



Berrybrook Farm Newsletter

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FEBRUARY '10



Happy February to you all! With Valentine's Day, Chinese New Year, Lincoln's Birthday, Presidents' Day, Washington's Birthday, Fat Tuesday, Ash Wednesday, and the groundhog not seeing his shadow, what's not to celebrate?

LINE DRIVES: **Source Naturals** and **Planetary Herbals** are **35% off** for the month of February.

Country Life is **20% off** for the month of February.



SALES:

RenewLife:

- Critical Omega** enteric coated fish oil capsule, 60 count **15% off**.
- Super Critical Omega** extra strength enteric coated fish oil, 30 count **15% off**.
- Critical DHA** enteric coated fish oil with high potency DHA, 60 count **15% off**.
- OilSmart 3-6-9** flax oil, fish oil and borage oil combination, 60 count **15% off**.
- And **NEW** from RenewLife - **FLUSH & Be FIT**, a one of a kind cleanse for a woman's special needs. FLUSH fat and toxins, SUPERCHARGE energy, REDUCE belly bloat, BALANCE with probiotics, and RELIEVE irritability all with one product!! This product will be **15% off** while supplies last.



Mega Food:

Adrenal Strength 60 count and **Tension Release** 30 count are **20% off** while supplies last.



New Chapter:

Immunity Take Care 40 lozenges plus 10 free for a **33%** savings while supplies last.

Histamine Take Care 30 lozenges are **20% off** while supplies last.

Nature's Secret:

Super Cleanse 100 tablet size is on sale while supplies last.

Carlson:

Solar D Gems D3 2000IU 120 count is **20% off** for the month of February.

E-Gems Elite 400IU 60 count is **20% off** for the month of February.

For those of you who have been looking for Herb Pharm's Passion Flower, it is still out of stock at the manufacturer and we will continue to order it until it is available. **BUT** we do have in stock the Herbs Etc. Brand of Passion Flower extract. These are 1 oz. liquid extract for \$11.98.



**WE HAVE SWEETS FOR YOUR SWEETIE AND LOVELIES
FOR YOUR LOVE.**

A scrumptious variety of chocolates in bars and small pieces, and a beautiful assortment of healthy and pleasing body care products are always available at Berrybrook.



Look for the soup menu at the end of the newsletter...

Access our website: www.berrybrookfarm.com

Just a reminder! If you haven't tried our new [Alkalized/Ionized water](#), you're really missing something. We continue to receive great reviews from folks already using it regularly. Check out our Ionways web site for more detailed info on the science of these machines. This technology has been used in Japan and South Korea for

over 30 years, particularly in their hospitals. The **alkalized water** is used internally to balance the pH level and the acidic water is used to treat external infections and skin conditions, including eczema, psoriasis, and even gangrene and diabetic ulcers. There are several videos from Japanese TV showing the use and effectiveness of the treatment. Come on in for your first gallon free!

Alkaline Ionized Antioxidant **Water** is now available at Berrybrook Farm!

www.ionways.com/Berrybrook

Benefits of the Alkaline Ionized **Water** include:

--- A Powerful Antioxidant Effect - **Ionized Water** provides a similar effect to some of the most powerful Anti-Oxidants available! This water does not replace your supplements; it just works to help them benefit you more by creating greater absorption of nutrients.

--- Superior Hydration – **Ionized Water** is Micro-Clustered at your own tap! Micro-Clustered means that the molecular grouping of the water has been reduced electronically through ionization. Instead of a large cluster of 10 to 16 molecules, common in tap and bottled water, **Ionized water** contains only 5 to 8 molecules, making it possible for the water to more easily pass through your cell walls for better absorption and hydration. **Alkalized Ionized Water** can hydrate you up to 5 times better than tap or bottled water.

--- More Oxygen - As **water** is ionized, it provides you with a rich source of extra oxygen to your cells, almost double the amount in tap or bottled water.

--- Helps Support pH Balance – Due to our typical diet and poor elimination of waste products, most people have a pH that is too acidic. Drinking **Alkaline Water** can help bring about pH Balance, making it harder for diseases to gain a foothold in your body! Did you know that many bottled waters and all Reversed Osmosis water, including Dasani and AquaFina, are very acidic?

--- Helps Detoxify Your System - The Micro-Clustering helps your body absorb the **Alkaline Water**, and the negative charge of the water more effectively flushes Acidic Toxins at the cellular level, often resulting in weight loss and a cleaner, healthier colon.

--- The health benefits of this **water** are supported not only by science, but also by numerous testimonials. We are already receiving excellent feedback!

--- Be sure to stop by to refill your **water** supply every 2 to 3 days (alkaline ionized water loses some of its beneficial properties within 36 to 48 hours).

We hope that you will stop by soon and try some **Alkalized Ionized Water!** Your body will appreciate it!!! Only \$2.49 per gallon (a fraction of the cost of many bottled waters). Bring your own container or purchase one here.

Ionizers Are Now Available For Purchase From Berrybrook Farm!

If you are interested in purchasing an Ionizer for your home or business, you can order your machine through us. Let one of our staff know you are considering a purchase and they will share with you why we chose the Ionways line of machines to offer to our Customers!

As always, we want you to know how much we appreciate our customers and want to provide you with only the Highest Quality Products!

Ionways Machines:

Isis- \$1495.00 - In House Financing available! \$495.00 down and \$95.00 a month, for 12 months.

Athena - \$2195.00 – The Latest Technology, Best Performance, and Modern Styling. This is the machine we use in our store.

Delphi - \$2695.00 – The First Fully Featured, Under Sink Water Ionizer. Attractive Styling and No Counter-Top Clutter!

--- Owning your own machine will give you significant cost savings. Your average cost per gallon over 5 years currently falls into a range of only 75 to 85 cents. This includes the cost of the machine, filters, electricity and water. Quite a bargain!!!

--- For more info, please go to <http://www.ionways.com/berrybrook>



DAILY SOUPS for February 2010

8 oz. \$2.25 12 oz. \$3.25 16 oz. \$4.25 32oz. \$7.95 - Soups are Served 11 AM - 6 PM Mon - Sat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Gypsy Stew	2 Cauliflower Cheese MOO!	3 Chickenless Noodle MOO! WHI!	4 White Bean Chili	5 Lemony Lentil

8 Split Pea	9 Curried Chickpea	10 Rooty Tooty Greens	11 Berrybrook Chili	12 Fire Breathing Dragon Soup MOO!
15 Eight Bean and Barley	16 West African Peanut	17 Vegetable	18 Chili Mac	19 Rasam
22 Lebanese Vegetable	23 Green Bean Casserole Soup	24 White Bean Florentine	25 Campfire Chili	26 Tomato Cabbage
1 Red Beans and Rice	2 Potato Soup	3 Okra Gumbo	4 Vegetarian Chili	5 Hearty Lentil

MOO! = Contains Dairy WHI! = Contains Wheat NUTS! = Contains Nuts

All soups are VEGETARIAN

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