

Hi, just a reminder that you're receiving this email because you have expressed an interest in Orchard Nutrition Center. Don't forget to add janet.orchardnutrition@gmail.com to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.



Our creed is our promise:

- We buy only the highest quality products that follow strict manufacturing guidelines.
- **We do not buy** closeouts, overstocks, outdated, improperly formulated or otherwise stressed merchandise.
- We have trained professionals to help you select the optimal supplements and food products to meet your individual health needs.



Thank you for shopping Orchard Nutrition Center!

Greetings!

Friends Advantage Members get up to 5 gallons FREE clean, pure water each time you shop at Orchard Nutrition Center.

With our purification system, water first passes through a 30-micron sediment filter to remove most suspended particles like silt, fine sand and rust.

The second step is a 5-micron sediment filter, which remove any remaining sediment. The water then filters through a commercial grade, solid block activated carbon filter which removes chlorine and a wide range of volatile halogens, pesticides, industrial solvents (such as Trihalomethanes, Trichloroethane, Benzene, Ethylenedibromide and Dichloroethene) and many other harmful, foul tasting chemicals.

The "heart" of the system is the reverse osmosis membrane, which separates the dissolved impurities from the water supply. UV light is then used to kill or scramble the DNA of any living viruses, bacteria, or protozoa rendering them harmless.

Finally the water passes through a calcite block to make the water a neutral PH leaving clean, pure delicious water.

Thank You Friends For letting Us Serve You Since 1982

Featured in February's Newsletter

Member's Only!

Exclusive Special Offers

Righteously Raw Chocolate

La Cantina Pizzolato Wine

Join Us For Several Educational Event's This Month.

See Seminar Schedule Below

Supplement Special's

Exclusive Discounts for Members Only

While Supplies Last



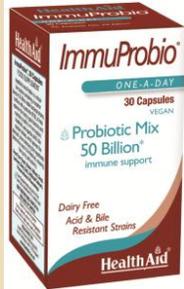
What Is KidzProbio Powder?

KidzProbio Powder is a unique formulation containing special viable strains of Lactobacillus and Bifidobacterium designed with your child's wellbeing in mind. Fortified with a probiotic (FOS), HealthAid KidzProbio helps keep the digestive system in balance, provides essential support under conditions of digestive disorders, and helps regain flora balance following antibiotic therapy. HealthAid uses special acid & bile resistant strains, which prevent the stomach juices from destroying the ingredients before

they reach the intestines; ensuring their purity and potency.

Our Price: \$27.49

Save 40% Off

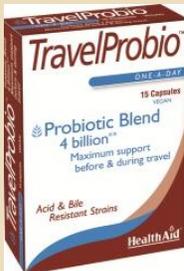


What Are ImmuProbio Capsules?

A key to good digestive health and overall well-being is the maintenance of a healthy bacterial balance in the body. Poor diet, stress, alcohol and antibiotics can upset the gastrointestinal tract by destroying good bacteria and allowing undesirable bacteria to multiply. HealthAid ImmuProbio is a unique formulation containing a superior blend of 50 billion viable bacterial strains, fortified with a probiotic (FOS), to help replenish the body's good bacteria and maintain a healthy immune system. HealthAid uses special acid & bile resistant strains, which prevent the stomach juices destroying the ingredients before they reach the intestines, ensuring their purity and potency.

Our Price: \$23.99

Save 40% Off



TravelProbio Capsules contain a probiotic blend of Lactobacillus, acidophilus, Bifidobacterium lactis, Lactobacillus bulgaricus; fortified with a prebiotic (FOS). It is designed to help build the body's resistance before and during travel by maintaining the balance of a healthy intestinal flora. HealthAid uses special acid & bile resistant strains, which prevent the stomach juices destroying the ingredients before they reach the intestines, ensuring their purity and potency.

Our Price: \$18.49

Save 40% Off



Solaray - Soytein Protein Energy Meal Chocolate, Strawberry, Natural

Soytein Protein Energy Meal - Solaray 400 g Powder Soytein Protein Energy Meal provides 14 grams of Non-GMO soy protein per serving. Two 8 ounce servings of Soytein Energy Meal as part of a diet low in saturated fat and cholesterol supply the daily requirements of 25 grams of soy protein that may reduce the risk of heart disease.

Our Price: \$14.69

Save 35% off



Solaray - Soy Powder:

Caribbean Cocoa, Vanilla, Unflavored, Natural

Peaceful Planet Soy Protein contains 25 grams of soy protein 75 mg of soy isoflavones and only 1 gram of fat per serving. Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. Peaceful Planet is made from certified non-genetically modified soybean seed (no DNA from any other species). Supro soy protein isolate has the highest Protein Digestibility Corrected Amino Acid Score (PDCAAS) indicating the most nutritious balance of amino acids obtainable.

Our Price: \$18.75 - \$18.79

Save 35% off

Meet Righteously Raw

**Righteously[®]
Raw**

Righteously Raw Chocolates are made with love, positive energy and human hands in our own facility. The parent company behind Righteously Raw Chocolates is Earth Source Organics. Earth Source Organics was founded by Audrey



Darrow on the premise that the food we eat is the essence of good health. An eleven-year survivor of breast cancer, Audrey discovered that the after effects from chemotherapy and radiation treatments were extremely devastating to the body and difficult to overcome. It became her mission to learn about healthy, high frequency foods and then educate the world about them.

By facilitating the availability of high frequency foods used by native people for generations, we hope to shift the awareness of what is truly good for the body and create a balance for a fair trade economy worldwide.

Earth Source Foods

High frequency food, also known as high vibration foods, are naturally sourced foods - unblemished by processing and chemicals. They are ingredients from the earth as presented to us naturally.

All the ingredients found in Earth Source Organics foods are high





frequency. All ingredients are obtained from only the highest integrity suppliers who have visited the sources of each ingredient and therefore know how they are grown, harvested and shipped.

Our main ingredients, Acai, Goji, Lucuma, and Maca, are all high integrity ingredients which come from native origins all over the world.

Earth Source Organics is one woman's mission to help heal the world, connect everyone in spirit and raise the vibrations of those who eat her foods so that they might go on to heal others.

Righteously[®]
Raw

Save 20%

**Righteously Raw Chocolates
February Only**



Offer Starts: 2/1/2015
last.

Offer Expires: 2/28/2015

Promotion good while supplies

No Rain-Checks

La Cantina Pizzolato SAS



SPUMANTE STEFANY ORGANIC

Tasting Notes Wine Enthusiast: Here's a Prosecco with a broad and far-reaching aspect to its aromatic profile that recalls roasted almonds, mature peach and yellow rose. There's a pungent note in there as well of ash or talc powder and the sparkler ends with a playful blast of piquant spice.

Tasting notes: Golden yellow color. Bright aromas of citrus tart and peach pie with supple fruity yet dry medium body and a long, mineral and apple kissed finish. Very tasty.

Notes:

Only Indigenous Yeasts used. Suitable for Vegans. Wine made from USDA National Organic Program Certified Grapes. Certified by BIOS.

Members only Special Price

\$11.39 ea.

While Supplies Last

Offer Starts: 2/1/2015

Offer Expires: 2/28/2015

No Rain-checks

Citrus Fruits

Vitamin boost from citrus fruits



The Health Benefits of Citrus Fruit

Citrus fruits are full of powerful antioxidants. Read on for more information on the power house fruits.

Citrus fruit flavonoids may inhibit the growth of cancer cells and may also prevent the spread of tumors. Citrus flavonoids are antioxidants

that can neutralize free radicals and may protect against heart disease.

Studies show that citrus flavonoids may improve blood flow through coronary arteries, reducing the ability to form blood clots and may prevent the oxidation of LDL ("bad") cholesterol.



Citrus fruits are also high in vitamin C, and are a good source of folate and potassium. Vitamin C is a powerful antioxidant and helps protect the body from damaging free radicals. Potassium is a mineral and electrolyte that is essential for the function of nerves, heart contraction, and some enzymes involved in carbohydrate metabolism.



How to Choose the best Citrus:

Choose heavy citrus fruits with firm rinds for the juiciest specimens.

Store Properly: Citrus fruits will stay freshest when wrapped in a plastic bag and stored in your refrigerator's crisper drawer.

Freeze for Later: Fresh-squeezed juice and citrus zest can be frozen for later use.

Get the Best Zest: When a recipe calls for strips of zest, a vegetable peeler works best. But for fluffy, grated zest, try using a micro plane zester.

A Healthy Recipe

Spinach and Orange Salad

4 Servings

Ingredients:

8 cups organic spinach (**Organic Girl*)

8 ounces fresh mushrooms, sliced (**All Seasons*)

Half of organic red onion, peeled and thinly sliced

2 organic orange's, peeled and in sections

1/4 cup crumbled blue cheese or 1/4 cup

crumbled feta cheese (**Organic Valley*)

2 tablespoons roughly chopped pecans or 2 tablespoons roughly chopped walnuts (**Bulk Section*)

1/2 cup vinaigrette (*Bragg Organic Pomegranate Vinaigrette*)



Directions:

Place spinach, mushrooms, onion, oranges, blue cheese or crumbled feta cheese and chopped nuts in a large bowl and toss gently. Dress with vinaigrette or your favorite dressing when ready

to serve.

***Ingredients found at Orchard Nutrition Center*

Seminar Calendar

**Join Us For Educational Seminars.
Everyone Welcome!**

**Seminars are held upstairs at
Orchard Nutrition Center
221 Locust Street, Suite 202
Redding, CA 96001**

Dr. A.J. Ayers DDS, MSD, CMP



How Resultant Force Vectors are Affecting You

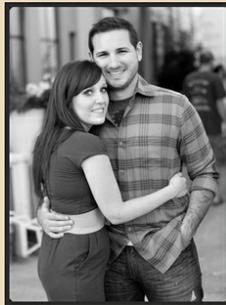
Wednesday, February 4, 2015

6:00-6:45pm

**An explanation of how the jaw is being made to move
and how this movement may be creating vectors
of tension through out the body.**

Dr. Joshua Leach DC

Redding's Upper Cervical Specific Chiropractor



"Sympathetic Overdrive"

Tuesday, February 10, 2015

6:30-7:15pm

**Many of us live a high stress life. Come find out how Sympathetic
Overdrive may be leading to your asthma, fatigue, migraines,
depression, GI trouble, high blood pressure...**

**And more importantly, how upper cervical care can keep your
sympathetic/parasympathetic system in balance so that you can get
back to living the life you love!**

Dr. A.J. Ayers DDS, MSD, CMP



Teeth can contribute to your health

Wednesday, February 11, 2015

6:00-6:45pm

Learn how different filling types and different types of crowns can affect you. Does an implant affect you just like a crown?

Dr. A.J. Ayers DDS, MSD, CMP



How pain and TMJ/TMD can be related

Wednesday, February 18, 2015

6:00-6:45pm

Popping and clicking of the jaw and why your pain may not be going away.

Dominic DiNino, CNC
Certified Nutritional Consultant
Holistic Health Practitioner



Essential Supplementation

Thursday, February 19, 2015

6:30-7:30pm

**Learn what nutrients our body needs and what
Essential Supplements you should take on a daily basis,
the dosages and recommended brands.**

**A great class for everyone that is interested in
maintaining optimum health.**

Dr. A.J. Ayers DDS, MSD, CMP



Digestive Enzymes

Wednesday, February 25, 2015

6:00-6:45pm

**When, what or if digestive enzymes supplements
are needed or should be taken,
(information from Loomis Institute of Enzyme Nutrition).**

Brian Pratt
Thrival Fitness



Fitness is Broken

Thursday, February 26, 2015

6:00-7:00pm

Fitness has been on the road to make it easier to exercise. In doing so we have lost many benefits of exercise and we are fixated on the wrong things when we think of fitness.

What are you really fit for?

Notice: The products and the claims made about specific products on or through this site have not been evaluated by the United States Food and Drug Administration and are not intended to diagnose, treat, cure or prevent disease. Orchard Nutrition urges you to seek the advice of a qualified medical professional for any health concern and to share with your provider any information pertaining to your health and well-being, including the use of supplemental nutrition. Dietary supplements can affect the way medications work. If you are given a prescription for medication, always tell your healthcare professional what dietary supplements you are taking.



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