



NATURAL GROCERS®

A Nutrient to Know About

Ubiquinol
(see page 5)



February
2016

HEALTH HOTLINE®

WE SELL ONLY ORGANIC PRODUCE

ORGANIC
Tomatoes

\$1.99
per lb

USDA
ORGANIC

ORGANIC
Blueberries
6 oz. container

\$4.79
each

AT PRICES YOU CAN AFFORD EVERY DAY!



S *even*
supplement
superstars

for optimal blood pressure



PAGE 6

Jarrow Formulas®

Methyl Folate
400 mcg



\$6.49
60 vcap
EDAP \$8.99

Methyl B-12
1000 mcg



\$8.49
100 loz
EDAP \$8.99



NATURAL GROCERS

Offers valid February 5, 2016 through March 5, 2016 while supplies last.

For Store Locations visit NaturalGrocers.com

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.



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Greetings from Natural Grocers

Welcome to the February edition of the Health Hotline! It's the time of year when we're all seeing hearts... of course, there's Valentine's Day (love it or hate it), but it's also Heart Health Month. It is in this spirit that February's newsletter is devoted to matters of the heart, and a little self-love. Learn about the heart-healthy benefits of CoQ10, and why you should be taking it. Speaking of heart health, did you know that high blood pressure is a leading risk factor for stroke? And that many people don't even know they have it? But don't worry! We've got you covered with the seven supplement superstars you can take to support optimal blood pressure. With all of the love in the air, it's important to remember to give yourself some love too—and one way you can do this is to cut back on sugar. Check out page 14 to find out how easy it can be. Trust us, your body will thank you! And as always, you will find loads of amazing deals on the highest quality produce, grocery products, dietary supplements, and body care around.

Happy reading!



THE 5 FOUNDING PRINCIPLES of Natural Grocers

- 1 focus on **EDUCATION** nutrition
- 2 HIGHEST **STANDARDS** quality
- 3 **EVERY DAY** AFFORDABLE PRICING
- 4 supporting **LOCAL** communities
- 5 **GREAT EMPLOYEES**

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WHAT YOU NEED TO KNOW ABOUT COQ10

...and why you should be taking it

By Lindsay Wilson

Our cells use an extraordinary amount of energy to power us through each day and coenzyme Q10 (CoQ10) is a vital player in the chain of chemical reactions that generate this energy. Simply put, without sufficient CoQ10, cells cannot produce the energy the body needs to, well, *live*. The fat-soluble antioxidant is found in nearly every cell in the body, where it provides the energy needed to drive important biological processes, like the beating of our hearts, but it is especially concentrated in tissues with higher energy needs, including the muscles, kidneys, liver, brain, and heart.

CoQ10 also functions as a powerful antioxidant, protecting proteins, lipids (fats), and DNA from free radical damage and preventing LDL cholesterol from oxidizing—oxidized LDL is a dangerous form of cholesterol that plays a role in the development of atherosclerosis.

While the body produces CoQ10 on its own, production plateaus around the age of 20 and begins to decline after 40. CoQ10 levels are also reported to be low in cases of cardiovascular disease, Parkinson's, cancer, diabetes, and depression. Certain medications, such as statins and beta-blockers, also interfere with the body's natural production.

STATINS HINDER THE BODY'S PRODUCTION OF COQ10

According to the Centers for Disease Control (CDC), **one in four American adults takes a prescription cholesterol-lowering medication**, and for the majority (83%), it's a statin. Statins work by blocking the pathway involved in cholesterol production—the very same pathway in which the body produces CoQ10. But while statins reduce cholesterol in the body, they also hinder CoQ10 production, reducing blood and tissue levels of the nutrient and leading to side effects such as muscle pain, fatigue, and peripheral neuropathy. It is crucially important to supplement with CoQ10 if you are taking a statin drug.



The heart muscle requires an incredible amount of energy to continuously pump; CoQ10 is essential to produce this energy. Many heart diseases are rooted in poor energy metabolism and low blood and tissue levels of CoQ10 have been reported across a wide range of cardiovascular diseases, including congestive heart failure, hypertension, aortic valve disease, and coronary artery disease.

CoQ10 has been used to treat congestive heart failure in Japan since 1974.

UBIQUINONE VS. UBIQUINOL... ARE YOU TAKING THE RIGHT FORM?

Ubiquinone and ubiquinol are both forms of CoQ10 that play important roles in the body. Young bodies in good health cycle back and forth between ubiquinone and ubiquinol—the “reduced,” or antioxidant form—but this natural conversion process slows with age. A number of human studies have shown that in older adults, ubiquinol can significantly increase blood levels of CoQ10 for longer periods of time, compared to ubiquinone. Experts recommend that you opt for ubiquinol if you are over the age of 40 and/or have a health issue that may require higher blood levels of CoQ10.

How much should you take? What the experts recommend:

In good health, and for those under the age of 40: 100-150 mg CoQ10 (ubiquinone) daily.

For those over 40, taking a statin drug, and/or living with a health issue: 200-300 mg ubiquinol daily.

CoQ10 is fat soluble—take it with a healthy fat so it will be more efficiently absorbed!

Biochem[®]
100% Vegan
Protein Powder
Chocolate or Vanilla



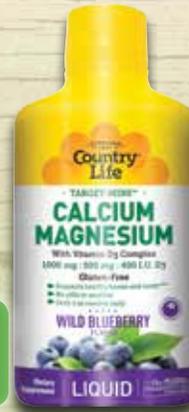
100% Vegan
Protein Powder
Chocolate or Vanilla
\$14.99
11.4 oz. -
13 oz.
EDAP \$16.49

THE NATURAL GROCERS DIFFERENCE
QUALITY SUPPLEMENTS
FROM BRANDS YOU CAN TRUST

Country Life[®]

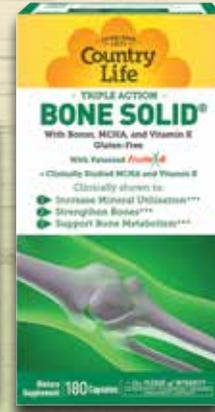
Liquid Calcium
Magnesium
w/ Vitamin D3

An easy alternative to swallowing tablets, a 1-oz serving provides a balanced ratio of calcium, magnesium, and phosphorus to support bone health.*



\$11.39 / **\$15.39**
16 oz. / 32 oz.
EDAP \$12.29 / EDAP \$16.79

Bone Solid



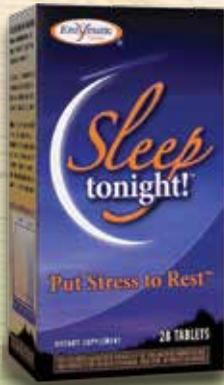
Formulated with a natural form of calcium and other minerals that are easily absorbed and utilized by the bones.*

\$18.99
180 cap
EDAP \$20.79

Enzymatic Therapy[®]

Sleep
Tonight!

Did you know that stress hormones can interfere with good sleep? It's true! This blend promotes healthy hormone balance so you can enjoy restful sleep.*



\$15.99
28 tab
EDAP \$18.85

Natural Factors[®]

Apple Cider
Vinegar
500 mg

Apple cider vinegar has an alkalinizing effect in the body, supporting a neutral pH, which supports general health.*



\$11.19
180 cap
EDAP \$11.99

Natural Factors[®]

Melatonin
Chewable
3 mg

Melatonin helps calibrate the sleep-wake cycle, promoting a restful night's sleep. It supports healthy digestion, too!*



\$5.59
90 chew
EDAP \$5.99

Nature's Way[®]

Immunables
Kids Immunity

Umcka Elderberry
Cold+Flu Syrup

Don't let the cold and flu drag you down! Be prepared with this homeopathic blend of Umcka and black elderberry.*



\$21.29
30 ct.
EDAP \$22.59

\$11.39
4 oz.
EDAP \$12.39

SAVE \$1

Natural Factors[®]

C 500 mg
Fruit Chew
All Flavors

These tasty chewables are perfect for the whole family!*



\$9.79
90 wafer
EDAP \$10.45

Natural Factors[®]

Double Strength
Acidophilus
& Bifidus

Double Strength
Acidophilus
& Bifidus
\$26.59
180 cap
EDAP \$28.59



Nature's Way[®]

Red Yeast Rice
600 mg

A dietary staple in some Asian countries, red yeast rice helps support healthy cholesterol production.*



\$18.69
120 vcap
EDAP \$20.79



\$10.89
100 cap
EDAP \$11.99

B-Stress Formula
w/ Siberian Eleuthero

The B vitamins are quickly depleted during times of stress. Replenish your stores with this B-complex!*

Cranberry
Standardized

This 90% cranberry concentrate is combined with vitamin C for maximum support of urinary tract health.*



\$6.29
60 vcap
EDAP \$8.65



\$11.99
60 tab
EDAP \$14.39

Turmeric
Standardized

Standardized to 95% curcuminoids, the active components in the spice turmeric.*

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KAL®

Melatonin 5 mg ActivMelt / B-12 Methylcobalamin 1000 mcg; Raspberry / Folic Acid & B-12 ActivMelt



\$9.99

90 loz. EDAP \$12.69



\$9.69

90 tab EDAP \$11.99

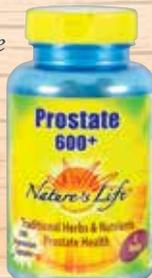


\$8.59

60 loz. EDAP \$10.89

Nature's Life®

Prostate 600+



\$11.69

100 cap EDAP \$13.85



Magnesium 500 mg

\$16.49

250 cap EDAP \$19.45

Life-flo®

Liquid Iodine Plus



\$5.29

2 oz. EDAP \$5.95



Power of Krill

\$23.69

60 sg EDAP \$26.65

Health from the Sun®

Liquid Coconut MCT Oil



\$13.39

12 oz. EDAP \$14.35

Coconut Oil



\$27.19

180 vcap EDAP \$29.29

Coconut oil is an excellent source of medium-chain triglycerides (MCTs) that act as a source of energy for the body and the brain. Try it in liquid or capsule form!*

Natural Balance®

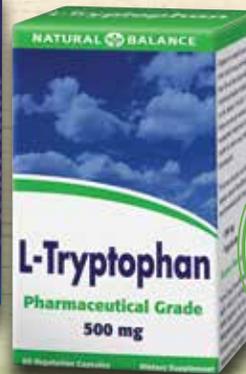
Happy Sleeper



\$12.69

60 vcap EDAP \$14.95

L-Tryptophan



\$22.59

60 vcap EDAP \$24.25

NOW®

Flush-Free Niacin 250 mg

This B-vitamin supports cardiovascular health.*

\$6.49

90 vcap EDAP \$8.45



A Nutrient To Know About

Ubiquinol

Ubiquinone and ubiquinol are both forms of CoQ10, which the body uses to produce the cellular energy that drives all physiological processes. It also acts as a powerful antioxidant, protecting proteins, fats, and DNA from oxidative damage. Young bodies in good health cycle back and forth between ubiquinone and ubiquinol—the “reduced,” or antioxidant form—but this natural conversion process slows with age. A number of human studies have shown that in older adults, ubiquinol can significantly increase blood levels of CoQ10 for longer periods of time, compared to ubiquinone. Experts recommend that you opt for ubiquinol if you are over the age of 40 to maintain healthy blood levels to support optimal energy production, antioxidant protection, and cardiovascular and neurological health.*

NOW®

Extra Strength Ubiquinol 200 mg

\$49.99

60 sg EDAP \$52.59



Nature's Plus®

Source of Life Garden Vitamin K2



\$15.59

60 vcap EDAP \$18.35



Animal Parade Tooth Fairy Vanilla

\$18.99

90 chew EDAP \$21.09

PlantForce Liquid Iron

An easily absorbed mineral and herb iron supplement that supports the delivery of oxygen to your cells.*

\$16.89

8.5 oz. EDAP \$19.59



Gaia Herbs®

Adrenal Health

Contains a blend of adaptogenic herbs that promotes a healthy response to stress.*



\$32.49

120 vcap EDAP \$34.99

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.

IS HYPERTENSION SILENTLY KILLING YOU?

By Jack Challem

It's called the silent killer—and for good reason. Hypertension, also known as high blood pressure, has no symptoms. One in every three American adults has hypertension and half aren't even aware they have the condition. And according to the National Institutes of Health, it leads to more than half of all heart attacks, strokes, and cases of heart failure in the United States.

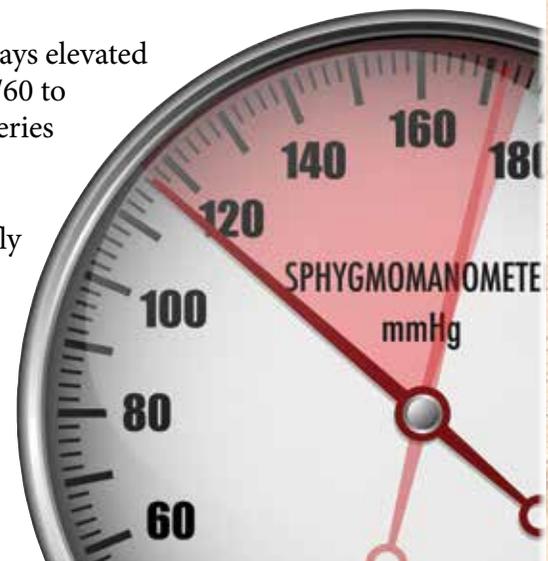
Blood pressure is the measure of blood flow pushing against the artery walls; when this pressure stays elevated over time, it can lead to serious long-term damage. A person's ideal blood pressure ranges from 90/60 to 120/80 mm Hg. The upper number, called systolic blood pressure, measures the pressure in the arteries when the heart contracts. The bottom number, known as diastolic blood pressure, measures the

“One in every three American adults has hypertension and half aren't even aware they have the condition.”

pressure in the arteries between heartbeats, when the heart briefly rests. High blood pressure is usually defined as anything consistently above 140/90 mm Hg. In-between numbers, from 120/80 mm Hg to 140/90 mm Hg, are considered pre-hypertension.

The causes of hypertension include eating too many processed foods, trans fats, and added sugars, and a general lack of nutrition that supports optimal health (visit Natural Grocers' blog at naturalgrocers.com for dietary approaches to support healthy blood pressure), nutrient insufficiency, not exercising, and living with too much stress—which means that making some lifestyle changes can vastly improve your numbers. Several nutritional supplements, including magnesium, vitamin D, and omega-3 fish oils, have also proven to be valuable in supporting healthy blood pressure levels. Read on for the seven you need to know about to keep your blood pressure in check.

pressure in the arteries between heartbeats, when the heart briefly rests. High blood pressure is usually defined as anything consistently above 140/90



Seven Supplement Superstars for Optimal Blood Pressure

1 ***L-citrulline.*** The body efficiently converts this amino acid to L-arginine, which increases nitric oxide (NO), a molecule that plays a crucial role in endothelial function—the term endothelial refers to the endothelium, a thin layer of cells that line the interior of blood vessels and come in direct contact with blood. The endothelium plays a major role in regulating the flexibility of blood vessels, and in turn, blood pressure. A lack of NO interferes with normal endothelial function and healthy blood vessel tone, contributing to hypertension and cardiovascular disease. Both arginine and citrulline have been shown to improve NO production and cardiovascular function; however, because of the different ways in which they are metabolized by the body, citrulline is more effective at increasing and maintaining plasma and tissue levels of L-arginine and enhancing NO production. Citrulline has also been shown to effectively attenuate blood pressure increases due to cold weather. *Take:* 1,000 mg of L-citrulline, three to four times daily.

2 ***Vitamin C.*** Dozens of studies have investigated whether vitamin C supplements can lower blood pressure. The body needs this vitamin to synthesize collagen and elastin, key proteins that keep blood vessel walls strong and flexible.

Doctors at Johns Hopkins School of Medicine analyzed 29 of those studies that gave subjects, on average, 500 mg of vitamin C daily for eight weeks. They found that vitamin C reduced both systolic and diastolic blood pressure. *Take:* at least 500-1,000 mg of vitamin C daily.

3 ***Magnesium.*** According to the National Institutes of Health, intakes of magnesium among Americans are consistently below the recommended daily amounts. Considerable research has shown that magnesium deficiency contributes not only to hypertension but also to arrhythmias and coronary artery disease. Not surprisingly, studies have found that magnesium supplements can reduce blood pressure. The mineral works with both sodium and potassium to regulate blood pressure.

In an analysis of seven studies, researchers confirmed that magnesium supplements reduced both systolic and diastolic blood pressure. Other researchers investigated magnesium levels in people with and without prehypertension, which reflects a slight but consistent abnormality in blood pressure. People with prehypertension had low levels of magnesium, but no other apparent differences with healthy subjects. An added bonus: Spanish

researchers recently reported that people with high intake of magnesium were one-third less likely to die from any cause, including heart disease and cancer. They also found that people who ate low-fat diets had low levels of the mineral. *Take:* 200-400 mg of elemental magnesium daily.

4 Beetroot Juice. Regular consumption of beetroot juice can lead to significant reductions in blood pressure, according to numerous studies. Beetroot is rich in nitrate, which the body converts to nitric oxide. Nitric oxide improves blood vessel flexibility and it also reduces inflammation and blood clotting—all of which help maintain normal blood pressure. *Take:* Studies have shown that 500 mL daily is effective in reducing blood pressure.

5 Coenzyme Q10 (CoQ10). Several studies have found that CoQ10 supplements can improve endothelial function and reduce blood pressure. In an analysis of 12 published studies, Australian researchers reported that supplemental CoQ10 lowered systolic blood pressure by 11 mm Hg and diastolic blood pressure by 8 mm Hg. One study found a CoQ10 deficiency in 39 percent of patients with hypertension; providing the patients with 60 mg of CoQ10 daily for eight weeks resulted in a 10 percent or greater decrease in blood pressure. Other studies have found similar results. *Take:* 60-200 mg daily.

6 Omega-3s. The omega-3s, found in both fish oils and algae-source supplements, have impressive cardiovascular benefits. They are potent natural anti-inflammatories and promote vasodilation, which decreases blood pressure. Recent studies have also found that they can improve endothelial function and arterial stiffness. *Take:* 2,000 to 4,000 mg daily (in divided doses).

7 Vitamin D. People with low blood levels of vitamin D have a higher risk of heart disease and, specifically, hypertension. In a study published in the journal *Circulation*, people with inadequate levels of vitamin D were twice as likely to have hypertension, compared with people who had the highest levels of the vitamin. Two other recent studies found that low vitamin D levels were associated with a greater risk of high blood pressure, and one of those studies also linked inadequate vitamin D to endothelial dysfunction and kidney disease. *Take:* 2,000 to 5,000 IU daily.

Hypertension can be frightening because there are no obvious signs or symptoms, leading many people to unsuspectingly live with it for years until stroke or cardiovascular disease strikes. However, high blood pressure can be managed with a healthy lifestyle. In addition to the key supplements discussed in this article, a healthy diet can reduce the risk of hypertension. So can regular exercise, which promotes the flexibility of blood vessels. And finally, in our 24/7 world, it is important to make an effort to reduce stress. According to Andrew Bernstein, author of *The Myth of Stress*, stress comes from negative thoughts—being mindful about keeping a positive focus can go a long way in alleviating stress. Additionally, meditation, yoga, spending time outdoors, or a few minutes of guided visualization can help promote relaxation.

With a few lifestyle changes and by increasing your intake of some key nutrients, you can achieve optimal blood pressure. 🍏

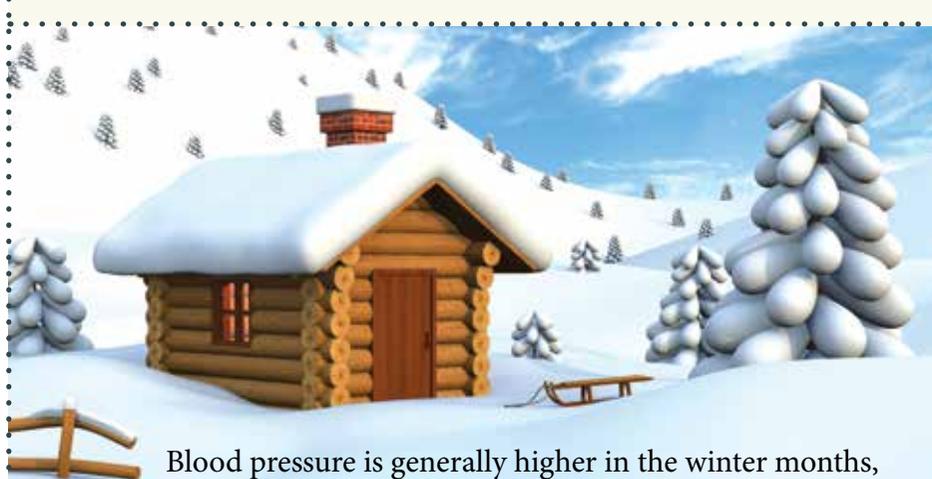
References available upon request.



Hypertension can affect you too. A recent study took blood pressure readings from more than 14,000 men and women between the ages of 24 and 32 and found that 19 percent of them had high blood pressure—and the majority (75%) was unaware they had the condition. The researchers concluded that the prevalence of hypertension “suggests an unexpectedly high risk of cardiovascular disease among U.S. young adults.” Enjoy drinking tea? Switch to hibiscus tea, which has been shown to effectively lower blood pressure.

Another reason to ditch sugar

Two recent analyses of 26 published studies found that regularly consuming sugar-sweetened beverages significantly increases the risk of developing hypertension and cardiovascular disease. Other research has come to the same conclusion, finding that increased fructose intake in the form of added sugars is “significantly and independently associated with higher blood pressure levels in the US adult population with no previous history of hypertension.” Artificially-sweetened beverages are no better—they have been found to have virtually the same negative effect on blood pressure as sugar-sweetened beverages.



Blood pressure is generally higher in the winter months, which may partly explain the higher number of cardiovascular deaths this time of year. Colder temperatures cause the blood vessels to constrict, which increases blood pressure, adding stress to the heart, especially in those who already have hypertension. And it should come as no surprise that vitamin D levels are markedly lower in the winter, especially for those living in the upper third of the U.S. If you’ve been diagnosed with high or borderline high blood pressure during the winter months, it is important to take into account this seasonal shift and get your levels tested throughout the year to get a more accurate picture, and more importantly, ensure that you maintain vitamin D levels of at least 40 ng/mL.

IMAGINE

THIS SPACE
IN THE DOTTED LINE
IS 67 IN²

THE SIZE OF A
CONVENTIONAL STACKED
BATTERY CAGE

FOR 95% OF THE APPROXIMATELY 300 MILLION EGG-LAYING HENS



THIS IS THE ONLY LIFE THEY WILL EVER KNOW.

ALL COOPED UP & NO PLACE TO GO!

NATURAL BEHAVIORS & MOVEMENT

I NEED 72 in² To Stand Up!

I NEED 303 in² To Spread & Flap MY WINGS!!

- Studies Indicate -
BATTERY CAGE OPERATIONS INCREASE SALMONELLA RISK IN CHICKENS DUE TO HIGHER...

STRESS

RODENTS / INSECT

FLOCK SIZE

- Studies Show -
THESE CHICKENS ARE 10x MORE LIKELY TO PRODUCE CONTAMINATED EGGS

ODDS RATIO OF SALMONELLA OCCURRENCE BY FLOCK PRODUCTION TYPE

Battery Cage	1
Cage-free barn	0.57
Organic	0.05
Free-range	0.02

WE WANT TO CHANGE THAT!
THE NATURAL GROCERS GOOD FOR YOU DIFFERENCE

A BEAKON OF HOPE
WE SPENT A YEAR SEARCHING FOR A PRODUCER WHO COULD MEET OR EXCEED OUR QUALITY STANDARDS & WE FOUND THOSE HAPPY HENS IN OWENTON, KY!



THEY'VE EVEN WON A BUNCH OF AWARDS—
Including receiving the highest Animal Welfare Approved rating, the "gold standard" of farm animal care certification.

Introducing
NATURAL GROCERS PASTURE-RAISED EGGS



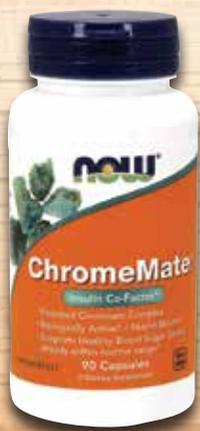
WANT MORE?
For more eggcellent information & sources, please visit us at NaturalGrocers.com/egg-info



THIS IS CONFINED!

LIVING IN A

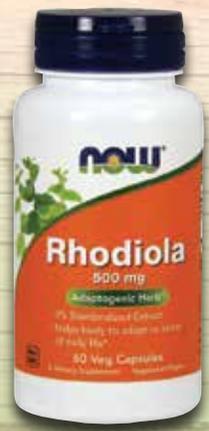
WORLD



NOW®
ChromeMate

Chromium is a mineral that works with insulin to support healthy blood sugar levels; this formula is biologically active for better utilization.*

\$5³⁹
90 cap
EDAP \$7.49



NOW®
Rhodiola
500 mg

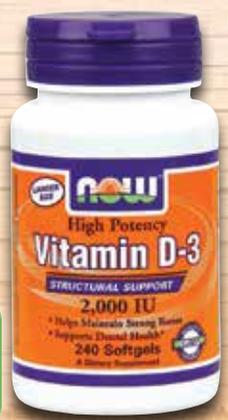
This adaptogenic herb promotes a healthy stress response and energy levels.*

\$10⁸⁹
60 vcap
EDAP \$13.59

NOW®
Vitamin D-3
2000 IU

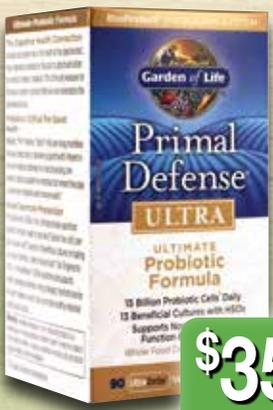
Supplementation ensures that you maintain normal levels of this important vitamin through the winter months.*

\$9³⁹
240 sg
SAVE \$2
EDAP \$11.39



Garden of Life®

Primal Defense
Ultra Probiotic



\$35⁵⁹
90 vcap
EDAP \$38.49

New Chapter®

Every Woman's or Man's
One Daily Multi



One-a-day multivitamins, formulated for men and women's unique needs.*

\$39⁹⁹
72 tab
SAVE \$4
EDAP \$43.99

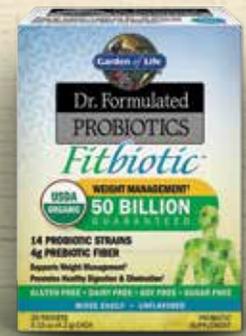
Garden of Life®

Vitamin Code
Men's or Woman's Multi - or -

Dr. Formulated
Probiotics Fitbiotic



\$25⁹⁹
120 vcap
EDAP \$32.49



\$25⁹⁹
20 packet
EDAP \$33.85

Himalaya Herbal Healthcare®

LiverCare

A blend of herbs formulated to nourish the liver and support its normal functioning.*



\$16²⁹
90 vcap
EDAP \$19.99

Irwin Naturals®

Steel Libido Red; or
Steel Libido for Women

Support your best sexual health, in formulations for men and women.*



\$19⁹⁹
75 sg
EDAP \$23.39 - \$24.09

Barlean's®

Wild & Whole
Krill Oil

Sustainably harvested, this krill oil is loaded with health-promoting omega-3 fats.*



\$29⁸⁹
60 sg
SAVE \$2
EDAP \$31.89

Amazing Grass®

Green Superfood
All Flavors

Get your daily dose of nutritious greens in a variety of flavors and formulations. Just add to your favorite beverage for an energizing boost!*



\$21²⁹
7.4 oz. - 8.5 oz.
EDAP \$24.19



Natural Vitality®

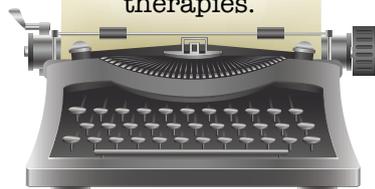
All Natural Calm
(excludes Plus Calcium)

\$16⁴⁹
8 oz.
EDAP \$19.59 - \$20.39

Restore healthy magnesium levels with this easily absorbed ionic formula. Just mix with water and drink!*

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.

The independent newsletter that reports vitamin, mineral, and food therapies.



CONSUMING TOO MANY SUGARS DOUBLES RISK OF HEART DEATH

Consuming large amounts of dietary sugars can double the risk of dying from heart disease, according to a study by researchers at the Centers for Disease Control and Prevention in Atlanta, Georgia.

Quanhe Yang, PhD, and his colleagues analyzed data from the National Health and Nutrition Examination Survey, which included nutrition and medical information from the late 1980s through 2010. The data was based on questionnaires completed by 31,147 people.

Yang and his colleagues calculated the consumption of “all sugars used in processed or prepared foods, such as sugar-sweetened beverages, grain-based desserts, fruit drinks, dairy desserts, candy, ready-to-eat cereals, and yeast breads.” However, they did not include naturally occurring sugars, such as those found in fruit and fruit juices.

People who consumed 10 percent of their calories as sugars—sucrose, high-fructose corn syrup, and other caloric sweeteners—had a 30 percent greater risk of dying from cardiovascular diseases. Those who consumed 25 percent of their calories as sugars were almost three times more likely to die from cardiovascular diseases, compared with people who consumed less than 10 percent of their calories from sugars. “Most U.S. adults consume more added sugar than is recommended for a healthy diet,” wrote Yang and his colleagues.

Reference: Yang Q, Shang Z, Gregg EW, et al. Added sugar intake and cardiovascular disease mortality among US adults. *JAMA Internal Medicine*, 2014; doi 10.1001/jamainternmed.2013.13563.



CRANBERRY CAPSULES REDUCE RISK OF URINARY TRACT INFECTIONS

People living in long-term care facilities are at risk of developing urinary tract infections (UTIs). In fact, about a quarter of all bacterial infections diagnosed at such facilities are UTIs. The infection can be bad enough by itself, but it can also lead to serious complications, such as dehydration, delirium, and even death.

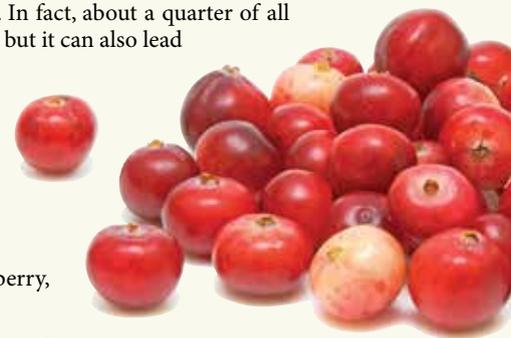
However, taking cranberry capsules daily can significantly reduce the risk of UTIs, according to a study by Dutch researchers.

Monique A.A. Caljouw, MSc, and her colleagues at the Leiden University Medical Center, provided either cranberry capsules or placebos to 928 people at long-term care facilities. The majority of the subjects were elderly women.

People were instructed to take two capsules daily. Each cranberry capsule contains 500 mg of cranberry, yielding 1.8 percent (9 mg) of proanthocyanidins.

People who were at high risk of developing UTIs had a 26 percent reduction in risk by the end of the study. Meanwhile, people who were at a low risk of UTIs experienced no benefits from the cranberry capsules.

Reference: Caljouw MA, van den Hout W, Putter H, et al. Effectiveness of cranberry capsules to prevention urinary tract infections in vulnerable older persons: a double-blind randomized placebo-controlled trial in long-term care facilities. *Journal of the American Geriatrics Society*, 2014;62:103-110.



Omega-3 supplements

BOOST MENTAL FUNCTION in children

The omega-3 fats are essential for brain development and healthy moods, but malnourished children risk being deficient in these nutrients. A new study has found that supplements can lead to neuropsychological improvements in mildly to moderately malnourished children.

Veronica Portillo-Reyes, PhD, of the Autonomous University of Ciudad Juarez, Mexico and her colleagues provided omega-3 capsules or placebos to 59 children, ages eight to 12 years, for three months. The children underwent 18 neuropsychological tests at the beginning and end of the study.

Each omega-3 capsule contained 270 mg of eicosapentaenoic acid (EPA) and 180 mg of docosahexaenoic acid (DHA).

By the end of the study, 50 percent of the children taking the omega-3s had greater improvements in 11 of 18 neuropsychological tests. Furthermore, more than 70 percent of the children had improvements in mental processing speed, hand-eye coordination, perceptual integration (such as recognizing patterns), and executive function (a more complex problem-solving ability).

Although the study was conducted in Mexico, it is relevant to children around the world and, particularly, in the United States, where almost 15 percent of families are considered “food insecure.”

Reference: Portillo-Reyes V, Pérez-García M, Loya-Méndez Y, et al. Clinical significance of neuropsychological improvement after supplementation with omega-3 in 8-12 years old malnourished Mexican children: A randomized, double-blind, placebo and treatment clinical trial. *Research in Developmental Disabilities*, 2014;35(4):861-870.





WAY TOO MUCH SUGAR IN THE DIET

Back in the 1970s—yes, I’ve been around for a while—I interviewed John Yudkin, MD, who had written *Sweet and Dangerous*. In the book, he made a strong case that sucrose, and especially fructose, increased the risk of coronary heart disease.

His work was largely dismissed in favor of the idea that saturated fat and cholesterol caused heart disease.

Since then, people have developed one heck of a sweet tooth. And since then, many processed foods have switched from sucrose to high-fructose corn syrup, which appears to be even worse than plain old sugar.

But for most people, the majority of sugar consumption does not come in the form of candy or dessert. Rather, it comes in processed foods. I describe processed food as most of the stuff that comes in boxes, cans, jars, bottles, bags, or tubs.

A couple of examples: a can of Campbell’s tomato soup contains 30 grams of sugar, a serving of orange chicken has 22 grams of sugar, and a cup of common pasta sauce contains 20 grams of sugar. Read labels in your pantry or supermarket, and you’ll see how the numbers add up.

Thirteen percent of U.S. adults get 13 percent of their calories from sugar. That, of course, is an average. I can guarantee that added sugars don’t account for 13 percent of my calories, so someone else must be making up the difference. –JC

Quick Reviews of Recent Research

Vitamin D has benefits in heart failure

Abnormalities in the body’s regulation of aldosterone, a hormone, can contribute to heart failure. By lowering the activity of aldosterone and related activities, it is possible to reduce salt and water retention and the thickening of the heart’s walls. In a study conducted at the University of Colorado Medical Center and other centers, doctors asked 64 people to take either 50,000 IU of vitamin D or placebos each week for six months—aldosterone levels decreased in the vitamin D group. The researchers concluded that “vitamin D may be an important adjunct to standard heart failure therapy.”

Boxer RS. *Journal of Cardiac Failure*, 2014; doi 10.1016/j.cardfail.2014.01.019.

Vitamin C may reduce risk of some strokes

Vitamin C is needed for the formation of collagen, a protein necessary for the integrity of blood-vessel walls. In hemorrhagic stroke, which accounts for about 10 percent of all strokes, a blood vessel in the brain ruptures. A researcher at Pontchaillou University Hospital, France, and his colleagues measured vitamin C levels in 135 subjects, 65 of whom had previously suffered a hemorrhagic stroke. Vitamin C levels in the stroke patients were significantly lower than in the healthy subjects.

Vannier S. 66th annual meeting of the American Academy of Neurology, Philadelphia, April 26-May 3, 2014, Abstract #3101.

Clothing, latitude effect vitamin D levels

Researchers at Queensland University of Technology, Australia, investigated the variables that influence a person’s vitamin D levels. They studied 1,002 people ages 18 to 75 years. The single most important factor was the amount of clothing people wore. More clothing reduces the amount of skin exposed to sunlight, and this one factor accounted for 27 percent of the variance in vitamin D levels. By comparison, latitude and season were slightly less important factors. Editor’s note: These findings underpin the importance of supplementing vitamin D through the winter months, when most of us are covered from head to toe in clothing.

Kimlin MG. *American Journal of Epidemiology*, 2014; 179:864-874.

It’s not just the soft drinks, folks

Researchers at the University of North Carolina at Chapel Hill analyzed the consumption of low-calorie and calorie-sweetened soft drinks and accompanying eating habits. They found that people consuming such drinks ate lower quality diets compared with people who did not drink such beverages.

Piernas C. *American Journal of Clinical Nutrition*, 2014;99:567-577.

PROBIOTIC SUPPLEMENTS ALSO ENHANCE IMMUNITY IN SENIORS

Researchers have long known that intestinal bacteria influence the integrity of our immune systems, but gut health sometimes affects people differently, depending on their age.

“Elderly adults have alterations in their gut microbiota and immune functions that are associated with higher susceptibility to infections and metabolic disorders,” wrote Caroline E. Childs, PhD, of the University of Reading, United Kingdom.

Childs and her colleagues asked 37 seniors to participate in a four-phase study to test the effects of a specific probiotic, *Bifidobacterium lactis*. Each phase of the study lasted three weeks and was separated by a four-week washout period, intended to avoid overlapping effects.

During the four phases, participants received supplements containing the prebiotic galacto-oligosaccharide (which bacteria use as a food source), *B. lactis*, a combination of *B. lactis* and the prebiotic, and maltodextrin as a placebo. The *B. lactis* dose contained 1 billion CFUs (colony forming units).

Among other things, the researchers looked at the phagocytosis of white blood cells—that is, how well the white blood cells attacked and digested disease-causing bacteria or infected cells.

Childs and her colleagues reported that the *B. lactis* significantly increased the phagocytic index, or activity, of two important types of white blood cells, monocytes and granulocytes.

The researchers noted one other finding. Although most studies of probiotics in adults found that a four-week washout was sufficient, it was not in the seniors. Instead, they seemed to retain the probiotics for a longer time.

Reference: Maneerat S, Lehtinen MJ, Childs CE, et al. Consumption of *Bifidobacterium lactis* Bi-07 by healthy elderly adults enhances phagocytic activity of monocytes and granulocytes. *Journal of Nutritional Science*, 2013; doi 10.1017/jns.2013.31.



VITAMIN D DEFICIENCY seems to influence knee cartilage

People suffering from a severe vitamin D deficiency have significantly thinner cartilage in the knee—a sign of osteoarthritis—compared with people who have higher levels of the vitamin.

Fevziye Unsal Malas, MD, and his colleagues at the Ankara Physical Medicine and Rehabilitation Training

and Research Hospital, Turkey, used ultrasound to measure the thickness of knee cartilage in 80 women, ages 20 to 45 years. They also measured the patients’ blood levels of vitamin D.

People with the most severe vitamin D deficiencies—less than 10 ng/ml—had thinner cartilage at all sites measured. However, only measurements of the knees’ “left medial condyle” proved to be statistically significant.

Malas’ comparison was to people who had more than 10 ng/ml of vitamin D, up to 20 ng/dl, which would also be considered a deficiency.

The researchers cited other research showing that vitamin D was needed for the development of cartilage cells.

Reference: Malas FU, Kara M, Aktekin L, et al. Does vitamin D affect femoral cartilage thickness? An ultrasonographic study. .2013; epub ahead of print.

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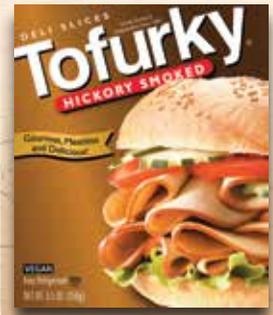
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6 STEPS TO REDUCE SUGAR FROM YOUR DIET

*It's easier than
you may think!*

By Heather Pratt, MNT

Americans love sugar. We eat it to celebrate and to console ourselves. It's in our breakfast foods, our snacks, our drinks, and in foods that don't even taste sweet. We love sugar so much that we eat more of it than any other country in the world. And we've got the health statistics to prove it: obesity rates are soaring and heart disease, diabetes, and Alzheimer's disease are all leading causes of death in the U.S. Sugar may not be exclusively to blame for the sorry state of our health, but there is solid scientific evidence that high sugar consumption contributes to these very diseases. You've likely heard all of this before, and know that you should cut back on sugar, but it's easy to feel overwhelmed about where to begin. To aid you in the seemingly daunting task of reducing your sugar intake, I offer the following six steps.

Step One – Work to keep your blood sugar balanced throughout the day. Each time you take a ride on the blood sugar rollercoaster, you are likely to crave sweets. To prevent your body from working against you in your goal to reduce sugar, it is critical to eat balanced meals at regular intervals throughout the day. Ensure that you are eating adequate protein, healthy fat, and carbohydrates in the form of vegetables at every meal. Eating this way helps you to feel satiated and keeps blood sugar stable, resulting in less sugar cravings.

Step Two – Set a daily sugar intake limit and stick to it. Physiologically speaking, our bodies have no need for sugar, but most health experts agree that a little won't kill us either. So what's a little? The World Health Organization recommends no more than 10 percent of your daily calories come from added sugars (that is, sugar that is added during food processing or preparation, not naturally occurring sugars such as in fruit). They recently took it a step further by suggesting that limiting added sugars to no more than 5 percent of your daily calories provides additional health benefits, a recommendation closely echoed by the American Heart Association. So what does this look like? For an average sized adult consuming 2,000 calories a day, that's no more than 200 calories (50 grams or 12 teaspoons), but ideally less than 100 calories (25 grams or 6 teaspoons) of added sugar a day. This means you must pick and choose where your added sugar comes from—don't waste it on something you don't really love. If meeting these goals sounds too hard, try eliminating just 1 teaspoon worth of sugar (about 4 grams) at a time, until you reach your goal.

Step Three – Don't keep sugary foods and beverages around. If you know that you can't stop after just one cookie, why torture yourself and sabotage your goals with a family-sized pack? Don't keep candy around for your kids or soda in your fridge for guests either. First, they don't need the sugar any more than you do, and second, it just makes your work harder. Purge your house and your surroundings of the sugary things you are most tempted by. If you'd like a little treat buy a single serving, or better yet, make a homemade treat using healthier unrefined ingredients and share with friends, family, and colleagues so you don't eat it all yourself.

Reducing Sugar

QUICKLY AND DRAMATICALLY

Improves Metabolic Markers in Children

By Lindsay Wilson

Step Four – Eliminate all sugar sweetened beverages. The biggest contributors to American's high sugar intake are sugary drinks. Think you are off the hook because you don't drink soda? Better take a closer look—there are loads of drinks that have as much, if not more, sugar than soda. If you regularly consume sweetened tea, lemonade, flavored coffee drinks, energy drinks, chocolate milk, commercially prepared smoothies and/or fruit drinks, including 100% juice, you're likely getting a massive amount of sugar just in what you drink. Don't be tempted to simply replace all your sweetened beverages with artificially sweetened beverages though, that's simply exchanging one poison for another. Instead choose pure clean water, make your own tea, and use a drop or two of natural flavor extracts such as vanilla, almond, or peppermint in your coffee instead of sugar. If you need a little more zing, try fruit-flavored sparkling water or make your own fruit-infused water. Fermented drinks like kombucha and kefir are also great alternatives. It won't be easy at first, but eventually your desire for sugary drinks will diminish and you might even find that they don't taste so good anymore.

Step Five – Get rid of sugar from the places where it doesn't belong in the first place—and where you're not likely to miss it. Sugar is so ubiquitous in our food supply that foods like salsa, spaghetti sauce, salad dressing, soup, bread, and many others routinely contain sugar. Be diligent about reading food labels and avoid those that contain added sugar, opting for the varieties that are made with little to no sugar. Or better yet, learn to make some of these basics at home so you can omit the sugar completely.

Step Six – Rely on naturally sweet foods to satisfy your desire for sugar. Fresh fruit, sweet potatoes, carrots, beets, and winter squash are excellent choices. Sweet spices like cinnamon, nutmeg, vanilla, and cardamom are great to "sweeten" things up. You can also use cooking techniques that maximize sweetness such as roasting veggies or caramelizing onions. A cup of peppermint or spearmint tea after a meal also does wonders to quell the desire for sweets. Eating less sugar and more naturally sweet whole foods helps to retrain your taste buds to appreciate the taste of sweet in a whole new and liberating way.

Reducing sugar from the diet isn't an easy thing to do. For most people, eating sugar has become a habit, one that is reinforced each time you have a taste, as the brain's reward center is stimulated, making getting off the stuff a bit like getting off a drug. You might feel cranky or have low energy for a few days, and you're likely to find yourself tempted at every turn. To make reducing your sugar intake a little easier, I recommend that you first make your intention to reduce your daily added sugar intake clear to yourself, and then let those around you know so they can support you in your efforts. Then start with step one and you will be on your way in the right direction!

References available upon request.

Hypertension, high blood sugar, elevated triglyceride levels, and excess weight around the belly—collectively known as metabolic syndrome—is showing up at alarming rates in children. And excess sugar, particularly fructose, appears to be the cause. A study appearing this month in the journal *Obesity*, found that sugar independently contributes to metabolic disease in children, but that a reduced-sugar diet quickly and substantially improves metabolic markers.

The study included 43 children between the ages of nine and 18 who were obese and had at least one other metabolic disorder, such as hypertension. Each child was given nine days-worth of food, including all snacks and beverages, that restricted sugar but maintained the same number of calories as their normal diets. Total dietary sugar was reduced from 28 to 10 percent of total calories and fructose from 12 to 4 percent of total calories, which is in line with current recommendations. After only nine days on the sugar-restricted diet, virtually every aspect of the children's metabolic health improved. Blood pressure and triglyceride levels decreased, LDL (the so-called "bad" cholesterol) decreased, liver function improved, and fasting blood glucose and insulin levels decreased. These improvements were seen just by removing added sugar from the diet, without changing calorie intake, weight, or exercise. Remarkably, the low-sugar food that was provided was "kid-friendly" junk food, and included hot dogs, potato chips, and pizza (in lieu of high sugar cereals, pastries, and yogurt)—far from a healthy diet, yet the children's metabolic markers still showed significant improvement.

"I have never seen results as striking, or significant in our human studies...these findings support the idea that it is essential for parents to evaluate sugar intake and to be mindful of the health effects of what their children are consuming," lead author, Jean-Marc Schwarz, PhD said.

Supplements to Reduce Sugar Cravings

Multivitamin/Mineral. There are numerous vitamins and minerals involved in balancing blood sugar and deficiencies in many may actually cause sugar cravings. Cover your bases with a high quality multi-vitamin and mineral supplement.

L-Glutamine. This amino acid helps to reduce sugar cravings and supports normal insulin secretion. Try 500 mg three times a day, between meals.

Gymnena Sylvestre. Known as the "sugar destroyer," this Ayurvedic herb has a long history of use. It blocks the taste of sweet on the taste buds and slows the absorption of sugar from the intestines. Follow manufacturer's directions.

Chromium. This mineral is essential for proper glucose and insulin function and is rapidly depleted by a diet high in refined sugar and carbohydrates. To support optimal blood sugar balance, try 500 mcg twice daily with meals.



WE



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Bon appétit to beets!



One study found that volunteers who ingested 500 ml of beetroot juice saw a significant reduction in blood pressure three hours after they ingested the juice.



~ Citrusy ~ BEET SALAD

Adapted from Nourishing Traditions
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This recipe makes the most of winter's freshest produce, combining the sweet, earthiness of beets with the bright acidity of citrus, making a refreshing seasonal salad.



- 6 medium beets, scrubbed clean
- 1 teaspoon grated ginger
- 3 tablespoons apple cider vinegar or beet kvass
- 4 tablespoons extra virgin olive oil
- 1 tablespoon fresh orange juice
- Pinch of NG bulk sea salt
- Pinch of NG bulk cayenne pepper
- Pinch of NG bulk cinnamon
- ½ teaspoon lemon zest
- ½ teaspoon orange zest

Preheat oven to 425° F. Place beets on a foil-covered baking sheet and bake for about an hour, or until tender when pierced with a fork. When cool to handle, peel and chop. Whisk remaining ingredients in a bowl, toss with the beets, and refrigerate for several hours. Serve over a bed of lettuce.

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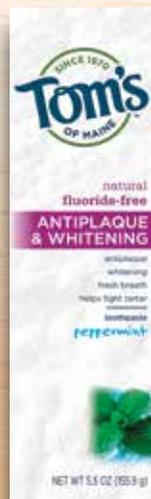


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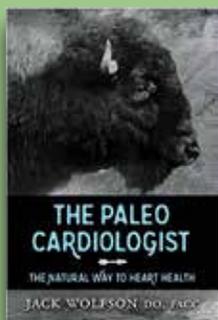
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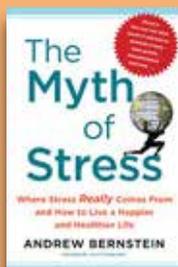
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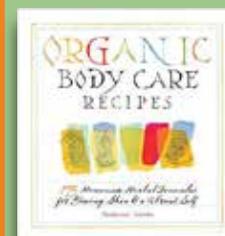
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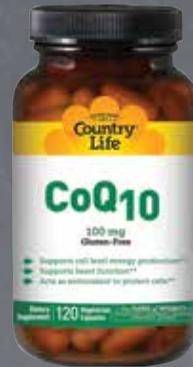
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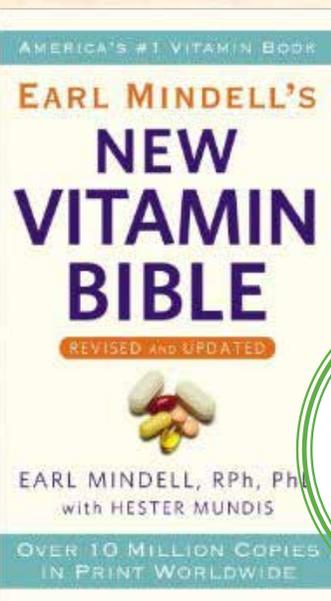
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