



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

January 2021 Newsletter

Our 2021 New Years Resolution

We are always striving to do better. This year we pledge to assist our customers in the best way possible.

What does that mean? We will work on education so that we have the knowledge to help you with all of your needs. If you don't see what your looking for then please let us know and we will do our best to locate the product for you. On our grocery side we will work on carrying a larger variety. We understand that peoples needs and wants are always changing, gluten free, grain free, vegan and vegetarian. Once again if you don't see it let us know. Many of the new products we bring into the store are customer request. In general if there is something you feel we can improve on please let us know.



Simple health resolutions that are easy to keep

1. Drink more water. According to webmd.com we should be drinking .50 oz for every pound (if you weigh 150 pounds you should be drinking 75 oz. of water).
2. Stretch every morning. Stretching increases your flexibility, improves your posture, reduces stress and body aches.
3. Meditate 15 minutes every day. If you have a difficult time meditating try EFT (Emotional Freedom Technique) also referred to as tapping.
4. Try new fruits and/or veggies. Eating a variety of produce will provide a range of different nutrients which can help reduce the risk of disease.
5. Get more sleep. Lack of sleep can cause loss of positive emotions. Let stay positive in 2021!
6. Use healthier household products.
7. Sit less, move more. If your sitting a lot set a time and walk around at least 5 minutes every hour.
8. Spend more time outside.
9. Eat more whole foods.
10. Learn a new activity. Whether it's a physical or mental activity it will increase the density of white matter in your brain and help your performance on a number of tasks.

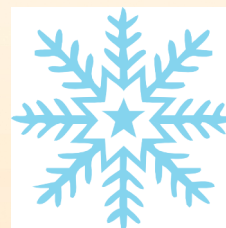
BOGO SALE

BUY AN IRWIN IMMUNE PRODUCT GET A SELECT CBD PRODUCT FREE*



2021

*Happy New Year
from all of us at*

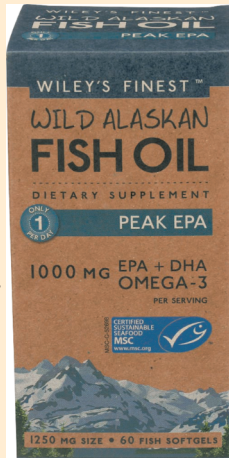




Nordic Naturals 20%off Line Drive

Valid January 3rd-16th

Wiley's Finest FISH OIL 20% off Line Drive



Valid January 17th-30th

Why take fish oil?

First of all what is fish oil? Fish oil is the fat or oil that's extracted from fish tissue. It is recommended by most organizations that we consume at least 500 mg combined EPA and DHA each day for a healthy adult, however that recommendation can change depending on certain health conditions and stage of life.

Every cell in our bodies (approximately 37 trillion) contains important omega-3 fatty acids and that is the reason it is so important that we incorporate omega-3's into our daily health plan.

Some of the benefits of consuming fish oil include a healthy heart, by increasing HDL or "good" cholesterol, lower triglycerides and lower blood pressure.

The brain uses Omega 3-s to build brain and nerve cells, these fatty acids are essential for learning and memory. Fish oil supplements have anti-inflammatory properties that can reduce joint pain, inflammatory bowel disease and many other disorders where inflammation plays a role.

The use of fish oil can help your skin stay healthy longer and assist with conditions such as psoriasis and dermatitis.

When choosing a fish oil supplement, there are some important factors to consider. Make sure your fish oil is produced in the triglyceride form which is most easily recognized and absorbed by the body. Sustainability is also important, go with a company that uses responsible fishing gear to protect against bycatch and prevents seafloor and ecosystem damage. Go with a company that gets 3rd party tested to insure purity and freshness. Taking fish oil can be a highly effective way to improve your health.

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