

ORGANIC FOODS & BAKED GOODS

Nelly's Naturals™



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Organic  Signature Treats  NC Regional

January 15 2019 • Nelly's Naturals Organic! News • info@nellysnaturals.com • 980.729.4326

Reverse Aging!

Four natural tricks to look younger

Now I know why I kept this issue of 'Delicious Living'. This is an edited version of the article: "Preserve your skin from the onslaught of years with a multipronged approach. First, you need to have a healthy lifestyle. Eat organic food, exercise regularly, don't smoke - the usual. Then, slow the aging process with these up-and-coming plant based ingredients:

ARGAN OIL - Made from the nuts of a Moroccan tree species, contains twice as much vitamin E as olive oil. You'll find Argan Oil at our shoppe in BLACKLION.

ASTAXANTHIN - Found in all-natural sun screen, not only does it protect cells from future damage when applied before sun exposure, but it also shores up skin after a day outside by fighting off oxidative damage.

RED TEA - Also called Rooibos, contains nearly 50% more skin-salvaging antioxidants than green tea, packed with zinc, a mineral that helps the body metabolize fatty acids and keep cells plumb." You'll find Rooibos tea at our BLACKLION shoppe, and it happens to be the herbal tea I drink all day, everyday!

TURMERIC - The spice that makes mustard and curry yellow is one of the nature's most powerful antioxidant and anti-inflammatory herbs." Rather than in pill form called Curcumin, I use half a teaspoon of the herb itself to make a broth and drink as often as possible.

70% off All Christmas
Free Gift With \$30
Nelly's Naturals™ Purchase

Two new items without glutes!

The new addition to the biscotti line is the 'Non-Gluten Coconut Biscotti', try a sample and tell me what you think! By the way, all three flavors of our 'Spiced Pecans' have no glutes, as well as our 'Stuffed Organic Dried Figs'

Look for these newer introductions of Nelly's Naturals™ organic sweets & savories, jams, marmalade, and confit!

By special request, you'll find two jams 'Sweet Tomato Jam' and 'Orange Rind Marmalade' that I was told by customers it's the bomb. You may like to special order two others: 'Dried Organic Fig Jam' with walnuts and almonds, and the 'Organic Tomato Confit' divine over beef and pork tenderloin, or a block of cream cheese, chevre, and feta. Here's a partial list of the rest:

- ~ Sweet & Spicy Pecan Turtles
- ~ Non-Gluten Chocolate Patties
- ~ Amaretto Truffles encrusted in pistachios

More new products for winter...

ORGANIC MEDICINAL ELDERBERRY COUGH SYRUP
ARGAN OIL, INFUSING OILS, AND OILS FOR BAKING TOO

Watch out for the arrival of our new selection of oils coming soon!

BOURBON BLUEBERRY CHIPOTLE BBQ SAUCE

The award winning father and son team from the Charlotte region, has introduced two new BBQ sauces. The Blueberry however is my very favorite, but don't take my word for it, try it for yourself and let me know whether I'm right!

NEW FLAVOR IN ROOTS & BRANCHES CRACKERS FROM ASHEVILLE

Herb Garden! This NC company uses unbleached unbromated flour, aluminum-free baking powder, and all-natural goodness for which I am all about!

ORGANIC CHAI, HERBALS, AND DESSERT TEAS

Two of the newest flavors of tea added for their amazing taste and purity. There are many different types of chai, but wait till you try this one! It has whole pods of organic cardamon and organic whole cloves. Absolutely perfect with or without milk, even with almond, and coconut milk. The Hibiscus tea is 100% hibiscus organic flower buds without any other added tea leaves or flavors and a plethora of Vitamin C. It's known to be good for allergies and for lowering the blood pressure, really. It's even two dollars less, yahoo!!! It tastes fantastic and the rich plum color makes this tea eye-pealing!!! We also started carrying two dessert teas: Organic Cinnamon Chocolate Brownie and Blood Orange Cranberry. Did you know herbal teas are considered tizannes?

Thank You For Buying Local And Supporting Our Small Shop

Shoppe located inside BLACKLION in Charlotte - 10635 Park Road, Charlotte NC 28210 - 704.541.1148
Nelly's Naturals™ products are also sold at selected area stores in North and South Carolina

see  you  here  soon