



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

December 31st, 2021

Spiced Cranberry Sauce

Ingredients

8 oz.-fresh or frozen organic cranberries
1cup-water
1cup-organic sugar
1/8 tsp.-organic cinnamon
pinch of organic nutmeg

Instructions

Bring water to a boil in a saucepan; add sugar and cook until sugar is dissolved, about 5 minutes. Mix cranberries, cinnamon, and nutmeg into the sugar water; bring to a boil, reduce heat to low, and simmer until desired consistency is reached, about 10 minutes.



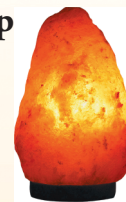
18 Great Ideas for Stocking Stuffers

1. Bass Farms
2. Now Essential oils
3. Lava Bracelet
4. Farmhouse Fresh
5. Vitamins D, Zinc
6. Ear Candles
7. Copper Magnetic Bracelet
8. Bath Bombs
9. CBD oils, gummies or topicals
10. Sprouting Seeds & Lids
11. Chocolate
12. Health and Beauty
13. Terra Designs Accesories
14. Collagen Powder
15. Hand Sanitizer
16. GIFT CARD
17. Chocolive Premium Chocolate
18. Lilly's Chocolate bars (no sugar added)

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IRWIN NATURALS



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Can essential oils improve your health

What if you could improve your health by simply taking a breath? The benefits of aromatherapy using essential oils is something that is accessible and can be effective for almost everyone. Aromatherapy is thought to work by stimulating smell receptors in the nose, which then send messages through the nervous system to the limbic system — the part of the brain that controls emotions.

There are many different ways of using essential oils. The most common is to simply inhale the oils, but they can also be used in a diffuser or mixed with a carrier oil and applied to the skin. You can look for potential skin allergies by doing a patch test. To do a patch test, place a small amount of the diluted oil on your inner wrist or below your ear. Wait 24 hours to see if any irritation occurs.

Many essential oils have antifungal, antibacterial, and antiviral properties that make them useful and therapeutic in everyday life. Apart from providing a pleasant smell, aromatherapy oils can provide respiratory disinfection, decongestant, and psychological benefits.

There are so many oils that I couldn't possibly list them all so I stick to a couple of the most popular. Lavender which is very calming and helps support sleep and relaxation. Peppermint essential oil can be used in a variety of ways. Applying it topically can help alleviate muscle soreness and headaches. Frankincense is considered the "king of all oils". This oil can be used for almost anything, but it's especially useful for supporting memory and uplifting the mood. So Wherever life takes you, stop and smell the oils.

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