

# Wellnessentials

## YOUR QUARTERLY WELLNESS UPDATE

Winter 2020-2021

### NEW ITEMS:



#### CV Sciences Acute & Defense

Doctor formulated with evidence-based ingredients, Defense is a great daily option that includes vitamins D and A, zinc, selenium, along with Reishi mushroom and PEA. Acute is a traditional Chinese medicine formulation that is cited by the WHO for immune system support. Check these out as we move into colder months and want to keep our immune systems in tiptop shape.



#### Four Sigmatic Adaptogen Immune Shots

A favorite Wellness brand, Four Sigmatic has just released this new shot with Chaga mushrooms, beets, elderberry, ginger and other great immune boosters. It's a tasty and pill-free option for getting your Chaga fix, plus beets are great for caffeine-free energy, so what's not to love?



#### Vika's Essentials Propolis Myst Toner

Bees collect resins from plants and trees and use them inside their hives for protection from infection. Humans have used Propolis internally and topically for hundreds of years. Now you can boost your skin's hydration and glow with this beautiful, woody-scented, alcohol-free toner from local Vika's Essentials.

# NEW ITEMS (CONT.):



## Mad Hippie Triple C Night Cream

A potent, vitamin C-packed treatment loaded with antioxidants, this cream promotes bright, smooth skin. This lovely smelling moisturizer is a good option for combination skin and for changing, seasonal skin needs.



## Fair Anita

This locally based and Fair Trade Certified jewelry line has super-affordable, stylish, ethically made necklaces, bracelets, earrings, and scarves. Check our shelves regularly because they add new styles every season.

♥ LOCAL



## Local Books

- "Original Local: Indigenous Foods, Stories and Recipes from the Upper Midwest"
- "Plants Have So Much To Give Us, All We Have To Do Is Ask: Anishinaabe Botanical Teachings"
- "The Great Minnesota Cookie Book: Award-Winning Recipes from the Star Tribune's Holiday Cookie Contest"
- "Land of 10,000 Plates: Stories and Recipes from Minnesota"

Stop by and peruse our ever-changing collection of books from local authors and beyond!

♥ LOCAL



## SEASONAL TIP

Warm specialty drinks are back in season.

My two favorites are a warm cup of matcha tea in the morning and a golden milk drink in the evening. We have many choices that make it easy to enjoy your warm beverage, including Four Sigmatic individual packets with medicinal mushrooms, Gaia Golden Milk or Navitas Matcha Powder. The tumeric in golden milk and the green tea in matcha offer many additional health benefits and taste delicious.

These are best made with a warm milk or milk alternative. For an extra treat I recommend a shot of Ginger People's Ginger Juice, a shot of local maple syrup or honey, and a pat of Kalona butter or coconut oil.

Cheers to warm drink season!

## UPCOMING EVENTS

### Wellness Wednesday

10% off body care & supplements  
Dec. 9, Jan. 13, Feb. 10

### Supplement Sale

25% off  
all supplements  
Jan. 17-23, 2021



Marcelline  
Richfield wellness