

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 promise to bring you the best possible products at the lowest possible price.

We do not buy closeouts, overstocks, out dated, improperly formulated or otherwise stressed merchandise.

We have trained professionals on staff to help you.

**Thank You Friends for Letting Us Serve
You Since 1982!**

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.

Featured in This Month's Newsletter

Organic Candy for your Little Valentine's

How Chocolate is Made

Supplements for Our Hearts

New! VitaBulk, Stamina Kit

In Season Now - Blood Oranges

Healthy Dessert - Blood Orange and Chocolate Trifle

Our Health Seminar Schedule

For Your Little Valentine's



ORGANIC FRUITY HEARTS

Our lightly sugared all natural Fruity Hearts are fruity, sweet, and irresistibly fun, bursting with cherry and watermelon flavors. Made with organic sweeteners and organic fruit juice, Surf Sweets Fruity Hearts include 100% of Vitamin C per serving so you can feel great about your choice!

- * Made with Organic Fruit Juice
- * No Artificial Colors or Flavors
- * Corn Syrup Free
- * 100% Vitamin C per serving
- * Free of the 10 Most Common

Allergens

- * Made in a Nut-Free Facility
- * Dairy Free/Casein Free
- * Soy Free, Gluten Free, Made in the USA, Vegan



\$6.69 a bag



TruJoy Sweets candies are made with the highest quality natural and organic ingredients. Our products are made without corn syrup or artificial colors and flavors. We use organic sweeteners to create a healthier and better tasting product.

Organic Lollipops

- Festive heart shape
- A perfect treat for Valentines parties
- Peanut free/Gluten free/Vegan/Kosher
- Percentage of sales donated to environmental causes



\$4.89 a bag

Produced on dedicated nut-free and gluten-free equipment in a segregated area of a facility that also processes dairy, eggs, soy, treenuts and wheat.

Orchard Nutrition Center

Chocolate!

How Chocolate is Made



It all starts with a small tropical tree, the *Theobroma cacao*, usually called simply, "cacao." Pronounced ka-KOW. *Theobroma* is Greek for "food of the gods."

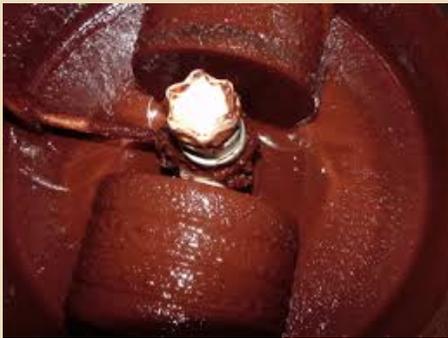
A cacao tree can produce close to two thousand pods per year. The ridged, football shaped pod, or fruit, of the cacao grows from the branches and straight out of the trunk. Once the seeds or beans are harvested, the next step is fermentation, and then the beans are dried in the sun for about a week and finally

shipped to the factory.

Once at the factory the beans are sifted, sorted and roasted in large, rotating ovens. Then the cacao beans are cracked and the outer shells are blown away leaving the broken pieces of cacao beans, called "nibs".



Now we have chocolate, but it is really bitter. The nibs are then crushed and ground into a thick paste called chocolate liquor, and despite the name, there is no alcohol. The chocolate liquor is not smooth and creamy like the chocolate we are used to, but grainy. So, at this point, we need to add a few other ingredients to get to the rich, creamy chocolate that we all love.



Cocoa Powder:

To make cocoa powder, the chocolate liquor is pressed really hard with a giant hydraulic press. This removes the cocoa butter, (which will be used later to make chocolate). But what is left is pressed into a dry cake and then ground into cocoa powder.

Now to make chocolate: Chocolate liquor by itself is bitter and grainy, to sweeten it and make it smooth, the factory will add sugar, cocoa butter, vanilla and milk in different percentages to make the many varieties of chocolate - 60%, 70%, 72% & 80% dark, semi-sweet & milk chocolate.

The different levels of chocolate sweetness:

Unsweetened or cooking chocolate, bittersweet, semi-sweet, dark, and milk chocolate. The differences are made by the percentage of chocolate liquor, sugar, cocoa butter and milk added. White chocolate, while resembling chocolate, contains no chocolate liquor, but is made of cocoa butter, milk solids, sugar and vanilla.





Chocolate lovers rejoice!

Research has revealed that dark chocolate, 70% and higher, is packed with antioxidants and active phenolic compounds that promote good health. Potential benefits of eating chocolate are lowering cholesterol levels, reducing the risk

of cardiovascular problems, stroke, memory health and eye health. But use caution, sugar is just as bad as dark chocolate is good for you, so make sure you eat chocolate with 70% or higher cocoa.



Heart Health



SMART Q10 features the trusted Vitaline brand CoQ10 CoQ10 for Heart & Brain Health.

Essential to mitochondria-the energy-producing units in the cells of the body

Vital to optimum heart & brain cell function

Supports cellular energy.

SMART Q10™ CoQ10 contains only the natural form of coenzyme Q10. Natural CoQ10 is produced through a biological fermentation/extraction process and is identical to the form produced in the human body.





Omega-3 Fatty Acids Help Reduce the Risk of Coronary Heart Disease.

Supportive, but not conclusive, research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

Eskimo®-3 contains fish oil, which is a food source that may be utilized when following a kosher diet. It does not contain ingredients from crustaceans, which are NOT permitted in kosher diets.

Circu Flow®

Discoveries new and old meet in this important blend to address the ever-present concern for maintenance of proper heart function. Number one on our popularity list. First manufactured in 1984 after years of success with the individual ingredients. Remember to combine with appropriate diet and exercise. Helps maintain cardiovascular function and a healthy circulatory system.



Solaray Red Yeast Rice + CoQ10

Solaray's winning combination Red Yeast Rice Plus CoQ-10 with flush-free Niacin is intended to provide nutritional support and helps maintain normal, healthy CoQ-10 levels in the body.



Oral & Throat Health



FLORASSIST® Oral Hygiene

Oral health disorders are among the most common health problems in US adults.

Regular brushing and flossing is often not enough to achieve optimal oral health. Since the mouth is the major gateway to the body, maintaining good oral hygiene is important for overall health.

Researchers have developed an innovative approach to achieving maximum oral health. The beneficial bacteria in FLORASSIST® Oral Hygiene helps inhibit harmful bacteria that develop in the mouth and can affect the health of your teeth and gums. FLORASSIST® Oral Hygiene complements any oral care program.

FLORASSIST® Oral Hygiene contains a unique blend of two powerful oral probiotics:

The beneficial probiotic strain-*S. salivarius* BLIS M18™

An additional healthy probiotic-*B. coagulans* GanedenBC30®
FLORASSIST® Oral Hygiene provides healthy bacteria that colonize the mouth and inhibit the growth of problematic mouth bacteria. This helps create a healthy environment in the oral cavity.

FLORASSIST® Throat Health

FLORASSIST® Throat Health is an oral probiotic that provides novel beneficial bacteria to colonize the throat and control harmful, unwanted bacteria.

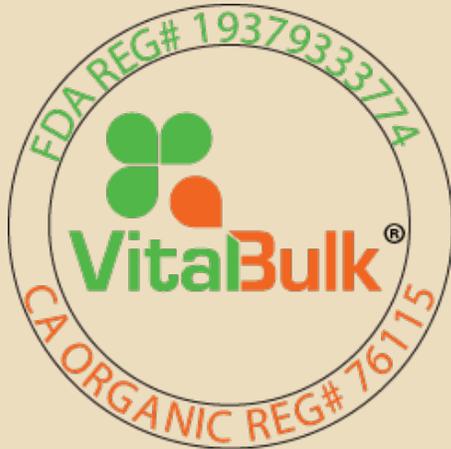
Just one lozenge of FLORASSIST® Throat Health contains 20 mg of BLIS K12®, a proprietary oral probiotic known as *S. salivarius* K12, which delivers 2 billion colony-forming units. These organisms survive naturally in the throat, maximizing their potential to promote throat health by helping to ease inflammation and inhibit the damage caused by unfavorable organisms that may originate there.

FLORASSIST® Throat Health-naturally flavored with spearmint and cherry-can significantly protect throat health, ease inflammation, and help maintain good health. And because



this strain acts locally in the throat, *S. salivarius* K12 produces none of the problems related to systemic side effects.

VitaBulk



The Founder, Mark James has 20+ years experience in the industry and is committed to quality and integrity. At VitaBulk® we believe that everyone should have access to quality supplements free of compromise while saving money and the environment. We believe real change in the industry is necessary.

Innovative Quality Free of Compromise!

VitaBulk® systems reduce packaging costs and materials for dietary supplement pills. Eliminating individual pill bottles and caps mean significantly reduced packaging material and carbon footprint per pill.

Less packaging means more "green" in your pocket.

This Stamina Kit pack is composed of 30 individually packaged items or "kits".

Stamina Kit™

200 mg Caffeine - Controlled Release†
1,000 mg Taurine
High Antioxidant Complex

Suggested Use: Take one packet, eight (8) pills, daily with food. Do not exceed recommended daily dose unless directed by your healthcare practitioner.

Keep out of reach of children in a cool, dry place.

Each Stamina Kit Contains:

- One (1) becase soft gel capsule = Vitamin A&D
- One (1) yellow 2-piece capsule = B 50 Complex
- One (1) off white 2-piece capsule = Vitamin C
- One (1) golden soft gel capsule = Vitamin E
- One (1) white speckled ob/long tablet = Multi Mineral
- One (1) yellow soft gel capsule = Omega 3 Fish Oil
- One (1) stark white 2-piece capsule = Taurine
- One (1) white oblong tablet = Caffeine

Supplement Facts		
Serving Size = one (1) pack		Servings per Container = thirty (30)
Amount per serving	%Daily Value	
Vitamin A (fish liver oil)	10,000 IU	200%
Vitamin C (ascorbic acid)	1,000 mg	1,667%
Vitamin D-3 (cholecalciferol fish liver oil)	400 IU	100%
Vitamin E (d-alpha-tocopherol from soy)	400 IU	2,666%
Vitamin B1 (thiamine mononitrate HCl)	50 mg	3,333%
Vitamin B2 (riboflavin)	50 mg	2,941%
Niacin (niacinamide)	50 mg	250%
Vitamin B6 (pyridoxine HCl)	50 mg	2,500%
Folic Acid (folate)	400 mcg	100%
Vitamin B12 (cyanocobalamin)	50 mcg	833%
Biotin (d-biotin)	50 mcg	17%
Pantothenic Acid (d-calcium pantothenate)	50 mcg	500%
Calcium (calcium carbonate)	325 mg	33%
Iron (ferrous fumarate)	9 mg	50%
Iodine (potassium iodide)	112 mcg	75%
Magnesium (magnesium oxide)	125 mg	32%
Zinc (zinc citrate)	7.5 mg	50%
Selenium (l-selenomethionine)	35 mcg	50%
Copper (copper gluconate)	1 mg	50%
Manganese (manganese citrate)	2 mg	100%
Chromium (chromium polynicotinate)	60 mcg	50%
Molybdenum (sodium molybdate)	37 mcg	50%
Potassium (potassium carbonate, iodide)	23 mg	1%
Fish Oil (anchovies, sardines, mackerel) providing 360 mg EPA (eicosapentaenoic acid) providing 240 mg DHA (docosahexaenoic acid)	1,200 mg *	
Caffeine (caffeine anhydrous)	200 mg *	
Cobalt (cyanocobalamin)	1 mcg *	
L-Isoleucine	10 mg *	
Taurine (free-form)	1,000 mg *	
*Daily Value not established		
Other ingredients: Gelatin, cellulose, calcium carbonate, soy oil, vegetable stearates, organic rice concentrate, PE wax, glycerin, titanium dioxide, orange oil, sodium citrate, silicon dioxide, medium chain triglycerides, and polysorbate.		
CONTAINS NO artificial colors, flavors, gluten, milk, eggs, peanuts, tree nuts, or crustacean shellfish.		
Food supplements should not be used as a substitute for a varied diet.		
WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control immediately.		
Not recommended for use by children under 18 years of age, nursing or pregnant women.		

Each Stamina Kit contains the following vitamins:

- 1 Softgel - A&D 10,000/400 IU
- 1 Cap - B Complex 50
- 1 Capsule - C 1,000 mg
- 1 Softgels - E 400 IU
- 1 Tablet - Multi Mineral

Omega-3 1,200 mg

- 1 Tablet Caffeine 200 mg
- 1 Capsule - Taurine 1,000 mg

† VitalBulk controlled release - fifteen (15) to forty-five (45) minutes.

440 Kings Village Rd. Scotts Valley, CA 95066
In case of adverse event call 855-885-2855

Produce



Blood Oranges

The taste and smell of a blood orange is more like raspberries and are less acidic than oranges. The difference between the blood orange and the orange is the pigmented pulp of the blood orange, which is due to Anthocyanin, the same red flavonoid pigments that give blueberries their intense color and amazing antioxidant properties. Antioxidants protect our bodies from the effects of free radicals which are unstable molecules that promote the development of many degenerative diseases such as cancer, diabetes and heart disease.

Other health benefits of the blood orange is the presence of Vitamin C and Folic Acid:



Vitamin C is an antioxidant required for a large number of metabolic functions in the human body, such as: Aiding in healing wounds, repairing free radical damage, boosts your immune system and plays a role in helping your body absorb iron. We humans do not produce Vitamin C and therefore it must be provided by our diet.

The blood orange is one of the few fruits that contain high amounts of Folic Acid, also known as Vitamin B9, which helps the body form white and red blood cells and helps fight against some cancers, heart disease and stroke.

When to buy and how to select:

Unlike regular oranges, which are available year-round, blood oranges are only in season from December through May.

Choose ones that are firm and heavy with no bruising for a juicier blood orange .

A Healthy, Pretty Dessert

Blood Orange and Chocolate Trifle

Look for bittersweet chocolate that has at least 70 percent cocoa.

Ingredients:

1 1/2 cups Greek Yogurt (Wallaby Organic)

1/4 cup honey (Maisie Jane's)

4 small blood oranges (Organic)

2 ounces bittersweet chocolate, coarsely grated (Dagoba Organic or Ghirardelli)

Cinnamon, for sprinkling (Frontier Co-Op Organic)

**Ingredients found at Orchard Nutrition Center



Directions:

In a small bowl, blend the greek yogurt with the honey and refrigerate.

Using a small, sharp knife, peel the blood oranges, removing all of the white pith. Working over a bowl, cut in between the membranes to release the orange sections into the bowl; pour off the juice and mix 2-3 teaspoons of the juice into the greek yogurt mixture.

Line up 6 dessert cups or goblets. Add 4 orange sections to each glass. Spoon 2 tablespoons of the sweetened greek yogurt on top, then sprinkle on some of the grated chocolate. Repeat, layering orange sections, yogurt and chocolate once.

Top each trifle with a couple of orange sections, sprinkle with more grated chocolate and cinnamon, serve.



MAKE AHEAD:

The trifle can be refrigerated for up to 4 hours. Sprinkle with cinnamon just before serving.

Seminar Schedule

**All Seminar's are free to the public!
Classes are held upstairs at
Orchard Nutrition Center**

221 Locust Street, Suite 202
Redding, Ca 96001
530-244-9600

Nancy Chaney & Michele Witz
Young Living Essential Oils



Young Living Essential Oils
Saturday's February 6, 13 & 27, 2016
11:00am - 12:00pm

Class one, 2/6/16:

How to incorporate essential oils one drop at a time to enrich your life and empower you with tools to build and maintain your health. Bring your questions.

Class two, 2/13/16:

**Young Living Essential Oils for emotional healing.
How to Release locked up blocks that prevent you
from achieving your destiny.**

Class three, 2/27/16:

Young Living Essential Oils to clear the brain gut connection. Give your mind an opportunity to think clearly and get rid of the fog, and some of your complaining gut issues.

Dominic DiNino CNC
Certified Nutritional Consultant



9 Essential Steps to Stealth Health!

Thursday February 11, 2016

6:30pm - 7:30pm

RSVP for Dominic's Class Only

530/949-0619

A great class outlining the essential steps for those who want more detailed information on a whole body approach to healing and sickness prevention!

Dr. Christina Caselli, ND
Naturopathic Doctor



Building a Healthy and Balanced Diet

Saturday February 20, 2016

11:00am - 12:30pm

Dr. Christina Casselli, ND will give her perspective on

creating a healthy and balanced diet. The benefits and pitfalls of following vegetarian, vegan and paleolithic diets will be discussed.

Visit <http://NorthStarMedicine.com> for more info.

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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