



Best Selling Immune Boosters

Olive Leaf Plus

by Enzyme Process

Elderberry Olive

by Quantum

Oregano oil

by North American

Macroforce

by Immudyne

Host Defense

by New Chapter

EmergenC

by Alacer

Immuno-Shield

By Irwin Naturals

Take probiotics everyday to keep gut immunity strong!



Greetings!

We are excited to celebrate our 35th Anniversary with you on Customer Appreciation Day, October 20! As well my 8th year anniversary of owning this store! The journey has been truly a huge blessing for me. Helping you on your health journey has helped me on mine. Each of your stories of pain, frustrations, and healings have encouraged all of us here. Thank you.

Fall is that special time to harvest what we have learned this past year and to store it up for the quieter, colder, more contemplative days of winter, as we await a spring renewal.

Just a note to any of you wanting to cleanse or detox. Fall can be an excellent time for this, but with some caution. Colder temperatures create a need for warmth in our bodies. Fasting and detoxing lower body temperatures. This can be counterproductive for many. Remember "Detox is Retox". We all have a certain physical ability to remove toxins. Consider our detox organs like funnels, and we all have a different size. If one throws too much in their funnel, you have an overflow!

If you do decide to detox, Listen to your body and go slow, drinking lots of room temp. water. (on an empty stomach)

Thank you and God Bless

Anne Worth



Max and Anne, the owners

Good Barkings,

My owner recently found a new site

www.holisticvetpetcare.net/

Since I was adopted at age 8,(I am 11 now) I had never had a heartworm treatment. My owner researched that giving it to an older dog can be quite harmful. This site offers homeopathic alternatives!!!

Did you see the new Organic Pet Food by Pet Guard and Organix, For Dogs and Cats.

(Dogs rule!)

Awesome!

MAX



New Products!!



Introducing Burt's Beef - Grass Fed Natural Beef

- Fed on Open Pasture vs. Feed Lot
- The grass itself is grown naturally, with no chemicals, using a fish based fertilizer.
- Grass Fed Beef has up to 10 times the amount of Omega 3 compared to grain fed.
- Each package of meat comes from one individual animal, not a mix of cuts from different cattle.

Currently in stock: Packaged Hamburger Patties (approx. 5 lb. packs) \$6.64

Also available in several high quality cuts including:

Filet Mignon, Rib Eye , NY Strip, Sirloin , Round , Boneless Chuck, Boneless Shoulder Roast, Sirloin Tip Roast, Rump Roast, Ground Beef, , Cube Steaks, Stew Beef , Brisket

Irwin Naturals— Sale! 30% OFF

20% Off !!

NEWCHAPTER
Organics

20% Off !!

Heal thy Snacks for School (or Work)

We have tasty treats to brighten your or your child's lunch!!

- Applegate Farms has several choices of sliced free range meats, with no chemicals or hormones!
- Organic Valley organic cheeses are great with crackers or fruit. And try the Alta Dena Goat Cheese, good flavor.
- Annie's Cheddar Bunnies & Annie's Graham Bunnies are some of my kids favorites.
- Bare Fruit dried ORGANIC fruit, with no sulfur. Mango, Apples, Cherries, and More!
- Horizon Organic milk now comes in single serving sizes and 2 flavors.
- Stevita offers 4 different flavors of all natural drink mix, sweetened with calorie-free Stevia.
- Redmond's Almond Butter is the only almond butter on the market made in a peanut free facility.
- Mrs. Mays Nut Crunches small bite size nut delights with rice malt sweetener, scrumptious!

Recipe Corner

DO YOU HAVE A FAVORITE GLUTEN FREE RECIPE?

- ENTER OUR RECIPE CONTEST AND WIN A \$100 GIFT CERTIFICATE.
- WINNING ENTRIES WILL BE FEATURED IN OUR QUARTERLY NEWSLETTERS.
- SEE OUR SIGN-UP SHEETS AND CONTEST RULES.

YOUR RECIPE COULD BE LIFE OF THE PARTY!

Winning Summer Entry!!!!

Gluten Free Cream Puffs by Melanee Krause

Preheat Oven to 400

Puffs:

1 C Water

1/2 C butter

1/8 t salt

Beat until fluffy

Add to mixture:

1 C GF Flour*

Beat well. Add:

4 Eggs, one at a time, beating well after each. Do not rush this step, because this is what makes the dough rise.

Put mixture in pastry bag and

These cream puffs are amazing. At our last customer appreciation day feast, they disappeared in less than 5 minutes!!!

squeeze out size you want, either a circle or éclair shape. They will double in size while cooking so leave room for them to spread.

Bake on cookie sheet 30-35 minutes. When done baking, remove from oven and completely cool.

Cut in half, like a sandwich bun.

Filling:

1 pint whipping cream

2 T sugar (to taste)

Beat cream until peaks form. Use a glass bowl and put the bowl and beaters into the freezer to get cold before whipping cream. This helps it whip up more nicely.

Fill puffs with sweetened whipped cream. Keep chilled until serving.

If you want to make this sugar free, use Stevia powder instead of sugar.

*Use your favorite gluten free flour mixture.

Mine is 3 C rice flour, 1 C potato starch flour, 1/2 C tapioca flour.

Spicy Spinach Meatloaf

By Mark Shaffer

2# Ground Shelton's Turkey

1 cup each diced onion & celery

5 cloves minced garlic

1 cup Ener-G Rice Bread crumbs

2 Phil's Eggs

1 cup Annie's ketchup (GF)

1/2 cup Annie's mustard (GF)

1 cup River Ranch Spinach Artichoke Dip

(for GF substitute chopped artichoke hearts, chopped spinach, any peppers) Worstestechire, salt, pepper to taste

The key to success of this dish is that the raw ingredients mixed should smell good enough to eat.

Sautee onions, garlic and celery until tender and cool.

Then combine all ingredients in a large bowl.

And Mix.

Pat into a large baking dish and bake covered at 375 for one hour.

Take out and drain excess liquid and cook uncovered for 1/2 hour.

Serve with Barbara's Mashed Potatoes and Cascadian Organic Green Beans for an awesome healthy comfort meal!!

Yummy!!!!

Freeze leftovers, if you have any!!!!



Special Event!!!

Celebrate Autumn!!

CUSTOMER APPRECIATION DAY

Saturday, October 20, 2007

20% off
EVERYTHING !!
Including sale
items!!!!

NATURAL FOODS BUFFET 12-3pm

Enter Our Gluten-Free
Recipe Contest
& Win \$100 Gift Certificate

Prizes
and
FREEBEES!!

What shape are your cells in?

LIVE BLOOD CELL ANALYSIS

Mr. Jim Lang will be conducting 15 minute slides of a drop of your blood under a microscope to show how the live blood analysis works for a \$10 fee.



- Massage therapists
- Locally grown Organic Produce
- Come meet our local Integrative Physicians

Featured Local Artists!

Every celebration we will feature local artists, so please let us know if you would like to be considered for our next special day!!!

- Author Mark Earnest will be here for a book signing of his first novel, The Delta Project.
- The proceeds will go to the Fish Food Pantry in McHenry.