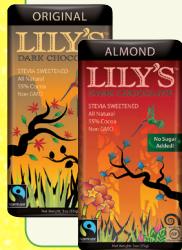
Certified
GF
Gluten-Free

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for details. EDAP = Every Day Affordable Price. *These statements have not
intended to diagnose, treat, cure or prevent any disease.

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2.8-3 oz.

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NOW®
Vitamin D-3 5000 IU



4.49
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Sport Grass Fed
Whey Chocolate or Vanilla



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23-23.7 oz

EDAP \$41.35

Theo Chocolate®

Dark or Milk Chocolate
Peanut Butter Cups



Organic Salted
Almond Butter Cups



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1.3 oz.

EDAP \$2.79

KAL®
Magnesium Glycinate 400



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EDAP \$24.85

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Stress Relax Tranquil Sleep or
CurcuminRich Theracurmin

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EDAP \$19.29 - \$22.39



60 Vegetarian Capsules

Dr. Bronner's®

Select Liquid
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7.49
32 oz.

USDA
ORGANIC

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DR. BRONNER'S®

18-in-1 Hemp Peppermint Pure-Castile Soap



99¢
17.5 oz.

C2O®
Coconut Waters

EDAP \$1.99

NON-GMO
Project
VERIFIED

Endangered Species Chocolate®
Select Chocolate Bars

14.9
3 oz.

EDAP \$2.89

Certified
GF
Gluten-Free





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Void where prohibited by law. Sweepstakes starts and ends on August 16, 2018. For Official Rules and complete details, visit: www.naturalgrocers.com/sweepstakes. Sponsor: Vitamin Cottage Natural Food Markets, Inc.



Not including this hat.

Sponsored by:



WIN A \$500 NATURAL GROCERS GIFT CARD! OR ONE OF TWO \$250 VISA GIFT CARDS!

Count all the party hats in the August good4u Health Hotline Magazine, complete the form below and return it to your local Natural Grocers by our 63rd Anniversary, Thursday, August 16th, 2018 for a chance to win! A drawing among all entries with the correct number will determine the winners. If no entrants state the correct number, a drawing among all entries closest to the actual number (without going over) will determine the winners. For complete details, see Official Rules at www.naturalgrocers.com/sweepstakes

I WON!
You can too!



Stacy M.
Winner of the
Ladybug Luv Contest

COUNT THE PARTY HATS ENTRY FORM

PARTY HAT TOTAL

First Name: _____ Last Name: _____

Address: _____ City, State, Zip: _____

Phone: _____ Email: _____

All Fields Required for Complete Entry

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No purchase necessary. A purchase will not increase your chances of winning. Open only to legal residents of the 50 United States and the District of Columbia, 18 years or older. Void where prohibited by law. Sweepstakes begins on August 1, 2018 and ends on August 16, 2018. NGVC employees and their families are not eligible to win. Maximum of one entry per person per prize category. For Official Rules and complete details, visit: www.naturalgrocers.com/sweepstakes. Sponsor: Vitamin Cottage Natural Food Markets, Inc.

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500 mg****\$6.99
100 vcap**

Scientific research suggests that maca may help to support a healthy reproductive life for both men and women.*

EDAP \$9.75

**Men's
Virility Power****\$10.79
60 vcap**

An herbal formula specifically designed to support a man's modern, active lifestyle.*

EDAP \$15.09

NOW®**Silymarin
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Silymarin, known as milk thistle, supports healthy liver function.*

EDAP \$11.99

**Liver Refresh™****\$12.99
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Help support liver health and your body's vital detoxification processes with Liver Refresh.*

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NOW®**Double Strength
Ginkgo Biloba
120 mg****\$10.49
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Scientific research has demonstrated that ginkgo biloba extract has powerful free radical scavenging activity in vitro studies.*

EDAP \$13.59

**Alpha GPC
300 mg****\$21.99
60 vcap**

Clinical studies have demonstrated that supplementation with Alpha GPC can support the brain's synthesis of acetylcholine.*

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**Primal Defense®
Ultra Probiotic****\$33.99
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Primal Defense ULTRA is the ultimate broad-spectrum probiotic formula.*

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Garden of Life®**Raw Probiotics™
Ultimate Care
100 Billion****\$32.99
30 vcap**

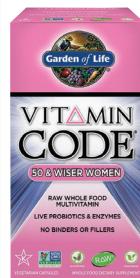
RAW Probiotics is a whole-food probiotic that emulates eating fermented food.*

EDAP \$41.25

Jarrow Formulas®**Lutein
20 mg****\$10.49
60 sg**

Provides effective levels of the important eye-protecting nutrients, lutein and zeaxanthin.*

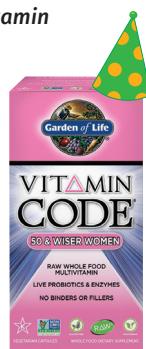
EDAP \$16.29

**Garden of Life®****Vitamin Code 50 & Wiser Women Multivitamin****\$26.79
120 vcap** **\$46.99
240 vcap**

A comprehensive RAW whole food multi-nutrient formula, specifically formulated to meet the unique needs of women over 50, providing the nourishment the body craves to maintain optimal health and wellbeing.*

EDAP \$33.75

EDAP \$59.25

**Hyland's®****Leg Cramps****\$9.99
100 tab**

Temporarily relieves the symptoms of stiffness, pains in limbs, joints, legs and cramps in calves, feet and legs.*

EDAP \$12.75

**Restful Legs****\$7.79
50 tab**

Offers relief for the uncontrollable urge to move your legs, made with natural, active ingredients.*

EDAP \$9.85

**\$20.99
90 vcap**

Formulated with magnesium L-threonate, the only form of magnesium that has been shown by research to readily cross the blood-brain barrier and provide significant positive effects on cognition, memory and brain health.*

EDAP \$27.49

**Jarrow Formulas®
MagMind®**

good4uSM

NEW PRODUCTS OF THE MONTH

OFFERS VALID AUGUST 10 TO SEPTEMBER 1, 2018

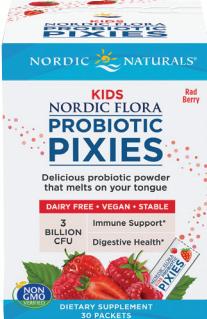
Nordic Naturals®

Kids Probiotic Pixies Berry

\$19.59

30 packets

EDAP \$23.89



A fun-to-eat, shelf-stable, berry-flavored probiotic powder for digestive, immune and respiratory health.*

Solgar®

Spoonfuls Vegan Protein Assorted Flavors

\$41.29

20.24-24.19 oz.

EDAP \$46.75

Solgar Spoonfuls offer broad-spectrum nutrition from a plant-sourced, multi-protein blend derived from peas, brown rice, hemp seeds and pumpkin seeds.*

**Gaea®**

Veggie Snacks

\$2.15

2.8 oz.

EDAP \$2.69



You shouldn't go anywhere without these resealable, on-the-go, lightly pickled veggie snacks marinated in EVOO, lemon essential oil and sea salt.

**Maya Kaimal®**

Organic Everyday Dal Pouches

\$2.99

10 oz.

EDAP \$3.99



Heat-and-eat organic lentils and vegetables, simmered with traditional Indian spices. Delicious on their own, as a side dish or over your favorite grain.

Sweetwood Smokehouse®

Teriyaki Fatty Meat Stick

\$1.39

1 oz.

EDAP \$1.69



Your favorite flavor of Fatty meat sticks now in a one-ounce size made with USA grass-fed beef and antibiotic-free pork, making it a tasty treat for any adventure.

Acure®

Seriously Soothing Blue Tansy Night Oil

\$8.99

1 oz.

EDAP \$11.15



Seriously Soothing Night Oil is made with blue tansy and jasmine to provide deep hydration that soothes and refreshes skin.*

All items are available while supplies last; no rain checks. EDAP = Every Day Affordable Price.

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease. We reserve the right to correct errors.

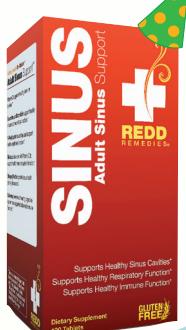
good4uSM

CREW PICKS OF THE MONTH

OFFERS VALID AUGUST 10 TO SEPTEMBER 1, 2018

Redd Remedies®

Sinus Adult

**\$24.99**

100 tab

EDAP \$27.99



"Supports healthy sinus, respiratory and immune function with nettle leaf to modulate histamine response which is especially helpful during allergy support season."*
-Jenny
good4u crew since 2016

Garden of Life®Perfect Food
Super Green Formula**\$30.99**

10.58 oz.

EDAP \$38.99



"Great for overall health and digestive tract."
-Jeff
good4u crew since 2016

Honey Mama's®

Cacao-Nectar Bars

**\$3.79**

2.5 oz.

EDAP \$4.99



"Literally the best chocolate I've ever had in my life and because of the healthy fat content, I don't have to feel guilty about indulging in it once in awhile for a high-fat snack. And who can resist coffee flavored items!"*
-Courtney
good4u crew since 2016

\$2.29

15.5 oz.

EDAP \$2.65

**Guayaki®**

Organic Canned Mate



"It's a healthier substitute for a carbonated energy drink, and helps me get through the long shifts."*
-Joseph
good4u crew since 2016

**That's It®**

Fruit Bars

**\$1.19**

1.2 oz.

EDAP \$1.49



"They are good, trust me. They set the bar. You'll see. Just try them."*
-Cale
good4u crew since 2016

**Weleda®**

Muscle Massage Oil

\$13.99

3.4 oz.

EDAP \$18.99



"The arnica mixed with the warming action it gives, is delightful to my muscles. Such a wonderful product line!"*
-Jeff
good4u crew since 2016



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OFFERS VALID AUGUST 10 TO SEPTEMBER 1, 2018

Herb Pharm®

Stone Breaker

\$9.79
1 oz.

Provides stonebreaker and other herbs that may work to maintain urinary tract health.*



EDAP \$11.65

Lemon Balm

\$9.29
1 oz.

Supports the nervous system and promotes calm.*

EDAP \$10.89

Source Naturals®

Wellness Formula®

Essential Enzymes

\$14.89
90 tab

Contains a powerful combination of herbs, antioxidants, vitamins and minerals formulated to boost your wellbeing.*

EDAP \$17.49

\$12.89
120 cap

Contains a wide array of enzymes that break down proteins, fats, milk sugar, fiber and carbohydrates in a wide pH range.*

EDAP \$14.99

New Chapter®

Perfect Prenatal or Postnatal Multivitamin

\$29.49
96 tab

Formulated with whole-food cultured vitamins and minerals to support the healthy development of your baby.*



EDAP \$34.79

Boiron®

Arnica 30C Bonus Pack

\$11.39
1 pack

Use arnica pellets at the first sign of muscle pain and feel better faster.*



EDAP \$12.99

Sinusalia

\$10.59
1 pack

A non-drowsy supplement that provides relief from sinus pain and congestion.*

EDAP \$11.75

Reserveage Organics®

Grass-Fed Whey Protein Assorted Flavors

\$20.99
11.1-12.7 oz.

Grass-fed Whey represents the next generation in natural protein supplementation.*

EDAP \$26.19

\$38.99
2 lb.

A plant-based protein supplement designed to help you achieve your health and fitness goals.*

EDAP \$45.29

PlantFusion®

Complete Plant Protein Vanilla or Chocolate

\$26.79
200 gummies

Nordic Naturals®

Nordic Berries™

Children's DHA™

Strawberry

\$30.79
360 sg

Children's DHA is a naturally balanced source of the omega-3s EPA and DHA that growing kids need for healthy development.*

EDAP \$37.49



EDAP \$32.39

WishGarden Herbs®

Serious Relaxer or Sleepy Nights

\$8.99
1 oz.

Serious Relaxer can help you hit the reset button and start to relax. Sleepy Nights is a proprietary blend of classic herbal "hypnotics" to help with occasional sleeplessness.*

EDAP \$10.89



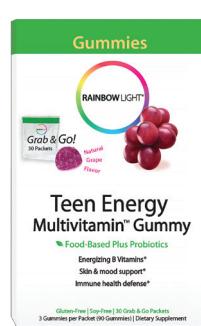
Rainbow Light®

Teen Energy Multivitamin Gummy

\$17.49
30 packet

Featuring energizing B-vitamins to promote natural energy production and maintain a healthy stress response.*

EDAP \$20.55



Carlson®

Very Finest Fish Oil™

Lemon or Orange

\$35.49
500 mL

Each teaspoon of The Very Finest Fish Oil provides 1,600 mg of omega-3s, including EPA and DHA, which support heart, brain, vision and joint health.*

EDAP \$39.85



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Body Care

OFFERS VALID AUGUST 10 TO SEPTEMBER 1, 2018

Tom's of Maine®

Toothpaste Antiplaque & Whitening Gel Peppermint

\$3.99
5.5 oz.

This fluoride-free gel toothpaste whitens your teeth by removing surface stains and uses authentic naturally derived ingredients.*

EDAP \$4.99



Nature's Gate®

Aloe Vera & Macadamia Oil Moisturizing Shampoo or Conditioner

\$4.99
18 oz. each

Aloe Vera and Macadamia Oil Moisturizing Shampoo and Conditioner gently cleanses hair with a unique blend of aloe, macadamia oil and panxy.

EDAP \$7.25



Giovanni®

Smooth As Silk Shampoo or Conditioner

\$5.89
8.5 oz. each

Enriched with grapefruit, apple and aloe extracts plus vegetable protein to soothe dry or damaged hair, control frizz and add shine.

EDAP \$7.75



Everyone™

Hand Soap Meyer Lemon & Mandarin

\$3.69
12.75 oz.

Everyone liquid hand soap made with organic ingredients, botanical extracts and scented with Meyer Lemon and Mandarin Orange pure essential oils.

EDAP \$4.99



Dr. Bronner's®

Pure Castile Liquid Soap

\$11.49
32 oz.

Pure-Castile Liquid Soap is concentrated, biodegradable, versatile and effective. Made with organic and certified fair-trade ingredients.

EDAP \$14.99



Acnedote Face & Body Scrub

\$6.49
8 oz.

This powerful, botanically effective, dual-purpose face and body scrub is tough but gentle enough for daily facial cleansing.

EDAP \$7.59

Alba Botanica®

Acnedote Invisible Treatment Gel

\$6.79
.5 oz.

This powerful, botanically effective, non-sticky gel delivers reduced inflammation on contact and clearer skin.*

EDAP \$7.99



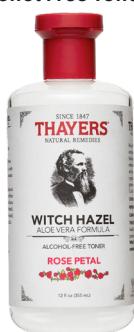
Thayers®

Witch Hazel Rose Alcohol Free Toner

\$7.69
12 oz. each

Soothing, natural treatment that cleanses, tones and soothes your skin.

EDAP \$8.99



20% Off
Off Our
Always
Affordable
Price



Kiss My Face®

Kiss My Face Line Drive

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OFFERS VALID AUGUST 10 TO SEPTEMBER 1, 2018

Niman Ranch®**All-Natural Sausages**

\$4.99
12 oz.

Niman Ranch raises livestock traditionally, humanely, and sustainably to bring you the best tasting, all-natural meat in the world.*

EDAP \$6.19

**Coleman Organic®****Organic Breaded Chicken Nuggets**

\$3.69
8 oz.
EDAP \$4.69

These delicious chicken nuggets and strips come from chickens never fed antibiotics and are USDA certified organic.

Organic Breaded Chicken Strips

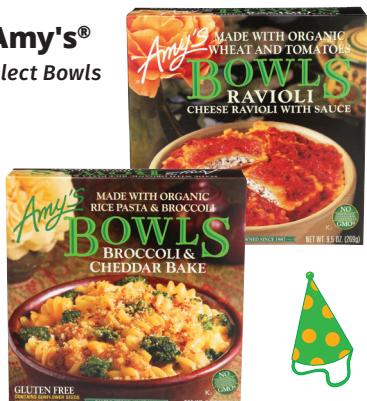
\$4.99
8 oz.
EDAP \$6.55

**Amy's® Select Bowls**

\$3.99
8.5-10 oz.

From the traditional to the exotic, Amy's select bowls will surely please your palate.

EDAP \$4.99

**Applegate Organics®**
Organic Chicken Deli Slices

\$4.99
6 oz.

Switch up the old turkey sandwich. Variety is the spice of life and it calls for chicken.

EDAP \$5.79

**Horizon®**
Organic Butters

\$5.99
1 lb.

Delicious in recipes or simply spread on bread, Horizon organic salted and unsalted butter taste so good because they start with fresh, sweet organic cream.

EDAP \$6.29

**Organic Valley®**
Select Organic Cheese Blocks

\$4.69-\$5.99
8 oz.

From Midwestern recipes like Colby to Italian provolone and Greek feta, they combine time-honored recipes with pasture-raised milk to make tasty cheese.

EDAP \$5.49-\$6.99

**Daiya®**
Cheese-Style Blocks

\$3.49
7.1 oz.

With real-cheese flavor and creaminess, Daiya vegan cheese-style blocks are wonderfully versatile.

EDAP \$4.49



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Canyon Bakehouse®
Select Gluten Free Bread Loaves

\$3.99
18 oz.

At Canyon Bakehouse they create delicious and nutritious gluten-free breads the whole family will enjoy.

EDAP \$5.65





Find yourself in a jam? Why not try some preserves? They're like jam, but with more whole fruit, for that just picked texture. We think there isn't a better way to start off the weekend than a heaping spoonful of strawberry preserves on toast. When it's time for a treat, we can't wait for some triple berry goodness plopped on top of our favorite bread. In fact, we could spend all day thinking of new ways to enjoy preserves around Natural Grocers. It's why we decided to wrap our name around some in the first place, because we realized there was something lacking in the pantry. We noticed that when it came to preserves, jams and jellies, even the good stuff was packed with sugar, not to mention packed in small jars at wallet busting prices. There was nothing for it, but to come up with our own answer to all jam related conundrums, so we set out on a journey. We wanted to find something reminiscent of afternoons at Grandma's house, over a fresh slice of bread and homemade preserves. When we tasted the one that made us feel like Gram had just picked the fruit from her backyard and slow simmered it to the perfect point of sweetness, we knew our search was over.

Our preserves bring home nostalgic perfection without a ton of sugar, 30% less than other organic brands to be specific! They don't have a single artificial color, flavor or preservative, because Grandma wouldn't use those either. They're certified organic and naturally GMO and gluten free, coming in a family sized package for a family friendly price. Plus, they're 100% recyclable. Our preserving partners share our values, caring about their community and giving something back to women in need.

We know we won't ever get stuck in a jam again, with the perfect preserves just waiting to be indulged in. We have strawberry, raspberry, blueberry and triple berry, plus apricot for loads of extra fun like glazing and arguing over pronunciation.

P.S. Penelope the Parrot thinks if you're feeling less than merry, just open your beak and pop in a berry.

NATURAL GROCERS®
By Vitamin Cottage
good4u

INTRODUCING

Natural Grocers Brand Products

ORGANIC Preserves



Reduced Sugar



NEW



\$4.79
20.5 oz

EDAP \$5.29

All items are available while supplies last; no rain checks.
EDAP = Every Day Affordable Price. We reserve the right to correct errors.



OFFERS VALID AUGUST 10 TO SEPTEMBER 1, 2018

Humm®

Raw & Organic Kombucha

\$2.29**14 oz.**

Kombucha has been called a health elixir, the tea of immortality and a nectar of the gods. For some people it's a way of life, for others it's a tasty and healthy treat.

EDAP \$2.85


\$1.45
5.3 oz.

These Coconutmilk Yogurt Alternatives deliver dairy-free culture with amazing flavor and just the right balance of tanginess and sweetness.

EDAP \$1.85

So Delicious®

Coconutmilk Yogurt Alternatives

**Honey Stinger®**

Organic Waffles

**99¢****1-1.06 oz.**
EDAP \$1.19**Energy Chews****\$1.59****1.8 oz.**
EDAP \$1.99

Honey Stinger makes gluten-free energy waffles, organic energy chews, protein bars, healthy snacks, and energy gel.

\$2.99**64 oz.**

Silk offers a variety of plant-based, dairy-free milk alternatives.

EDAP \$3.85

Silk®

Almondmilk or Soymilk Beverages

**Stonyfield®**

Organic Kids Yogurt Tubes or Select Yogurts

\$2.99
8-pack/32 oz.

Select yogurts that provide the nutrients children need, the organic ingredients you want, and the taste and texture they prefer.

EDAP \$3.89

**Hail Merry®**

Gluten-Free Bites

**\$2.69****3 oz.**
EDAP \$3.49

Hail Merry snacks offer mind-blowing indulgence from clean and fresh plant-based ingredients.

\$2.99-\$3.29**3.5 oz.**
EDAP \$4.15-\$4.49**So Delicious®**

Non-Dairy Frozen Dessert Pints

\$3.49
-\$4.49

Sweet and salty delights featuring cashewmilk and coconutmilk alternatives.

EDAP \$4.59-\$5.65

**\$3.79**

They combine organic ingredients: milk and cream with sugar and eggs to make their own simple ice cream base. Find your favorite!

EDAP \$4.25-\$4.85

Three Twins®

Organic Ice Cream Pints



All items are available while supplies last; no rain checks. EDAP = Every Day Affordable Price.

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good4uSM

deals of the month

OFFERS VALID AUGUST 10 TO SEPTEMBER 1, 2018



\$5.29
6 oz.
EDAP \$6.39

Applegate Organics®
Organic Turkey Deli Slices



\$2.99
8 oz.
EDAP \$4.49

Daiya®
Select Cheese-Style Shreds



\$3.49
6-pack
EDAP \$5.89

Zevia®
Zero Calorie Sodas



\$2.49
5 oz.
EDAP \$3.59

Jackson's Honest®
Coconut Oil Potato Chips



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by Jack Challem



*In honor of Jack Challem's legacy as a beloved nutrition writer and author, we will continue to publish the backlog of *The Nutrition Reporter* newsletters, through his final newsletter.*

The Nutrition Reporter™



THE INDEPENDENT NEWSLETTER THAT REPORTS VITAMIN, MINERAL, AND FOOD THERAPIES.



AFTER A HEART ATTACK, OMEGA-3S SHOW STRONG HEART BENEFITS

The omega-3 fish oils are known to lower the risk of a heart attack and other cardiovascular problems. But what if you or a loved one has just had a heart attack? It's important to start taking omega-3s, according to a new study published in the American Heart Association's journal *Circulation*.

Raymond Y. Kwong, MD, of the Harvard Medical School and his colleagues studied 358 people who had suffered a heart attack. Half of them were given placebos and the other half were given omega-3 capsules, with instructions to take four 1,000 mg each day with food. The study participants began taking the supplements within a month of their heart

attack and continued taking them for six months.

Using various techniques, including cardiac magnetic resonance imaging (MRI), the researchers measured the structure of the heart and tissue characteristics, including the left ventricular systolic index, which is a predictor of survival. The researchers reported that people taking the omega-3s had improved heart function and less scarring in adjacent heart tissue. They also had a decrease in various markers of inflammation, and there was a significant reduction of left ventricular systolic volume index, a positive sign that suggested improved survival.





HEALTHY EATING SUPPORTS MENTAL HEALTH

Studies in Western nations have found a strong relationship between healthy eating habits and a low risk of either anxiety or depression. In the first study along these lines in the Middle East, Iranian researchers analyzed the eating habits of 3,663 adults working in 50 health care centers. Overall, 15 percent of the subjects said they had anxiety and 30 percent had depression. People age 40 or younger who ate healthy diets—described as high in vegetables, fruit, legumes, nuts, whole grains, and omega-3s—had slightly more than a 50 percent lower risk of either anxiety or depression. Women over age 40, but not men, were almost 50 percent less likely to develop anxiety or depression if they had healthy eating habits. The researchers wrote that large amounts of B vitamins and antioxidants might protect brain neural cells from damage.

PROBIOTIC SUPPLEMENTS REDUCE RISK OF HOSPITAL INFECTIONS

You might think that hospitals are among the cleanest, most germ-free places you could step into, but the opposite is true. Your risk of contracting an infection in a hospital, called a nosocomial infection, is especially high. But a small study suggests that taking a common probiotic supplement can greatly reduce the risk of infection. And although the study focused on children, it probably has a bearing on adults in and outside of hospitals.

Alfredo Guarino, MD, PhD, of the University Federico II in Naples, Italy, tracked 90 children, ages six months to five years, who were admitted to a hospital's pediatric ward for any reason during the peak season for rotavirus and other gastrointestinal viral infections.

Half of the children received 6 billion CFUs of *Lactobacillus GG*, while the other half received placebos for 15 days, beginning on the first day of hospitalization.

MENOPAUSAL SYMPTOMS CAN BE EASED WITH SOME SUPPLEMENTS

An analysis of 62 studies that included a total of 6,653 women has found that some supplements can ease menopausal symptoms, according to an article in *JAMA*, the *Journal of the American Medical Association*.

Taulant Muka, MD, PhD, of Erasmus University in the Netherlands, and his colleagues conducted the meta-analysis on published studies from researchers in North America, South America, Europe, Asia, and the Middle East. In general, the studies ranged from four weeks to two years, but the majority averaged three months.

They found that dietary soy and supplements of soy isoflavones had the greatest effect in reducing the number of daily hot flashes, as well as vaginal dryness. However they did not reduce night sweats.

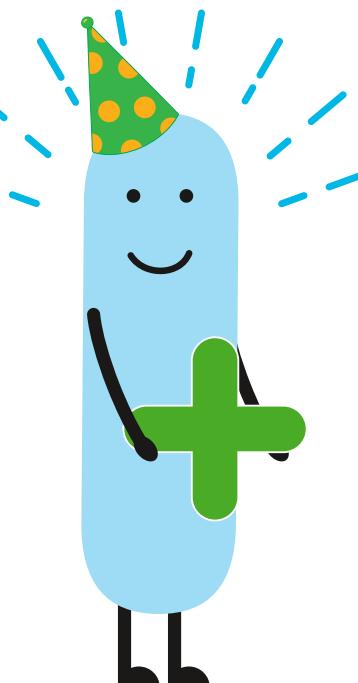
"The two major subtypes of phytoestrogen, isoflavones and lignans, have a chemical structure similar to that of estradiol (i.e., a form of estrogen) and therefore also appear to have estrogen-like properties," the researchers wrote.



33

Nineteen (20 percent) of the children developed infections while hospitalized, four in the probiotic group (9 percent) and 15 (33 percent) in the placebo group. Two (4 percent) of the children receiving probiotics had diarrhea, compared with 11 (24 percent) of those taking placebos. Children taking probiotics also had hospital stays that averaged one day less than those taking placebos.

The researchers conducted follow-ups seven days and three months after hospital discharge. After three months, 11 (24 percent) of children who had received probiotics had at least one infection, compared with 22 (49 percent) of those who had taken placebos, suggesting a long-term benefit from the supplement.



References available upon request.



{ Clip & Make }

INGREDIENTS

- 2 tablespoons Natural Grocers Bulk Almond Butter*
- 2 tablespoons + 2 teaspoons Natural Grocers Apple Cider Vinegar*
- 2 teaspoons Dijon mustard*
- 2 teaspoons Natural Grocers Honey*
- 2 cups chopped, cooked chicken*
- 1 large celery stalk, cut into ¼-inch dice*
- 4 green onions, greens thinly sliced (reserve whites for another use)*
- 4 pieces of your favorite bread*
- 3 Natural Grocers Party Hats*
- Sea salt, to taste*

CHICKEN SALAD WITH A TWIST

Don't let the unusual ingredient list scare you off. This new twist on an old favorite uses good4u almond butter and probiotic-rich apple cider vinegar to create a creamy, zingy version that is sure to please. It's every bit as delicious as its conventional counterpart and makes a quick, healthy meal anytime.

Prep: 10 min. | Cook: N/A | Total: 10 min.

INSTRUCTIONS

Serves 4

1. Combine the almond butter, vinegar, mustard, and honey in a medium bowl. Whisk together until well combined.
2. Toast the bread.
3. While the bread toasts, add the remaining ingredients to the bowl of dressing and stir well to coat.
4. To serve, top each piece of toast with one quarter of the chicken salad.



Grocery

OFFERS VALID AUGUST 10 TO SEPTEMBER 1, 2018

Bobo's®

Gluten-Free Oat Bars

\$1.89
3 OZ.

Gluten-free goodness
on-the-go.

EDAP \$2.59



Certified
GF
Gluten-Free

NON-GMO
Project
VERIFIED
nongmoproject.org

Clif®

Select Clif or Select Luna Bars

99¢
1.48-2.4 oz.



Feed your adventure with select Clif or LUNA bars. They're crafted to help keep you nourished throughout your busy day.

EDAP \$1.25

Nature's Path®

Organic Toaster Pastries



\$2.85
11 oz.
EDAP \$3.85

Find your path
to breakfast
greatness with
Nature's Path
organic pastries
and cereals.

Organic Envirokidz Cereals



\$3.19
10-11.5 oz.
EDAP \$4.45

USDA
ORGANIC
NON-GMO
Project
VERIFIED
nongmoproject.org

Barbara's®

Puffins Cereals

\$3.15
10-11 oz.

Puffins cereals are high in
fiber not in sugar.

EDAP \$3.99



NON-GMO
Project
VERIFIED
nongmoproject.org

Doctor in the Kitchen®

Flackers

\$3.79
5 oz.

Flax seed crackers are made
from a few simple ingredients,
including the highest quality
gluten-free and low carb organic
flax seeds that have started the
germination process.

EDAP \$5.19



NON-GMO
Project
VERIFIED
nongmoproject.org

\$2.99
6-12 oz.

Cookies made with
Non-GMO ingredients
and no high-fructose
corn syrup. Sweet!

EDAP \$4.45

Back to Nature®

Select Cookies



NON-GMO
Project
VERIFIED
nongmoproject.org

Annie's Homegrown®

Bunny Cookies or Crackers



\$2.49
7-7.5 oz.
EDAP \$3.79-\$3.99

Annie's
Homegrown
organic snacks
are hard to stop
eating once you
start.

Organic Fruit Snacks



\$2.49
4 oz.
EDAP \$4.49-\$4.69

USDA
ORGANIC

Original New York Seltzer®

Sparkling Waters

\$2.99
8-pack

New York Seltzer is a great
everyday beverage or perfect
for mixing with spirits to create
your favorite cocktail.

EDAP \$3.89



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OFFERS VALID AUGUST 10 TO SEPTEMBER 1, 2018

**Essentia®
Micropure Water**

**\$1.59
1 L**

Essentia is supercharged ionized alkaline water that's better at re-hydrating and removes the bitter-tasting acidic ions, through their unique ionization process.*

EDAP \$2.15



**Guayaki™
Organic Bottled Mate Beverages**

**\$2.39
16 oz.**

Guayaki offers convenient ready-to-drink bottled yerba mate.

EDAP \$2.89



USDA ORGANIC
NON-GMO Project VERIFIED

**Honest Tea®
Organic Bottled Teas**

**\$1.19
16 oz.**

Honest Teas are a line of all-natural tea beverages made from organic and fair trade ingredients.

EDAP \$1.59



USDA ORGANIC

**Lundberg Family Farms®
Organic Rice Cakes**

**\$2.49
8.5-10 oz.**

Lundberg rice cakes are made from their own freshly milled brown rice to ensure freshness, great taste and whole grain goodness.

EDAP \$3.69



**Certified GF
Gluten-Free**
USDA ORGANIC
NON-GMO Project VERIFIED

**Terra®
Select Vegetable Chips**

**\$2.39
5-6 oz.**

Made with real vegetables, gluten-free, vegan, non-GMO and Kosher.

EDAP \$3.39



**Inka Crops®
Plantain Chips**

**\$1.39
3.25-4 oz.**

Inka Crops is a Peruvian company specialized in the production of gourmet snacks.

EDAP \$1.89



Roasted Corn

**\$1.49
4 oz.**

EDAP \$1.99



NON-GMO Project VERIFIED

**Little Secrets®
Chocolate Candies**

**\$1.39
1.5 oz.**

Delicious little candies with a lot of flavor and not a lot of junk.

EDAP \$1.79



**\$3.49
4.5-5 oz.**

EDAP \$4.49



**Justin's®
Almond Butter or Chocolate Hazelnut Butter Jars**

**\$8.59
16 oz.**

Select almonds and premium hazelnuts make delicious peanut-butter free spreads.

EDAP \$11.75



**Certified GF
Gluten-Free**



Grocery

OFFERS VALID AUGUST 10 TO SEPTEMBER 1, 2018

Pamela's®

Gluten-Free Chocolate Brownie Mix

\$4.49
16 oz.

Made with premium, all-natural ingredients for the extreme chocolate lover.

EDAP \$5.75



Certified
GF
Gluten-Free

Pamela's®

Gluten-Free Baking & Pancake Mix

\$5.49
24 oz.

The whole family will love the light and fluffy pancakes made with Pamela's Baking & Pancake Mix.

EDAP \$6.99



Certified
GF
Gluten-Free

Wild Planet®

Wild Albacore Tuna



\$3.15
5 oz.
EDAP \$4.15

NON
GMO
Project
VERIFIED

Family Size Wild Albacore Tuna



Sustainably caught tuna the whole family can bite into.

\$4.29
7.5 oz.
EDAP \$5.69

NON
GMO
Project
VERIFIED

Garden of Eatin'®

Select Tortilla Chips

\$2.79
5-8.1 oz.

Garden of Eatin' products are naturally made with great-tasting, hearty organic corn.

EDAP \$3.49



37

Natural Grocers®

Wild Sardines



\$1.79
4.375 oz.
EDAP \$2.29

Packed with powerhouse Omega-3s, Natural Grocers wild sardines make the perfect addition to your salad or snack.



\$6.99
12 oz.

Healthy mayo, who knew? Made with avocado oil, superfood ingredients and organic herbs and spices.

EDAP \$8.89

Primal Kitchen®

Avocado Oil Mayonnaise



Certified
GF
Gluten-Free

NON
GMO
Project
VERIFIED

Spectrum Culinary®

Organic Extra Virgin Mediterranean Olive Oil

\$9.49
33.8 oz.

Spectrum brand organic extra virgin Mediterranean olive oil is sourced from hand-selected olives grown along the southern shore of the Mediterranean.



NON
GMO
Project
VERIFIED

\$5.79
14 oz.

All the goodness of coconut oil combined with the delicious organic buttery flavor.

EDAP \$7.29

Nutiva®

Organic Buttery Flavor Coconut Oil



USDA
ORGANIC

NON
GMO
Project
VERIFIED

All items are available while supplies last; no rain checks. EDAP = Every Day Affordable Price.

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease. We reserve the right to correct errors.

OFFERS VALID AUGUST 10 TO SEPTEMBER 1, 2018

Nutiva®

Virgin Organic Coconut Oil

\$8.29
14 oz.

Nutiva's Coconut Oil is processed immediately upon harvesting fresh tropical coconuts in the Philippines.

EDAP \$10.89



\$3.29
9 oz.

Ranch, reinvented. Sir Kensington's Ranch is a clean take on a classic taste. Made with the highest-quality, non-GMO ingredients.

EDAP \$4.49

Sir Kensington®

Select Ranch

**Sir Kensington's®**

Classic Ketchup Squeeze

\$3.19
20 oz.

Certified
GF
Gluten-Free
NON-GMO
Project
VERIFIED
nongmoproject.org



Yellow Mustard Squeeze

\$2.59
9 oz.

Certified
GF
Gluten-Free
NON-GMO
Project
VERIFIED
nongmoproject.org



EDAP \$4.49

Koyo®

Ramen

79¢
1.9-2.1 oz.

Koyo Ramen noodles are crafted from freshly milled organically grown heirloom wheat. They are pre-cooked, and baked not fried.

EDAP 99¢

**Annie's Homegrown®**

Select Natural Mac & Cheese Mixes

\$1.15
5.25-6 oz.

Traditional mac-&cheese with a twist of Annie's Homegrown goodness.

EDAP \$2.35



\$1.69
15 oz.

Westbrae beans are versatile, convenient and nutritious.

EDAP \$2.29

Westbrae Natural®

Organic Canned Beans

**Seventh Generation®**

Dish Liquids

\$2.69
22-25 oz.

Their natural dish liquids use plant-based ingredients to power through tough grease and grime on your dishes.

EDAP \$3.99



\$9.49
95-100 oz.

Their liquid laundry formulas are non toxic, hypoallergenic and are biodegradable.

EDAP \$13.99

Seventh Generation®

Liquid Laundry Detergents



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Bulk-Books

OFFERS VALID AUGUST 10 TO SEPTEMBER 1, 2018

Natural Grocers® Bulk
Organic Dried Mango**\$6.59**
10 oz.

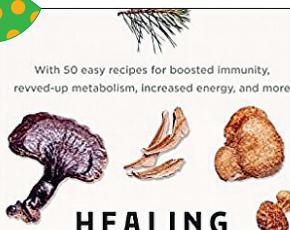
EDAP \$7.99

**Natural Grocers® Bulk**
Organic White or Tri-Color Quinoa**\$2.79**
1 lb.

EDAP \$3.49

**Healing Mushrooms A Practical Guide**

Tero Isokauppila



HEALING MUSHROOMS
A Practical and Culinary Guide to
Using Mushrooms for Whole Body Health

TERO ISOKAUPPILA
founder of FOUR SIGMATIC™

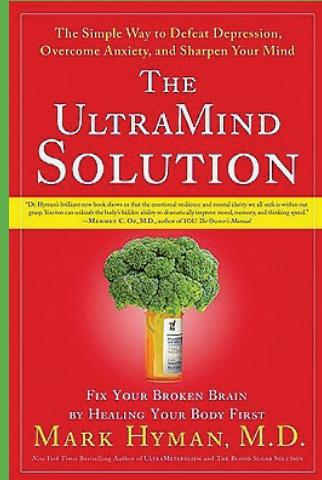
In *Healing Mushrooms*, you'll learn about the ten most powerful mushrooms you can add to your daily diet to maximize your health gains. Though some of these mushrooms, like Tremella, Cordyceps, and Reishi will sound exotic, they're all easy to source online in extract form and easier to use in recipes. Packed with practical information, fun illustrations, and 50 mushroom-boosted recipes for breakfast, lunch, and dinner (and even dessert!), *Healing Mushrooms* unlocks the vast potential of this often-overlooked superfood category and will be the go-to resource for adding mushrooms to your health and wellness regimen.

\$11.19
paperback

MSRP \$16.00

The UltraMind Solution

Mark Hyman M.D.



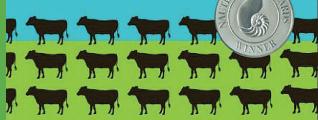
Three-time New York Times bestselling author Dr. Mark Hyman unveils his groundbreaking program that shows how we can fix our broken brains by healing our bodies first. Based on the emerging field of Functional Medicine, Dr. Hyman presents a simple six-week plan to restore health and gain an UltraMind, one that's highly focused, able to pay attention at will, has a strong memory, and leaves us feeling calm, confident, in control, and in good spirits.

\$13.25
paperback

MSRP \$17.99

Cows Save the Planet

Judith D. Schwartz

COWS SAVE THE PLANETAND OTHER IMPROBABLE
WAYS OF RESTORING SOIL
TO HEAL THE EARTH

UNMAKING THE DESERTS, RETHINKING CLIMATE
CHANGE, BRINGING BACK BIODIVERSITY, AND
RESTORING NUTRIENTS TO OUR FOOD

JUDITH D. SCHWARTZ
FOREWORD BY GRETEL EHRLICH

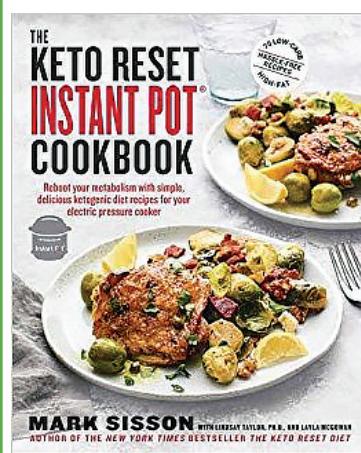
In *Cows Save the Planet*, journalist Judith D. Schwartz looks at soil as a crucible for our many overlapping environmental, economic, and social crises. Schwartz reveals that for many of these problems—climate change, desertification, biodiversity loss, droughts, floods, wildfires, rural poverty, malnutrition, and obesity—there are positive, alternative scenarios to the degradation and devastation we face. In each case, our ability to turn these crises into opportunities depends on how we treat the soil.

\$12.55
paperback

MSRP \$17.95

The Keto Reset Instant Pot Cookbook

Mark Sisson



If you want a no-fuss way to get high-fat, low-carb meals on the table faster, *The Keto Reset Instant Pot Cookbook* makes following a keto-friendly diet easy with 75 all-new pressure cooker recipes. Mark Sisson, author of the New York Times bestseller, *The Keto Reset Diet* and publisher of the number one paleo blog, MarksDailyApple.com, helps you escape carbohydrate dependency and undergo a total health transformation without following a restrictive diet or sacrificing great taste and variety. You'll discover the tenets of ketogenic eating and why burning fat for fuel is so effective for sustained weight loss and improved health.

\$13.25
paperback

MSRP \$18.99

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good4uSM SENSATIONAL SAVINGSSM

OFFERS VALID AUG 10 TO SEPT 1, 2018



Organic Peanut Butters

4.39
16 oz.

EDAP \$5.85



Organic Apple Sauce Cups

3.45
6 ct.

EDAP \$4.45



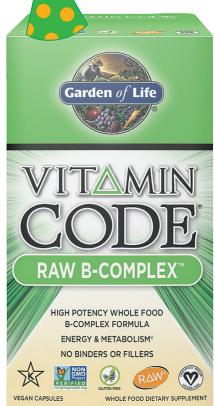
Newman's Own® Newman-O's Cookies

3.69
13 oz.

EDAP \$4.99



Vitamin Code
RAW B-Complex
is whole food
nutrition, specifically
formulated to include
high potencies of
eight whole food
complexed B
vitamins.*



Garden of Life®

Vitamin Code Raw B-Complex

11.29
60 vcap

EDAP \$15.75

Solaray® Turmeric Root Extract

6.39
60 vcap

EDAP \$12.29



Endangered Species Chocolate® Chocolate Bars

2.25
3 oz.

EDAP \$2.89



NOW® Omega-3

7.49
200 sg

EDAP \$10.69



Omega-3s like fish oil
support heart health.
Tested to be free of
potentially harmful
levels of contaminants
such as PCBs, dioxins,
mercury and other
heavy metals.*

Jarrow Formulas® Curcumin 95

23.99
120 vcap

EDAP \$32.99

All items are available while supplies last; no rain checks. Offers valid August 10 to September 1, 2018. EDAP = Every Day Affordable Price.

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