



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

Sept 30, 2021

Light sipper blueberry spritzer

If your looking for a light cocktail that won't add too many calories this is the perfect drink to sip on.

Burgdorf's
Maize'n Blue Blueberry
Wine

Sparkling Mineral
water.

Cadia Triple Berry Blend,
frozen fruit .

Lakewood Organic Pure
Blueberry Juice

Muddle berries in the bottom of your cup, add ice, fill 1/2 way with sparkling mineral water and add Blueberry wine with a splash of Blueberry juice.



The unselfish act of putting yourself first

When it comes to self-care we often put our loved ones first. We don't realize that putting ourselves first can refresh our mind, body and soul, allowing us to give quality time to those we love. So what is self-care anyway? Anything we do to benefit our physical, mental and emotional wellbeing, so basically show yourself some love!

If you need a little help knowing where to start I'll give you a few ideas that may inspire you. I like to start my day with a quick meditation, 10 minuets or so is all the sitting still I can manage but you can do more or less if you want.

Aromatherapy is a great addition to your routine, something energizing to start your day (lemon or bergamot), and something soothing at night (lavender or chamomile). A relaxing magnesium bath at the end of the day along with some relaxing essential oil is a nice way to unwind.

Taking time to plan and prepare healthy meals for the week ahead will benefit you and your family. Be sure to spend some time exercising, it does'nt have to be an hour, infact reserch from Harvard suggest that short bout (12 minutes) is better for you. In short those who take care of themselves have to energy to take care of others

CV Science CBD Sleep & Calm Gummies



15% off

Valid from 9/01 thru 9/30/21

Ancient Nutrition



15% Off

offer valid August 16th-28th



BOGO

Buy one Fry Family Food Co. and get one FREE

Valid until 09/30/21 or While supplies last



Back to School

15% OFF KAL

Kids' Gummies

Plus 3.00 in store coupon

Valid until 09/30/2021

Benefits of Beetroot

Beetroot is definitely worth the hupe when it comes to nutrition. Beets are dense with nutrients, including potassium, betaine, magnesium, folate, and Vitamin C and a good dose of nitrates.

Nitrates covert into nitric oxide which dilate blood vessels, increase circulation, and lower blood pressure naturally in just a few hours.

The rich nitrate content also promotes healthy circulation to the brain slowing the progression of age related cognitive decline.

Beets contain a antioxidant pigment called betacyanins that may inhibit the growth of spacific cancer cells. It's safe to say that beetroot is a superfood and it definitely can play a major role in maintaining your health.

Morning Routine

Most people have some kind of morning routine to start thier day. Your entire day can depend on how smoothly that routine goes. So here are some suggestions on how to start your day.

- #1 Don't hit the snooze, If you really want to hit the ground running you'll need that extra time in your day.
- #2 Start the moring off with some stretching, doing so may ease muscle tension, reduce pain, and boost your mood.
- #3 Drink water, it's almost too simple but your body needs hydration.
- #4 Continue to hydrate drinking tea that will benefit your brain function, such as Ginkgo Biloba or Gotu Kola.
- #5 Eat a nutritious breakfast, fruits and vegetables, whole (unprocessed) grains, and healthy fats and proteins.
- #6 Take your supplements. It's important to take your multi-vitamin, omega 3's, probiotics and any other vitamins, minerals and/or herbs you may need to support your whole body health.

It's the little things we do that help us become the best version of ourselves.

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