

August 2019

Health Hutt

Your Haven for Healthy Living

Love Your Health Newsletter

We're excited about all our collaborations with local businesses. Featured below are Lively Up Kombucha and Yogi Shambhala bracelets.

Included are a few quick healthy snack ideas to aid in the hurried back to school and busy end of summer season... maybe we can all make a little bit more time to get in the sunshine.

Our monthly specials and blog post are Back to School themed with special deals for youth and an article on considering herbal immune support for children.

See you at the Health Hutt!

[Four Quick-to-Make Healthy Snacks](#)

Energy Bites

There is a plethora of ways to make yummy 'energy bites'. Soft Medjool Dates make a great base in many recipes...

Try our [Cacao Walnut Energy Bites](#) or [Super Simple Coconut Date Balls](#) recipes.



Quick Homemade Hummus

Making hummus can be quite a

chore if one starts with dry beans. Consider prepping a quick hummus with pre-cooked chickpeas aka garbanzos. There are a few tips and tricks in making the best hummus possible with pre-cooked garbanzos.

Avocado, Cheese, Kimchi & Crackers

So tasty, so simple. Throw the items into a bag with a butter knife or pocket knife and you have a portable picnic snack that will leave you feeling satisfied and well-nourished.

Tomato, Mozzarella, Basil Salad

A classic. Have you ever thrown some mozzarella balls, cherry tomatoes, basil, olive oil, balsamic vinegar, salt and pepper together in a bowl and devoured it? My goodness...heavenly.

[Launch Pad for Children's Herbal Immune Support](#)

When considering bolstering and supporting a child's immune system with herbs the most prevalent concerns seem to be safety, efficacy (will the herbs even work for intended use?), and effectiveness (will the herbs work at all?). As a lot of readers know, many folk medicine and herbalist remedies have been used for a long time but are not necessarily supported with scientific documentation. The purpose of the piece is to cover some herbs with



From Cooking+Kate



From SeriousEats.com



immune action that are found to be generally safe and offer a few guidelines on determining doses for children.

[Read more on the blog](#)



[Image Source](#)

Gaia Herbs Resveratrol 150



Japanese Knotweed is known as one of the most invasive plants in the world. Redeemably, Knotweed can be concentrated as a Resveratrol supplement. Researchers from Yeshiva University in New York found that Resveratrol beneficially affects disease biomarkers in neurological disorders, cardiovascular diseases and diabetes. These results could be attributed to Resveratrol's anti-inflammatory and antioxidant effects and other discovered disease affecting mechanisms.

Resveratrol's safety has been demonstrated in many studies. Resveratrol supplements often contain concentrates made from knotweed such as Gaia Herbs Resveratrol 150.

Kombucha "brewed with love and mindfulness in Muskegon, Michigan"

KOMBUCHA ON TAP

FLAVORS SIZES

Limmin' Ginger

Levin' Powder

on, The

POSSIBLE	\$4
POWDER	\$22
WELL	\$15
YOUR OWN	
!	\$0.25/oz



Cooler Warmer 40° F°C Deep Chit



LIVELY UP



Dream team Brenna Kelley and Zackery Smith starting making Kombucha hardcore in 2014 and have since spread the love to Muskegon County and beyond. Their primary flavors are Jammin' Ginger, Turmeric Sunrise, Lovin' Lavender, and Tropical Dream. Additionally they have seasonal flavors to watch out for. We carry their kombucha at all our locations in addition to a kegerator at the Norton Shores store on Henry Street. Watch out - might be coming soon to Grand Haven. Shh!

The Lively Up description: Kombucha is an effervescent, non-alcoholic fermented tea. Composed of water, tea, sugar and a live culture called a SCOBY (Symbiotic Colony of Bacteria and Yeast), through fermentation the kombucha uses sugar as energy and converts it to healthy organic acids, vitamins, enzymes, and probiotics-resulting in a beverage with low amounts of sugar and caffeine. These work together to create a delicious, bubbly tonic that supports nutrition absorption, digestion, liver function, detoxification, immunity, PH balance and overall well being.

Local artist and yoga teacher Yogi Shambhala has made some exclusive bracelets for the Henry Street store to join the collection of her bracelets we already stock. They feature:

- Picasso Jasper are known for its strong grounding strength



and self discipline can help you start seeing things differently.

- Lava Beads for putting your essential oils on.

Health Hutt



Love My Health Card Members

10% off

August specials

valid August 1-31, 2019



BEAR
fruit yoyos

10% off

green sticker items

&

25% off

white sticker items

supplements from the following companies

NORDIC
NATURALS

SOLARAY

Nature's Plus
The Energy Supplements

BIORAY
kids

Can't find what you're looking for? Ask a Health Hutt employee!

Become a Health Hutt Card Member for these additional savings!
Ask for details at the register.



Annual Love My Health Card membership is only \$20. You can start your membership at any time of the year. Ask the register about membership!

“What is called genius is the abundance of life and health.”

Henry David Thoreau

www.thehealthhutt.com

These statements have not been evaluated by the Food and Drug Administration.

This information and these products are not intended to diagnose, treat, cure or prevent any disease.

[Unsubscribe from all Health Hutt emails.](#)

If you would like to continue receiving card member monthly specials but not the newsletter, please respond to this email with 'No Newsletter'.



This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Health Hutt · 3112 Henry St · Norton Shores, MI 49441-4018 · USA

