



We all lose our spark at times, it's only natural. When we're feeling deflated and uninspired, taking time out to reignite our inner flame is a must. It's important to ask yourself: What fuels your fire?

What did you lose time doing as a kid?

Did you spend hours playing outside, reading a book, playing games, talking with friends, building things, making forts, etc.? This is often a key to your passion, whether it be for a hobby, for a career, or just to bring joy into your life.

Keep it simple, don't overwhelm yourself with finding the answers, especially after what we have all been experiencing the past few years,

TAKE IT ONE DAY AT A TIME, ONE JOURNAL ENTRY AT A TIME, OR ONE ACTIVITY AT A TIME.

Ask yourself, "what makes me smile?" There is no wrong answer – it's all about what is right for you so you can become centered & be able to be there for those you love. As they always say, you have to put your oxygen mask on first on a plane even before you put it on others. This is not about being selfish, just awareness of your needs.

In addition to self reflection, look at how you are interacting with others. What can you adjust to make those encounters better & more enjoyable for all involved? It's amazing how you can fuel your passion by being in service to others.

What does this have to do with health?

After our team's recent visit to the Natural Products Expo – one of the LARGEST TRENDS we are seeing in products, services & messaging is "How can we better support emotional wellness?"



You have to get the clutter out of the way both mentally and physically - so in the spirit of spring detoxing, we have highlighted some simple solutions in this newsletter to help get started...

More Mental Health Tips:>

- Be Creative! Reconnect with your inner child
- Focus on important relationships & make quality time
- Be aware of negative thoughts, acknowledge & let go
- Incorporate more positive thinking affirmations or redirect of thought
- Spend some alone time & connect with your inner voice

BASKET GIVE-AWAY STORE! NOTHER'S DAY GIVE-AWAY!

Mother's Day is right around the corner! Nominate an amazing mom for a chance to win a GreenAcres Mother's Day Gift Basket!

Gift Basket includes:

- -Now diffuser -Now essential oil kit
- -Sukin skincare package -Andalou Naturals duo
- -Vega One shaker and shake mixes -CBD Gummie packets
- *RETAIL VALUE OVER \$120!

PROMOTION ENDS MAY 6TH 2022, VISIT YOUR LOCAL GREENACRES FACEBOOK FOR DETAILS!

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.

INGREDIENTS



ROASTED CAULIFLOWER DETOX BOWL WITH TAHINI SAUCE

BOWIS

- 3 Large Kale Leaves
- 1 clove garlic
- 1/2 cup (85g) Quinoa (dry weight)
- 1/4 Red Cabbage
- 1 Avocado
- 1/2 a Large Cauliflower
- 1 tsp olive oil
- 1/4 tsp Ground Cumin
- Cress

TAHINI SAUCF

- 1 head garlic (roasted)
- 1/2 cup (75g) Raw Cashews (soaked overnight in water)
- 2 tbsp Tahini
- 4-6 tbsp Water (or more, as needed)
- -1/4-1/2 tsp Kosher Salt

1. Preheat the oven to 200°C. Chop the cauliflower into florets and toss with the olive oil and ground cumin. Roast for 20-25 minutes until golden.

2. To make the sauce, add all ingredients except the water and salt to a food processor. While blending, drizzle in the water a little at a time until the sauce starts to become smooth. Continue processing, scraping down the sides or adding additional water as needed, until the sauce is as smooth as your food processor can make it. Add salt to taste.

3. Boil the quinoa in a saucepan for 10 minutes then drain and set aside. Meanwhile, chop the kale and red cabbage into thin strips and saute in a frying pan with the minced garlic clove over a medium heat until wilted. Add in the quinoa and toss so everything is mixed together.

4. Place some of the kale mixture in the bottom of a bowl and top with sliced avocado, some of the roasted cauliflower, a drizzle of the tahini sauce and if desired, sprinkle some cress on the top.



Credit link: http://laurencariscooks.com/roasted-cauliflower-detox-bowl-tahini-sauce/



GROCERY SHOPPING MADE HEALTHY

BACK TO NATURE
PLANT-BASED CANDY



2/\$6

NEW ZEALAND ARTESIAN WATER



\$399

BARBARA'S
GLUTEN FREE
CHEESE PUFFS



2/\$5

COUNTER CULTURE COFFEE
WHOLE BEAN COFFEE
12 oz., Select Varieties



\$10⁹⁹

4505 ZERO CARB PORK RINDS 2.5 oz.



2/\$7

BARBARA'S
NON-GMO WHOLE
GRAIN CEREAL
8-10 oz., Select Varieties



\$3¹⁹

DR. BRONNER'S
ORGANIC FAIR TRADE
CHOCOLATE BARS



\$2/7

RUNA
CLEAN ENERGY
DRINK CANS



2/\$4

BIGELOW BOTANICALS
COLD WATER
INFUSED TEAS
18 ct.



2/\$6

DR. BRONNER'S
ORGANIC VIRGIN
COCONUT OIL
30 oz.



\$15⁴⁹

PURE COCONUT
WATER
1 Liter



\$399

CANYON BAKEHOUSE
GLUTEN-FREE WHOLE
GRAIN BREAD

18 oz., Select Varieties



\$5²⁹

NUTPODS

KETO & PALEO NON-DAIRY CREAMER

11.2 oz.



\$2⁹⁹

EVAMOR

NATURALLY ALKALINE ARTESIAN WATER

32 oz.



2/\$4

GOOD FOOD FOR GOOD

ORGANIC NO SUGAR ADDED BBQ SAUCES



\$569

KETTLE BRAND

ALL-NATURAL KETTLE

CHIPS

5 oz.



2/\$6

DRGANIC RESTAURANT TORTILLA CHIPS 14.75 oz.



\$399

FILLO'S

NON-GMO BEANS & SOFRITO

10 oz.



2/\$5

GREENLID

TABLEWARE MADE FROM PLANTS

24 ct.



2/\$4

KINNIKINNICK

GRAHAM STYLE CRACKERS

8 oz.



\$3²⁹

LIVBAR

ORGANIC SUPERFOOD BAR



\$189

FLAX4LIFE

GLUTEN FREE FLAX MUFFINS

4 pack

FLAX

FROM THE GROUND UP
CAULIFLOWER STALKS &
PRETZELS
4-4-5 oz.



2/\$7

HINT WATER

WATER INFUSED WITH FRUIT ESSENCES

16 oz.

ORGANIC
ENERGY BARS



4/\$5

\$169

WHAT ARE ADAPTOGENS?

If you have had your finger on the pulse of the natural foods world recently, you have likely heard the term "adaptogen" tossed around in describing certain health food products. But what is an adaptogen, really, and how do they assist us in leading healthier lifestyles?

A REJUVENATING EFFECT

There is no official definition for the plants designated as "adaptogens," but they are commonly accepted as being teas, tinctures, powders, or capsules that have a rejuvenating effect on the body. They are valuable gifts from nature's pharmacy that have been shown to increase our body's ability to mitigate the damaging effects of stress by replenishing hormones and enhancing the immune system—two areas of increasing concern in our stressful modern world.

Although they are increasingly popular in the United States, these herbal heroes are nothing new to many people in places such as India, where herbs like Tulsi and Ashwagandha have been commonly used for centuries for their beneficial effects.

Here at Greenacres Market we are proud to offer the finest quality adaptogenic supplements with a knowledgeable team ready to help you achieve your lifestyle and health goals. Stop by and take a look at our expansive inventory of adaptogens like:











5

MILK BAR
CHEWY SOFT-BAKED
COOKIES

6507



\$3⁷⁹

OZERY BAKERY

ALL-NATURAL MORNING

ROUNDS
6 ct., Select Varieties



\$3¹⁹

ALKALINE 88
HIMALAYAN MINERAL
8.8 PH WATER



\$4⁴⁹

SIMPLE MILLS
NON-GMO ALMOND
FLOUR CRACKERS
4.25 oz.



\$4⁷⁹

NATURE'S PATH
ORGANIC
NON-GMO CEREALS
10.6-14 oz., Select Varieties

HERITASE FIZICS

\$3¹⁹

PLANT BOSS ORGANIC PLANT-BASED CRUMBLES 3.17-3.35 oz.



\$499

SANTA CRUZ
ORGANIC LEMONADE



\$2²⁹

ST. DALFOR

100% FRUIT SPREAD

10 oz.



\$399

ORGANIC FLAVORED
SPARKLING WATER

8 ct.



\$499

RIO LUNA
ORGANIC PEPPERS
12 oz.



\$299

SCHAR

GLUTEN FREE BREADS



\$499

ESSENTIA
HYDRATING 9.5 PH
ELECTROLYTE WATER



2/\$4

RIOT ENERGY
PLANT POWERED
ENERGY DRINK

6.07



2/\$4

DOW PLANT POWERED

SIETE GRAIN FREE TORTILLA CHIPS 5 oz.



\$4⁴⁹



SWEETLEAF FLAVORED STEVIA SWEETENED DROPS

TAZA CHOCOLATE

ORGANIC STONE **GROUND CHOCOLATE**



ZACK'S MIGHTY ORGANIC TORTILLA CHIPS

TENDER & TRUE

ORGANIC JERKY

THE GOOD CRISP CO

GLUTEN FREE POTATO CRISPS 5.6 oz.



ALL-NATURAL ZERO SUGAR SODA



WATERLOO **ALL-NATURAL** SPARKLING WATER 12 ct., Select Varieties

WOODSTOCK

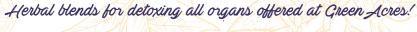
ORGANIC CONDIMENTS 16 oz., Select Varieties

The Power of EMOR WATER

If you google "how to detox the body" you will find a million options and programs. You might also hear things like "why do I need to detox, doesn't my body do it for me". In a perfect world, yes, your liver is the workhorse detoxing organ of the body to filter out all toxins & the kidney is a close second as it flushes out water soluble toxins & even your skin helps remove toxins by sweating. Unfortunately, in our daily environment, we are exposed to more toxins than all of our organs can easily keep up with eliminating. So they get stored in the body & reduce optimal functioning.

One easy solution is making sure you drink enough water Every. Single. Day. Adding lemon to your water (cold or hot) helps flush the liver & keep it from getting sluggish. Drinking lemon water regularly decreases acidity in your body and removes uric acid from joints. It enhances enzyme function, stimulating your liver and activating bile flow, which helps emulsify and flush out fat soluble toxins.

To keep it fun, here are our top suggestions for ingredients to add to your lemon water every day: - Cayenne - Mint - Turmeric - Ginger - Chlorophyl















BUBBLY PROBIOTIC KOMBUCHA



2/\$6

HONEY MAMA'S
COCOA TRUFFLE
MULTISERVE BARS



\$399

REFRIGERATED & FROZEN DEALS

HOPLARK HOPTEA
SPARKLING HOP TEA



The most popular dietary change for Mom is to go sugar-free for renewed energy and weight loss.

LACTOSE FREE ICE CREAM



\$5²⁹

HOPE FOODS ORGANIC NON-GMO HUMMUS

8 oz.



\$3³⁹

2/\$5

SIMPLE SPRING



Cooling and refreshing, herbal teas warm or iced can be exactly what your body needs as it awakens for spring. In addition to lemon water & herbal tinctures, utilizing natural teas to focus on detoxing all organs of the body not only give you a variety of flavors, but additional options to rebuild energy, calm your nervous system and cleanse your body.

Benefits of Tea

Detoxes all organs

Rebuilds energy

Calms nervous system

Cleanses your body

Stimulates circulation

Strengthens immunity

HERE IS A LIST OF THE AMAZING DETOX TEAS AVAILABLE.

GREEN TEA
OOLONG TEA
WHITE TEA
PU-ERH TEA
KOMBUCHA TEA
ROOIBOS

GINGER
MASALA CHAI SPICES
PEPPERMINT
CHAMOMILE
CHRYSANTHEMUM
BLOSSOMS

ORANGE PEEL ROSEHIPS PARSLEY LEMONGRASS RED CLOVER

HOW TO CHOOSE YOUR TEA

You will find many herbal blend options combining many of the above. Experiment til you find the flavor profile you like. Enjoying your tea is an important part of the "detox" process!

Finally, we often get asked – how do I know what green tea to pick? Try a few & see what you like. They typically vary on where they are sourced, concentration of flavor & nutrients (i.e. If you want extra vitamin C in your tea, opt for deep green Japanese green teas). Also, matcha is 100% green tea – it's just more concentrated in a powder form (so you need less per serving), where green teas are traditionally offered as leaves. All forms of green tea have some caffeine which is good for stimulating circulation & also they are a strong source of valuable antioxidants to keep your immune system strong.

MALK PLANT-BASED ALMOND MILK 28 oz.

ORGANIC VALLEY ORGANIC SHREDDED CHEESES

6 oz., Select Varieties

PETIT POT
ORGANIC FRENCH
PUDDING
2 ct.

CIGHTLIFE
ORGANIC HIGH
PROTEIN TEMPEH

8 oz., Select Varieties



\$4⁴⁹

BRAZI BITES
GLUTEN FREE CHEESE
BREAD

18 ct.



\$469

DR. PRAEGER'S
ALL-NATURAL VEGGIE
BURGERS

4-pack, Select Varieties



\$4²⁹

NADA MOO! GLUTEN FREE NON-DAIRY DESSERT



\$5²⁹

SCheese Mexican

\$4⁸⁹

CAPPELLO'S

GRAIN FREE PIZZAS

10.85-12 oz. Select Varieties



\$899

MASON DIXIE
SCRATCH MADE
BUTTERY BISCUITS



\$4¹⁹

OUTER AISLE
CAULIFLOWER
SANDWICH THINS



\$4⁷⁹



\$4³⁹

BREADED
CAULIFLOWER

CAULIFLOWER
CHICKEN TENDERS



\$799



\$2⁹⁹

COSMIC BLISS

GRASS-FED DAIRY ICE CREAM

14 oz.



\$669

SAVE TIME,

SHOP ONLINE at Greenacres.com!







Crack open a sustainable future with eggs from regenerative farms!

Our eggs come from farms that prioritize preserving and regenerating topsoil—leading to better outcomes for farmers, animals, people, and the planet.



\$1.50 OFF this month only!

Pasture-Raised Organic: \$5.49 (now \$3.99)

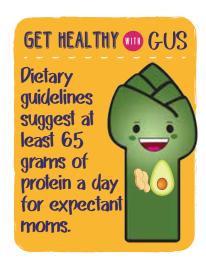
Free Range Organic: \$4.99 (now \$3.49)

Flap along with us @helpfulhens · www.helpfulhens.com





HEALTH & BEAUTY



ANDALOU **SELECT SKIN CARE**



HERBATINT **SELECT PRODUCTS**



PRANAROM SELECT PRODUCTS



AURA CACIA SELECT PRODUCTS



MINERAL FUSION **SELECT PRODUCTS**



20% OFF MSRP

SCHMIDT'S **SELECT PRODUCTS**



BABO BOTANICALS SELECT **PRODUCTS**



30% OFF MSRP

NATURE'S ANSWER **SELECT PRODUCTS**



25% OFF MSRP

TRILOGY SELECT PRODUCTS



25% OFF MSRP

DERMA E SELECT PRODUCTS



NOW **SELECT ESSENTIAL OILS**



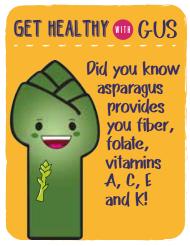
HYALOGIC SELECT PRODUCTS



25% OFF MSRP







ANCIENT NUTRITION **SELECT PRODUCTS**



35% OFF MSRP

cedarwood

rosemary

BLUEBONNET SELECT WOMEN'S **PRODUCTS**



BODY HEALTH SELECT PRODUCTS



20% OFF MSRP

CHARLOTTE'S WEB **SELECT CAPSULES**



20% OFF MSRP

Gsential Die of the month

HAIR GROWTH SERUM



INGREDIENTS

- 4 tbsp Now Castor oil
- 2 tbsp Now liquid Coconut oil
- 10 drops Now Rosemary oil
- 7 drops Now Cedarwood oil
- 4 oz amber glass dropper bottle
- Shower cap

Directions:

Add all oils into a glass dropper bottle. Carefully pour in the castor oil and liquid coconut oil. Cap the bottle and swirl to combine ingredients To Use: place a few drops directly onto scalp & massage with clean fingers Optional: Wear shower cap to allow the oils to sink in

deeper for up to 2 hrs.

Wash hair as usual. Repeat weekly

SPECIAL DUO PRICE GOOD ALL MONTH *WHILE SUPPLIES LAST

BEAUTY TREND: Rosehip Oil for the Skin

An exploding new trend in skin care is using rosehip oil. Sources show that rosehips are actually the fruit of a rosebush. When roses die and are left on the bush, they leave behind bright reddish-orange, spherical fruit. The tiny edible fruits are thought to pack a powerful medicinal punch. Rosehip oil has actually been widely used in Australia for skin care for many years. Now it's going global!

BENEFITS:

- Deep hydration for the skin
- Helps exfoliate and brightens skin
- Helps boost collagen formation
- Helps reduce inflammation
- Helps protect against sun damage
- Helps reduce hyperpigmentation.

Studies have actually shown rosehips are a great source of lycopene, an antioxidant that helps protect the skin from skin-damaging free radicals. So many consider it a strong anti-aging solution.

A concern we hear is, how can you use oil on oily skin. The skin actually absorbs rosehip oil quickly, which means that it is unlikely to clog pores. This makes it an ideal cleansing oil for people with oily or acne prone skin. Additionally, rosehip oil contains compounds called retinoids, which may help reduce the appearance of acne.

> Visit our Health & Beauty Department today to see our exciting new rosehip skin care selections!





DR. OHHIRA'S
SELECT PROBIOTICS



20% OFF MSRP

KYOLIC SELECT PRODUCTS



25% OFF MSRF

SELECT WOMEN'S PRODUCTS



20% OFF MSRF

NATURESPLUS
SELECT COLLAGEN



20% OFF MSRP

HOST DEFENSE MUSHROOMS
SELECT MICROSHIELD
SPRAYS



35% OFF MSRF

SELECT PRODUCTS



30% OFF MSRP

SELECT PRODUCTS



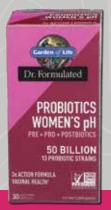
30% OFF MSRP

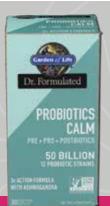
SELECT HYDRATION PRODUCTS



30% OFF MSRP







OREGON'S WILD HARVEST
SELECT
PRODUCTS



25% OFF MSRP

RENEW LIFE & RAINBOW LIGHT

SELECT PRODUCTS



25% OFF MSRP

SELECT PRODUCTS



25% OFF MSRP

VITAL PROTEINS

SELECT PRODUCTS



20% OFF MSRP



SOLGAR
SELECT WOMEN'S
PRODUCTS



30% OFF MSRP

TERRY NATURALLY
SELECT PRODUCTS



20% OFF MSRP

FACTOR IN YOUR Hormonal Health



- Hormone balancing formula
- Promotes healthy estrogen balance during PMS or menopause
- Non-GMO and gluten free
- 60 vegetarian capsules
- Thyroid formula supports healthy thyroid function
- Non-GMO and gluten free
- 120 vegetarian capsules





- Adrenal Formula supports recovery after stress
- Promotes uninterrupted sleep
- Non-GMO and gluten free
- 120 vegetarian capsules







- Increases skin hydration
- Improves skin elasticity
- 60 vegetarian capsules



- Supports skin, hair & nails
- Great tasting, ready to drink
- 5,000 mg collagen per serving



- Skin, hair & nails formula with 6,000 mg collagen per serving
- Helps counteract skin aging
- **-** 160 tablets



MAY BONUS BUYS

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

NATURAL FACTORS CRANRICH CRANBERRY 90 capsules



\$8⁴⁹

RAINBOW LIGHT
WOMEN'S ONE



\$8⁴⁹

NATROL
ALL MELATONIN



35% OFF MSRP

KAL BIOTIN GUMMIES



\$11⁶⁹

ORA ORGANIC
ALOE GORGEOUS
VANILLA
20 servings



\$22⁷⁹

KYOLIC

AGED GARLIC EXTRACT
FORMULA 100

200 capsules



\$17⁹⁹



ANCIENT NUTRITION

MULTI COLLAGEN PROTEIN

\$1949 (Reg. \$29°5)

Get Real Results

MULTI COLLAGEN PROTEIN

Who Needs a Collagen Supplement?

- Ancient Nutrition Multi Collagen Protein was created for the millions of people:
- Who are frustrated with joint discomfort and knee stiffness.
- Who want to improve the appearance of their skin.
- Who want healthy hair and strong nails.
- Ancient Nutrition Multi Collagen is for people who want to feel their best inside and out!

What's the common thread between all those qualities?

Your joints, hair and skin are all made up mainly of collagen.

Collagen explained:

- Collagen is the most abundant protein in the body.
- It gives our skin strength and elasticity.
- It makes up hair and nails.
- It cushions our joints
- It builds up our gut lining.
- It's essential to feeling and looking your best... But the natural production of collagen begins to decline around age 25.

And most people aren't replacing that collagen through diet alone.

That's why a high-quality collagen supplement like Multi Collagen Protein can help. Each serving brings you ten types of collagen from four real food sources to provide a broad spectrum of benefits, from your hair, skin and nails to your joints and gut. Plus, it's enhanced with clinically studied ingredients like Vitamin C and probiotics to help support your healthy immune system and digestion.

You'll feel the results from Multi Collagen Protein from head to toe...

- Provides support for your healthy hair, skin, nails, joints, and gut
- Promotes healthy hair thickness and growth, reduces hair breakage
- Improves the appearance of crow's feet after 4 weeks
- Reduces collagen degradation with noticeable results
- Reduces joint discomfort and helps joints recover faster
- Reduces knee stiffness at 7 days

Multi Collagen Protein comes in an unflavored pure option (perfect for mixing into your morning coffee), or classics like Chocolate, Vanilla, Strawberry Lemonade and more. You can bake with it, mix it into oatmeal, add it to a smoothie or just mix it with water.

Don't miss out on this incredible collagen protein on special price at GreenAcres Market. Ask one of our educated supplement helpers for more information!



Your healthy food experts 8141 E. 21st St. Wichita, KS 67206

Prices valid 5/01/2022 through 5/31/2022 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.**



FIND YOUR LOCAL STORES-

KANSAS CITY

-The Village at Briarcliff-4175 N. Mulberry Drive Kansas City, MO 64116 PH 816-746-0010

WICHITA

-Bradley Fair-8141 E. 21st St. PH 316-634-1088

-West – 21st & Maize-10555 W. 21st St. PH 316-729-4365

CHIIA

-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-

7301 S. Pennsylvania Ave. Suite D Oklahoma City, OK 73159 PH 405-681-6060

-Lawton-

14 N.W. Sheridan Road Lawton, OK 73505 PH 580-353-1533

