



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

July 31st, 2022

Homemade Raspberry Lemonade

Ingredients

1¾ cups fresh squeezed lemon juice, from 8-12 lemons, strained
½ pound frozen raspberries thawed
5 cups water
1 cup organic sugar

Combine the raspberries and ½ cup of the lemon juice in a blender; purée until smooth, then pass the mixture through a fine sieve into a large bowl to strain out the seeds.

Add the remaining lemon juice, water, and sugar to the bowl and stir until the sugar is dissolved. Pour into glasses with ice cubes and garnish with lemon wedges, raspberries and fresh mint, if desired.



What to do if you come in contact with poison ivy, oak, or sumac

Most of us love getting out into the wood for a scenic hike until we realize that we've come in contact with poison ivy, oak or sumac. If you come in contact with any of these plants or an object that has come into contact with them, the first thing you want to do is wash the affected area with warm soapy water. Be sure remove all oil residue. Wash your clothing in hot soapy water. If a rash or blisters develop, you will want to support your body internally as you treat the rash and blisters externally. Ivy Oaky is a combination of liver, lymphatic and immune tonic herbs that help support your body's natural ability to rid itself of irritating substances. Jewelweed Spray is the perfect product to accompany Ivy Oaky. Jewelweed is one of the most popular herbs for supporting the skin, combined with Burdock leaf, Calendula flower, and Aloe Vera to create a winning Jewelweed Spray that you will love.

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Offer Valid until
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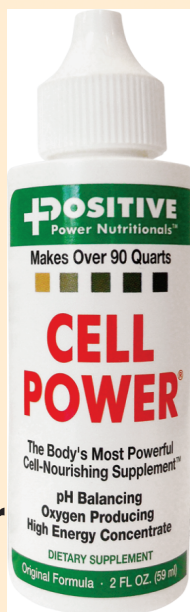
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The benefits of Cell Power

Cell Power aids in the support of the body's natural healing processes and helps the immune system function at its very best. Cell Power also supports the beneficial flora needed by the body. Cell power helps provide access to the hydrogen and oxygen needed to regulate the body's acid-base balance and helps maintain pH in the ideal range.

Cell Power help enable the body to bring pure oxygen to the cellular level . This helps reduce the body's demand on the lungs, which allows breathing to normalize. Cell Power is nourishing throughout the body, and as it reaches the skin, it can help invigorate and balance skin cells.

All of the good nutrients from food and supplements must reach the cellular level to be effective. Power up your cells with this amazing liquid supplement.

When the cells are able to get everything they need, the whole body benefits.

Why you should be taking Silica

Silica, the mineral most people are missing. Silica provides structure and flexibility to the cells and overall framework of the body. It also has the job of taking care of communication between cells and throughout the nervous system.

It helps you feel more alive because it measures high in balancing energy.

Silica supplementation may be useful for supporting good health :

- *Strong Bones
- *Athletic Recover
- *Relief from Chemical Stressors
- *Proper GI Tract Function
- *Supple Skin
- *Healthy Joint and Cartilage Function
- *Flexibility of the Blood Vessels
- *Hair Preservation
- *Short-Term Memory Assistance
- *Joint Flexibility

Getting enough Silica each day can help our body regain its natural healing ability, proper function, and good health.

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