



healthy alternative

Natural Food Markets

"Helping People Feel Better"™

- MARCH-
Visit our NEW!
website for
MORE helpful
information!

HealthyAlternativeMarkets.com

ARTHRITIS



Solgar Full Spectrum Curcumin

- More, better, faster. That's the difference with Solgar Full Spectrum Curcumin.
- Longer lasting so it stays in your system for a full 24 hours
- One softgel, once a day - 185X Better!



Baxyl Liquid Hyaluronan

- Alleviate joint pain
- Liquid form is absorbed quicker and works faster
- Vegan, free of gluten, soy, yeast, corn, sugar and non-GMO



Nature's Blessed Tart Cherry Juice

- Relieve Arthritis, pain, gout and headaches
- Up to 10X more effective in fighting joint and muscle inflammation than aspirin
- Helps lower cholesterol and much more.

BRAIN AND COGNITIVE



Dr. Bronner's Coconut Oil

- Quality fat for optimal brain health
- Expeller-pressed from fresh, carefully dried coconut kernels
- Nuttier-tasting oil
- Use for stir-frying, sauces, baking and body care



Host Defense Brain

- Supports concentration, memory and cognitive functioning
- Ginkgo, Bacopa and Gotu Kola support brain health
- Lions Mane and Reishi mushrooms support neurological and adrenal functioning



Solgar Phosphatidylserine

- Premium brain health supplement derived from natural sources
- Phosphatidylserine levels decline with aging, important to supplement

EYES AND VISION



Natural Factors Lutein

- Antioxidant that protects the eyes retina
- 7mg Zeaxanthin -may reduce risk of Macular Degeneration
- One softgel per day



Nordic Naturals Omega Vision

- Promotes healthy eye moisture and tear production
- Contains FloraGLO® to protect the eyes from damaging ultraviolet blue light



Solgar Bilberry Ginkgo Eyebright Complex Plus Lutein

- This proprietary, antioxidant-rich formula supplies important vitamins, antioxidants, minerals, the vital carotenoid Lutein, and herbal extracts to help fight cell damaging free radicals in the body and support the health of the eyes and skin.

HEADACHES AND MIGRAINES



Solaray Feverfew

- Natural remedy for migraine headaches
- Reduces the frequency and symptoms
- Has anti-inflammatory properties to alleviate arthritis



Life Time Calcium Magnesium Citrate Liquid

- Magnesium deficiency can cause migraine headaches
- Great taste, milk and gluten-free
- Contains vitamin D3



Kal MigraDefense

- Formula includes Butterbur, Magnesium, Feverfew, Guarana, and White Willow

Visit any of our three locations and consult with our knowledgeable staff.

High Quality Supplements | Organic, Vegan, Vegetarian & Gluten-Free Groceries | Natural Health & Beauty Products | Natural Pet Food

WINE & BEER - Import, Domestic, Organic & Gluten-Free

Beavercreek offers a nice selection & N. Main store visit Ray's Wine Spirits Grill next door for the largest selection in Dayton!

BEAVERCREEK N. DAYTON/CLAYTON FLORENCE, KY

2235 N. Fairfield Rd

937-426-7772

1 mi. South of the Mall
at N. Fairfield & Kemp

8258 N. Main St.

937-890-8000

1mi. South of I-70
on St.Rt. 48

7570 Burlington Pike

859-282-5888

I-75 exit KY-18 Florence/
Burlington, half mile East

Hours: Mon-Fri 10-8 • Sat 10-6 • Sun 12-5 • www.HealthyAlternativeMarkets.com

TOPIC OF THE WEEK SERIES

Introducing our new "Topic of the Week" series. Each month we will be bringing you popular discussions and how we can help you improve your health. Learn more detailed information and have your questions answered. Check out this month's calendar and be sure to stop by any of our three locations. Our knowledgeable staff will be having continuous discussions on each topic throughout the week during normal store hours listed above.



Arthritis

MARCH 6-12

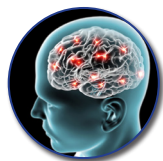
Today supplement manufacturers offer many options for this debilitating disease. Pain and inflammation relief remedies are better than ever. Don't miss this weeks topic!



Eyes & Vision

MARCH 20-26

You may have heard about recent research suggesting that certain nutrients can help delay or prevent eye problems and disease. Quality supplements may help and it's important to remember they all are not created equal. Our knowledgeable staff will be discussing this all week and focused on answering your questions.



Brain & Cognitive

MARCH 13-19

Did you know coconut oil aids in brain health? As we age, our bodies either stop producing or produce much less of some viable nutrients. Learn more about what supplements are necessary to protect our brain and cognitive health.



Headaches & Migraines

MARCH 27-APRIL 2

Debilitating headaches have met their match with some of the powerful supplements available to conquer these issues many face on a daily basis. Our staff will help find the right combination that can help if you suffer from regular migraines. Have all your questions answered!

UPCOMING SEMINAR

Whole Body Health and the Hidden Role of Inflammation

Presented by:

DR. DECKER WEISS

Naturalpath and Cardiologist

April 4th at 6:30p.m. - Florence, KY

RSVP by March 29th

Limited Seating, Call Today! 859-282-5888

Seminar sponsored by Solgar



Details:

- From everyday aches and pains to poor digestion, inflammation can be impacting your daily health and well-being...and you may not even know it.
- Let the naturopath and cardiologist, Dr. Decker Weiss share his knowledge and expertise on how to support your overall health and wellness naturally.
- Learn the benefits of combining curcumin, UC-II®, 5-Loxin® Advanced and Lactobacillus plantarum LP299v™.
- Make the connection, and feel the difference...naturally!

Free Giveaways!
Light Fare

WANT MORE SALES & DISCOUNTS?

Join our email list to receive our best sales and coupon offers!

Sign up at any store or text

LOVEHA to 22828

Reply with your email address!

Message and data rates may apply.

Ways to save every month:

- **Monthly email newsletters** offer coupons and sales
- **Join our Loyalty Program** – discounts given at the register on every purchase!
- **Price Match** – show a local store competitors price and we'll match it!
- **Senior discounts** 10% off!