

We will help you design a wellness plan for a healthier home, family, and future

Foundational health counseling ~ Holistic lifestyle coaching
Natural products for Nutrition ~ Weight Loss ~ Beauty ~ Cleaning
100% guaranteed & delivered right to your door!



call Julie Veenstra 1-866-448-3609
www.goodandgreen.ca

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Apple Tree BULK Herbs

230 medicinal herbs & teas

Fill your own capsules and SAVE \$\$\$



TRY our SOLSTIC All-natural energy drink!
Not available in Health Food Stores
Ask for a FREE sample!

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Pick up & mail orders Mon.-Sat. 11-7
Niagara-on-the-Lake ON
myappletrecherbs@yahoo.ca

Nutrition encompasses vitamins, minerals and trace minerals to support body functions, digestive enzymes and probiotics to help your body utilize nutrients, and rehydration. Due to modern agricultural practices, you simply cannot get enough nutrition from the food you eat. That makes supplementation necessary for basic health.

Choose supplements wisely. Your digestive tract absorbs about 11% of elemental minerals, 38% of "chelated" minerals, 95% of "colloidal" minerals, and about 98% of superfoods. Superfoods are whole foods with high concentrations of bio-available nutrients. Quality natural supplements contain natural nutrients without fillers or artificial ingredients. They are readily absorbed, making them a better value.

Beware of taking individual vitamins or mineral isolates. They can cause imbalances. Nutrients work best synergistically. A nutritional expert can help you choose the right products for your metabolism and nutritional needs. ~

see also Health Testing, Naturopaths

Providence Place Health & Wellness see ad fr cvr

Cheese Making Workshops

Learn the basic principles of making cheese! You will make your own Camembert and Roquefort style cheeses

For more information and upcoming workshop dates contact Doreen Sullivan Niagara Falls 905-354-8873
sullivan@vaxxine.com

Want more VITALITY?



Improve mental clarity & get rid of 'brain fog'
Increase vitality, energy and endurance
Uplift mood and general wellbeing
Strengthen immunity
Nourish your body
Detoxify

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E3Live is the world's only fresh-frozen organic feel-good superfood!

E3Live is nature's complete organic nutrition with 64 essential nutrients + PEA natural mood enhancer
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Beamsville--Health Post Health Foods 905-563-6663
St Catharines--Healing Vine Clinic 905-988-9355
Fonthill/Welland--Lori D'Ascenzo 905-892-3813
Enquiries--Lori D'Ascenzo 905-892-3813

Learn more at

www.niagarahealers.com/healthproducts.html

Community Shared Agriculture in Niagara

You get ...
Naturally-grown FRESH garden produce baskets from June-Oct (18 weeks)



Sign Up Today!

Fairwind Farm

5449 Michener Rd Sherkston, ON
905-894-6178

Heirloom & rare varieties
Gourmet salad greens

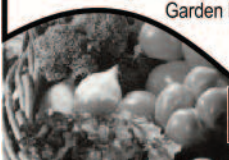
See us at these Farmers Markets:
Fridays-Pt Colborne
Saturdays-Ridgeway

Sexsmith Farm

2778 Dominion Rd Ridgeway, On
905-894-4690

Our Programs

Drum-making Workshops
Apr 18-May 8-June 12, Sept 18, Oct 16
Garden Babies Program June-Oct
Eco Circles
Equine Program



Fresh Produce open 9AM Thurs-Mon

ORGANIC

Organic grains, fruits and vegetables may contain up to 100 times more nutrients than commercial produce! More nutrients means better taste. A higher quantity and correct balance of minerals and extra hydrogen anions in organic food allows your body to better absorb and use its nutrients. The delicate pH of your digestive tract is also stabilized. You gain more energy and greater food value!

As well, organic plants produce salvestrols that are a natural defence against cancer. Salvestrols are lacking in plants treated by fungicides. Organic produce is free of agricultural chemicals and toxins. It is not irradiated or genetically-modified (GMO). GMO produce often lacks enzymes and nutrients which cause digestive upset and may contain genes from common allergens such as nuts.

Whenever possible, buy local produce to reduce your ecological footprint and support our local economy.

'Certified Organic' means a farm has been inspected and meets rigid criteria for certification. But, certification is not necessary to claim natural methods of production.

CSA=Community Shared Agriculture. You pay a set fee to own a share of a farm's produce for one season. Your fresh produce is delivered or picked up weekly June-October. ~

See also Nutrition

Tree & Twig Heirloom Vegetable Farm

Heirloom Vegetable Seeds, Seedlings, Produce
"Tomato Days" Heirloom Seedling Sale May 22-23

Sat. market at farm - Veg. basket sales - Restaurant sales
www.treeandtwig.ca

84039 Regional Rd #45 Wellandport 905-386-7388



CERTIFIED ORGANIC CHEESES AND BUTTER

- 70% OF OUR CHEESES ARE LACTOSE FREE
- CHEDDARS, EMMENTAL SWISS AND PARMESAN ARE MADE FROM RAW MILK
- RENNET FREE



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The Peanut Mill, St. Catharines
Well, Well, Well, St. Catharines
Organic General Store, N.O.T.L.



Vita Health, Niagara Falls
A Healthier You, Fort Erie



www.fromagerieancetre.com