



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

September 30, 2020

National Cholesterol Education Month

Do you have high cholesterol?

According to the Centers for Disease Control and Prevention, 102 million adults in the United States have high levels of LDL cholesterol.

Can children and adolescents have high cholesterol?

Yes, high cholesterol can occur in children and young adults. In the United States 20% of youth ages 12-19 years have at least one abnormal lipid level.

What is Cholesterol?

Cholesterol is a type of fat found in your blood. Your body needs some cholesterol to make hormones, vitamin D, and substances that help you digest your food.

What can you do if your Cholesterol is too high?

Start by eating a healthy diet with reduced saturated fats and eliminate trans fats, eat foods rich in omega-3 fatty acids, increase soluble fiber and add whey protein. Other changes include starting an exercise routine, quit smoking and reduce alcohol consumption.



Can Ashwagandha assist with the emotional symptoms of stress?

If you haven't heard of Ashwagandha before, it's an exceptional herb in Ayurvedic medicine. It's a small shrub with yellow flower native to India and North Africa. It's botanical name is Withania Somnifera, you may also hear it referred to as Indian Ginseng or Winter Cherry.

One of the most well known functions of Ashwagandha is it's ability to assist in reducing stress and anxiety by lowering cortisol levels. Ashwagandha can also help fight depression and even boost brain function.

Other ways you can help manage stress would be to spend some time outdoors, exercise, eat a healthy diet, and spend time with those you love. Even if it's over the phone or video chat it still helps to feel connected.



15%

LINE DRIVE



**STAFF
PICK**

The Benefits of Sprouting

Sprouting seeds may be tiny but they are a powerhouse of nutrition. Take for example wheat sprouts, they contain 4x more folic acid and 6x more vitamin C than unsprouted wheat.

Sprouts are considered a complete food because they contain essential dietary nutrients, along with the enzymes to help assimilate them.

Sprouts are also referred to as a quick energy food because the simple plant sugars are easily digested and enter the bloodstream quickly.

Sprouts are economical, toxin free (if organic, non-GMO seeds and clean water), easy to store, low in calories/fat, easy to grow and tasty too.

Sprouts are very versatile and can be used in salads, stir-frys, smoothies, scrambled eggs and more.

A Little Info About CBD

Cannabidiol (CBD) is derived directly from plants like the hemp plant. The legal amount of THC in CBD sold in the US is 0.3% or less, therefore it does not have the same psychoactive components as marijuana.

There are few different ways of taking CBD and it's up to you to decide what's best for you. You can take the sub-lingual which you hold under your tongue for 30 to 90 second before swallowing, this allows the CBD to be absorbed into your bloodstream at a faster pace. When taking pills or edibles they will have to pass through your digestive system first so it will take a little longer to take effect but may last longer. CBD creams, balms or lotions are a more direct approach if you can apply them directly to the affected area of your body.

Most of our customers use CBD for pain, anxiety or depression, however it is good for a multitude of symptoms.

CV Science



15% off

Offer good until September 30, 2020



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