



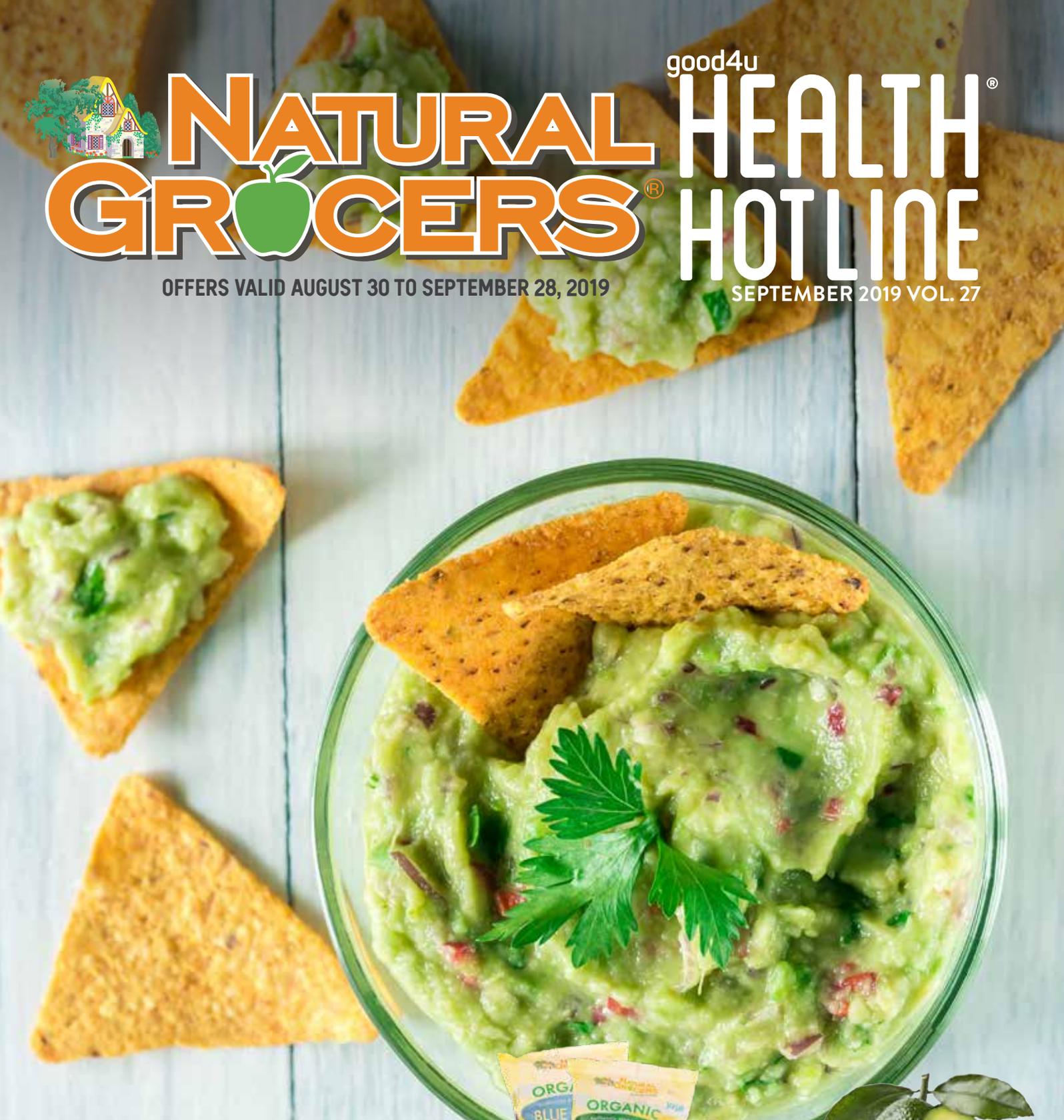
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SEPTEMBER 2019 VOL. 27



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Don't panic, these avocados are organic!
Limit 4.

LETTER

From the Iselys

"The breezes taste of apple peel, the air is full of smells to feel..." John Updike

You're a charming month, September! Our family has lots of love for you, and it's not just that you smell so good—it's Organic Month too! Our passion for organic has us celebrating all the ways it spells better health for our neighborhoods and the planet; here are just a few.

Optimal for the environment, for animals, for farmers, and for you! There's NO dependency on synthetic chemicals here, but there IS healthier soil, cleaner water, and more bees and butterflies. Organic means a better life for animals, and better economic opportunities for farm communities. It means LESS pesticide residues in your body and NO artificial colors, flavors, or preservatives in your food. It's a better way to eat!

Regenerative, because we can't wait any longer to turn this thing around—we're headed for a planetary breakdown! Organic practices regenerate soil health, supporting its ability to hold water, helping to prevent soil erosion and desertification, and restoring its ability to sequester CO₂, providing us with a powerful tool to reverse climate change. Organic farms can also restore biodiversity—from microorganisms and plants to birds and bees. Renewal, not removal, is the organic way.

GMOs are not allowed. You don't have to think twice—GMOs are never allowed in products labeled organic. They are not allowed in seeds in organic fields nor in feeds at organic dairies. They are not allowed in the pastures on organic ranches nor in the ingredients of organic packaged foods. Organic standards guarantee that it's naturally non-GMO!

Accountability means it's a label you can trust, because organic integrity is verified every step of the way. No other label covers as much, making sure your family gets only the best. From seed to final product, from farmland, to harvest, to post-harvest, to manufacturing plants, to packaging materials, organic food is held to stringent standards and inspected by USDA- accredited agencies, so that you can be sure of its authenticity, and that you are getting a product made without concerning or problematic ingredients.

Nutrient dense is the organic way. From the soil it grows in, to the fruits and veggies, milk and meat that you bring home, organic has more! Studies show higher levels of antioxidants in organic produce and more omega-3's and CLA (a healthy fat!) in beef and dairy. Plus, our taste buds confirm that it's more delicious.

Integrative, because it's about harmonizing with nature, not mono-cropping it. Composting, cover cropping, and rotational grazing nourish the soil, beneficial insects help control pests, and biodiversity attracts pollinators—it's how organic helps all the parts work for the whole.

Carbon conscious! Organic farming has a lighter carbon footprint, but a heavier impact on CO₂ sequestration. The longer one farms organically, the healthier the soil and the more CO₂ it can sequester. The Rodale Institute, which has been putting the science behind organic since 1947, has done statistical modeling that shows we could sequester more than 100% of current CO₂ emissions if we converted all global croplands and pasture to regenerative organic agriculture. Let's get conscious about regeneration!

Our family is proud to prioritize organic groceries on our shelves, organic meat and dairy in our cold cases, and to carry **ONLY** 100% organic produce in all our stores. We hope that this September finds you sinking your teeth into crisp, organic apples, taking deep breaths of fresh air, and joining us to celebrate better health for our neighborhoods and the planet!

The Isely Family

References available upon request.

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NUTRITION EDUCATION

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OUR 5 FOUNDING PRINCIPLES

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EDUCATION

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COMMITMENT
TO OUR
COMMUNITY

COMMITMENT
TO OUR
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Everything* we sell is priced below manufacturer's suggested retail price (MSRP also called "regular retail"). This means you get the best quality at prices that are affordable every day. The savings really add up. Next is our better than EDAP pricing on our 100% non-GMO bulk products, fresh ground almond and peanut butters, fresh whole chickens, our Natural Grocers Brand Products, our 100% organic produce, and our on-going Deeper Discounts on Select Supplements.

The Iselys

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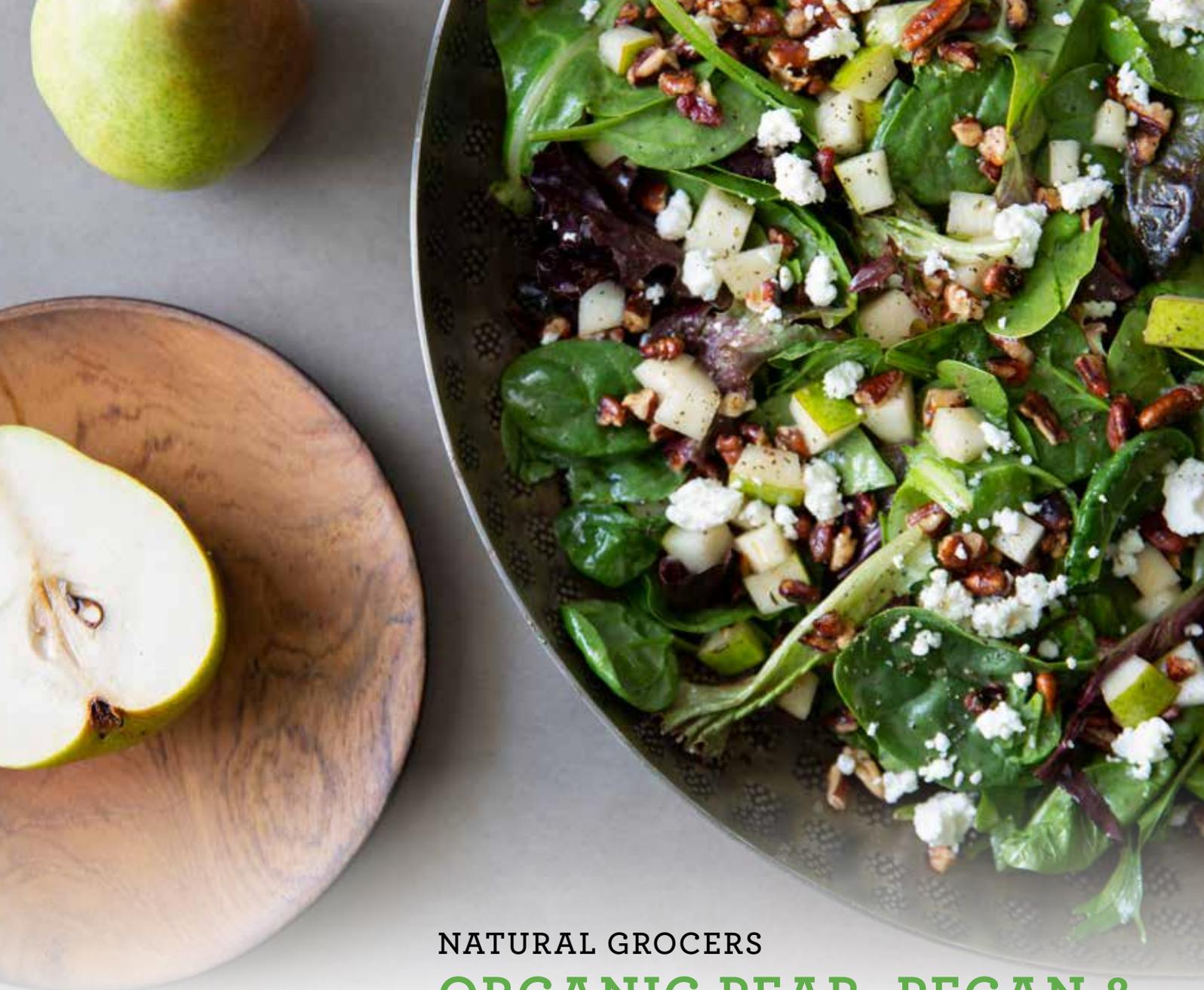
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EDAP
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The silky-smooth texture of our extra virgin olive oil hits all the right notes: buttery, fruity, complex... In our quest to bring you the best olive oil in the world, we would accept nothing less than perfection. We found it in the olive groves of Spain, where the silvery leaves of ancient trees have graced sunny hillsides for centuries. Varietals from around the globe have been planted here to lend depth and richness, creating an oil of unsurpassed flavor and texture. Our partner is a leader in the production of certified organic olive oil, delivering excellence in every aspect, including environmental and social responsibility. Combining innovation with tradition, they have turned the by-product of olive oil production into renewable energy. Now, we can bring home to you a product that is as uniquely sustainable as it is distinctively delicious. Pair our Natural Grocers Brand Organic Extra Virgin Olive Oil with anything that tempts your palate for a best in class, luxurious experience.



NATURAL GROCERS

ORGANIC PEAR, PECAN & GOAT CHEESE SALAD

INGREDIENTS

½ cup Natural Grocers Bulk Organic Pecan Pieces

3 tablespoons Natural Grocers Brand Organic Extra Virgin Olive Oil

3 tablespoons organic white wine vinegar

2 teaspoons organic Dijon mustard

1½-2 teaspoons Natural Grocers Brand Organic Grade A Dark Maple Syrup

½ teaspoon Natural Grocers Bulk Organic Thyme Leaf

¼ teaspoon each salt and pepper

1 (5-ounce) package organic salad greens (50/50 blend or spring mix both work well)

2 medium organic pears, cored and diced into ½-inch cubes

Scant ½ cup crumbled organic goat cheese

Sweet pears, crunchy pecans, and creamy goat cheese combine to create a delicious fall salad that comes together quickly and is sure to please!

INSTRUCTIONS

TOTAL TIME: 20 MINUTES | SERVES 4 (AS A SIDE SALAD)

1. Toast the pecans in a skillet over medium heat, stirring often, until they are fragrant and lightly toasted, about 5 minutes. Transfer the pecans to a plate to cool.
2. Combine the olive oil, vinegar, mustard, maple syrup, thyme, salt, and pepper in a small glass jar with a tight-fitting lid. Shake vigorously to emulsify. Set aside.
3. Place the salad greens and pears in a large bowl and toss with the dressing; finish by topping with the pecans and goat cheese. Serve immediately.

FOR THE LOVE OF ORGANICS

PEARS

By Charity Isely

Crimson and heavy in your hand, your mouth waters for the delicate sweetness you're about to enjoy. It's an instant mood boost, sinking your teeth into a perfectly ripe pear, the exquisite flavor tasting like happiness trickling down your throat. It isn't just fantasy either—there's a real connection between whole fruit and bliss, and here are the juicy details:

FRESH FRUIT, HAPPY KIDS: The Australian Victorian Child's Health and Well-Being study found that more daily servings of whole fruit "significantly increased the odds" of emotional control, problem management, and relationship building skills in kids.¹

HAPPIER GROWNUPS TOO: Studies suggest that a diet rich in high-fiber raw fruits and veggies is associated with less anxiety and more happiness in adults, and fiber itself may be a key piece of the puzzle.^{2,3}

HAPPY GUT = HAPPY LIFE: Fiber feeds bacteria in the colon, contributing to a diverse balance of healthy gut bacteria, and a healthy intestinal microbiome is essential for a range of things from immunity to weight control, healthy aging, and psychological wellbeing.^{4,5} Know what fruit has a lot of fiber?

MORE PEARS, MORE FIBER: Pears are an excellent source of fiber—one medium pear contains 6 grams (most adults should eat 25-30 grams every day). Most of the fiber is in the skin, so don't pull out the peeler.^{6,7}

“Someday we shall look back on this dark era of agriculture and shake our heads. How could we have ever believed it was a good idea to grow our food with poisons?”⁸

—Jane Goodall

A fine fall day, a juicy pear, and you—can you taste the happiness? Just be sure to make it organic. September is Organic Harvest Month, a time to celebrate the regenerative impacts of organic farming and to honor it with our food choices. Wandering through an organic orchard, thick with fruit and buzzing with the energy of living creatures, is an experience in harmony. It's a place where food is grown without the use of toxic pesticides, where building soil health and nurturing biodiversity are the way of life.⁹

Sadly, it isn't so in every orchard. Forty-nine pesticide residues were found on conventional pear samples in a recent analysis, including the reproductive toxin carbendazim and several bee-killing insecticides, landing the fruit on the Environmental Working Group's (EWG) "Dirty Dozen" list of most contaminated produce. The EWG also found that pears had more pesticide residue on average than any other tree fruit on the list.¹⁰ Choose harmony, choose a better future for our planet, choose organic!

References available upon request.





The Hidden Costs of Conventional Agriculture

By Suzanne Boothby

When the Green Revolution began to take off in the middle of the 20th century, it was a promise of abundant food; selective breeding resulted in high-yielding crops and irrigation allowed food to be grown in places where it couldn't before. There was a major shift in the way food was grown—industrial-scale agriculture surpassed small to mid-sized family farms as a means to feed millions of Americans. It has become the dominant food production system, but it is a system that is defined by monoculture cropping that relies heavily on synthetic chemical fertilizers and pesticides (a broad term which include insecticides, herbicides, and fungicides). There is an emphasis on growing commodity crops like corn and soy that

end up as animal feed and in processed junk food. Industrial animal production has grown alongside industrial agriculture, in which a single species of animal is raised in concentrated animal feeding operations (CAFOs) to satisfy our desire for cheap meat.

The cheap and abundant food that has proliferated in the U.S. relies on a system of agriculture that is costing us all. Costs that are passed on to taxpayers, farm workers, rural communities, our collective public health, and the environment.

Let's take a look at some of the hidden costs of conventional agriculture.

CONTINUED ON PAGE 28

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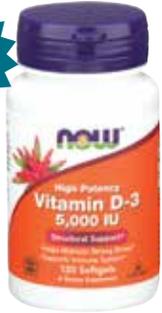
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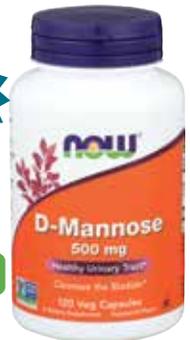


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HEALTHY SLEEP SOLUTIONS

By Lindsay Wilson

The last thing someone who chronically struggles with sleep wants to hear is how important those nightly z's are, followed by a laundry list of health problems that can ensue from a lack of sleep. Through the fog of exhaustion, they know. But for someone who faces this nightly battle, the harder they chase sleep, the more elusive it can become. Sleep is something that cannot be forced (anyone who has ever found themselves wide awake in the middle of the night knows this), but there are things that can help support the body's natural circadian rhythm and a normal sleep cycle, including lifestyle habits, certain nutrients, and supplements.

Before we dive into the solutions, let's recap what a normal sleep cycle looks like: Sleep occurs in two major phases—non-rapid eye movement (NREM) and REM sleep. NREM is divided into stages 1-3, from falling asleep to light sleep to “slow-wave sleep,” or deep sleep, followed by REM (“dream”) sleep. Over the course of night, we cycle through these phases multiple times, from NREM to REM sleep, with deep sleep predominating in the early part of the

night and bouts of REM sleep getting longer in the latter part of the night. REM sleep is when our brains process and store relevant events of the day, while deep sleep is when tissues are repaired and built, immunity is strengthened, and metabolic waste (including protein plaques and tangles that are associated with Alzheimer's disease) is cleared from our brains.



THE STRESS CONNECTION

It's no secret that anyone living in the modern world deals with stress, and chronic stress can be a major sleep thief. Sleep is a natural shift from the sympathetic ("fight or flight") to the parasympathetic ("rest and digest") nervous system, and if all goes well, levels of the stress hormones cortisol, norepinephrine, and epinephrine drop, while levels of melatonin, the hormone that regulates the sleep-wake cycle, increase. But if you are turned on fight or flight all the time, with chronically elevated cortisol levels, sleep is going to be challenging, if not impossible. If stress is derailing the sleep train, focus on reducing stress levels first. Exercise, yoga, breathing exercises, walks in nature, and meditation can help reduce stress and support sleep. Adaptogens like tulsi ("holy basil") and reishi mushroom can help stabilize cortisol levels and are great for supporting the body during times of stress; they can encourage healthy sleep as well.¹ ² Nutrients that provide extra stress support include the B-complex vitamins, vitamin C, magnesium, and the omega-3 fats EPA and DHA.



THE FOOD CONNECTION

While your diet may not be the first thing that comes to mind when contemplating a good night's sleep, what you eat can have a profound effect on how well, or poorly, you sleep. There are the obvious dietary tips, like avoiding caffeine in the latter part of the day, but did you know that a diet full of refined carbs, grains, and sugars can seriously jeopardize a healthy sleep cycle? This type of diet leads to blood sugar instability, inflammation, insulin resistance, and cortisol dysregulation, all of which can lead to poor sleep quality. A diet rich in vegetables, healthy fats, and moderate protein supports healthy blood sugar balance, inflammation levels, and adrenal health. Additionally, consider regularly consuming foods like tart cherry (including tart cherry juice), walnuts, and kiwi, all of which may support healthy sleep.³



FIND YOUR SLEEP SOLUTION

Along with getting your stress levels in check and consuming a healthy, nutrient-dense diet, supplementing to build optimal levels of these specific nutrients can support a healthy sleep cycle.

Magnesium and B vitamins. One of the effects of a magnesium deficiency is sleep disturbance, including less slow wave, or deep sleep, a decrease in total sleep time, and increased waking during the night. Magnesium plays an important role in regulating the body's stress response system (the hypothalamic pituitary adrenal axis, or HPA axis) as well as supporting the normal production of GABA, a neurotransmitter integral to healthy sleep. Magnesium supplementation has been shown to increase deep sleep and

reduce nighttime cortisol levels in older adults, as well as help those suffering from poor sleep quality due to Restless Leg Syndrome.^{4,5,6} The B vitamins B12, folate, and B6 are required for the synthesis of neurotransmitters involved in sleep, including melatonin and serotonin^{7,8,9} and vitamin B6 appears to help cells absorb magnesium more effectively.^{10,11} The RDA for magnesium ranges from 310 to 420 mg daily for adults 18 and older.¹² Try this in combination with a high-quality B-complex supplement.

Vitamin D. Low levels of vitamin D have been associated with poor sleep quality and quantity, with research indicating that levels less than 20 ng/mL can significantly increase the risk of "unhealthy sleep."¹³ Vitamin D is known to influence the activity of hundreds of genes, and now researchers have discovered that it appears to activate two genes which control our circadian rhythm. The circadian rhythm affects body temperature and hormone production (including melatonin) and is heavily influenced by sunlight. Our bodies also naturally produce vitamin D upon exposure to sunlight, leading the researchers to suggest that vitamin D may play an important role in the "maintenance of circadian rhythms at the cellular level."¹⁴ Experts recommend maintaining blood levels of vitamin D at 50 ng/mL to support optimal health.¹⁵

L-theanine and GABA. This amino acid found in green tea has a calming, relaxing, and anxiety-reducing effect.¹⁶ It helps support healthy sleep via several changes in the brain including increasing levels of the calming neurotransmitter GABA, which is intimately involved in sleep, while decreasing levels of excitatory neurotransmitters. It also increases alpha brain waves, present during REM sleep.¹⁷ L-theanine has been shown to cross the blood-brain barrier, within about 30 minutes of taking it. GABA is also available as a supplement, and a study published earlier this year found that a combination of L-theanine and GABA was more effective compared to either supplement taken alone. Using an animal model, the researchers discovered that taken together, L-theanine and GABA decreased sleep latency, the time it takes to fall asleep, and prolonged sleep duration, including increasing both REM and NREM sleep, deeper sleep during which the body restores and repairs.¹⁸ For sleep support and reducing stress, try 100-400 mg of L-theanine¹⁹ and 100-200 mg of GABA.²⁰

A foundation of good health is built on a healthy diet, regular movement, and quality sleep. If one of these components is missing, overall health will suffer. Natural sleep aids are abundant, but sometimes the best tactic is to build a foundation for healthy sleep from the ground up by reducing stress, eating well, and supplementing with a few basic nutrients that are known to support your body's sleep-wake cycle.

References available upon request.

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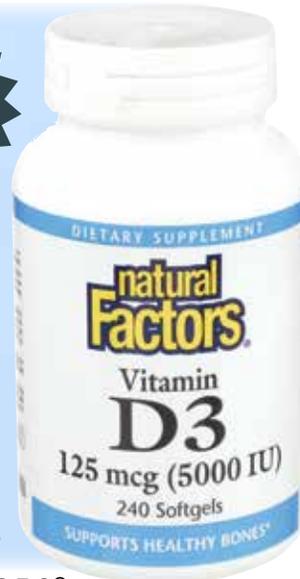
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 3 mg
 Melatonin can help provide a more restful and more natural sleep.*
 90 CHEW | EDAP \$5.99

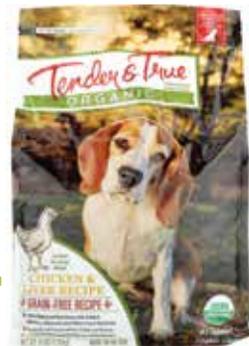
30% OFF



\$1²²

SWEETWOOD SMOKEHOUSE®
 Fatty Turkey Meat Sticks
 Handcrafted beef jerky and all-natural meat snacks.
 1 OZ. | EDAP \$1.75

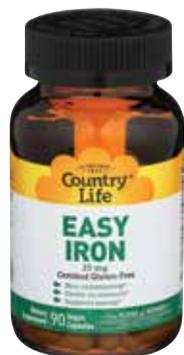
30% OFF



\$12⁹⁴

TENDER & TRUE®
 Organic Dog Food
 USDA organic and antibiotic-free natural premium dog food.
 4 LB. | EDAP \$18.49

27% OFF



\$7⁷⁹

COUNTRY LIFE® Certified GF Gluten-Free
 Easy Iron
 25 mg
 Iron is essential for the formation of red blood cells.*
 90 VCAP | EDAP \$10.79

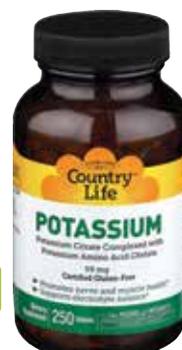
26% OFF



\$7¹⁹

NATURAL FACTORS®
 Oil of Oregano
 180 mg
 This organic oil of oregano is wild-crafted, hand-harvested Mediterranean oregano.*
 30 SG | EDAP \$9.75

25% OFF



\$7⁹⁹

COUNTRY LIFE® Certified GF Gluten-Free
 Potassium
 99 mg
 Potassium supports healthy neuromuscular function.*
 250 TAB | EDAP \$10.79

EDAP = Every Day Affordable Price. All items are available while supplies last; no rain checks. We reserve the right to correct errors.
 *These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.

25% OFF
EDAP®

25% OFF



\$6.71

CAPPELLO'S®
Gluten-Free Pizzas
Delicious, gluten-free pizzas, need we say more?
11-12 OZ. | EDAP \$8.95



25% OFF



\$3.86

ALDEN'S®
Organic Ice Cream
Organic ice cream is the cream of crop!
14 OZ. | EDAP \$5.15



25% OFF



\$8.99-\$9.49

YERBA PRIMA®
Psyllium Husks
Psyllium whole husks is a high-quality dietary fiber that supports regularity and heart health.*
180 CAP | 180 VCAP | EDAP \$11.99-\$12.75

25% OFF



\$3.11

LIGHTLIFE®
Smart Dogs
Fire up the grill, top with your favorite condiments, and enjoy this ultimate summertime classic—vegan style.
12 OZ. | EDAP \$4.15



25% OFF



\$2.58

AMY'S®
Select Macaroni & Cheese
Creamy, dreamy heat n' eat mac n' cheese—yes, please!
8-9 OZ. | EDAP \$3.45

25% OFF



\$1.71

RXBAR®
Protein Bars
These protein bars are simply made with clean ingredients that give you the nutrition you need.
1.83 OZ. | EDAP \$2.29

25% OFF



\$2.99

UNREAL CHOCOLATE®
Dark Chocolate Nut Butter Cups or Chocolate Gems
They cracked the code to making some of the best-tasting chocolate snacks ever!
3.2-5 OZ. | EDAP \$3.99



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THINK WISE



EDAP
\$3.99
 PER
 8 oz. Bag



EDAP
\$2.89
 PER
 4 oz. Bag

EDAP
\$5.79
 PER
 8 oz. Bag

HAPPY (ORGANIC) TRAILS TO YOU!

We love trail mix. The name itself suggests adventure—climb the mountain, traverse the canyon, discover whatever is waiting around the bend. Just grab a bag and trek into the unknown! We want our mixes to deliver adventure in every bite, so they're created with excellence, using premium quality, non-GMO ingredients, and kept deliciously fresh. Try the *Tierra Trail Mix* for a mouthful of organic flavor from around the globe—cashews from the tropics, plump sultana raisins from Turkey, the tart-sweet of cranberries from misty bogs and, of course, chocolate. Our *Go The Distance* blend tastes of wanderlust. It's in the crunch of sprouted Italian almonds against silky chocolate chips. It's in the tang of Mexican mango and coconut from Sri Lanka whispering of lush paradise. Every certified organic bite is made to savor and designed to energize, so grab a bag and get going. Discovery awaits, and our prices are ready for adventure. \$3.99/8 oz. *Tierra Trail Mix*, \$5.79/8 oz. *Go The Distance*, \$2.89/4 oz. *Go The Distance*.



SALE
\$4.59
 pint
 EDAP \$5.59

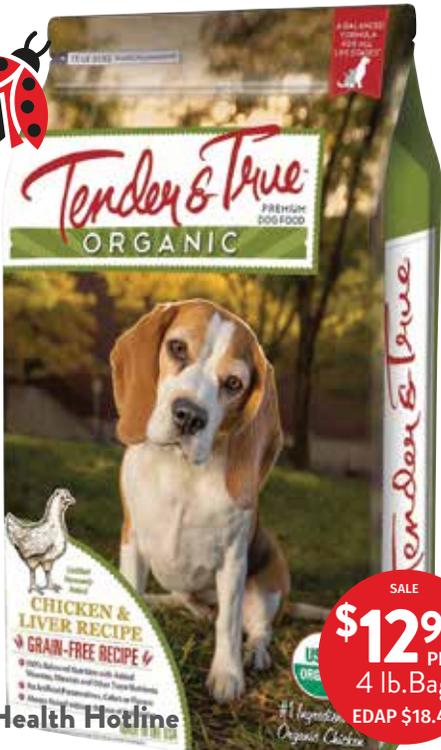
A JOURNEY IN GELATO

Strawberries, blackberries, and raspberries harmonize in the sweetest jam, folded between layers of mascarpone cheese and creamy gelato. Tart, velvety, indulgent—each spoonful whispers of the journey that started Dolcezza, when founders, Violeta and Robb tasted their destiny in the humid, dark Argentine night. A few years down the road in Washington D.C., they began learning to craft their own, searching for ingredients in orchards and farms nearby. They built relationships with producers who shared their values, bringing grass-grazed milk, fruits, and nuts back to their kitchen to spin into frosty perfection. These days, Dolcezza is a household name in some parts, but they've never forgotten how it started—with clean ingredients, handmade craftsmanship and family working together to share their passion, spoonful by decadent spoonful. From Stracciatella to Salted Caramel, you can find your own journey of bliss in each hand-packed pint at your local Natural Grocers. Any way you travel—your flavor of happiness will be here waiting, and they call it Dolcezza.

"CERTIFIABLY BETTER" PET FOOD!

There's no pretending with your furry family members. You needn't shrug a bad day away, because they understand! They know when you crave a tender touch or a true heart-to-

heart. Making sure they're healthy and happy is the quest you've been on, after all, since the day they captured your affection. But, when their favorite thing (other than you) is their mission, the struggle is real. Let's rephrase that—the struggle was real until Tender & True pet food happened. This is pet food that will treat your four-legged family member the way they treat you, and it's made with ingredients you'd serve yourself for dinner. Humanely-raised, antibiotic-free poultry and a tasty mix of veggies combine in grain-free, USA-produced excellence. With both USDA Organic and GAP Animal Welfare certifications, there's no pretending here—Tender & True is tender to your pets, true to your values, and so delicious it'll keep those tails wagging. Plus, we have the Chicken/Liver and Turkey/Liver dog and cat food on sale this month at prices that beg to make any bad day better!



SALE
\$12.94
 PER
 4 lb. Bag
 EDAP \$18.49

SEELY

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

IS YOUR LUNCH TELLING A TRUE STORY?

Have you ever had that dream where you're on a mission to make something so delicious it could be served at a Michelin-star restaurant? The world's best turkey sandwich for example—meat and cheese piled high between thick, crusty pieces of sourdough, oozing with Dijon mustard, tomato, and red onion dripping with flavor bite after bite... Your mouth is open, poised to tear into your first piece, then suddenly you wake up?! The folks at True Story had this kind of dream—the kind that tasted what was missing in the world of sandwiches: cleaner, simpler, more flavorful meat, without artificial additives and over-processing. So, they woke up and did something about it. Now their quest for better meat is here to make your dreams come true with sandwich-ready slices of chicken and turkey that are certified humanely raised and organic, free of nitrates and nitrates, and artificial junk. You'll want to race to your favorite Natural Grocers faster than you can say turkey sandwich, wrap or Cobb salad! (Just don't get a speeding ticket on your way because at \$5.99/ea. you're surely going to be rushing!)



EDAP
\$5.99
PER
6 oz.

PROBIOTIC-POWERED CLEAN

This one is for everyone who believes that clean shouldn't come dirty to begin with! Plus, it's here for when your neighbor drops by unexpectedly and starts staring down at your countertops. Aunt Fannie's is here to revolutionize your cleaning routine with commercial-grade effectiveness, but without the toxic chemicals found in many cleaners—and that's only the beginning. When Mat Franken's young son was experiencing chronic health problems, he tried everything. Then the lightbulb in the cleaning closet came on! Not only were his sanitation supplies leaving behind a harsh, chemical residue, but they were also killing off good bacteria around the house—the kind that would support his son's immune system. So, he got busy on a solution. Now, Aunt Fannie's Microcosmic Probiotic-Powered Cleaners are here to renew the delicate balance of your home's ecosystem, just like they transformed Mat's. Using only non-toxic, food-based and probiotic ingredients, and 100% essential oil scents—they're dermatologist and allergy tested and designed to pair with the pH of your skin. Hurry in and grab some at your nearest Natural Grocers, before your neighbor notices that smudge on your window, and let our prices keep your budget clean like you've never seen!



EDAP
\$7.49
PER
16 oz.

MEET THE REAL CASHEW

It's a crispy, crunch when you bite in, with a pop of salt to satisfy cravings. It's fun trying a familiar food a new way! That's why we're proud to source our bulk nuts from the best places, while keeping them the freshest, and this time we're bringing home cashews like you've never tasted them before. They're a favorite snack in Vietnam and Taiwan, and in our experience, anything that has "local" approval, is a thing we want to try. So, what's the big difference between ours and the standard cashew? These delicious non-GMO cashews from Vietnam are dry-roasted and salted, with the skin left on. It adds this whole extra layer of crunch and introduces your taste buds to the real cashew, in its natural state. Are you ready to discover the next great Natural Grocers snack? Get your cashew-crunch on and save some cash, too at \$5.99/10 oz. bag



EDAP
\$5.99
PER
10 oz. Bag

HOPE YOUR PARTY HAS DIPS LIKE THIS

Hope Foods has gone nuts, and you're invited to the party! Gather your friends, gather your neighbors, maybe even gather a few strangers, because Hope's new Cashew & Almond Dips are made for sharing! The mission was transforming your favorite dairy-based spreads into the creamiest, plant-based deliciousness. The result is so velvety smooth, you won't believe there's no dairy, gluten, or artificial help, but there ARE loads of mouth-watering possibilities. Stir Roasted Garlic into pasta, spread French Onion on sandwiches and savor them both with all kinds of chips. Just try not to lose sleep dreaming up new ways to enjoy each one. Made in small batches a few miles from the Farmer's Market where they first started—you can taste the craftsmanship, and the Hope in every Non-GMO Project Verified bite. Time to call your pals and go nuts, because we have one party-ready price. Sale price valid 8.30.19-9.30.19



SOUP BUT BETTER

Are you getting enough bone broth in your life? There's an icebreaker for you the next time you're stumbling through small talk! All jokes aside though—bone broth is a goldmine of collagen, the essential protein that supports glowing skin, healthy joints, and a happy gut. The problem is, it takes forever to prepare. So, if time is standing between you and bone broth's benefits—you must meet Kettle & Fire! Grass-fed and pasture-raised bones? Check. Organic veggies? Check. Slow simmered for hours to maximize collagen and nutrients? Double-check. It's free of artificial preservatives, packed in recyclable containers, and ready to go with you anywhere because Kettle & Fire stands for shelf-stable convenience without compromising quality. Now they're making it even easier to get more bone broth in your life because they've turned it into the coziest kind of comfort food—soup! From tangy Tomato to spicy Thai Curry or savory Butternut Squash, there's a variety to satisfy every mood. It's one delicious way to say and taste bone broth at great prices from \$7.19-\$7.99!

BACOPA CAN HELP YOU COPE-A!

Hello, fall semester! It's just beginning to sink in, the pressure building around the edges of your brain, as exams loom on the horizon. So much to remember, so little time... Whether it's a full class schedule or a never-ending to-do list, our brains are battling overwhelm, and they need support. That's why it's time to meet Gaia Herbs Bacopa! Here's the scoop on this brilliant botanical: studies have shown it can enhance learning and memory, with benefits usually appearing 6–12 weeks into supplementation.* One notable attribute is that it safeguards memory's backdoor, by reducing the amount of new information that we promptly forget.** Can you guess who produces one of the few US-grown extracts of bacopa? Yes, Gaia Herbs! They make their bacopa extract from plants harvested at their greenhouse in North Carolina. Now with their innovative MeetYourHerbs® technology, you can follow its journey from seed to bottle, and verify its purity and potency firsthand. Just check your label for details.*** Whether you want a head start on exams or on remembering your holiday gift list—Gaia Bacopa is up for the task, and Natural Grocers' prices are here to support you!



WANDERLUST AND CHOCOLATE

Chocolate is a traveler's treat—just close your eyes and let it carry you around the globe. The flavors tell of far-away places where climate, soil, and people impact every detail whispering to your taste buds. When you unwrap a bar of chocolate, you're holding a roadmap of choices in the palm of your hand. The question is—what kind of choices are they? Are they in favor of small farmers, of fair prices, of regenerative practices? If it's Equal Exchange Chocolate, the answer is YES! This employee-owned cooperative exists to strengthen the connection between the choices we make and the origins of our food. Every bar is a journey of impact, from cacao to sugar and vanilla to the certified organic seal—it supports small farmers and a greener planet. And, every bite is a pure delight, from the bright spice of Lemon Ginger to the smooth, dark intensity of Panama—it's a traveler's treat!

P.S. Stoke your wanderlust with our Equal Exchange Chocolate sale this month! \$2.20 per bar



REAL INGREDIENTS —UNREAL FLAVOR!

“Too good to be true” doesn't exist when you're a kid, remember those days? The days when the extraordinary wonders of life are all within reach—you just stretch out your tiny hands and grab them. It's hard to find such moments when you're grown, but a handful of UNREAL chocolate gems can instantly take you back. The taste, the texture, the tantalizing purple, pink and blue pieces in your hand—they're made with real ingredients, nothing artificial, and they're extraordinarily delicious! How is it possible? Once upon a time, two brothers—Nicky and Kris Bronner, set out on a mission to prove that candy isn't bad for you! They ended up with a new mission—reinventing their favorite chocolate treats without the junk. The result? When you experience the sweet crunch of UNREAL gems—or the creamy center of their nut butter cups—you'll be as excited as a kid on Christmas morning. Free from corn syrup, artificial junk, and GMOs, they're lower in sugar and colored by food. They're also vegan (except for milk chocolate), and they're just waiting to prove that sometimes “too good to be true” is not so UNREAL!

P.S. We have them for the extraordinary price of \$2.99/ea. 5 oz.

MINIMAL EFFORT, MAXIMUM ENJOYMENT

It sizzles with the aromas of fire-roasted garlic and a hint of rosemary. You plate it on a colorful bed of veggies and inhale deliciousness. The cherry tomato on top is that it took you under 30 minutes to prepare. How? It's called Tribali, a rare combination of convenient and wholesome, in the shape of organic beef and chicken patties (pasture raised and free range of course). Blended with a tasty selection of veggies and spices, they're ready to go straight from the freezer to your stovetop, broiler or grill. The story begins decades ago when Angela Bicos Mavridis discovered the joy of real food while spending summers with her grandmother in Greece. As she followed her from vegetable grocer to the neighbor's farm, gathering ingredients for dinner, a legacy was cemented that would shape her future. Now she merges the traditions of her grandmother's kitchen with the demands of modern life. The result is your new culinary secret, rendered in Paleo certified, Non-GMO Project Verified, appetite-inducing excellence. All you must do is decide whether tonight's menu features Mediterranean, Umami or Chipotle Chicken. Our sizzling prices of \$10.99/16 oz.



25% OFF
EDAP®



25% OFF
Our Every Day Affordable Price® on all Grandpa Soap Company® Products

GRANDPA SOAP COMPANY®

Cruelty-free formulas and natural ingredients are at the heart of their products.



25% OFF
Our Every Day Affordable Price® on all Weleda® Products

WELEDA®

Weleda believes natural skin care holds the key to bringing ourselves back into balance.

(excludes kits)

25% OFF



\$4.71



COCONUT BLISS®

Organic Non-Dairy Frozen Desserts

Dairy free, soy free, gluten free and certified organic, Coconut Bliss is not to miss!

1 PT. | EDAP \$6.29

25% OFF



\$3.11

4505 MEATS®

Pork Rinds

Sourced from all-natural ingredients and responsibly raised meats.

2.5 OZ. | EDAP \$4.15

25% OFF



89¢

ARROWHEAD/ICE MOUNTAIN/OZARKA®

Spring Waters (Regional)

Brands vary by store.

1.5 L | EDAP \$1.19

25% OFF



\$2.09

BOULDER CANYON®

Select Potato Chips

Bite into a Boulder chip today!

5 OZ. | EDAP \$2.79

25% OFF



\$1.41

CALBEE AMERICA®

Harvest Snaps

Harvest Snaps are made from wholesome green peas, red lentils and black beans, straight from the farm.

3.3 OZ. | EDAP \$1.89

25% OFF



\$1.49

C2O®

Coconut Waters

Sourced from an especially fragrant & tasty variety that is unique to the inland soils of Thailand.

17.5 OZ. | EDAP \$1.99

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25% OFF
EDAP®

25% OFF



\$2.39



HIPPEAS®

Organic Chickpea Puffs

They're free of dairy and gluten, and are non-GMO.

4 OZ. | EDAP \$3.19

25% OFF



\$2.69



LATE JULY SNACKS®

Organic Restaurant Style Tortilla Chips

Taste authentic, restaurant-style tortilla chips now at home!

10-11 OZ. | EDAP \$3.59



25% OFF

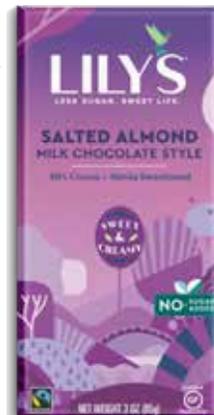
\$4.34

WATERLOO®

Sparkling Waters

12 PK. | EDAP \$5.79

25% OFF



\$2.84

LILY'S SWEETS®

Stevia Sweetened Chocolate Bars

Lily's uses only the finest non-GMO ingredients, including genuine, fair trade certified cocoa.

2.8-3 OZ. | EDAP \$3.79

25% OFF



\$2.24



NUTPODS®

Unsweetened Non-Dairy Creamers

Discover a dairy-free creamer made from heart-healthy almonds and MCT-rich coconuts.*

11.2 OZ. | EDAP \$2.99

25% OFF



\$2.24



NATIVE FOREST®

Select Organic Coconut Milks

Made from the first pressing of fresh, organic coconut meat.

13.5 OZ. | EDAP \$2.99

25% OFF

\$1.64



MOUNTAIN VALLEY®

Spring or Sparkling Spring Waters

Quality begins with the natural spring source the company has utilized and carefully protected since 1871.

1 L | EDAP \$2.19

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INGREDIENTS

- 1 pound organic peeled and deveined shrimp, thawed*
- 1 tablespoon Natural Grocers Brand Organic Extra Virgin Olive Oil*
- Kosher salt*
- Natural Grocers bulk organic ground black pepper*
- 1 organic lemon*
- 3 large stalks organic celery, 1 diced, 2 cut into sticks*
- 4 organic green onions, white and light green parts thinly sliced*
- 1 small organic shallot, minced*
- 2 tablespoons chopped fresh organic dill*
- 2 tablespoons organic mayonnaise*
- 1 teaspoon organic Dijon mustard*
- 1 teaspoon organic white wine vinegar*
- ½ cup organic sour cream*
- 3 teaspoons Simply Organic Creamy Dill Dip Mix*
- 2 large organic carrots, cut into sticks*
- 1 medium organic bell pepper, cut into strips*
- 1 medium organic cucumber, cut into rounds*
- 1 pint organic grape tomatoes*
- 2 ripe organic avocados*

NATURAL GROCERS

ORGANIC SHRIMP SALAD STUFFED AVOCADO

These shrimp salad-stuffed avocados are a light and refreshing new way to enjoy avocados!

INSTRUCTIONS

TOTAL TIME: 30 MINUTES | SERVES 4

1. Preheat oven to 400°F.
2. Toss the shrimp with the olive oil and spread in a single layer on a rimmed baking sheet. Sprinkle with salt and pepper, squeeze lemon evenly over the shrimp, and bake until opaque, 5 to 7 minutes. Remove from the oven and set aside to cool.
3. While the shrimp are cooking, combine the diced celery with the green onions, shallot, dill, mayonnaise, mustard, and vinegar in a medium bowl and mix well.
4. Remove the tails from the cooked shrimp and add to the dill mixture. Gently fold together until evenly mixed.
5. Combine the sour cream and dip mix in a small bowl. Arrange the remaining celery sticks, carrot sticks, cucumbers, bell peppers, and grape tomatoes on a platter with the dip in the middle.
6. Cut each avocado in half, remove the pit, and lightly season with salt. Plate each avocado and fill with ¼ of the shrimp salad (about ½ cup). Serve with the vegetable and dip plate for a complete meal.

Natural Grocers is Proud to be USDA Certified Organic Handlers



JOIN US ON **SEPTEMBER 7TH** AS WE KICK OFF **ORGANIC MONTH**

**SAMPLING OF USDA CERTIFIED
ORGANIC PRODUCE**

NO-BAKE APPLE COOKIE TASTING

FREE BAG WITH PURCHASE

**ORGANIC FARMERS ASSOCIATION
FUNDRAISER ALL MONTH**



SPECIAL {N}POWER[®] ONLY OFFER

\$5 OFF

PURCHASE OF \$55 OR MORE ON SEPTEMBER 7TH ONLY

*This offer is available only to registered {N}power members. Offer valid only on September 7, 2019 at participating Natural Grocers stores. \$55 minimum purchase requirement does not include sales tax. Limit one transaction per household. Purchases of gift cards do not apply to accumulation of \$55 minimum purchase requirement. \$5 off reward will be applied to your purchase of \$55 or more. This reward has already been loaded to your account. ALL REWARDS REDUCE YOUR BASKET SIZE. Points are applied to the price paid after discounts. Even though you can use multiple offers in one transaction, the \$55 minimum purchase requirement must be met after all discounts are applied. Offer void where prohibited by law. We reserve the right to correct errors.

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



SIGN UP ONLINE NATURALGROCERS.COM/JOIN

20% OR MORE OFF
EDAP®



25% OFF

\$5.76



**R.W. KNUDSEN FAMILY®
SELECT ORGANIC JUST JUICES**

32 OZ. | EDAP \$7.69

25% OFF



\$1.86



WILD PLANET®

Select Wild Sardines or Wild White Anchovies

Let your taste buds run wild with these select powerhouse foods.

4.4 OZ. | EDAP \$2.49

25% OFF



\$8.49



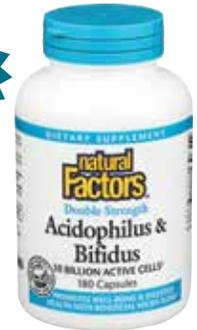
SEAWEED BATH CO.®

Argan Shampoo or Conditioner Lavender

Go ahead, dive into their ocean-inspired line every day!

12 OZ. | EDAP \$11.35

23% OFF



\$21.99

NATURAL FACTORS®

Double Strength Acidophilus & Bifidus

An excellent probiotic formula with *Lactobacillus rhamnosus* as the predominant strain.*

180 CAP | EDAP \$28.59

23% OFF



\$14.99

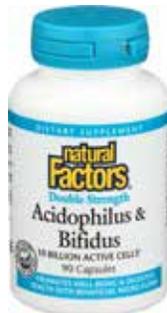
COUNTRY LIFE®

Max For Vegans™

Supplement your vegan lifestyle with vitamin B12, and coenzymated B-vitamins to support energy metabolism.*

120 VCAP | EDAP \$19.49

22% OFF



\$12.79

NATURAL FACTORS®

Double Strength Acidophilus & Bifidus

Contains three strains of probiotics to assist with the maintenance of normal intestinal health.*

90 CAP | EDAP \$16.49

22% OFF



\$10.79

NATURAL FACTORS®

Stress-Relax® Melatonin

5 mg

Melatonin can help support a more restful and natural sleep.*

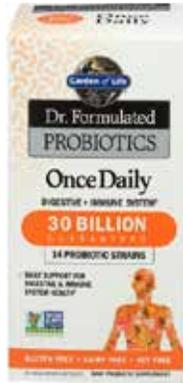
180 CHEW | EDAP \$13.99

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20% OR MORE OFF
EDAP®

21% OFF

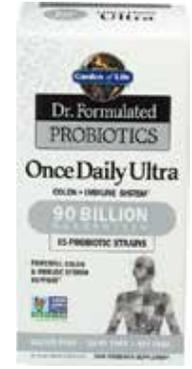
\$18⁷⁹



GARDEN OF LIFE®
Dr. Formulated Probiotics Once Daily 30 Billion
 This unique, 30 billion CFU formula is made from diverse strains, and is resistant to stomach acid and bile.*
30 VCAP | EDAP \$23.99

21% OFF

\$30⁷⁹



GARDEN OF LIFE®
Dr. Formulated Probiotics Once Daily Ultra
 This ultra-strong, 90 billion CFU probiotic supplement contains *Lactobacillus acidophilus* and *Bifidobacterium (Bifidobacteria)* to support digestive health.*
30 VCAP | EDAP \$38.99

21% OFF

\$17⁷⁹



GARDEN OF LIFE®
Organic Max Strength Turmeric Joints & Mobility
 Includes organic and non-GMO whole turmeric root, plus organic ginger root to support their bioavailability.*
30 VTAB | EDAP \$22.59

21% OFF

\$20⁷⁹



GARDEN OF LIFE®
myKind Organics Elderberry Gummy
 Organic and non-GMO—grown without toxic pesticides, herbicides, or fungicides.*
120 GUMMIES | EDAP \$26.35

20% OFF

\$1⁹⁹



EDEN FOODS®
Select Organic Beans
 Bean there, done that... not with Eden Organic beans! Try some today!
15 OZ. | EDAP \$2.49

20% OFF

60¢

ALTER ECO®
Organic Single Truffles
 These assorted truffles are made with Ecuadorian cacao that coats creamy coconut oil for a rich flavor.
.42 OZ. | EDAP 75¢



20% OFF

\$11⁹⁹



NATURTINT®
All Naturtint Hair Color
 Created to help you achieve gorgeous hair color with minimal chemical ingredients.
5.28 OZ. | EDAP \$14.99



20% OFF
Our Every Day Affordable Price® on all Aura Cacia® Organic Essential and Carrier Oils

AURA CACIA®
 Aura Cacia specializes in organic, ready-to-use oils.

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ECONOMIC COSTS

While food prices have naturally climbed over the years, Americans still spend a fairly small percentage of their income on food. That's in large part due to agricultural subsidies, which are meant to maintain a stable food supply at relatively low costs, or so it seems.

The U.S. spends about \$20 billion annually on farm subsidies.¹ These payouts were originally introduced in the 1930s as, “a temporary solution to deal with an emergency;”² in other words, to help the small and mid-sized family farms that were hit hard by the Depression and severe weather issues like the Dust Bowl that left crop fields barren. These days, they are intended to protect farmers from the variables of farming—weather, pests, market prices, etc.—and alleviate farmer poverty, but in reality, the majority of subsidies go to large commercial farms with average incomes of \$200,000 and average net worths of about \$2 million.³ One analysis found that 60 percent of subsidies went to the largest 10 percent of farms.⁴

Subsidies are supposed to help compensate for the risks of farming, but these payouts essentially give billions of taxpayer dollars to large farm businesses.

More than 90 percent of all subsidies go to five crops: wheat, cotton, corn, soybeans, and rice. These subsidies create a surplus of these crops, which are mostly used to make processed junk food or to feed livestock in CAFOs. Meanwhile, more than half of the fresh fruit and almost a third of the fresh vegetables we buy is imported from other countries.⁵

Subsidies aren't the only economic costs of conventional agriculture—the estimated environmental and public health care costs of excessive pesticide use has been estimated to be about \$12 billion dollars annually⁶ and the cost of treating rural and municipal drinking water supplies contaminated by agricultural fertilizer pollution is in the billions.⁷

ENVIRONMENTAL COSTS

Conventional agriculture relies on large-scale monoculture, meaning farmers grow or produce a single crop or livestock species in one field or farm at a time. This kind of intensive farming requires using (literally) tons of synthetic chemical fertilizers and pesticides.

In fact, the U.S. uses more than one billion pounds of pesticides each year, according to the Environmental Protection Agency (EPA).⁸ About 85 pesticides used throughout the U.S. have been banned or are in the process of being phased out in Europe, China, and Brazil, mostly because of their harmful impact on human health or the environment, according to a 2019 study published in the journal *Environmental Health*.⁹

A reliance on monocultures and the heavy use of pesticides that this type of farming requires leads to a loss of biodiversity,¹⁰ including beneficial pollinators, whose numbers have been drastically declining in recent years. Biodiversity boosts overall ecosystem health and ensures that ecosystems can endure and recover from natural disasters and climate instability.¹¹

In addition to biodiversity, water is also highly affected by agricultural runoff.

Runoff from fields washes pesticides and fertilizers into lakes, rivers, and streams, impacting local wildlife and drinking water for nearby residents. Nitrate, in particular, is one of California's most widespread groundwater pollutants and studies are ongoing about its potential risk to human health.¹² The UC Davis Center for Watershed Sciences studied the link between agriculture and groundwater and found that “agricultural fertilizers and animal wastes are by far the largest regional sources of nitrate in groundwater, contributing 96 percent of the nitrate loading to groundwater in these agricultural regions.”¹³

Dead zones and algae blooms resulting from agricultural runoff are an ever-growing problem as well. The historic flooding of millions of acres of Midwestern farmland earlier this year washed huge amounts of fertilizer and manure into waterways, “triggering a potentially unprecedented season” of algae blooms in Lake Erie and the Gulf of Mexico.¹⁴ An algae overgrowth can choke out aquatic life and make water unsafe for swimming and drinking. Further, algae blooms emit large amounts of methane, a potent greenhouse gas, which scientists say can accelerate global methane emissions up to 90 percent over the next century.¹⁵

Conventional agriculture also takes a major toll on the soil. Heavy tilling, multiple harvests of the same crop every year, and the heavy use of chemicals depletes valuable soil nutrients and microbes, requiring farmers to use ever increasing amounts of chemical fertilizers to stimulate plant growth. The heavy use of pesticides further depletes important soil microorganisms. The herbicide glyphosate, for example, has been found to negatively impact the diversity, function, and structure of soil microbes and fungi that are vital to soil health.¹⁶

A recent United Nations study found that one-third of the Earth's fertile soil is being “acutely degraded.” The biggest factor? Conventional agriculture.¹⁷ Soil degradation leads to erosion and eventually desertification, making it harder to continue farming and threatening food production.¹⁸ Degraded soil also releases carbon into the atmosphere, making it a major contributor to climate change.^{19,20}

ONE BILLION POUNDS OF PESTICIDES

\$20 BILLION IN ANNUAL FARM SUBSIDIES

HEALTH COSTS

One of the biggest threats of conventional farming to human health is the rise of antibiotic-resistant superbugs, or bacteria that don't respond to antibiotics. The CDC calls antibiotic resistance, "one of the world's most pressing public health problems."²¹

About 80 percent of all antibiotics in the U.S. are not used by humans,²² instead, they are administered to cows, pigs, and chickens raised for food in an attempt to keep them healthy in CAFOs. One study found that people living near pig farms or cropland fertilized with pig manure were about 30 percent more likely to contract antibiotic-resistant *Staphylococcus aureus* bacteria, or MRSA.²³

The widespread use of chemical pesticides in conventional agriculture is another major health burden placed on the public, and often, the people most affected by them are also the least protected. Farmworkers are on the frontlines working with harmful pesticides, often with very little training or understanding of how the exposure can affect their health. Studies have shown that pesticides brought into the home on parents' clothing and skin also put farmworker's children at risk.²⁴ One long-term study conducted by researchers at the University of California, Berkeley found that the children of farmworkers and children who lived near fields where organophosphate pesticides are sprayed had higher rates of neurodevelopmental problems, including autism, hyperactivity, and reduced IQs.^{25 26}

The damage isn't limited to farmworkers and their children. More than 90 percent of the U.S. population has detectable levels of pesticides, or their metabolites, in their bodies; most of the exposure comes from food and drinking water. Cumulative and chronic pesticide exposure has been linked to numerous health problems, including cancer, reproductive and endocrine problems, neurodegenerative disorders, cardiovascular disease, and respiratory conditions.^{28 29 30}

Finally, there's the issue of food subsidies. Scientists have tracked how subsidized foods affect our health and found that people whose diets contained more subsidized foods (i.e., foods that are highly processed) tended to have worse health than those whose diets contained less.³¹

Industrial agriculture produces commodity crops like corn and soybeans, which make cheap, overly processed foods. A number of recent studies have found that eating processed foods leads to overeating and weight gain, a higher risk of cardiovascular disease, an increase in cancer risk, and overall risk of all-cause mortality.³²

THE FUTURE IS ORGANIC

The goal of organic agriculture is to conserve and improve soil health and water resources; foster biodiversity; and grow food without the use of synthetic fertilizers and pesticides. When it comes to livestock, organic standards require that animals are managed without the preventative use of antibiotics, are fed certified organic feed, meet certain health and welfare standards, and are managed in a way that conserves natural resources and biodiversity.³³

Conventional agriculture was promised to feed the world, but side-by-side studies comparing organic and conventional farming practices have found that organic systems can match or surpass conventional farming in production. A Rodale Institute report found that organic farming "consistently matched the yields of the conventional system, and produced greater yields than the conventional system under moderate drought conditions."

Their research also found that organic systems were almost three times as profitable as the conventional ones;³⁴ other research has also found that organic hotspots, or counties with high levels of organic agricultural activity, boost household incomes and reduce poverty levels.³⁵

And while conventional agriculture is a major contributor of greenhouse gases, research has shown CO₂ emissions to be up to 66 percent lower in organic farming systems compared to conventional ones.^{36 37} Organic farming also focuses on restoring soil health, and healthy soil sequesters carbon, helping to reduce CO₂ levels in the atmosphere.³⁸ It has been estimated that for each one percent increase in soil carbon levels due to organic farming, atmospheric CO₂ levels would be reduced by up to two percent.³⁹

Cheap food is plentiful in the U.S. as a result of an unsustainable system of agriculture, one that comes at a major cost to the economy, the environment, and public health. And those costs are shouldered not by the industry causing the damage, but by individual farmers, farmworkers, taxpayers, and the general public. There is a better way. Organic agriculture is a system that boosts the economy, while protecting the environment and public health—with no hidden costs.

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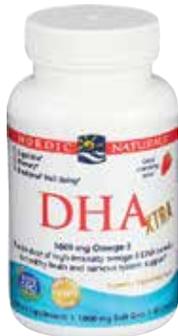


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NUTRITION BYTES

GLYPHOSATE EXPOSURE LINKED TO ANXIETY AND DEPRESSION

Roundup is the most heavily used herbicide worldwide and its active ingredient, glyphosate, is under scrutiny for its effects on environmental and human health. One of glyphosate's mechanisms of action is related to its disruption of the shikimate pathway, which is found in the weeds that it targets. The current accepted dogma by those claiming glyphosate is safe is that the shikimate pathway is not found in humans or mammals. However, the shikimate pathway is present in the gut bacteria of mammals (including humans), which are

REPEATED EXPOSURE TO GLYPHOSATE SIGNIFICANTLY DECREASED THE OVERALL DIVERSITY AND ABUNDANCE OF THE MICROBIOTA

directly related to overall health and mood. A recent study examined the effects of glyphosate on gut bacteria of mice and its impact on anxiety and depressive-like behavior.

The study separated mice into three groups: The control group was given a saline solution, while the other two groups were given either a 250mg/kg or 500mg/kg dose of glyphosate. The doses used in the study were at or below the levels established by the EPA to have no adverse effects. Each group of mice underwent a series of behavior tests after a one-time dose and again at six and 12 weeks. At the end of the study the mice gut microbiota was examined and analyzed. Researchers found that glyphosate lead to anxiety and depressive-like behavior at both six and 12 weeks of exposure. The researchers also found that repeated exposure to glyphosate significantly decreased the overall diversity and abundance of the microbiota, including beneficial strains such as *Lactobacillus* bacteria. The researchers highlighted that these changes in the microbiota have been consistently linked with anxiety and depressive-like behavior.



This research adds to the growing body of literature that highlights how glyphosate negatively affects our health. Glyphosate is widely used in genetically modified foods but is also used in conventionally grown foods such as wheat and oats. The best way to avoid glyphosate in food is to choose organic.

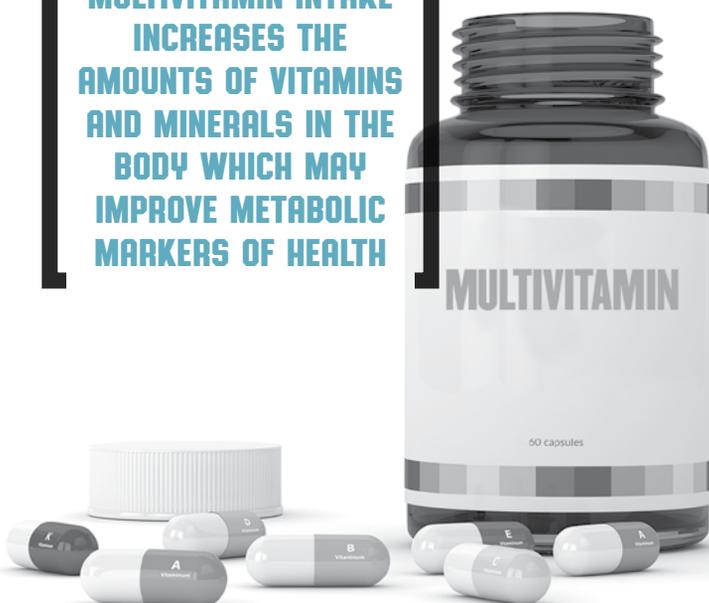
MULTIVITAMINS IMPROVE METABOLIC MARKERS IN DIABETICS

Diabetes is a growing problem worldwide and results in the body's inability to regulate blood sugar. As a result, many diabetics have higher levels of oxidative stress and lipid dysregulation. High levels of oxidative stress are thought to complicate the development of diabetes over time by increasing the amounts of free radicals in the body, while lipid dysregulation results in decreased HDL cholesterol with increased triglycerides and LDL cholesterol. Combined oxidative stress and lipid dysregulation can increase the risk factors associated with diabetes, such as cardiovascular disease.

A recent study investigated the effects of a daily multivitamin in 300 Sudanese patients with type-2 diabetes. Participants in the study received either a placebo or a multivitamin which contained the recommended daily allowance of vitamins and minerals. At the end of the study blood samples were taken that measured vitamins A, E, C and zinc in addition to other metabolic markers such as HDL, triglycerides, and fasting blood glucose.

Those participants taking the multivitamin had significant increases in vitamin A, E, and zinc as well as improvements in several metabolic markers, including triglycerides, HDL cholesterol, and fasting blood glucose. The results of this study showed that multivitamin intake increases the amounts of vitamins and minerals in the body which may improve metabolic markers of health. The researchers concluded that improvements made in diabetics taking multivitamins may minimize the complications related to diabetes.

MULTIVITAMIN INTAKE INCREASES THE AMOUNTS OF VITAMINS AND MINERALS IN THE BODY WHICH MAY IMPROVE METABOLIC MARKERS OF HEALTH



RESULTS INCLUDED SIGNIFICANT DECREASES IN TOTAL CHOLESTEROL, TRIGLYCERIDES, AND LDL CHOLESTEROL

PALEOLITHIC DIET IMPROVES CARDIOVASCULAR RISK FACTORS

In recent years, adherence to a paleolithic diet (PD) has gained popularity and is considered to be a healthy dietary lifestyle, stemming from observations that our hunter-gatherer ancestors were generally lean and free of chronic disease. This is mostly attributed to their diet, which prioritized consumption of meat, fish, eggs, fruits, vegetables, roots, and nuts, while excluding dairy and grains. Their diets were also void of modern-day processed foods, high in added sugar, salt, and damaged fats.

A 2019 meta-analysis conducted by researchers at Tehran University of Medical Sciences sought to find whether adherence to a PD demonstrates favorable effects on cardiovascular disease (CVD) risk factors. Primary outcomes included improvements in risk factors such as lipid profile, blood pressure, weight, and inflammatory markers. In total, eight human randomized controlled trials with a total of 266 subjects were included in the analysis. Paleolithic diet interventions ranged anywhere from 14 days to two years.

Adherence to a PD resulted in significant decreases in weight, waist circumference, BMI, and body fat percentage. Additionally, both systolic and diastolic blood pressure were significantly reduced. Some of the most profound results of the study included changes in various blood markers most commonly associated with increased risk for CVD. This included significant decreases in total cholesterol, triglycerides, and LDL cholesterol, with significant increases in HDL cholesterol. Moreover, measures of C-reactive protein, a well-known inflammatory marker, were also significantly reduced. Authors of the study concluded that these results provide support for the use of the PD in improving cardiovascular disease risk factors.

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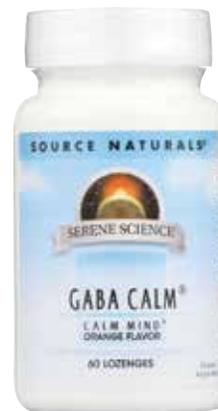


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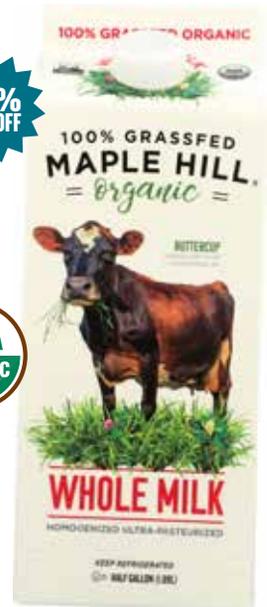
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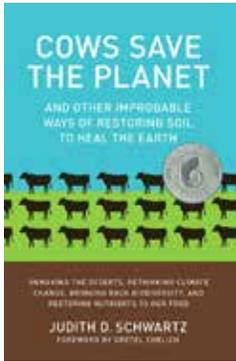
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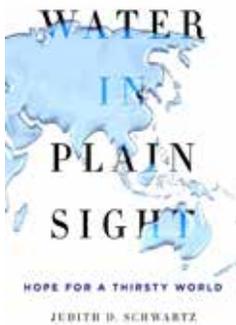
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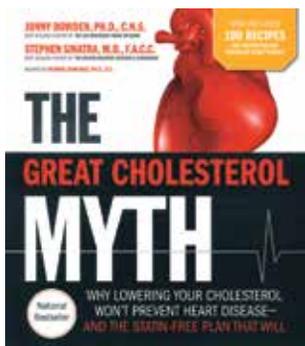
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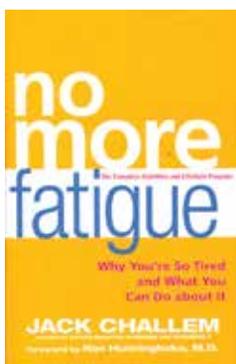
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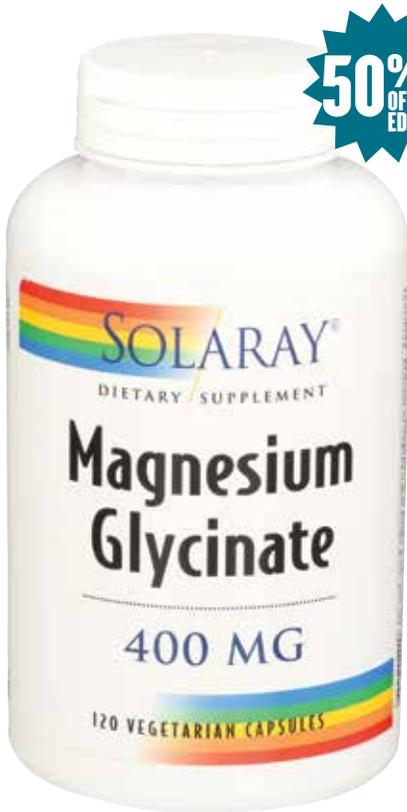
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Intended to provide exceptional nutritive support for normal, healthy muscle function.*



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Grass Fed Collagen
Peptides
Unflavored
9.87 oz.



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Peptides
Unflavored
19.8 oz.

Garden of Life offers non-GMO certified, keto certified, paleo-friendly, and NSF gluten-free collagen peptides.*

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MagMind®
90 vcap

Formulated with magnesium L-Threonate, which supports cognition, memory, and brain health.*

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MRM®
CoQ-10
100 mg
60 sg



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EDAP \$14.99

MRM®
CoQ-10
100 mg
120 sg



Supports cardiovascular health, promotes a healthy immune system, and is formulated for enhanced absorption.*



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