



\$2 off

minimum \$20 purchase

TnK Health Food Store
1023 Peoples Square
Waterloo, Iowa 50702

Offer expires: 1/31/18. Not valid with other offers

- Vitamins, Herbs, Supplements
- Gluten-Free Foods & Products
- Frozen and Refrigerated Foods
- Natural Skin Care & Make-up
- Natural Cleaning Products
- Essential Oils

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



Locally owned

1023 Peoples Square
Waterloo, Iowa 50702
p. 319-235-0246
Mail orders welcome
Mon: 9 a.m.-6 p.m.
Tue-Fri: 9 a.m.-5:30 p.m.
Sat: 9 a.m.-4 p.m.

facebook.com/tnkhealth

January Specials and Newsletter

Happy New Year!

Ring in the new year with new products and savings! We have new products by Natural Factors and Garden of Life that are on sale!

Planetary Herbals Old Indian Syrup has been a very helpful product for many of our customers with colds and flu, so we will also be stocking the children's version now.

Stop by TnK for a healthier way!

TnK Team—Marilyn, John, Toni, and Sarah

Three-Ingredient Chocolate Brownies

Ingredients available at TnK*

- 1 cup nut meal (finely ground almonds or other nuts)*
- 1/4 cup cacao powder*
- 3 tblsp. maple syrup or raw honey*

Mix all ingredients in bowl, then form mixture into squares or balls with your hands. If dough sticks to hands, add more nut meal. If dough is too dry, add water. Eat immediately, or store in fridge or freezer. Makes 12. Per serving: 90 cal; 4 gr protein; 6 gr total fat (1 gr sat. fat); 7 gr carb; 0 mg chol; 0 mg sod; 1 gr fiber; 4 gr sugar

Coming soon!

Natural Factors Three Brain products: Best Sleep, Mental Sunshine, Higher Thoughts, and Serene Mind. With each purchase you get a free book: Three Brains: How the Heart, Brain, and Gut Influence Mental Health and Identity written by Dr. Karen Jensen.

Life Factory Glass water bottles and baby bottles

NEW supplements

Garden of Life Organic Fits Weight Loss Bars, 4 new flavors

Garden of Life Dr. Formulated Organic Brain Health Memory and Focus

Garden of Life Dr. Formulated Brain Health Organic Coconut MCT Oil

Garden of Life Dr. Formulated Kids Organic Probiotics, 2 flavors

Terry Naturally Propolis Extract capsules



January specials

15% off select Nordic Naturals

On Sale: New Garden of Life and Natural Factors supplements!

Marilyn's health tip: The cold weather and winter blues got you down? Be sure to take your vitamin D-3, omega -3 (fish oil) and vitamin B complex for a pick me up!

Black seed oil, also known as black cumin or *Nigella sativa*, has been used in in Asia and the Middle East for centuries. It has shown great protective abilities to reduce inflammation, benefit mental health, fight infections, and reduce pain. Black seed oil has been shown to have potential to slow tumor growth. The primary compound in black seed oil, thymoquinone, shows that it may work in a variety of ways as well as along multiple pathways in the body to reduce compromised or diseased cells. In laboratory studies black seed oil shows great promise to protect brain cells from damage, improve memory and learning abilities, and reduce inflammatory markers. Other benefits may be black seed inhibits inflammatory markers including 5-LOX and 5-HETE which are involved in allergic responses. This could be beneficial in allergy related conditions as well as in digestive disorders.

Bone Broth The art of making bone broth from simmering bones has been around for thousands of years. Not only does it add a depth of flavor to recipes, but it has a wealth of benefits. Some benefits that we are hearing about more recently are supporting joint health, healthy metabolism, healthy detoxification, supporting gut health and the immune system and healthy skin, hair and nails. Because not everyone has time to make bone broth, it is now available in powder form in a variety of flavors. Mix it into smoothies, or add it to your soups or beverages.

Magnesium is a mineral that is often overlooked. We hear so much about calcium, but if we consume too much calcium without a balance of magnesium, it can cause havoc in our system.

MSM (Methylsulfonylmethane) is a naturally occurring organic sulfur compound that is found in plant and animal tissues. It is essential for optimal health. MSM may be beneficial to nourish the hair, skin, and nails. It may also be beneficial to relieve pain, reduce allergies, promote gastrointestinal health as well as aid immune function. It can be found in fish, meat, plants, fruit and milk. Because MSM may be reduced in the processing of food, much of our food is lacking in it. Our body requires a constant supply of MSM since sulphur is an essential mineral. The benefit of MSM can be enhanced when taken with vitamin C.

Cell Phones

Did you know that some cellphones can emit radiation? It is technically known as low-level radio-frequency (RF) radiation similar to microwave radiation. In 2011 the World Health Organization said cell phone radiation can be a potential carcinogen. Studies have shown it can make changes in brain activity and brain glucose levels when we hold a cell phone against the ear. It may disrupt sleep, cause headaches, and promote depression. Tablets also can emit RF radiation. The younger you are, the greater it's effect on the brain and other tissues. Therefore children may be at a greater risk for RF radiation.

In a time when we depend so much on our cell phones for keeping in touch, here are a few ways to minimize this risk.

- The average cell phone RF radiation can vary on different models. You could check out your phone at reviews.cnet.com.
- Use your speaker more so you can keep your cell phone away from your head or you could use earbuds with a microphone.
- Skip the bluetooth. Even though it may emit less radiation, people wear these for a much longer time.
- Check for weak signals on your phone. When the signal strength is weaker, it will emit more RF radiation.
- Use a holder or belt clip to keep the phone from resting directly against your body.
- Wear the phone to your side, not close to the groin, and position the antenna which is usually on the back of the phone away from your body.
- Also it is best not to sleep with your phone under your pillow or close to your head. Keep it at least five feet away from you. Pong Research has a patented protective phone case that significantly reduces your RF radiation.
- Give yourself a break occasionally from your phone.
- And of course it is not a good idea to text or talk while driving so you can drive safely!
- Last but not least, take your antioxidants to protect against cellular damage from the various forms of radiation.

“We make a living by what we get, but we make a life by what we give.”
—Winston Churchill