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AUGUST 2019 VOL. 26



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64TH ANNIVERSARY CELEBRATE & SAVE!

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**TROPICAL
JUICE BAR**
SAMPLES & RECIPE DEMOS



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SEE PAGE 25 FOR
**A CHANCE TO
WIN A \$500**
NATURAL GROCERS GIFT CARD



LETTER

From the Iselys

The warmest smile, the reddest lipstick, and the best birthday celebrations—these are just a few of the things you could count on about Margaret Isely. She was born in August 1921, and our company was born in 1955 while she was a young mother, going door-to-door with her husband and lending books on nutrition to the neighbors. To us, August is a month of celebration because it's Margaret's month. It's about remembering our origins and especially the woman whose nurturing spirit and passion for bettering her neighborhood still shape the culture of Natural Grocers today.

She wasn't content with big ideas staying silent—Margaret wanted to get everyone involved in improving the world together. She loved to engage about the things she believed in, whether it was Nutrition Education, climate change or sharing a good laugh. In the 1970s, her love of connection took on tangible form as a Tea Garden outside our original West Colfax store, became one of Natural Grocers' first community spaces. In 2019, her legacy has spread to stores throughout our company where folks can gather in our community rooms to share big ideas, enjoy healthy treats and learn about nutrition.

Caring about the people in her life wasn't just something she said; it was in the everyday details of what she did. One of our most popular crew benefits, Vitamin Bucks, comes from one of Margaret's nurturing traditions. From the beginning, she used to give an allowance for lunch, and back when a loaf of bread was less than 50 cents, that could build a tasty sandwich. Today, every good4u Crew member receives Vitamin Bucks with each paycheck, which they can spend on anything in our stores, and it still builds a tasty sandwich at 2019 prices.

Birthdays were the best with Margaret, and she never let one slip by without notice. She loved to take each Crew member out to lunch on their special day, which inspired the Birthday Bonus Pay that everyone at Natural Grocers now enjoys. This year marks our 64th anniversary as a company, and we're throwing a party in honor of the woman whose enthusiasm for birthdays has been passed on to the next generations! We hope you join us as we celebrate Margaret, who taught us what to value, how to love, and why you can't trust someone who doesn't like chocolate.

The Isely Family

References available upon request.



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**NUTRITION
BYTES**



OUR 5 FOUNDING PRINCIPLES

NUTRITION
EDUCATION

HIGHEST
QUALITY
PRODUCTS

EVERY DAY
AFFORDABLE™
PRICE

COMMITMENT
TO OUR
COMMUNITY

COMMITMENT
TO OUR
good4u™ Crew

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PURCHASES
WHILE
EARNING
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POINTS THAT
GIVE YOU CASH
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NATURAL GROCERS SWEET AND SPICY KOREAN ROASTED CHICKEN THIGHS

SERVED WITH MUSHROOMS AND BOK CHOY

This weeknight-friendly dish takes advantage of the Korean chili sauce gochujang, a sweet and spicy sauce that livens up anything it touches. The roasted bok choy is just tender, with some of the leaves remaining a little crunchy, for an addictive veggie side.

INGREDIENTS

FOR THE CHICKEN

4 tablespoons gochujang
(or Kimchi Hot Sauce)



2 tablespoons Natural Grocers Brand
Raw and Unfiltered Clover Honey

2-6 teaspoons sriracha

2 tablespoons coconut aminos

4 teaspoons Natural Grocers Brand
Organic Apple Cider Vinegar

3 tablespoons Natural Grocers
Brand Organic Extra Virgin
Coconut Oil, divided

2 tablespoons grated organic ginger

2 tablespoons minced organic garlic
(from about 6 medium cloves)

2 pounds bone-in, skin-on chicken thighs

Salt and pepper

FOR THE MUSHROOMS AND BOK CHOY

4 medium-large organic baby bok choy

Salt and pepper



1 tablespoon Natural Grocers
Brand Organic Extra Virgin
Coconut Oil, melted

2 tablespoons coconut aminos, divided

1 (8-ounce) package organic cremini or
button mushrooms, stems trimmed,
small and medium mushrooms
halved, larger mushrooms quartered

1 tablespoon grated organic ginger

2 teaspoons organic sesame oil (optional)

INSTRUCTIONS

TOTAL TIME: 45 MINUTES | SERVES 4

1. Preheat oven to 400° F. Place one oven rack at the lowest setting and one at the center setting.
2. In a small saucepan set over medium heat, whisk together gochujang, honey, sriracha, coconut aminos, vinegar, 2 tablespoons coconut oil, ginger, and garlic. Bring to a boil and then immediately reduce heat to low. Simmer, stirring occasionally, for 3-4 minutes, or until sauce has thickened slightly. Remove from heat and set aside.
3. Heat a large heavy bottomed skillet (such as cast iron) over medium heat. Season both sides of the chicken thighs liberally with salt and pepper. Once the skillet is hot, add remaining tablespoon of coconut oil and swirl the pan to coat with the oil. Place as many chicken thighs as you can fit without overlapping, skin-side down. Cook undisturbed for about 5 minutes, or until the skins are browned. Flip and brown the other side of the thighs for about two minutes. (If your skillet is not large enough to hold all the thighs at once, you may need to cook in two batches). Drain all but about 1 tablespoon of the oil and chicken fat from the skillet and discard. Set the skillet aside.
4. Once the thighs have browned, place about a teaspoon of sauce in a glass baking dish for each thigh, reserving leftover sauce. Place each browned thigh, skin-side up, on top of each spoonful of sauce and transfer to the middle oven rack. Set a timer for 20 minutes.
5. Make the bok choy: Prep the bok choy by gently pulling the outer leaves back a little and flushing with water to remove any grit. Holding on to the base, shake the bok choy dry before slicing each one in half lengthwise. Place the bok choy in a large bowl, lightly season with salt and pepper and drizzle over the melted coconut oil and a tablespoon of coconut aminos. Toss to combine. Place the bok choy, cut side down, on a parchment-lined baking sheet.
6. Once the chicken has been cooking for about 5 minutes, transfer the sheet pan with the bok choy to the bottom rack of the oven.
7. Return the skillet you used to brown the chicken to the stove top and heat to medium. Once hot, add the mushrooms and toss to coat with the oil that was left in the skillet. Cook, stirring occasionally, until the mushrooms are lightly browned and have just started to release their juices. Add the remaining tablespoon of coconut aminos and ginger. Sauté, stirring frequently, another 1-2 minutes, or until most of the coconut aminos have evaporated. Set aside.
8. After the chicken has baked for 20 minutes, check it and the bok choy for doneness. The chicken is cooked when it has reached an internal temperature of 165° F. It should no longer be pink in the middle and the juices should run clear when the thigh is pierced with a knife. The bok choy should be tender.
9. To serve, place the chicken and mushrooms on a serving platter or divide among four dinner plates. Drizzle the sesame oil over the bok choy and toss to coat. Transfer the bok choy to the serving platter or divide among the dinner plates. Serve immediately with the sweet and spicy sauce on the side (add some or all of the flavorful saucy drippings from the chicken baking dish to the sauce if you wish) and allow each person to add sauce to their chicken as desired.



FOR THE LOVE OF ORGANICS BOK CHOY

By Charity Isely

The oil is heating in the wok and ready for action. Minced garlic, ginger, and chili flakes are added to the pan, and in less than sixty seconds, the fragrance takes over the kitchen, signaling that it's time for the grand finale. Bok choy is heaped on the cutting board, its white stalks curving into vibrant, green leaves, ready for the sauté. As it cooks, the stems take on caramelized notes without losing their crisp texture, while the leaves wilt to silky, flavor-drenched perfection. Are you ready to dive in?

WHET YOUR APPETITE FOR WELLNESS

This Chinese cabbage is about more than culinary stardom—its nutritional value deserves celebrity status too! In company with other cruciferous veggies like kale and collards, bok choy has more micronutrients per calorie than most other foods, and here are some benefits those nutrients can offer you:ⁱⁱⁱ

GLOWING SKIN: Our bodies can't make vitamin C, so vitamin-C rich foods are a must on the menu, and bok choy contributes a hearty 31.5 mg per cup.ⁱⁱⁱ Among its skin-loving benefits, vitamin C is essential for collagen production, crucial for wound healing, and helps protect against harmful UV damage.^{iv v}

BETTER BONES: Calcium is fundamental for healthy bone mass and for moderating age-related bone loss.^{vi} Can you guess what veggie is a more bioavailable source of calcium than milk? Yes, your super-crucifer, bok choy!^{vii viii}

ANTIOXIDANT DEFENSE: It's a stressful world out there, especially the oxidative stress our bodies encounter when we have imbalances between free radicals and antioxidants.^{ix} Secondary plant metabolites, like phenolic compounds, exhibit a range of free-radical quenching antioxidant activity, and bok choy contains more than 70 phenolic compounds.^{x xi xii}

DON'T STIR TOXINS INTO YOUR FRY!

Metam potassium is not a micronutrient, it isn't delicious, and it isn't good for you. It is the pesticide most commonly used on conventional bok choy grown in California, with more than 20,000 pounds applied.^{xiii} It is classified as carcinogenic, neurotoxic, and as a developmental and reproductive toxin.^{xiv} Organophosphates are another group of common pesticides used on conventionally grown bok choy and they do not make for a healthy or tasty meal either. Evidence indicates that even low levels of exposure during pregnancy and early childhood are associated with cognitive and behavioral deficits and neurodevelopmental disorders in children.^{xv} And it doesn't stop there, unfortunately. There are still more pesticides used on conventionally grown bok choy, including imidacloprid, a neonicotinoid, which we know are toxic to bees and other pollinators.

MAKE YOUR NEXT STIR FRY ORGANIC AND REAP THE BENEFITS—FOR YOU AND THE PLANET!

In addition to being grown without the use of toxic pesticides, studies have shown that organic produce has significantly higher levels of antioxidants than their conventional counterparts.^{xvi xvii} And when you buy organic produce, you are doing so much more than supporting your own health—you are also supporting a system of agriculture that is actively building soil health, protecting water systems, cultivating safe spaces for our pollinator friends, and creating healthier work environments for farm workers and farming communities. It's a win-win for everyone!

References available upon request.





YOUR BRAIN ON

Nootropics



(NOH-UH-TROP-ICKS)

By Lindsay Wilson



The human brain is a biological wonder. It's what makes us distinctly human and allows us to... well, to pretty much do every single thing that we do. But as much of a marvel as our brains are, sometimes they need a boost. Enter nootropics (noh-uh-trop-icks). Also known as "brain boosters," "smart drugs," and "cognitive enhancers," nootropics are substances that support healthy brain function. Do you enjoy a daily cup of coffee, or green or black tea? Then you're already experiencing the benefits of a nootropic substance (caffeine!).

Nootropics run the gamut, from supporting attention and focus, and memory and learning, to improving cognitive efficiency and brain plasticity. One of the exciting things about nootropics is that each one is unique and has its own mechanisms of action. They can work by providing essential nutrients to the brain; supporting the normal production of neurotransmitters; improving energy production in the brain; neutralizing free radicals and reducing

inflammation; stimulating the formation of neurons and new synapses; improving communication between neurons; increasing resiliency to stress; and supporting neuroplasticity, or the brain's ability to change.

While not an exhaustive list, the following nootropics are well-researched and are proven to have cognitive benefits.



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BETTER THAN ZOLOFT FOR DEPRESSION:

Rhodiola

By Margie King



WILL DOCTORS EVER OPT FOR AN HERB OVER A DRUG FOR DEPRESSED PATIENTS?

It may sound unlikely but researchers from the University of Pennsylvania think they should consider it.

In a randomized placebo-controlled trial doctors tested the herb rhodiola rosea against the conventional antidepressant therapy sertraline (Zoloft) in patients with major depressive disorder (MDD).

A diagnosis of MDD means a patient exhibited two or more major depressive episodes, depressed mood and/or loss of interest or pleasure in life activities for at least two weeks. In addition, they show signs of significant unintentional weight loss or gain, insomnia or sleeping too much, fatigue, diminished ability to think or concentrate, and recurrent thoughts of death.

The study looked at 57 adults diagnosed with MDD. The patients received treatments of either rhodiola rosea extract, sertraline, or placebo.

After 12 weeks there was no statistically significant difference between the rhodiola and the Zoloft. Compared to the placebo, rhodiola patients had 1.4 times the odds of improvement while the Zoloft patients had 1.9 times the odds of improvement.

Other evidence is mounting that Zoloft and other SSRIs are no more effective than placebo for depression symptoms.

In the Penn study the researchers concluded that rhodiola may possess a more favorable risk to benefit ratio for individuals with mild to moderate MDD because it produced only half the side effects of Zoloft. In fact, a whopping 63 percent of patients on Zoloft reported side effects—most commonly nausea and sexual dysfunction. That compared to only 30 percent of patients on rhodiola.

The authors suggested that "herbal therapy may have the potential to help patients with depression who cannot tolerate conventional antidepressants due to side effects."

An earlier placebo-controlled study found rhodiola effective for patients with mild to moderate depression.

Rhodiola rosea is a hardy yellow flower native to the arctic mountains of Eastern Siberia. It's sometimes called the "Root of the Arctic" or Tibetan ginseng.

Ancient healers used rhodiola to treat infections, anemia, stomach upset, and depression. In the old Soviet Union scientists used rhodiola to help soldiers improve mood, brain function, and physical performance.

Human studies show that just one 200 mg dose of rhodiola helped volunteers improve their exercise endurance.

It's also been shown to relieve mental fatigue. In one study of doctors on night call just 170 mg of rhodiola per day for two weeks helped the doctors think and remember better, concentrate, calculate, and respond to audio and visual cues.

And taking 100 mg of rhodiola every day for 20 days helped students improve their capacity to work, their coordination, and their general sense of wellbeing. Their learning ability increased 61 percent and their fatigue levels dropped by 30 percent.

Another study showed rhodiola may be helpful in smoking cessation.

For more information visit GreenMedInfo's page on rhodiola/Tibetan ginseng. For an extensive list of natural anti-depressive agents take a look at GreenMedInfo.com's depression page.

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16 oz.



Who's ready for the Natural Grocers family to add our name to another fun, good4u food? It's time to move over "cherry on top," because we now have Natural Grocers mixed berries on top! So we can get a little cheesy about things when we're excited, but when you've brought home the juiciest frozen berries and mangoes around, excitement is bound to happen. Our frozen fruit has that tangy, spot-on sweet flavor that you're looking for when it's in-season fresh. It's certified organic because we don't put our name on anything less, and it's also non-GMO because organic standards make sure that GMOs are left out. There aren't any extra sweeteners or other junk hiding inside the BPA-free bags, simply fruit that's loaded with fiber and vitamin C. It's sourced from a company who gives back to the community and the environment, and it's the sweetest definition of everything about our family brand—excellence for a family friendly price! Raspberries, strawberries, blueberries or mixed, along with heavenly bites of mangoes to boot—it's summertime anytime in our freezer section. Sure, you can add them to smoothies, but with flavors like these, you're going to want to do so much more!

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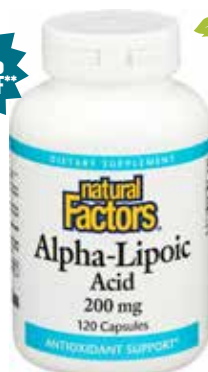
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COUNTRY LIFE®
High Potency Biotin

Biotin is a water-soluble B vitamin that supports healthy hair, skin, and nails.*

120 VCAP | EDAP \$18.19

31% OFF**



\$12⁴⁹

MEGAFOOD®
Blood Builder

Iron supports cellular energy production and healthy brain function.*

30 TAB | EDAP \$18.25

31% OFF**



\$20⁴⁹

NATURAL VITALITY®
Natural Calm Unflavored

Magnesium helps support relaxation and heart health, and is required for producing and storing energy.*

16 OZ. | EDAP \$29.99

30% OFF**



\$23⁷⁹

MEGAFOOD®
Blood Builder®

Iron supports immune system function and healthy oxygen-carrying red blood cells.*

90 TAB | EDAP \$34.45

30% OFF**



\$3⁷⁹

DR. BRONNER'S®
Peppermint Toothpaste

Made with coconut oil, coconut flour, peppermint oil, and menthol crystals help polish teeth, promote oral health, and freshen breath.*

5 OZ. | EDAP \$5.49

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.

OFFERS VALID AUGUST 9 TO AUGUST 31, 2019

**25%
OR MORE
OFF**
EDAP®

\$2.72

CROFTER'S ORGANIC®
Organic Just Fruit Spreads
10 OZ. | EDAP \$3.89



**CROFTER'S
ORGANIC**

There's no refined sugar here. Just Fruit Spreads are filled to the brim with, well, just fruits.

**30%
OFF****

**28%
OFF****

\$17.79

**COUNTRY LIFE®
CORE DAILY-1 MULTI**
Men's or Women's 50+

Formulated with raw whole foods, coenzymated B vitamins, probiotics, digestive enzymes, and aloe.*
60 TAB | EDAP \$24.85



**28%
OFF****

\$2.49

COLEMAN®
Gluten-Free Breaded Chicken Nuggets
Raised with no antibiotics ever, these gluten-free chicken nuggets are fully cooked and delicious.
8 OZ. | EDAP \$3.49



**27%
OFF****

\$1.35

SO DELICIOUS®
Coconutmilk Yogurt Alternatives
Rich, creamy, gluten and dairy-free, non-GMO, vegan, and SO delicious.
5.3 OZ. | EDAP \$1.85



**26%
OFF****

\$1.99

KETTLE BRAND®
Select Potato Chips
Kettle Brand is dedicated to creating unique, savory, all-natural chips.
4.2-5 OZ. | EDAP \$2.69



**26%
OFF****

\$28.99

RAINBOW LIGHT®
Vibrance Women's Multivitamin
Includes an organic antioxidant fruit and vegetable blend of spirulina, lingonberry/ cranberry, acai, lycium, pomegranate, blueberry, broccoli, kale, and beet.*
120 VCAP | EDAP \$39.65



**26%
OFF****

\$1.99

PERFECT BAR®
Peanut Butter or Almond Butter Bars
The protein bar that's never been more PERFECT. Unwrap perfection!
2.2-2.5 OZ. | EDAP \$2.69



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.

25% OR MORE OFF
EDAP®

26% OFF**

\$3.89



MOON VALLEY®
Foaming Hand Soaps Assorted Scents

Wash away dirt with good, clean ingredients.
8.8 OZ. | EDAP \$5.29

25% OFF**

\$1.94



BOBO'S®
Oat Bars



Developed out of a simple mother-daughter baking tradition, Bobo's oat bars are now a sought-after snack.

2.5-3 OZ. | EDAP \$2.59

25% OFF**

\$3.36



DAIYA®
Dairy-Free Cheese Style Shreds

Discover dairy-free cheese that's still delicious!

8 OZ. | EDAP \$4.49

25% OFF**

\$3.11



HAIL MERRY®
Select Gluten-Free Bites

These treats give you the freedom to indulge!

3.5 OZ. | EDAP \$4.15



25% OFF**

\$1.64



LIVE SODA®
Raw & Organic Kombuchas

Give your beverage a probiotic-rich boost!

12 OZ. | EDAP \$2.19



25% OFF**

\$5.19



WALLABY®
Organic Greek Yogurts

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

32 OZ. | EDAP \$6.99



25% OFF**

\$4.23



CANYON BAKEHOUSE®
Gluten-Free Bread Loaves

Canyon Bakehouse creates delicious and nutritious gluten-free breads.

18 OZ. | EDAP \$5.65



25% OFF**

\$3.74



SAFFRON ROAD®
Frozen Entrees

Inspired by the world's finest cuisines.

10 OZ. | EDAP \$4.99





96¢



JUSTIN'S®
Almond Butter Squeeze Packs

Squeeze packs are great for a delicious, on-the-go, gluten-free, high-protein snack.
1.15 OZ. | EDAP \$1.29



\$2.46



WILD PLANET®
Wild Pink Salmon Pouch

This pink salmon pouch is fresh upon catch.
3 OZ. | EDAP \$3.29



\$2.35



BEANITOS®
Bean Chips

Beanitos are an all-natural snack made from beans—high in healthy fiber and protein.
4.5-5 OZ. | EDAP \$3.15



\$3.29



CALIFIA FARMS®
Almondmilk

This artisanally crafted almondmilk is non-GMO.
48 OZ. | EDAP \$4.29



\$19.79



MRM®
Glucosamine Chondroitin 1500 mg/1200 mg

Supports joint health at any age or activity level.*
180 CAP | EDAP \$25.49



\$20.49



RAINBOW LIGHT®
Active Health™ Teen Multivitamin

Supports energy, immune health, brain health, and a healthy mood in teens.*
90 TAB | EDAP \$26.49



\$6.99



THAYER'S®
Witch Hazel Rose Alcohol Free

A soothing rose toner made with rose-petal water and a proprietary witch hazel extract.
12 OZ. | EDAP \$8.99



\$16.79



COUNTRY LIFE®
Lutein 20 mg

Support eye health and reduce eye strain with lutein.*
60 SG | EDAP \$21.79



64TH ANNIVERSARY

CELEBRATE & SAVE!



Celebrate our biggest sale of the year & our co-founder
Margaret Isely's birthday!

THURSDAY, AUGUST 15TH

SPECTACULAR SAVINGS

30-58% OFF
THESE ITEM & MORE



FREE!

12-2PM

POWER UP AT THE

TROPICAL JUICE BAR

SAMPLES & RECIPE DEMOS

FREE!

CHOCOLATE BAR*

{N}POWER® MEMBERS ONLY



{N}POWER® DOORBUSTER DEALS

9-11AM

1-3PM

6-8PM



FREE!

4-6PM

ICE CREAM SOCIAL

SUNDAES &
ROOT BEER FLOATS



GIVING A LEI IS A GREAT WAY TO SHOW FRIENDSHIP, LOVE OR TO CELEBRATE OR HONOR SOMEONE.
IT'S ALSO A USEFUL GIFT FOR GREETING SOMEONE WARMLY. IT SYMBOLIZES THE SPIRIT BEHIND
THE ALOHA AND THE WAY THIS GREETING DRAWS YOU IN AND MAKES YOU WELCOME!

JOIN US ALL DAY FOR GIVEAWAYS & PRIZES**



DOUBLE {N}POWER POINTS



BAG FULL OF GROCERIES GIVEAWAY
A \$30 VALUE



FREE REUSABLE BAG*
WITH PURCHASE



+ MORE



*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.

56% OFF

99¢



SWEETWOOD SMOKEHOUSE®
Fatty Meat Sticks
2 OZ. | EDAP \$2.39



56% OFF

2/\$5



WATERLOO®
Sparkling Waters
12 PK. | EDAP \$5.79

52% OFF

2/\$3



HIPPEAS®
Organic Chickpea Puffs
4 OZ. | EDAP \$3.19



52% OFF

4/\$3



LÄRABAR®
Select Original Fruit & Nut Bars
1.6-1.7 OZ. | EDAP \$1.59



50% OFF

ALL BOOKS



50% OFF
MSRP

50% OFF

Limit 2

\$11⁸⁸



C2O®
Coconut Waters
12 PK. | EDAP \$23.85



49% OFF

Limit 20

10/\$10



C2O®
Coconut Waters
17.5 OZ. | EDAP \$1.99




47% OFF

\$6⁹⁹



BELLUCCI®
Organic 100% Italian Extra Virgin
Olive Oil
16.9 OZ. | EDAP \$13.25





46% OFF

2/\$3



SANTA CRUZ ORGANIC®
Organic Lemonades or Limeade
32 OZ. | EDAP \$2.79



44% OFF

Limit 2 packages

\$2⁹⁹



APPLEGATE NATURALS®
Natural Uncured Sunday Bacon
8 OZ. | EDAP \$5.39



44% OFF

\$4⁹⁵



PRIMAL KITCHEN®
Avocado Oil Mayonnaise
12 OZ. | EDAP \$8.89




43% OFF

\$1⁴⁹



GUAYAKI®
Organic Canned Mate
15.5 OZ. | EDAP \$2.65



42% OFF

\$5⁹⁹



KICKING HORSE COFFEE®
Organic Regular Coffee
10 OZ. | EDAP \$10.49



64TH ANNIVERSARY CELEBRATE

ONE DAY

AUGUST

SPECTACULAR

30% - 50% OFF

THESE

ALL DAY • ALL

NATURAL

Limit 6 each per customer, u

40% OFF

\$3³⁵



VIRGIL'S®
Original Root Beer
4 PK. | EDAP \$5.59



40% OFF

\$19⁹⁹



GARDEN OF LIFE®
Select Raw Protein
1.37-1.44 LB | EDAP \$33.45

36% OFF

\$2³⁹



LILY'S SWEETS®
Stevia Sweetened
Chocolate Bars
2.8-3 OZ. | EDAP \$3.79

33% OFF

\$1⁴⁵



LIVE SODA®
Raw & Organic Kombuchas
12 OZ. | EDAP \$2.19



OFFERS VALID AUGUST 15TH ONLY

50% OFF

\$6¹⁹



KAL®
B-12 Methyl 1000 mcg
Raspberry ActivMelt
90 MELT | EDAP \$12.39

50% OFF

\$12⁷⁹



GARDEN OF LIFE®
Grass Fed Collagen Beauty - Assorted
9.52 OZ. | EDAP \$25.59

50% OFF

\$6⁹⁹



SEVENTH GENERATION®
Liquid Laundry Detergents
95-100 OZ. | EDAP \$13.99

50% OFF

\$1⁵⁷



BLUE DIAMOND®
Select Nut-Thins Crackers
4.25 OZ. | EDAP \$3.15

Certified GF Gluten-Free

ANNIVERSARY
E & SAVE!

ONLY
ST 15TH

SAVINGS

8% OFF

ITEMS

LOCATIONS

GROCERS®
good4u

unless otherwise specified.

49% OFF

2/\$1



KOYO®
Ramen
2-2.1 OZ. | EDAP 99¢

48% OFF

2/\$7

Limit 6



KETTLE & FIRE®
Select Bone Broths
16.2 OZ. | EDAP \$6.79

47% OFF

\$11⁹⁹

46% OFF



NATURAL FACTORS®
60 chew Stress-Relax Tranquil Sleep or
60 vcap CurcuminRich Theracurmin
EDAP \$22.39-\$22.99

44% OFF

\$4⁹⁹



SIETE®
Grain Free Tortillas
7 OZ. | EDAP \$8.99

Certified GF Gluten-Free

44% OFF

\$1³⁹



WILD PLANET®
Select Wild Sardines
4.4 OZ. | EDAP \$2.49

44% OFF

\$1⁹⁹



JACKSON'S HONEST®
Coconut Oil Potato Chips
5 OZ. | EDAP \$3.59

41% OFF

\$1⁹⁹



ALTER ECO®
Organic Chocolate Bars
2.65-2.82 OZ. | EDAP \$3.39

USDA ORGANIC

40% OFF

\$3⁴⁹



SANTA CRUZ ORGANIC®
Organic Peanut Butters
16 OZ. | EDAP \$5.85

USDA ORGANIC

40% OFF

\$2⁹⁹



SIETE®
Grain Free Tortilla Chips
5 OZ. | EDAP \$4.99

Certified GF Gluten-Free

33% OFF

\$6⁹⁹
\$11²⁹



NOW®
Pure MCT Oil or MCT Oil Unflavored
16-32 OZ. | EDAP \$10.49 - \$16.99

33% OFF

\$24⁴⁹



ANCIENT NUTRITION®
Select Bone Broth or Multi Collagen Protein
15.7-17.8 OZ. | EDAP \$36.75-\$36.85

33% OFF

\$3⁸⁹



BEYOND MEAT®
The Beyond Burger
8 OZ. | EDAP \$5.89

31% OFF

\$5⁴⁹



NATURAL GROCERS® BRAND
Organic Mango
10 OZ. | EDAP \$7.99

USDA ORGANIC

64TH ANNIVERSARY CELEBRATE & WIN!

THURSDAY, AUGUST 15TH
ONE DAY DRAWING  ENTER TO WIN THESE GREAT PRIZES* 

ANNIVERSARY SWEEPSTAKES

ENTER TO WIN AT ALL LOCATIONS*  1 WINNER COMPANY-WIDE

GRAND PRIZE! WIN A TRIP FOR TWO TO

1 WINNER OF GRAND PRIZE COMPANY-WIDE



COURTESY OF
C2O® PURE
COCONUT WATER

\$6000
VALUE

THE GREAT OUTDOOR PRIZE PACK COURTESY OF JACKSON'S HONEST®



1 WINNER COMPANY-WIDE

FUN IN THE SUN PRIZE PACK COURTESY OF HIPPEAS®



1 WINNER COMPANY-WIDE

APPLE WATCH SERIES 3 COURTESY OF SOURCE NATURALS®



1 WINNER COMPANY-WIDE

FITBIT® INSPIRE HR COURTESY OF NATURE'S PLUS®



10 WINNERS COMPANY-WIDE

PRIZE DRAWINGS

ENTER TO WIN AT ALL LOCATIONS*  1 WINNER PER STORE

APPLE AIRPODS COURTESY OF C2O PURE COCONUT WATER



HYDRO FLASK COURTESY OF HYDRO FLASK



ELECTRIC SKATEBOARD COURTESY OF C2O PURE COCONUT WATER



ALKALINE PITCHER COURTESY OF NEW WAVE



NUTRITION DNA TEST COURTESY OF NATURAL FACTORS



BACK PACK W/ SOLAR CHARGER COURTESY OF MRM



NATURAL GROCERS GIFT CARD



HOURLY PRIZES

ENTER TO WIN ONE OF THESE PRIZES
PER HOUR AT ALL LOCATIONS*



BLENDER BOTTLE
1 PER STORE



MASON JAR
3 PER STORE



GROWLER
2 PER STORE



CUTTING BOARD
1 PER STORE

+ MORE NATURAL GROCERS GEAR

*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 15th, 2019. For Official Rules and complete details, visit: www.naturalgrocers.com/sweepstakes. Sponsor: Vitamin Cottage Natural Food Markets, Inc.



{N}POWER® DOORBUSTER DEALS**

ONE DAY ONLY 🌸 THURSDAY, AUGUST 15TH

9-11
AM



100% FREE-RANGE
99¢ EGGS

PER DOZEN
LIMIT 2 CARTONS

EXCLUDES ORGANIC & PASTURE RAISED

1-3
PM



\$1⁹⁹ CHEESE

NATURAL GROCERS BRAND ONLY
BLOCK, SHREDS & SLICES
LIMIT 2 PACKAGES

6-8
PM



\$2⁹⁹ BACON

& BACON ALTERNATIVES
LIMIT 2 PACKAGES

**This offer is only available only to registered {N}power members at participating Natural Grocers stores on August 15, 2019. Quantity limited to stock on hand; no rain checks. Discount cannot be combined with other offers. We reserve the right to correct errors. Void where prohibited by law.

FIND & COUNT THE
PURPLE HIBISCUS
FLOWERS
THAT LOOK LIKE THE
PURPLE ONE BELOW



Start with this one!

WIN A \$500 NATURAL GROCERS GIFT CARD!

Count all the purple hibiscus flowers in the August good4u Health Hotline Magazine, complete the form below and return it to your local Natural Grocers by Saturday, August 31st, 2019 for a chance to win! A drawing among all entries with the correct number will determine the winners. If no entrants state the correct number, a drawing among all entries closest to the actual number (without going over) will determine the winners.

For complete details, see Official Rules at www.naturalgrocers.com/sweepstakes



COUNT THE PURPLE HIBISCUS FLOWER ENTRY FORM

PURPLE FLOWER TOTAL

First Name: _____

Last Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

All Fields Required for Complete Entry

WANT TO HEAR FROM NATURAL GROCERS? CHECK THE BOXES BELOW TO RECEIVE:

☐ The good4u Health Hotline Magazine mailed to you for free!

☐ The good4u Health Hotline Newsletter emailed to you for free!

No purchase necessary. A purchase will not increase your chances of winning. Open only to legal residents of the 50 United States and the District of Columbia, 18 years or older. Void where prohibited by law. Sweepstakes begins on August 9, 2019 and ends on August 31, 2019. NGVC employees and their families are not eligible to win. Maximum of one entry per person per prize category. For Official Rules and complete details, visit: www.naturalgrocers.com/sweepstakes. Sponsor: Vitamin Cottage Natural Food Markets, Inc.





NATURAL GROCERS

SLOW COOKER CAJUN SPICED CHICKEN

SERVED WITH POTATOES AND GREEN BEANS

Spice up your weeknight with this perfectly seasoned and perfectly simple slow cooker chicken! With buttery potatoes and green beans, this will become an easy weeknight go-to meal that tastes like you spent the day in the kitchen.



INGREDIENTS

4 teaspoons coarse salt

Natural Grocers Brand Bulk Organic Herbs & Spices:

4 teaspoons paprika

3 ½ teaspoons Real Brand Orsa salt

2 teaspoons black pepper

2 teaspoons onion powder

2 teaspoons thyme

2 teaspoons garlic powder

1 teaspoon cayenne pepper

1 teaspoon lemon pepper

½ teaspoon turmeric

1 Mary's Free Range whole organic chicken (about 4.5 pounds)

2 medium organic russet potatoes (about 1.5 pounds), cut into 3/4-inch cubes

1 pound organic green beans, ends trimmed

3 tablespoons organic butter

Salt and organic pepper, to taste

Optional: Fresh organic lime quarters and organic hot sauce for serving

INSTRUCTIONS

TOTAL TIME: 3 HOURS 11 MINUTES | SERVES 4

1. Mix the salt and all the spices thoroughly in a small bowl.
2. Remove the bag of giblets from the chicken and set aside (the giblets can be used with the chicken carcass to make soup or broth, or for added nutrition, grind the kidneys, liver, and heart to add to ground meat for burgers or meatloaf; freeze if not using right away). Rinse the chicken, pat dry, and place in a large bowl.
3. Coat the chicken thoroughly with the spice mixture, getting under the skin of the breasts and thighs.
4. Place chicken breast-side down in a four-quart slow cooker and cook on low heat four to five hours, high heat three to four hours, or until it reaches an internal temperature of 165°F.
5. With about 20 minutes left on the cooking time for the chicken, set a steamer basket in a large pot filled with enough water to come just below the steamer basket. Bring to a boil over high heat. Add the potatoes to the steamer basket, cover, and reduce heat to a simmer. Steam for 8-10 minutes. Add the green beans to the steamer basket and steam for another 7-10 minutes, or until the green beans and potatoes are done to your liking.
6. Place potatoes and beans in a large bowl, add butter, and toss to coat. Season with salt and pepper to taste.
7. When the chicken is fully cooked, remove from the slow cooker to a large cutting board. Remove the meat from the chicken and serve alongside the green beans and potatoes. For extra flavor and spice, top the chicken with a squeeze of fresh lime juice and serve with your favorite hot sauce or the drippings from the slow cooker.





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



BREAKFAST TIME!

THE MOST IMPORTANT MEAL OF THE DAY



OFFERS VALID AUGUST 9 TO
AUGUST 31, 2019



**SAVE
\$3.00**



When you purchase 1 item from each
KICKING HORSE COFFEE and **BIRCH BENDERS** brands
with **IN-STORE COUPON ONLY**

(see store shelf for redeemable manufacturer's coupon)

KICKING HORSE COFFEE®
10 oz. Ground or Whole Bean Coffee
EDAP \$10.49-\$11.59

BIRCH BENDERS®
10-16 oz. Pancake and Waffle Mix
EDAP \$4.49-\$7.15



27% OFF**

\$3.45



NATURE'S PATH®
Select Organic Cereals
CEREALy delicious, organic
and non-GMO.
10-14 OZ. | EDAP \$4.79



25% OFF**

\$3.14



NATURE'S PATH®
Select Organic Instant Oatmeal
Take a time OAT with these
delicious instant oatmeals!
11.2-14 OZ. | EDAP \$4.19



20% OFF**

\$2.52



NATURE'S PATH®
Organic Waffles
You'll love the taste of these a WAFFLE lot!
7.4 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.



20% OR MORE OFF
EDAP®



21% OFF**

4/\$5



HONEST TEA®
ORGANIC BOTTLED TEAS
16 OZ. | EDAP \$1.59

21% OFF**



\$7.29

NATURAL FACTORS®
CoQ10 200 mg

CoQ10 scavenges free radicals and is involved in maintaining normal heart function.*

30 SG | EDAP \$9.29

21% OFF**



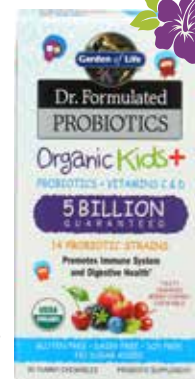
\$7.99

NATURAL FACTORS®
DGL Licorice Root Extract

Aids digestion by supporting the stomach lining.*

90 CHEW | EDAP \$10.15

21% OFF**



\$14.79

GARDEN OF LIFE®
Dr. Formulated Probiotics
Organic Kids+ Assorted Flavors

An organic, berry cherry chewable probiotic with 14 probiotic strains and 5 billion CFU, plus vitamins C and D.*

30 CHEW | EDAP \$18.75-\$18.85

21% OFF**



\$14.99

NUTREX®
BioAstin Astaxanthin
4 mg

Astaxanthin is a powerful free radical scavenger that has been shown to support: joint and tendon health, skin health during UV and sun exposure, and healthy vision and normal eye function.*

60 SG | EDAP \$18.99

21% OFF**



\$15.79

NUTREX®
BioAstin Astaxanthin
12 mg

25 SG | EDAP \$19.99

21% OFF**



\$7.29

EO®
Lavender and Aloe 3-in-1 Soap

Everyone 3-in-1 Soap comes in a variety of relaxing and uplifting essential oil blends.

32 OZ. | EDAP \$9.25

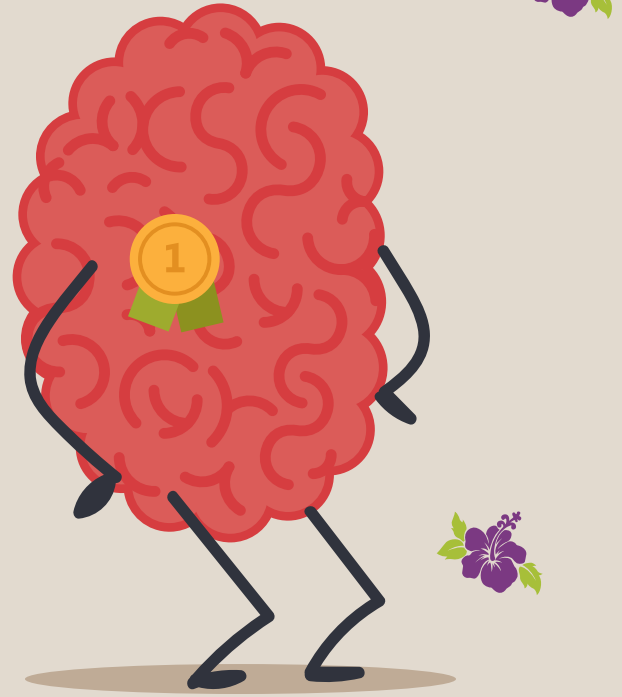




PHOSPHATIDYLSERINE (PS) PS is classified as a phospholipid, a class of fats that are critical components of all cell membranes, maintaining strength, structure, and fluidity, and influencing the overall health of the cell. You are only as healthy as your cell membranes, so it is critical that they are in good health. PS is concentrated in the brain where it maintains the structural integrity and plasticity of neurons and enhances communication between neurons.^{i iii iii} Supplementation with PS has been shown to cross the blood-brain barrier and support cognitive function, including short- and long-term memory, learning and recall, focus and concentration, problem solving, and language skills.^{iv} Research has also found that PS supplementation can reduce stress and improve mood.^{v vi}

Children struggling with attention-deficit/hyperactivity disorder (ADHD) can benefit from PS as well, especially as prescriptions for stimulant drugs like Ritalin and Adderall continues to rise. One double-blind placebo-controlled study found that 200 mg of PS daily significantly reduced ADHD symptoms after only two months in children aged 4-14. There were specific improvements in classroom behavior, social skills, and auditory memory, or the ability to process and recall orally presented information.^{vii}

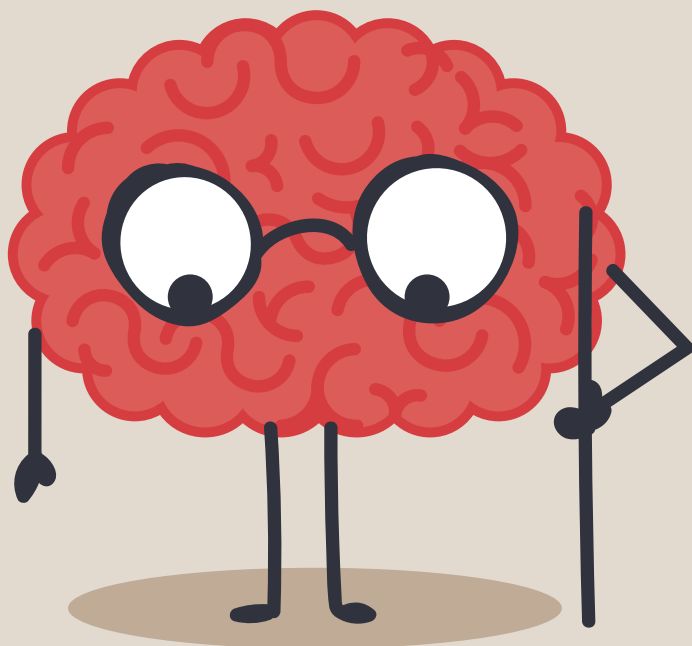
TRY: Start with 200-300 mg a day for a month or two to fully saturate cell membranes, then reduce dose to 100-200 mg daily for maintenance.^{viii} It also appears that PS works most effectively when there are optimal levels of the omega-3 fat docosahexaenoic acid (DHA) in the brain.^{ix} This can be obtained from a quality fish oil supplement.



ALPHA GPC L-Alpha glycerophosphocholine (alpha GPC) is a stable form of the nutrient choline, usually grouped with the family of B vitamins. Choline is essential for the healthy functioning and structural integrity of cell membranes, especially for certain brain cells, and is the precursor to acetylcholine, a critical neurotransmitter involved in memory and learning.^x Severe depletion of acetylcholine is a hallmark of Alzheimer's disease. Alpha GPC is a bioavailable form of choline that has been shown to cross the blood-brain barrier, where it supports cognitive function. It also acts as a building block for the phospholipids that are important for maintaining the health and function of brain cells.^{xi xii xiii} Research has shown that choline supports mental sharpness in young people as well as in older adults, including recall and attention, visual and verbal memory, reaction time, and energy production in the brain.^{xiv xv}

Much of the research on alpha GPC has focused on dementia and Alzheimer's, and the results are promising. In fact, alpha GPC's effect on Alzheimer's is so significant that in Europe it is used as a prescription drug to treat the disease.^{xvi xvii} One placebo-controlled trial found that 400 mg of alpha GPC three times a day for six months consistently improved scores for cognition and behavior in older adults with mild-to-moderate Alzheimer's disease, with results similar to three commonly prescribed Alzheimer's drugs.^{xviii} Another review of 13 published clinical trials evaluating the use of alpha GPC in several types of dementia, including Alzheimer's and vascular dementia resulting from stroke, found that alpha GPC consistently and significantly improved patient conditions, including memory and attention, as well as or better than conventional drugs.^{xix}

TRY: For cognitive impairment related to dementia, studies have successfully used 1,200 mg daily, in divided doses. For general cognitive support, try 600 mg daily.^{xx}



LUTEIN This carotenoid is mostly known for its role in eye health, but new research is proving that it's instrumental in keeping the brain sharp, from birth into our golden years. Recent research investigating lutein's role in the brain in adults over the age of 50 found that high levels of lutein were associated with better scores in several measures of cognitive function, including memory and executive function, which includes reasoning and judgement, planning, focus, and regulating emotions.^{xxi} Research has also shown that higher levels of lutein in children are significantly related to intelligence as well as executive processes, which include concentration and focus, self-control, memory, and cognitive flexibility.^{xxii} One study found that higher levels of lutein are associated with better academic performance in children, particularly in math and written language.^{xxiii}

Lutein provides both antioxidant and anti-inflammatory protection to brain cells. It also enhances blood flow and improves communication between neurons; essentially, lutein helps the brain work smarter, not harder.^{xxiv xxv xxvi} It can also increase brain-derived neurotrophic factor (BDNF), which plays an important role in neuronal growth and promotes brain plasticity, the brain's ability to grow and change.^{xxvii}

TRY: Studies have used 10-20 mg daily.^{xxviii xxix xxx}

Whether you're looking to ward off age-related cognitive decline, improve focus and productivity in your work or school life, or just provide your brain with extra support to maintain mental clarity, nootropics can provide a simple solution. In general, the nootropics discussed here will show results with long-term use, so take them consistently for at least a few months to fully optimize brain function. You may also "stack" nootropics, that is, take several together, to enjoy multiple benefits. It's also important to remember that they work best with a foundation built on a healthy diet, regular exercise, and quality sleep. Are you ready to take your brain to the next level?

references available on request



BACOPA This herb has been used for centuries in the Indian Ayurvedic tradition to improve memory and intellect and was recommended in ancient Ayurvedic texts for a range of mental conditions, including anxiety, poor cognition, and lack of concentration. It continues to prove itself as a valuable nootropic for brains of all ages. One recent review found that bacopa improved behavior, memory, and attention and focus in children and adolescents,^{xxxii} while a separate study of children diagnosed with ADHD saw a significant improvement in self-control, restlessness, learning problems, impulsivity, and psychiatric problems in the majority of children supplementing with bacopa over a period of six months.^{xxxiii}

Bacopa has also been investigated for its effects in older adults, with positive results. Supplementation with 300 mg bacopa daily resulted in significant improvement in memory recall, information retention, verbal learning, and depression and anxiety scores.^{xxxiii xxxiv} Curious to see if bacopa could improve cognition in young adults with peak cognitive function, researchers recruited 60 medical school students to take 150 mg of a standardized extract of bacopa twice daily for 45 days. At the end of the study, the participants saw a significant improvement in attention and focus, working memory, and recall of newly learned information.^{xxxv}

Modern research has investigated bacopa's mechanisms of action and has found that compounds in the herb can enhance communication between nerves and help regenerate synapses and repair damaged neurons, improve neuronal synthesis, and increase brain serotonin, a neurotransmitter that promotes feelings of wellbeing and happiness.^{xxxvi xxxvii}

TRY: A standardized extract, taken in divided doses; 100-200 mg daily for children and 200-400 mg daily for adults.^{xxxviii}



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in 10
varieties

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\$3.59
10 oz.



P.S. Don't follow Peter's example and eat someone else's veggies. Try ours instead because we love our neighborhood and organic veggies are good.



When Bruce the Bunny was small, his mother told him the cautionary tale of Peter Rabbit. Naturally, he wanted to be just like Peter—and a series of misadventures ensued. Until one afternoon he snuck into an organic garden. It was an incredible place, buzzing with bees and butterflies and ladybugs. He found other bunnies hopping around garden beds, and the gardener gave him a snack. After that, Bruce didn't have time to get into mischief. He was too busy learning about organic, and he hopped into Natural Grocers to find out more.

It turns out, he's the ideal spokes-bunny to represent our line of Natural Grocers Brand Organic Frozen Vegetables.



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NUTRITION BYTES

LUTEIN & ZEAXANTHIN SUPPORT A RESTFUL NIGHT'S SLEEP

We live in a tech world, so it's not surprising that we spend the majority of our waking hours in front of screens. Many of us watched a few hours of television last night or spent a few hours scrolling the internet on our smartphones. Some of us did both... at the same time. It's estimated that the average American spends more than 10 hours per day viewing screens, and that number is only increasing. As our screen time grows, so does our exposure to blue light from those screens, and there is increasing evidence that this exposure is damaging to our health. For example, excessive exposure to blue light, from screens, and compact fluorescent and LED lighting, is linked with a delay in the release of melatonin, the hormone that helps regulate our circadian rhythm (i.e., our sleep-wake cycle) and helps us fall asleep.

Lutein and zeaxanthin are carotenoids that deposit in the macula of the eye, which is located in the retina and is responsible for fine vision. Their role in the macula is to absorb blue light and protect it and the retina from the damaging effects of blue light by providing antioxidant protection. They also increase macular pigment optical density (MPOD), or the thickness of the macula. There is a direct link between the thickness of your MPOD and the health of your

eyes and your brain. The thicker your MPOD, the better they function. Researchers are now beginning to investigate how lutein and zeaxanthin may improve sleep quality, in relation to their ability to absorb blue light and increase MPOD.

A study published in 2018 conducted at the University of

Georgia, aimed to measure the benefits of lutein and zeaxanthin supplementation (20mg lutein + 4mg zeaxanthin) on the sleep quality of college students. College students tend to have excessive blue light exposure. Subjects were either given a supplement containing lutein and zeaxanthin or a placebo for six months. Researchers measured MPOD and several sleep quality components.

Supplementation of lutein and zeaxanthin improved total sleep at three months by 60 percent and at six months by 71 percent. Lutein and zeaxanthin supplementation

also improved MPOD. The study's results suggest that an improvement in MPOD can improve sleep patterns. It is well known that electronic devices—and the blue light they emit—reduce sleep quality, likely by disrupting melatonin production. Lutein and zeaxanthin appear to help to support sleep quality through their ability to absorb blue light, thus allowing for the normal production and release of melatonin.

**LUTEIN & ZEAXANTHIN
IMPROVED TOTAL SLEEP
AT THREE MONTHS BY**

60%

AND AT SIX MONTHS BY

71%





LOW-CARB, HIGH-FAT DIETS SUPPORT WEIGHT LOSS AND HEART HEALTH MARKERS

Low-carbohydrate diets have drawn a lot of attention in the last few years due to research showing support for a variety of health conditions, including neurological disorders, obesity, diabetes, metabolic syndrome, and various cancers. A 2019 study examined various degrees of carbohydrate restriction and their effect on markers of cardiovascular health, including HDL cholesterol and triglyceride levels. The study included 77 healthy adults that were randomized into three groups: A very low-carbohydrate ketogenic diet (5 percent of calories from carbohydrates), a low-carbohydrate diet (15 percent of calories from carbohydrates), and a moderate-low carbohydrate diet (25 percent of calories from carbohydrates). The study

**THE VERY
LOW-CARBOHYDRATE
KETOGENIC DIET
HAD THE GREATEST
REDUCTION OF
TRIGLYCERIDE LEVELS.**

participants were followed over a 12-week period.

All participants in the study had health markers within the normal range, so the researchers did not expect significant changes for markers of health in a group of healthy adults. Despite this, the study found significant improvements in seven of the nine markers measured, including HDL, triglycerides, insulin, weight, waist and hip measurements, and body mass index (BMI). Out of all of these markers, the reduction in triglyceride levels really stood out, as high triglycerides are one of the strongest predictors of cardiovascular disease. Among all three groups, it was the very low-carbohydrate ketogenic diet that had the greatest reduction of triglyceride levels.

MUSHROOMS REDUCE RISK OF MILD COGNITIVE IMPAIRMENT

Mushrooms are packed with nutrients and a growing body of research shows that they also contain a wide variety of bioactive compounds that support health. A recent study published in the *Journal of Alzheimer's Disease* found that older men and women who ate mushrooms several times a week were at a reduced risk of developing mild cognitive impairment (MCI). MCI is a type of memory impairment characterized by forgetfulness and mild confusion that often precedes Alzheimer's disease.

The study surveyed 663 Chinese men and women over the age of 60 and collected diet information in one-on-one interviews. These interviews included questions about six types of commonly consumed mushrooms: golden mushrooms, oyster mushrooms,

shiitake mushrooms, white button mushrooms, dried mushrooms, and canned button mushrooms. Researchers also assessed cognitive function and performed multiple tests of mental acuity.

After controlling for health, behavioral, and socioeconomic factors the authors found that those who ate more than two five-ounce portions of mushrooms per week had a 43 percent reduced risk of MCI than those who consumed less than one portion of mushrooms per week. The authors conclude that "mushroom consumption could be a potential preventative measure to slow cognitive decline and neurodegeneration in the elderly."

**THOSE WHO ATE MORE THAN
TWO FIVE-OUNCE PORTIONS OF
MUSHROOMS PER WEEK HAD A**

43%

**REDUCED RISK OF MILD COGNITIVE
IMPAIRMENT THAN THOSE WHO
CONSUMED LESS...**



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out the rough patches
with chocolate!

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CHOCOLATE BAR*

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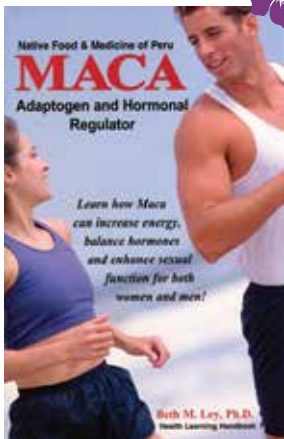
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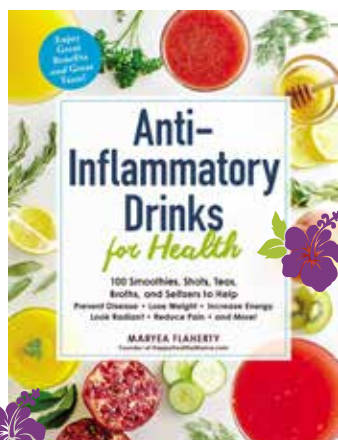
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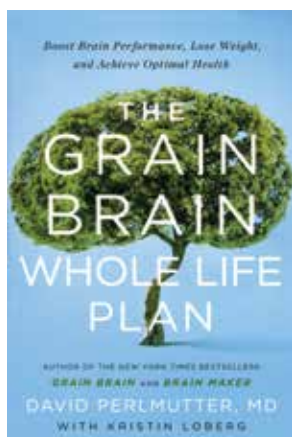
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