



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

November Newsletter

Diabetes Awareness

November is National Diabetes Awareness Month. In America 34 million people have Diabetes and 88 million have prediabetes.

Type 1 Diabetes the bodies immune system attacks and destroys the cells in the pancreas that make insulin. Type 2 Diabetes, the most common, the body doesn't make enough insulin or doesn't use it well.

To keep Diabetes under control, work closely with your health care professional, maintain a healthy diet and stay physically active.



Happy Thanksgiving!!!

Here at JoJo's we are thankful for all of the customers that support our store. Our hope is that each day we can provide a service to you that makes your life a little better.

We enjoy helping you each and every day. If there is anything that we can do for you, such as a product that we could order for you or something you would like to see us to keep in stock please let us know and we will do our best to make it happen!



Irwin
Naturals





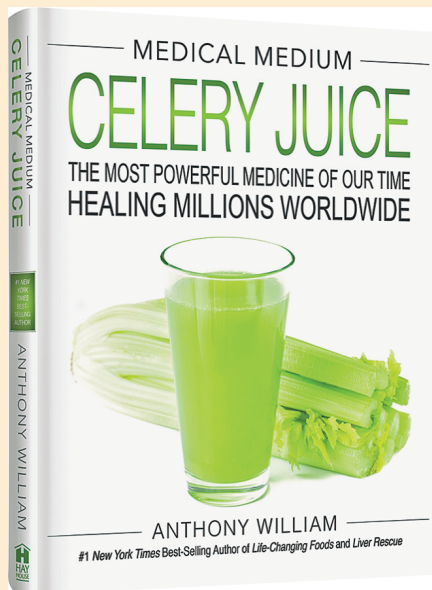
Acorn Squash with Apple-Pear Walnut filling

Ingredients

2 medium acorn squash
2 Tbsp. butter, softened
1/2 tsp. salt
1 t. pepper
1 medium chopped apple
1 medium chopped pear
1 Tbsp. lemon juice
1/2 cup chopped walnuts
1/4 tsp. ground nutmeg
1/4 cup maple syrup

Directions

Preheat oven to 400 degrees. Cut each squash lengthwise in half, remove and discard seeds. Using a sharp knife, cut a thin slice from the bottom of each squash half to allow them to lie flat. Place in a shallow roasting pan, cut side down. Add 1/2 inch of hot water. Bake, uncovered, 35 minutes. Drain water from pan: turn squash cut side up. Spread with butter, season with salt and pepper. For filling, in a large bowl toss apple and pear pieces with lemon juice. Add walnuts and nutmeg; divide among squash halves. Drizzle with maple syrup. Bake until heated through, about 30 min.



The Celery Movement

There is a book that sits on the shelf in JoJo's Natural Market that promises to transform the health of its reader. The author, Anthony William, advises that first thing in the morning we drink 1-16 oz. glass of freshly juiced celery on an empty stomach and wait at least 15 to 30 minutes before consuming anything else.

Some of the benefits to drinking celery juice include: healing the gut, balancing blood sugar, flushing toxins from the liver, restoring health to those that suffer from a wide range of chronic illnesses like eczema, ADHD, thyroid disorders, diabetes, autoimmune disorders, and may more.

With so many books on the market claiming to have all the answers to our health concerns, why am I giving this one so much attention? Because of the testimonial of so many of my friends and customers. They say they feel better, have more energy and less pain.

So I've decided to give it a try, I'm only on day 2 so I'll let you know how it goes.

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