



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 31, 2021

Berry French toast in a mug

INGREDIENTS:

- whole wheat bread
- 1 egg
- 1/2 cup frozen mixed berries
- 1/4 cup almond milk
- 1 tbsp maple syrup (pinch of salt)

HOW TO MAKE IT:

Whisk egg, milk, syrup, and salt together until combined. Cut bread into cubes, and place in a microwaveable mug along with mixed berries. Pour the egg mixture on top and mix well. Microwave for 2 minutes, making sure to check it every 30 seconds so it doesn't overflow.



Mother's Day gifts that give back

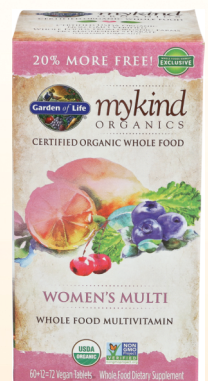
Mother's Day is a week away. If you haven't decided what to get Mom this year, we thought we'd give you a few ideas of gifts that keep on giving.

Terra Natural Designs has some cute scarves, purses and jewelry. They have wonderful artisan made pieces that support Indigenous and Minorities while empowering women and supporting Amazon Rainforest Preservation.

Another company that we love is Farmhouse Fresh, they have a Skincare line that smells amazing and they believe being "green" goes beyond preserving the environment and includes ensuring the well-being of the animals that inhabit it.

Bass Farms is a favorite with our customer for skincare, and hair products. They donate \$15,000 every year to "The Giving Gig". Their proceeds benefit patients directly within Community Health Network.

Whatever you do to celebrate your Mother she'll love it, because it came from you and that's the way Mother's are!



15% off
Synergy Spectrum CBD
Valid 05/01/2021-05/31/2021

Garden of Life
15% OFF
Valid 05/01/2021-05/31/2020



**20% OFF Pure
Essence Mushrooms**
Valid 05/01/2021-05/31/2021



**15% OFF any
terra natural
design**
We have scarves,
Purses & Jewelry
Valid 05/01/2021-05/31/2021

Healing Mushrooms

Referred to as "food of the Gods" by ancient Greeks and "elixir of life" in Chinese culture, mushrooms have a long history of healing. Mushrooms not only taste amazing but they are a low in calorie and a great source of protein and fiber. Many mushrooms are also a great source of Selenium, Copper, Zinc, Beta Glucan, Thiamin, Magnesium, Potassium and Phosphorous. Certain varieties of mushrooms added to your diet are shown to have significant positive effects. Reishi can be used to help with heart disease, cancer, diabetes, inflammation, liver damage, and many other conditions. Lion's Mane is useful in shrinking or stopping the growth of tumors, and contains compounds that can help regenerate tissue in the brain. It's currently being studied for the prevention and treatment of Alzheimer's disease. Whether your cooking with it or taking it by capsule or tincture mushrooms are a great addition to your health and wellness routine.

May is Mental Health Awareness

May is National Mental Health Awareness Month. There are things that individuals can do on a day to day basis to manage stress, such as meditation, get plenty of sleep, stay active (outdoors if possible), eat right, and take time for yourself. There are also adaptogens that can be taken to assist the body in reducing stressors. These herbs and roots have been used for centuries in Chinese and Ayurvedic healing. Research show adaptogens can combat fatigue, enhance mental performance, ease depression and anxiety, and help you flourish rather than just get by. Ashwagandha has been known help repair stress related damage and drop cortisol levels. **Rhodiola rosea** is an effective stimulant helping the body regulate stress response. Holy basil may work on anxiety or depression as well as stress management. Studies on these adaptogens found little to no side effects although you should always talk to your doctor before taking a supplement.

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