

OVER
\$500
OF SAVINGS
INSIDE!



**NATURAL
GROCERS®**

good4u
HEALTH HOTLINE MAGAZINE

FEB 2019 VOL. 20

NEW



\$2.69

16 OZ.
EDAP \$2.99

FEB 1ST-MAR 2ND

WHITE, BLUE OR
YELLOW CORN

ORGANIC
AVOCADOS

99¢
EACH

FEB 1ST-MAR 2ND



**USDA
ORGANIC**

{Recipe of the Month}
**COCONUT LIME
SHRIMP**

4

**WELCOME TO
THE KETO DIET**

6

INTRODUCING
RESEARCH BYTES

28

**SENSATIONAL
SAVINGS**

36



February

"How much good inside a day? Depends how good you live 'em. How much love inside a friend? Depends how much you give 'em."

– Shel Silverstein

Ahh, February, the month of love and chocolate. It's the perfect time to take a step back and celebrate that special place where love begins—inside yourself! Taking care of ourselves is the best Valentine gift we can give. As Mr. Silverstein said, "How much love inside a friend? Depends how much you give 'em." And how much love we have to give depends on the love we feel inside ourselves. Nurturing good health is the simplest place to start.

"I wish all my bones could be funny bones."

– Marty Rubin

Laughter, it's undeniably good for you! It reduces stress hormones and releases endorphins, which are natural painkillers. Make time this month to give yourself some belly-aching, happy-making moments of laughter.

"No single mountain ever came to me... so I always go to them."

– Erik Tanghe

Perhaps it's not mountain climbing weather where you live, but getting outside is still essential, even in February. Especially

in February! Stepping outdoors for no other reason than to be there is like giving yourself a great big hug. Play in the snow, sit on a park bench, hug a tree—just take a moment to treat yourself to the magnificent outdoors.

"Be awesome! Be a book nut!"

– Dr. Seuss

Not only is reading great fun, we've read the research, and it's been proven to be good for you as well. It improves memory and attention span and helps form new connections between our neurons, which is vital for the brain as we age. Have some fun, crack open a book and make some new neuronal love connections this February.

For our part, we're here to nurture your health and wellbeing with our quality standards, nutrition education and always affordable prices. As the shortest month of the year flies by, take a moment to read a good book, laugh long and hard, find a new park, watch a bird in flight and share chocolate with those you love. (We've got you covered when it comes to the chocolate. All N-power members who sign up before February 14th will receive a free bar of chocolate when they visit their favorite Natural Grocers on Valentine's Day!)

The Isely Family

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

COCONUT LIME SHRIMP



6

WELCOME TO THE KETO DIET



10

SUPERCARGE YOUR LIFE WITH MCT OIL



22

HOT DEALS



23

RECIPE

EASIEST GUACAMOLE



28

INTRODUCING

RESEARCH BYTES

Featuring
NATURAL GROCERS®
 BRAND PRODUCTS
PREMIUM QUALITY AT AN AFFORDABLE PRICE

INGREDIENTS

FOR THE SHRIMP:

1 pound frozen peeled and deveined tail-on shrimp

½ cup Natural Grocers Brand Organic Coconut milk

Zest and juice of 1 lime (about 1 teaspoon zest and ¼ cup juice)

3 cloves organic garlic

1 tablespoon coconut aminos

¼ teaspoon salt

½ teaspoon dried red chili flakes

2 tablespoons Natural Grocers Brand Bulk Unsweetened Coconut Shreds

FOR THE SWEET POTATOES:

1 (10-ounce) package frozen sweet potatoes

2 teaspoons Natural Grocers Brand Organic Extra Virgin Coconut Oil, melted

¼ teaspoon salt

1 (14-ounce) can organic pineapple chunks

FOR THE SLAW:

3 cups shredded organic cabbage, red or napa (about ½ of a small head)

1 large organic carrot, shredded

1 bunch organic green onions, thinly sliced

½ cup Natural Grocers Brand Bulk Cashews, roughly chopped

FOR THE DRESSING:

2 tablespoons Natural Grocers Brand Organic Apple Cider Vinegar

1 tablespoon toasted sesame oil

1 tablespoon Natural Grocers Brand Organic Extra-Virgin Olive Oil

1 tablespoon coconut aminos

1 organic garlic clove, minced or pressed

1 tablespoon Natural Grocers Brand Raw and Unfiltered Clover Honey

¼-½ teaspoon dried red chili flakes, to taste

¼ teaspoon salt



COCONUT LIME SHRIMP WITH ROASTED SWEET POTATOES AND ASIAN SLAW

Break up the winter doldrums by adding a little tropical flair to your week with this simple meal! Succulent shrimp marinated in coconut milk and lime juice, sweet potatoes roasted with pineapple, and tangy slaw come together to make a mouthwatering good4u meal that will brighten up any cold winter day.

Total Time: 45 min.

INSTRUCTIONS

Serves 4

1. Preheat oven to 400° F. Place frozen shrimp in a bowl of cold water while making the marinade.
2. In a blender, combine the coconut milk, lime juice and zest, garlic, coconut aminos, salt, and chili flakes and blend until well combined and uniform in texture. Drain the shrimp, place in a shallow bowl, and cover with coconut-lime marinade. Marinate at room temperature for the next 2 steps, or longer in the refrigerator.
3. In a medium bowl, coat the sweet potatoes with coconut oil and salt. Drain the pineapple and use a paper towel to absorb additional moisture. Arrange the sweet potatoes and pineapple in a single layer on a baking sheet and roast in the oven for 15 minutes.
4. While the sweet potatoes roast, make the slaw. Combine the cabbage, carrot, green onions, and cashews in a medium bowl. Combine all dressing ingredients in a small jar with a tight-fitting lid. Shake until well combined, pour over the vegetables, and toss until well combined. Set aside.
5. After 15 minutes, remove sweet potatoes and pineapple from oven, toss and place back in the oven.
6. Drain the shrimp and discard the marinade. Arrange the shrimp on another baking sheet in a single layer and sprinkle coconut shreds on top. Place in the oven with the sweet potatoes and roast until shrimp are opaque and tinged pink, 6-9 minutes. Watch the shrimp closely to ensure they do not overcook. Remove both baking sheets from the oven. Serve the shrimp with slaw and sweet potatoes on the side.



FOR THE LOVE OF ORGANICS: COCONUTS

By Charity Isely

FIND YOUR NUTRITIONAL SOULMATE

Deliciously adaptable to all kinds of recipes, it smells like vacation, and when you're pursuing a romance with healthy food, it's relationship goals! If you're ready to make a commitment to healthy fat in your diet, consider coconut your soulmate. It's one of the best food sources of MCTs (medium-chain triglycerides),^{i,ii} which bypass the lengthy absorption process of other fats, and head straight to the liver to be metabolized and ready to energize.ⁱⁱⁱ MCTs aren't the shy type of fat that's going to be hanging around in your tissue waiting for you to quit eating carbohydrates either—they're ready to make the first move, providing efficient fuel for your brain and muscles.^{iv,v} The most abundant MCT in coconut, lauric acid, is converted to monolaurin in the body, which is a potent antiviral, antimicrobial, and antifungal compound—talk about a relationship that's got your back!^{vi,vii} When it comes to matters of the heart, the fat in coconut boosts good cholesterol,^{viii} and when it comes to matters of the palate, it's good fun. Now that's a love affair worth having!

BUT FIRST, TRUST

Every great love story includes transparency. So before proposing that coconut become a regular part of your life, make sure you know how it's grown. The increasing demand for coconut products has led to a rise in monoculture farming and chemical fertilizers. Native plants are removed to make room for younger, more productive coconut palms, destroying biodiversity, eroding soil health, and introducing a demand for toxic fertilizers.^{ix,x} The negative spiral continues with detrimental impacts on water, air, soil, and human health.^{xi} Choose the coconut that cares! Organic farming methods nurture biodiversity and ensure transparency, providing the vital element of all happy relationships, trust.

KEEP IT FUN

Now that coconut and your diet are official, it's time to have fun! The dates you can make with this nutritious soulmate go beyond dinner, starting with your morning coffee, where it makes a wonderful replacement for your creamer. Invite coconut milk to drop in at the office or go on a hike—crunchy, naturally sweet coconut shreds pair well with snacking. The velvety texture of coconut oil lends itself to all kinds of cravings, from roasted veggies to luscious baked goods. It's a one-in-a-million find for many dietary needs, providing everything from gluten-free flour to the creamiest non-dairy alternative you can imagine. Take your relationship next-level with our recipe this month for Coconut Lime Shrimp, and be sure to let your new romance grow organically!

IT TAKES TWO

To end this healthy love story, we'll leave you with a final nod to February, the celebrated month of heart-shaped feelings. "True love is... one coconut, two straws."^{xii}



WELCOME TO THE KETO DIET

6

Ditch the sugar and processed carbs and bring on the cream, butter, and yes, bacon! The fight against fat is over if you're following a keto diet. In fact, the point of the diet is to eat more fat to fuel your body.

The ketogenic diet is a high-fat, low-carbohydrate, and moderate protein diet that trains your body to become metabolically flexible. What does this mean exactly? According to keto expert, Lindsay Taylor, PhD and co-author of *The Keto Reset Diet Cookbook*, by restricting the amount of carbs you give your body, the ketogenic diet lays the groundwork to shift the body from being primarily a glucose-burning machine to a fat-burning one.

Developing metabolic flexibility allows your body to become a “self-sustaining energy factory,” Taylor says.

Our bodies are always burning a mix of fat and glucose, Taylor explains, but the standard American diet (SAD) has down-regulated the system for burning fat, so we become glucose dependent, with our bodies constantly working to burn through the excess glucose rather than fat. “Most of us spend more time storing fat rather than burning fat,” Taylor says. By restricting carb-intake, and thus reducing the availability of glucose for energy, the keto diet trains the body to begin burning fat for energy. This can come from both fat reserves in the body and fat from the diet.

Benefits of the diet include feeling less hungry¹, dropping pounds², and having more energy and focus.³ It also has shown to help with conditions like chronic pain and inflammation⁴, type-2 diabetes⁵, seizures⁶, fatty liver disease⁷, and metabolic syndrome.⁸

Maureen Wheeler, a holistic health coach based in Vermont, has experienced her own success with the ketogenic diet and leads online groups to help support others who are keto curious.

She started the diet in January 2017 as a New Year's resolution after years of health issues including autoimmune problems, candida, stubborn weight, and high amounts of stress. At the time, she was struggling to walk upstairs to her bedroom at night and walk down the stairs each morning. At age 52, she says she felt like an old woman.

Within a week of eating more fat and restricting her carbohydrates she could run up and down the stairs and an undiagnosable rash on her legs disappeared. Maureen's sleep improved and her mood lifted. To date, she's lost more than 40 pounds. The weight was a happy side effect after years of healthy eating—she once gained weight during a green smoothie challenge.

“No matter how much I believe we need fat, it's been so ingrained that fat is bad for us,” Maureen says. “It's a hard thing to overcome, and accepting it can be tricky.”

BY SUZANNE BOOTHBY



DIET

GETTING OVER FAT FEARS

One of the hardest parts for many people beginning to adopt the keto diet is getting used to eating more fat, as it goes against almost everything we have been taught for the past 40-plus years.

Starting in the 1950s, medical professionals and scientists began investigating the misguided lipid hypothesis⁹ in an effort to link dietary fat, particularly saturated fat, to heart disease. While the evidence was never conclusive, momentum for these theories grew, along with the advice that eating low-fat, low-cholesterol foods could help not just high-risk populations, but all Americans, improve their general health.

By 1980, public health authorities started advising Americans to reduce the amount of saturated fat and cholesterol in their diet; goodbye eggs and butter (healthy foods!), hello processed sugars and hydrogenated vegetable oils (very unhealthy foods!). The food industry took note and products like margarine and Crisco made promises like you “can’t believe it’s not butter.” By the 1990s, the message expanded to say that all fats were bad and the food industry responded by creating a plethora of low-fat and fat-free foods. Unfortunately for our collective health, these low-fat, no-fat foods were replaced with industrialized refined carbohydrates, including high amounts of refined sugars.

But in recent years, fat has been vindicated, and the original research claiming that saturated fat is bad has been proven wrong.

In Eat Fat, Get Thin, functional medicine doctor Mark Hyman writes, “If you are confused, it is not hard to understand why. I was confused myself, and I recommended low-fat diets to my patients for years. For decades, the advice from pretty much every doctor, nutritionist, professional society, and government agency has been to eat less fat to lose weight and prevent disease. Not only is this advice not working—it’s actually doing us harm. It turns out that eating less fat [and too many refined carbs] results in more obesity and diabetes.”

KETO RESET

The keto approach relies on strictly limiting carbohydrates in the diet, which means significantly cutting back or eliminating grains, beans and other legumes, traditional flour-based baked goods and sweets, rice, most fruit, potatoes and other starchy vegetables like beets and winter squash. But Taylor warns, “A lot of keto dieters start by severely restricting carbs, sometimes as low as 10% of their total macronutrients, but there’s no reason to put your body through that stress. Ease in gracefully and help your body do what it is meant to do (i.e., burn fat).”

According to Taylor, the first step is to eliminate refined carb junk foods. “Carbs are not inherently bad, but there is a zero-tolerance policy for industrialized, refined carbs,” she says. Step two? Work to eliminate even more carbs. Taylor says it is unnecessary to “slam” your body into ketosis; the point is to train your body to be metabolically flexible. The end result (weight loss, better overall health) will be the same.

A transition period of about six weeks to start the diet will help your body adapt to burning fat for fuel and will avoid putting your body under unnecessary stress. It may also alleviate symptoms of what’s called the “keto flu,” which can set in within the first two weeks. Symptoms can feel similar to the first few days of a cleanse and include brain fog, trouble sleeping, nausea or stomach pain, muscle aches, and/or chills, but will usually only last a few days.

Some of those symptoms can be caused by increased water loss¹⁰, which results in the loss of important minerals like sodium, potassium, and magnesium. Continue to drink plenty of water on the keto diet and consider adding mineral-rich sea salt (Redmond Real Salt is a good brand) to your water and taking magnesium supplements to optimize your levels. Sipping on mineral-rich bone broth can help too. Be sure to include potassium- and magnesium-rich foods in your diet, such as dark leafy greens, nuts, seeds, and avocados as well. And finally, MCT oil can increase energy levels and help your body adapt.

A FULL-FAT DIET IS A SATIATING DIET

If you’re not eating bread, pasta, or rice, what can you eat? Turns out, quite a lot! While some people start the diet by counting their macros using free food apps such as Cronometer, you can also focus on eating real, whole foods. Replace the processed foods with pasture-raised, organic meats, an abundance of low-carbohydrate vegetables, full-fat pastured dairy products, and other healthy fats.

Think egg-and-veggie scrambles cooked with butter, ghee, or coconut oil and a side of avocado for breakfast; stir-fries with skin-on chicken and vegetables over cauliflower rice for lunch; and a lettuce-wrapped grass-fed burger paired with a big green salad for dinner. Don’t forget to generously dress your salads with a dressing made with healthy fats like avocado oil or olive oil. Leafy greens are also on the menu, along with other



NATURAL GROCERS

low-starch vegetables such as bell peppers, asparagus, and mushrooms. Add butter and a little salt to them and even the pickiest of eaters may discover that they actually like vegetables! Make sure to include healthy fats in each meal by cooking with them and/or making them a part of the menu.

One of the positive side effects of a keto diet is that you are no longer controlled by your hunger. Unlike carbohydrates, fat is very satiating, leaving you feeling fuller for longer periods of time. No more “hangry” episodes!

With a strong list of proven health benefits behind it, and a plethora of resources available to help you on your journey, it’s never been easier to start the keto diet. Adopting a high-fat, low-carb ketogenic diet for about six weeks helps your body construct new metabolic machinery so you become the fat-burning machine you were meant to be!

Keto curious? Make an appointment with your local in-store Nutritional Health Coach (NHC) to help get you started!

WHAT IS KETOSIS?

(And why it’s not imperative to stay in ketosis to burn fat)

For many people starting a keto diet, the goal is to put the body in a state of ketosis, but according to Taylor, “ketosis is a signal that your body is burning fat, but it’s not necessary for fat burning.” Ketosis evolved as a survival mechanism in humans to avoid death by starvation, first and foremost to protect the brain. The brain relies heavily on glucose to function, so when you are primarily fueling your body with carbohydrates (i.e., glucose) and levels suddenly drop, your brain senses energy levels are low and sends out a distress signal (ever experienced “hanger?”). However, if your body is trained to burn fat, the brain is never desperate for energy because the liver will begin creating ketones from fat to fuel the brain (muscle cells can use fat to produce energy; however, the brain must use ketones). Taylor says that unless someone is following a ketogenic diet to address a serious medical issue such as epilepsy, staying in constant ketosis isn’t required.

KETO ENERGY BOMBS

INGREDIENTS:

- 1 cup Natural Grocers Brand Bulk Almond Butter
- ½ cup Natural Grocers Brand Organic Extra Virgin Coconut Oil
- 1 teaspoon vanilla extract
- 1 teaspoon lemon extract
- ¼ teaspoon Redmond Real Salt
- ¾ cup Natural Grocers Brand Organic Unsweetened Coconut Shreds

INSTRUCTIONS:

1. Use a double boiler to melt the almond butter and coconut oil together, stirring to thoroughly combine, 5-10 minutes.
2. Remove from the heat and stir in vanilla, lemon, and salt. Mix well. Add coconut shreds and mix again until well-combined.
3. Refrigerate until solid enough to form into balls.
4. Use clean hands and a heaping teaspoon to form small balls. Place on a parchment-lined baking sheet and place in the freezer until solid, about 10 minutes. Store in a covered container in the refrigerator for up to one week, or for up to two months in the freezer.

MAKES: 24 BOMBS

MACRONUTRIENTS PER BOMB:

Calories: 121 kcal

Fat: 12 g

Carb: 2.6 g

Protein: 2.4 g



SPECIAL OFFER

Celebrate this Valentine's Day with a

FREE CHOCOLOVE® BAR

Limit one per {N}power customer

THURSDAY, FEBRUARY 14TH ONLY

Bring bar to the register to redeem.

ONE CHOCOLOVE®
CHOCOLATE BAR*

FREE



**Limit 1 per {N}power customer
Excludes organic bars*



ALWAYS AFFORDABLESM

*Limit 1 per {N}power member. Offer excludes organic bars. This offer only available to registered {N}power members at participating Natural Grocers stores. Valid February 14, 2019 only while supplies last. No rainchecks. Void where prohibited by law. We reserve the right to correct errors. To join visit www.naturalgrocers.com/npower

**See naturalgrocers.com/privacy-policy for our Privacy Policy and naturalgrocers.com/terms for the {N}Power Terms of Use. Message and data rates may apply.

TEXT**

organic

TO: 41411
AND FOLLOW THE LINK

TO JOIN

{N}power

SUPERCARGE YOUR LIFE

WITH MCT OIL

By Lindsay Wilson

Congratulations! You made it through January! Maybe you've even managed to stick to your resolution. But now, as we move into February and winter really sinks in, you may feel like you need a boost. Still have a few extra pounds hanging on from the holidays? Maybe your energy levels are sluggishly low. Or your brain feels as if it's in a fog all the time. Enter MCT oil, the healthy fat that can supercharge your life.

Long-known in the Paleo world, MCT oil is quickly gaining a reputation among the rest of us for promoting quick, clean energy, healthy weight loss, and a sharper brain.

ALL FATS ARE NOT CREATED EQUALLY

Now that we're learning to love fat again, it's time to know about medium-chain triglycerides (MCTs), special types of saturated fat found in coconut and palm kernel oils.ⁱ Compared to long-chain triglycerides found in olive oil, canola oil, safflower oil, etc., MCTs are very easily metabolized (i.e., they are not stored as fat!) and used by the body for energy. The four types of MCTs are caproic acid, caprylic acid, capric acid, lauric acid. All four are categorized as MCTs, but it's the first three that are readily converted by the liver into ketones, which are then sent out into the body for quick, clean-burning energy. MCT oil is a concentrated source of these specific MCTs and effectively increases their levels in the body.

SUPERCARGE YOUR METABOLISM

Whether you've recently started the keto diet, or are just working to shed extra holiday pounds, MCT oil is your new BFF! Research has shown MCT oil encourages healthy weight loss by promoting satiety, increasing thermogenesis (the rate at which you burn calories)

and fat oxidation (fat burning!),^{ii,iii} reducing fat cell size,^{iv} and suppressing the accumulation of fat.^v

In one double-blind, controlled trial, 86 healthy men and women were randomly assigned to consume a diet rich in either long-chain fatty acids (LCTs) or MCTs for 12 weeks; daily calories consumed were the same. By the end of the 12-week period, body weight had decreased in both groups; however, in the subjects with higher body mass indexes (BMI > 23 kg/m²), the weight loss was significantly greater in the MCT group, including a greater decrease in waist circumference and waist-to-hip ratio. The amount of body fat also significantly decreased, with those with a higher BMI seeing a larger decrease in subcutaneous fat (the fat that lies just under the skin around the belly, thighs, etc.) and those with a lower BMI seeing a greater decrease in visceral fat (the fat that wraps around internal organs).^{vi} Another study comparing the weight-loss effects of MCT oil with olive oil found that after 16 weeks, subjects who consumed MCT oil had lower body weights and total fat mass, in addition to less abdominal fat, compared to those who consumed olive oil.^{viii}

LONG-KNOWN IN THE PALEO WORLD, MCT OIL IS QUICKLY GAINING A REPUTATION AMONG THE REST OF US FOR PROMOTING QUICK, CLEAN ENERGY, HEALTHY WEIGHT LOSS, AND A SHARPER BRAIN.

SUPERCARGE YOUR ENERGY

The gist of ketosis is that you are shifting your body from being primarily a sugar-burning machine to a fat-burning one (hooray!); this metabolic shift is not only good for weight loss, but also for energy production. Consider this: There is a complex, multistep process to convert glucose into energy your body can use; it also creates oxidative damage that can wreak havoc on cells. On the other hand, the ketones from MCT oil are quickly and efficiently metabolized and reduce oxidative damage.^{ix} Animal studies have found that adding MCT oil to the diet leads to a higher density of mitochondria in muscle cells, "likely resulting in improved ATP production, enhanced motor function, and slower progression of diseases associated with metabolic dysfunction."^x

SUPERCARGE YOUR BRAIN

Dietary ketosis has been used since the 1920s to control epileptic seizures,^{xii} but you certainly don't have to have epilepsy to enjoy the brain-boosting benefits of MCT oil. The ketones produced from MCT oil readily cross the blood-brain barrier, providing an efficient and clean source of energy to brain cells. A hallmark of neurodegenerative diseases such as Alzheimer's and Parkinson's is the

brain's inability to utilize glucose to produce energy, but because brain cells can readily use ketones, researchers have begun investigating the role MCTs may have in the treatment of these and other brain disorders, such as traumatic brain injury. The results are promising. Human studies have found that MCTs increase ketone levels in the brain and improve cognitive performance and memory in those with mild cognitive impairment and mild to moderate Alzheimer's disease, especially in those carrying the APOE4 gene.^{xiii xiv xv} Ketones in the brain also have a neuroprotective effect and have been shown to increase glutathione activity (one of the body's most powerful antioxidants), reduce cell death, enhance mitochondrial function, and have both anti-inflammatory and antioxidant actions.^{xvi}

It's easy to incorporate MCT oil into your daily routine—add it to your morning coffee or smoothie; supercharge your pre- or post-workout shakes; use it as the oil in homemade salad dressings; drizzle it over your food; or just take it by itself. The best way to benefit from this healthy fat is to start slow—too much before your body is used to it can cause digestive upset, usually cramping and diarrhea. Start with one teaspoon per day, working up to two or three tablespoons daily, and start supercharging your life!

OFFERS VALID FEBRUARY 1 TO MARCH 2, 2019

Country Life®Calcium Magnesium
ComplexCalcium Magnesium w/
Vit D Complex**\$11.79**

180 tab

Made with specific free-form amino acids and formulated to maximize calcium absorption.*

EDAP \$15.39

\$12.99

240 vcap



EDAP \$17.99

Country Life®Vegan CoQ10
200 mg**\$12.99**

30 vsg

CoQ10 is present in every cell in the body. It supports energy production and a healthy heart.*

EDAP \$21.79

\$21.49

60 vsg



EDAP \$24.49

Biochem®100% Pure Plant Protein
P+ Lean Vanilla or P+ Flex Vanilla**\$22.99**
11.38-11.6 oz.

Includes 20 grams of fermented, highly sustainable and clean-sourced protein.*

EDAP \$26.99

**Country Life®**Vitamin D3 Spray
StrawberryVitamin D3 Spray
Vanilla**\$9.99**

.81 oz.

\$12.99

.81 oz.

Vitamin D aids in the absorption of calcium, helping to form and maintain healthy bones and teeth, as well as support immune health.*

EDAP \$14.49

EDAP \$17.99

**Nature's Way®**

Vitamin C 1000 w/ Bioflavonoids

\$19.49
250 vcap

Vitamin C, with citrus bioflavonoids, provides powerful free radical scavenging protection, supports collagen production and white blood cell function.*

EDAP \$21.59

**Nature's Way®**Alive!® Once Daily
Men's or Women's**\$13.99**
60 tab

Formulated with 22 vitamins and minerals, 12 digestive enzymes, 14 greens and 12 organically grown mushrooms.*

EDAP \$15.59

**Nature's Way®**

Standardized Milk Thistle

\$19.49
120 vcap

Standardized to 80% silymarin for support of liver health.*

EDAP \$21.59

**Nature's Way®**Umcka Elderberry
Cold + Flu SyrupUmcka Cold + Flu
Berry Chew**\$11.99**

4 oz.

\$10.99

20 chew

Clinically tested Umcka (Pelargonium sidoides 1X), plus Sambucus 3X and Alpha® CF, combined into one complete, multi-action cold and flu formula.*

EDAP \$12.55

EDAP \$12.75



All items are available while supplies last; no rain checks. We reserve the right to correct errors. 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.

Supplements

OFFERS VALID FEBRUARY 1 TO MARCH 2, 2019

Natural Factors®

CoQ10
100 mg**\$8.49**
60 sg

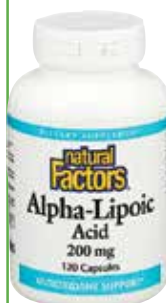
CoQ10 is essential to cellular energy production and is involved in maintaining normal heart function.*

EDAP \$10.55

\$14.79
120 sg

EDAP \$16.79

Natural Factors®

Alpha-Lipoic Acid
200 mg**\$12.49**
120 cap

Alpha-lipoic acid helps maintain healthy blood sugar levels and recycles other free radical scavengers for ongoing use by the body.*

EDAP \$18.79

\$6.99
60 cap

EDAP \$12.75



Natural Factors®

WellBetX® Berberine
500mg**\$15.99**
60 vcap

WellBetX Berberine plays a role in blood sugar metabolism, and supports cardiovascular health by maintaining healthy blood lipid levels.*

EDAP \$21.19



Natural Factors®

Organic
Oil of OreganoOil of Oregano
180 mg**\$13.99**
1 oz.

Contains wild-crafted Mediterranean oregano, hand harvested from the Origanum vulgare plant, and is available in both liquid and convenient softgel forms.*

EDAP \$16.45

\$6.99
30 sg

EDAP \$9.75



Natural Factors®

Active B Complex

Methylfolate
Methylcobalamin**\$14.99**
60 vcap

The B vitamins in this formula work together to metabolize proteins, carbohydrates and fats—and provide the body with energy.*

EDAP \$20.99

**\$10.79**
60 tab

A innovative one-a-day formula that provides 1000 mcg of folate and 50 mcg of vitamin B12.*

EDAP \$14.99

Honey Gardens®

Elderberry Syrup

**\$7.29**
4 oz.

This syrup contains elderberries, raw honey, echinacea, propolis and apple cider vinegar to help promote overall wellness.*

EDAP \$9.45

\$12.99
8 oz.

EDAP \$16.79



Life-flo®

Fractionated
Coconut Oil**\$10.49**
16 oz.

Fractionated coconut oil is feather-light, readily absorbable without clogging pores, excellent for dry skin and is food grade.*

EDAP \$16.49

Pure Rosehip
Seed Oil**\$4.99**
1 oz.

Contains natural retinol acid (vitamin A) and supports mature or sun-exposed skin.*

EDAP \$6.99

Solaray®

Milk Thistle Extract
175 mg**\$8.69**
60 vcap

Solaray milk thistle extract is intended to provide nutritive support for a normal, healthy liver.*

EDAP \$14.45

Bergamot
500 mg**\$13.49**
60 vcap

Supports cardiovascular health and healthy cholesterol levels.*

EDAP \$18.85

All items are available while supplies last; no rain checks. We reserve the right to correct errors. 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.

OFFERS VALID FEBRUARY 1 TO MARCH 2, 2019

Solaray®**HCL with Pepsin**
650 mg**\$16.99**
250 vcap

Contains hydrochloric acid and an enzyme called pepsin, both of which are naturally produced in the stomach and aid digestion.*

EDAP \$25.59

**Super Digestaway™****\$13.59**
180 cap

A blend of plant-based enzymes with a broad pH range and a digestive support blend intended to provide support for enhanced digestion and assimilation of food.*

EDAP \$18.99

**Zand®****Elderberry Zinc Gummies with Vitamin C or Orange C Gummies****\$7.49**
60 gummies

A convenient way for everyone, ages four and up, to get elderberry, zinc and vitamin C.*

EDAP \$11.99

**NOW®****DIM 200****\$15.79**
90 vcap

DIM 200 supports healthy hormone metabolism by supporting your body's normal detoxification processes.*

EDAP \$22.59

**Evening Primrose Oil**
1000 mg**\$14.79**
90 vsg

By supporting the body's healthy immune system responses, GLA may help to maintain normal skin barrier function, as well as a healthy vascular system.*

EDAP \$20.35

**NOW®****BCAA Big 6**
Grape or Watermelon**\$32.99**
21.16 oz.

BCAA Big 6 is an advanced caffeine-free sports supplement formulated to support exercise endurance and recovery from intense workouts.*

EDAP \$37.59

**NOW®****Probiotic-10™**
100 Billion**\$42.99**
60 vcap

This potent formula delivers 100 billion live organisms to help restore healthy flora following occasional, but temporary, disruptions to intestinal balance.*

EDAP \$59.99

**Probiotic-10™ & Bifido Boost****\$16.49**
90 vcap

EDAP \$22.59

**NOW®****Testo Jack™ 200****\$17.99**
60 vcap

A combination of natural herbal ingredients known to support a man's healthy sexual activity and overall vitality.*

EDAP \$24.85

**Men's Virility Power****\$17.99**
120 vcap

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

EDAP \$26.35

**NOW®****Beet Root Powder****\$10.79**
12 oz.

A pure, dried powder from non-GMO beets.*

EDAP \$14.99

**NOW®****L-Carnitine**
500 mg**\$12.99** **\$32.99**
60 vcap 180 vcap

L-carnitine is an amino acid that occurs naturally in red meat and other animal source foods.*

EDAP \$17.49



EDAP \$49.59

All items are available while supplies last; no rain checks. We reserve the right to correct errors. 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.

Supplements

OFFERS VALID FEBRUARY 1 TO MARCH 2, 2019

Garden of Life®

myKind Organics
Elderberry
Gummy**\$20.99**
120 gummies

Made with real fruit—no animal gelatin and no refined sugar.*

EDAP \$26.35

myKind Organics
Elderberry Syrup**\$19.79**
6.59 oz.

A highly concentrated immune system support syrup. With organic echinacea, plus zinc and vitamin C.*

EDAP \$24.85

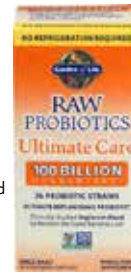


Garden of Life®

Raw Probiotics™
Ultimate Care 100 Billion
Shelf Stable**\$32.79**
30 vcap

Made with Bulgarian yogurt concentrate, Wild European kefir grains and scobies, and concentrated clinically studied probiotics strains.*

EDAP \$41.35

Raw Probiotics™ Vaginal Care
50 Billion
Shelf Stable**\$25.99**
30 vcap

Promotes yeast balance, vaginal and urinary tract health.*

EDAP \$32.99



Garden of Life®

Dr. Formulated Organic MCT Oil

**\$15.49** **\$26.49**
16 oz. 32 oz.

100% organic coconut oil delivers 13g of MCTs—including caprylic and capric acids per serving. MCTs are healthy fatty acids that are easily digested, provide energy and are burned by the body for fuel and energy.*

EDAP \$19.49

EDAP \$33.39



Boiron®

Oscillococcinum

\$28.99
30 ct.

Oscillococcinum reduces the duration and severity of flu-like symptoms, such as body aches, headache, fever, chills and fatigue.*

EDAP \$29.99



Yerba Prima®

Psyllium Husks
Caps**\$8.99**
180 cap

Promotes regularity and supports heart health.*

EDAP \$11.99



Great Plains Bentonite Detox

\$8.39
16 oz.

A naturally occurring bentonite with the mineral composition for maximum ability to remove unwanted substances.*

EDAP \$11.25



Solgar®

No. 7

\$15.99
30 vcap

Solgar No. 7 shows improvement in joint comfort within 7 days. supports mobility, flexibility and range of motion in sensitive joints.*

EDAP \$21.95



Jarrow Formulas®

Lutein
20 mg**\$10.49**
60 sg

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

EDAP \$16.29

Macula
Protective Factors™**\$13.99**
30 sg

A combination of key carotenoids to protect the eyes against oxidative stress, blue light, LED lighting and the sun.*

EDAP \$21.59

**SAVE 15% OFF**Our Always Affordable Price™
on Select Host Defense Products®

MyCommunity

60 vcap
EDAP \$30.19

Lion's Mane

60 vcap
EDAP \$23.99

All items are available while supplies last; no rain checks. We reserve the right to correct errors. 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.

INTRODUCING

NATURAL GROCERS[®] MEAT & SEAFOOD

HIGHEST QUALITY

SELECTIONS

EXOTIC VARIETIES

A STORY OF QUALITY

Prioritizing Our Planet is the Way We Do Food

We believe the wellbeing of our communities prosper when our food is humanely raised and sustainably sourced. We can create a healthy future by what we choose to put on our plates. That's why our quality standards begin with animal welfare and why our meat and seafood departments only offer selections produced

by farmers, ranchers and fishermen and women who nurture the health of animals, our communities and the planet. Find *protein with a purpose*, at always affordable prices, when you shop our fresh and frozen traditional and exotic varieties, and boring need never describe your menu! A healthier tomorrow begins today.

WE'VE GOT
YAK!



YOU'VE NEVER SEEN VARIETY LIKE THIS

MEAT

Beef	Pork
Bison	Turkey
Chicken	Venison
Elk	Wild Boar
Lamb	Yak
Ostrich	

SEAFOOD

Cod	Scallops
Mahi Mahi	Shrimp
Rockfish	Tuna
Salmon	



100% FREE-RANGE EGGS RAISING STANDARDS LOWER PRICES

\$1.99*
per dozen

{N}power
PRICING ONLY
see store for details



*This offer is available while supplies last; no rain checks. Offer valid only at participating Natural Grocers stores. We reserve the right to correct errors. Void where prohibited by law.
**See naturalgrocers.com/privacy/ for our Privacy Policy and naturalgrocers.com/terms for the {N}Power Terms of Use. Message and data rates may apply.

OFFERS VALID FEBRUARY 1 TO MARCH 2, 2019

Nordic Naturals®Ultimate Omega®
2X**\$34.99**

60 sg

EDAP \$37.49

Ultimate Omega®
2X
Lemon**\$36.49**

60 sg

EDAP \$38.99

Carlson®Cod Liver
Regular or Lemon**\$30.99**
500 mLSupports heart, brain,
vision and joint health.
Sourced from wild-caught
Norwegian Arctic cod.*

EDAP \$37.49

**Organic India®**

Moringa

**\$13.59**

90 vcap

EDAP \$18.45

Organic
Whole Husk
Psyllium**\$10.39**

12 oz.

EDAP \$13.99

Ancient Nutrition®Bone Broth Protein
Chocolate or Vanilla**\$32.49**
16.2-17.8 oz.Bone Broth Protein supports healthy
joints, skin, muscles and detox.*

EDAP \$36.75

**Trace Minerals®**CLEAN
Pre Workout
Raspberry Lemon**\$37.99**
17.7 oz.Carefully formulated
with the right potency
of nutrients to help
prepare your mind
and muscle for
intense training and
performance.*

EDAP \$42.29

CLEAN
Post Workout
Strawberry Lemon**\$37.99**
16.2 oz.Designed to help your
body recover post
workout.*

EDAP \$42.29

**MRM®**

Bone Maximizer III

Bone Maximizer
w/ Collagen; Orange**\$14.79**

150 cap

Provides vital bone proteins and key
bone support minerals.*

EDAP \$17.99

**\$17.79**

.69 lb.

EDAP \$20.99

**New Chapter®**

Perfect Prenatal™ or Postnatal Multivitamin

\$29.49
96 tabDelivers nutrients necessary for your
body and for your baby's healthy
development during pregnancy.*

EDAP \$34.29

**Natural Grocers®**

Alpha Lipoic Acid

\$14.49

60 cap

Alpha lipoic acid
supports blood sugar
balance.*

EDAP \$15.99



N-A-C

\$16.29

100 cap

NAC is a powerful
free radical
scavenger.*

EDAP \$17.99



Cal-Mag-Zinc

\$13.69

250 cap

Together they
provide bone, nerve,
muscle and metabolic
health support.*

EDAP \$15.19



Vitamin K2

\$12.79

60 sg

K2 supports healthy
bones, joints and
cardiovascular
function.*

EDAP \$14.25



All items are available while supplies last; no rain checks. We reserve the right to correct errors. 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.

Body Care

OFFERS VALID FEBRUARY 1 TO MARCH 2, 2019

Burt's Bees®

All Burt's Bees Products

20% Off
Our Always
AffordableSM
Price



Replenish any skin type with natural Burt's Bees body products.*

Mad Hippie®

Mad Hippie Facial Care

20% Off
Our Always
AffordableSM
Price



Free from parabens, synthetic fragrance, dyes, petrochemicals, PEGs, SLS and other nasty additives.

Mineral Fusion®

All Mineral Fusion Color Makeup

25% Off
Our Always
AffordableSM
Price



Gluten free, cruelty free, paraben free, phthalate free and artificial color free.

Simplers®

All Simpler's Products

35% Off
Our Always
AffordableSM
Price



Simplers Botanicals brings the marketplace of authentic products with unparalleled aromatic potency.

Thayers®Witch Hazel
Rose Petal

\$5.99
12 oz.

Thayers is made with rose-petal water and their proprietary Witch Hazel extract.

Rose Petal Toning
Towelettes

\$5.69
30 each

For healthy-looking skin that adds moisture while helping to protect the skin from airborne impurities.



EDAP \$8.99

EDAP \$7.49

Alba Botanica®Very Emollient™ Herbal Healing Lotion or
Very Emollient Herbal Healing Bath and Shower Gel

\$11.59
32 oz.

Packed with active botanicals, they help heal and repair dry skin woes.



EDAP \$13.29-\$14.49

Aura Cacia®

All Aura Cacia Products

25% Off
Our Always
AffordableSM
Price



Bring positive change to every day with Aura Cacia aromatherapy and skin care products.

Seaweed Bath Co.®

All Seaweed Bath Products

25% Off
Our Always
AffordableSM
Price



Sustainably hand-harvested, certified organic seaweed naturally detoxifies, replenishes and protects your skin and hair.*

All items are available while supplies last; no rain checks. We reserve the right to correct errors. 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.

good4uSM

NEW PRODUCTS OF THE MONTH

OFFERS VALID FEBRUARY 1 TO MARCH 2, 2019

Santa Cruz Organic® Organic No-Stir Peanut Butters

\$4.15

16 oz.
EDAP \$5.85

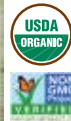


Tired of mixing in messy oil on the top of your peanut butter? Look no further, Santa Cruz has a new organic no-stir peanut butter, made with organic palm oil to keep the peanut butter consistency creamy and delightful.

Zevia® Organic Zero Calorie Teas

\$1.39

12 oz.
EDAP \$1.59



For a delicious, convenient, ready-to-drink iced tea, choose Zevia Organic Sugar-Free Teas in 8 delightful varieties. Brewed with fair trade certified tea.

Little Secrets® Crispy Wafers

\$1.29

1.4 oz.
EDAP \$1.79



So mind-blowingly delicious, you're going to want to hide these! These crispy, crème filled indulgent snacks are made with fair trade cocoa butter, chocolate and vanilla.

Weleda® Skin Food Light Cream or Body Butter

\$11.99

2.5-5 oz.
EDAP \$15.99



Skin Food provides rich, luxurious moisture.

Nature's Answer® UT Answer™

\$18.99

90 vcap
EDAP \$25.99



D-Mannose and cranberry concentrate combine to make a fast-acting formula supports healthy urinary tract function.*

Rainbow Light®

Vibrance Women's or Men's Multi One

20% Off
Our Always
AffordableSM
Price



120 tab
EDAP \$31.49

All items are available while supplies last; no rain checks. We reserve the right to correct errors. 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.

good4uSM CREW PICKS OF THE MONTH

OFFERS VALID FEBRUARY 1 TO MARCH 2, 2019

Terra®

Original Vegetable Chips

\$2.69

5 oz.

EDAP \$3.59



"Because they are healthy and taste great!"

—Jason

good4u Crew since 2018



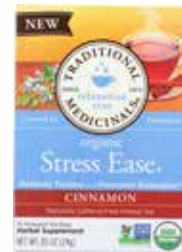
Traditional Medicinals®

Organic Stress Ease Cinnamon Tea

\$3.35

16 ct.

EDAP \$4.79



"This is the most delicious and relaxing organic tea I've ever had. I look forward to holding a hot mug in the evening or afternoon."

—Beth

good4u crew since 2010



Little Secrets®

Chocolate Candies

\$1.29

1.5 oz.

EDAP \$1.79



"They are simply the maximum amount of good that can exist in chocolate-covered-nut-butter form. It is literally impossible for any similar product to taste better."

—Samuel

good4u Crew since 2018



Derma E®

Hydrating Shea Jasmine & Vanilla Body Lotion

\$6.99

8 oz.

EDAP \$8.89



"I love this product because it contains one of my favorite ingredients, hyaluronic acid. When I apply it my skin feels nourished and very hydrated!"

—Pat

good4u Crew since 1994



Jarrow Formulas®

MagMind®

\$20.99

90 vcap

EDAP \$26.45



"MagMind (Magnesium L-Threonate, or Magtein®) is the only form of magnesium that has been shown, by promising research, to readily cross the blood-brain barrier and provide significant positive effects on cognition, memory and brain health."—Jason

good4u Crew since 2016



NOW®

Inositol Powder

\$16.49

8 oz.

EDAP \$22.59



"The form of inositol used in this product is Myo-inositol, the most abundant form of this nutrient. Inositol is found in all cell membranes, with the highest concentrations in the brain and central nervous system, where it plays an important role in neurotransmitter switch."

—Eliza

good4u Crew since 1997



FEBRUARY 15TH-17TH ONLY!

Don't Miss Our **THREE DAYS OF HOT DEALS**

Coleman®
Organic Chicken Sausages



4⁴⁹

12 oz.
EDAP \$5.99



Daiya®
Select Dairy-Free
Cheese Style Shreds

2⁶⁹

8 oz.
EDAP \$4.49



Mi Rancho®

Organic Corn Taco Sliders

1⁴⁹

9.37 oz.
EDAP \$2.29



Organic Corn Tortillas

1⁸⁵

9.33 oz.
EDAP \$2.85



Bragg®
Organic Apple Cider
Vinegar

4²⁹

32 oz.
EDAP \$5.79



GT's Living Foods®
Organic Kombuchas

2²⁹

16 oz.
EDAP \$3.19



Featuring

NATURAL GROCERS®
BRAND PRODUCTS
PREMIUM QUALITY AT AN AFFORDABLE PRICE™

EASIEST GUACAMOLE

Total Time: 10 min.

Serves 6

INGREDIENTS

- 3 ripe organic avocados
- 1 teaspoon lemon juice
- 2 teaspoons lime juice
- 1 ½ teaspoons salt
- 3 tablespoons finely chopped organic red onion
- 1 small organic jalapeño, with seeds, finely chopped, or 1 tablespoon finely chopped pickled jalapeños
- ¼ cup chopped organic cilantro

INSTRUCTIONS

1. Mash the avocados with a fork in a medium bowl.
2. Add lemon and lime juice and salt. Mix together.
3. Add onion and jalapeño to avocado and stir to combine.
4. Stir in cilantro and taste, adjusting seasoning as necessary.

OFFERS VALID FEBRUARY 1 TO MARCH 2, 2019

Coleman®*Uncured Beef Hot Dogs***\$5.59****12 oz.**

EDAP \$6.59

Organic Chicken Sausages**\$4.99****12 oz.**

EDAP \$5.99

**Applegate®***Natural Breakfast Sausages***\$3.79**
7 oz.

- No Antibiotics Ever
- No Nitrates or Nitrites added
- Humanely Raised
- Minimally processed
- No artificial ingredients
- Pork raised without crates, on family farms and given vegetarian feed



EDAP \$4.49

Saffron Road®*Frozen Entrees***\$3.79**
10 oz.

Filled with premium ingredients, resulting in delicious flavors—restaurant quality taste in just 5 minutes.



EDAP \$4.99

Daiya®*Dairy & Gluten-Free Pizzas***\$5.49****15.7-19.4 oz.**

EDAP \$8.19

Dairy & Gluten-Free Dessert Bars**\$3.49****7.8 oz.**

EDAP \$5.29

**Luna & Larry's Coconut Bliss®***Organic Non-Dairy Frozen Dessert Bars***\$4.49****3-4 pk.**

EDAP \$5.99

*Organic Non-Dairy Frozen Dessert Pints***\$4.79**

EDAP \$6.29

Dairy-free, soy-free, gluten-free and certified organic—Luna & Larry's Coconut Bliss is the evolution of ice cream.

Boulder Organic®*Organic Veggie Soups***\$3.99****24 oz.**

EDAP \$5.39

*Organic Chicken Soups***\$4.69****24 oz.**

EDAP \$6.29



Garden-fresh ingredients galore and a bountiful passion for organic and gluten-free ingredients.

The Honest Stand®*Organic Dairy-Free Cheese Style Dips***\$3.99**
9 oz.

Discover plant-based convenient comfort foods. Certified organic, dairy free and gluten free cheese-style dips.

EDAP \$4.99



Grocery

OFFERS VALID FEBRUARY 1 TO MARCH 2, 2019

Wallaby®

Organic Greek Yogurts



Wallaby Organic offers a wide variety of creamy, authentically strained Greek yogurts.



\$1.19
5.3-6 oz.
EDAP \$1.69



\$4.99
32 oz.
EDAP \$6.85



Daiya®

Dairy-Free Greek Yogurt Alternatives

99¢
5.3 oz.

Anytime is a good time for a deliciously dairy-free snack.



EDAP \$1.49

Daiya®

Dairy-Free Cream Cheese, Slices, Blocks or Select Shreds

\$2.99
7.1-8 oz.

These yummy dairy-free "cheeses" give you all the creamy goodness you crave without any regret.



EDAP \$4.49

GT's Living Foods®

Organic Kombuchas

\$2.69
16 oz.

GT's Living Foods offers raw and organic kombucha in a wide-variety of delicious and refreshing flavors.



EDAP \$3.19

Justin's®

Organic Dark Chocolate Almond or Cashew Butter Cups

Organic Mini Peanut Butter Cups



The maker of the best-tasting, natural and organic almond, hazelnut and peanut butter and organic peanut butter cups.



\$1.55
1.4 oz.
EDAP \$1.99



\$4.19
4.7 oz.
EDAP \$5.39



Chocolove®

Select Chocolate Bars

\$2.15
2.9-3.2 oz.

Chocolove ranges from high-cocoa content dark chocolate, like Extreme Dark to decadent milk chocolate with toffee and almonds.



EDAP \$2.79

Newman's Own®

Newman-O's Cookies

\$3.99
13 oz.

Crème-filled chocolate cookies made with organic flour and organic sugar.



EDAP \$4.99

Annie's Homegrown®

Organic Fruit Snacks

Organic Bunny Grahams



Annie's makes delicious and nourishing foods that are good for the planet, too.



\$2.99
4 oz.
EDAP \$4.49-\$4.69



\$2.99
7-7.5 oz.
EDAP \$4.15

OFFERS VALID FEBRUARY 1 TO MARCH 2, 2019

Mary's Gone Crackers®

Select Gluten Free Crackers

\$3.89
5.5-6.5 oz.

Organic, gluten-free, non-GMO crackers made from brown rice, quinoa, flax and sesame seeds manufactured in a dedicated organic, gluten-free facility.

EDAP \$4.89

**Imagine®**

Creamy Soups

Select Organic Broths

\$3.39
32 oz.

\$2.79
32 oz.

If you're looking for delicious, nutrient-packed soups and broths made with organic, real ingredients—look no further!

EDAP \$4.39

EDAP \$3.69

**Muir Glen®**

Organic Canned Tomatoes

\$1.19
14.5 oz.

Discover organic canned tomatoes that bring authentic Muir Glen Californian flavor to your dinner.

EDAP \$1.95-\$2.15

**Maya Kaimal®**

Indian Simmer Sauces

Organic Everyday Dal Pouches



\$3.49
12.5 oz.
EDAP \$4.69

Traditional Indian flavors are modernized to bring homemade Indian flavor to your table.



\$2.65
10 oz.
EDAP \$3.99

**Wolfgang Puck®**

Organic Soups

\$2.15
14.5 oz.

Enjoy the flavors of Wolfgang Puck at home with these signature, delicious and hearty organic soups, crafted using only the finest, all-natural ingredients.

EDAP \$2.65

**Cucina Antica®**

Pasta Sauces

\$4.69
25 oz.

Cucina Antica's pasta sauces are simple—yet with the robust body of any good marinara while maintaining its subtle and light, lingering flavor.

EDAP \$6.89



Introducing

NATURAL GROCERS®
BRAND PRODUCTS
PREMIUM QUALITY AT AN AFFORDABLE PRICE

Natural Grocers®

Organic Extra Virgin Olive Oil

\$5.99
16.9 oz.

The silky texture of our extra-virgin olive oil hits all the right notes: light aromas of apple and almond on the nose, and a slight spiciness at the end. It's cold-pressed and unadulterated, sourced from the olive groves of Spain, where silvery trees have graced sunny hillsides for centuries.

\$7.99
25.5 oz.



EDAP \$6.99



EDAP \$8.99

Dr. Bronner's®

Organic White or Whole Kernel Coconut Oil

Organic Whole Kernel Coconut Oil

\$7.29
14 oz.

\$13.55
30 oz.

Expeller-pressed from fresh, carefully dried coconut kernels whose brown inner skins have been left on, resulting in a more aromatic, nuttier-tasting oil.

EDAP \$9.69

EDAP \$17.55



good4u™

OFFERS VALID FEBRUARY 1 TO MARCH 2, 2019

deals of the month

Good Karma "milk" are dairy-free, vegan, free of top allergens and rich in omega 3s.



\$2.79-
\$3.39

64 oz.

EDAP \$3.69-\$4.39



Good Karma®
Flaxmilk Beverages

Discover organic canned tomatoes that bring authentic Muir Glen Californian flavor to your table.



\$1.99

28 oz.

EDAP \$3.29



Muir Glen®
Organic Canned Tomatoes



\$1.99

4.5-6 oz.

EDAP \$2.89



Beanitos®
Bean Chips



\$2.69

10.6 oz.

EDAP \$4.49



Daiya®
Cheezy Mac

Our friend Jack Challem knew the power of good nutrition. He also knew the power of education. Through his numerous books and monthly newsletter, The Nutrition Reporter, he worked to distill complicated nutrition research down to practical takeaways that could benefit the average person. After we lost Jack to cancer last year, there was a void. In 2019, Natural Grocers' Nutrition Education Department is proud to pick up the torch and continue Jack's legacy of nutrition education in our new column, "Research Bytes." Thanks for always inspiring us Jack.

RESEARCH BYTES

OMEGA-3s IMPROVE ANXIETY SYMPTOMS

Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults every year. Conventional treatment options include cognitive-behavioral therapy and pharmacological drugs, such as selective serotonin reuptake inhibitors (SSRIs) like Prozac.

Unfortunately, pharmacological treatment can come with unintended side effects, including drug dependence and sedation, but a recent systematic review and meta-analysis conducted by Su Kuan-Pin, MD and colleagues offers an alternative approach to anxiety treatment using the omega-3 fats, including eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). The researchers examined 19 studies involving over 2,000 subjects, including both healthy individuals and those with clinically diagnosed anxiety disorder. Among these studies, sixteen compared the effect of omega-3 treatment with that of a placebo.

Of the sixteen placebo-controlled trials (considered to be the gold standard in scientific research), results revealed significantly greater improvements in anxiety symptoms for those receiving omega-3s compared to those not receiving omega-3s. This was especially true for those with a clinically diagnosed anxiety disorder. Additionally, while dosing ranges varied among these studies, researchers determined that a daily dose of 2,000 mg/day or more of omega-3s was associated with a greater overall reduction in anxiety symptoms.

Researchers of the review concluded that improvements in brain omega-3 content may serve as an effective strategy for enhancing brain function and reducing anxiety-related behaviors.

**ANXIETY DISORDERS ARE THE
MOST COMMON MENTAL ILLNESS
IN THE U.S., AFFECTING
40 MILLION
ADULTS EVERY YEAR.**

**ALMOST
5X
THE POPULATION OF
NEW YORK CITY**

PYCNOGENOL® OUTPERFORMS CONVENTIONAL THERAPIES IN REDUCING THE RECURRENCE OF DEEP VEIN THROMBOSIS

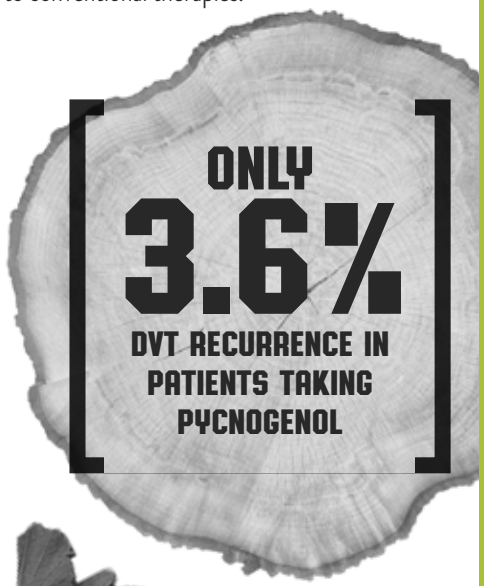
Deep vein thrombosis (DVT) occurs when a blood clot forms in the deep veins of the legs, causing leg pain or swelling, but can also occur with no symptoms. DVT can develop after recent surgery or trauma, prolonged bed rest, the use of oral contraceptives, reduced mobility, extended air travel, and obstructive sleep apnea.^{2,2,3}

Patients with recurrent DVT are more likely to develop post-thrombotic syndrome (PTS), characterized by limb swelling, pain, heaviness, itching, and eventually venous ulcers.³ PTS causes chronic incapacity and can produce significant medical, social, and personal costs. Standard management using anticoagulants and compression therapy has proven insufficient in preventing DVT recurrence (R-DVT) and PTS, with between 30 and 50 percent of patients experiencing recurrence and the development of PTS.³

Pycnogenol is a plant compound found in pine bark and grape seed and is commonly used to treat circulatory problems and for preventing disorders of the blood vessels. A recent study found that Pycnogenol was more effective than three commonly used conventional therapies in preventing R-DVT and PTS.

In the study, involving more than 800 subjects, researchers evaluated the effectiveness of conventional (aspirin, sulodexide, ticlopidine) versus natural (Pycnogenol) therapies on R-DVT and PTS over a six-year period.³ Overall, the combined occurrence of R-DVT and PTS was 12.9% in subjects using aspirin, 6.7% in patients using sulodexide, and 10.7% in patients using ticlopidine, compared to only 3.6% in those patients who took Pycnogenol.³

The study concluded that taking 200mg of Pycnogenol once daily was more effective in the prevention of R-DVT and PTS compared to conventional therapies.³



**ONLY
3.6%
DVT RECURRENCE IN
PATIENTS TAKING
PYCNOGENOL**

EATING ORGANIC FOODS LINKED TO LOWER CANCER RISK

Eating an organic diet is well known to be associated with lower pesticide exposure, and now a new study has shown that a higher frequency of organic food consumption is associated with a reduced risk of cancer. The study, published in JAMA Internal Medicine, was the first of its kind to examine organic food consumption with cancer risk.

The study examined the diets of 68,946 French adults, who were rated on a point system by how often they ate organic food. The participants were followed over a seven-year period and tracked for incidences of cancer diagnoses. After reviewing the data, the researchers found a reduced overall cancer risk for those consuming the highest amount of organic food. The researchers limited confounding variables by controlling the study group for factors such as smoking status, weight, physical activity, income, and education.

The findings of this study bring new light to the importance of eating organic, with the researchers concluding, "...promoting organic food consumption in the general population could be a promising preventive strategy against cancer." Eating organic food may not only reduce your risk of cancer, but is also associated with higher nutritional value, better flavor, and reducing your exposure to genetically modified organisms (GMOs). In addition, organic food is better for the health of our soil, water, and environment.



**"...PROMOTING ORGANIC
FOOD CONSUMPTION IN
THE GENERAL POPULATION
COULD BE A PROMISING
PREVENTIVE STRATEGY
AGAINST CANCER."**

OFFERS VALID FEBRUARY 1 TO MARCH 2, 2019

Bragg®

Organic Apple Cider Vinegar

**\$2.99**
16 oz.

Certified Bragg Organic Raw Apple Cider Vinegar is unfiltered, unheated, unpasteurized and contains the 'Mother.'



EDAP \$3.65

\$4.79
32 oz.

EDAP \$5.79

Daiya®

Dairy-Free Dressings

\$2.99
8.36 oz.

Rich and creamy deliciousness without dairy, gluten, soy or eggs. Enjoy all the goodness of plant-based ingredients in a variety of salad dressings.

EDAP \$4.49

**Annie's Naturals®**

Natural Dressings

Organic Dressings

\$2.45
8 oz.

Made with goodness and no artificial flavors, synthetic colors or preservatives.



EDAP \$3.29

\$2.99
8 oz.

Organic, non-GMO, vegan and expeller-pressed oil combine to make delicious dressings.

EDAP \$3.99

Natural Grocers®

Wild Sardines

Wild Albacore, Skipjack or Yellowfin Tuna

**\$1.99**
4.375 oz.

EDAP \$2.29

Discover wild sardines and a variety of wild-caught tuna to help turn your salad into a powerhouse meal!

**\$2.29**
5 oz.

EDAP \$2.69

Eden Foods®

Select Organic Beans

\$1.89
15 oz.

Eden canned beans are from U.S. organic family farms.



EDAP \$2.29-\$2.45

Annie's Homegrown®

Select Natural Mac & Cheese Mixes

Select Organic Mac & Cheese Mixes

\$1.19
5.25-6 oz.

Made with real cheese, 9g protein per serving, and no artificial flavors, synthetic colors or preservatives.

EDAP \$2.35

**\$2.15**
5.5-6 oz.

100% real mild cheese, no artificial flavors, synthetic colors or preservatives—and certified organic to boot.

EDAP \$3.19-\$3.25

Love Grown®

Power O's Cereals



Kids Cereals

**\$3.29**
8-10 oz.

With their power-packed ingredients and passion for creating delicious foods—you'll find Love Grown cereals to be love at first bite.

EDAP \$4.89

\$3.29
6.5-9.5 oz.

EDAP \$4.89

Nature's Path®

Organic ECO PAC Cereals

\$6.19-\$7.39
22.9-35 oz.

They're sinCEREALy obsessed with creating crunchy organic cereals that don't compromise—plus, less packaging and more cereal in their new ECO PACs.

EDAP \$8.19-\$9.49



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

Grocery

OFFERS VALID FEBRUARY 1 TO MARCH 2, 2019

MaraNatha®
Select Almond Butters**\$7.39**
12 oz.

EDAP \$9.75

Crofter's Organic®Organic Just Fruit
Spreads**\$2.89**
10 OZ.
EDAP \$3.89Select Family Size
Organic Premium
Fruit Spreads**\$3.85**
16.5 OZ.
EDAP \$4.85**Equal Exchange®**
Select Organic Coffee**\$6.79**
10-12 oz.

Their fair trade coffee beans are sourced directly from small-scale farmers around the world.

EDAP \$8.79

**Grain Berry®**
Onyx Sorghum Cereals**\$3.15**
12 oz.

Grain Berry whole grain cereals are the first and only to contain amazing Onyx Sorghum. This powerhouse plant is sun-activated.

EDAP \$3.99

**SweetLeaf®**Flavored
Sweet Drops**\$8.99**
2 oz.

An award-winning stevia sweetener with zero calories, zero carbs, a non-glycemic response and no artificial ingredients.



EDAP \$11.89

SteviaClear

\$14.99
4 oz.

EDAP \$19.89

Clif®
Builder's Bars**\$1.29**
2.4 oz.

With 20g of complete protein, and essential amino acids, to help repair and build muscle.

EDAP \$1.79

**Clif Kid®**Organic
ZFruit Twists**\$2.59**
6 pk.

Giving young explorers the energy to get out and play—made with organic, wholegrain snacks that are delicious and nutritious.



EDAP \$4.39

Organic
Filled ZBars**\$3.49**
5 pk.

EDAP \$5.25

Organic Prairie®Organic
Mighty Sticks**\$1.65**
.75 oz.

EDAP \$1.89



Certified organic meats that are free of pesticides, fertilizers, antibiotics, hormones, GMOs, or other synthetic contaminants.

Organic
Mighty Bars**\$2.59**
1 oz.

EDAP \$2.99

**LÄRABAR®**

Select Original Fruit & Nut Bars

\$1.09
1.6-1.7 oz.

A delicious gluten-free blend of unsweetened fruits, nuts and spices.

EDAP \$1.59



NEW





Introducing

NATURAL GROCERS®
BRAND PRODUCTS
PREMIUM QUALITY AT AN AFFORDABLE PRICE™

When it comes to house brands, it seems like everybody has one these days.

When it comes to our brand, it's a family legacy. It's a giant step to provide our neighborhood with the healthiest options at prices that every family can afford.

We choose products that represent not simply value, but our values—values that support small farmers, family businesses and environmental stewardship; values that have been defining our family's mission since 1955, never compromising quality for the easy way through. When you see “hormone and antibiotic free,” “free range,” “pasture based” and “non-GMO” on our labels, they mean what you expect them to mean, no loopholes. We choose to keep it real by letting our family values define the products we offer to your family. We want the stuff bearing our name to be the best that money can buy, while still leaving room in your wallet for those indulgences you crave. Because when it comes to house brands, we believe every family deserves the best in the house at an always, Everyday Affordable Price.

OFFERS VALID FEBRUARY 1 TO MARCH 2, 2019

gimMe Health®
 Organic Seaweed Snacks

\$1.59
.35 oz.

GimMe organic, premium roasted seaweed snacks—the healthiest seaweed snack around!



EDAP \$1.89

Jackson's Honest®
 Coconut Oil Potato Chips

\$2.89
5 oz.

A healthier twist on your favorite classic potato chips. Not only are they delicious, but they are certified organic and made with coconut oil.



EDAP \$3.59

 Introducing
NATURAL GROCERS®
 BRAND PRODUCTS
 PREMIUM QUALITY AT AN AFFORDABLE PRICE™

Natural Grocers®
 Organic Tortilla Chips

\$2.69
16 oz.

Our tortilla chips have that “can’t-stop-eating-them” texture. With just the right thickness, reliable crispness and the stone-ground flavor of old family recipes, they’re everything guacamole’s ever wanted in a triangle kind of chip!



EDAP \$2.99

gimMe Health®
 Organic Seaweed Snacks

\$4.49
6 pk.

GimMe organic seaweed snacks—the healthiest seaweed snack around!



EDAP \$5.29

Rhythm Superfoods®
 Organic Kale Chips

\$3.79
2 oz.

Rhythm organic, non-GMO, gluten-free, vegan and vegetarian snacks are high in nutrients.



EDAP \$4.89

Perrier®
 Sparkling Mineral Water Slim Cans

\$6.29
10 pk.

Carbonated mineral water that inspires the imagination and stimulates the senses with its subtle taste.



EDAP \$6.89

Ecover®

Dish Liquids

Laundry Liquids

\$2.79 **\$10.99**
25 oz. **93 oz.**

Ecover offers a cleaner solution for every room in the house.



EDAP \$3.75

EDAP \$13.99

R.W. Knudsen®
 Select Organic Juices or Juice Blends

\$3.49
32 oz.

Discover natural and organic fruit and vegetable juices.



EDAP \$4.39

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

Bulk-Books

OFFERS VALID FEBRUARY 1 TO MARCH 2, 2019

Natural Grocers® Bulk

California Natural Almonds Non-GMO

Almonds are packed with vitamin E, magnesium and potassium—a nutrient-dense superfood perfect for on-the-go!

**\$4.29**

1 lb.

EDAP \$4.99

\$8.59

2 lb.

EDAP \$9.99

Natural Grocers® Bulk

Organic White or Yellow Popcorn

\$2.69
2 lb.

Let's keep this New Year poppin' with our organic white or yellow popcorn, of course!



EDAP \$2.99



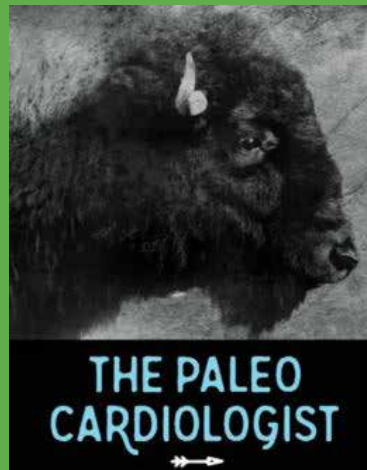
All Mark Sisson Books

**30% OFF**

Mark Sisson is an American fitness author, food blogger, and a former distance runner, triathlete and Ironman competitor. He is the bestselling author of *The Primal Blueprint* and several other Primal Blueprint-branded books, and one of the leading voices of the burgeoning Evolutionary Health Movement. Mark has paved the way for Primal enthusiasts to challenge conventional wisdom's diet and exercise principles and take personal responsibility for their health and wellbeing.

Paleo Cardiologist

Dr. Wolfson, DO, FACC



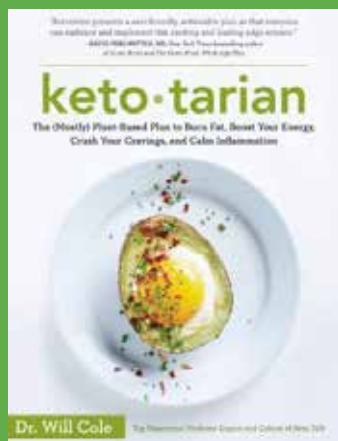
In this book, cardiologist Dr. Jack Wolfson gives you a holistic, step-by-step guide to heart health the natural way. You'll discover the true causes of heart disease. You'll learn why conventional prescription drugs and treatments aren't the answer to preventing or curing heart disease. You'll learn the all-natural tips and practices you need to prevent, treat and reverse heart disease.

\$15.35
paperback

MSRP \$21.95

Ketotarian

Dr. Will Cole



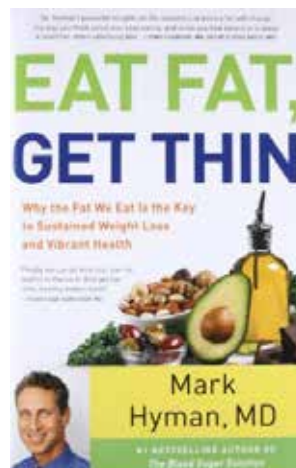
Curious about ketogenic eating but turned off by all the meat and dairy? Functional medicine expert, Dr. Will Cole, delivers a plant-based program that provides all the health and weight-loss benefits of keto diets—and welcomes vegetarian, vegan and pescatarians to the table. With more than 75 recipes plus meal plans, expert tips, and more, Ketotarian is a game-changer for anyone looking for a healthy way to drop pounds, tame inflammation, and achieve peak physical and mental performance—for life. Let the ketotarian revolution begin.

\$13.99
paperback

MSRP \$20.00

Eat Fat, Get Thin

Mark Hyman, MD



Many of us have long been told that fat makes us fat, contributes to heart disease, and generally erodes our health. Now, a growing body of research is debunking our fat-phobia, revealing the immense health and weight-loss benefits of a high-fat diet rich in eggs, nuts, oils, avocados, and other delicious super-foods. In his new book, bestselling author Dr. Mark Hyman introduces a new weight-loss and healthy living program based on the latest science and explains how to **EAT FAT, GET THIN**, and achieve optimum wellness along the way.

\$19.59
paperback

MSRP \$28.00

good4uSM SENSATIONAL SAVINGS

OFFERS VALID FEB 1 TO MAR 2, 2019



Farmhouse Culture[®]
Organic Krauts or Kimchi

5³⁹

16 oz.

EDAP \$6.49



Organic Gut Shots



3⁹⁹

16 oz.

EDAP \$4.99



Traditional Medicinals[®]

Teas

3³⁵

16 ct.

EDAP \$4.79



Select Bars

1³⁵

1.2-1.6 oz.

EDAP \$1.69



KIND[®]

Healthy Grains Clusters



4¹⁵

11 oz.

EDAP \$5.15



Organic Corn Taco Sliders

1⁶⁹

9.37 oz.

EDAP \$2.29



Mi Rancho[®]

Organic Corn Tortillas

2¹⁵

9.33 oz.

EDAP \$2.85



Natural Factors

Vitamin D3
5000 IU

5⁷⁹

120 sg

EDAP \$8.99



10⁴⁹

240 sg

EDAP \$16.29

NOW[®]

NAC
600 mg

9⁷⁹

100 vcap

EDAP \$14.99



19⁴⁹

250 vcap

EDAP \$26.89

Jarrow Formulas[®]

Methyl B-12
5000 mcg; Cherry

14⁹⁹

60 loz

EDAP \$20.99



B-12 Methyl 1000 mcg
Raspberry ActivMelt



6³⁹

90 melt

EDAP \$12.39

B-6 B-12 Methyl Folate
Berry ActivMelt



7³⁹

60 melt

EDAP \$14.35

B-6 B-12 Folic Acid
Berry DropIns



9³⁹

2 oz.

EDAP \$15.49

All items are available while supplies last; no rain checks. Offers valid February 1 to March 2, 2019. 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.