

Sunday

Monday

Tuesday











Wednesday

Thursday

Friday

Saturday

May 2015

					<p>May Day</p> 	<p>Product Demo & Tasting 1-3pm Muir Glen Pasta Sauce</p>
3	4	<p>Cinco de Mayo</p> 	<p>Product Demo & Tasting 11 am to 3 pm Creekstone Hot Dogs, Rudi's Organic Buns and Zona Iced Tea</p>	<p>Annual Day of Beauty Free consultations with beauty experts; free facials, tea and treats; 10% off on all healthy and beauty products</p>	8	9
		<p>Free educational health lecture Dr. Greg Anderson, DC 1 pm Dr. Anderson sheds light on health topics</p>	<p>Product Demo & Tasting 10 am to 2 pm New product tasting - Kicking Horse Coffee</p>	<p>Product Demo & Tasting 11 am to 3 pm Udi's gluten-free pepperoni pizza with Zevia ginger ale</p>	<p>National Chocolate Chip Day You'll love our old fashioned chocolate chip cookies made from scratch and baked fresh daily</p> 	16
17	18	<p>SHINE: ADD/ ADHD Drs. Kendyl and Adam Pollenz, DC 1 pm An overview of this empowering program.</p>	<p>Product Demo & Tasting 11 am to 3 pm Glutino pretzels with Annie's stoneground mustard</p>		<p><i>Celebrate the holiday with New Frontiers all-natural beef, chicken and turkey; unmatched flavor and tenderness, humanely raised, no hormones or antibiotics. Or try a veggie burger or Portabello mushroom burger.</i></p> 	23
24	<p>Memorial Day</p> 	<p>National Cheesecake Day</p> 	<p><i>It's Salad Month - Toss up a bowl of freshness with some fresh, crisp organic lettuce from New Frontiers' own organic farm.</i></p>		29	30
<p>"I am going to try to pay attention to the spring. I am going to look around at all the flowers, and look up at the hectic trees. I am going to close my eyes and listen." - Anne Lamott</p>						

New Frontiers Events & Information

Hashimoto's Disease and Hypothyroidism

with Dr. Greg Anderson, DC

Tues., May 5 • 6:30 pm

Points to be covered in this lecture include:

- Understanding the Thyroid Gland
- Thyroid hormones and their Function
- The Thyroid-Adrenal Connection
- Hypothyroidism and its Consequences
- Stress, Cortisol and Thyroid Function
- Blood Sugar and Thyroid Function
- Testing Thyroid Function
- Barnes Basal Metabolism test
- Hashimoto's Hypothyroidism
- The Thyroid Hormone Game
- Leaky Gut to Hashimoto's Highway
- Recovering from Hashimoto's Disease

Day of Beauty

celebrate natural beauty

Thurs., May 7 • 12 - 4 pm

Our annual Day of Beauty is designed to help you honor mom in your life for Mother's Day. Save 10 % on all health and beauty products, and take home free skin and bodycare samples. We will be offering free facials and consultations with beauty experts.

SHINE for ADD and ADHD

with Drs. Kendyl and Adam Pollenz, DC

Tues., May 19 • 1 pm

This program views ADD/ADHD not as a deficit or a disorder, but rather as a set of traits that can be viewed as a gift. Adam and Kendyl, both of whom are certified in this world-renowned program, help

adults and children identify, develop and celebrate their talents. Join them for an overview of this empowering program.

Free Educational Lectures

with Dr. Greg Anderson, DC

Tues. May 12 and May 26

Contact the store, or check on Facebook (www.facebook.com/NewFrontiers-Solvang) to find out the times and topics of these lectures.

New Frontiers 5% Day

to benefit SYV Youth Recreation

Friday, May 15

On the third Friday of each month, New Frontiers donates 5% of sales to a local non-profit organization. This month's recipient is Santa Ynez Valley Youth Recreation, which provides and supports youth recreation facilities and programs in the Santa Ynez Valley. As the donation is based on a percentage of sales, you can help support this very worthy cause by shopping with us on this day.

Art in the Deli

works by Dr. Amy Parker, DVM

all month long

Dr. Amy grew up in the Santa Ynez Valley, graduated from Dunn School in 1984 and then received degrees in fine art and veterinary medicine at UC Davis. After a 30-year absence, she has returned home to paint and practice Veterinary medicine with Dr. Dean at the SY Pet Hospital. Her favorite subjects are lifestyle and animal images, including pet portraits, and paintings of her hometown.

Celebrate a Day of Beauty at New Frontiers

We invite you to New Frontiers' annual Day of Beauty, where you can celebrate natural beauty and Mother's Day. Enjoy free:

- Skin and body care product samples.
 - Consultations with beauty experts.
 - A chance to win a special Day of Beauty gift basket.
 - Free facials.
 - Tea, sweet treats, and much more.
- Get 10% off on all health and beauty products - one day only.

Join us Thursday, May 7, from 12 - 4 pm.

Sunscreen, Naturally

Protection from the sun is something we sometimes forget about. New Frontiers carries a wide selection of effective and healthy sunscreens that help prevent sun damage without harmful side-effects.

You want to use a physical barrier sunscreen (one that is not absorbed through your skin) that has zinc oxide and/or titanium oxide. These types of sunscreens are effective in blocking both UVA and UVB sun rays and are considered the safest. Select water resistant, SPF 30 creams that are free of sulfates, parabens and phthalates. We urge you also to choose a product that is cruelty-free and offered in biodegradable packaging. For children or people with sensitive skin, we carry unscented, hypo-allergenic formulas.

Avoid chemical barrier sunscreens (your body absorbs the sunscreen through your skin) that most often contain oxybenzone.

Visit our Wellbeing department for the perfect sun care protection for every member of your family.

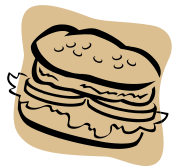


It's Hamburger and Barbecue Month

Fire up the grill, invite some friends over and enjoy a tasty barbecue. There's no need to wait for Memorial Day (the unofficial beginning of grilling season).

New Frontiers has all you need to create a delicious and healthy barbecue feast. We're proud to offer New Frontiers all-natural beef humanely raised with no added hormones or antibiotics and fed a vegetarian diet. We have all the delicious accompaniments, too - hamburger buns (including gluten-free options), condiments, lettuce, cheese, pickles, onions and much more. Mix it up with veggie burgers, turkey burgers, hotdogs and fresh made sausages. Complete your feast with grilled organic veggies and a salad.

From all of us at New Frontiers, enjoy a safe and happy Memorial Day.



Sweet Summer Strawberries

Strawberries are one of summer's most delightful treats. We're lucky to live in an area so abundant with this amazing fruit, and we are featuring locally grown **Organic Strawberries** on sale, all month long!

New Frontiers
natural marketplace

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