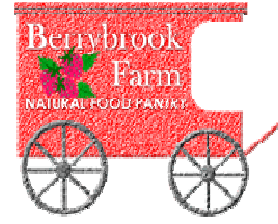




Berrybrook Farm Newsletter

1257 East Blvd.
Charlotte, NC 28203
(704) 334-6528



June '09

Summer's a comin' with bugs and sun. Sun is good – it gives us vitamin D. It lifts our mood – “keep on the sunny side...” But too much is not good, so please be careful out there. Some recent studies have shown **lycopene**, a carotenoid from tomatoes, may neutralize the harmful effects of UV light which can damage important skin structures. And, yes, we have lycopene – we have **Jarrow Formulas Lyco-Sorb** with 10mg of lycopene per softgel capsule. We also have a variety of natural sunscreen lotions. **Caribbean Solutions SolGuard SPF 25** is **15% off** through June.

And about those pesky bugs; they are a necessary part of the ecosystem – so I'm told. But it's no fun to be bitten by those pesky critters. To help you keep them away we have a variety of natural repellents. **Kiss my Face Swy Flotter** is paraben free and safe for kids with lemon and eucalyptus to repel ticks, mosquitoes, and other “bad” bugs.

*****WIN THE BOIRON ARNICARE SOCCER BALL!*****

*******With any purchase of a Boiron product, put your name in the box for the drawing to be held June 30th.*******

New from Solaray – Ginger Trips Advanced comfort and immune formula with vitamin C, B-6, Ginger root extract, Echinacea extract, and Beta Glucan 1/3 and 1/6 to support the immune system and calm your tummy. And it's **20% off** while supplies last. Take it with you when you travel.

New from KAL – Active Acidophilus – 20. In a convenient, pocket sized tin, each vegetarian capsule contains 20 billion shelf stable organisms – no refrigeration required. Good for anytime, great to take on your trips and **20% off** while supplies last.

Arbor Oil Eucalyptus Oil spray and **Lemon Eucalyptus spray** are back! Anti-viral, antiseptic, and bug repellent.

New Chapter Every Man's One Daily and **Every Woman's One Daily** in 30, 60, and 90 tablet sizes are all **15% off** through June.

Nordic Naturals Ultimate Omega 60 and 120 capsules are **15% off** through June.

Source Naturals and **Planetary Formulas** are both on **Line Drive** at **35% off** through June.

Enzymedica – new to Berrybrook! Acid Soothe, Digest, Digest Gold, and Vira Stop. Enzymes are needed for every chemical reaction that takes place in the body. But enzymes are destroyed by cooking and processing foods. Enzymedica enzymes from plant based source become active as soon as they enter the body.

Pure Essence Ionic-Fizz - - Calcium Plus, Super D Calcium Plus, and Magnesium Plus all in 30 serving containers are **20% off** while supplies last.

Renew Life cleanse kits **Rapid Cleanse, First Cleanse, Cleanse Smart, Smoker's Cleanse, Merc-Free Cleanse, Heavy Metal Cleanse, Kidney Cleanse, Liver Detox, CandiGone, and ParaGone** – are **15% off** while supplies last.

Genesis Today 100% pure Acai Juice 32oz bottles are **15% off** while supplies last.

On the Front Porch

June 18th - Haley with **Augisa**
11am to 2 pm

June 25th – John with **Udo's** and **Flora**
11:30am to 2:30 pm

DAILY SOUPS

8 oz. \$2.00 12 oz. \$2.95 16 oz. \$3.75 32oz. \$7.25 -Soups are Served 11AM - 6 PM Mon - Sat

JUNE 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Garlic Lover's Vegetable MOO!	2 Split Pea Vegetable	3 Inspiration	4 Vegetarian Chili	5 Uncle Josh's Apple-Bean
8 Just Greens	9 White Bean Florentine	10 Corn Chowder NUTS!	11 Uno-Dos-Tres Chili	12 Green Green Noodle MOO!
15 Beans 'n' "Greens"	16 Cheesy Broccoli 'n Cauliflower MOO!	17 Vegetable	18 White Bean Chili	19 Lemony Rice
22 Cream Of Mushroom MOO!	23 Rasam	24 Squash Stew	25 Berrybrook Special Chili	26 Baked Potato MOO!
29 Miso Tofu Soup	30 Vegetable	JULY 1 Irish Stew	2 Eight Bean Soup	3 Spinach Mushroom MOO!

MOO! = Contains Dairy WH! = Contains Wheat NUTS! = Contains Nuts All soups are VEGETARIAN.

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