



NEWSLETTER

JUNE 2019

NEW BURT'S BEES COSMETICS

Beauty to Believe in!

Burt's Bees Cosmetics is a beauty line made with real, natural ingredients.

- Formulated without: Parabens, Phthalates, SLS, Petrolatum, Talc or Synthetic Fragrances

Lip stick, lip balm, lip liner, bronzer, foundation, blush, eyeshadow, eye liner, eyebrow pencil, mascara, concealer, tinted lip oil and lip shine

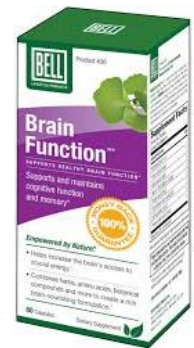


BELL BRAIN FUNCTION

Enhances memory and cognitive function.

The brain burns through more calories each day than any other part of your body. To keep working, it constantly sucks up nutrients, turning them into brain material. Bell Brain Function gives your brain the optimal amounts of key nutrients it needs to run at its best.

- Helps to increase your brain's access to crucial energy.
- Provides folate for healthy brain oxygen levels.
- Natural help for post-secondary students, seniors & professionals.
- Combines herbs, amino acids, botanical compounds & more to create a rich brain-nourishing formulation.



Sale \$ 22.99

GENUINE HEALTH FERMENTED ORGANIC GUT SUPERFOODS+ + Food for your gut!

- Ultimate Prebiotic gut superfood.
- With 22 fully fermented plant-based superfoods & prebiotics to nourish a healthy gut flora.
- A rich source of Prebiotic fibre.
- Fermented to provide great source of amplified & concentrated plant nutrients for gut and overall health.
- 100% Vegan, Dairy-Free, Gluten-Free & Soy Free



Sale \$ 22.99 76g \$49.99 273g

FLORA UDO'S OIL OMEGA 3+6+9 BLEND + DHA KETO FRIENDLY

Soak up the benefits of DHA with Udo's Oil 3-6-9 Blend +DHA. It combines DHA-rich algae-from unrefined, sustainably-sourced algae, rather than fish - with Udo's unique oil blend of omega-3 & omega-6 essential fatty Acids in a balanced 2 to 1 ratio.

*DHA supports the proper functioning of our brains as adults & supports the development of the nervous system in children.

* Contains Organic unrefined seed oils from flax, sunflower, sesame & evening primrose along with coconut, rice bran & oat bran oils, org. soy lecithin & non-GMO mixed tocopherols.



500ml \$31.99

THE KETO CONNECTION

The success to living and eating KETO...
Low Carb, Medium Protein and High good fat

FLOUR ALTERNATIVES

PSYLLIUM HUSK POWDER

- Used as a thickener
- Psyllium husk powder absorbs liquid, acting as a binder
- Bread/cakes are less 'crumbly'



ALMOND FLOUR

- grain free, low carb
- Available in blanched & natural varieties
- Best for baking fine, blanched flour

COCONUT FLOUR

- Made from dehydrated coconut meat
- Low in fat & high in fiber
- Remember coconut flour can not be substituted 1 for 1 for wheat flour

GROUND FLAX MEAL

- Not typically used as a flour replacement but as an added ingredient
- Provides fiber

KETO BREAD/BUNS

Recipe recommended by customer Deb P.

- 2 ½ cups almond
- 10 TBSP psyllium powder (not husks)
- ¼ c Hemp seeds
- ¼ c Sunflower seeds
- 4 tsp Baking powder
- 2 tsp Salt
- 4 tsp Cider vinegar
- 2 c Boiling water
- ¾ c of egg whites



Instructions:

- Preheat oven to 350 degrees
- Beat egg whites until stiff peaks form (set aside)
- Bring water (or broth) to boil & add it & the vinegar to the bowl. Mix for 30 seconds. Don't overmix. Consistency should resemble Play-Doh.
- Gently fold in beaten egg whites until incorporated.
- Moisten hands & form dough into 12 buns.
- Place on a greased baking sheet.
- Bake on lower rack in oven for 50-60 minutes. They are done when you hear a hollow sound when tapping on the bottom of the bun.

NEW KETO CRACKERS **3 flavours \$ 9.99**

DID YOU KNOW...

- Every Monday is **Seniors' Day**
- Sign up for **Nutter's Loyalty Points Program** and save
- 1st Tuesday of every month is **Power Tuesday**



Live Blood Analysis with Lynn Clark **June 13 ** Book Your appointment soon!

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