

May 2019



Health Hutt

Your Haven for Healthy Living

Love Your Health Newsletter

Springtime Greetings!

Here are May's scheduled in store product demos and sampling, with the first demos happening tomorrow May 15 at three stores.

Grand Haven

[Suukuu](#) CBD Friday - Friday May 17th

Grand Haven, Muskegon and Norton Shores

[Ancient Nutrition](#), [Carlson Labs](#), [Solgar](#) - Wednesday, May 15




[Ancient Nutrition](#), [Host Defense](#), [Terry Naturally](#) - Tuesday, May 21

About the Demos: Suukuu is a local provider of CBD oil products that we carry. Ancient Nutrition makes a lot of bone broth proteins among other products. Carlson Labs is an excellent cod liver oil brand. Host Defense is Paul Stamet's line of medicinal mushrooms from reishi to cordyceps. Solgar and Terry Naturally are vitamin and supplement brands.

Mother's Day Blog with Ideas for Rejuvenation: Dry Brushing

In our Mother's Day blog post we suggested some restful gift ideas because 'word on the web is the number one thing mothers

General Guidelines for Eating Leafy Greens

-  Aim towards eating greens daily.
-  Eating dark, leafy, and wild greens while they are young is a good way to introduce and incorporate more of them into your diet. (early spring for wild greens)
-  Eating a variety of greens is important to maintain balance as they each contribute something different to your health.
-  Eat whole leafy vegetables AND greens powders or juices for a more balanced approach.
-  Sprinkling chopped greens into stir fries, grains, and as a garnish is a nice way to ease in more greens.
-  Visit the Muskegon Farmers Market or other local farmers and markets to find more greens.

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Plain Ol' Lettuce Amidst the Superfood Greens Craze

Gotta get those greens, greens, greens! There exists a plethora of green foods products that are undoubtedly beneficial for one's health. Among all the powders, tablets and food bars is just plain leafy greens. While Greens Products are absolutely wonderful, there truly is no replacement for eating plain ol' greens! Additionally, they may not be as plain as we perceive them to be - the variety of edible greens is astounding.

[Read the full blog post here.](#)

reportedly want for Mother's Day is rest! They want a break, some sleep, some relief, and perhaps some pampering without added logistics or planning.'

Within the post is information on Dry Brushing - which is an ancient and interesting daily massage routine. Here are reported benefits from Banyan Botanicals:

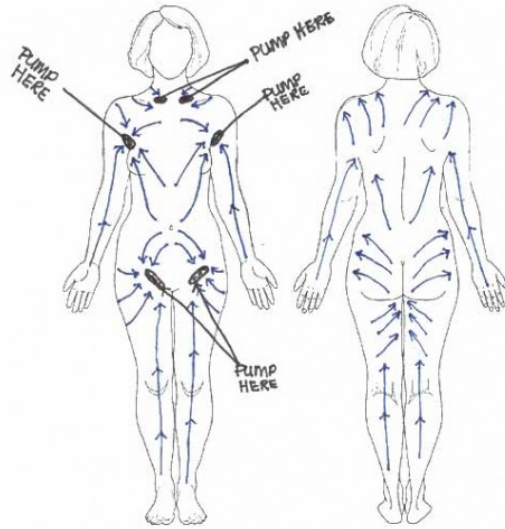
- Increases muscle tone
- Improves skin texture (luminosity and suppleness)
- Reduces the effects of stress on the body
- Promotes weight management by supporting healthy metabolism
- Supports natural detoxification
- Improves lymphatic circulation
- Enhances circulation
- Stimulates areas that accumulate cellulite

For directions on how to do it here's a [WellnessMama Blog Post](#) on Dry Brushing. If you wish to learn directions and contraindications from a traditional standpoint check out [Ayurvedic Dry Massage by Banyan Botanicals](#).

[Read the full blog post here.](#)



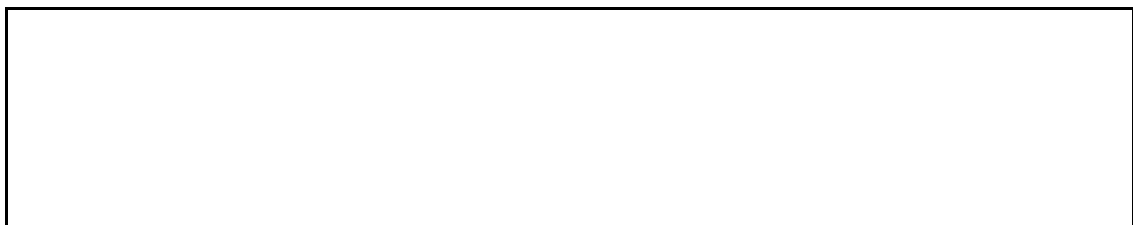
Vitamineral Green is an excellent superfood powder made by HealthForce SuperFoods.



A diagram of Dry Brushing

Ancient Nutrition Protein Powders

In addition to Whey Protein Powder, other animal based proteins include Bone Broth and Collagen Protein Powders. Ancient Nutrition makes a variety of protein powders with options for flavors like vanilla, chocolate, and turmeric. They also make a Keto specific protein. You may be able to sample of Ancient Nutrition's products Wednesday, May 15 or Tuesday, May 21 at Grand Haven, Muskegon or Norton Shores store.





Delicious Paleo Lemon Blueberry Scones

From www.justthewoods.com. [See the full recipe here.](#)

Preheat: 325 Servings: 9

Ingredients

- 3 cups Almond Flour
- 1 tps Baking Powder
- pinch of Salt
- Lemon (zest and juice)
- 2 Tbsp Maple Syrup
- 2 Eggs
- 1 cup Blueberries (fresh is better)

Make It Like So

1. Preheat the oven to 325 F and line a baking sheet with parchment or silicone liner.
2. In a large bowl sift together the almond flour, baking soda and a pinch of salt.
3. Add the lemon zest and mix well.
4. Make a well in the center of the flour mix and crack 2 eggs.
5. Add the maple syrup and the lemon juice and mix well until it forms a sticky dough.
6. Fold in the blueberries.
7. Using an ice-cream scoop, drop the batter onto the prepared baking sheet. Slightly flatten the top of the mounds to form a round shape.
8. Bake for 20 minutes, or until the tops are golden.

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valid May 1-31, 2019

10% off

Grocery by



Health & Beauty by



10% off
green sticker items

& 25% off
white sticker items

supplements from the following companies



Become a Health Hutt Card Member for even more savings! Ask for details at the register.



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“It is good health that is real wealth and not pieces of gold and silver.”

-Mahatma Gandhi

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