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MAY 2021 | VOL. 46



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LETTER From the Iselys

“To describe my mother would be to write about a hurricane in its perfect power. Or the climbing, falling colors of a rainbow.”—Maya Angelou

And on that note, we’re dedicating this letter to moms! Here’s to you—the truths of motherhood, in your own words, as expressed by our coworkers, family, and friends!

Being a mom is...

...the greatest and most important experience of my life. It’s like having your heart outside of your body, in little person form. It gives me more passion for the future of the world. Now, I believe it’s worth fighting for and that I could have an influence.

Mom stuff, it’s complex too...

The love you feel for your children is like no other love. It’s the most thankless job, yet the most rewarding. It’s pure joy and pure frustration all in any given moment.

Becoming a mother is an invitation to open yourself in ways you never thought...

You feel your heart expanding, and nothing is more gratifying. Motherhood is messy and magical, and I wouldn’t have it any other way. No matter what obstacles may come across your path, there is always a solution. It has taught me the true meaning of unconditional love.

And then there are the KIDS...

...kind of the best things in the world. They don’t let you get away with stupid, but they still love you forever. Teach them the importance of kindness as well as having a great sense of humor. Teach them the importance of loving themselves.

It’s incredibly bittersweet watching them grow up. Always be there for them. The end result will be an amazing person that has kindness and compassion. The payoff comes when you witness that human being shining brightly, standing in their center, and living true to their values.

The pressure...

We were all either helped or hindered by the person we call mom, but regardless—we were also shaped into who we struggle to change or be by that same woman. It gives me sooo much more respect for my own mama. Having her as my mom and the loving presence in my life that she was, I grew up believing I could do anything.

Although it can be tiring and sometimes outright exhausting on a day-to-day level, there is nothing in this world that gives you a greater sense of connection and purpose than being a mom. You also might be fortunate enough to become a grandmother, and life’s blessings continue forward.

Thank you to the women who shared your hearts and your words with us—we are truly honored. Happy May and Happy Mother’s Day!

The Isely Family

P.S. Mom’s love brunch (as long as somebody else is burning the bacon). Just saying...



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Natural Grocers™ | 3

FOR THE LOVE OF ORGANICS: BROCCOLINI

By Charity Isely

Are you acquainted with this tasty green veg? It has fluffy tops, tender stalks, and a name that rhymes with zucchini—they call it broccolini! Now please enjoy this helping of fun facts; perhaps you'll share them over a broccolini-inspired repast!



A hybrid of broccoli and gai lan (Chinese kale/Chinese broccoli), it was created in Japan in the 1990s via traditional hand-pollination methods, *not* genetic engineering.ⁱ

- Sweeter and milder in flavor than broccoli, some say it has notes of pepper.^{ii iii}
- It's an almost no-waste vegetable: you can eat the whole thing from stem to leaf to its tiny florets, just trim the bottom ends of the stems.^{iv v}
- Asparation was its original name (inspired by similarities to asparagus) and is still in use, but we think the more widely known broccolini is more to the point!^{vi}

This crucifer isn't just fun and games, it gets serious when it comes to health!

Broccolini belongs to the cruciferous veg family, which is unique because of compounds called glucosinolates that help defend the plants from pathogens and pests.^{vii} The exciting news is that glucosinolates are precursors to potent, bioactive compounds that can also help your body mount a defense against toxins.^{viii} Enter sulforaphane, a derivative of glucoraphanin, one of the main glucosinolates in broccolini.^{ix} Sulforaphane is synthesized when it interacts with the enzyme myrosinase, also conveniently stored in the plant, and there are plenty of reasons you want more of it in your diet:

- It's been shown to regulate microRNAs and inhibit histone deacetylases and DNA methyltransferases. These functions are of interest to researchers because of their potential chemopreventive effect since "the mis-regulation and overexpression of these genes are responsible for the uncontrolled cellular proliferation and viability of various types of cancer cells."^{x xi xii}
- It activates phase II detoxification enzymes, crucial for their role in the final elimination of toxins from the body.^{xiii xiv}
- It regulates key signaling pathways involved in the inflammatory response which have been implicated in the progression of some cancers, including prostate and colon.^{xv}

Healthy chef secrets: the method matters!

About that enzyme myrosinase—cutting or chewing facilitates its reaction with glucoraphanin to form sulforaphane.^{xvi} However, heat impacts its function, which may jeopardize the sulforaphane content in your new favorite veg. Luckily, you can still enjoy that steamed Lemon Parmesan Broccolini (psst—we have the recipe) and your nutrients too! A recent study measured the impact of three cooking methods on sulforaphane content and found a winner—steaming. Although raw broccolini retains the highest sulforaphane levels, steaming reduced it by only 20 percent, stir-frying by 36 percent, while a whopping 88 percent evaporated from boiling.^{xvii}

Organic equals more bang for your buck nutritionally.

What's the number one motivator for eating more veggies? The essential vitamins, minerals, and phytonutrients they provide! So you might call it a no-brainer to choose the produce that's more nutritionally rich. Although nutrient content is affected by variables that change from farm to farm and year to year, reviews of multiple studies have found organic foods to trump conventional by several measures.^{xviii xix}

- Significantly higher levels of vitamin C, iron, magnesium, and phosphorous.
- More antioxidant phytochemicals, including carotenoids, anthocyanins, and flavonoids.
- Much less of the toxic substances you don't want to consume—pesticide residues.

P.S. Like mom always said, eat your (organic) veggies! In case you need more persuasion, try this:

According to a recent Harvard review, eating more than five servings a day of fruit and veggies lowered a person's risk of coronary heart disease and stroke by roughly 20 percent, compared to eating less than three.^{xx} See, mom's a genius!





ORGANIC

LEMON PARMESAN BROCCOLINI

SERVES: 2 | PREP TIME: 6 MINUTES | COOKING TIME: 10-12 MINUTES | TOTAL TIME: 18 MINUTES



Broccolini, a hybrid of broccoli and Chinese broccoli, a leafy vegetable, has a slightly milder flavor compared to the broccoli most of us are used to. When steamed and brightened up with lemon zest, fresh lemon juice, and Parmesan cheese, it's delightful to the taste buds. This is an easy recipe to prepare and it's so good that it may just become your new favorite!

INGREDIENTS

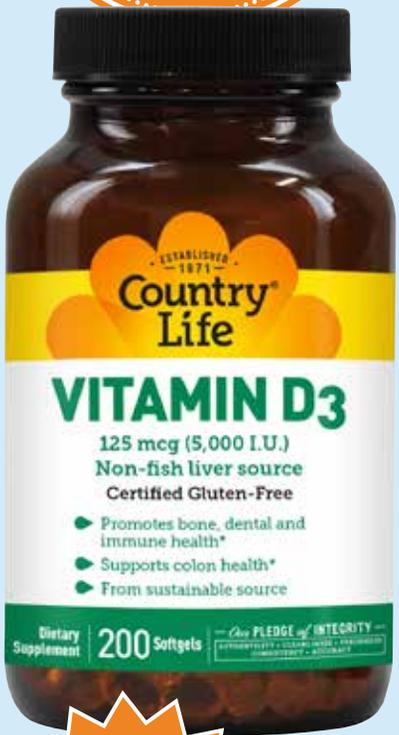
- 2 bunches organic broccolini, rinsed and ends trimmed; cut larger pieces in half lengthwise to ensure even cooking
- 2 tablespoons Natural Grocers™ Brand Organic Plant Based Buttery Spread
- 1 heaping teaspoon organic lemon zest
- 1-2 tablespoons organic lemon juice (from half a medium lemon)
- Natural Grocers Brand Bulk Real Salt and Organic Ground Black Pepper, to taste
- 3 tablespoons Natural Grocers Brand Organic Parmesan Cheese Shreds

INSTRUCTIONS

1. Add about an inch of water to a pot for a steamer basket and place the pot on the burner over medium-high heat. Bring the water to a boil. Add the broccolini to the steamer basket and carefully place in the pot. Cover and steam for 7-10 minutes, or until slightly crisp, but the stems are tender enough to pierce with a fork.
2. Once done, remove from heat. Use potholders to carefully remove the steamer basket and set aside.
3. Strain the water from the pot and add the buttery spread and lemon juice to the pot and stir until melted and well combined. Return to low heat for a minute or two to melt the butter if necessary. Once the buttery spread is melted turn the heat off.
4. Add the broccolini to the pot, season with salt and pepper, and use tongs to gently toss to coat the broccolini in the sauce.
5. Sprinkle the lemon zest and Parmesan cheese shreds over the top, toss again, and transfer the broccolini to a serving platter. Serve immediately.

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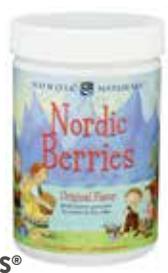


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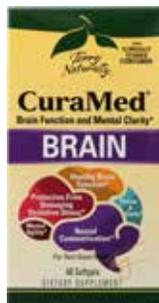
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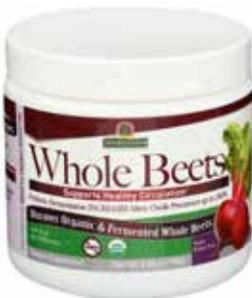
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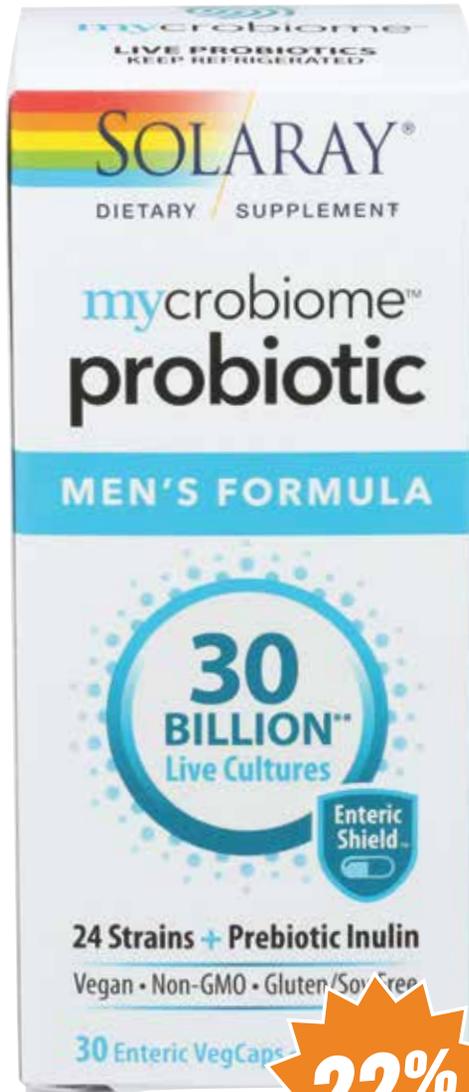
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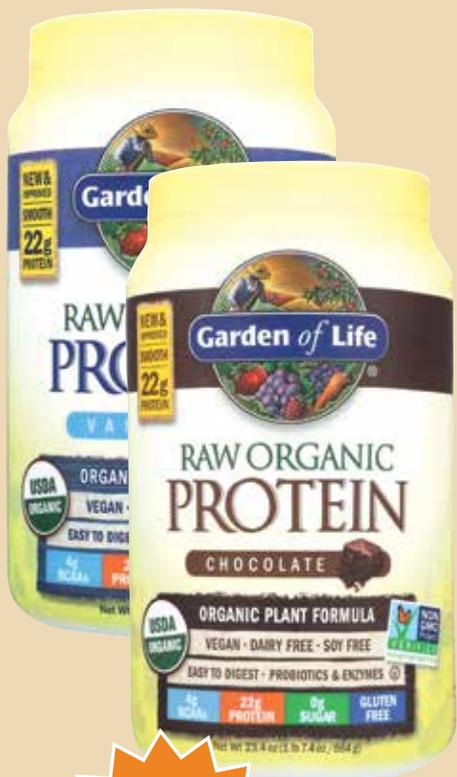
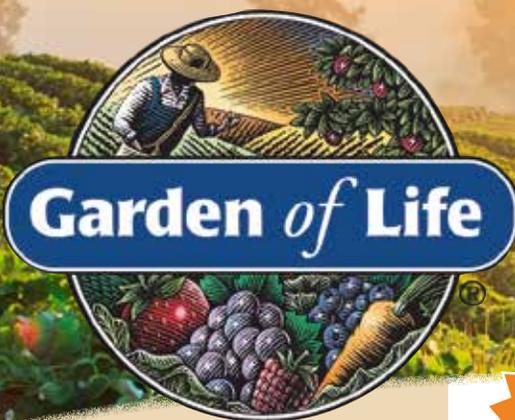
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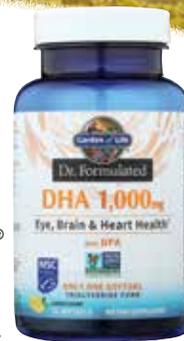


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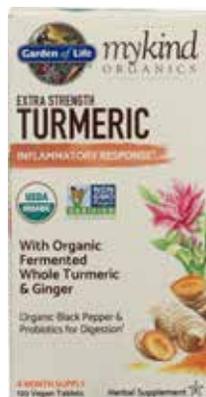
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INSOMNIA

**MOOD
CHANGES**

**NIGHT
SWEATS**

CHILLS

**HOT
Flashes**

**WEIGHT
GAIN**



~~SURVIVING~~ *Thriving* THROUGH THE MENOPAUSAL YEARS

By Lindsay Wilson

“At night I wake up with them, drenched.” “They are terrible! I’m so hot I can’t stand it...”

“I haven’t had a decent night’s sleep in years.” “No energy, little appetite, my pep has gone!”

These are all descriptions of perimenopausal and menopausal symptoms from real women. Hot flashes, night sweats, disrupted sleep, lack of energy. Sounds fun, right? While there is a bright side to menopause (No more periods and painful cramps! No more PMS!) there are a lot of challenging symptoms that may show up. Every woman will go through this “change of life,” but every woman’s experience will be as unique as she is. One thing that is certain is that your overall health as you head into the peri- and menopausal years has a huge impact on how well you weather the big change, hot flashes and all.

PERIMENOPAUSE VS MENOPAUSE: WHAT'S THE DIFFERENCE?

They are both parts of the stage of a woman's life when reproductive hormones naturally decline, and she ceases to have a period. Menopause is technically diagnosed when you've gone one year without a menstrual cycle, and according to the Mayo Clinic, 51 is the average age for women in the United States.ⁱ Perimenopause, the period in which a woman begins the transition to menopause, usually starts in a woman's 40s and comes with many of the same symptoms as menopause.

For most women, the most challenging symptoms of perimenopause and menopause are hot flashes and night sweats, sleep disturbances, mood (anxiety, irritability, mood swings, depression), and loss of libido. Most of these are related to decreasing levels of sex hormones, particularly estrogen and progesterone, but symptoms can be worsened by stress, a poor diet, lack of regular physical activity, and poor general health. Kelly Andis, CN, a Nutritional Health Coach at Natural Grocers in Lakewood, Colorado, says cleaning up your diet is key. "For many women, sugar alone can increase unwanted menopausal symptoms."ⁱⁱ Andis recommends avoiding sugar and grains and increasing your vegetable intake, along with taking steps to reduce stress as much as possible. She says that she has helped many women curb their menopausal symptoms with supplements, but if stress levels are out of control, or if they are eating a poor diet, symptoms will likely return.

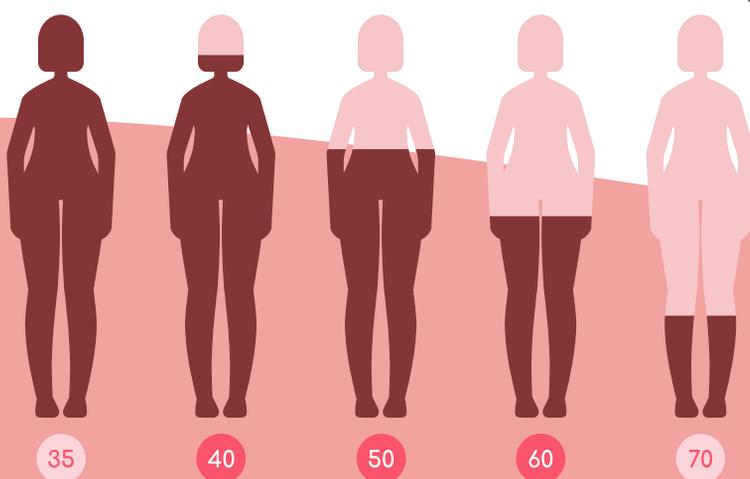
Before you can effectively deal with hormonal imbalances, and the symptoms that come as a result, it is crucial that you take care of your general health first. Build a healthy foundation with key supplements, including a **multivitamin** that will fill in the nutritional gaps missing in your diet (a multi will cover your bases, including the B-complex vitamins; however, if you opt out of a multi, consider taking a B complex supplement); **vitamin D** to keep your bones, immunity, and cardiovascular system in tip-top shape; **magnesium** and **vitamin K2** to protect from osteoporosis; **pre- and probiotics** to improve your gut health; and **why protein** and/or **L-carnitine** for building and maintaining muscle mass.

Once you have a healthy foundation, focus on supporting hormone balance. And remember to give it time to work—many supplements take from four to eight weeks to deliver results—and be consistent! According to Andis, consistency is key. "Hormones require consistency. Do not run out of the product [you are taking] and wait for a couple of weeks to buy more. By then, the body is starting to become unbalanced again."

Indole-3-carbinol (I3C). According to Lorna Vanderhaeghe, a women's health expert and author of *Sexy Hormones*, perimenopause is a time in which your hormones can fluctuate wildly, with dramatic spikes and drops in estrogen levels, which lead to heavy and/or long periods, mood swings, fatigue, night sweats, uterine fibroids, weight gain, sleep disturbances, and low libido. So, while estrogen levels generally decline throughout perimenopause, they do so in an irregular manner, which can lead to estrogen imbalances. I3C is a compound found in cruciferous vegetables like broccoli and kale and research has shown that it maintains a healthy balance of estrogen by metabolizing more potent, cancer-causing estrogens into non-toxic forms. It also helps eliminate xenoestrogens, estrogen mimickers found in certain plastics, pesticides, conventional cleaning products, cosmetics, etc.

TRY: 150-300 MG DAILYⁱⁱⁱ

Progesterone cream. While we often think of estrogen as the only hormone that dramatically decreases during menopause, progesterone levels decline more quickly than estrogen during the perimenopausal years. Progesterone naturally counterbalances estrogen, so this can cause some unwanted symptoms, especially in women who are estrogen dominant. There are progesterone receptors throughout the body—in the brain, the bones, the thyroid, and the breasts—and symptoms of low progesterone can include anxiety, irritability, elevated cortisol (the stress hormone), headaches, heavy and/or prolonged periods, weight gain, breast tenderness, and low bone density. Using a natural progesterone cream can improve these symptoms. On the flip side, progesterone is also important for a woman who has low estrogen levels, because the body converts progesterone into estrogen when levels get too low.^{iiii iv v} Because progesterone directly affects hormone levels, and is a precursor to other hormones, it is important to follow the directions on the label and start at the lower dose to find the amount that works well for you.



Perimenopause — Menopause — Postmenopause

Most symptoms of perimenopause and menopause are related to decreasing levels of sex hormones, particularly estrogen & progesterone

Black cohosh. The herb black cohosh is one of the most studied—and most widely used—natural treatments for menopausal symptoms and other female hormonal imbalances. It has been shown to be especially effective for reducing the severity and frequency of hot flashes, in addition to reducing other symptoms such as mild anxiety and depression, vaginal dryness, decreased libido, and sleep disturbances. Most research has found that women begin to see relief of symptoms between four and eight weeks of supplementing.

TRY: 40-80 MG, TWICE DAILY^{vi vii viii ix}

Rhodiola. Recent research has found that black cohosh is even more effective when paired with the adaptogenic herb rhodiola. Rhodiola supports the body during mental and physical stress and has been studied for its ability to reduce anxiety, mental fatigue, stress, and depression. A study published in 2020 showed that a combination of black cohosh and rhodiola was “significantly superior” to black cohosh alone in reducing a number of menopausal symptoms, including hot flashes and sweating, sleep problems, depressed mood, irritability, anxiety, and both physical and mental exhaustion.

TRY: 400 MG DAILY^{x xi}

Shatavari. A supplement that Kathy Millington, RD, Nutritional Health Coach at Natural Grocers in Lincoln, Nebraska likes to recommend for healthy sexual function in menopausal women is shatavari. “It’s traditionally used in Ayurveda as the main tonic for the female reproductive system. It supports healthy libido and vaginal moisture, and I’ve had women report back to me that it worked well for them,” she says. Shatavari has hormonal balancing properties, and in Ayurvedic practice, it is said to balance excess pitta, or heat, in the body. Animal research has also found that shatavari has an anti-anxiety effect, similar to a common prescription anti-anxiety medication.^{xii}

TRY: DOSES START AT 500 MG DAILY^{xiii}

Folic acid. This B vitamin may not be the first supplement that comes to mind when building your menopausal supplement kit, but research has shown that it is effective at reducing both the frequency and severity of hot flashes in menopausal women. Hot flashes are the number one reason a woman seeks medical treatment during menopause; not only are they extremely unpleasant, but they can lead to insomnia and fatigue, behavioral changes, including depression and anxiety, memory and concentration problems, and decreased libido. They can decrease a woman’s quality of mental, physical, and social life. A placebo-controlled study conducted in Iran that included 70 menopausal women found that daily supplementation with 1 gram of folic acid significantly reduced the severity, duration, and frequency of hot flashes after four weeks, with no side effects.

TRY: 1 MG DAILY FOR AT LEAST FOUR WEEKS^{xiv}

THE IMPORTANCE OF SLASHING STRESS AND SUPPORTING THE ADRENALS

“Healthy adrenals are the key to an effortless menopause” according to Lorna Vanderhaeghe, author of *Sexy Hormones*. Natural practitioners agree that low adrenal function is one of the most common underlying causes of menopausal symptoms. This is why: The adrenals are an important part of the endocrine system, and though they are best known for producing the stress hormones cortisol and adrenaline, as the ovaries stop producing sex hormones the adrenals pick up the slack and start producing estrogen’s precursor hormones DHEA and androstenedione, as well as progesterone. But often, by the time a woman reaches the perimenopausal and menopausal years, her adrenal glands are so depleted that they are unable to produce adequate amounts of the sex hormones, and will instead prioritize production of cortisol. This can worsen menopausal symptoms and increase symptoms related to adrenal deficiency like fatigue and insomnia. Chronic stress depletes the adrenals, so it is critical to focus on reducing stress as much as possible. Also consider supporting adrenal health with supplements such as vitamin C, a B complex, and the adaptogenic herbs panax ginseng, shatavari, holy basil (tulsi), and rhodiola. While a B complex and vitamin C are helpful for anyone to support adrenal function, you will likely have to try different adaptogenic herbs to see what works best for you.

A woman’s menopause experience is as unique as she is, but how healthy you are overall as you move into these years plays a huge role in how well your body adapts to the changes. Take care of your general health first, and then focus on lifestyle habits and specific herbs and nutrients to treat symptoms such as hot flashes, night sweats, insomnia, and anxiety. If one product or lifestyle change doesn’t work for you, experiment with others until you find the right combination, so you will not just survive, but thrive, through this time of life! Also consider visiting your local Nutritional Health Coach (NHC) to help you navigate these transformative years.

For references, email customerservice@naturalgrocers.com

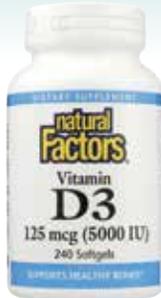


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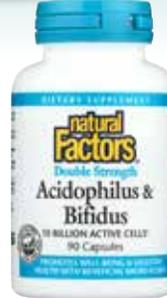


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Vitamin D3
5000 IU
240 SG

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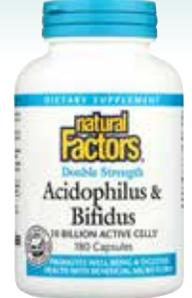
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A synergistic combination that supports intestinal tract health.*

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A powerful free radical scavenger that offers enhanced absorption and bioavailability.*

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Womensense MenoSense
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Designed to provide support for symptoms associated with menopause, such as hot flashes and night sweats.*

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A natural formula that promotes normal estrogen metabolism for healthy women.*

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NATURAL FACTORS®
PS Phosphatidyl Serine 100 mg Soy Free
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**NOW®
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Powder
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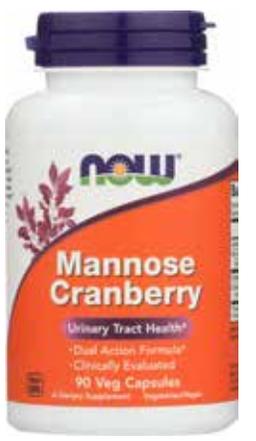


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L-Tryptophan 500 mg
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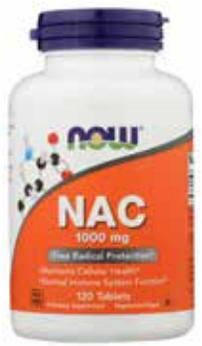
**NOW®
Mannose
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A combination of two ingredients known to support urinary tract health.*

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NAC 1000 mg
120 TAB**

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**NOW®
Quercetin with Bromelain
120 VEG**

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4 OZ.

A potent electrolyte formula that is ideal for anyone on the keto diet.*

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TRACE MINERALS®
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SOURCE NATURALS®
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180 TAB

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Magnesium is an essential cofactor for over 300 enzymatic reactions in metabolism, ATP synthesis, and energy production.*

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CranRich®
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A multivitamin specifically balanced for women.*

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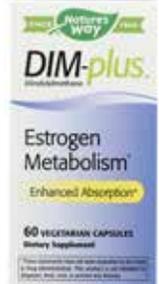
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30 CAP

Features 2 billion CFUs* of probiotics and supports a healthy immune defense.*

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BARLEAN'S®
Cod Liver Oil Lemonade
8 OZ.

Features 2 billion CFUs* of probiotics and supports a healthy immune defense.*

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BARLEAN'S®
Ideal Omega 3
60 SG

With 1,000mg EPA/DHA for heart, brain, and mood support.*

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Shown in a clinical study to increase iron levels without side effects.*

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QUALITY YOU CAN TRUST IN A TIME OF ONLINE ANONYMITY

Are you looking for premium quality at an Always Affordable PriceSM?

Natural Grocers Brand Vitamins & Supplements are poised to fill the void left by producers with murky credentials and dubious quality that swamp the online marketplace. Our comprehensive range of vitamins, herbs, and precision formulas are priced to be accessible to everyone while actually providing high quality ingredients and the best in Good Manufacturing Practices. Our name is a seal of trust: time-tested, evidence-based, and family-vouched-for because when it comes to premium quality, names matter.

Buyer beware of trusting your health to lofty promises and too-good-to-be-true prices.

Consider these four issues to be wary of when shopping for dietary supplements online and from unfamiliar sources:

Identity.

What's advertised on the label may not be in the bottle.

Potency.

Too much, too little, too old; the potency listed may not be what it claims.

Adulteration.

Ingredients NOT listed on the label ARE in the bottle.

Contamination.

Pathogens, mycotoxins, heavy metals; these are a sampling of the contaminants that may be included with supplements promising too much for too little.

High-quality ingredients and good manufacturing practices are not cheap. If you find a supplement sold at rock bottom prices, it is likely the company has engaged in questionable practices that are good for their bottom line at the expense of your health.



We do not take shortcuts with your health; the orange cap is where it's at!

Our quality standards help to ensure Natural Grocers Brand Vitamins & Supplements deliver what you pay for:

Third-party NSF® Certified Good Manufacturing Practices (GMPs):

Quality and safety practices integrated throughout the manufacturing process are verified by a leading third-party certifier with international qualifications.

GMPs that go above and beyond: The manufacturing practices exceed U.S. GMP standards, are compliant with the even higher Canadian standards and adhere to the most stringent Therapeutic Goods Administration of Australia standards.

Purity, identity, and potency verified: State-of-the-art testing verifies every raw material that enters the facility. Rigorous finished product testing is performed and certified to ensure each batch meets label claims through its expiration date.

No skip-lot testing: Some manufacturers use a loophole in US quality testing requirements by performing skip-lot testing, meaning they don't test every incoming batch of raw materials for purity. Our manufacturer tests every SINGLE lot.

Heavy metal and microbial testing: Thorough testing for pathogens and heavy metals is a critical step designed to ensure the final product is free of contaminants.

What is in not in your vitamins & supplement is just as important as what is: We never allow questionable additives and ingredients that we believe lack evidence of safety for their intended use.

Enjoy your food, supplement the rest!

We curated our selection of Natural Grocers Brand Vitamins & Supplements based on decades of health and nutrition experience and the knowledge of our in-house nutritional experts. From the best, bioavailable forms of nutrients to clinically studied active ingredients to Ayurvedic and organic herbs, it's a lineup tailored to address the nutritional gaps in the modern diet and help you achieve your health goals.

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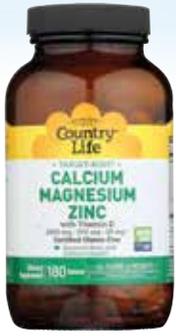


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240 VCAP

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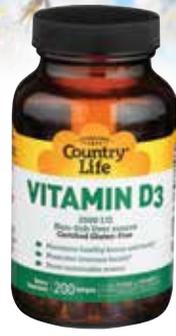


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Calcium
Magnesium
Zinc
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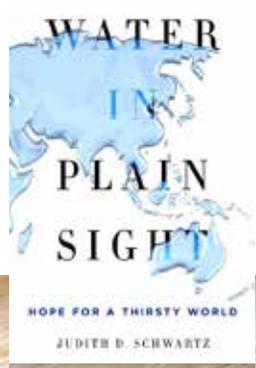


COUNTRY LIFE®
Vitamin D3
2500 IU
200 SG

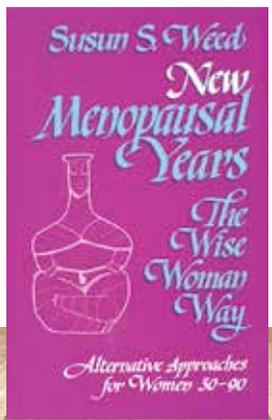
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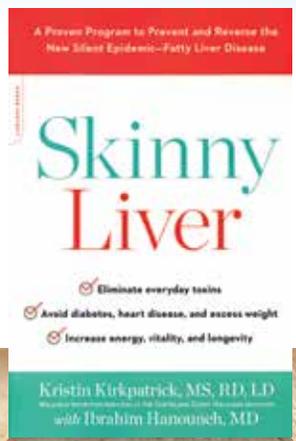
THESE good4uSM BOOKS!



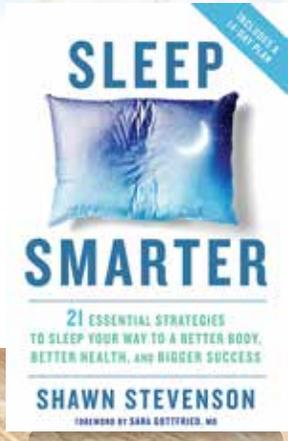
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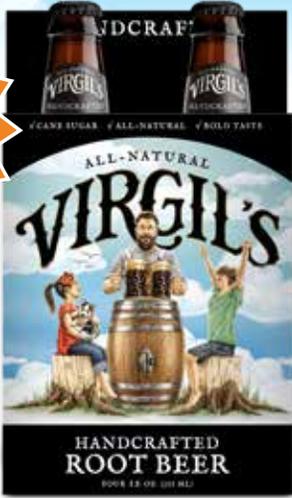
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Delicious gluten-free treats that are big on flavor and nutrition.

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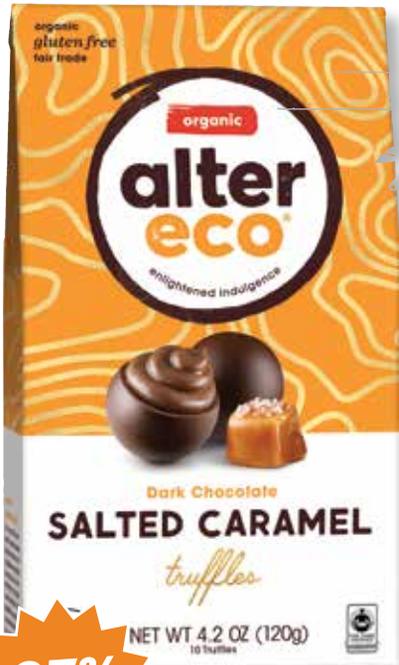
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Select Natural Grocers Brand Organic Frozen Fruit

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GIFTS FOR Mom

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Select Alaffia 15% Off
32 OZ | Always Affordable™ \$13.49

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Pacha Soap Co.

Select Whipped Soaps
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Indigo Wild

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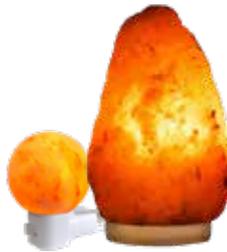
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FREE

THEO[®] CHOCOLATE BAR*

Limit one per {N}power[®] account
(3 oz. organic chocolate bar)

MAY 7th - 9th ONLY

Bring chocolate bar to the register to redeem.

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C2O COCONUT WATER®
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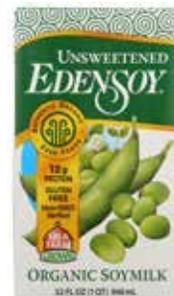
CLEAN CAUSE®
Sparkling Organic Yerba Mate
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Clean energy that supports a good cause. 50% of profits support individuals in recovery from alcohol and drug addiction.

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Top-quality soymilk formulated to provide maximum nourishment and a smooth taste.

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EPIC®
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Satisfy your crunch cravings with this keto-friendly snack.

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\$2.99



EQUAL EXCHANGE®
Organic Teas
20 CT

A satisfying green tea with a refined taste, grown by small-scale farmers in Darjeeling, India.

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Organic Bottled Teas
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Delicious organic teas that are sourced sustainably with the future in mind.

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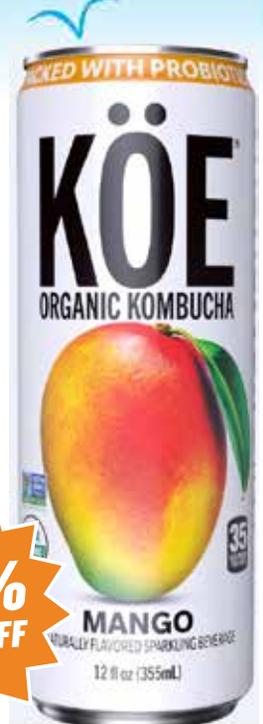
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KETTLE®
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11 Varieties to Choose From

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Ready to Energize You Anytime, Anywhere!
The premium quality nuts, seeds, and trail mixes our Bulk Department is known for, now come in convenient, snack-pack sizes. Certified Organic. Non-GMO. Deliciously nutritious!

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Rich in unsaturated fats, fiber, and phytonutrients, your heart will do a happy dance when you grab a bag of our priced-to-perfection bulk almonds.*

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Mix up your snacking routine with this delicious combo of flavorful Bragg and heart-healthy almonds.*



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Now you can enjoy the tangy sweetness wherever you (man) go! It's loaded with nutrients and perfect for any hiking, camping, or road-tripping adventure.



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SALTED & UNSALTED VARIETIES**

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What's better than a Colorado Sunrise? Our mix of cranberries, papaya, and pineapple comes pretty close!



Dreaming OF A GOOD NIGHT'S SLEEP?

*Natural sleep solutions you
should try tonight*

by Liz Mueller

THERE ARE SO MANY BARRIERS TO GETTING A GOOD NIGHT'S SLEEP,

whether medical, nutritional, or lifestyle induced. It's no wonder an estimated 70 million Americans of all ages and socioeconomic classes suffer from sleep-related problems, or that an estimated 164 million Americans struggle to get a good night's sleep at least once a week.^{i,ii} How we eat and drink; how our brain functions; how much screen time we encounter during the day, and especially at night; how much we weigh; and how much stress we're under all contribute to the quality of our sleep, or the lack thereof. While some medical sleep conditions must be properly diagnosed and treated by a doctor or a sleep-support specialist, consider these natural sleep solutions and tweaks to your bedtime routine that may finally offer you some much needed zzz's.

Melatonin is perhaps the most widely known natural sleep aid for its use in treating sleep disorders, particularly jet lag and insomnia.^{iii,iv} A hormone produced in the pineal gland in the brain, studies show that melatonin supplementation significantly reduces sleep onset latency (i.e., the time it takes to fall asleep), increases sleep efficiency, and increases sleep duration.^{v,vi} There are many factors that can interfere with our body's



ability to produce adequate melatonin each night. One factor is that as we age, our production of melatonin decreases.^{vii} Perhaps it's not surprising then to learn that clinical trials involving elderly insomniacs showed improvement with supplemental melatonin.^{viii}

An effective dose of melatonin can vary widely from person to person, ranging from .5 mg up to 3 mg. To find the amount that works best for you, start with a lower dose and increase the amount until you find your "sweet spot."

Another major factor interfering with melatonin production, regardless of age, is our exposure to light before going to bed. Research shows that being in a fully lit room prior to going to sleep resulted in a delayed and shortened production of

melatonin compared to dim lighting.^{ix} Exposure to light before bedtime essentially interferes with the sleep-wake cycle controlled naturally by our internal clock, called the circadian rhythm, and our body's production of melatonin to help us fall and stay asleep.^x

Specifically, **blue light** emitted from TVs, smartphones, tablets, and other devices during the day, and especially before bedtime, is a major culprit to suppressing melatonin production. A recent study looking at smartphone use among 1,043 students between the ages of 18 and 30 at King's College London, found that students who reported high use of cellphones also reported poor sleep quality.^{xi} According to a recent interview with CNN, Dr. Vsevolod Polotsky, who directs sleep research in the division of pulmonary and critical care medicine at Johns Hopkins University School of Medicine, says that the number one rule is "no computers, cell phones, and PDAs in bed and at least one hour prior to bedtime," adding, "any LED spectrum light source may further suppress melatonin levels."^{xii} This goes for falling back asleep if you happen to wake up during the night: avoid bright lights, or any light source if possible, as that is further destructive to melatonin production.

Lutein, a carotenoid and antioxidant found in the retina and macula of the eye, and found in bright yellow, red, and orange colors of many fruits and vegetables, is a powerful ally to protecting the eyes from blue light damage—and it can even help with sleep.^{xiii} A double-blind, placebo-controlled study showed that a combo supplement of lutein and zeaxanthin at 24 mg/day yielded significant improvement in overall sleep quality, sleep disturbance, daytime dysfunction, and medication requirement for sleep versus a placebo.^{xiv xv}

Valerian root extract is widely used for inducing sleep and improving sleep quality without side effects. A systematic review and meta-analysis of randomized, placebo-controlled trials of valerian for improving sleep quality showed a "statistically significant benefit." In fact, valerian was found to almost double the

chance of sleeping better when compared with a placebo.^{xxi xxii} The dosing amounts for the favorable outcomes ranged from 90 mg to 600 mg, depending on the study.^{xxiii}

Wild lettuce, found in capsule and tincture forms, is a natural sedative that acts on the central nervous system, soothing and relaxing the body and easing anxiety. It helps prevent sleepless nights, improves sleep quality, and helps keep nighttime restlessness at bay.^{xxiv} ^{xxv} It contains the compounds lactucin and lactucopicrin that essentially slow communication between brain cells; lactucin is considered the predominant substance that creates a sedative, sleep-promoting effect.^{xxvi xxvii}

Glycine, an amino acid, is another sleep-supporting superstar. It has a calming effect on the brain and can help you fall and stay asleep. Research has shown that taking 3g of glycine before bed decreases how long it takes to fall asleep, enhances sleep quality, lessens daytime sleepiness, and improves cognition.^{xxviii xxix}



Is a Lack of Key Nutrients Keeping You Up at Night?

Certain nutrients are essential to producing the neurotransmitters and hormones needed for healthy sleep. **B vitamins** support a healthy stress response and are necessary for making the neurotransmitters and hormones involved in sleep regulation. Vitamin **B3 (niacin)** enhances REM sleep and leads to decreased nighttime wakefulness, while **B6 and B1 (thiamin)** are involved in the production of serotonin and melatonin.^{xxx xxxi} People with insomnia are often deficient in **follic acid**, which also supports the body's production of melatonin and serotonin.^{xxxii}

Note:

Since the B vitamins are also involved in energy production, and may have a stimulating effect on some people, they should be taken early to mid-day.

A common symptom of **magnesium** deficiency is insomnia and restless sleep. This mineral plays a crucial role in the nervous system and stress response system and supports healthy levels of the calming neurotransmitter GABA, which can promote sleep. Magnesium can also reduce feelings of stress and anxiety that may interrupt sleep.^{xxxiii}

In addition to these nutrients, consider taking a high-quality **multivitamin**, which can provide the foundation for good health and can help fill in any nutritional gaps that could be having an impact on your quality of sleep.

For references, email customerservice@naturalgrocers.com

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LATE JULY®
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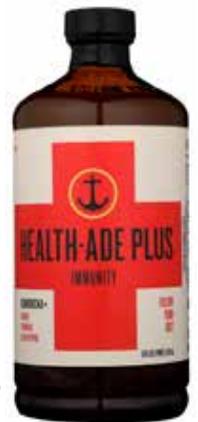


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Spicy Cashew Grilled Chicken

SERVES: 6

PREP TIME: 25 MINUTES

COOKING TIME: 20-30 MINUTES

HANDS OFF TIME: 1-12 HOURS

TOTAL TIME: 2-3 HOURS (UP TO 13 HOURS)

Grilled until golden brown with crispy edges, this chicken rubbed with a spicy, garlicky cashew sauce is to die for. The recipe can be made ahead and is adjustable too—alter the heat to your preference, sub almonds or walnuts for the cashews, and parsley for the cilantro. It is easy to make and so full of flavor, perfect for cookouts and small gatherings with family!

INGREDIENTS

- 1 cup Natural Grocers™ Brand Bulk Cashews Dry Roasted Salted
- ½ cup roughly chopped organic cilantro leaves, plus more for garnish
- ¼ cup Natural Grocers Brand Organic Extra Virgin Olive Oil
- 4 organic garlic cloves, roughly chopped
- 2 tablespoons organic gluten-free tamari
- 2 teaspoons Natural Grocers Brand Bulk Organic Coconut Sugar
- 1 organic jalapeño pepper, roughly chopped (for less spice, remove the seeds)
- 2-3 tablespoons organic lime juice (from one lime), plus lime wedges for serving
- 2 tablespoons water
- Natural Grocers Brand Bulk Real Salt and Organic Ground Black Pepper, to taste
- 2 pounds Mary's boneless, skinless chicken thighs

INSTRUCTIONS

1. Add the cashews, cilantro, olive oil, garlic, tamari, coconut sugar, jalapeño, lime juice, and water to a food processor or blender. Pulse or blend until the mixture is a smooth paste, scraping down the sides as needed. Add salt and pepper to taste. Set aside a third of the marinade for serving with the chicken and use the rest to coat the chicken.
2. Season the chicken thighs with salt and pepper and rub the marinade on both sides of the chicken, thoroughly coating. Chill for 1-2 hours or overnight (up to 12 hours) until ready to cook. Bring to room temperature before cooking.
3. To grill the chicken: Pre-heat the grill (or grill pan) to medium-high. When placing the chicken on the grill, scoop the extra marinade from the container the chicken marinated in and spread it evenly over the thighs. Grill the chicken for 20-30 minutes, turning carefully once or twice, until golden with some crispy edges and a meat thermometer reads 165°F when inserted into the thickest part of the thigh, or when cut into with a knife the juices run clear (not pink). Note: As you turn the pieces, some of the coating may fall off. Don't worry if and when this happens.
4. To broil the chicken: Preheat the broiler and adjust the oven rack to the middle of the oven. Use a broiling pan or line a baking sheet with parchment paper. Place the chicken on the pan (with no overlapping pieces), directly under the broiler. Close the oven door and broil for about 20 minutes (depending on how far the chicken is from the heat), turning twice during the cooking time to prevent burning.
5. While the chicken is cooking, warm the reserved marinade in a small pan over medium-low heat. Once the chicken is fully cooked, serve immediately with warmed marinade, lime wedges, and cilantro.





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*No purchase necessary. A purchase will not increase your chance of winning. Open only to legal residents of the 50 United States and District of Columbia, 18 years or older Void where prohibited by law. These sweepstakes will be held on a monthly basis commencing October 1, 2020. For official rules and complete details, visit: www.naturalgrocers.com/sweepstakes. Sponsor: Vitamin Cottage Natural Food Markets, Inc.

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ORGANIC
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BLUE CORN
Tortilla
Chips

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Organic
Mexican Blend
Cheese
Shreds

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Gluten-Free

NATURAL GROCERS
By Vitamin Cottage

ORGANIC
authentic stone ground

BLUE CORN
Taco Shells

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99¢
15.5 OZ.



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Organic
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Black Olives
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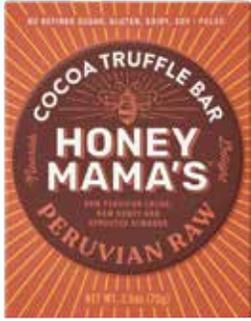
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NUTRITION BYTES

By Shelby Miller

MAGNESIUM:

A Safe, Inexpensive, and Fast-Acting Nutrient for Depression

Magnesium, also called the “relaxation mineral,” plays a role in the normal functioning of many of the enzymes, hormones, and neurotransmitters involved in mood regulation, and research has established a firm connection between magnesium intake and depression. A recent human study has further confirmed that magnesium supplementation is effective at reducing symptoms of depression, regardless of gender, age, baseline severity of depression, or baseline magnesium levels.

The study, published in the journal *PLOS ONE*, included 126 participants with mild-to-moderate depression who were instructed

to take 500 mg of magnesium chloride (containing 248 mg of elemental magnesium) for six weeks. Supplementation with magnesium resulted in a “clinically significant” improvement in depression symptoms as well as an improvement in generalized anxiety, with

positive effects seen within just two weeks. Furthermore, magnesium supplementation was shown to enhance the effects of select antidepressant medications. This study highlights that magnesium is effective for depression in adults: it works quickly, is affordable, and offers a safe option for individuals motivated to take control of their mental health.

Supplementation resulted in “clinically significant” improvements in depression and symptoms of generalized anxiety...

Deter Depression and Crush Stress WITH RHODIOLA

Rhodiola is a unique herb with a noteworthy history—it has long been used as a medicinal plant in Scandinavia, parts of Europe, and Russia to increase endurance and work performance, longevity, tolerance to altitude sickness, and to treat fatigue. Modern research has found that rhodiola is a powerful force when it comes to combating stress, fatigue, and mood-related issues, including depression, in part by stimulating brain receptors of important neurotransmitters related to mood.

In a recent review published in the journal *Phytomedicine*, researchers examined previously published studies on rhodiola and depression and found that rhodiola combats depression in a variety of ways: it improves brain cells’ response to

stress, helping protect them from its negative effects; supports the normal functioning of the hormones and neurotransmitters necessary for positive moods; supports mental alertness; and acts as a general adaptogen, helping the body block the physical and mental effects of stress. Previous research has found that rhodiola reduces stress and stress-related fatigue in part by normalizing levels of the stress hormone cortisol.

Rhodiola contains at least 140 compounds that make it an advantageous botanical agent for stress and depression. Moreover, in contrast to most conventional antidepressant medications, rhodiola has a low risk of side effects and is well tolerated by most people.



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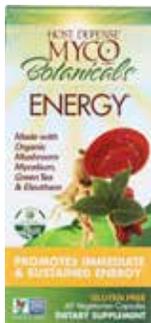


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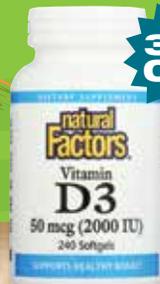
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