



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 JULY 30, 2022

No Crust Broccoli Quiche

7 Lg Eggs
1 Cup of Cream
4 Cups Chopped Broccoli
1 Med Red Onion
3 Minced Garlic Cloves
5 oz. Crumbled Fetta Cheese
2 oz. Shredded Cheddar Cheese
1/4 Teaspoon Salt
Pepper to taste.
Avocado Cooking Spray

Preheat oven to 350 degrees, spray a 9' pie plate with Avocado Cooking Spray. In a large bowl mix eggs, cream, salt, pepper, add broccoli, red onion, and feta, level with spatula and sprinkle with cheddar cheese. Bake for 50 mins or until center isn't jiggly anymore. Cool 10 mins and serve. Enjoy!



Heartburn relief

Heartburn is the burning sensation that you feel in your stomach, chest, or traveling up your throat often after eating spicy foods, drinking coffee, or eating fried foods. The root of the problem is food sensitivities and/or not producing enough acid, a condition called "hypochlorhydria". The acid in your stomach is called hydrochloric acid (HCL) and it is critical for digestion and for killing pathogens that make us sick.

Heartburn/reflux is caused by low stomach acid because when the stomach acid is too low, the lower esophageal sphincter, which is the valve between the stomach and esophagus, cannot close in response to the appropriate level of acidity and so the sphincter remains open, allowing stomach acid to move up into the esophagus, causing burning and pain. So even if you take an antacid or PPI, the LES will remain open and your stomach acid will be lower than it was before, so the next time you eat something the whole problem starts up all over again.

Some Natural remedies include; Aloe Vera juice, Slippery elm, Apple Cider Vinegar, & Ginger.

You should always consult you doctor before starting a new supplement regimen.



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Green Roads CBD



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Line Drive

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15% off

Excludes Bone Broth Collagen

Valid until 6/30/2022



**Happy
Spring!**

Avoiding Damage from Toxins

In a world full of environmental contaminants causing health problems to your DNA, brain function and hormone imbalance, to name a few, it's hard to imagine how we can stay healthy. We need to learn how certain nutrients can help offset the damage done by chemicals, heavy metals, pesticides, and plasticizers. Here are a few suggestions from Good Health Lifestyle. **Curcumin** can protect the brain, kidneys and liver from heavy metal toxicity.

Probiotics are essential for gut health, being exposed to heavy metals, pesticides and VOC's can disrupt your Microbiome. **Glutathione** is able to protect the body from DNA damaging free radicals.

Berberine is a powerful anti-inflammatory and antioxidant and can help protect the brain against heavy metal toxicity and ensuing formation of amyloid-beta plaques, which are a hallmark of Alzheimer's disease.

Always talk to your doctor before starting a new supplement regime.

In Search of Energy

The best way to ensure that you stay energized and focused is by leading a healthy lifestyle, a nutritious diet, staying hydrated, plenty of sleep, and stress-reduction techniques like engaging in enjoyable physical activity.

Additionally, adding certain herbal supplements can enhance your energy level.

Ginseng helps boost energy levels, regulate blood sugar, and improve libido.

Rhodiola can boost energy in the short term, and it also provides long-term physical and mental energy.

Green tea extract has been shown to enhance cognitive function and working memory. Other nutrients that may help boost energy levels. **Vitamin**

B12 which may boost concentration, memory, and mood. **Magnesium**, which converts glucose into energy.

Omega-3 fatty acids that assist with energy generation. Also **Vitamin D** shows promise in reducing daytime sleepiness.

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