



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- **We do not buy** closeouts, overstocks, outdated, improperly formulated or otherwise stressed merchandise.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 March's Newsletter

**Meet a Local Vendor - Turri Family Farms**

**Elemental Superfoods!**

**Allergy Relief**

**Potatoes! The worlds fourth largest crop**

**New at Orchard - Original Sprout hair care products**

**Join Us For Several Educational**

**Events This Month.**

**See Seminar Schedule Below**

## Meet a Local Vendor



**Turri Family Farms in Flornoy, California, offers grass-fed, grass-finished beef humanely raised by the Turri family on their ranch in northern California. Having lived and worked on the farm since he was a young boy, Tony Turri was inspired to maintain the traditions of his father and grandfather by bringing the healthiest, highest quality beef to his customers.**

**Today, Tony and his wife, Marianne, along with their two young children, proudly continue the ranching and animal husbandry traditions of Tony's father and grandfather on Turri Family Farms. Tony and Marianne**



**to bring their family's healthy, high quality grass-fed, grass-finished beef to their customers around the North State.**

**Turri Family Farms products you can find at**

## Orchard Nutrition Center:

- Beef Jerky
- Beef Pepperoni
- Natural Smoked Beef Strips
- Summer Sausage
- Smoked Beef Polish Sausage
- Uncured Beef Wiener

## Elemental Superfoods



My name is Nicole Anderson I began making food at home years ago

because of my daughter's allergies to wheat, dairy and sugar. If a product doesn't have one of these allergens, it usually has the other, so my options of what I could buy in a store were close to none. Being a mother of a child with autism, I realized first-hand the effects that these foods would have on my daughter's well being. I made it my mission to research nutrition and food and the impact it has on the body.



After seeing dramatic changes in my daughter as a result of a clean diet, I became passionate about creating foods that everyone I know can enjoy and benefit from.

Elemental Superfood Seedbars have no additives, no preservatives, no fillers and nothing artificial. They are made with the highest quality ingredients that are organic and pesticide free, raw, gluten free & dairy free. These bars are high in protein and fiber, loaded with omega-3s and omega-6s and sweetened with the highest quality raw honey.



**\*Find in our refrigerated section at**

## Allergy Season

Spring is the season for green leaves and pretty flowers. It is also the season for allergies.

Try some of the great products we have here at Orchard Nutrition Center to help with your symptoms.



**Bluebonnet's Super Quercetin® Vcaps** provide a potent combination of antioxidants and allergy-supporting natural ingredients, including 500 mg of quercetin, 500 mg of vitamin C from pure L-ascorbic acid, rose hips, acerola, rutin, citrus bioflavonoids (such as hesperidin) and pineapple bromelain. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.



**Mt. Angel - Quercetin/Nettle Plus™**  
Give your immune system the support it needs to stay balanced. Antioxidant Vitamin C is necessary for proper immune function, while the potent flavonoid quercetin helps to modulate immunity. Soothing magnesium, the enzyme bromelain and stinging nettle leaf help to keep the immune system on an even keel. Because more isn't always better. You can relax, knowing your immune system is balanced with Quercetin/Nettle Plus™.



**NatraBio - Children's Allergy Relief**  
The NatraBio® brand of homeopathic medicines was first launched into the natural products market in 1979, with a commitment to the health of natural consumers. The NatraBio® brand believes that homeopathic medicines provide one of the most natural and effective methods for the treatment of illness, the relief of symptoms and the maintenance of good health.



## Seagate Olive Leaf - Nasal Spray

Natural antimicrobial products derived from plant sources such as this homeopathic remedy are proving to be potent preventatives and treatments, without the side-effects of modern pharmaceutical drugs.

Natural products are less susceptible to potency loss as a result of mutation by the infectious germs because they are not created in a lab.



## Similasan - Allergy Eye Relief™

### Homeopathic Sterile Eye Drops

Temporarily Relieves Itching, Burning and Watering Associated with Allergies.

Give your eyes soothing relief from irritating allergens such as pet dander, mold spores and more with

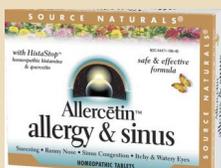
Similasans Allergy Eye Relief sterile eye drops.

Allergy Eye Relief stimulates the body's natural ability to temporarily relieve the symptoms of allergies such as burning, itching, redness and excessive watering of your eyes. No Harsh Vasoconstrictors, Gluten Free, Dairy Free.



## Boiron - Sabadil, Allergy Relief

Temporarily relieves one or more of these symptoms of hay fever or other upper respiratory allergies: itchy and watery eyes, sneezing, runny nose, and itchy throat and nose.



## Source Naturals - Allercetin™ Allergy & Sinus

is a Bio-Aligned Formula that utilizes natural homeopathic remedies for the treatment of allergies. Allercetin supports multiple body

systems involved with hay fever: the respiratory system, sinuses, mucous membranes, histamine inhibition, immune

desensitization, and cellular energy.

## Featured Produce



# Potatoes

The potato is the humble star of comfort food. No matter how you like them; mashed, scalloped, roasted, baked or fried, potatoes are a favorite staple in most pantries. Enjoy the spud as a side to any dish or make it the star!

It is an important food staple and the world's fourth largest crop. Potatoes are available year-round as they are harvested somewhere every month of the year.



Potatoes are a very popular food source and are an exceptionally healthful low calorie, high fiber food that may offer significant protection against cardiovascular disease and cancer.

Potatoes are a very good source of vitamin B6, potassium, copper, vitamin C, manganese, phosphorus, niacin and dietary fiber. Potatoes also contain a variety of phytonutrients that have antioxidant activity, which may exhibit activity against free radicals.



**New at Orchard Nutrition!**



Inga Tritt founded The Original Sprout®, The Original Little Sprout®, and D'organiques Original

Sprout® in 2003. The name Sprout was inspired by the birth of her daughter Maya in 2002. Inga was born in Germany and



grew up in Montecito, California. Her love of nature, art and architecture led to a successful career as a Master Stylist.

Wanting to be a full time mom led her to selling her salons &

spas and moving to the country, where she lives creating safe professional products for families worldwide.



**PRODUCT HISTORY:**

Our founder delighted in her newborn daughter's thick hair. Wanting to use the safest bath products led to her trying natural baby shampoos. To her surprise, all the shampoos wreaked havoc to her daughter's hair and sensitive skin. To remedy the problem Inga created the first of



it's kind, ultra moisturizing natural baby bath & styling

products. The benefits of being a master stylist with professional experience & a mother with real life experience culminated into Original Sprout, a globally trusted natural family brand.

Original Sprout's natural hair styling products help improve hair health and are ideal for all hair types. Our Free & Clean formulas contain soothing emollients & ORGANIC BOTANICALS to smooth frizzies, tame flyaways & support curls softly. Our leave-in treatments restore moisture and help protect hair from UV damage and dryness.



**Join us for educational events this Month!  
Everyone Welcome!**

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

---

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



**"Enzymes"**

**Wednesday, March 4, 2015**

**6:00-7:00pm**

**Are Enzymes a missing link in your health?  
What are Systemic Enzymes?**

---

**Dominic DiNino, CNC  
Certified Nutritional Consultant**



**"Foods that Heal, Foods that Kill"**

**Wednesday, March 18, 2015**

6:30-7:30 pm

**In this class you will learn the most powerful foods that heal the body and the foods that harm.**

**Information on proper food pairing, the importance of proper pH Balance, and great healthy recipes and food samples.**

**A fun and informative class.**

**Call Dominic DiNino to RSVP 949-0619**

---

## **Meet a New Speaker to Orchard Nutrition Center**

**Dr. Christina Caselli, ND**



**"Building a Strong Foundation of Health"**

**Saturday, March 21, 2015**

**11:00am - 12:30pm**

**Dr. Christina Caselli, ND will discuss what constitutes a strong foundation of health including the basics of a nutritious diet, stress reduction, appropriate exercise and good sleep. This is an introductory class to the some of the more detailed topics she will present in future talks.**

---

**Dr. Christina Caselli, ND, is a California-licensed Naturopathic Doctor, graduate of Bastyr University, and owner of North Star Naturopathic Medicine. She is a naturopathic primary care**

provider in Siskiyou County with specialty interests in cardiovascular disease, food allergies, irritable bowel complaints, environmental medicine and women's health. She uses a patient-centered integrative approach to medicine with a focus on finding the most appropriate therapy for each individual.

Dr. Caselli lives in Mt. Shasta with her husband, Nick, and their two dogs. She and her husband appreciate the outdoor recreation and healthy lifestyles available in their small mountain community. You may see her out backcountry skiing, rock climbing, rafting, or searching out the edible and medicinal plants of her environs.

For more information visit [NorthStarMedicine.com](http://NorthStarMedicine.com)

---

**Brian Pratt**  
**Thrival Fitness**



**"Understanding the hormones behind weight loss"**

**Wednesday, March 25, 2015**

**6:00-7:00pm**

**There is more to weight loss than working out hard and cutting back on the bad things we eat. There are hormones that, if you put them to work, will give you the upper hand in the weight loss battle.**

---

**We Look Forward To Seeing You All Here!**

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.



[Join Our Mailing List](#)

Like us on Facebook 

**Orchard Nutrition Center**  
**221 Locust St. Redding, CA. 96001**  
**530-244-9600**