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We stock thousands of products and special order hundreds more.
Stop by TnK for a healthier way!

August Newsletter and Specials

As children head back to school, we want to give them many advantages for their immune health. Vitamin D-3 is a nutrient that is involved in so many different processes in the body, especially immunity. I've written about the benefits of vitamin D before, but we keep seeing more and more information on it. Vitamin D-3 is the preferred form.

Recently I read about surgeon Dr. Ray Matthews at Grady Memorial Hospital in Atlanta Georgia, and how he became involved in vitamin D research. A concern he would have as a surgeon would be better wound healing, preventing infections, and speeding the recovery of his patients. He noticed in his research that many patients were low in vitamin D when entering the hospital for surgery. Often times vitamin D levels drop significantly during a hospital stay due to minimal exposure to sunshine. When we get more sunshine that promotes the body to make vitamin D. Get your vitamin D level checked and stop in to pick one up.

Probiotics are another factor in great health. Again the more I read, I see how the health of our gut affects so many aspects of our health. When we have healthy "flora", or good bacteria, in our gut, that may promote better overall health. Probiotics are especially important after a round of antibiotics to restore the beneficial bacteria in our gut.

—Marilyn, TnK owner

Stop by TnK for a healthier way!

TnK Team—Marilyn, John, Toni, and Sarah



NEW PRODUCTS:

- **Aura Cacia Home Care Essential Oil Blends: Down to Earth, Main Squeeze, Petal Power, and Keep it FreshNow**
- Manukaguard Manuka Honey Nasal Spray
- Cultures for Health Kombucha Starter
- Maple Nut Kitchen Granola (4 yummy flavors)
- Grassfed Whey Protein
- Wowbutter peanut butter replacement Great for school--peanut free!
- Garden of Life Fit Weight Loss Bar, peanut butter chocolate
- Nopavera Plus Natural pain and inflammation relief
- BabyFace Moisturizing Spray
- Clear & Easy Acne Spray
- TravelRx Hand Santizer
- Hylands homeopathic Good Morning tablets
- O'doughs gluten-free Sandwich Thins



Did you know?

You can use flaxseed for an egg Replacement in a recipe? To replace 1 egg—Combine 1 tbsp flaxseed meal or ground flaxseed and 3 tbsp. water. Allow to sit for about 5 minutes.

The worst answer you can get is a no. Don't be afraid to ask questions!

—John B.

Are you stressed or have sore muscles?

Soak it away in a warm bath. Add a couple drops of essential oils of lavender, rosemary, or helichrysum OR add a few drops of CBD oil to your bathwater. Another option would be to add 2 tblsp. of vitamin C powder or an individual vitamin C packet.

Pain relief drink

Combine ½ oz. bottled lemon juice with ½ oz. ginger juice and 1 oz. pineapple juice. Add a pinch of cayenne pepper and turmeric. Drink when you have sore muscles.

Need a refreshing drink for the hot summer days?

Try iced hibiscus tea! Use 1 tea bag or 1-1/2 tsp. loose leaf tea per 8 oz. of water. Cover and put in the refrigerator for 5 hours, then discard the tea bag or loose tea. If you want stronger tea brew it a little longer. If you would like extra flavor add some mint, lemon, lime, or honey. It can be stored in the fridge up to 3 days. This can also be brewed hot if you prefer your tea hot. Hibiscus can be beneficial to supporting healthy blood pressure.

Have you heard how beneficial garlic can be for the body?

We usually think of aged garlic extract (AGE) to be beneficial for heart health, overall wellness, memory retention, and learning deficits. It's also been shown to support liver function and protect against drug or chemical toxicity. It has a broad spectrum of antibacterial, antiviral, and antifungal actions. If you get the cold or flu, perhaps try a little more to speed your recovery.

Essential oil's have many uses!

Tired of using chemical based air fresheners? Mix 12–20 drops of a blend of essential oils in a spray bottle filled with 6 oz. distilled water. One combination of peppermint, rosemary, and lavender essential oils may be beneficial in reducing airborne germs and troublesome pollen. Its best to use glass containers for your aromatherapy blends.

Carpet freshener:

Mix 10 drops essential oil to 1/2 cup baking soda. Sprinkle on carpet. Let it sit for about 1/2 hour, then vacuum. Try one of our **new Aura Cacia Home Care Essential Oil Blends**: Down to Earth, Main Squeeze, Petal Power, and Keep it Fresh



Did you know?

Broccoli enhances gut bacteria! A study that was led by the University of Illinois at Urbana-Champaign found that eating approximately 1-1/4 cups of cooked broccoli every day for 17 days changed the balance of gut bacteria. It favored leaner body and improved mental function.

Did you know?

Do you have bug bites that won't stop itching? Combine coconut oil and charcoal powder and apply it to a rash or insect bite or sting.

Black Bean Salsa Casserole

**Ingredients available at TnK*

- 1 lb. hamburger or ground turkey, cooked
- 1 can black beans* or 2 cups cooked black beans*
- 1 cup corn
- 1/2 cup chopped onion,
- 1/2 cup chopped bell peppers
- 1/2 cup chopped celery
- 1 cup salsa*

Mix together and cook until veggies are tender.

Serve with chips*

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