



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

May 30th, 2020

Hat's off to Denny Who Has Officially Retired

Denny will be working Saturday's from 10 - 2 pm.

Denny will be holding a 45 minute class free to all of you monthly or bi-monthly. Watch for more information on day and time.

Denny has been a key figure in the success of JoJo's. He has been here since day one and has played a big part in helping all of you in your health journey.

Denny is so full of knowledge on health and never quits studying. He is so compassionate about you and your health.

So if you miss him like us, be sure to stop in on a Saturday and say Hi.

We are currently closed on Saturday during the shelter in place order. We will reopen as soon as possible. Call to see if we are open yet on Saturday's



Ask The Doctor

RECORD BREAKING POLLEN

Meteorologist are predicting a severe allergy season for 2020. Due to a mild winter in many areas (this includes Michigan), the season is expected to extend much longer, starting almost six weeks early. Beyond that, above normal rainfall combined with average temperatures has led to high pollen production.

Nationwide, most areas will experience near record pollen counts this year, with the east coast expected to be hit the hardest. Again the map shows Michigan right in the thick of it.

Experts predict that pollen levels will remain unusually high through the summer months.

MENTION THIS AD AND GET 20% OFF EITHER PRODUCT SHOWN BELOW.....

Article provided from Nenningers Naturals .They work very closely with the CDC .

Pure Essence Labs
Allergy



20% off

Nenningers Naturals
Allergy
Defense



20% off



Natural Approaches to Surviving Spring Allergies

Allergies are caused by a hyper-sensitive immune system. they can affect your whole body including your eyes, lungs, nose and even your skin.

EASE SYMPTOMS NATURALLY

Bromelain is an enzyme found in the stem and fruit of pineapple plant. It reduces sinus inflammation and swelling. Stop in to get it in supplement form.

Quercetin doesn't offer a quick fix, but long-term use can help to reduce allergies. Quercetin is found in many plant foods but is also available as a supplement.

Herbs such as butterbur and stinging nettle reduce the incidence and severity of allergy symptoms, research shows.

Probiotics are the "good" bacteria that live in the digestive tract and help support immunity. Some studies show probiotic supplements may reduce the severity of allergy symptoms, including nasal congestion.. In one placebo-controlled study, participants who took a combination probiotic for eight weeks had improved quality of life during the allergy season.

Grass Fed Bison Chili

- . Ground Bison (2-4 oz.)
- . Celery (1 stalk)
- . Red Onion (1/4 inch slice)
- . Garlic (2-3 cloves)
- . Crushed Canned tomatoes (3 oz.)
- . Bell Peppers, Orange and Red (1/2 bell of each)
- . Chili Powder
- . Paprika (1/2 tsp)
- . Cumin (1.2 tsp.)
- . Vegetable or Bone Broth (2 cups)
- . Avocado (1/2 to whole)

Directions:

In a large pot, heat coconut oil and saute' diced onion, celery, and garlic. Add ground bison meat to pot, break it up into small pieces with a spoon as it cooks. Stir in chili powder, paprika, and cumin. Once meat is cooked through, add crushed tomatoes, 2 cups of broth, and diced bell peppers. Cover pot and cook on low medium heat for 30 minutes (chili should be bubbling slightly while cooking). Scoop into bowl and top with diced avocado. You can also use sour cream or cheese to finish...Yum Multiple amounts as needed.. We recommend Organic ingredients.

JoJo's carries everything you need to make this great meal.

Bison
America's Original Red Meat
High in Protein and Iron-Low in Fat, Calories and Cholesterol
3.5 oz Serving - Cooked Meat

Species	Fat g	Protein g
Bison	2.42	28.44
Beef (choice)	18.54	27.21
Beef (select)	8.09	29.89
Pork	9.66	29.27
Chicken (skinless)	7.41	28.93
Salmon	10.97	27.31

JoJo's Bison comes from Rudyard, Mi. *It's amazing!!!!!!*

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