



Barb's Favorites

# FOR CULTIVATING GOOD HEALTH

I want to share some of the things I do on a regular basis to stay healthy. As I've talked about before, I am very passionate about alternative health education & taking supplements every day to keep me strong & healthy. I have struggled with chronic pain & auto-immune issues for many years & I truly feel I am able to stay ahead of the challenges by taking supplements & eating healthier. I wanted to share my current regimen & also mention that I realize it's a lot to take every day & I encourage you to pick & choose from these lists what works best for your needs.

## My Current Daily Supplement Regimen

Quercetin, Zinc w/ Copper - Protect from viruses  
 NAC - Lung support  
 Elderberry {Wyldwood Cellars} - Protect from viruses  
 Vit C {Vitality C Crystals} - Immune system support  
 Vit D w/K2 {NOW} - Immune & cardiovascular support  
 B Complex {Country Life} - Stress relief  
 CBD {Nu Leaf} - Pain relief  
 Biosil {Natural Factors} - Hair health and growth  
 Omega 3 Fish Oil {New Chapter} - Heart, brain, eye, and joint support  
 Probiotic {Vital Planet} - Good gut bacteria  
 Aloe Vera Juice {Aloe Life} - Digestion  
 Adrenal-T {Life Seasons} - Adrenal support  
 NeuroQ {Life Seasons} - Boost cognitive performance  
 Calm Gummies {Charlotte's Webb} - For good sleep  
 Electrolyte Drink {Ultina} once a week They are loaded with potassium!

THE FOLLOWING ARE MY  
SUGGESTIONS FOR FOODS  
THAT I INCORPORATE  
EVERY DAY:



### BERRIES

Add organic berries into your meals often. They are loaded with antioxidants!  
 \*Organic is important as regular berries are included on the dirty dozen list which means they are grown with large amounts of pesticides.



### SALAD

Mixed greens, spinach, cucumber, figs, radishes, grapes, slivered carrots, celery, and several different varieties of nuts and seeds. Top with your favorite low-sugar dressing.

## OUR MISSION

GreenAcres Market & Deli is your community Natural Foods Market committed to providing:  
 Quality Education | Dedicated Customer Service | Fresh, Natural & Organic Products | A Unique Shopping Experience  
 In order to improve the health of our community one person at a time.



# ORGANIC PRODUCE SPECIALS

ORGANIC SAVINGS ON NO. 1 GRADE PRODUCE!

LOOK FOR A

## NEW SALE FLYER EVERY WEEK!



IN STORES AND ON SOCIAL MEDIA!

## SAUTEED CABBAGE

Sometimes the simplest of dishes can be the best, flavorful, easy to make & healthy! In the spirit of St. Patrick's Day, we wanted to highlight a Sauteed Cabbage recipe from our friends at the food network. Cabbage also has many health benefits, highlighted below.

### Ingredients

- 1 small head white cabbage, including outer green leaves (2 1/2 pounds)
- 2 tablespoons unsalted butter
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper

### Directions

1. Cut the cabbage in half and, with the cut-side down, slice it as thinly as possible around the core, as though you were making coleslaw. Discard the core.
2. Melt the butter in a large saute pan or heavy-bottomed pot over medium-high heat. Add the cabbage, salt, and pepper and saute for 10 to 15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Season, to taste, and serve warm.



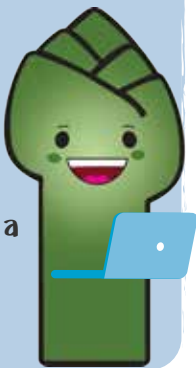
## CABBAGE HEALTH BENEFITS:

- Packed with nutrients like vitamin C to reduce inflammation, vit K, potassium, magnesium and more.
- Cabbage contain many different antioxidants that have been shown to reduce chronic inflammation.
- It's rich in soluble fiber, which has been shown to increase the number of beneficial bacteria in the gut.
- Cabbage contains two substances that have been shown to decrease unhealthy levels of LDL cholesterol.
- Also has powerful nutrients to support a healthy heart.



GET HEALTHY WITH G-US

Every 30 minutes I get up from my computer and walk around or go outdoors for a short minute.



# GROCERY SHOPPING MADE HEALTHY

ACID LEAGUE  
SALAD DRESSING  
VINAIGRETTE  
10.1 OZ.



**\$6<sup>39</sup>**

BETTER LIFE  
PLANT BASED  
LAUNDRY DETERGENT  
64 oz.



**\$8<sup>49</sup>**

BHU FOODS  
KETO PROTEIN BITES  
5.29 oz.



**\$8<sup>19</sup>**

BIXBI PET  
GRAIN FREE JERKY  
TREATS  
5 oz.



**\$4<sup>89</sup>**

ETERNAL  
NATURAL ALKALINE  
SPRING WATER  
1.5 LITER



**\$2/4**

GRACE'S GOODNESS  
PLANT BASED  
SIPPING BROTH  
.35 oz.



**\$2/4**

GURU  
PLANT-BASED  
ENERGY DRINK  
12 oz.



**\$2/5**

MOM'S BEST  
ALL-NATURAL GLUTEN  
FREE CEREAL  
16-22 oz., Select Varieties



**\$3<sup>19</sup>**

MOUNTAIN VALLEY  
PURE NATURAL  
SPRING WATER  
1 Liter



**\$2/4**

NATURAL SEA  
POLE & LINE CAUGHT  
YELLOWFIN TUNA  
5 oz.



**\$2/6**

ONCE AGAIN NUT BUTTER  
NON-GMO NUT  
BUTTERS  
16 oz., Select Varieties



**\$9<sup>29</sup>**

*Spring Clean Naturally*



Let our GreenAcres staff guide you through our natural cleaning product options today!

PACIFIC FOODS  
**ORGANIC HEARTY  
SOUPS**  
17 oz.



**\$3<sup>89</sup>**

R.W. KNUDSEN  
**ALL-NATURAL  
JUST JUICE**  
32 oz., Select Varieties



**\$6<sup>99</sup>**

SAPADILLA  
**PLANT-BASED  
CLEANERS**  
16 oz.



**\$4<sup>29</sup>**

SUNSHINE NUT COMPANY  
**PREMIUM WHOLE  
ROASTED CASHEWS**  
7 oz.



**\$6<sup>39</sup>**

TATE'S BAKE SHOP  
**THIN CRISPY  
BUTTERY COOKIES**  
7 oz.



**\$4<sup>99</sup>**

UNREAL  
**FAIR TRADE  
CHOCOLATES**  
3.2-5 oz.



**\$5<sup>19</sup>**

WILD PLANET  
**SUSTAINABLY CAUGHT  
ALBACORE TUNA**  
5 oz.



**\$4<sup>39</sup>**

WOODSTOCK  
**ORGANIC FROZEN  
VEGETABLES**  
10 oz., Select Varieties



**\$2<sup>69</sup>**

## BARB'S ACCEPTABLE "Sweet Tooth" List

I am just as guilty as the next person when it comes to craving my sweets! I want to share with you my current list of "allowed" indulgences because sugar is a real trigger for my auto-immune issues. If you count the sugar grams in what you are eating every day, add some low sugar or no sugar desserts to your regular sweets. It actually keeps you from eating so much sugar.

- 1 *ChocZero candy*  
Made with monkfruit - no sugar
- 2 *Lily's chocolate bars*  
Made with stevia - no sugar
- 3 *Catalina Crunch sandwich cookies*  
1 gram ea. of sugar
- 4 *Simple Mills chocolate chip cookies*  
Made with almond flour and only 1 1/2 gram of sugar
- 5 *Little Secrets mini crispy wafers*  
2 1/2 grams of sugar
- 6 *Grace's Best Sunflower seeds and rolled oats cookies*  
1 1/2 grams of sugar

All the above are a delicious addition to your sweets for the day. I feel good about sharing with family & friends. They will enjoy them too!



KALONA SUPER NATURAL  
ORGANIC FRENCH  
ONION DIP  
12 oz.



**\$3<sup>69</sup>**

## REFRIGERATED & FROZEN DEALS

MIYOKO'S  
ORGANIC VEGAN  
ROADHOUSE CHEESE  
8 oz.



**\$5<sup>39</sup>**

NOOSA  
ALL-NATURAL  
YOGHURT  
8 oz.



**\$1<sup>69</sup>**

NOTMILK  
PLANT-BASED MILK  
ALTERNATIVE  
64 oz.



**\$3<sup>39</sup>**

STONYFIELD  
WHOLE MILK  
PROBIOTIC YOGURT  
32 oz.



**\$3<sup>79</sup>**

AMERICAN FLATBREAD  
HANDMADE WOOD-  
FIRED PIZZAS  
10.2 oz., Select Varieties



**\$6<sup>99</sup>**

## Nourishment THE ORGANIC WAY



Organic Deli Sliced Meat  
• 6 oz., Select Varieties

**\$7<sup>29</sup>**

Organic Sliced Cheeses  
• 6 oz., Select Varieties



**\$5<sup>69</sup>**

- USDA Certified Organic
- Never any antibiotics, pesticides or added hormones



FIELD ROAST  
VEGAN MAC 'N CHAO  
11 oz.



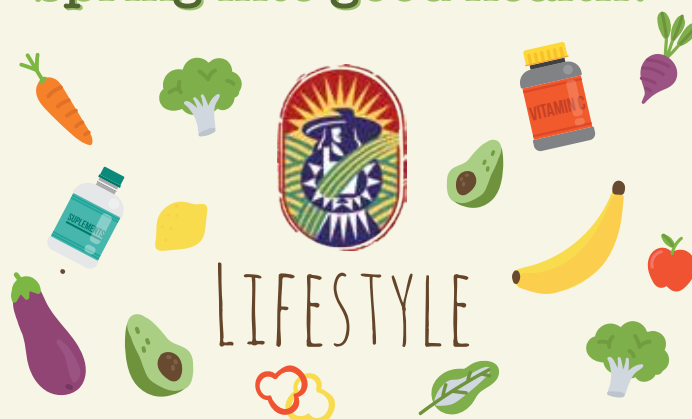
**\$5<sup>29</sup>**

QUORN  
MEATLESS CHICKEN  
STYLE PIECES  
12 oz.



**\$4<sup>19</sup>**

Spring into good health!





**\$1.00 OFF**  
this month only!



taste delicious farm

# Fresh Eggs

## HELPFUL HENS

Pasture-Raised Organic:  
\$5.49 (now \$4.49)

Free Range Organic:  
\$4.99 (now \$3.99)

Pasture-Raised Non GMO:  
\$4.99 (now \$3.99)

Free Range Non GMO:  
\$4.49 (now \$3.49)

Flap along with us @helpfulhens • [www.helpfulhens.com](http://www.helpfulhens.com)

## GET HEALTHY WITH G-US

Always stretch when you get up & move, this small thing will keep you more flexible.



# HEALTH & BEAUTY

## ANDALOU SELECT PRODUCTS



**30% OFF** MSRP

## LUMINEUX ORAL ESSENTIALS SELECT PRODUCTS



**25% OFF** MSRP

## MAD HIPPIE SELECT PRODUCTS



**25% OFF** MSRP

## PRANAROM SELECT PRODUCTS



**20% OFF** MSRP

## TEA TREE THERAPY SELECT PRODUCTS



**20% OFF** MSRP

## Barb's favorite HEALTH AND BEAUTY ITEMS:

*Skin Drink Body Firmer* — has Neroli oil, CoQ10, DMAE, Alpha Lipoic Acid, C Ester & more. It's super hydrating as well.

*Hyalogic Instant Facelift* — a face serum based with hyaluronic acid for amazing hydration for the skin at the cellular level & other active ingredients that help tighten the skin naturally.

*Sovereign Silver Spray* — for any cut, wound or scar — this helps heal & remove any long-lasting damage or visual scars.

*Mychelle Hydrate* — ultra hyaluronic eye gel — used at night, helps rehydrate around the eyes while you sleep.

*Beauty without Cruelty Eye Makeup Remover* — it's the best natural totally clean option on the market that actually removes makeup & protects the tissue around the eyes without using harsh chemicals.

*Essential Oils* — a variety of blends & single oils ranging from lavender, to peppermint, to immune support blends, to oils that help overall circulation. Find the scent that works for you & identify what you want to improve & read up on the healing benefits of all oils.

## Essential Oil DUO PACK of the month

### Spring Favorite ALL-PURPOSE HOMEMADE CITRUS CLEANER



**DUO \$7<sup>69</sup>**  
REG. \$11<sup>48</sup>

### INGREDIENTS

- 1 cup organic white vinegar
- 2 cups distilled water
- 15 drops Now Lemon Essential Oil
- 15 drops Now Orange Essential Oil

Mix one cup white vinegar with two cups distilled water in a spray bottle. Add about 15 drops of each Now essential oils and shake the bottle to combine the ingredients. Spray on countertops, tabletops, floors, cupboards, and glass. You can use this citrus-infused vinegar on about every surface (glass, wood, laminate, porcelain, etc., without diluting it with water. The water is simply meant to dilute the solution, so it is not so concentrated, although I've never personally had any issues with the concentration.

(CAUTION: Do NOT spray on Marble. Vinegar can stain and ruin marble!)

**SPECIAL DUO PRICE GOOD ALL MONTH**  
\*WHILE SUPPLIES LAST



## GET HEALTHY WITH GUS

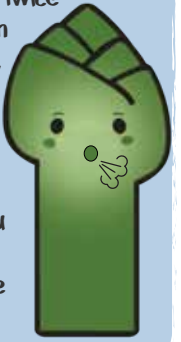
If you can, walk 1 mile at least 3X a week. Break it up to ½ mile if need be & do what you can. Just try to do some.



# SUPPLEMENTS

## GET HEALTHY WITH GUS

I take 5 minutes twice a day to breath in deep 3 seconds, hold your breath for 3 seconds, and breathe out for 3 seconds. This will give you some deep relaxation for the day.



### ALOE LIFE SELECT PRODUCTS



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MSRP

### BLUEBONNET SELECT PRODUCTS



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MSRP

### CV SCIENCES SELECT SOFTGELS & GUMMIES



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MSRP

### FOR THE BIOME SELECT PRODUCTS



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MSRP

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### HYALOGIC SELECT PRODUCTS



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### HYLAND'S SELECT PRODUCTS



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MSRP

SOLGAR®  
Since 1947

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## THE GOLD STANDARD FOR *Sleep & Stress* SOLUTIONS



- Gluten Free & No -GMO

- Suitable for Lacto-Vegetarians

- Stress & Anxiety Support



**natural Factors**

Select Products

**35% OFF MSRP**

IRWIN NATURALS  
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KYOLIC  
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NATURESPUS  
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NORDIC NATURALS  
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NOW  
**SELECT VITAMIN D3**



**33% OFF MSRP**

SOLARAY  
**BERBERINE 500 MG**  
60 ct.



**\$18<sup>79</sup>**

SOURCE NATURALS  
**SELECT PRODUCTS**



**35% OFF MSRP**

VITAL PLANET  
**SELECT PRODUCTS**



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YERBA PRIMA  
**SELECT PRODUCTS**



**20% OFF MSRP**



**SHOP YOUR FAVORITE ITEMS**

**ONLINE!**

[GreenAcres.com](http://GreenAcres.com)

# MARCH BONUS BUYS

**BONUS BUYS** are items that we have negotiated with vendors to offer at a 35% discount or more!

SOURCE NATURALS  
**WELLNESS FORMULA**  
60 capsules



**\$8<sup>99</sup>**

NATURAL FACTORS  
**OSTEOMOVE**  
60 ct.



**\$15<sup>99</sup>**

NATURE'S ANSWER  
**APPLE CIDER  
VINEGAR GUMMIES**  
45 ct.



**\$10<sup>99</sup>**

SOLARAY  
**BEE T ROOT  
605 MG.**  
100 capsules



**\$8<sup>99</sup>**

NEOCELL  
**DERMA MATRIX  
COLLAGEN**  
30 servings



**\$14<sup>29</sup>**

NORDIC NATURALS  
**ZERO SUGAR  
MELATONIN  
GUMMIES**  
120 ct.



**\$23<sup>39</sup>**



CHARLOTTE'S WEB  
**CALM GUMMIES**

60 Gummies Sale

**\$28<sup>99</sup>** (Reg. \$44<sup>99</sup>)

## CBD for Occasional Anxiety *Surviving these stressful times*

"Can CBD help with my anxiety?" is a question we continue to hear everyday. In general, feeling anxious can be an understandable response to stressful life events. Stress can often show up in the body as headaches, muscle tension, and difficulty sleeping.

Mild, everyday anxiety is complex and there isn't a one-size-fits-all solution, but an increasing number of early-phase studies of cannabidiol (CBD) bode extremely well for its use as a supplement for people dealing with everyday stress and anxiety. CBD has been studied for its effects on anxiety for several years. Most studies are pre-clinical or animal studies, but human studies of CBD and anxiety have greatly increased in recent years, and the evidence is positive.

Research on CBD for situational and occasional anxiety reinforces what has been known about the endocannabinoid system (ECS) for some time, which is that one of its primary purposes is to maintain physiological balance by helping us recover from the effects of stress of all kinds.

- Multiple studies show that the ECS communicates with regions of the brain that modulate mood, motivation, memory, and how we experience stress. CBD appears to support these activities.
- It also helps promote the optimal function of the ECS in several ways, including by influencing the enzyme that breaks down anandamide, our own endocannabinoid, when our supply of this natural "feel good" substance has been depleted.

Charlotte's Web Calm Gummies were formulated to help meet life's stressful situations with ease and better focus. Crafted to counter everyday stresses while supporting a sense of calm and relaxation with a botanical blend of lemon balm and full-spectrum hemp extract, Charlotte's Web Calm Gummies offer a popular option. Two gummies provide 10 mg. of hemp CBD plus 75 mg. Lemon Balm, an herb known for improving mood and mental cognition.

Don't let stress get the best of you! Come into GreenAcres Market and pick up a container of Charlotte's Web Calm Gummies. You will feel more relaxed and better able to handle life's daily challenges.





# GREEN ACRES MARKET

*Your healthy food experts*

8141 E. 21st St. Wichita, KS 67206

Prices valid 3/01/2022 through 3/31/2022 at participating locations, while supplies last. All prices plus tax where applicable.  
Regular prices may vary from store to store. **Not all items are available at all stores.**

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## FIND YOUR LOCAL STORES

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4175 N. Mulberry Drive  
Kansas City, MO 64116  
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### WICHITA

**-Bradley Fair-**  
8141 E. 21st St.  
PH 316-634-1088  
**-West – 21st & Maize-**  
10555 W. 21st St.  
PH 316-729-4365

**-Normandie-**  
6574 E. Central Ave.  
PH 316-685-4283  
**-Clear Lakes-**  
2315 W. 21st St., Suite 115  
PH 316-832-1227

### OKLAHOMA

**-Walnut Square Shopping Center-**  
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PH 405-681-6060  
**-Lawton-**  
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Lawton, OK 73505  
PH 580-353-1533

