

December Newsletter



Welcome to the Premier Edition of Ann's Newsletter!

We're thrilled to launch the **very first edition** of our newsletter, a new chapter in our journey with you, our valued community. At Ann's, we are committed to enriching your life with **insights and knowledge** that empower your wellness journey. This newsletter is an extension of that commitment, designed to bring you practical health tips, insightful articles on various health topics and conditions, and **much more**, right to your inbox!

Each edition will serve as your monthly guide to understanding health practices and the latest trends in wellness. Don't forget to **follow us** on our Instagram, **@anssarlington** for the latest updates on **in-store deals, exciting product launches, and other wellness content**. We're just getting started, and we can't wait to share this journey with you.

In This Edition:

Go Green, Go Spirulina!

Valerian is a Dream Come True

Probiotics for Kidney Disease

Natural Help for Wrinkles

Events and Community Engagement



Go Green, Go Spirulina!

What is Spirulina?

Spirulina, a blue-green microalgae, is **rich in nutrients** such as amino acids, proteins, vitamins, including B12, and minerals like calcium, zinc, and iron. It is known for its easy digestibility, high absorption, and **beneficial properties**, including antioxidant, antiviral, and anti-inflammatory effects.

Alzheimer's

Research links diabetes with an increased risk of dementia and Alzheimer's disease. A study showed that spirulina supplementation, (500mg daily for 12 weeks), **improved cognition** in Alzheimer's patients, as measured by the Mini-mental state examination, and **enhanced blood sugar and insulin levels** (Tamtaji et al., 2023).

Mild Cognitive Impairment

A study involving seniors with mild cognitive impairment (MCI) found that spirulina supplementation, (1g three times daily for 12 weeks), improved visual learning, memory,

and vocabulary. The study concluded spirulina was safe and effective for enhancing memory function in older adults (Choi et al., 2022).

Heart Disease and Diabetes

Spirulina has been shown to **aid in weight loss** and **improve various heart health markers**, including lowering “bad” cholesterol and triglycerides while raising “good” cholesterol. **It also positively affects blood sugar levels and diabetes markers.**

Athletic Performance

Studies highlight spirulina's benefits for reducing muscle damage and oxidative stress during workouts. It **increases endurance, enhances power output, and supports faster recovery** in athletes. (Callela et al., 2022).

Colitis

In a study with people suffering from ulcerative colitis, spirulina supplementation, (1g daily for 8 weeks), **improved sleep, reduced stress, and enhanced patients' quality of life** (Nye, 2021).



Valerian is a Dream Come True

Valerian Works Like a Dream

Valerian is renowned as the **king of sleep herbs**, and for good reason: in one study, 72 participants with sleep issues took either 200 mg of valerian extract, or a placebo, for 8 weeks. Results showed that valerian

enhanced sleep quality, reduced the time it took for participants to fall asleep, and decreased daytime drowsiness. Participants also reported feeling more refreshed in the morning and **less anxious** overall. (Shekhar et al., 2024)

Valerian Versus Drugs for Insomnia

.In a study comparing valerian to oxazepam, 202 adults with insomnia were treated over 6 weeks either with valerian or oxazepam. Valerian was found to **improve sleep quality** as effectively as the pharmaceutical, but with fewer side effects and **higher patient satisfaction**: 82.8% of participants in the valerian group rated their treatment as “very good”, while only 73.4% of participants in the oxazepam group gave the same rating. (Ziegler et al., 2002).



Probiotics for Kidney Disease

Symptoms of chronic kidney disease may be eased by the use of probiotics. A systematic review of 21 studies showed probiotics **improve kidney function and reduce inflammation**, as indicated by better blood urea nitrogen and C-reactive protein levels (Liu et al., 2024).



Natural Help for Wrinkles

Bilberry extract, typically known for supporting eye health, may also **reduce the appearance of fine lines and wrinkles.** In a clinical study, bilberry extract decreased the depth of wrinkles and improved skin smoothness, skin firmness, and elasticity. (Nobile et al., 2024).

Events and Community Engagement

First Thursday: December 5th

Join us for the next First Thursday, 12/5, and enjoy the **musical stylings of Rotoscopic** outside of our store as well as an in-store **beer tasting with Dr. Jekyll's Beer Lab.**



INFRA Sales Flyer

Ann's Natural Grocery offers deals on supplements, groceries, body care, and more **ALL YEAR LONG** thanks to INFRA, the Independent Natural Food Retailers Association. Navigate to the **bottom of the newsletter** to access deals.



Nonprofit Feature



The Taste Project, known for its pay-what-you-can restaurant in Fort Worth, is **expanding to Arlington!** They provide meals, culinary job training, and more to **combat food insecurity** in our community. When you check out at Ann's Natural Grocery, you might notice a prompt inviting you to donate. At this time, **all contributions** are directed to the Taste Project!

Recipe of the Month

Click the button at the **bottom of the newsletter** and discover a seasonal recipe for **Cinnamon Apple Chunk Cake!** You can shop ingredients at Ann's Natural Grocery.



Contact Us

Phone: (817) 717-7293

Website:
www.annsnaturalgrocerytx.com

Instagram and TikTok:
[@annsarlinton](https://www.instagram.com/annsarlinton)

