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LETTER

From the Iselys

"Food, Family, Fourth of July and Fireworks. The four best F words ever." Anonymous

It has all the perfect summer feels — fresh cut grass, picnics in the park, free time, fudgesicles. It's an impromptu football game, while burgers are sizzling on the grill and kids are laughing at the playground. It's juicy watermelon and a double scoop of ice cream dripping down your chin. It's a day at the lake, bare feet in the sand, campfires, marshmallows, and music. It's finding that prime spot to watch the grand finale when darkness finally falls. It's the Fourth of July! There's nothing our family loves more than an entire day dedicated to food, family, and fun, and here's what we're bringing to the picnic table for summer's biggest party:

- Fat, juicy burgers from Thousand Hills: their 100% Lifetime Grazed™ beef is born and raised in the US, without antibiotics or added hormones. Thousand Hills Ranchers use regenerative land management techniques that restore the health of our grasslands so that they can sequester CO2 and help reverse climate change. For the unconventional menus — we've got yak!
- 100% organic heirloom tomatoes, sweet onions, cherries, berries, and watermelon — we have all the fresh fruits and veggies that amp up the flavor and nutrition of your party menu. They're certified organic, all the time, because we know we can't keep celebrating birthdays without a healthier planet.
- All the sides and none of the junk: Ketchup, relish, potato chips — you name it, we're bringing it. What we won't bring are additives that take the fun out of food, like artificial colors, flavors, preservatives, sweeteners, hydrogenated fats, and MSG. Sweet or dill pickles, crinkle cut or smooth — pick your favorite and let's get the picnic started.
- Vegetarian, vegan, paleo, keto, gluten-free — we're bringing loads of delicious, healthful alternatives to burgers, buns and ice cream cones to fit the diets of all our friends and family.
- We can't do a picnic without thinking about the planet! Paper goods made from recycled materials? Compostable straws? Earth-friendly wipes for all your outdoor moments? We've got it covered — the only thing still needed is the red-checkered tablecloth.

At the end of the day, the Fourth is about being neighbors and enjoying a collective moment to celebrate our shared space and the best things about summer! Happy July everyone — may you have plenty of sunshine, healthy picnic baskets, long evenings of laughter, conversation, and feeling just a little more connected!

The Isely Family

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**NUTRITION
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COMMITMENT
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The Iselys

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Natural Grocers | 3



NATURAL GROCERS ZOODLES WITH LEMON-PARSLEY PESTO & SHRIMP

This light yet satisfying meal is bursting with the fresh flavors of summer. It's loaded with good4u veggies and a super flavorful homemade parsley pesto you're sure to love.

INGREDIENTS INSTRUCTIONS

TOTAL TIME: 50 MINUTES | SERVES 4

¼ cup coarsely chopped Natural Grocers Bulk raw walnuts

1 bunch organic Italian parsley

2 teaspoons zest and 2 tablespoons juice from one medium organic lemon

½ teaspoon sea salt

4 tablespoons Natural Grocers Brand Organic Extra Virgin Olive Oil, divided

3 medium organic garlic cloves, minced

1 (16-ounce) package frozen peeled and deveined shrimp, thawed

Salt and pepper, to taste

2 medium organic zucchini, spiralized

½ pint organic grape tomatoes, halved lengthwise

FOR THE PESTO

1. Toast the walnuts over medium-low heat in a large sauté pan for 7-8 minutes, stirring frequently, until lightly toasted. Transfer to a plate and wipe the pan clean.
2. Remove parsley leaves from the stems and add them to the bowl of a food processor. Discard stems. Pulse until the parsley is well chopped. Add the toasted walnuts, lemon zest, and salt and process until the mixture is uniform, scraping down the sides as necessary. With the machine running, slowly add the lemon juice and 3 tablespoons of olive oil. Set pesto aside.

FOR THE SHRIMP AND ZOODLES

3. Pat the shrimp dry with a paper towel and remove tails if desired.
4. Heat the large sauté pan over medium heat. Once hot, add the remaining tablespoon of olive oil and the garlic. Sauté, stirring frequently, until fragrant, about 30 seconds. Add the shrimp, salt and pepper to taste, and cook, flipping shrimp about halfway through cooking time, until the shrimp are pink and curled, 4-6 minutes total.
5. Add the zoodles and cook for one minute, stirring frequently. Add the pesto and stir to combine. Add the tomatoes and give the mixture one more stir to fully coat the veggies and shrimp with the pesto. Serve immediately.

FOR THE LOVE OF ORGANICS ZUCCHINI

By Charity Isely

Next month, gardeners everywhere will celebrate the dilemma of surplus summer squash on August 8th with “Sneak Some Zucchini Onto Your Neighbor’s Porch Day.”ⁱ It’s an entertaining concept, but once you discover how nutritionally dense and versatile zucchini is, we think you’ll leave the porch light on to welcome the neighbors dropping off their extras!

HIGH IN NUTRITION, LOW IN CALORIES

There are only 33 calories in one medium zucchini,ⁱⁱ but it brings an abundance of vitamins, minerals, and phytonutrients, including our favorites, lutein and zeaxanthin!ⁱⁱⁱ This potent pair of antioxidant carotenoids are uniquely beneficial to your eyes and brain, supporting healthy function and protecting these important organs from oxidative damage. In the eyes, lutein accumulates in the macula, located in the retina, filtering blue light and shielding against free-radical damage and studies suggest that higher levels of lutein and zeaxanthin may decrease the risk of age-related macular

degeneration (AMD).^{iv,v} In the brain, lutein supports healthy brain function as we age.^{vi} Our bodies don’t naturally make them, so dietary intake is crucial.^{vii,viii} Vitamins A and C, calcium, and magnesium are also found in this nutritional goldmine,^{ix} so pull out the spiralizer and take advantage—Natural Grocers Zoodles with Lemon-Parsley Pesto and Shrimp is a delicious place to start!

“
The trouble is, you cannot grow just one zucchini. Minutes after you plant a single seed, hundreds of zucchini will barge out of the ground and sprawl around the garden, menacing the other vegetables...
”

—Comedian Dave Berry

DON'T LET GMOS SNEAK INTO YOUR GROCERY BASKET

Zucchini holds another distinction among fresh produce, besides being fun and versatile. It’s also on the Non-GMO Project’s list of high-risk crops.^{x,xi} While the majority of GMO crops are commodity crops such as corn, cotton, soy, and canola, zucchini is one of only two fresh vegetables that has been genetically modified

(potatoes are the other). Both zucchini and its cousin, yellow crookneck squash, have been modified to resist specific plant viruses. Because no safety assessment of GMOs is required in the U.S., the market is wide open for genetically-modified produce.^{xii,xiii} Always keep your grocery list organic to steer clear of the unexpected!

ORGANIC IS BETTER FOR YOU AND THE POLLINATORS!

Jokes about an abundance of zucchini are deliciously fun, but pollination comes first.^{xiv,xv} Unfortunately, twelve of the forty pesticide residues found on summer squash were toxic to its primary pollinators—honeybees.^{xvi} When it comes to your menu, remember this: the highest concentration of carotenoids are in the peel, which is also exposed to the most chemicals.^{xvii} Choose organic for the sake of the bees and make your next loaf of zucchini bread with organic zucchinis, grown in harmony with nature, with zero synthetic pesticides and always non-GMO!

References available upon request.



PROTECT YOUR FAMILY FROM HORMONE-DISRUPTING CHEMICALS

By Suzanne Boothby

ENDOCRINE DISRUPTORS CAN HAVE A HUGE IMPACT ON YOUR CHILDREN'S HEALTH. HERE'S WHAT YOU NEED TO KNOW AND HOW YOU CAN AVOID THEM.

As a parent you work hard to protect your children from harm; however, you can only protect them from the dangers you are aware of, and our modern world has made it a lot harder to keep up with where those dangers may be lurking. Endocrine disrupting chemicals (EDCs) are one of those hidden dangers, and they are everywhere—in our food, our water, and our homes. But by learning about EDCs, where they're found, and how to avoid them, you can protect your family from their damaging health effects.

January 2019 saw the publication of an important new book, *Sicker, Fatter, Poorer: The Urgent Threat of Hormone-Disrupting Chemicals to Our Health and Future ... and What We Can Do About It*, by Leonardo Trasande, MD, MPP, which details how exposure to EDCs is linked to a growing list of health problems and complex diseases such as infertility, early puberty, prostate and breast cancer, diabetes and obesity, behavioral and learning issues, including ADHD and decreased IQ, and even cardiovascular disease.¹ The book also

provides tips on how to avoid EDCs.

What are they? EDCs are chemicals that mimic hormones and interfere with the endocrine system in the body, the system responsible for everything from growth and development to tissue function to mood and metabolism. Hormones are messenger molecules that travel throughout the body ensuring different parts of the body communicate with each other so that the entire body functions optimally. EDCs scramble and interfere with these communications.

There are hundreds of thousands of manmade chemicals on the market, and about 1,000 may have endocrine-disrupting properties. Common ones include pesticides; phthalates found in soft plastics and personal care products; bisphenol A (BPA) found in the linings of some canned foods, medical equipment, and thermal receipts; parabens found in personal care products; perfluorochemicals found in non-stick cookware; and brominated flame retardants, often found in electronics, furniture, and building materials.²

Research shows that not only are most people exposed to EDCs daily, but that children are especially vulnerable to their effects.

“At first it was thought that these chemicals had to persist in the body to cause harm, like a viral or bacterial infection,” Trasande writes. “Now we realize that though these chemicals themselves are often excreted within a few days, they leave lasting effects.”

His research links EDC exposure in children to lower IQs, obesity, type-2 diabetes, attention-deficit hyperactivity disorder (ADHD), and more.³

Children are more sensitive to chemical exposure for many reasons. They eat and drink more relative to their body weight (as compared to adults) so they can take in more toxins through their food or water. They spend more time crawling or lying on the ground, where toxic chemicals can be found, and EDCs can enter the body through the skin. Plus, young kids put their fingers and toys in their mouths, increasing exposure.

CONTINUED ON PG. 26

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LUTEIN:

PURE GOLD FOR EYE, BRAIN & SKIN HEALTH

By Lindsay Wilson

I started taking lutein four years ago, after I read about its benefit for the eyes. My workdays are spent at a computer—a major emitter of blue light, and bad news for the eyes (more on that later). At the end of almost every workday, I suffered from eye strain and tension headaches. That was just a slight annoyance, but I began to fear for the long-term health of my eyes. So I started taking lutein. Fast forward four years, the eye strain and headaches are gone and lutein has become a daily foundational supplement for me. But this is just an anecdote, and anecdotes may only be worth something to the storyteller, so let's take a look at some of the science behind lutein and human health.



THE EYES HAVE IT

Lutein belongs to the carotenoid family of plant pigments that give yellow, red, and orange plants their cheerful hues. There are hundreds of carotenoids that occur in nature, but very few are used by the body to support its structure and healthy functioning. Lutein is one of those few. Lutein is an integral part of the structure of the macula of our eyes, a part of the retina that allows us to see color and fine detail, such as the words in this article, and central vision, or what is directly in front of us. The full name for the macula is macula lutea—“yellow spot”—and it derives its name from the deposits of lutein that are found there. Lutein, and zeaxanthin, a related carotenoid that naturally occurs with lutein in nature, make up the macular pigment that protects the macula from the damaging effects of light. Together, these carotenoids filter out damaging blue light and prevent oxidative damage to this delicate region. Lutein and zeaxanthin are not made by the body and must be acquired exclusively from the diet or supplementation.ⁱ

Our modern lifestyles—which include an overexposure to blue light—have made lutein an increasingly important supplement. There is strong evidence that long-term exposure to blue light is particularly damaging to the macula. Our near constant exposure to smartphones, tablets, computers, TVs, and fluorescent and LED lights and the blue light they emit may be seriously damaging our vision. Blue light penetrates deep into the eye and cumulative exposure can damage the retina; it is also implicated in the development and worsening of age-related macular degeneration (AMD).^{ii iii iv} There is evidence that people with thicker macular pigment have a significantly lower risk of developing AMD (82% lower risk) compared to people with thin macular pigment, and that supplementation (10mg lutein + 2 mg zeaxanthin) can reduce the risk and slow the progression of AMD.^v

And the eye strain and headaches that I was experiencing? Recent research confirms that supplementing with lutein really does help: Six months of supplementation with lutein (24 mg total of lutein + zeaxanthin) significantly improved headache frequency, eye strain, eye fatigue, and “all visual performance measures” in a group of adults

who spent at least six hours a day in front of a screen.^{vi}

It's clear that these carotenoids are critical for eye health, but as research explores their benefits beyond the eyes, it is revealing that lutein and zeaxanthin have significant health benefits for the brain and skin as well.

LIGHT UP YOUR BRAIN

Lutein and zeaxanthin are the most dominant carotenoids in the brain and the thickness of the macular pigment is directly related to the amount of lutein found in the brain. In fact, researchers use macular pigment as a biomarker of lutein content in the brain, and a significant correlation has been observed between macular pigment density and how well our brains age—thicker macular pigment is an indicator of a healthy and better performing brain as we grow older.^{vii} A population study published in late 2017 including 4,076 adults aged 50 and older found that higher levels of lutein and zeaxanthin were associated with better scores in several measures of cognitive function, including memory, executive function (which includes reasoning and judgement, planning, focus, and regulating emotions), and better processing speed.^{viii} Other recent studies have shown that supplementation with lutein (12 mg/day) significantly improves cognitive function in older adults.^{ix x}

But lutein's brain benefits aren't just for older adults—lutein is also the most dominant carotenoid in the infant brain and research has shown that children with denser macular pigment (a measure of lutein in the brain) not only performed better on cognitive tests, but did so with better brain efficiency, that is, their brains didn't have to work as hard.^{xii} Research has also found that thicker macular pigment in children is positively related to academic achievement^{xiii} and that supplementation with lutein and zeaxanthin (10 mg lutein + 2 mg zeaxanthin) improved cognitive function (specifically reasoning, memory, and attention) even in healthy college students “at the peak of their cognitive life.”^{xiv}

One of lutein and zeaxanthin's most important jobs in the brain is to protect polyunsaturated fatty acids (PUFAs) from oxidative damage. Brain cells are rich in PUFAs, like docosahexaenoic acid (DHA), and are especially susceptible to free radical

damage. Lutein and zeaxanthin concentrate in the lipid layers of the cells, where, because of their unique structure, they help stabilize cell membranes and protect these important PUFAs from oxidative damage.^{xv} In addition to being powerful antioxidants, lutein and zeaxanthin exert anti-inflammatory properties, enhance blood flow to the brain, and improve communication between neurons.^{xvi xvii xviii} They have also been found to increase brain-derived neurotrophic factor (BDNF), which plays an important role in neuronal growth and also promotes brain plasticity, essential for learning and memory.^{xix}

GET THAT GLOW

We all know that too much sun exposure can do a number on our skin—premature aging, wrinkles, hyperpigmentation, and skin cancer come to mind. Do you know what can help? Lutein and zeaxanthin! We've seen that these carotenoids preferentially deposit in areas of the body where they play important roles, and along with the eyes and the brain, the skin is also a reservoir for lutein and zeaxanthin. With their known photoprotective (i.e., protection from sunlight) and antioxidant properties, it's no surprise then that they can also provide photo- and antioxidant protection to our skin, much like they do in the retina. Human trials have shown lutein and zeaxanthin's efficacy in improving skin health, including increasing hydration, elasticity, overall skin tone, and firmness, while decreasing oxidative damage. Supplementation (10 mg lutein + 2 mg zeaxanthin) was also found to decrease the intensity of sunburn after skin was exposed to UV light, due to its photoprotective and antioxidant activity.^{xx xvi}

The best food sources of lutein and zeaxanthin are dark leafy greens like spinach and kale, which Americans have notoriously low intakes of.^{xxii xxiii} Studies have consistently shown that daily supplementation with lutein effectively increases levels in the body, including in the retina, with the most common doses ranging from 10 mg to 20 mg of lutein (amounts of zeaxanthin will naturally follow). After four years of supplementing with lutein, I know it has benefited my eyes, and now I'm happy to know that it is also working to sharpen my brain and make my skin radiant. It's a no-brainer for my daily supplement routine. Are you going to add it to yours?

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**BAG FULL OF
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*Limit one per customer. Valid August 15, 2019 only. While supplies last; no rainchecks. **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 starts and ends on August 15, 2019. For Official Rules and complete details, visit: www.naturalgrocers.com/sweepstakes. Sponsor: Vitamin Cottage Natural Food Markets, Inc.



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 1000 IU/45 mcg
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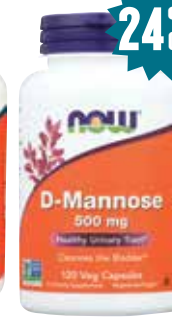
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Double Strength Lutein 20 mg

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Boswellia Extract 500 mg

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 90 sg

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Ubiquinol 100 mg

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OR MORE
OFF**
EDAP®



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**SILVER HILLS BAKERY®
SELECT SPROUTED GRAIN
BREAD LOAVES**

As a family-owned business, they understand that health comes first, and that's why they've crafted sprouted bread.
15-22 OZ. | EDAP \$3.69

**29%
OFF****



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L-Glutamine Caps 500 mg 100 vcap

L-Glutamine is a naturally occurring amino acid that is involved in muscle support and supports gut health.*
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Keto Protein Assorted Flavors 18.3-19 oz.

Kick your ketosis into high gear with these high-fat, protein-powder supplements.*
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SELECT VEGETABLE CHIPS

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**28%
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GLUTEN-FREE PIZZAS**

Against The Grain uses innovative, artisan baking techniques with naturally gluten-free ingredients.
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25% OR MORE OFF
EDAP®

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AMAZING GRASS®
Amazing Protein Glow Assorted Flavors 11.1-12.2 oz.
Support health and wellness with plant-based proteins from Amazing Grass.*
EDAP \$26.49

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NADAMOO® COCONUT MILK DAIRY-FREE DESSERTS
NadaMoo ice cream is concocted with a dairy-free, coconut milk base.
16 OZ. | EDAP \$5.89

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\$9.49

ECOS® SELECT LIQUID LAUNDRY DETERGENTS
Plant-derived, natural laundry detergent combined with hypoallergenic cleaning power. **100 OZ. | EDAP \$12.99**

25% OFF**



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SIMPLERS® ALL SIMPLERS ESSENTIAL OILS
Simplers Botanicals is a leading source of therapeutic quality, certified organic essential oils.
2 ML. | EDAP \$12.49

25% OFF**



\$11.89

NATURE'S WAY®
Standardized Ashwagandha 60 vcap
Ashwagandha is traditionally used as an adaptogen and helps support a healthy stress response.*
EDAP \$15.99

25% OFF**



\$6.59

EQUAL EXCHANGE® SELECT ORGANIC COFFEE
Uses fair trade coffee beans sourced directly from small-scale farmers around the world.
10-12 OZ. | EDAP \$8.79

25% OFF**



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STREAM 2SEA® SUN & STING RELIEF GEL
Soothe your skin with this gel following sun exposure, insect bites or underwater stings.
6 OZ. | EDAP \$11.69

25% OFF**



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GODDESS GARDEN® SPORT SPF 30 MINERAL SUNSCREEN CONTINUOUS SPRAY
Perfect for sun protection on the go—from hiking and biking to swimming and surfing.
6 OZ. | EDAP \$15.79

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

**Off our 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.



\$3.97 – \$4.61

**TETON WATERS RANCH®
UNCURED BEEF HOT DOGS
OR SAUSAGES**

Their animals live and eat the way nature meant them to—only on well-managed pastures, and never on a feedlot. **8-10 OZ. / EDAP \$5.29-\$6.15**

{N}POWER
MEMBERS ONLY
PRICING

**25% OFF
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ASSORTED HOT DOGS,
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& ALTERNATIVES



\$3.33 – \$3.71

**APPLEGATE®
NATURAL TURKEY HOT DOG
OR NATURAL BEEF HOT DOG**

Get grillin' with these healthy hot dogs.
10 OZ. / EDAP \$4.45-\$4.95



\$6.51

**BEYOND MEAT®
PLANT-BASED SAUSAGES**

Plant-based sausage that looks, sizzles, and satisfies like pork. **14 OZ. / EDAP \$8.69**



\$2.99

**GRAIN BERRY®
ONYX SORGHUM CEREALS**

Cereal made with ancient grain black and high-tannin sorghum varieties.
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ORGAIN®

Organic Protein Chocolate or Vanilla 2.03 lb.

Organic nutrition with a complete amino acid profile, no added sugar, and no artificial sweeteners.*
EDAP \$38.35



\$3.69

**LOVE GROWN®
KIDS OR POWER O'S™ CEREALS**

Kids will love these gluten-free, vegan, and all-natural cereals.
6.5-10 OZ. / EDAP \$4.89



RANKED ONE OF THE TOP 5 HEALTHIEST GROCERY STORES IN AMERICA!

Thank you for ranking us as one of the top 5 healthiest grocery stores in America. According to *Men's Health Magazine*, we are amongst the highest ranked for healthy food choices and quality produce in the United States!

sources: menshealth.com and consumerreports.org





INGREDIENTS

2 Natural Grocers Brand Organic
Pasture-Raised Eggs

4 cups chopped organic Romaine lettuce

4 strips cooked bacon, chopped

1 organic avocado, pitted and sliced

10 organic grape tomatoes, halved

Red pepper flakes to garnish

FOR THE DRESSING

4 tablespoons Natural Grocers Brand
Organic Extra Virgin Olive Oil

1 small organic garlic clove, minced

1 tablespoon Natural Grocers Brand
Organic Apple Cider Vinegar

1 teaspoon Dijon mustard

½ teaspoon Natural Grocers Brand Raw
and Unfiltered Clover Honey

Salt and pepper, to taste

NATURAL GROCERS

BLT SALAD

This recipe takes the classic BLT sandwich and turns it on its head. All of the BLT flavors you love, plus some, but without the bread! It's super easy to make, and the bacon, lettuce, and tomato combined with fresh avocado and hard-boiled eggs make this salad deliciously satisfying, and filling, too!

INSTRUCTIONS

TOTAL TIME: 30 MINUTES | SERVES 2

1. Place eggs in a saucepan; add cold water to cover the eggs by one inch. Heat over high heat until just boiling. Remove from the burner, cover, and let eggs stand in the hot water for 12 minutes. Drain and run cold water over the eggs. To peel, tap them on the countertop until cracked, and use a teaspoon (or your fingers) to remove the peel. Cut each egg in half and set aside.
2. In a small bowl whisk together the olive oil, garlic, vinegar, mustard, and honey. Season with salt and pepper.
3. Add 2 cups of lettuce to two salad bowls.
4. Drizzle the dressing equally over each bowl.
5. Top with eggs, bacon, avocado, tomatoes, and red pepper flakes for garnish.

20% OFF



20% OFF**

\$3.99

**ALL INDIGO WILD®
BAR SOAPS**
Excludes Facial Soap
3 OZ. / EDAP \$4.99

23% OFF**

\$2.29

**BOULDER CANYON®
SELECT POTATO CHIPS**

Chips that satisfy those hunger spikes in between meals, without forgoing your best interest.

5.25-6.5 OZ. / EDAP \$2.99



23% OFF**

\$2.45

**THE GOOD CRISP COMPANY®
POTATO CRISPS**

Introducing the first gluten-free, non-GMO stacked crisp. 5.6 OZ. / EDAP \$3.19



23% OFF**

\$3.99

**GARDEN OF EATIN'®
TORTILLA CHIPS**

Non-GMO tortilla chips that bring color to any flavor occasion. 16 OZ. / EDAP \$5.19



23% OFF**

\$3.19



**STONYFIELD® SELECT
ORGANIC YOGURTS**

Stonyfield organic yogurt is highly nutritious, and produced in a way that fosters a healthy environment.

32 OZ. / EDAP \$4.15



22% OFF**

\$1.69

**TASTY BITE®
RICE POUCHES**

Rice done right. The grains are organic, the textures are smooth, and the flavors are bold. 8.8 OZ. / EDAP \$2.19



22% OFF**

\$2.45

**TASTY BITE®
ENTRÉE POUCHES**

Discover a world of flavors with all-natural ingredients in every Tasty Bite product. 10 OZ. / EDAP \$3.15



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

GRILLIN' IT!

EVERY GOOD BBQ NEEDS TOPPINGS.

20% OFF
EDAP

21% OFF**



\$4³⁹

WOODSTOCK® SELECT ORGANIC PICKLES

Woodstock Farms was created to honor the relationship between the vitality of the soil, the energy of plants, and the taste of ripeness. **24 OZ. / EDAP \$5.59**

21% OFF**



\$2³⁵

WOODSTOCK® ORGANIC MUSTARDS

Woodstock Farms products combine excellent quality and affordable prices. **8 OZ. / EDAP \$2.99**

21% OFF**



2/\$5

HIPPEAS® ORGANIC CHICKPEA PUFFS

Gluten free, vegan, and delicious!
4 OZ. / EDAP \$3.19

20% OFF**

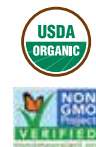


\$3¹⁹

PRIMAL KITCHEN® ORGANIC SPICY BROWN MUSTARD

Organic and non-GMO, this mustard is a must-have!
12 OZ. / EDAP \$3.99

20% OFF**



\$4²⁹

PRIMAL KITCHEN® ORGANIC UNSWEETENED KETCHUP

Infused with nourishing, organic ingredients and packed with wholesome, all-American taste.
11.3 OZ. / EDAP \$5.39

20% OR MORE OFF
EDAP®



\$2⁷⁹

BLUE DIAMOND® REFRIGERATED ALMOND BREEZE BEVERAGES

A mild-tasting almond beverage with a smooth and creamy texture.

64 OZ. / EDAP \$3.59



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RESERVEAGE NUTRITION® Collagen Replenish™ HA & Vitamin C 2.75 oz.

Reserveage is the perfect nutritional complement to your skincare regimen.*

EDAP \$17.75



\$12³⁹

JARROW FORMULAS®

Methyl B-12 2500 mcg Tropical 100 loz

Methyl B-12 supports nerve tissue and brain cells.*

EDAP \$15.79



\$25⁹⁹

GARDEN OF LIFE®

Raw Probiotics Vaginal Care 50 Billion 30 vcaps

Promotes yeast balance, vaginal and urinary tract health.*

EDAP \$32.99



\$9³⁹

ORGAIN® ORGANIC COMPLETE PROTEIN SHAKES

Orgain makes it fast, easy and delicious to incorporate complete organic nutrition into your every day! **4 PK. / EDAP \$11.79**



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ALBA BOTANICA® HONEY MANGO BATH GEL®

Packed with botanical emollients, this bath gel nourishes and softens with the fragrances of mango and honey.

32 OZ. / EDAP \$14.49



\$32⁷⁹

GARDEN OF LIFE®

Raw Probiotics Ultimate Care 100 Billion

All the benefits of a true "food" probiotic with a record-setting 30+ probiotic strains.*

EDAP \$41.25



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SOURCE NATURALS®

Theanine Serene™ 60 tab

Made with L-theanine to support relaxation and focused attention, and the calming neurotransmitter GABA.*

EDAP \$14.99

Two of the most important organs in the body that work to eliminate unwanted toxins are the kidneys, which filter toxins out of the blood and into urine, and the liver, which works to package up toxins to be eliminated. But in babies and small children, these organs are still developing and not able to keep up with today's high toxic load. Additionally, compared to adults, babies and young children have lower levels of the enzymes responsible for metabolizing environmental chemicals.⁴

"We have very tight windows of when, say, our brain and liver are made," says National Resources Defense Council staff scientist Kristi Pullen Fedinick. "When a hormone-disrupting chemical gets in the way during these windows, it can change the ways these processes happen. The change is often irreversible."

Scientists have also found that EDCs can increase the risk of childhood neurodevelopmental disorders or obesity by disrupting hormone processes during the most critical periods of development, including in utero. For example, small changes to a mother's thyroid stimulating hormone (TSH) levels during pregnancy are associated with reduced cognitive abilities, ADHD symptoms, and increased autism risk in the children born to those mothers⁵ (there are a number of endocrine-disrupting pesticides known to inhibit thyroid hormone production).⁶

Let's look at three of the most common chemicals to cause endocrine-related health problems and how you and your family can avoid them.

PESTICIDES

We are exposed to chemical pesticides through diet and the environment, and while they are toxic to adults and children alike, children's small and still-developing bodies are particularly vulnerable. Research has suggested

that even low levels of pesticide exposure can affect young children's neurological and behavioral development⁷ and many common neurological disorders found in children today, including ADHD and autism, may be related to disruption of the thyroid system while women are pregnant. Certain endocrine-disrupting pesticides can alter thyroid function, interfere with brain development, and cause declines in cognitive functions in developing babies.⁸

One common source of environmental exposure is through the pervasive use of glyphosate-based herbicides (like Roundup), used on lawns, in home gardens, and in public spaces such as parks and schoolyards. Glyphosate is a known EDC—and one of the most commonly used pesticides in this country.⁹

Another herbicide of concern is atrazine, which is one of the most commonly used pesticides applied to conventional corn crops throughout the country. Research is showing that it interferes with estrogen and testosterone production and metabolism. University of California, Berkeley biologists discovered in 2010 that atrazine can turn male frogs into females. It's also known to affect humans, causing birth defects and low birth weights to babies exposed in the womb.¹⁰

Other endocrine-disrupting pesticides include chlorpyrifos, 2,4-D, and permethrin.^{11 12 13 14}

HOW TO AVOID IT

Buying organic produce is one of the most important and substantial things you can do to significantly limit your family's exposure to toxic pesticides. A recent study found that eating organic meals for just one week dramatically reduced pesticide levels in all ages; these included known endocrine disruptors such as chlorpyrifos, 2,4-D, and the neonicotinoid pesticide clothianidin.¹⁵ Because of their widespread use in farming, pesticides

are also commonly found in drinking water, so make sure you have a water filter that can effectively remove pesticides.

PHTHALATES

These chemicals are industrial plasticizers that help make plastics softer and more flexible; they are widely used in personal care products to moisture skin, to make fragrances last longer, to dissolve and blend ingredients, and to impart flexibility to nail polish after it dries. The EPA estimates that we produce more than 470 million pounds of phthalates each year.¹⁶

Phthalates are used to make plastic food containers, children's toys (though some children's products have banned phthalates), plastic wrap made from PVC (look for recycling label #3), and are found in personal care products like nail polish, lotions, shampoos, perfumes, colognes, and body sprays.

One unexpected place you can find this class of EDCs is in restaurant food, according to a recent study.¹⁷ Researchers found that people who ate more meals from fast food joints, restaurants, and cafeterias had consistently higher levels of urinary phthalates compared to people who cooked at home with food from the grocery store. The group with particularly high levels? Adolescents.

Among adolescents, those who frequently ate meals out had 55 percent higher endocrine-disrupter levels compared with their peers who ate at home, according to lead author Julia Varshavsky, a postdoctoral scholar at the University of California at San Francisco Program on Reproductive Health and the Environment.¹⁸ The researchers named "food contact materials and industrialized production" as routes of exposure. Another potential source of EDCs is in the industrial-strength cleaners that are commonly used in restaurants.



HOW TO AVOID IT

Read labels on household and personal care products—avoid products with phthalates in the ingredient lists and look for products that say phthalate-free on the labels. Avoid household and personal care products that list “fragrance,” as this catch-all term usually signals hidden phthalates. Cook and eat more food at home (and make it organic!) and store leftovers in glass or stainless steel containers.

BPA

Bisphenol A, or BPA, is another common EDC compound most frequently used in the lining of aluminum cans. You may notice that some companies have started labeling their cans as BPA-free, which is a great step. The U.S. Food and Drug Administration (FDA) has also banned BPA for use in baby bottles and sippy cups, which is another positive step in the right direction.

It's important to know that research has linked BPA to everything from breast and prostate cancers to reproductive issues (both male and female infertility), obesity, early puberty, and polycystic ovary syndrome (PCOS).¹⁹

When Centers for Disease Control (CDC) scientists measured BPA in the urine of 2,517 people, age six and older, nearly every sample tested contained BPA, showing widespread exposure to this chemical in the U.S.²⁰

HOW TO AVOID IT

The good news is that studies suggest you can drastically decrease BPA levels by avoiding canned food with BPA linings; many companies have moved away from BPA-lined cans and will say so on the label—look for those. And try to eat fresh or frozen foods whenever possible. Don't accept hand-me-down plastic toys and look for ones labeled BPA-free. Thermal paper receipts (the ones that are slick and a bit

shiny) are also major sources of BPA; avoid handling those as much as possible and wash your hands after touching one. (Natural Grocers discontinued the use of BPA thermal receipts in 2008!)

SAFE & SIMPLE STEPS TO REDUCE EDC EXPOSURE

Eat as much organic food as you can and don't rely heavily on take-out food or restaurant meals—save those trips for special occasions.

When it comes to packing lunches, avoid plastic whenever possible. Use glass or stainless steel containers or lunch boxes, and replace plastic baggies with reusable cloth ones and use beeswax-coated cloth to replace plastic wrap. Replace plastic water bottles with glass or stainless steel ones.

Be mindful about what products you're putting on your kids. Avoid lotions, soaps, shampoos, and other kid-oriented personal care items that may contain harmful EDCs. Read labels carefully, specifically looking for phthalates, parabens, and “fragrance,” as fragrances can contain phthalates and other EDCs. Ditch synthetic perfumes, colognes, and body sprays—they likely contain phthalates.

Most importantly, continue to educate yourself on EDCs and use your voice with companies and decisions makers to ask for better labeling and more testing to keep these dangerous chemicals out of our homes. Become an activist and demand that policy makers address the very real issue of EDCs that have become so ubiquitous in our food, our water, and our homes. We all deserve better, especially our children!

Editor's note: Natural Grocers is committed to selling products we know are safe.

This includes selling only USDA certified organic produce, which means it is grown without synthetic pesticides; mineral-based sunscreens; body care products that are free of phthalates; and no BPA-laced thermal receipts or BPA linings in our Natural Grocers brand canned goods.



SUNSCREENS & KIDS

When it comes to kids and the outdoors, many parents believe that any sunscreen is better than none, but lathering on chemical-laden sunscreens can hurt kids because these sunscreens contain EDCs that are absorbed into their blood stream.

Endocrine disruptors in chemical sunscreens include the sunscreen chemicals themselves, such as oxybenzone, benzophenone, octocrylene, and homosalate, as well as other ingredients like parabens and fragrances.²¹

Instead, look for mineral sunscreens like zinc oxide and titanium dioxide that protect against UV radiation by acting as a physical sun block and do not have endocrine-disrupting properties, as well as sunscreens that are free of parabens, phthalates, and synthetic fragrances.

Natural Grocers only sells mineral-based sunscreens that are free of parabens, phthalates, and synthetic fragrances.

references available on request

15% OR MORE OFF
EDAP®

20% OFF**

\$29⁷⁹

GARDEN OF LIFE®

Organic Plant Protein Chocolate or Vanilla
Value Size 19-20 oz.

Discover delicious plant-based protein,
perfect for breakfast or in-between meals.*
EDAP \$37.59

21% OFF**

\$2⁹⁹

REBBL®

SELECT ORGANIC ELIXIRS

New, plant-based beverages with ethically
sourced ingredients. **12 OZ. | EDAP \$3.79**



20% OFF**

\$2⁴⁹

**BLUE DIAMOND®
SELECT NUT-THINS CRACKERS**

A delicious, nutty cracker, sturdy enough for
dips and toppings. **4.25 OZ. | EDAP \$3.15**



20% OFF**

\$20⁹⁹

GARDEN OF LIFE®

myKind Organics Organic Turmeric Gummy
120 gummies

Made with organic and Non-GMO Project
Verified real fruit.* **EDAP \$26.35**



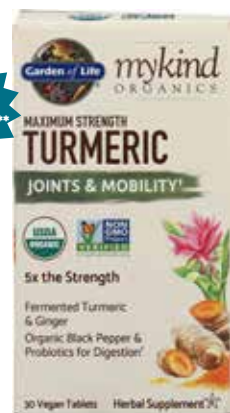
20% OFF**

\$17⁹⁹

GARDEN OF LIFE®

Org Max Strength Turmeric Joints & Mobility
30 vtab

Whole turmeric root, plus organic
ginger root, fermented to support its
bioavailability.* **EDAP \$22.59**



19% OFF**

\$3¹⁵

**STONYFIELD® ORGANIC
KIDS YOGURT TUBES**

Stonyfield Kids now features 10 grams or
less of sugar.
8 PK. | EDAP \$3.89



19% OFF**

\$2⁸⁹

EPIC® PORK RINDS

Try these delicious pork rinds for a protein-
packed snack on-the-go!
2.5 OZ. | EDAP \$3.59



19% OFF**

\$1⁸⁵

RXBAR® PROTEIN BARS

Made with clean ingredients that give you the
nutrition you need to live life to the fullest.
1.83 OZ. | EDAP \$2.29



NATURAL GROCERS BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICESM

Organic Chocolate Bars

NEW

5
VARIETIES
AVAILABLE

Organic
Chocolate Bars
\$2.69
3 oz.
EDAP



A pineapple and a coconut walked into a “bar” and never left. Why? Because it was a chocolate bar!

Tangy pineapple and crunchy coconut melting into smooth, Belgian chocolate create a flavor of bliss you won’t want to miss. Once we tasted it, we knew we must bring it home, and that’s just the beginning. While exploring our new chocolate paradise, we locked-down the classics, too, including Caramel & Sea Salt and Extreme Dark. The sweetest part is—when you unwrap our bars, you’re getting more than pure indulgence.

They’re certified organic, free of GMOs, artificial additives, and BPA, and crafted with sustainability as a priority. Our producer sources Rainforest Alliance Certified™ cocoa, supporting the organization’s mission to address social and environmental issues in the global supply chain. The beans come from Tanzania, where profits return to help fund Cocoa for Schools—a program that builds classrooms, provides school supplies, and improves sanitary and safety conditions for students. We’re raising the bar on chocolate, without raising the price, but you better hurry and try our five decadent flavors before we eat them all ourselves! \$2.69 ea



P.S. Twiga the Giraffe says—embrace who you are and smooth out the rough patches with chocolate!

NUTRITION BYTES

CHEMICAL SUNSCREENS ABSORB THROUGH SKIN, SIGNIFICANTLY INCREASING BLOOD LEVELS

Today most people are aware of the risks of excessive sun exposure, but what about the risks of chemical sunscreen exposure? For many people, applying sunscreen has become part of their daily routine, with use ramping up during the summer months, especially on children. But new research reveals how easily our bodies absorb the active chemicals commonly found in chemical-based sunscreens.

A study published earlier this year in the medical journal JAMA examined whether the active ingredients of four commercially available chemical sunscreens were absorbed into “systemic circulation.” Twenty-four participants with an average age of 35 were asked to apply sunscreens four times a day for four consecutive days. Blood samples were taken throughout the study and continued for three days after the last sunscreen application. Blood samples were tested for the active chemical ingredients, including avobenzone, oxybenzone, octocrylene, and ecamsule.

The study found that the chemical ingredients found in the sunscreens readily absorb into the blood stream and the concentrations exceeded the safety threshold established by the FDA for all four active ingredients. Blood levels of the chemicals surpassed the known safe levels on day one and remained elevated through day seven for three of the four ingredients. The study also pointed out other research that has found some of these chemicals in human breast milk and amniotic fluid. Other studies have shown chemical sunscreen ingredients to have endocrine-disrupting properties.

The FDA has provided guidance that active sunscreen ingredients with systemic absorption greater than 0.5 ng/mL should undergo toxicology assessment, including carcinogenicity and developmental and reproductive studies. The blood levels in this study far exceeded the 0.5 ng/mL threshold.

The study also highlights a 2019 FDA report for over-the-counter sunscreen use. In the report, both zinc oxide and titanium dioxide (mineral-based sunscreen ingredients) were listed as two ingredients with sufficient evidence for being effective and generally recognized as safe. Zinc oxide and titanium dioxide do not penetrate the skin to any significant effect and provide broad spectrum protection from both UVA and UVB rays.

**STUDIES HAVE SHOWN
CHEMICAL SUNSCREEN
INGREDIENTS TO HAVE
ENDOCRINE-DISRUPTING
PROPERTIES.**



SPIRULINA REDUCES INFLAMMATION IN DIET-INDUCED LIVER FIBROSIS

Liver diseases, including non-alcoholic fatty liver disease (NAFLD), are becoming more prevalent, especially among young people. While alcohol takes a heavy toll on the liver, sugar consumption (notably, high-fructose corn syrup) can end up

taxing and damaging the liver in a similar manner. Fatty liver disease is marked by the accumulation of fat in the liver, but also by rampant inflammation that can lead to scar tissue (fibrosis).

Recently, researchers from the University of Connecticut aimed to see if spirulina, a blue-green alga well known for its anti-inflammatory effects, could mitigate the disease outcomes in a mouse model of diet-induced liver fibrosis.

Mice were randomly assigned to either a low-fat control diet, a high-fat, high-sucrose control diet, or a high-fat, high-sucrose diet with the addition of 2.5 percent spirulina—the authors noted that

a 2.5 percent spirulina diet is equivalent to about 10 grams of spirulina per day for humans. After 20 weeks on these diet protocols, researchers looked at glucose tolerance and various liver disease markers, including inflammatory markers.

The mice fed the high-fat, high-sucrose diet, but not the high-fat, high-sucrose plus spirulina diet, showed significantly impaired glucose tolerance compared to the low-fat control mice. Most notably, supplementation with spirulina reduced inflammatory protein expression and cytokine secretion.

While minimizing alcohol and sugar consumption (and completely eliminating high-fructose corn syrup) is an ideal first step in protecting liver health, spirulina supplementation is a simple and easy option for additional support.

**SPIRULINA REDUCED
INFLAMMATORY
PROTEIN EXPRESSION
AND CYTOKINE
SECRETION.**

STUDY CONFIRMS ORGANIC BEEF IS NUTRITIONALLY SUPERIOR TO CONVENTIONAL BEEF

Just in time for grilling season, new research is touting the nutritional benefits of organic beef. The study, published in the *Journal of the Science of Food and Agriculture*, compared the same cuts of organic and conventional beef and found that organic beef had a superior nutrient profile. The organic beef contained more antioxidants, with 34% more coenzyme Q10 (CoQ10), 24% more vitamin E, and 53% more beta carotene, and had 72% more taurine, an amino acid that promotes cardiovascular and immune health. Organic beef also had a more balanced fat profile, with 17% less cholesterol and 32% less fat compared to conventional beef, but with 170% more alpha-linolenic acid, a type of omega-3 fat found in flaxseed and walnuts that has been shown to have neuroprotective properties.

USDA organic standards for cattle require that the animals have free access to certified organic pasture for the entire grazing

season (specific to the farm's geographic climate, but must be at least 120 days per year), are fed 100% certified organic feed when not on pasture, are managed without antibiotics and added growth hormones, and are raised in a way that accommodates their health and natural behavior, including having free year-round access outdoors.

**ORGANIC BEEF HAD A MORE BALANCED FAT PROFILE, WITH
17% LESS CHOLESTEROL
AND 32% LESS FAT
COMPARED TO CONVENTIONAL BEEF**



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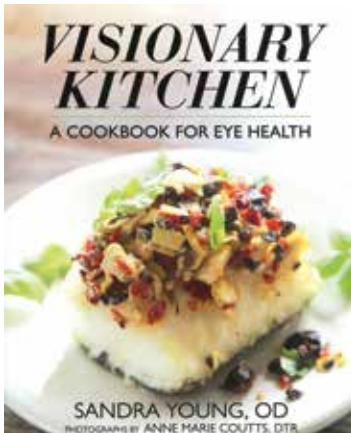
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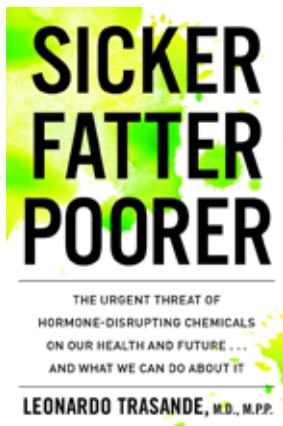
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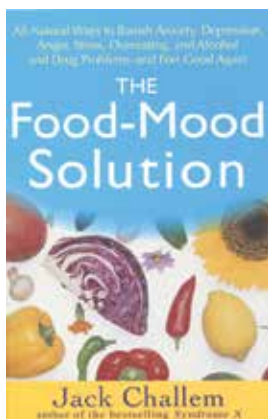
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