



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

August 31, 2020

EYE HEALTH MONTH

Four Ways to Keep Children's Eyes Healthy

Get Tested: at least every two years. Remember, eye test are free and funded by NHS for all children under 16 years and if they require vision correction (glasses or contact lenses) you'll be entitled to an optical voucher towards the cost of this too!

Eat a Rainbow of colourful fruit and vegetables this ensure young eyes get the nutrients they need to grow healthily.

Cover up protect your eyes from the sun.

Go outdoors: Research has shown that spending time playing outdoors, can be beneficial in helping to prevent the onset and progression of myopia (short-sightedness) in children.



What is an Adaptogen?

"Adaptogens are remarkable natural substances that help the body adapt to stress, support normal metabolic functions, and help restore balance.

They increase the body's resistance to physical, biological, emotional, and environmental stressors and provide a defense response to acute or chronic stress.

they are unique from other substances in their ability to restore balance of endocrine hormones, modulate the immune system, and allow the body to maintain optimal homeostasis. Knowledge about Adaptogens dates back thousands of years to ancient India and China, but serious scientific study didn't begin until the late 1940s, when Soviet scientists began exploring the benefits of these substances in fighting stress, preventing or reducing illness, maintaining homeostasis and strengthening the body."

...from Adaptogens -Herbs for Strength, Stamina and Stress Relief, David Winston & Steven Maimes

Nordic Naturals Children's back to school immune and focus products



20% off Entire Line

Natural Hope Herbals
Ginseng



\$2.00 off

When mentioned seen
in Newsletter



Herb Profile American Ginseng

Not all ginseng products are created equal! Indeed ginseng, the slow growing, deep-forest herb makes a powerful herbal adaptogenic tonic

Ginseng may be the granddaddy of the adaptogens, but...

WHAT GINSENG IS BEST?

Asian Ginseng, Korean Ginseng, Siberian Ginseng, or American Ginseng?

American Ginseng (*Panax quinquefolius*) seems to be the favorite. Even the Chinese pay significant premiums for America's oldest and largest roots and recognize it as superior.

Is wild ginseng better than wild-simulated ginseng?

If wild-simulated is managed properly, it can be as good or better than the wild ginseng.

What makes Natural Hope Herbals American Ginseng tincture special?

They are very particular about the Ginseng root that they use. The roots must be at least 5 years old.

They must be certified organic and wild-simulated, protecting our native wild crops.

Natural Hope Herbals

Studies have shown the value of macerating a certain percentage of the leaf with the root to produce a more potent, full-spectrum American Ginseng tincture, so they source leaf to go with their root.

They use only certified organic cane alcohol and distilled water.

These are carefully blended and steeped together for no less than 28 days, frequently shaken to promote thorough extraction.

Then the mixture is pressed with 10 tons of pressure to get the last bit of herbal constituents out of the roots and into our bottle!

It is then tested for microbiological purity, organoleptic standards, and pH and brix contents before it is release for your use.

Much effort is involved in producing each bottle of Natural Hope Herbals American Ginseng tincture.

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