

# Wellnessessentials

## YOUR QUARTERLY WELLNESS UPDATE

### STAFF FAVORITES

**RESTORE** is a remarkable product, because it supports the beneficial probiotics that naturally exist in your gut. It also helps combat environmental exposures, like herbicides in your food, that may cause harm to your intestinal wall and impact the immune system. Furthermore, it has been shown in lab testing to promote the strengthening of the tight junctions in the gut. Truly an amazing discovery in natural supplements!



Michael  
Minnetonka

If you like falling asleep and love remembering your dreams, **ANIMA MUNDI LUCID DREAMING TEA** is an excellent product to know about. It is formulated with love to be soothing and calming and contains herbs that support physical and mental relaxation. My friends and I have tried it several times and found that we slept well and had wonderful dreams. It's my new favorite product to share. Sweet dreaming!!!



Marcelline  
Richfield

**FRAU FOWLER** tooth powder is great for at-home use, but even better for travel. Why, you ask? Because it's a no-rinse "toothpaste"! For example, while camping or on a plane, when drinking water is at a premium, there is no water required. The no-rinse formula allows the benefits to last longer in your mouth. What benefits? Frau Fowler tooth powder whitens, helps re-mineralize the teeth (rebuilding the enamel), is flouride free, aids in healing gum issues, makes teeth shiny, can be used as a mouthwash, and tastes yummy.



Patti  
Minnetonka

Created by scientists using vegan, non-GMO, and organic ingredients like essential oils, Frau Fowler's flavors include Power Mint, Citrus Mint, Licorice Mint, and Mouth Medic (cinnamon, clove & tea tree). Check 'em out! You will be impressed, and so will your dentist!

PRANARŌM



\$5 off

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MANUFACTURER'S COUPON EXPIRES JUNE 30, 2019

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TURMERIC FORCE

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# NEW ITEMS



**MYCHELLE SOLAR DEFENSE** - MyChelle's Solar Defense line sets a new standard for all natural, mineral sunscreen and is a staff fave year after year. Whether you're using the facial or body lotion, it goes on super clear so you don't feel like a ghost. Plus, the line is vetted by the Environmental Working Group's Skin Deep for ingredient safety - for you and the reefs. You know you should be wearing sunscreen, so why not enjoy it?



**STASHER BAG** - These re-usable silicone bags are the answer to so many cooking and storage conundrums! Toss them in your lunchbox with sliced apples, freeze leftover soup, sous vide on the stovetop, or put them in the oven up to 400F. Best of all, you can stop buying those single-use plastic baggies that end up in the trash.



**MICKELBERRY GARDENS** - This lovely new line of honey-kissed, herb-infused apple cider vinegar is delicious! Combining carefully sourced organic ingredients and a deep respect for the environment, plant medicine, and bee health, Mickelberry Gardens is a brand we're delighted to share with you! Try their Fireside Tonic if you're feeling under the weather, or mix a spoonful of Ginger Honey Tonic into your seltzer for an afternoon energy boost.

## WHAT'S HAPPENING IN WELLNESS

**CBD SALE**  
30% off all CBD  
Saturday, June 8

**Hemp History Week**  
June 3-9

**This quarter's  
Wellness Wednesdays:**  
April 10, May 8, June 12

MINNETONKA | CHANHASSEN | RICHFIELD | [WWW.LAKEWINDS.COOP](http://WWW.LAKEWINDS.COOP)

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