



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

Good Thru Feb 28th

New Year for a New You

We want to take this time to say Thank You for all your support you have given us this past year. It has been a ride for all of us for the second year in a row.

We have noticed more and more of you are taking control of your own health and we are definitely here to help with that.

Here are a few items we recommend you have in your house this winter with the cold, flu and covid concerns:

CV ACUTE
QUERCETIN
VITAMIN D AND C
ZINC
PROBIOTIC
SILVER
NAC
COFIX
WORMWOOD

Just come in and we will make sure you have what you need to keep yourself and your loved one's Healthy.



Ancient Nutrition Super Greens

Coming soon two new flavors Mint, and Watermelon

Each of Ancient Nutrition Super Greens contain 25 + Superfoods. They are USDA Organic, Non-Gmo, Vegan, Fermented for Impact. Detox, Digest, Energize.

Oat & Alfalfa Grass Juice Powder:

These grass juice powder's, are nutrient-dense sources of vitamins and minerals.

Spirulina:

Spirulina is a blue-green algae superfood that supports healthy detoxification and is traditionally used because of its nutritional potency.

Bacillus coagulans:

This clinically studied probiotic is uniquely resilient, making it an especially effective addition to help support healthy digestive function and maintain healthy gut microflora.

Organic Ashwagandha Root:

Ashwagandha is an adaptogenic herb that helps your body adapt to stress and stay in balance.



Nice bone broths with garlic and thyme would serve to both nourish the body and help bring some support during those difficult times of congestion.



Enjoy a hearty slow-simmered turkey bone broth full of naturally occurring collagen.

We carry many different brands and types of bone broth with or without collagen.



Avoid giving your child mucus forming foods while they are sick. These include orange juice, dairy products, sugar, and wheat products.

Mom Tips from Natural Hope Herbals

Relieving Congestion

Stuffed up noses, can't breath. Up all night. We just want relief.

Before we get to that relief, it's important to understand why all that mucus is there in the first place!

The mucous membrane that lines the nasal cavity and the inside of the lungs is covered in tiny hair-like structures called cilia. There are aprox 200 cilia on each cell.

Goblet cells are interspersed throughout the membrane. These cells produce mucus that is used to trap foreign invaders (bacteria and viruses), toxins, and other irritants.

So mucus is really a good thing!

Sometimes when we get sick our immune system kicks it in high gear and produces more mucus than we need. In that case, we may want to offer our body a little support.

Anticatarrhal herbs are herbs that help reduce the formation

We carry Natural Hope Herbals in the store. Organic, High quality, very affordable

of mucus or help to thin the so that the body has an easier time moving it out.

Anticatarrhal herbs can work in different ways. Some are more drying and astringent. They work by tightening up the tissue and slowing the flow. We don't want to completely put a stop to mucus production, just slow it to a comfortable level. Other anticatarrhal herbs are more pungent and warming and thin the fluids in the body.

Few anticatarrhal herbs include boneset, cayenne, elecampane, eyebright, garlic, ginger, goldenrod, mullein, thyme, yerba mansa, and yerba santa.

Expectorant herbs help to loosen the mucus in the body. This makes it easier to cough up the mucus or to blow it out of your nose. Elcampane, horehound, licorice, garlic, gumweed, hyssop, thyme and white pine are some great expectorants.

Remember that steam can also help relieve congestion.

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