



healthy alternative

Natural Food Markets

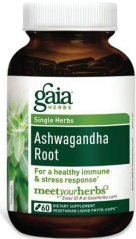
"Helping People Feel Better"™

- DECEMBER -
Happy
Healthy Holiday!

HealthyAlternativeMarkets.com

STRESS RELIEF

Gaia Herbs Ashwagandha Root



- Supports healthy immune and stress response.
- Promotes immune vitality as a revitalizing ayurvedic tonic.
- Normalizes energy and mood with full spectrum potency.
- Promotes upper respiratory health.



Gaia Herbs Holy Basil Leaf

- Supports a healthy response to stress.
- Promotes a healthy inflammatory response with eugenols.
- Nourishes emotional well-being.
- Maintains healthy cortisol levels.



Solaray 200mg L-Theanine

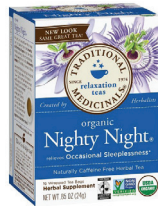
- L-Theanine is a free-form amino acid found in green tea that has been studied for its reputed ability to provide nutritional support for a feeling of relaxation without drowsiness.
- Suitable for vegetarians.

SLEEP SUPPORT

Solgar Valerian Root Extract



- Valerian root works harmoniously with the natural relaxation cycle in the body to leave behind a busy day and allow for tranquil rest.
- Vegetable capsules are free of: gluten, wheat, dairy, soy, yeast, sugar, and sodium and do not contain artificial flavors, sweeteners, preservatives or colors.



Traditional Medicinals Nighty Night Herbal Tea

- Promotes a good night's sleep
- Non-GMO verified; all ingredients certified organic; 36% fair trade certified ingredients; kosher
- Herbal supplement. The highest Quality, pharmacopoeial grade herbs.
- Taste: minty, mildly bitter and sweet, with notes of citrus and spice.



Natural Factors Tranquil Sleep

- Helps you fall asleep more quickly.
- Works in harmony with your body's natural sleep hormones.
- Promotes restful sleep, so you wake refreshed and alert.
- Induces relaxation and lowers the body's response to stress.

STOP SMOKING AIDS

Renew Life Smoker's Cleanse



- A targeted, 3-part cleansing program made with specially selected herbs and natural ingredients designed to support lung and respiratory health.
- Helps reduce the desire to smoke, soothe the bronchial passages, and support a healthy stress response to improve overall well-being.



Boiron Nux Vomica

- Relieves nausea due to over indulgence in spicy foods, alcohol and tobacco.
- Relieves hangover symptoms
- Relieves irritability to noise, light and stress.



Natural Factors Gaba

- Pharma GABA is a superior source and naturally produced form of the important brain compound Gamma Amino Butyric Acid (GABA).
- Studies show Pharma GABA helps increase the production of alpha brain waves to create a profound sense of physical relaxation while maintaining mental focus.
- A tasty fruit flavored chewable tablet.

Natra- Bio Stop-it Smoking®



- Reduces nicotine withdrawal symptoms and nervous tension associated with cessation of tobacco use.
- Helps to detoxify from tobacco use.



Golden Eagle Herbal Chew

- A non-tobacco chew that serves as the perfect substitute for dip or snuff.
- Golden Eagle's unique blend of ingredients creates a herbal snuff that looks, feels and packs like real tobacco.
- Safe and non-addictive.
- Comes in 5 great tasting flavors.



Yogi Sweet Tangerine Positive Energy Tea

- This tea combines herbs traditionally used to uplift the spirit and positively influence your mood, including ashwagandha and shankpushpi, with an invigorating blend of assam black tea and yerba maté to help provide energy.
- Made with 71% organic ingredients, all natural with no preservatives or artificial ingredients.

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

Each month we will bring 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 have continuous discussions on each topic throughout the week during normal store hours listed below.



Stress Health, DECEMBER 4-10

Stress can have a major influence upon mood, our sense of well-being, behavior and health. We carry many supplements that can help reduce the effects of all that stress. Stop by to learn more about stress relief options with the guidance of our staff.



Sleep Support, DECEMBER 11-17

Having trouble sleeping and looking for some non-prescription natural alternatives? We have listed three products that can help you get a good nights rest. Our staff can help guide you on which products and combinations are best for you.



Stop Smoking Aids, DECEMBER 18-31

Get a jump start on your New Year's resolution to quit smoking with our wide variety of stop smoking aids. Some can help curb your cessation to smoke, others are a healthier alternative to nicotine and some can help ease stress. Stop in to learn more about the many ways we can help you kick the habit.

Holiday Hours

Sunday, December 24th • 12 pm-5 pm

Monday, December 25th • closed

Sunday, December 31st • 12 pm-5 pm

Monday, January 1st • 12 pm-5 pm

Customer Loyalty Day

DECEMBER 26TH

Solgar Energy Kicks

**A natural, caffeine energy drink.
While supplies last!**

Facebook LIVE! Event

JOIN US FOR OUR



**Wednesday, December 6th at Noon
HOLIDAY GIFT IDEAS**

You'll be amazed at just how many wonderful, healthy gift ideas you'll find in our stores along with some of the best beauty secrets and gifts for him.

Jennie will feature some of the most popular ones like Andalou skincare, Hyaglo Hylaronic Acid and some new items we'll have just in time for the holidays like Southern Okie Jam Gift sets.

Visit our Facebook page and you'll see her Live. Be sure to post questions during the presentation. We can see them and will answer your question right then.

**We'll be Live on our Facebook page:
[Facebook.com/HealthyAlternativeMarkets](https://www.facebook.com/HealthyAlternativeMarkets)**



Essential Oils Seminar and Facebook LIVE Event January 13th, 2018 at Noon

Join us at our North Dayton/Clayton store for a one-on-one seminar featuring essential oils with Kim, our knowledgeable store associate. Learn about the powers these oils have in helping with stress, dry skin, fighting cold and flu, reducing cellulite, relaxation and more!

8258 N. Main St., Dayton
RSVP on our website or call the store.

Can't make it to the store?
Go to our Facebook page and watch us live during your lunch!