

# Mother Natures Food

October 2015



## Employee Pick of the Month

### **The QUEEN of Detox!**

There are times my coworkers tease and call me the "Bentonite Queen!" And they have good reason for labeling me that! I was introduced to bentonite soon after my employment with Mother Nature's Food. In fact I used it today. I always make sure I drink extra water to speed the process of the detox. I have suggested this product to many of our customers who are looking for a detox option. Sometimes I mix it with orange juice.

Bentonite is a clay that has multiple uses for detoxification. The clay literally grabs toxins, yeasts, anything in its path and carries it out.

We use it for many situations; such as:

- Diarrhea
- Constipation
- That meal that just does not sit well in the stomach
- I use it if I eat a gluten or fatty meal
- To stop vomiting when the gastrointestinal flu takes hold
- General cleaning of the intestinal plumbing
- I have been told it works for thrush, which makes sense as I have read many reviews on several sites that rave about it as a Candida die off cleanse as well
- Full cleanses
- Heavy metal detox
- If I ever get Poison Ivy blisters again I will try applying it to that as well
  - The links below are from the product manufacturers.

At Mother Nature's Food we carry two product lines of bentonite for detoxification and two other grades of dry powder bentonite for facial masks and beauty projects.

### **Yerba Prima and Sonne's #7.**



<http://www.yerba.com/bentonite-pints-quarts/>

<http://sonnes.com/store/product-category/7-detoxificant-32-oz-liquid/>

<http://sonnes.com/7-day-cleansing-program/>

Bentonite in our home is definitely a "Queen in our selection of home remedies." I hope you find this information informative and you take the time to read the links and customer reviews.

-Kari

Check out our  
new website

[www.mothenaturesfood.net](http://www.mothenaturesfood.net)

Have you

Like us on Facebook 

yet?!

Detox Drink

Recipe

12 oz water  
1 tbsp honey  
2 tbsp lemon juice  
1/3 tsp turmeric

Mix everything together  
and drink daily!

Essential Oils

**New**

Navitas  
Superfood + Pepitas



**\$7.09**

Stevia International  
1 oz Liquid Stevia



**\$8.99**

New flavors!

Butter Rum, Butterscotch,  
Maple & Brown Sugar,  
Whipped Cream, Sweet Sun  
Tea, Pumpkin Spice

Renew Life  
Gummy Probiotics



**\$16.99**

Reg. \$20.49



New E-Clothes

\$7.99-\$14.00 from dusting to glass to kitchen cloths

Natural Factors  
Whole Earth & Sea  
*Line extension*

**25% OFF!!**

Autumn Diffuser Blend

- 3 drops Wild Orange
- 1 drop Ginger
- 1 drop Clove
- 2 drops Frankincense

- Sunflower Vit E 400IU Reg. \$24.95
- Super Mushroom Reg. \$58.95
- Vit D3 1000IU Reg. \$19.95



Extended **Acure** Products!  
You love the products from **Acure** as much as we do so we have more of them to choose from!!

New

Dual Mist Diffuser



**\$49.99**

3 timer settings and 2 directional mist nozzles that rotate 360 degrees

USB Oil Diffuser



**\$26.99**

Great for home or at the office!

Sale

Simplers  
Organic Lavender Oil



**\$8.49**

Reg. \$11.39

KAL  
C Powder



**\$10.59**

Reg. \$14.99

Natural Balance  
Kava Kava



**\$11.09**

Reg. \$14.79

Natural Factors  
Quick-Blast



**\$8.99**

Reg. \$11.95

Natural Factors  
Oil of Oregano



**\$8.99-\$31.99**

Reg. \$12.95-\$39.95

Dr. Bronner's  
Coconut Oil



**\$8.99**

Reg. \$11.99

\*All prices are subject to change and are based on availability

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Sunday: CLOSED



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