

# FALL INTO YOUR HEALTH GOALS



## CANPREV COLLAGEN

CanPrev Collagen offers numerous benefits, particularly for those looking to support their skin, hair, nails, joints, and overall connective tissue health.

As a high-quality source of collagen peptides, it helps enhance skin elasticity and hydration, potentially reducing the appearance of fine lines and wrinkles.

The best part, CanPrev Collagen supports joint health by aiding in the maintenance of cartilage and relieving joint pain associated with osteoarthritis. Its formula, often enriched with Vitamin C and other nutrients, also contributes to healthier hair and nails, making it a comprehensive supplement for promoting structural integrity and youthful vitality in the body.

Shop CanPrev Collagen today at Good N Natural!



From allergy relief to immune support and bladder & yeast remedies!



## Why do we love sea salt?

Sea salt, derived from the evaporation of seawater, offers a range of health benefits due to its rich mineral content, including magnesium, calcium, potassium, and trace elements not present in regular table salt. These minerals help maintain proper hydration and electrolyte balance, which are essential for nerve and muscle function.

Sea salt can also support digestive health by promoting the production of digestive enzymes and facilitating nutrient absorption. Its natural minerals contribute to improved skin health, often used in exfoliating scrubs to enhance skin texture and promote circulation.

Additionally, sea salt's alkalizing properties may help neutralize acid in the body, supporting overall wellness and reducing inflammation!

Visit us today to learn more about how to use it effectively to benefit your health!

## Sweet & Savoury Dates

- 6 Medjool dates
- 3 tsp of CNN Peanut Butter
- A couple of small squares of dark chocolate
- 6 small pinches of flakey sea salt

Cut open dates and fill with peanut butter and a few squares of chocolate. Sprinkle sea salt on each one, freeze and enjoy!



# Live Longer & Thrive with RegenerLife

Natural Factors RegenerLife products are designed to support healthy aging by harnessing the power of natural ingredients to promote cellular regeneration and overall vitality. These products typically include a combination of antioxidants, vitamins, and other nutrients that work together to protect cells from oxidative stress, which can contribute to aging and various health issues. By supporting mitochondrial function, RegenerLife products aim to enhance energy levels and improve metabolic efficiency, helping individuals maintain an active lifestyle as they age. Additionally, these supplements aid in improving cognitive function, cardiovascular health, and immune support, offering a comprehensive approach to managing the natural aging process.

Visit us in-store today to learn about how RegenerLife can improve your everyday health!  
You deserve to live longer and thrive!



## GUEST SPEAKER DR. GAETANO MORELLO, BSC., ND

*Gaetano Morello is a licensed naturopathic physician and published author practicing in BC. He is a clinician in the Complex Chronic Disease Program at B.C. Women's Hospital in Vancouver, treating Fibromyalgia, Chronic Fatigue Syndrome, Myalgic encephalomyelitis and Chronic Lyme.*

Mitochondria are the powerhouses of your cells, producing the energy that fuels your body. However, as mitochondrial function declines with age, so do energy levels, cardiovascular health, cognition, and more.

**Join us to explore the connection between mitochondrial dysfunction, aging, and disease, as well as learn how to ignite your mitochondria to rejuvenate your life.**

## REGISTER TODAY!

WEDNESDAY, OCTOBER 9, 2024  
MENNONITE HERITAGE VILLAGE  
STEINBACH, MB  
7:00PM - 1HR



Thanks  
FOR BEING AWESOME



### CUSTOMER APPRECIATION EVENT

September 21, 2024 | 10AM to 4:00PM

Let us say thank you! Join us for discounts, demos, giveaways, health inspiration & more!



Iron Vegan Superfoods and Greens is a nutrient-packed supplement designed to enhance overall health, particularly for those following a plant-based lifestyle. It combines organic greens like wheatgrass and spirulina with superfoods like chlorella and alfalfa to provide essential vitamins, minerals, and antioxidants for detoxification, energy boost, and improved digestive health. The high chlorophyll content helps alkalize the body and promote a healthy inflammatory response.



**TRY IT TODAY!**

**SHOP IN-STORE OR ONLINE TODAY!**