



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

February 28, 2021

You can't beat Beetroot

Beetroot (*Beta vulgaris*) is a root vegetable also known as red beet, table beet, garden beet, or just beet.

Beets are good source of vitamins and minerals, such as folate, manganese, potassium, iron, and vitamin C.

Because beets are high in vitamin C, some feel that beets to be good for the skin, even suggesting that they can protect you from signs of aging, such as wrinkles. Other benefits of eating, drinking, or taking a beetroot supplement include assisting in improved blood flow, beets can significantly lower blood pressure by up to 4–10 mmHg over a period of only a few hours. Beets can increase your energy level, boost your brain power, improve your eye sight, and improve your immune system and beets are delicious!



February is American Heart Health Month

How aware are you of your heart health? Our hearts function by pumping blood throughout our bodies, supplying oxygen and nutrients and removing toxins and waste.

Every year 600,000 Americans die from heart disease. That is why it's so important to take an active roll in your heart health and reduce your risk of heart disease. High blood pressure, high cholesterol, diabetes, stress, smoking, excessive alcohol use, obesity and genetics are some of the things that put you at risk of heart disease. To keep your heart in good health you can start by eating a healthy diet, engaging in physical activity and managing your cholesterol and blood pressure.

There are several supplements available to assist you in keeping your heart healthy and strong. Omega-3s may help by reducing triglycerides, a type of fat in your body, they may reduce the risk of developing an irregular heart beat. CoQ10 which is made naturally by your body but decreases as we age, it helps maintain a healthy heart and vascular system. Garlic may prevent cell damage, regulate cholesterol and lower blood pressure. There are many supplement that can assit you with heart health and you'll need to find what's right for you.

Stay health friends and keep that heart beating strong!

Green Roads CBD

20% off line drive





\$5.99

Chicken Bone Broth Kit



BOGO YOGURT SALE
buy on get one of
equal or lesser value
FREE

Tiffany's Bone Broth

- 1 Package Bone Broth Kit
- water to cover the bones
- 2 TB kosher salt
- 2 packs of poultry fresh herbs
- 1 tsp whole peppercorns
- 2 bay leaves
- 3 garlic cloves split in half
- 1 onion coarsely chopped
- 3 stalks of celery coarsely chopped
- 2 whole carrots coarsely chopped

Bring to a soft medium boil for 30 min. simmer for 1.5 hours on low. Let cool, then package in containers for broth or freeze.

Tiffany's Chicken Soup

- 2 Quarts of bone broth
- 2 Organic Chicken breasts cubed
- 2 carrots diced
- 2 celery stalks diced
- 2 garlic cloves split in half
- 1/4 tsp black pepper
- salt to taste
- 1 bay leaf
- Fresh parsley coarsely chopped.
- 1/3 cup of small pasta.

Simmer for 45 minutes. Finish with olive oil and grated parmesan cheese and cracked pepper.

These recipes are compliments of our Area Sales Manager from Carmelafoods. Thank you Tiffany!

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