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December, 2011

Dear Friends,

**(We will be closed Christmas and New Years Day.)**

**THANK YOU for being a great customer.** We would like to thank you for your patronage with another Shopping Spree drawing.

**CHANCE TO WIN A \$100 SHOPPING SPREE.** Just **bring in** your mailing label sticker that is on your sale flyer, write your phone number on it and you could be the next winner of **\$100 Shopping Spree.** Drawing will be at the end of the month.



**FREE RANGE TURKEYS – STILL ON SALE WHILE SUPPLIES LAST**



**We still have a pretty good selection of free-range turkeys left for Christmas.**

These turkeys are raised on healthful grains and allowed to roam in areas four times the size of the average commercial turkey ranch. Their high protein diet provides the optimum amount of nutrients for the turkey to grow into a *bigger* and more *flavorful* turkey than one typically found in the supermarket. You won't find any antibiotics, animal by-products, preservatives or hormones in a Mary's Free-Range Turkey. Come in and get yours today or sign-up to reserve one. Don't forget to pick up your *free* roasting instructions.

**VEGETARIAN TURKEY -STILL ON SALE**

**TOFURKY Vegetarian Feast** - America's oldest and #1 selling brand of turkey alternatives. **ON SALE** while quantities last - 3.5 lb.

**QUORN** - Meatless and soy free Turk'y Roast 16 oz. **ON SALE** while quantities last.

**This is the season of colds, flues and viruses.**

**WILD OREGANO OIL** One of our most requested supplements... and for good reason. Oregano oil is the ultimate germ, bacteria, yeast and parasite killer. It kills microbes on contact, and it can be used as an everyday supplement for those who are consistently around germs, or are susceptible to getting sick. Taken orally, Oregano oil improves conditions such as arthritis, asthma, ear infections and ulcers and can be used to fight colds, coughs, flu, sinus infections, sore throat, candida and more. Purchase our store-brand product and receive the second at **half price.**



**Tis the Season for Giving** - We have gift certificates for Christmas presents for family and friends. Make your own fresh fruit basket to share with someone you love. Purchase snack bars, organic candy, soaps, chocolate bars, or lotions for stocking stuffers.

**GIFT CERTIFICATES** -from the Health Food Mart make a great Christmas gifts. What gift is *better* for your friend than a gift to choose health giving foods and whole food supplements? Gift certificates are quick and convenient and the choice of what to get is up to your friend. Gift Certificates are available in any denomination you want.

**SALE - Garden of Life** – Many of the **Garden of Life** products are on sale this month. The Perfect Cleanse, Vitamin CODE (all varieties), and many other selected items, along with great savings coupons. So stop in and get a great deal on your favorite products.

**WEIGHT LOSS** - A great way to start the New Year. **Perfect Cleanse or Raw Cleanse** is a whole new way to cleanse to maintain optimal cell, tissue, and organ function. **Natural and easy** to use, **10 day** internal cleanse system for use in the evening, does not require fasting and will not disrupt every day activities. Three easy steps that gently work in synergy with the body's own internal detoxification system to **cleanse, capture, and remove** toxins from the body, (to aid in *weight loss*). Come in for additional information and a great sale price. **Save \$7.**



**E-MAIL MARKETING** –If you want to enjoy the benefits of e-mail marketing, e-mail us your e-mail address and we'll be sending you additional sales (special deals we don't know of at the time of publishing this letter) several times a month. [thehfm@gmail.com](mailto:thehfm@gmail.com)

**GLUTEN FREE PRODUCTS** – Are you on a gluten free diet? We have a big selection of gluten free products and gluten free cook books. Stop by and get your favorite foods in our designated gluten free area.

**PURE ICE.** Made from pure distilled water. 8 lbs for only \$.98. You will not find it cheaper anywhere.

**TAHITI TRADERS** - Stop in while quantities last this month, we are still continuing the great sale of \$10 off on all of their 32oz. bottles. Don't miss out! \*Noni, \*Power Noni, \*Bio-Noni, \*Organic Acai, \*Organic Mangosteen, Organic Goji.

☀ We have had beautiful fall weather. Now that winter is upon us, make sure you have a supply of Vitamin D. Exposing the face and arms to the sun for fifteen minutes three times a week is an effective way to ensure adequate amounts of Vitamin D in the body. However, researchers have learned that people living in the upper third of the continental United States cannot produce adequate amounts of Vitamin D from exposure to the limited available sunlight during the winter months. Vitamin D3 helps skin in response to exposure to the sun's rays. Come in and purchase a bottle of Vitamin D3 for your winter wellness.

**BULK FOOD STORAGE** – Would you be interested in an economical way to store bulk foods for a possible “rainy” day? After several requests, we made up a listing of beans, rice, grains, dried fruits and other items that we have available from our suppliers. These items can be purchased in the package that we received them in, or in pails prepared for long term storage. During this time of economic uncertainty it might be wise to prepare. It wasn't raining when Noah built the Ark. Stop by for a copy of the list.

Hope you have a holy Christmas and a healthy New Year,



Bobbie, Teresa, Dave, Leonard, Ralph, and Steve

Thanks you for your patience with all the road construction going on this side of town, it looks like they will be wrapping it up before you receive this letter. Once again we appreciate your business.