



JoJo's Natural Market

Largest Selection of Nutritional Supplements in Northern Michigan

1459 S. Otsego Avenue
Gaylord, MI 49735

989-705-8500
www.jojosnaturalmarket.com

August 2018

Omega-3's & ADHD

If you're the parent of a child with ADHD who's looking for a natural treatment approach, you may have heard that Omega-3 fatty acids can improve the symptoms of the disorder.

Several studies show that fish oil have been very effective in the treatment of ADHD.

Researchers found that children and teens who were given omega-3 supplements saw their symptoms of hyperactivity and inattention decrease, when compared to those children who were given a placebo. Additionally, those kids taking omega-3 supplements such as fish oil also saw improved cognitive function.

As an essential fatty acid, our bodies can't produce omega-3s on their own — we must add them to our diet. Omega-3s are stellar at ensuring optimal neurological function, keeping our minds sharp, boosting concentration helping to ease mental disorders like depression and keeping our brains developing healthily — all things you want to address if you're suffering from ADHD.

When adding an omega-3 supplement in the form of fish oil to your child's diet, Dr. Josh Axe recommends an quality omega 3 of about 1,000 milligrams a day.

Adding more omega-3s to your child's diet might not be a cure to their ADHD and, at least initially, it shouldn't supplant any treatment they're already on. But it's highly likely that omega-3 supplements will make symptoms more manageable; you might even find you can reduce medication after some time. But, at the very least, consuming more omega-3 foods will give your child another natural tool in their arsenal to tackle ADHD.

Source: <https://draxe.com/omega-3-supplements-adhd/>

August Means Back 2 School Prep

Basic Health Package to help keep the immune system strong:

- Multivitamin
- Probiotic
- Omega 3 Fish Oil

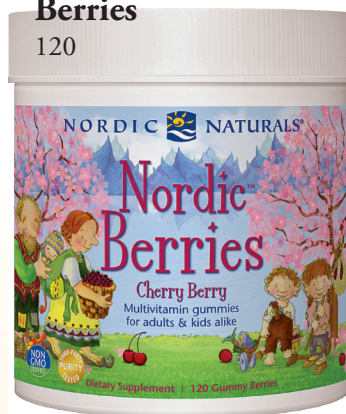
May we also suggest these ideas:

Thieves Oil Hand Sanitizer
NOW Brand Chapstick

Nordic Naturals

Nordic Berries

120



Help your child fill in any nutritional gaps with our popular Nordic Berries multivitamin. These yummy gummies give growing kids the essential vitamins and minerals they need. They even contain full-spectrum B vitamins—hard to find in a gummy. Made for ages 2 and up,

Nordic Naturals

Children's DHA

#1 Children's Omega-3 in the U.S.



Purified fish oil is the safest and most reliable source of omega-3 DHA, and it's estimated that only 1% of kids get fish oil regularly. Make sure your child is getting enough of this important nutrient during peak development years with Children's DHA. Provides for extra support for cognitive health



Gaia Kids

Black Elderberry Syrup

Elderberry has long been proposed as being immune supportive, and supports the body's natural defense. Research studies show Black Elderberry to have immune modulating and antioxidant properties. Because elderberry is high in flavonoid rich compounds, it exerts antioxidant protection on cells. By providing antioxidant protection, elderberry aids in protecting cellular health from free radical damage and airborne elements.

Gaia Kids liquid extracts, oils, and tonics deliver the same potent herbs as our adult formulas in a vegetable glycerin extract concentrate formulated just for kids by Dr. Mary Bove, pediatric naturopath

Nordic Naturals

Probiotic Gummies For Kids

"good" gut bacteria for digestive and immune health—perfect for smaller tummies.

1.5 billion live cultures plus prebiotic fiber
With Bacillus coagulans, a potent probiotic that survives passage through GI tract.

No refrigeration required

Benefits of Colloidal Silver

Here are the top uses of colloidal silver:

- Has been used to help safeguard human health for 2,000 years
- Effective antimicrobial.
- Immune Support.
- Ear Health.
- Eye Health.
- Female Health.
- Nasal Health.
- Respiratory Health.
- Gastrointestinal Health Balance.
- Intestinal Health Balance.
- Mouth & Gum Health.
- Urinary Tract Health.

Specific benefits for Kids:

- Daily Support.
- Immune Building
- Tummy Health

At JoJo's, we sell Sovereign Silver in liquid and a gel. We also have it specifically labeled for kids and is the #1 selling silver in the U.S.

Bass Farm skin care

From a goat farm in Indiana, JoJo's brings you some amazing products. Goat milk has long been known to nourish the skin. Bass Farm has come up with a variety of products. The newest product is CBD cream for joint pain and muscle soreness.

Come and check it out. We also have face wash and body wash, lip balm, face cream, and body lotion, shampoo and conditioner, perfume and essential oils from Bass Farm.

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