



# 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

December 2019



## Survive Holiday Fatigue

From all of us at Jojo's Natural Market, we want to wish you and your families a **Happy & Healthy Holiday** season and a **Happy New Year!!**

Still need stocking stuffers or gift ideas? We have Jojo's gift cards, coffee gift baskets, Bass Farms Goat Milk product bundles, bath balms, soaps, jewelry, alpaca scarves, hats and gloves. We can also customize a gift basket per your request!

With the holiday season now in full swing, you may be feeling stressed and fatigued. On page two is an excellent article from our website regarding simple steps that may help alleviate symptoms, such as adding whole foods, finding more time to exercise, and cutting down on sugar and caffeine. Adding some key supplements may also help. (Are you going to [www.jojosnaturalmarket.com](http://www.jojosnaturalmarket.com) and taking advantage of the information and educational material? There are coupons there, too.)

Don't forget natural help for cold and flu. ImmunoShield is our best product for over-all immunity support. Elderberry is great for viruses. Colloidal silver is well known for anti-bacterial properties.



Tasty and effective, each Herbal Lozenge features a base of Western and Chinese herbs and nutrients.

**Zand**  
**Elderberry Zinc**  
**Herbalozenge**  
15 LOZ

**\$3.25**

**CBD Can Help  
with Stress and  
Anxiety..**

**It is also known  
to help your  
immunity  
system.**



**15 % off**  
Synergy Spectrum



### Golden Milk Latte

2 cups Almond Milk  
1/2 tsp cinnamon  
1 Tbsp Coconut Oil  
2 tsp Maple Syrup  
1/4 tsp ginger  
Pinch Cayenne Pepper

**Blend, Heat and Serve**  
**Garnish with Cinnamon or**  
**Mint Leaf..**

Mention this Ad for  
**\$2.00 off per Jar**

## Surviving Fatigue

### Sugar sapper

Contrary to popular opinion, sugar is not an energy food and coffee is not an energy drink. Relying on either for a pick-me-up will leave you more tired.

Consider instead the nutritional density of whatever you consume. For example, sugar has a lot of calories, but it offers little in the way of vitamins, minerals, or other nutrients. On the other hand, protein and vegetables are nutrient dense.

### Green Food for Super Energy

Many green foods are nutrient dense, including alfalfa, barley grass, chlorella, green tea, kelp, spirulina, and wheatgrass. In addition to being loaded with vitamins, minerals, and fiber, these supergreens have the added benefits of enzymes and chlorophyll. Enzymes are essential for nearly every biological process, and chlorophyll (the pigment that makes plants green) oxygenates blood and delivers magnesium.

Supergreens are available in supplements, including powders, tablets, and tinctures. Here are other proven fatigue-fighting supplements.

**B-complex vitamins:** Help turn food into energy

**Vitamin C:** Necessary for making chemicals that keep the brain energized.

**Coenzyme Q10:** Known to boost energy levels and enhance stamina

L-carnitine, which helps transport fat to the cells' mitochondria, where it is burned for energy.

**Alpha Lipoic Acid (ALA):** Fosters energy production.

**Quercetin:** Increases your body's ability to metabolize glucose and fat for energy.

### Adaptogens for Energy

Also consider adaptogens: herbs that generate a defensive response to stress. Adaptogens that specifically help fight fatigue and increase energy and endurance include American and Asian ginseng, ashwagandha, cordyceps, eleuthero, holy basil, rhodiola, and schisandra.

### Sources:

7-Syndrome Healing by Marcia Zimmerman, CN, and Jayson Kroner, CSN, ( Nutrition Solution Publications, 2006)

Adaptogens: Herbs for Strength, Stamina, and Stress Relief by David Winston, RH (AHG) and Steven Maimes (Healing Arts Press, 2007)

No More Fatigue by Jack Challem (Wiley & Sons, 2011)

# 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](http://www.jojosnaturalmarket.com)