

**NATURAL
GROCERS**

good4u
HEALTH HOTLINE MAGAZINE
NOVEMBER 2018 VOL. 18

a good4u™

THANKS GIVING

EVERYTHING YOU LOVE ABOUT
THE HOLIDAYS, AND MORE.



ALWAYS AFFORDABLE™

Recipe of the Month
**KETO STUFFED
PEPPERS**
4

**4 SELF-CARE STRATEGIES
TO TURN HOLIDAY STRESS
INTO HOLIDAY BLISS** 10

**NUTRITION
REPORTER™**
28

**SENSATIONAL
SAVINGS™**
36

All items are available while supplies last; no rain checks. EDAP = Every Day Affordable Price. We reserve the right to correct errors.

November

"What we're really talking about is a wonderful day set aside on the fourth Thursday of November when no one diets. I mean, why else would they call it Thanksgiving?"
—Erma Bombeck

This time of year is comfortably predictable, so you probably already know what we're going to say, but we'll say it anyway. We are SO grateful for the piles of dishes we're about to encounter on November 22nd, because it means we've done Thanksgiving right once again. We've gained five pounds each—of delicious memories—and spent quality family time bantering through the cleanup, which is everything we're hoping for this time of year...

In all seriousness, we do have a lot to be grateful for as the holiday season approaches, starting with each of you—our friends and neighbors. Thank you!

We're grateful that Natural Grocers is grounded in the founding principles established by our parents and grandparents 63 years ago, empowering us to carry on our family's mission of providing nutrition education and affordable healthy food to our neighbors. We have so much gratitude for our extended family of good4u Crew, who make this mission possible every single day, and for our wonderful communities who make it worth pursuing. We're also thankful for our partnerships with farmers and producers who supply the highest quality, most delicious choices that we can pass along to all of your holiday tables.

We're mouthwateringly grateful that we have Mary's turkeys again this year, and we can almost smell them roasting now. Mary's turkeys represent how we believe food should be produced: animals raised the way nature intended, with care for the animals and the planet and strong family values as guidance. Every turkey that we carry is Non-GMO Project Verified, free-range and deep chilled—never frozen. We're grateful that ranchers,

like Mary's family, the Pitman's, are helping to preserve heritage breeds that are in danger of vanishing.

We're thankful that we carry only organic potatoes, considering that conventionally grown potatoes have landed a spot on the EWG's 2018 Dirty Dozen list of pesticide-heavy produce. Dreaming of mashed potatoes, we're reminded how happy we are that the only kind of butter we have is pasture based, so our holiday indulgences come with respect to animals, the planet and an extra helping of CLA—a healthy fat. We're stoked that we stock every ingredient we need to deliver our favorite non-GMO, organic, artificial-free holiday dishes; from vegan roasts to grandma's pumpkin cheesecake, we've got the party covered.

At the end of the day, we're excited for the holidays because they give us the chance to share time with the people we love. We can't think of anything better than gathering around a table surrounded by the faces who give our lives meaning. We also read that gratefulness may help with willpower, so in the interest of gaining only five pounds instead of 10, we're going to be proactive about gratitude as we countdown toward the holidays. We hope that every single one of you enjoys a table filled with love and a season filled with laughter, winning football teams and plenty of pie.

The Isely Family

P.S. It is important to us that all families and friends get to spend the holidays together; this is why we give all of our good4u Crew a paid day off on Thanksgiving.

OUR 5 FOUNDING PRINCIPLES

NUTRITION
EDUCATION

HIGHEST
QUALITY
PRODUCTS

ALWAYS
AFFORDABLE™
PRICING

COMMITMENT
TO OUR
COMMUNITY

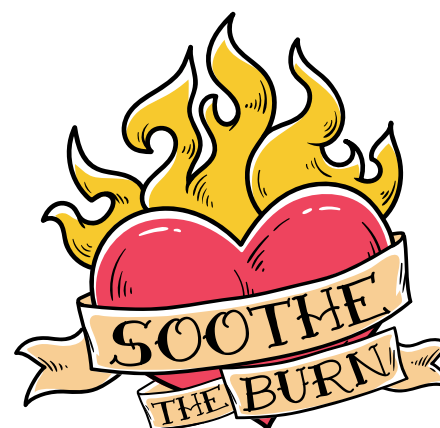
COMMITMENT
TO OUR
EMPLOYEES



4

RECIPE OF THE MONTH

RICH & CREAMY KETO STUFFED PEPPERS



10

HEALTHY ALTERNATIVES TO ACID BLOCKING DRUGS



28

JACK CHALLEM'S

NUTRITION REPORTER™

CONTENTS

4

6

FOUR HOLIDAY SELF-CARE STRATEGIES



17

PREMIUM QUALITY TURKEYS



30

RECIPE

ALMOND FLOUR SHORTBREAD COOKIES

This periodical is intended to present information we feel is valuable to our customers. Articles are in no way to be used as a prescription for any specific person or condition; consult a qualified health practitioner for advice. These articles are either original articles written for our use by doctors and experts in the field of nutrition, or are reprinted by permission from reputable sources. Articles may be excerpted due to this newsletter's editorial space limitations. Pricing and availability may vary by store location. All prices and offers are subject to change. Not responsible for typographic or photographic errors.



Featuring
NATURAL GROCERS
BRAND PRODUCTS
PREMIUM QUALITY AT AN AFFORDABLE PRICE

INGREDIENTS

- 4 large bell peppers (green, yellow, orange, or red)
- 2 tablespoons olive oil, butter, or coconut oil
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 4 small-medium carrots, grated
- 1 pound ground grass-fed beef, bison, or elk (or chicken or turkey)
- 1 jar Natural Grocers Pasta Sauce (flavor of your choice)
- 1 teaspoon Natural Grocers Salt (Real Salt or pink Himalayan), or Herbamare
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon oregano
- 8 ounces sour cream (optional)

RICH & CREAMY KETO STUFFED PEPPERS

Peppers stuffed with ground beef and heirloom tomato sauce - perfect comfort food for the soul. The whole family will enjoy these hearty, flavorful, melt-in-your mouth, keto-friendly, low-carb stuffed peppers.

Prep: 30 min. | Cook: 25-30 min. | Total: 55-60 min.

INSTRUCTIONS

Serves 4

1. Preheat oven to 350° F.
2. Cut the tops off the peppers and remove the seeds. Place the peppers in a large saucepan and cover with water. Bring to a simmer and cook for 3 minutes, just until the peppers are slightly soft. Drain, rinse with cool water, and set aside on paper towels.
3. Add the oil to a skillet set over medium heat. Once the oil is hot, add the onion and sauté until it turns translucent, about 5 minutes. Add the garlic and sauté for another 1-2 minutes, until the garlic is fragrant. Add the carrots and ground meat and cook, using a spoon to gently break up the meat. Stir and gently toss the ingredients together until well combined and the meat is nicely browned, about 7-10 minutes.
4. Add half the pasta sauce, the seasonings, and ½ cup sour cream (if using).
5. Stir well to combine and spoon into the peppers.
6. Mix together the remaining pasta sauce and sour cream (if using).
7. Place the stuffed peppers into a deep skillet or casserole dish and top with the remaining sauce.
8. Cover with foil, place in the oven and bake for 25-30 minutes, until the peppers are soft and completely cooked.



FOR THE LOVE OF ORGANICS:

SWEET BELL PEPPERS

By Charity Isely

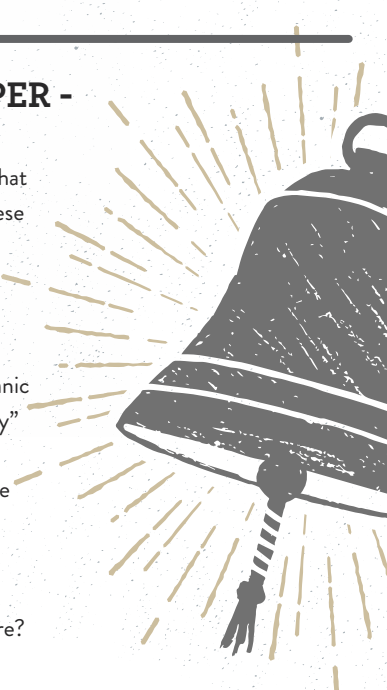
FESTIVE VEGGIES, VIBRANT SKIN

Roasting the turkey, stuffing the stockings, crunching through the snow... 'tis the season of holidays with all of our favorite traditions and flavors, and it reminds us of the most festive veggie in the produce basket. We're thinking of the one that can be stuffed to the max, roasted to perfection, and crunched on whenever you need a healthy snack. It comes in red, yellow, orange, and green, and it's shaped for all sorts of fun. Ring a **BELL** anyone?

Sweet bell peppers will add a festive touch to any spread, whether you stuff them for a colorful Thanksgiving side, or use their crinkly shapes to build a holiday veggie platter. They also happen to be one of the best dietary sources of vitamin C, with one medium red bell pepper packing 152 mg of vitamin C—double the amount of a medium orange! When it comes to keeping our skin holiday party ready, we can all benefit from extra vitamin C. It's necessary for making collagen, and collagen is key to healthy, smooth and glowing skin. Vitamin C is also a potent antioxidant that our bodies cannot make, which means consuming whole food sources of it on the daily should be on everyone's holiday to-do list.

RING A BELL - PEPPER - FOR ORGANIC

Organic is the kind of bell pepper that we feature on our party menus. These beauties aren't just grown without synthetic pesticides, they are also a richer source of antioxidants than conventionally grown ones. A Polish study discovered that organic sweet bell peppers had "significantly" more vitamin C and carotenoids than conventional, and this isn't the first time that organic produce has scored higher in antioxidants than conventional. Do we smell organic, roasted sweet peppers in your future?



THERE'S NOTHING FESTIVE ABOUT PESTICIDES

When the theme is "synthetic pesticides," conventional bell peppers will always show up for the party. They placed number 12 on the Environmental Working Group's 2018 Dirty Dozen List, with almost 90 percent testing positive for pesticide residues. It's not the first time they've been featured on the Dirty Dozen; in fact, they've ranked on the list every year of the last five. Even less festive is the sheer variety of pesticides used on conventional bell peppers: 53 different residues showed up in tests performed by the USDA Pesticide Data Program. An extra helping of toxins on our party plates isn't good for any of us, but pesticides pose greater hazards to the developing bodies of kids. Dr. Philip Landrigan of the Mt. Sinai School of Medicine isn't alone in his assessment that "even low levels of pesticide exposure can be harmful to infants, babies, and young children..." We want to keep our kids' health as vibrant as the holiday festivities they love, which means conventional bell peppers will never be in our party plans.

References available upon request.

6 FOUR SELF-CARE STRATEGIES TO TURN HOLIDAY STRESS INTO HOLIDAY BLISS

By Dr. Josh Axe

The holiday season is a time of gathering, celebrating, and eating delicious food. That's the plus side. On the downside, it's also a time of hectic schedules, unhealthy eating, and overeating (cue the weight gain), digestive troubles, and generally feeling stressed out. The good news is, you don't have to let the holidays wreak havoc on your health. A little self-care goes a long way—and doesn't have to involve fancy spa getaways or expensive massages. Gifting yourself with nourishing meals, planned downtime, and supportive supplements can turn holiday stress into holiday bliss.

1 GIVE YOURSELF (AND YOUR ADRENALS) A "TIME OUT" FROM STRESS HERE'S HOW:

Nourish your adrenals with supportive supplements. Adaptogens such as ashwagandha, holy basil, and rhodiola help the body adapt to stress and support the adrenals. Magnesium plays a key role in regulating the body's stress response and can suppress the release of stress hormones; it may also prevent the stress hormone cortisol from entering and causing damage to the brain. Vitamin C is required for normal adrenal function and our bodies need more of this essential nutrient when we are stressed out. Supplementing with a high potency B-complex is important during the holidays because the B vitamins are necessary for production of neurotransmitters that help us feel happy and relaxed. Additionally, stress quickly depletes B vitamin levels so it's important to top them up daily. If you're experiencing major mental stress, try phosphatidylserine (PS), a phospholipid that protects brain cells from the negative effects of stress and can lower cortisol levels.

Feed your adrenal glands stress-busting foods. Some of the best stress-busting foods include ones high in B vitamins like grass-fed beef and cage-free eggs; calcium- and magnesium-rich leafy green vegetables and cultured dairy products; and healthy omega-3 fatty acids like those found in salmon (make sure it is wild-caught) and sardines. While you fill up on nutrient-dense foods, avoid sugar, processed foods, carb-heavy foods, and minimize caffeine (keep your intake to a minimum and aim to indulge before noon).

Have a meal plan for the week. A meal plan helps to minimize desperate (and often unhealthy) last-minute food decisions. Naturalgrocers.com/recipes is a great place to find simple, healthy, and well-balanced recipes. Stock the fridge with healthy offerings for meals and snacks to make life easier, and give yourself time to sit down and actually enjoy the act of eating, rather than rushing through a meal without even noticing what you're putting in your mouth.

There will be plenty of time-intensive meal prep for big holiday meals and celebrations—take the stress out of meal planning and keep your other meals simple!

Keep blood sugar balanced to support adrenal function. This may seem like a challenge during the holidays when healthy eating habits can be upended but including healthy fats and protein and antioxidant-rich vegetables in each meal is key.

Carve out some "me time" to support physical and mental wellbeing. During the holidays, we tend to focus on everyone else, while we move our own needs to the back burner, but this only serves to drain our stores and make us more susceptible to the ill effects of stress. It looks different for everyone—maybe it's a cat nap, a hot bath, a yoga class, a trip to the gym, sitting quietly with a cup of hot tea, or turning down an invitation when you just don't want to go—but these "time outs" are crucial for your physical and mental wellbeing.

2 MAKE SLEEP NON-NEGOTIABLE HERE'S HOW:

Use essential oils to help relax and drift off to sleep. If excitement and/or stress have you feeling like you just can't sleep, try diffusing relaxing essential oils like lavender, chamomile, jasmine, and/or vanilla in your bedroom or soak in an essential oil-laced Epsom salt bath just before bedtime.

Support healthy sleep with supplements like melatonin, magnesium, and valerian. Melatonin helps normalize a disrupted circadian

rhythm and improves quality of sleep (it can also help relieve stress and anxiousness). Magnesium can calm your mind, making it easier to fall asleep, and increase your sleep time. Valerian root is a sedative herb that helps improve sleep quality by increasing gamma-aminobutyric acid (GABA), a calming neurotransmitter, in your brain.

Practice good sleep hygiene. Practices such as limiting your caffeine and alcohol intake, especially just before bedtime,

removing technology from your bedroom and limiting screen time before bed, and keeping your bedroom cool and dark promote healthy sleep. As part of a nightly unwinding ritual, try sipping on relaxing herbal tea, such as chamomile or tulsi.

3 TREAT YOURSELF... WITH THE RIGHT FOODS! HERE'S HOW:

Indulge with healthier sweeteners and grain-free flours. It's not about denying yourself during the holidays, but rather about finding a healthy balance. When making desserts, opt for natural sweeteners that have some health benefits such as dates, raw honey, or maple syrup instead of refined white sugar, and experiment with grain-free flour options (naturalgrocers.com/recipes is a great place to begin your search for healthy dessert ideas). Have some fun with

it and plan a healthy cookie exchange with a small group of friends or coworkers. If you're hosting a get-together, skip the processed chips and dips and fill your appetizer spread with healthier yet satisfying options like olives, fermented veggies, fresh veggies with a healthy homemade dip, and raw cheeses.

Fill up before the party. If you know you'll be at a gathering with unhealthy food options, fill up with a healthy meal or snack

before you go so you won't be tempted to graze. And if you do treat yourself to a slice of pie or a cookie, eat it mindfully, savoring every bite, and don't stress out over it!

8

4 SHOW YOUR DIGESTIVE SYSTEM SOME LOVE HERE'S HOW:

Drink bone broth to boost gut health and improve digestive issues. One of bone broth's top beneficial components is gelatin and, according to a report published in the Journal of Clinical Gastroenterology, gelatin effectively supports intestinal health and integrity. You can make bone broth at home or you can purchase a high-quality pre-made bone broth or a powdered bone broth supplement. Bonus: Sitting quietly with a cup of warm bone broth is a great way to take a mental "time out" while also nourishing your adrenals.

Eat probiotic-rich foods daily to prevent and tackle digestive woes. Probiotics are the beneficial bacteria our bodies require for optimal digestion and overall health. Foods rich in probiotics include raw dairy products, miso, kombucha, kefir, and fermented vegetables like sauerkraut and kimchi.

Create a digestion first aid kit. This can come in handy when you do overindulge, or just eat the wrong thing, and are struggling with common holiday-time

digestive issues like acid reflux, indigestion, or bloating. Stock your kit with digestive enzymes, papaya, and bromelain to support healthy digestion and avoid bloating and gas; deglycyrrhizinated licorice (DGL) for unexpected bouts of acid reflux and indigestion; peppermint capsules to ease gas; and digestive bitters to gently stimulate your body's own production of digestive enzymes so your body can effectively break down food and properly absorb nutrients.

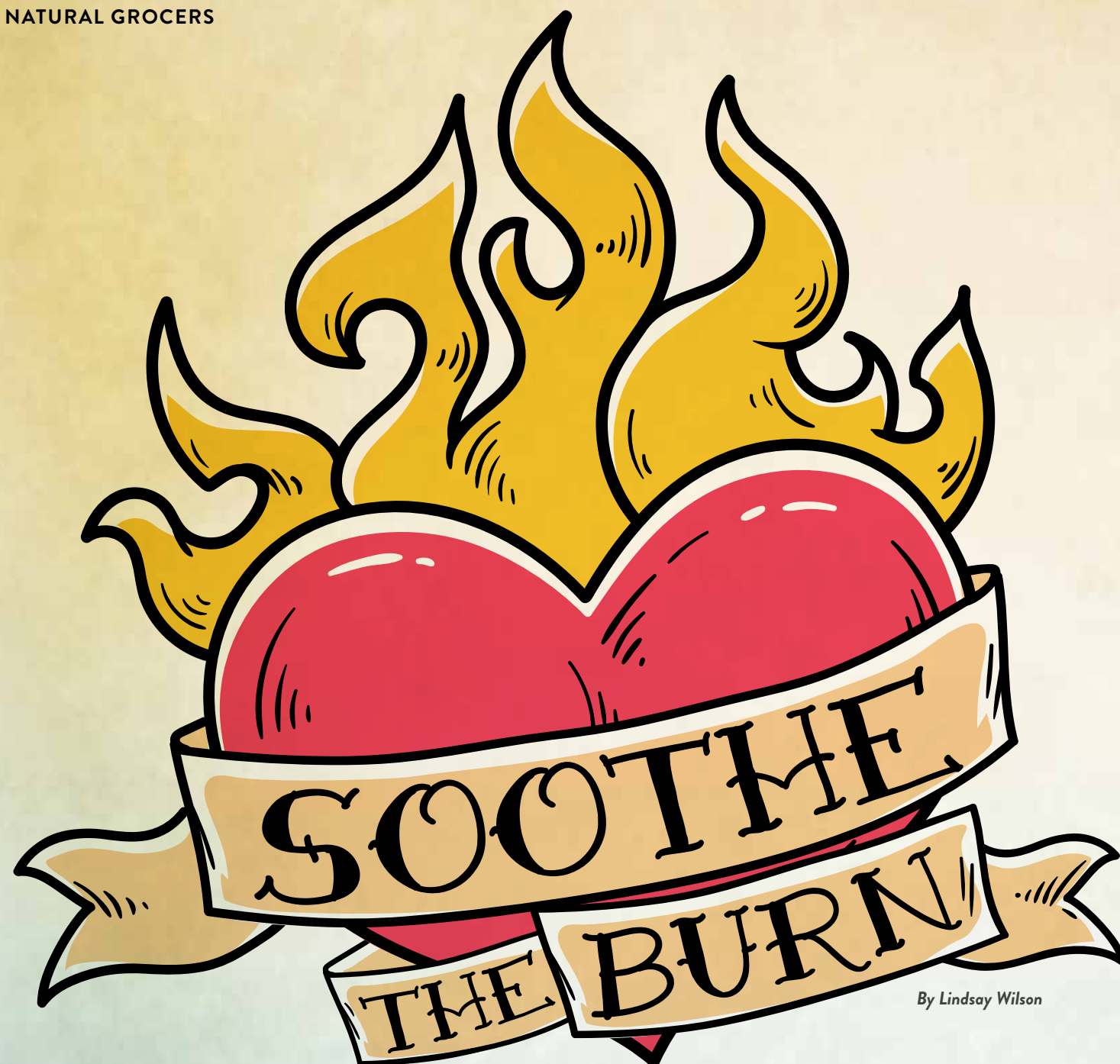
References available upon request.

THE LAST CUTTING BOARD YOU'LL EVER NEED

Natural Grocers Eco Cutting Board is hand carved in Byron Bay, Australia. Made from Camphor Laurel tree, which is known as a weed around the region. Crafting this lovely wood into a cutting board that lasts forever, while helping farmers get rid of weeds, makes it uniquely renewable. Camphor wood is naturally anti-bacterial, which can NEVER be said about plastic. Every cutting board is soft enough that it won't dull your knives, and hard enough to take the heat of hot pans and everyday use. Ten years from now, its charming functionality will still be yours, if it's properly taken care of. Care is as simple as hand washing and towel drying, after every use, plus a little maintenance. If you promise to never put it through the dishwasher and treat it to a monthly oiling with cooking grade coconut oil, it promises to never let you down.



9



HEALTHY ALTERNATIVES TO ACID BLOCKING DRUGS

'Tis the season! For overindulging, that is (one more serving of stuffing and gravy won't hurt, or will it?). If you have ever suffered from heartburn, you know the symptoms well, and you want to be rid of them ASAP. It's why so many people turn to over-the-counter (OTC) and prescription acid blockers like proton pump inhibitors (PPIs) and H2 blockers, because they know they work. They may work, but they are only meant for short-term use (as one package insert from a popular PPI says, "...indicated for the treatment of heartburn ... for up to 4 weeks.") Unfortunately, doctors are prescribing these short-term symptom-fixers for long-term use, and most patients aren't aware of the serious damage that can ensue.

SHORT-TERM RELIEF = LONG-TERM DAMAGE

Stomach acid is required for healthy digestion and to effectively absorb vitamins and minerals, so long-term use of acid blockers, which work by reducing acid production in the stomach, can severely decrease nutrient absorption, leading to nutrient deficiencies. Studies have found PPI users to have significantly lower levels of vitamin B12, iron, calcium, and magnesium. One study found that 75 percent of long-term PPIs users were deficient in vitamin B12, compared to only 11 percent of non-users. And in 2011, the FDA issued a warning that long-term use (more than one year) of acid-blocking medications can result in low magnesium levels. Likely related to the decrease in absorption of

the important bone nutrients calcium and magnesium, long-term users of acid blockers also have a significantly higher risk of bone fractures, especially those of the hip and spine. Acid blockers can also lead to dangerous bacterial overgrowth in the gut, which can increase susceptibility to foodborne illnesses and infection. Finally, evidence has emerged showing that these drugs can also increase cardiovascular risk, in part by decreasing the body's natural production of nitric oxide, which is crucial for cardiovascular health.

HEALTHY ALTERNATIVES

Heartburn hurts. When you're suffering, you only want relief. The good news is that there are plenty of (effective!) alternatives to acid blockers—that don't come with harmful side effects, even with long-term use.

Herbs such as *slippery elm*, *marshmallow root*, *aloe vera*, and *deglycyrrhizinated licorice (DGL)* help soothe irritation and reduce inflammation in the esophagus and stomach caused by acid reflux by coating and protecting these sensitive tissues. These herbs soothe and encourage healing without reducing stomach acid production.

While *melatonin* is most known for its role in supporting a normal circadian rhythm, research is finding that it also does an excellent job at relieving symptoms of acid reflux; not surprising, considering there is up to 400 times more melatonin in the gut than in the brain! Studies have found that melatonin is as effective, or more effective, in reducing symptoms of acid reflux than omeprazole, a common PPI. Melatonin reduces stomach acid secretion while also improving lower esophageal sphincter function, helping to keep it closed, thus preventing acid reflux. Additionally, animal studies have shown that melatonin can protect the esophagus from the damage caused by stomach acid. Studies have used 3-6 mg of melatonin with efficacy.

D-limonene, extracted from the rinds of citrus fruit, has also been shown to significantly reduce heartburn symptoms. It is thought that it coats the lining of the esophagus and stomach, protecting them from stomach acid exposure, and promotes peristalsis, which helps keep the esophagus clear of stomach contents. Studies have used 1,000 mg of d-limonene daily, with significant results seen in two weeks.

Often acid reflux is a result of eating too much and/or poor digestion. Taking a quality *digestive enzyme* such as *bromelain* or *papaya* with meals support healthy digestion and can reduce digestive discomfort after meals. And while acid reflux is thought to be caused by too much stomach acid, sometimes the problem is that there is not enough stomach acid for proper digestion, especially as the natural production of stomach acid declines as we age. A bitters supplement (usually taken in liquid form) gently stimulates digestive secretions to promote good digestion.

For general support consider a *probiotic* supplement and *L-glutamine*. While these supplements won't help while you're in the throes of heartburn pain, they are vital for supporting digestion and overall gut health long term. Probiotics are critical to support a healthy balance of bacteria in the gut, especially if you've been taking PPIs or H2 blockers, since these drugs can encourage an overgrowth of unhealthy bacteria. L-glutamine is an amino acid that supports overall gastrointestinal health by acting as fuel for intestinal cells, maintaining a healthy mucosal lining in the gut, and reducing intestinal inflammation. And using these supplements long term only comes with healthy side effects!

So as you're enjoying that second helping of stuffing and gravy (or that third piece of pumpkin pie), remember to keep your natural heartburn remedies close at hand! It is possible to control the painful symptoms of acid reflux without the prescription or OTC meds, and without the negative side effects.

References available upon request.

Supplements

OFFERS VALID NOVEMBER 2 TO DECEMBER 1, 2018

Country Life®
 Vegan CoQ10 200 mg **\$21.49** 60 vsg
 Certified GF Gluten-Free
 Vegan CoQ10 100 mg **\$21.79** 120 vsg
 CoQ10 is present in every cell in the body. It supports energy production and a healthy heart.*
 EDAP \$23.89 EDAP \$23.99

Country Life®
 Bone Solid® 180 cap **\$15.99**
 Certified GF Gluten-Free
 Calcium Magnesium Potassium 180 tab **\$9.99**
 Bone Solid is a specially formulated product that contains a unique natural form of calcium.*
 Magnesium and calcium support heart health.*
 EDAP \$20.79 EDAP \$13.49

Country Life®
 Vitamin D3 5000 IU **\$9.49** 200 sg
 Certified GF Gluten-Free
 Vegan D3 Gummies 1000 IU **\$13.99** 60 gummies
 Vitamin D aids in the absorption of calcium, helping to form and maintain healthy bones and teeth. It also supports colon and immune health.*
 EDAP \$13.79 EDAP \$16.59

Nature's Way®
 Standardized Milk Thistle 120 vcap **\$19.49**
 Standardized Milk Thistle 60 vcap **\$10.79**
 Milk thistle extract is standardized to 80% silymarin for support of liver health.*
 EDAP \$21.59 EDAP \$13.99

Nature's Way®
 Sambucus Gummies Elderberry 60 gummy **\$12.99**
 Sambucus Original Syrup 8 oz. **\$17.99**
 Sambucus elderberry gummies support immune function and contain standardized BioActives® (flavonoids).
 For centuries the dark berries of European black elder (Sambucus nigra L.) have been traditionally used as a winter remedy for immune support.*
 EDAP \$13.99 EDAP \$18.99

Nature's Way®
 Primadophilus Optima Max Potency 30 vcap **\$26.99**
 Primadophilus Optima 35 Billion 30 vcap **\$15.99**
 A powerful probiotic with 100 billion colony-forming units (CFUs) to support digestive and immune health.*
 Probiotic capsules for all ages with 35 billion CFUs and 14 strains of bacteria.*
 EDAP \$29.99 EDAP \$16.99

Nature's Way®
 Ginkgold® Max 120 mg 60 tab **\$25.49**
 Ginkgold® Eyes 60 tab **\$20.99**
 Ginkgold Max helps support memory, concentration and mental activity. Supports healthy circulation to the brain and extremities.*
 Ginkgold Eyes supports the retina and macula health.*
 EDAP \$29.65 EDAP \$21.99

Natural Factors®
 Melatonin Chewable 3 mg 90 chew **\$4.29**
 Stress-Relax® Tranquil Sleep 90 sg **\$20.79**
 Melatonin can help provide a more restful and natural sleep without any drowsy side effects.*
 Promotes restful sleep so you wake up refreshed and alert.*
 EDAP \$5.99 EDAP \$28.45

Supplements

OFFERS VALID NOVEMBER 2 TO DECEMBER 1, 2018

Natural Factors®
 TravelBiotic® 60 vcap **\$27.99**
 Calm Biotic® Shelf Stable 30 vcap **\$13.99**
 TravelBiotic is a high-potency probiotic, with 10 billion CFUs. It helps support gastrointestinal health, promotes favorable gut flora and supports a healthy immune system.*
 EDAP \$29.99 EDAP \$14.99

Natural Factors®
 WellBetX Berberine® 500 mg 60 vcap **\$14.99**
 WellBetX Berberine contains a natural compound extracted from barberry roots. The unique way in which berberine acts on the body makes it a useful natural option for supporting blood sugar balance.*
 EDAP \$21.19

Natural Factors®
 GarlicRich® Super Strength Concentrate 500 mg 90 sg **\$10.79**
 Clinical studies show that garlic supports healthy blood pressure and cholesterol, as well as immune function and respiratory health.*
 EDAP \$15.09

20% Off Our Always Affordable™ Price on All Solaray Items
 Solaray® Berberine 60 vcap **\$13.51** EDAP \$16.89
 Solaray® Soy Free Vitamin D3 + K2 120 vcap **\$19.99** EDAP \$24.99

Natural Factors®
 Multi Enzyme Vegetarian 60 vcap **\$18.99**
 DGL Licorice Root Extract 90 chew **\$9.49**
 These valuable enzymes break down carbohydrates, proteins and fats.*
 DGL supports the integrity of the natural mucus lining of the stomach and intestinal wall.*
 EDAP \$20.79 EDAP \$10.15

Solaray®
 Turmeric Root Extract 60 vcap **\$9.83** EDAP \$12.29
 Solaray® Oil of Oregano 60 sg **\$7.03** EDAP \$8.79
Solaray®
 Microbiome Probiotic Women's 30 vcap **\$25.56** EDAP \$31.95
Solaray®
 Microbiome Probiotic Urgent Care 30 vcap **\$32.23** EDAP \$40.29

KAL®
 Lithium Orotate 5 mg 120 vcap **\$7.39**
 Melatonin Raspberry DropIns™ 3 mg 1.85 oz. **\$8.39**
 Lithium is a trace element that can help support a positive mood; chelated for optimal bioavailability.*
 Melatonin Drop-Ins from Kal comes in a fast-acting formula that features a natural raspberry flavor.*
 EDAP \$10.89 EDAP \$9.55

Solaray®
 Microbiome Probiotic Weight Formula 30 vcap **\$25.59** EDAP \$31.99
Solaray®
 Microbiome Probiotic Colon 50 billion 30 vcap **\$24.39** EDAP \$30.49

All items are available while supplies last; no rain checks. We reserve the right to correct errors. EDAP = Every Day Affordable Price. *These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.

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Supplements

OFFERS VALID NOVEMBER 2 TO DECEMBER 1, 2018

Zand®
HerbaLozenges
All Flavors

\$1.59
12-18 loz

5mg zinc per lozenge. Gluten free, vegetarian, sweetened with brown rice syrup, no sucrose or cane sugar.*

EDAP \$2.19-\$2.55

NOW®
Extra Strength Melatonin 10 mg
Liquid Melatonin

\$8.99 100 vcap
\$5.49 2 oz.

Melatonin is involved in many functions in the body, including regulation of normal sleep/wake cycles, regulation of the immune system and maintenance of a healthy gastrointestinal lining.*

EDAP \$11.99 EDAP \$7.49

NOW®
SAME 200 mg

\$22.29
60 vcap

Studies have indicated that SAME can help to alleviate transient minor aches and pains resulting from overexertion or strain. Because SAME is also necessary for the synthesis of neurotransmitters, it plays an important role in mood support.*

EDAP \$28.49

NOW®
L-Lysine 500 mg

\$9.79
250 cap

L-lysine is an essential amino acid required for the maintenance of collagen and elastin, which form all connective tissues. It may also support healthy immunity.*

EDAP \$12.79

NOW®
Olive Leaf Extract

\$6.29
60 vcap

Olive leaves have the highest free radical scavenging power among the different parts of the olive tree. It is standardized to a minimum of 6% oleuropein.*

EDAP \$9.19

NOW®
GABA 500 mg
L-Glutamine 1000 mg

\$7.29 100 vcap
\$10.79 120 cap

GABA is naturally produced in the body and its presence within the central nervous system may help promote relaxation and ease nervous tension.*

L-glutamine acts as the primary fuel for the rapidly growing cells of the immune system and the GI tract.*

EDAP \$9.99 EDAP \$14.99

NOW®
Red Yeast Rice 1200 mg
Double Strength Taurine 1000 mg

\$13.29 60 tab
\$7.29 100 vcap

Red yeast rice is a natural product that has been used by Asian traditional herbalists since approximately 800 A.D.*

Taurine helps to regulate nerve impulses and is used by the body in visual pathways, as well as in the brain and nervous system.*

EDAP \$17.49 EDAP \$9.75

NOW®
Double Strength Silymarin

\$14.49 100 vcap
\$7.79 50 vcap

Scientific studies have indicated that constituents in silymarin may help to support healthy liver function. This vegetarian formula also includes artichoke and dandelion for additional support.*

EDAP \$19.59 EDAP \$10.49

Supplements

OFFERS VALID NOVEMBER 2 TO DECEMBER 1, 2018

NOW®
Testo Jack 200™
Prostate Support

\$18.29 60 vcap
\$14.79 90 sg

TestoJack 200 is a combination of natural herbal ingredients known to support a man's healthy sexual activity and overall vitality.*

Saw palmetto, the active ingredient in Prostate Support, has been shown in clinical studies to support prostate function.*

EDAP \$24.85 EDAP \$19.99

Garden of Life®
Vitamin Code® 50 & Wiser Multi
Women or Men

\$26.79
120 vcap

Vitamin Code 50 & Wiser is a comprehensive whole food multi-nutrient formula, specifically formulated to meet the unique needs of men or women over 50, providing the nourishment the body needs for optimal health and wellbeing.*

EDAP \$33.75

Garden of Life®
Raw Probiotics™
Men or Women

\$32.99
90 vcap

A unique line of high-potency, RAW, whole-food probiotics that are gender specific. RAW Probiotics offers all the benefits of a true "food" probiotic with a record-setting 30+ probiotic strains.*

EDAP \$38.99

Garden of Life®
Primal Defense®

\$30.99 90 vcap
\$16.49 45 vcap

Garden of Life developed a Homeostatic® Soil Organism (HSO) probiotic blend utilizing 12 species of beneficial microorganisms including Bacillus subtilis, along with fermented grasses and ionic minerals.*

EDAP \$38.99 EDAP \$20.99

Source Naturals®
Essential Enzymes™
Bromelain Pineapple Enzyme 500 mg

\$12.89 120 cap
\$9.39 120 tab

A wide array of enzymes that break down proteins, fats, milk sugars, fiber and carbohydrates in a wide pH range.*

Bromelain is an enzyme from the pineapple plant which accelerates the breakdown of proteins.*

EDAP \$14.99 EDAP \$10.89

New Chapter®
Bone Strength Take Care™
Wholemega™ Whole Fish Oil

\$38.49 120 tab
\$35.99 120 sg

Supports healthy bones and joints with plant-sourced, whole food calcium.*

100% wild Alaskan salmon oil with whole omegas, vitamin D3 and antioxidants supporting heart health and overall wellness for men and women.*

EDAP \$45.29 EDAP \$42.29

MRM®
Raw Organic Moringa Powder
Raw Organic Red Beet Powder

\$9.49 8.5 oz.
\$12.99 8.5 oz.

This nutrient-dense whole leaf powder is approximately 30% protein and 40% fiber.*

A good source of fiber and contains vitamin C, magnesium, potassium and calcium.*

EDAP \$11.19 EDAP \$15.49

SAVE 30% OFF

Our Always Affordable Price™ on Select Probiotics by Jarrow Formulas®

Ultra Jarro-Dophilus

\$27.15
60 vcap

EDAP \$38.79

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Turkey Standards Matter!



HERE VS HERE

TURKEY STANDARDS	THE OTHER GUYS	NATURAL GROCERS Only Sells
Fresh (harvested in October & November), deep chilled	?	✓
Free-Range (plenty of room to roam outside)	?	✓
Vegetarian Fed (non-GMO feed)	?	✓
Non-GMO Project Verified	?	✓
No Antibiotics EVER	?	✓
No Additives EVER (such as: MSG, sodium phosphate, butylated hydroxyanisole and butylated hydroxytoluene)	?	✓
No Preservatives	?	✓
Gluten Free	?	✓

RESERVE YOUR TURKEY

TODAY \$500 ORDER IN STORE OR ONLINE AT NATURALGROCERS.COM/TURKEYS
DEPOSIT REQUIRED

\$279 PER LB. MARY'S FREE RANGE TURKEYS DEEP CHILLED






\$399 PER LB. MARY'S ORGANIC TURKEYS DEEP CHILLED







\$649 PER LB. MARY'S HERITAGE TURKEYS DEEP CHILLED

\$699 PER LB. MARY'S ORGANIC BONE-IN TURKEY BREASTS DEEP CHILLED


VEGETARIAN & VEGAN HOLIDAY CHOICES

- \$1449 EACH 2 LB.** CELEBRATION ROAST WITH STUFFING & GRAVY 
- \$759 EACH 16OZ.** TURK'Y STYLE ROAST 
- \$1169 EACH 26OZ.** STUFFED VEGETARIAN ROAST  

PREMIUM QUALITY TURKEYS AT AN ALWAYS AFFORDABLESM PRICE

The savory scent curls itself around the kitchen, drawing the family together. The room is filled with hungry anticipation of that moment when the oven door opens and you pull your perfectly golden turkey out. It's Thanksgiving and food is king, but despite that aromatic heap of stuffing and the fluffiest mashed potatoes you've ever seen, you know this bird is the centerpiece, and you're so glad you chose Mary's!

We know that's how you'll feel when the big day rolls around when you get your Thanksgiving turkey from us. We're sure because we know Mary and her family, who are in their third generation of raising turkeys, and over the years we've built a relationship of certainty. We choose Mary's turkeys because we know they're the best quality we can offer families in our communities.

These days, there are plenty of organic and free-range turkeys available; but many of them are raised on large corporate farms and, unfortunately, when the emphasis is on mass production, it can be at the expense of other important qualities.

Mary's family cares about quality more than quantity and they prioritize animal welfare over everything else. All their turkeys are raised on their family farm, where the birds have loads of fresh air, space to roam and can turkey around all day.

Mary's is also part of a small group of farmers helping to preserve descendants of the original American turkey. Their Heritage birds are able to wander, fly and breed naturally, just like their ancestors, resulting in an uncommonly delicious turkey, full of succulent, juicy dark meat.

Whether you're looking for free-range, organic or Heritage, all of the Mary's turkeys we sell are non-GMO. Additionally, they're fed vegetarian feed, without animal by-products, and they're never given antibiotics, arsenic-based growth promoters or pumped full of other sly additives after harvest. They are provided with plenty of space, both inside and out, to range, get some sun, dust bathe, hunt for bugs and get their turkey on.

When Thanksgiving Day is just around the corner, Mary's turkeys are harvested and deep chilled to 28°F at Mary's in-house facility so that they arrive to you fresh, never frozen (only the outer part of the turkey will be hard). Who else can say that? The advantage of deep-chilling is that it preserves fresh turkeys long enough to make it safely to your shopping cart, but they are still easily thawed and ready to cook.

From Mary's family to our family to yours, a Mary's turkey is the centerpiece of your Thanksgiving feast that will make you feel good when you look at all the faces gathered around your table. It's the stuff masterpieces are made of, the quality is worth every single penny and, when you buy it from us, you're getting it at our always affordable price. We've been making the highest quality masterpieces as easy on the budget as possible since 1955.

P.S. When you choose to buy your Thanksgiving turkey from Natural Grocers you can rest assured you are feeding your family, friends and yourself the best in town!



RESERVE YOUR TURKEY TODAY \$500 DEPOSIT REQUIRED *while supplies last






Order in store or online at naturalgrocers.com/turkeys

FRESH, DEEP CHILLED
 NON-GMO
 FREE-RANGE
 ORGANIC
 NO ANTIBIOTICS EVER
 NO PRESERVATIVES
 GLUTEN FREE

All items are available while supplies last. No rain checks. Offer valid October 1 through November 30, 2018. Void where prohibited by law. We reserve the right to correct errors.

NEW Introducing **NATURAL GROCERS' BRAND PRODUCTS**
PREMIUM QUALITY AT AN AFFORDABLE PRICE™



ORGANIC CANNED PUMPKIN

\$1.49

EDAP \$1.99
15 OZ.

USDA ORGANIC

Valid only 11/17-11/20

NEW Introducing **NATURAL GROCERS' BRAND PRODUCTS**
PREMIUM QUALITY AT AN AFFORDABLE PRICE™



ORGANIC CANNED GREEN BEANS

\$1.25

EDAP \$1.49
14.5 OZ.

USDA ORGANIC

Valid only 11/17-11/20

NEW Introducing **NATURAL GROCERS' BRAND PRODUCTS**
PREMIUM QUALITY AT AN AFFORDABLE PRICE™



ORGANIC SPROUTED BREADS

\$3.49

EDAP \$3.99
15-27 OZ.

USDA ORGANIC

Valid only 11/17-11/20

NEW Introducing **NATURAL GROCERS' BRAND PRODUCTS**
PREMIUM QUALITY AT AN AFFORDABLE PRICE™



ORGANIC EXTRA VIRGIN OLIVE OIL

\$5.99

EDAP \$6.99
16.9 OZ.

Valid only 11/17-11/20

ORGANIC EXTRA VIRGIN OLIVE OIL

\$7.99

EDAP \$9.99
25.5 OZ.

USDA ORGANIC

Valid only 11/17-11/20

4 DAYS OF Thanksgiving HOT DEALS

November 17th - 20th

2 WAYS to SAVE

NATURAL GROCERS BRAND PRODUCTS

OUR TRUSTED VENDORS

Limit six (6) items per customer. Quantity limited to stock on hand; no rain checks.
Offer is valid only from November 17- 20, 2018. Offer void where prohibited by law. We reserve the right to correct errors.

EPIC



EPIC® SNACK STRIPS

\$1.29

.8 OZ.

EDAP \$1.79

Valid only 11/17-11/20

SEAJOY®

ORGANIC RAW SHRIMP

\$10.99

1 LB

EDAP \$12.55

USDA ORGANIC



Valid only 11/17-11/20

PACIFIC®

ORGANIC VEGETABLE OR MUSHROOM BROTHS

\$2.49

32 OZ.

EDAP \$3.65

USDA ORGANIC



HORIZON®

SALTED OR UNSALTED ORGANIC BUTTER

\$4.99

16 OZ.

EDAP \$6.29

USDA ORGANIC



Valid only 11/17-11/20

PACIFIC®

SELECT ORGANIC CHICKEN OR BEEF BROTHS

\$2.79

32 OZ.

EDAP \$3.99

USDA ORGANIC



RUMIANO®

ORGANIC CHEESE BLOCKS

\$3.59

8 OZ.

EDAP \$5.15-\$5.49

USDA ORGANIC



Valid only 11/17-11/20

PACIFIC®

ORGANIC TURKEY BROTH

\$3.59

32 OZ.

EDAP \$5.19

USDA ORGANIC



Valid only 11/17-11/20

good4uSM

NEW PRODUCTS OF THE MONTH

OFFERS VALID NOVEMBER 2 TO DECEMBER 1, 2018

Niman Ranch®
Select Sliced Deli Meats

\$3.55-\$5.19

3 oz.

EDAP \$4.49-\$6.89

- Uncured (nitrite and nitrate-free) options available
- MSG and gluten free
- No artificial ingredients
- Only fed a 100% vegetarian diet
- Never given hormones or antibiotics-**EVER**
- Raised with care



Dolcezza®
Gelato

\$3.99

1 pint

EDAP \$5.59



Dolcezza gelato is crafted with local farmers and clean ingredients as they teach us about the beautiful bounty from their land.

good4uSM

CREW PICKS OF THE MONTH

OFFERS VALID NOVEMBER 2 TO DECEMBER 1, 2018

Canyon Bakehouse®
Gluten-Free Bagels

\$4.19

14 oz.

EDAP \$5.65



"These gluten-free, savory bagels are so delicious! They hit the spot every time and taste amazing with butter or cream cheese. Scrumptious gluten-free goodness!"

-Hannah

good4u crew since 2011



EPIC®
Snack Strips

\$1.45

.8 oz.

EDAP \$1.79



"This is my go-to snack at work! Packed with protein and just a hint of sweetness, it really hits the spot."

-Amy

good4u crew since 2010



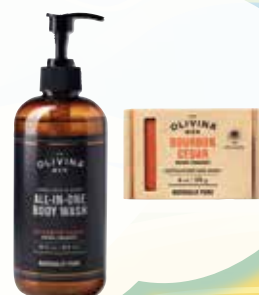
Bodywear®
Active Wear

20% Off
Our
Always AffordableSM
Price on All
Bodywear Items



Olivina Men®

15% Off
Our Always
AffordableSM
Price



Skinny Dipped®
Dark Chocolate Covered Almonds

\$3.49

3.5 oz.

EDAP \$4.29



"These almonds are coated in dark chocolate and a dusting of cocoa powder. The chocolate doesn't take over the almond so they are nice and crunchy. Plus, there are only 6g of sugar per serving!"

-Samantha

good4u crew since 2016



EVOLVh®
Ultimate Styling Lotion

\$16.49

8.5 oz.

EDAP \$20.89



"I love the way the styling lotion tames my hair and gives it body."

-Sharon

good4u crew since 2015



Jarrow Formulas®

Organic Pumpkin Seed Protein Powder

\$17.49

16 oz.

EDAP \$26.99



Jarrow Formulas Organic Pumpkin Seed Protein is gluten free, hypoallergenic and a vegetarian/vegan source of protein. It provides a complete amino acid profile, including all of the essential amino acids, making it a complete protein source.*

Bluebonnet®

Beautiful Ally™
Collagen
Type I + III
powder

\$16.49

6.9 oz.

EDAP \$21.35



Beautiful Ally
Collagen
Type I + III

\$14.29

90 tab

EDAP \$15.99

Bluebonnet's Beautiful Ally Collagen is specially formulated with collagen peptides types I + III, key structural components for lustrous hair, firm skin and durable nails.*

Host Defense®
MyCommunity Extract

15% Off
Our Always
AffordableSM
Price

2 oz.

EDAP \$29.99



"A unique combination of mushroom mycelium and fruitbodies, providing a diverse range of constituents to help balance the immune system."

-Jamie

good4u crew since 2017



Country Life®
NAC
N-Acetyl Cysteine

\$7.79

30 vcap

EDAP \$10.79



"N-acetyl cysteine (NAC) is a potent free radical scavenger and supports immune health."

-Beverly

good4u crew since 2016



Supplements

OFFERS VALID NOVEMBER 2 TO DECEMBER 1, 2018

LifeSeasons®
 Visibili-T™ Glucose Stabili-T™
\$23.99 60 vcap **\$23.99** 90 vcap
 Visibili-T helps protect the eyes from free radical damage and supports healthy circulation.*
 Glucose Stabili-T (formerly called Diabet-X) helps maintain healthy blood sugar, circulation and vision.*
 EDAP \$32.99 EDAP \$32.99

Reserveage®
 Resveratrol 250 mg Trés Beauty 3
\$29.79 60 vcap **\$41.99** 90 cap
 Reserveage's innovative, youth-preserving formulas are designed to provide optimal health and wellness. Advanced technologies and premium ingredients from around the globe offer high-quality products without the use of unnecessary fillers and additives.*
 EDAP \$36.45 EDAP \$50.99

Boiron®
 Oscilloccinum
\$27.99 30 ct
 Oscilloccinum works naturally with your body to temporarily relieve flu-like symptoms, such as fatigue, headache, body aches, chills and fever.*
 EDAP \$29.99

Barlean's®
 Organic Flax Oil or Lignan Flax Oil 16 oz.
25% Off
 Our Always Affordable™
 Price on Select Barlean's Flax Oils
 EDAP \$20.99-\$21.39

Sovereign Silver®
 Bio-Active Silver Hydrosol Spray or Dropper
\$11.99 2 oz.
 Sovereign Silver is an immune support supplement.*
 EDAP \$13.65

Nordic Naturals®
 Ultimate® Omega-D3 Ultimate® Omega 2X Lemon
\$20.49 60 sg **\$36.99** 60 sg
 Combines healthy doses of two essential nutrients for optimal wellness, omega-3 EPA+DHA and vitamin D3, in a concentrated serving.*
 2,000 mg EPA+DHA and 1,000 IU vitamin D3 in two lemon-flavored soft gels for bone, brain and immune system support.*
 EDAP \$24.69 EDAP \$44.29

Trace Minerals Research®
 ConcenTrace® Trace Mineral Drops ConcenTrace® Gummies
\$19.99 8 oz. **\$14.79** 90 gummy
 All-natural, pH balancing trace minerals from ConcenTrace are soluble, ionic, vegan and gluten free. Available in liquid and gummy form.*
 EDAP \$22.75 EDAP \$16.79

SAVE 15% OFF
 Our Always Affordable Price™ on Select Flora® Products
Super 8 Hi-Potency Probiotic 30 cap **Adult's Probiotic** 60 cap
 EDAP \$19.99 EDAP \$19.29

SAVE 25% OFF
 Our Always Affordable Price™ on Amazing Grass® Green Superfoods 7.4-8.8 oz.
 Amazing Grass Green Superfoods include a combination of organic, non-GMO wheat grass, barley grass, alfalfa, spirulina, spinach, chlorella and broccoli.*
 EDAP \$24.19 see store for details.

Body Care

OFFERS VALID NOVEMBER 2 TO DECEMBER 1, 2018

Aura Cacia®
 Peppermint Essential Oil
\$5.99 .5 oz.
 Explore peppermint essential oil. Its fresh, menthol aroma carries energizing benefits to carry you through the day.
 EDAP \$7.49

Borion®
 Arnicare Roll On Twin Pack
\$9.49 1.5 oz.
 Temporarily relieves muscle pain and stiffness and swelling from injuries and bruising.*
 EDAP \$10.99

Evolution Salt Co®
 Natural Crystal Salt Lamp
\$12.39 each
 These salt lamps are made from beautiful pink Himalayan salt mined in the foothills of the Himalayan Mountains in Pakistan.
 EDAP \$15.49

My Magic Mud®
 Activated Charcoal Toothpaste Peppermint or Activated Charcoal Oral Rinse Classic Mint
\$6.99 each 4 oz. **14.2 oz.**
 This gentle toothpaste and oral rinse have the power to beautifully polish, detox and deeply clean your teeth and gums.*
 EDAP \$8.45

MyChelle®
20% Off
 Our Always Affordable™ Price
 Moisturizers, Deep Repair Cream, Perfect C Serum
 EDAP \$15.99

Weleda®
 Skin Food
\$12.79 2.5 oz.
 Skin Food is a universal savior of dry, rough skin on faces, elbows, hands and feet. It hydrates skin to give you a healthy-looking glow.*
 EDAP \$15.99

Derma E®
15% Off
 Our Always Affordable™ Price
 Moisturizers, Purifying Oil Cleanser, Anti-Aging Cream
 EDAP \$5.39

Soothing Touch®
 Bath Salts Assorted Scents
\$3.29 32 oz.
 Contains 21 minerals used for centuries to stimulate circulation, loosen tense muscles and joints and soothe and soften the skin.
 EDAP \$5.39

All items are available while supplies last; no rain checks. We reserve the right to correct errors. EDAP = Every Day Affordable Price. *These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.

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OFFERS VALID NOVEMBER 2 TO DECEMBER 1, 2018

Garrett Valley®

Sugar-Free
Dry-Rubbed Bacon



\$4.39
8 oz.
EDAP \$4.99

Garrett Valley holds all-natural meat to a higher standard, the way natural is supposed to be: always humanely raised, with no antibiotics and no growth hormones and only with all-vegetarian feed.

Sugar-Free
Turkey Bacon



\$3.39
8 oz.
EDAP \$3.99

Teton Waters Ranch®

Uncured Beef Hot Dogs



\$4.49
8 oz.
EDAP \$5.29

Bratwurst or Sausages



\$5.39
10 oz.
EDAP \$6.15

100% grass-fed cattle live and eat the way nature meant them to—only on well-managed pastures and never on a feedlot.

Organic Valley®
Organic Ghee

\$10.99
13 oz.

Ghee has been a staple of many culinary traditions around the world for centuries, and today it's prized for its rich buttery taste, enticing aroma and its high smoke point, which makes it ideal for high-heat cooking.



EDAP \$12.89

Horizon®

Salted or Unsalted Organic Butter

\$5.29
16 oz.

Horizon organic salted and unsalted butter tastes so good because it starts with fresh, sweet, organic cream.



EDAP \$6.29

GT's Living Foods®

Enlightened Organic Raw Kombuchas

\$2.69
16 oz.

Each unique offering from GT's provides revitalizing nourishment to reinvigorate the mind, body and soul.



EDAP \$3.19

Honey Mama's®

Cacao-Nectar Bars

\$3.99
2.5 oz.

Honey Mama's bars are made with a combination of five nutrient-rich ingredients.



EDAP \$4.99

Rumiano®

Organic Cheese Slices



\$3.19
6 oz.
EDAP \$3.95

Organic Cheese Blocks



\$3.99-\$4.39
8 oz.
EDAP \$5.15-\$5.49

All Rumiano organic milk producers are certified through the American Humane Association's Free Farmed Certified program, which guarantees that the organic milk used in the making of their cheeses comes from cows that are raised and treated humanely.

Stonyfield®

Select Organic Yogurts

\$3.15
32 oz.

Stonyfield organic yogurts are made without the use of toxic persistent pesticides, artificial hormones, antibiotics or GMOs.



EDAP \$3.89

ALWAYS AFFORDABLESM • 100% ORGANIC PRODUCESM



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*See naturalgrocers.com/privacy/ for our Privacy Policy and naturalgrocers.com/terms for the {N}Power Terms of Use. Message and data rates may apply.

OFFERS VALID NOVEMBER 2 TO DECEMBER 1, 2018

Wildbrine®
Probiotic Kimchi or Sauerkraut

\$5.25
18 oz.

Wildbrine focuses on bringing out the best flavor of their fermented vegetables, while still staying true to the wholeness of each ingredient.



EDAP \$6.25

Rudi's®
Select Organic Sandwich Breads

\$3.29-\$4.29
18-22 oz.

Rudi's only uses the highest quality, wholesome, all-natural and organic ingredients. No artificial ingredients, preservatives, high fructose corn syrup, trans fat or GMOs.



EDAP \$4.29-\$5.59

Amy's®
Select Burritos

\$2.29-\$2.59
5.5-6 oz.

Amy's burritos are made with good, flavorful ingredients and a lot of love.



EDAP \$2.79-\$3.19

Birch Benders®
Toaster Waffles

\$2.99
6.56-8.75 oz.

Packed with nutrition and easy to eat on-the-go, these waffles are the perfect energizing breakfast or anytime snack to help you slay your day!



EDAP \$3.49

Woodstock®
Organic Frozen Fruit

\$1.99-\$3.85
8-10 oz.

Woodstock organic frozen fruits are simple yet delicious!



EDAP \$2.45-\$4.85

Amy's®
Select Bowls

\$3.99
8.4-10 oz.

Satisfy any craving, from traditional to ethnic cuisine, with Amy's delicious array of select bowls.



EDAP \$4.99

Seajoy®

Organic EZ Peel Shrimp Organic Raw Shrimp Organic Cooked Shrimp

\$9.99 **\$11.69** **\$13.99**
1 lb. 1 lb. 1 lb.

EDAP \$10.99 EDAP \$12.55 EDAP \$14.69

Yogi®
Boxed Teas

\$3.49
16 ct.

Yogi herbal teas combine over 140 exotic herbs and botanicals from around the world to create intriguingly complex wellness tea blends inspired by the holistic teachings of Ayurveda.



EDAP \$3.99

good4u OFFERS VALID NOVEMBER 2 TO DECEMBER 1, 2018
deals of the month

\$3.29
7 oz.

EDAP \$4.49

Applegate®
Breakfast Sausage Links



Certified GF Gluten-Free

\$10.49
16.9 oz.

EDAP \$14.25

Shady Maple Farms®
Organic Dark Maple Syrup Pouch



USDA ORGANIC

\$2.99
16 oz.

EDAP \$4.39

Birch Benders®

Organic Classic Pancake & Waffle Mix Paleo Pancake & Waffle Mix



USDA ORGANIC Certified GF Gluten-Free

\$2.19
4.25 oz.

EDAP \$2.99

Blue Diamond®
Select Nut-Thins Crackers

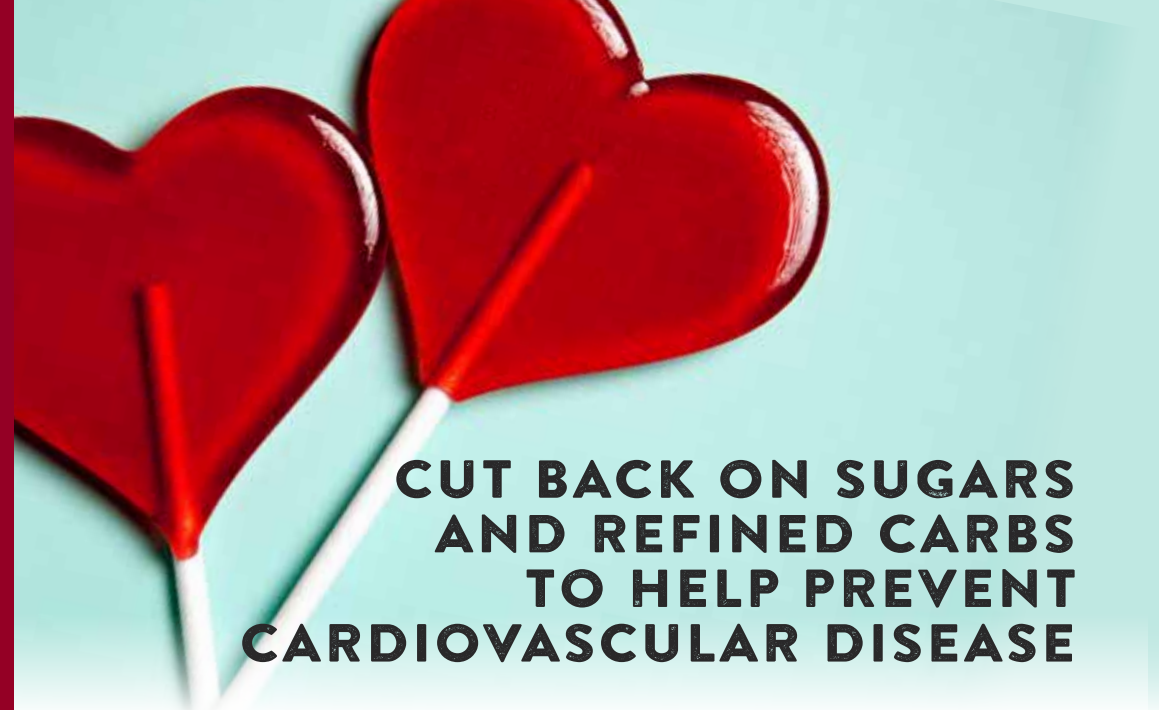


Certified GF Gluten-Free

In honor of Jack Challem's legacy as a beloved nutrition writer and author, we will continue to publish the backlog of *The Nutrition Reporter* newsletters, through his final newsletter.

The
**Nutrition
Reporter**
TM
by Jack Challem

THE INDEPENDENT
NEWSLETTER THAT
REPORTS VITAMIN,
MINERAL, AND
FOOD THERAPIES.



CUT BACK ON SUGARS AND REFINED CARBS TO HELP PREVENT CARDIOVASCULAR DISEASE

Had one dessert too many lately? Consider the following research as reasons to get serious about changing your eating habits. Several new studies have found that eating a lot of sugary foods, including refined high-glycemic carbohydrates, can increase the risk of heart attack, stroke, fatty liver, and inflammation. Other recent research has shown that eating three low-carb meals in a row can significantly improve blood sugar and insulin levels—in effect, reducing the risk of cardiovascular disease and other health problems triggered by sugars and other refined carbs.

Emily Sonestedt, PhD, and her colleagues at Lund University, Sweden, analyzed health and diet data obtained from 26,190 men and women who did not have diabetes or heart disease when the study began. After an average of 17 years of follow up, the researchers identified 2,493 cases of fatal or nonfatal heart attack or death from ischemic heart disease.

Sonestedt and her colleagues focused specifically on the consumption of sucrose, the most common added sugar used in Sweden. The researchers reported that people who consumed 15 percent or more of their carbohydrate calories from sucrose were 37 percent more likely to have serious or fatal heart problems, compared with those who consumed less than 5 percent as sucrose.

A similar study focused on the risk of stroke. Researchers at Vanderbilt University in Nashville, Tennessee, and Shanghai Jiaotong University, China, analyzed data obtained from 64,328 Chinese women. Over 12 years of follow up, 2,991 cases of stroke were documented. Women eating the most high-glycemic foods, which trigger a spike in blood

sugar levels, had a 19 percent higher risk of stroke. However, women consuming the highest glycemic load in their foods—a more accurate measure—had a 27 percent greater risk of stroke.

Another study, by Stephen Bawden, PhD, of Nottingham University in the United Kingdom, placed eight young, healthy men on either a high or low-glycemic diet for seven days. A month later, they were placed on the alternate diet.

As the researchers had expected, blood glucose and insulin levels were much higher after the high-glycemic diet, compared with the low-glycemic diet. However, they reported that just one week on the high-glycemic diet significantly raised levels of liver fat and liver storage of sugar.

“This may have important clinical relevance for dietary interventions in the prevention and management of non-alcoholic fatty liver disease,” wrote Bawden.

Finally, in a study conducted at the University of Michigan, Ann Arbor, Katarina T. Borer, PhD, asked 32 healthy postmenopausal women to test the effects of a 30-percent carbohydrate and a 60-percent carbohydrate diet, with or without exercise added before the second and third meals.

It turned out that the third low-carb meal was the charm. After consuming the third low-carb meal on one day, and without exercise, evening insulin levels decreased by 39 percent and evening insulin resistance decreased by 37 percent. In addition, levels of “glucose-dependent insulinotropic peptide,” a hormone involved in the post-meal release of insulin, decreased by 48 percent.

THE OMEGA-3S HELPFUL IN PTSD, AND MAY HELP MOOD IN VETERANS

Two new studies have found that the omega-3s, commonly referred to as fish oils, can help resolve, and can likely prevent, serious mood disorders.

In the first study, Yutaka J. Matsuoka, MD, of the National Cancer Center, Tokyo, and his colleagues studied 100 people who had experienced a severe physical injury and had subsequently developed post-traumatic stress disorder (PTSD). They were given either a combination of 1,470 mg of docosahexaenoic acid (DHA) and 147 mg of eicosapentaenoic acid (EPA) or placebos daily for 12 weeks.

By the end of the study, Matsuoka found that higher DHA and EPA levels, as well as EPA levels alone, were associated with less severe PTSD symptoms. In addition, a higher level of EPA relative to arachidonic acid (a promoter of inflammation), was inversely related to PTSD severity. Higher levels of arachidonic acid correlated with PTSD severity.

The findings suggest that inflammation may play a role in PTSD, and that natural anti-inflammatories can reduce the risk of PTSD.

In the other study, researchers from Texas A&M University and the US Army analyzed physical fitness, mood, resiliency, omega-3, and vitamin D levels in 100 active duty soldiers.

Richard B. Kreider, PhD, of Texas A&M reported that low levels of omega-3s and vitamin D correlated with a lack of physical activity. Based on these findings, he and his colleagues developed an equation to predict a depressed mood. That equation accurately predicted depression in 80 percent of subjects and, according to the researchers, “may be helpful in identifying soldiers at higher risk for mental health issues.”



EATING NUTS MAY PROTECT AGAINST DISEASE

Eating just one ounce of nuts each day may reduce the risk of numerous diseases. Researchers from Norway and the United Kingdom analyzed 20 studies that reported relationships between disease risk and nut consumption. They reported that eating a small amount of nuts each day was associated with a reduced risk of cardiovascular diseases by 21 percent; coronary heart disease by 29 percent; cancers by 15 percent; respiratory disease by 52 percent; diabetes by 39 percent; infectious disease by 75 percent; neurodegenerative disease by 35 percent; and kidney disease by 73 percent.

References available upon request.





Featuring
**NATURAL GROCERS
BRAND PRODUCTS**
PREMIUM QUALITY AT AN AFFORDABLE PRICE™

INGREDIENTS

- 1 ½ cups Natural Grocers Bulk Almond Flour
- ½ cup Bob's Red Mill arrowroot starch
- ½ cup coconut sugar
- ½ teaspoon salt
- 1 stick of butter, at room temperature (but not too soft), divided into 8 tablespoon pieces
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract (optional)

ALMOND FLOUR SHORTBREAD COOKIES

This almond flour shortbread is sinfully buttery, delectably tender, and oh so rich in flavor! It has a natural buttery and slightly nutty flavor with a high protein content, providing an ideal texture and taste that's just divine.

Prep: 20 min. | Cook: 20 min. | Total: 40 min.

INSTRUCTIONS

About 24 Cookies

1. Preheat the oven to 300° F.
2. Lightly grease a cookie sheet and set aside.
3. In a mixing bowl, whisk together the dry ingredients (almond flour, arrowroot starch, sugar, and salt) until well combined.
4. Using a pastry cutter or a fork, cut the butter (a few pieces at a time) into the flour-sugar mixture. Repeat the process until all 8 tablespoons are incorporated. At this stage, it is fine to still have some small lumps of butter not fully mixed in.
5. Add the vanilla and almond extracts, stirring to incorporate, and then use your hands to knead the dough until all ingredients, including the butter, are well combined.
6. With your hands, form dough into walnut-size balls, place on baking sheet, and bake for 15 minutes. Remove from the oven and use a fork to press down in the middle of the cookies (flatten the center and shape the cookie). Place back in the oven to bake for another 5 minutes, or until golden brown.
7. Let cookies cool completely before removing from the cookie sheet. As the cookies cool, the arrowroot starch acts as a binder preventing the cookies from crumbling. When the cookies have completely cooled, transfer to an airtight container and store in the refrigerator.



Grocery

OFFERS VALID NOVEMBER 2 TO DECEMBER 1, 2018

Celestial Seasonings®

Holiday Teas

\$2.59
20 ct.

Discover the flavors of the holidays with Celestial Seasonings signature holiday teas.

EDAP \$3.39



Kicking Horse Coffee®

Select Organic Bagged Coffee



\$7.99
10 oz.
EDAP \$10.49

Organic Coffee Canisters



\$9.99
12.3 oz.
EDAP \$12.99

Kicking Horse Coffee makes exceptional tasting coffee that's organic and fair trade.



Bob's Red Mill®

Organic Flours

\$5.49
5 lb.

Bob's Red Mill carries a bountiful selection of organic flours to help you bake healthy.

EDAP \$7.49



Simply Organic®

20% Off
Our Always Affordable™
Price on
Select Simply Organic Items



Wholesome®

Organic Cane Sugar

\$4.69
32 oz.

Made from certified organic sugar cane grown in South America, the cane juice, rich in molasses, vitamins and minerals is squeezed fresh, evaporated and crystallized.

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Pamela's®

Gluten-Free Vanilla Cake Mix

\$4.59
21 oz.



EDAP \$5.59



Gluten-Free Chocolate Brownie Mix

\$4.75
16 oz.



EDAP \$5.75



Wholesome®

Select Candy

\$1.79
2.75 oz.

Wholesome candies include an array of gummy candy and organic jelly beans, including vegan gummy bears, sour gummy worms and organic DelishFish.

EDAP \$2.15



Enjoy Life®

Mini Chocolate Chips, Morsels or Chunks

\$4.39
9-10 oz.

Nut-free chocolate chips, morsels and chunks are perfect for any time, even if you can't wait for your cookies to bake! Free from 13 common allergens.

EDAP \$5.39



Grocery

OFFERS VALID NOVEMBER 2 TO DECEMBER 1, 2018

Let's Do Organic®
Organic Coconut Flakes Organic Heavy Coconut Cream

\$2.69 7 oz. **\$3.49** 13.5 oz.

Let's Do Organic coconut flakes contain no sweeteners, preservatives or whiteners.

Perfect for whipped cream, sauces, desserts and more.

EDAP \$3.29 EDAP \$4.29



MaraNatha®
Select Almond Butters

\$7.49 12 oz.

MaraNatha almond butter comes in a variety of flavors and blends. Whether you prefer creamy or crunchy, or something sweeter, they have a nut butter for you!

EDAP \$9.75



Crofter's Organic®
Select Organic Premium Fruit Spreads Organic Just Fruit Spreads

\$2.59 10 oz. **\$2.99** 10 oz.

All of Crofter's Organic Premium and Just Fruit Spreads contain one-third fewer sugars than standard fruit jam.

EDAP \$3.39 EDAP \$3.89



Milkadamia®
Macadamia Milks

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Macadamia milk that is deliciously free of dairy, soy, GMOs and gluten.

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Justin's®
Organic Peanut Butter Cups

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Justin's makes naturally delicious and organic milk, white and dark chocolate peanut butter cups.

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Barbara's®
Cheese Puffs

\$2.19 5.5-7 oz.

Light as air and packed with flavor, corn and carefully selected cheeses combine for the ultimate crunchy treat.

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Beanitos®
Bean Chips

\$2.39 5-6 oz.

Beanitos are all-natural snack chips and puffs made from beans—high in healthy fiber and protein—and they contain NO gluten, corn, trans fat, MSG or GMOs.

EDAP \$2.89



Garden of Eatin'®
Party Size Tortilla Chips

\$3.69 13-16 oz.

All-natural tortilla chips with no salt added, made with organic, non-GMO blue corn.

EDAP \$5.19



Grocery

OFFERS VALID NOVEMBER 2 TO DECEMBER 1, 2018

Late July®
Organic Classic Rich or Saltine Crackers

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EDAP \$3.25



Mountain Valley®
Spring or Sparkling Spring Water

\$1.59 1L

Pure, premium spring water sourced in the heart of America might just be the best-tasting water on Earth.

EDAP \$2.19



San Pellegrino®
Sparkling Mineral Water

\$1.55 25.3 oz.

San Pellegrino Sparkling Natural Mineral Water transforms any meal into a delicious celebration of life's exceptional flavors.

EDAP \$1.85



Jilz Gluten Free®
Gluten-Free Crackers

\$4.49 5.5 oz.

Jilz Crackers are made only with the best real food. A delicious, simple seeded cracker for the gluten free, paleo and vegan!

EDAP \$5.99



Spectrum Culinary™
Organic All Vegetable Shortening Organic Unrefined Coconut Oil

\$5.25 24 oz. **\$6.49** 14 oz.

Spectrum Culinary delivers coconut oil and shortening that adhere to the highest quality standards.

EDAP \$7.19 EDAP \$8.69



Bellucci®
100% Italian Extra Virgin Olive Oil Organic 100% Italian Extra Virgin Olive Oil

\$7.99 16.9 oz. **\$9.79** 16.9 oz.

Bellucci EVOO is always fresh, always traceable, always Italian.

EDAP \$10.59 EDAP \$12.69



Primal Kitchen®
Vinaigrettes & Marinades or Dressings Avocado Oil Mayonnaise

\$4.79 8 oz. **\$7.59** 12 oz.

Paleo-friendly foods made with real ingredients that focus on natural fats, clean protein and ingredients rich in antioxidants, vitamins and minerals.

EDAP \$5.99 EDAP \$8.89



Wild Planet®
Select Wild Sardines or Wild White Anchovies

\$1.79-\$1.99 4.4 oz.

Wild Planet offers a full line of top quality seafood with fresh-from-the-sea flavor.

EDAP \$2.49



Earthy®
Dish Liquids Liquid Laundry Detergents

\$2.99 17 oz. **\$10.49** 70 oz.

With the help of bio-based, plant-derived ingredients, these products wash clean and green.

EDAP \$3.49 EDAP \$12.99



OFFERS VALID NOVEMBER 2 TO DECEMBER 1, 2018

Natural Grocers® Bulk
Walnut Combo Halves & Pieces

\$4.99
1 lb.



Walnuts provide healthy fats, fiber, vitamins and minerals. Add a handful to your yogurt, trail mix or simply keep "on (or in) hand" for snacking on-the-go!

EDAP \$5.99

Natural Grocers® Bulk
Organic Crystallized Ginger

\$3.59
10 oz.



Crystallized ginger is made of ginger root that has been cooked until softened, and then lightly coated in sugar.

EDAP \$3.95



Natural Alternatives to Nexium
Martie Whittekin, CCN

A SQUAREONE HEALTH GUIDE

SAFER SOLUTIONS TO GASTRIC DISTRESS

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Written by health professionals who are well recognized in their respective fields, these concise, easy-to-read books focus on a wide range of important health concerns. From migraine headaches to high cholesterol, each title looks at a specific problem; each provides a clear explanation of the disorder, its causes, and its symptoms; and each offers natural solutions that can either greatly reduce or completely eliminate the problem.

What to Use to Relieve Acid Reflux, Heartburn, and Gastric Ailments
Martie Whittekin, CCN

\$15.49
paperback

MSRP \$7.95

Vegan Holiday Kitchen
Nava Atlas

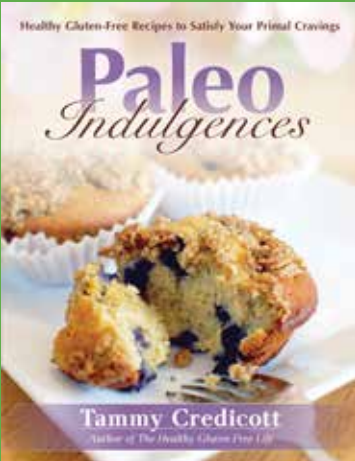


Have yourself a happy vegan holiday! This exciting, inviting cookbook by veteran author Nava Atlas brilliantly fills the biggest gap in the vegan repertoire with more than 200 delectable, completely doable recipes for every festive occasion.

\$14.49
paperback

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Paleo Indulgences
Tammy Credicott

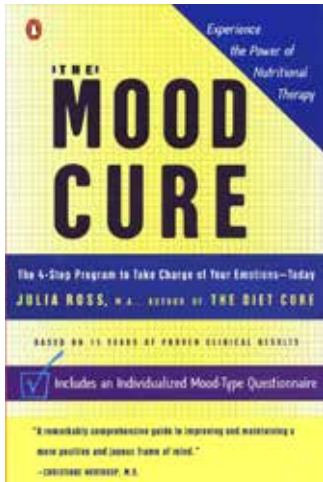


Life is about balance, and let's face it, special occasions happen, holidays happen, celebrations happen. If you make great choices for nutrition 80% of the time, then 20% of the time it's ok to treat yourself with mindful, quality foods that still have nutritional value and won't make you start over at square one.

\$21.99
paperback

MSRP \$29.95

The Mood Cure
Julia Ross



Julia Ross' plan provides a natural cure for your mood. Drawing on thirty years of experience, she presents breakthrough solutions to overcoming depression, anxiety, irritability, stress, and other negative emotional states that are diminishing the quality of our lives. Her comprehensive program is based on the use of four mood-building amino acids and other surprisingly potent nutrient supplements, plus a diet rich in good-mood foods such as protein, healthy fat, and certain key vegetables.

\$11.99
paperback

MSRP \$17.X00

Introducing NATURAL GROCERS® BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICESM

When it comes to house brands, it seems like everybody has one these days. When it comes to our brand, it's a family legacy. It's a giant step to provide our neighborhood with the healthiest options at prices that every family can afford. We choose products that represent not simply value, but our values—values that support small farmers, family businesses and environmental stewardship; values that have been defining our family's mission since 1955, never compromising quality for the easy way through. When you see "hormone and antibiotic free," "free range," "pasture based" and "non-GMO" on our labels they mean what you expect them to mean, no loopholes. We choose to keep it real by letting our family values define the products we offer to your family. We want the stuff bearing our name to be the best that money can buy, while still leaving room in your wallet for those indulgences you crave. Because when it comes to house brands, we believe every family deserves the best in the house at an always Everyday Affordable Price.SM



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OFFERS VALID NOV 2 TO DEC 1, 2018



Pacific®
Organic Vegetable or Mushroom Broths Select Organic Chicken or Beef Broths

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32 oz.

EDAP \$3.65



2⁹⁹
32 oz.

EDAP \$3.99



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1.5 L

EDAP \$2.29



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2.9-3.2 oz.

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NOW®
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Himalaya Herbal Healthcare®
Ashwagandha

9⁹⁹

60 cap

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Solaray®
B-Complex 100

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100 vcap

EDAP \$18.85



KAL®
Magnesium Glycinate 400
Soy Free

15³⁹

120 sg

EDAP \$29.75



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