



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!

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

**Article - Benefits of Astaxanthin & Supplement - A Powerful Antioxident
DIY - Natural Bug Repellent Luminaries
& "Now Foods" Essential Oils**

**Summer Fruit - Figs & Cherries
Recipe's - Fresh Fig Bites with Goat Cheese
& Prosciutto - only four ingredients!
Cherry & Apricot Crisp - Gluten Free, Sugar Free**

Special Pricing on Orchard Nutrition Center Products "New" products to Orchard Nutrition Center

June Events Calendar

Free Classes - Learn how to live a healthier YOU!

8 Page Contemporary Ad



Follow the link below
to see our monthly
Ad & Specials.

Orchard Nutrition Center (CA)

**8 Page Contemporary -
June 2018 Circular**

<http://www.ecomadviewer.com/010/orchard-nutrition-center--ca-/PrintAd/june-2018-sale>

Benefits of Astaxanthin



Astaxanthin is a powerful, naturally occurring carotenoid pigment that's found in certain marine plants and animals. Astaxanthin is found in its highest natural concentration in wild Pacific sockeye salmon. It is also found in krill, algae, red trout, shrimp, crab, lobster, and flamingos. Its vibrant red pigmentation is what

helps give these animals and plants their intense coloring.



In recent studies, **Astaxanthin** has been found to be a very powerful antioxidant, stronger than Vitamin C in combating free radicals, is more active than vitamin E & green tea catechins and more powerful than beta-carotene. **Astaxanthin** can neutralize multiple free radicals at once, protecting your skin and body from oxidation, damage, and inflammation. **Astaxanthin** has been shown in clinical studies to increase skin moisture, moisture retention, elasticity, and has incredible UV-blocking properties, which helps to assist the skin in protecting itself against sun-related damage. (Continued sunscreen use recommended)

NEWCHAPTER



NEW Multivitamin for Women 55 +
This one-daily tablet is packed with vitamins, minerals & superfood botanical blends to maintain your daily wellness and vitality. Immune Supportm with clinical-strength **Astaxanthin, a rare plant-nutrient, Vitamin C, and immune-boosting beta glucans from fermentation.**

Longevity & Vitality: Nourishes women 50 and over with immune, heart, energy, eye, bone, brain, hormone & digestion support.

Every Man's One Daily 55+ Multivitamin delivers **Ast axanthin from organic Algae, Vitamins C, E, and D3, fermented Selenium and Saw Palmetto to support overall wellness for men aged 55+.* It is Iron-free and whole-food fermented. And our fermentation process unleashes Beta-Glucans, Nature's own immune boosters, for your benefit.**



Natural Bug Repellent Luminaries

Natural Bug Repellent Luminaries



Summer sets the stage for fun BBQ's and a place to gather together family and friends. But, unwanted guests try to crash the party - flies, wasps and mosquitoes! They love to feast on your favorite dishes and YOU!

Create your own non-toxic insect repellent luminaries. Instead of using toxic candles or spray's, all natural essential oils work great and smell good too! All you need is a couple mason jars, essential oils, fresh lemon and lime, fresh rosemary and a floating candle!



Super easy and simple to put together. They smell great and are pretty too! Set them near seating areas and use them as center pieces. Your guests will be quite impressed AND free from annoying bugs.

Ingredients:

- 3 - 8 oz *Mason jars**
- 1 organic *lemon, thickly sliced**
- 1 organic *lime, thickly sliced**
- 3 sprigs fresh organic *rosemary**



30 drops (10 drops each) of rosemary, thyme, eucalyptus essential oils or use Now Bug Bar blend (see below) (*Now Foods)

3 floating tea light candles

****Ingredients found at Orchard**



Instructions:

Place a slice or two of lemon and lime in the bottom of the jar.

Add a sprig of rosemary.

Fill 3/4 full with water.

Add 10 drops of each of the essential oils to each jar.

Float another lemon or lime slice on top.

Add more water if necessary.

Top with a floating candle.

Recipe Notes - Keep fresh by storing in a cool spot when not in use.



Find many of the essential oils for all of your healthy alternative needs, like the Natural bug repellent luminaries above at Orchard Nutrition Center.



Bug Ban™ Essential Oil Blend

By combining essential oil extracts from citronella, lemongrass, rosemary and thyme, NOW® Bug Ban™ essential oil blend naturally repels some of today's most annoying winged intruders.

Rosemary Oil

Aroma: Warm, camphoraceous

Ingredients: 100% pure rosemary oil

Attributes: Purifying, uplifting

Mixes Well With: Bergamot oil, lemongrass oil, peppermint oil, or thyme oil





Citronella Oil

Ingredients: 100% pure citronella oil

Aroma: Pungent, musky, citrus-like

Attributes: Clarifying, freshening, purifying

Mixes Well With: Cedarwood oil, lavender oil, lemon oil, or lemongrass oil

Lemongrass Oil

Ingredients: 100% pure lemongrass oil

Aroma: Strong, lemon-like

Attributes: Purifying, stimulating, cleansing

Extraction Method: Steam Distilled from plant's leaves



Eucalyptus Globulus Oil

Ingredients: 100% pure eucalyptus oil

Aroma: Strong aromatic, camphoraceous

Attributes: Revitalizing, invigorating, clarifying

Extraction Method: Steam Distilled from leaves and small branches

In Season Fruits

Eating a diet rich in fresh fruits & vegetables containing fiber, minerals, vitamins and antioxidants as part of an overall healthy diet may protect against many diseases.

These two summer delights are packed full of those healthy benefits and are super delicious as well!



Figs

Figs have been considered a sacred and delicious fruit that dates to ancient times. The fig is a sweet treat containing countless health benefits, is packed with nutrients like dietary fiber, minerals, vitamins and



anti-oxidants and it is also high in potassium, which helps control heart rate and blood pressure as well as copper and iron, which help produce healthy red blood cells.

Cherries

Cherries have a short season compared to many other fruits you see in the market year-round. In fact, these sweet treats are only available from May through August grown from California to Washington.



So, don't miss out, get them while you can!

Cherries are packed with healthy benefits, like high fiber, vitamins and antioxidants that can help fight free radicals. And research suggests that drinking tart cherry juice can help relieve many ailments, such as gout & arthritis. Nutrient-packed tart cherries have anti-inflammatory effects that boost your brain and body as well.

Recipe's

Fresh Fig Bites with Goat Cheese and Prosciutto

Ingredients:

6 Fresh Organic California *Figs sliced in half

1 Tbsp Honey (*Nossorc Natural, Local Honey - Shasta/Lassen counties)

2 Tbsp Goat Cheese divided (*Coutuirer Fresh)

3 slices Prosciutto cut lengthwise then in half to make 12 pieces

****Ingredients found at Orchard Nutrition Center****

Directions:



- 1.) Cut a slit lengthwise with a small sharp knife on flesh side of each fig half.
- 2.) Spoon or brush 1/4 tsp of honey onto each fig half.
- 3.) Press 1/2 tsp of goat cheese into slit of each fig.
- 4.) Wrap each fig with a strip of prosciutto. Arrange on a small platter.



HELPFUL TIPS:

Fig bites should be prepared no more than 1 hour before serving to prevent from becoming too soft.

Cherry and Apricot Crisp

Prep Time 25 mins Cook Time 30 mins Total Time 55 mins

**This Summery Crisp is great for Breakfast or Desert.
Gluten Free, Sugar Free**

Ingredients:

1.5 lbs organic *apricots, seeds removed and quartered
1 lb fresh organic *cherries pitted and halved or frozen pitted cherries, thawed in refrigerator over night
1 Tbsp fresh organic lemon juice
3 Tbsp coconut sugar
(*Nutiva) (*optional)

Topping:

1 cup rolled oats (*Bobs Red Mill)
1 cup almond flour (*Bob's Red Mill)
1/2 cup organic sliced almonds and/or walnuts or pecans (*Bulk dept)
1 tsp cinnamon (*Simply Organic)
1/4 tsp sea salt (*Redmond Real Salt)
1/3 cup maple syrup (*Coombs Family Farms) (*Optional)
1/3 cup coconut oil (*Nature's Way)
1 tsp vanilla extract (*Simply Organic)

****Ingredients found at Orchard Nutrition Center**



****Optional - Top with Greek yogurt, honey or maple syrup for serving**



Instructions

- 1. Preheat oven to 375 degrees**
- 2. Wash, pit and slice the fruit and place in a medium mixing bowl, add the lemon juice & optional sugar.**
- 3. Toss to combine everything well with the fruit.**
- 4. For the crumble topping, in a large mixing bowl combine the oats, almond flour, almonds, cinnamon and salt. Right before baking, add the maple syrup (*optional if sugar free), melted coconut oil and vanilla to the oat and nut mixture and mix again.**
- 5. In a 2.5-quart baking dish or 8-inch square pan, spread out the fruit. Top with the crumble mixture and spread out evenly. Bake on the middle rack for 30 minutes or until top is browned.**
- 6. Let cool for 10 minutes.**

Recipe Notes: The fruit can be exchanged for any stone fruit combination adding up to 2.5 lbs.

****This can be made without any sugar, since the fruit is naturally sweet already!**

Special Prices

New at Orchard Nutrition Center Lundberg Organic Grounded Snacks



We're grounded in more ways than one. Grounded in our dedication to remaining a family-owned, independent company. Grounded in our commitment to farming practices that fuel a healthier planet, and grounded in our passion for what we do best. We take the organic grains we grow and pair them with the most unique and flavorful organic spices from around the world. Surprisingly light and crunchy, our Grounded Snacks® Baked Grain Bites are a great, whole grain snacking experience.

Regular Price \$3.25 ea. Sale price \$2.25 ea

While supplies last



**field
DAY®**



Field Day Organic Apple Juice contains 100% juice made from 100% organic apples, fresh pressed on family-owned orchards in California, Washington and Arizona. Never from concentrate, it's so crisp, you'll think it was made in the backyard! Whether enjoying at breakfast, snack time, or dessert, no one will be able to resist the natural sweetness of this fruity delight!

Regular Price \$15.85 gallon

Sale \$11.09 gallon

New at Orchard Nutrition Center



"Authentic and organic sauce made in small batches for perfect homemade enchiladas."



In a sea of enchilada sauces full of additives and preservatives, we found an authentic sauce that tastes homemade, and is made with simple, organic, all-natural ingredients. Your enchiladas deserve a real enchilada sauce.



Enchiladas made their way into American Cookbooks at the beginning of the 20th century, but the dish and its flavorful sauces have a much longer history. There is evidence of Mayans in Yucatan rolling fish into corn tortillas and smothering them in a pepper sauce in Pre-Columbian days. The very first cookbook ever published in Mexico in 1831 called El Cocinero Mexicano contained a recipe for enchiladas.

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**

**Michelle Witz
Young Living Essential Oils**



**"The Comprehensive Summer Essential Oil Guide -
How to use Essential Oils to Have Your Best Summer Ever!"
Thursday, June 7, 2018
6:00 pm - 7:00 pm**

**Young Living Essential Oils - The only "Seed to Seal"
purity promise! Are you prepared for summer?
Join us in learning how to use essential oils in alleviating
numerous summer challenges!**

**Most Importantly...our solutions are Chemical Free!
If you have a problem, rest assured nature has an oil!**

**Michele Witz -
530-355-4416
Young Living Essential Oils
Member I.D. Number 1570627**

**Dr. June Stevens, ND
NOR CAL Natural Medicine**



**"The Aging Brain - Maximizing Cognitive Function
in Our Toxic World"
Wednesday, June 13, 2018
6:00 pm - 7:30 pm**

In today's world the aging process is becoming even more challenging and staying healthy requires more than simply eating well and staying physically fit.

Our brains health is at risk... environmental toxins and heavy metal accumulation are detrimental.

If you or someone you care about have concerns or questions regarding your memory or overall brain health, join Dr. June Stevens as she shares the latest research findings and valuable information on how to prevent cognitive decline and maintain a healthy brain and strong memory throughout the aging process.

For more information: www.drjunestevens.com

**Dominic DiNino, CNC
Kara Krueger, CNC**



**"Epigenetics: How Your Gene Expressions Can Have
An Significant Impact On Your Health"**
Wednesday, June 20, 2018
6:30 pm - 7:30 pm

**Join Dominic DiNino, CNC & Kara Krueger, CNC
in an exciting class discussing how our gene expressions
and regulations can significantly impact your health.
You will learn how gene variants/polymorphisms
can have a positive or negative effect on your health,
as well as how to identify and act on these
variants.**



For More Information:
info@peakwellnessgroup.com

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 Center 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.