



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 2020 Newsletter

Happy 4th of July!

July 4th signals both the beginning and the ending of summer it seems. Don't know about you, but the summer just seems to fly after this holiday despite our best efforts to soak it all in. It's easy to take our freedom for granted so remember and enjoy the freedom to: Love. Learn. Excel. Believe. Travel. SPEak Up. Videotape. Vote. Celebrate. Procreate.

Even as the holiday passes , keep in mind all of the things that you are thankful for experiencing and doing.

Carry over some of that patriotic energy into your every day life.



New At JoJo's: Natural Hope Herbals

Wild herbs have awoken from their winter sleep and getting to the time to take advantage of what we have maybe right in your own back yard.

Example this is always a great time to do a gentle cleansing with fresh green herbs such as dandelion leaf, nettles, and chickweed.

We are provided with many edible wild plants for our benefit and at no cost. We will be talking about a few herbs to help you on your journey of better health.

We live in a time when many of our foods are laden with unhealthy and unnatural ingredients and healthcare costs are sky high. The combination of poor health and the high cost of doctors can burden many. However, on the bright side, many people see the need for change and are becoming more focused on prevention with wholesome nutrient dense foods, herbs, and a healthy lifestyle. Maintaining our health and wellness comes at a cost, but so does sickness.

Good Health: The result of making daily healthy choices over an extended period of time.

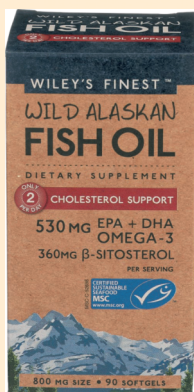
Natural Hope Herbals is a place where rich herbal traditions of the past are coupled with current scientific knowledge to create quality herbal products. Their primary goal is to create safe and potent herbal products for your family's health and vitality.

They are located on an 80 acre certified organic farm in the rolling hills of Pennsylvania, just east of the Appalachian Mountains. On a typical summer day one might find them in the field planting, weeding, or harvesting vibrant fresh herbs and preparing them for the extraction process. The other part of our dedicated staff may be mixing, pressing, testing or bottling herbal extracts.

QUALITY MATTERS. In addition to herbs grown on the farm, we partner with a variety of wild crafters, growers and suppliers, who provide us with some of the best quality herbs available. The quality of our finished product reflects the high quality of the fresh or dried herbs we use.



Wiley's Finest FISH Oil



15% off in July

Plus free gift with purchase
expires 7-31-20



Mullein

Mullein is certainly one of the most noticeable of wayside weeds, sending stately flowering stalks several feet high. It looks less like a weed and more like an exotic species. Mullein has a long history of effective use in medicine and is so easy to find here in Michigan. Mullein is a biennial; the first year it forms a wooly rosette, and the second year it sends up its tall flowering stalk, sets seed, and then withers and dies. The stalks serve as condominiums for insects, which birds will feast on through the long winter months.

Medicinal Uses:

Mullein leaf is both an antispasmodic (relaxes spasms) and an expectorant (it helps expel mucus), and with these properties it is renowned as a remedy for deep-seated or spastic coughs, bronchial congestion, chest colds, allergies, and other ailments that involve respiratory stress. The leaf can be rolled and smoked with other healing herbs as a treatment for asthma. Mullein leaf also makes an effective poultice for boils, glandular swelling, bruises, and insect bites, and it can be added to the bath for relieving rheumatic pain.

*HOPE HERBALS HAS A GREAT
MULLEIN LEAF EXTRACT
FOUND AT JOJO'S*

Dandelion

Half the world loves it, uses it for medicine, and dines on it regularly.

The other half wages war on it with heavy arsenal of pesticides, fungicides, and herbicides. Dandelion is so hardy, so widespread, and so abundant there is no reason to plant it in your herb garden.

Medicinal Uses:

The entire plant is useful as both medicine and food. The root is a classic liver tonic or "blood purifier", with a stimulating and decongesting effect on the liver. It also encourages optimal digestion, with a rich supply of bitter compounds that, having stimulated receptor sites on the tongue, signal the digestive tract: The root also stimulates the production of bile, which in turn helps break down cholesterol and fat.

Dandelion leaf has long been used as a mild diuretic in cases of water retention and bladder or kidney problems. Unlike synthetic diuretics, however, dandelion leaf is a good source of potassium and replenishes rather than depletes this important nutrient. The leaf is also a good source of iron, calcium, vitamins, and a assortment of trace minerals.
*PICK UP HOPE HERBALS NEXT
TIME YOUR IN THE STORE*

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