



## **A Healthy Horizon Newsletter**

*get well... stay well... live long, happy and healthy!*

<http://www.aHealthyHorizon.com> (406) 268-8480

Open Tuesday-Friday Hours: 9:00 am-5:30 pm

**We still offer curbside and shipping services**

**~\*~Call to place an order!~\*~**

## **August Topics:**

**Healthy Conception**

**Healthy Pregnancy**

**Healthy Baby**

## **Healthy Conception**



Your parenting journey begins before pregnancy.  
Prepare your body in advance to ensure a flourishing  
start for both you and your baby.

The health of your body during preconception is just as important as it is during pregnancy, labor and after delivery.

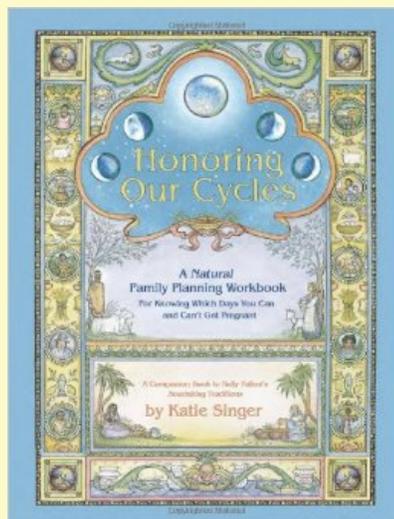
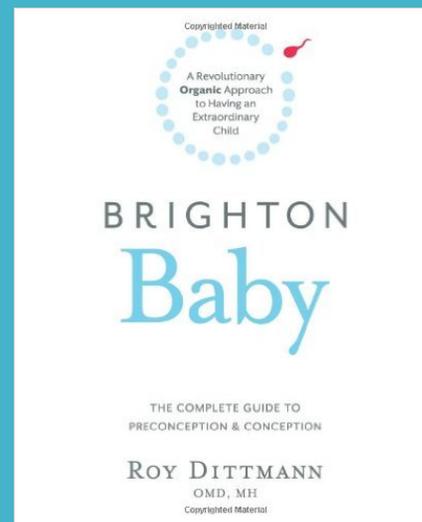
## Standard Process Supplement Protocol for Nutrition

(prior to conception):

Catalyn, Folic Acid B12, Calcifood Wafers,  
Tuna Omega-3 Oil, and Livaplex

## Books on Healthy Conception

Learn more about caring for your body from preconception to conception in ***Brighton Baby*** by Roy Dittmann. A revolutionary organic approach to having an extraordinary child.



Discover more about natural family planning in ***Honoring Our Cycles*** by Katie Singer. Learn how to chart the body's fertility signs to know which days are best for becoming pregnant and avoid the use of hormonal drugs.

## Healthy Pregnancy

“Happiness  
is on  
the way.”



Check out our "Healthy Pregnancy" brochure to learn about a nutrient dense diet and supplements to aid in a healthy pregnancy journey. It also offers nutritional support for common discomforts, and things to avoid to maintain a healthy pregnancy.

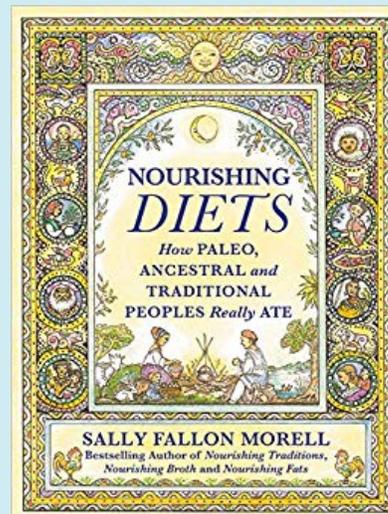
### Standard Process Supplement Protocol for Nutrition

(throughout pregnancy):

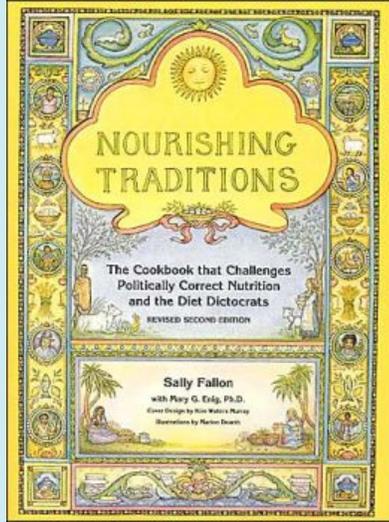
Catalyn, Folic Acid B12, Calcifood Wafers,  
Tuna Omega-3 Oil, Ferrofood, Cataplex GTF,  
Cataplex ACP

### Books on Healthy Eating During and After Pregnancy

Explore the diets of our primitive ancestors from around the world in ***Nourishing Diets-How PALEO, ANCESTRAL, and TRADITIONAL PEOPLES Really Ate*** by Sally Fallon Morell.



***Nourishing Traditions***  
by Sally Fallon Morell  
is more than just a

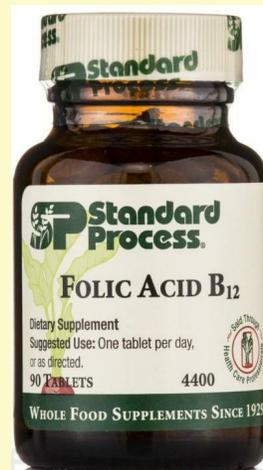


cookbook! It's a fascinating guide that offers wise food choices with proper preparation techniques. This book is highly beneficial for anyone but new and breastfeeding mothers will especially benefit.

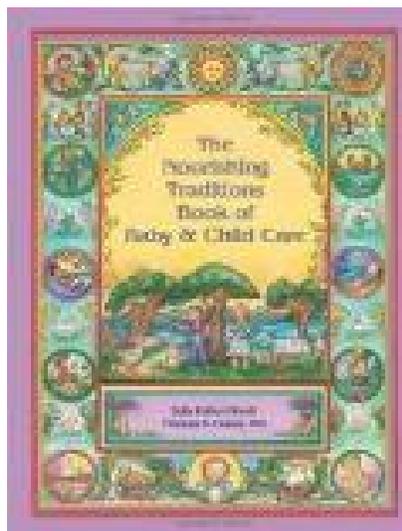
## Benefits of Folic Acid B12

Daily intake of Folic Acid B12 (Folate) provides the body with proper amounts of folic acid, which helps prevent the development of neural tube defects involving the brain and spinal cord during pregnancy. It also keeps the heart healthy, and maintains normal cell division.

[Please see our brochure on Folic Acid for more information.](#)



## Healthy Baby



## ***The Nourishing Traditions Book of Baby & Child Care***

by Sally Fallon Morell and Thomas S. Cowan, MD

This book makes the principles of traditional nutrition available to modern parents!

It provides holistic advice for pregnancy, newborn interventions, vaccinations, breastfeeding, child development, and natural treatments for multiple childhood illnesses.

## **Roman Chamomile Hydrosol Spray By Plant Therapy**

Great for skin rash and diaper rash. Hydrosols are distilled from the entire plant material, unlike essential oils which are often obtained from select parts of the plant. Therefore, hydrosols may smell quite different and distinct when comparing them to the essential oil of the same plant.



## **Fenugreek Seed for Healthy Lactation**



Fenugreek seeds support healthy lactation during the breast feeding months. They also naturally contain nutrients such as B vitamins, Vitamin C, and Beta Carotene - which support the optimal production of breast milk.

**Soy Alert!**

**Come see our brochure**



and learn the myths  
and truth about  
soy and soy infant  
formulas!

## Just Thrive



### **A Proven, Potent and Effective Spore Probiotic to Help You Feel Your Best**

- 1000x better survivability vs. yogurt, greek yogurt & leading probiotics
- Microbiologist-formulated and clinically tested
- Supports immune, digestive, and emotional health
- Improved flora balance
- Increased digestive nutrient absorption in the intestines
- Powerful antioxidant and carotenoid production at the most bio-available location in your body - your own little nutrient factory!
- Boosts energy, improves sleep and promotes healthy skin
- Encourages healthy weight management
- Ingredients matter! Our formulations are all-natural, non-GMO, and made WITHOUT soy, dairy, sugar, salt, corn, tree nuts, or gluten
- Vegan, Paleo, and Keto Friendly

## Fermented Foods

# During Pregnancy

*Examine the benefits of consuming fermented foods during pregnancy.*



Foods rich in probiotics are an important component of a healthy pregnancy and can be easily incorporated into your diet through fermented foods.

Some benefits of consuming fermented foods during this time:

- Creates a healthy gastrointestinal tract- Fermented foods lay down the foundation for a healthy gut and immune system for both mom and baby.
- Provides more nutrients- The micro-flora, abundant in unpasteurized, fermented foods, act like enzymes to properly process food, releasing all the nutrients for you to absorb. Additionally, they help retain nutrients so your blood delivers the best nutrition to your baby's developing brain and body.
- Improves digestion- increases the bio-availability of each meal by improving digestion.
- Assists in controlling cravings- Fermented foods help control cravings for carbohydrates and provide that sour taste some pregnant women intuitively crave.
- Helps the body detoxify- Micro-flora also attack toxins, combat parasites, and help

restore the acid/alkaline balance of your intestines.

## Nourishing Cultures Kombucha

Another great ferment to add to your diet when pregnant!



Nourishing Cultures  
Small Batch  
Kombucha  
Made with Love in  
Missoula, Montana

Have you tried our probiotic rich, fermented healthy soda alternative, yet?

If not, come on by!

Kombucha has been associated with the following health benefits:

- Stimulates the psyche
- Contains B-vitamins
- Strengthens the immune system
- Detoxifies the body
- Increases digestion efficiency.

We have several delicious rotating flavors weekly!

Find out more about Nourishing Cultures here:

Nourishing  
Cultures.com

## Recipes of the Month

Three recipes, great for all your summer plans. Homemade, yummy samples are also here for you to try!

*Come get your sample today!*

This month we will be offering the following sample:

**Lacto-Fermented Coleslaw!**



**Homemade Mayonnaise**

Homemade mayo can be healthy!



**Lacto-Fermented Coleslaw**

Creamy and cool!  
Use your homemade mayo in this recipe.



**"Healthy", Delicious Ice Cream**

That's right! This ice cream is healthy, full of healthy fats and contains *nutritious* sweeteners.

**These recipes (and MANY more) available on our recipe cards in-store.**

**Have you seen our Recipe Wall?**

We have 40+ recipes, all healthy and nutrient-dense...and delicious! From condiments, to sweets, side dishes and fun drinks; not to mention LOTS of ferments! Come check it out to get more recipes like:

- Fermented Mustard
- Cultured Mayonnaise
- Sparkling Lemonade
- Keto BBQ Sauce and Ketchup
- Nut Butter Cups
- Butter Bombs
- Waffles and Sourdough Pancakes

.....and many more!

**August Sale Items**

Save 10% on these items thru August!

**Fermented Cod Liver Oil & High Vitamin Fermented Cod Liver Butter Oil**





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*In good health and love,  
Brittany, Cecillia,  
Charlie, Donna, Jaedon  
Jamie, Melissa & Polly*

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