

Feel the Difference!

Volume 1, Issue 3

November 2016

Little Rock Natural Remedies

“Fall” in Love with our November Classes!

This month our Monday evening classes will start off with a two-part series on November 7th and 14th. Christine Harr will return as guest speaker to teach a foundational nutrition program. On November 21st, Victoria will teach us about essential oils and reflexology. If you have ever wondered about her services as a reflexologist this is a class you will not want to miss! Finally, on November 28th, Victoria will

teach about digestive health and how to not sabotage your good habits during the holiday season. All classes are from 6pm-7pm and are free of charge.



Tea Spotlight: Ginger Peach black tea

Each newsletter our tea specialist writes a featured post about one of our teas. This month we invite you to try Ginger Peach tea. This blend contains only three ingredients but don't let that fool you; it is packed with flavor! The organic ginger root is the predominant flavor but the sweetness of the peach flavoring offsets it, keeping the ginger from being overpowering. This tea is delicious either hot or iced and may be sweetened to further bring out the fruit notes.

Meet the Team: Ida Schy

Each month, we will feature a different employee to help our customers get to know our team. This month we are featuring Ida Schy. Ida became interested in natural remedies 7 years ago while on a “weed walk” where she learned about plants that we overlook in nature every day. She met Victoria and Lori through a mutual friend and joined the Little Rock Family

shortly after the shop was purchased by Victoria and Lori. Ida uses natural remedies and supplements on herself as well as her animals. Ida attends craft shows in her spare time, selling belts, jewelry, and other leatherwork items created by her and her husband, Rusty.



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November's Monthly Specials!

Cold and Flu season is upon us! This month we are running specials on the following products: Silver, Echinacea, Elderberry, Mullein, Olive Leaf, FACS, Vitamin C, Rosehips, Apple Cider Vinegar, and Zinc. 10% off these products while you stock up for the winter!

Check out our website!

www.littlerocknaturalremedies.com

New Product: Aura Cacia USB Essential Oil Diffuser!

This month we are featuring our newest essential oil diffuser by Aura Cacia. This diffuser is powered through a USB cable, making it versatile for your office, home office, or during travel. The diffuser uses cool-wind diffusion, blowing air quietly and gently over a wick placed in the 5ml essential oil bottle. No water is involved. The diffuser has a coverage area of 160 sq. ft or a small to medium sized room.

