

Sunday

Monday

Tuesday







Wednesday

Thursday

Friday

Saturday

February 2014

<p>Super Bowl Sunday</p>  <p>1</p>	<p>Groundhog Day</p>  <p>2</p>	 <p>Full Moon</p> <p>3</p>	<p>Product Demo & Tasting 12 - 4 pm Grilled cheese on Rudi's bread with tomato soup</p> <p>4</p>	<p><i>Our Bakery is cooking up a treasure trove of Valentine's goodies! Stop by our Bakery case to see what delectable treats are available today.</i></p> <p>5</p>	<p>6</p>	<p>7</p>
<p>8</p>	<p>9</p>	<p>Nutrition Nonsense <i>Dr. Greg Anderson</i> 1 pm Learn the truth about common nutritional beliefs</p> <p>10</p>	 <p>11</p>	<p>Festival of Chocolate 12 - 4 pm Celebrate chocolate, Heart Health Month and Valentine's Day!</p> <p>12</p>	<p>Product Demo & Tasting 12-4 pm Artisan Bistro Bowls frozen entrees and GT's Kombucha</p> <p>13</p>	 <p>14</p>
<p>15</p>	 <p>Presidents' Day</p> <p>16</p>	<p>SHINE for ADD and ADHD <i>Drs. Kendyl and Adam Pollenz</i> 1 pm An overview of this empowering program</p> <p>17</p>	<p>Kickoff National Pancake Week <i>with Arrowhead Mills Pancake and Waffle Mixes, on sale now.</i></p> <p>18</p>	<p>Chinese New Year begins Celebrate with Annie Chun's Soups and Noodle Bowls</p> <p>19</p>	<p>5% Friday <i>To benefit SYV Cottage Hospital Fund</i> Support patient programs and other hospital needs</p> <p>20</p>	<p>21</p>
<p>22</p>	<p>23</p>	<p>Dieting, Hormones and Weight Loss <i>Dr. Greg Anderson</i> 6:30 pm</p> <p>24</p>	<p>Product Demo & Tasting 12-4 pm Taste C2O Coconut Water and sample frozen entrees</p> <p>25</p>	<p>Product Demo & Tasting 11 am to 3 pm Annie Chun noodle bowls</p> <p>26</p>	<p>27</p>	<p>28</p>
<p><i>It's American Heart Month. New Frontiers offers many healthy choices to help you take good care of your heart.</i></p>				<p><i>"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage."</i> — Lao Tzu</p>		

New Frontiers Events & Information

Nutritional Nonsense; The Scientific Truth about Nutritional Beliefs

with Greg Anderson, D.C.

Tuesday, Feb. 10 • 1 pm

In this fun and informative lecture, Dr. Greg Anderson will dispel several myths and food fallacies, including: eggs are bad for your heart; sugar is sugar; weight loss is all about “calories in calories out;” soy is a health food; fat makes you fat; eating flax is like eating fish oil, and many others.

Festival of Chocolate

If you love chocolate, you'll love this!

Thursday, Feb. 12 • 12 - 4 pm

In celebration of Heart Health Month and Valentine's Day, we bring you our Annual Festival of Chocolate! Enjoy all things chocolate, including cookies, candy, fresh baked goodies, ice cream, and so much more. Dip fruit, pretzels and more into our sumptuous chocolate fountain. Win exciting prizes! It's FREE!

SHINE for ADD and ADHD

with Drs. Kendyl and Adam Pollenz, D.C.

Tuesday, Feb. 17 • 1 pm

This program, developed by Dr. Edward Hallowell, views ADD/ADHD not as a deficit or a disorder that needs to be “fixed,” but rather a set of traits that can be viewed as a gift. Like Dr. Hallowell, Adam and Kendyl, both of whom are certified in this world-renowned program, help people, adults and children alike, identify, develop, and celebrate their talents. Join them in our Community Room for an overview of this empowering program.

New Frontiers 5% Friday

To benefit SYV Cottage Hospital Fund

Friday, Feb. 20

On the third Friday of each month, New Frontiers donates 5% of sales to a local non-profit organization to help support community endeavors. This month's recipient is the Santa Ynez Valley Cottage Hospital Foundation (SYVCHF), whose mission is to protect and enhance a valuable community asset (the hospital) by providing financial support through private donations, fundraising events and grants. Each year, SYVCHF funds patient care services such as replacing critical equipment, supporting patient programs and other hospital needs. Since the donation is based on a percentage of sales, you can help by shopping on this day.

Dieting, Hormones and Weight Loss

with Dr. Greg Anderson, D.C.

Tuesday, Feb. 24, 6:30 pm

In this informative seminar, Dr. Anderson will enlighten us on the following topics:

- The false promise of fad diets
- The truth about permanent weight loss
- Are all calories equal?
- Does fat make you fat?
- Do diet products help you lose weight?
- Understanding the hormones of appetite, hunger and weight loss
- Weight loss and body toxicity
- Best diet strategy for weight loss

Join us in our Community Room to find out more about Dieting, Hormones and Weight Loss.

It's everyone's favorite New Frontiers event - Festival of Chocolate!

In honor of February and Valentine's Day, we invite you to our annual Festival of Chocolate.

- FREE samples of all things chocolate, including cookies, yogurt, milk, candies, cakes, ice cream, and so much more.
- Dip into our sumptuous chocolate fountain.
- Win exciting prizes.
- It's fun for all chocolate lovers!
- And best of all, it's FREE!

Gift Ideas for Valentine's Day

Pamper your loved ones with the gift of natural health and beauty care this Valentine's Day. We've got many wonderful choices available to delight their senses.

Give light, warmth, and nature's scents with our quality **aromatherapeutic candles**. Discover our great selection in a variety of colors, scents and shapes.

We offer **scented body sprays** or oils made from exotic premium flower or plant essences. Delight them with **aromatherapy bath salts or bath scrubs**. We have a large selection of luxurious body care items – come see for yourself. Locally-made **jewelry** is another great choice and often a one-of-a-kind gift.

Don't forget the favorite and classic gift of decadent chocolate. New Frontiers has a fantastic selection of **artisan gourmet chocolate** for you to choose from, made by companies known for the highest standards of chocolate-making and the **freshest all-natural ingredients**, including Bissinger's, Lake Champlain, Long Grove Confectionery, Fran's, and more.

Whether it's body wash, exotic lotions, or organic confections, New Frontiers has what it takes to please your special one's senses.

February is Heart Health Month Choose these foods

Add these “super-foods” to boost nutritional goodness while eating your way to a healthier heart.

1. Blueberries top the list as one of the most powerful disease fighting foods. These delicious jewels are packed with fiber and vitamin C.



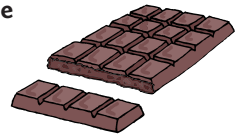
2. Salmon is a great source of protein and packed with heart healthy omega-3 fatty acids. Salmon is versatile, easy to cook and tastes great.

3. Soy Protein - an inexpensive, high-quality protein that contains fiber, vitamins, and minerals—ingredients for a heart-healthy meal.

4. Oatmeal - Oats are nourishing whole grains and are a great source of vitamins, minerals and cholesterol-lowering fiber.

5. Spinach is a powerhouse in the vegetable kingdom. Its rich, dark color comes from the multiple phytochemicals, vitamins, and minerals (especially folate and iron).

6. Dark Chocolate (65% or higher cocoa content) is rich in antioxidants and good for your heart.



New
Frontiers
natural
marketplace

1984 Old Mission Dr. • Solvang
805.693.1746
www.NewFrontiersMarket.com