

# Mariposa Messenger

March 2023

**Winner of the Best Grocery  
& Health Food Store**

**Best of Lake & Mendocino County**



Sales Run From  
February 25th

Until

March 31st

Prices & Availablitiy  
are subject to change.

500 South Main Street, Willits, CA 95490 (707) 459-9630

## **SPARKLING WATER, IS IT GOOD FOR YOU?**

*BY Mary Anne Trevey*

Thankfully, sparkling water, seltzer, fizzy, and mineral water have started to replace sodas as the “go-to” for many of our customers. Recently, someone advised me that sparkling water was bad for your bones. This comment led me to do some research on this matter, and here’s what I found.

Sparkling water is a healthier alternative to soda, juice, or sports drinks. Hard seltzers which contain alcohol tend to have fewer calories than beer but still need to be sipped with care. However, if sparkling water contains added sugars or artificial sweeteners, it can add calories, harm the teeth, and trigger some health conditions, notably diabetes.

Can sparkling water help with weight loss? The answer is YES. Sparkling water provides true hydration and is a much better option than sodas, or even diet sodas, which are not hydrating. If a person doesn’t drink enough water, the body may often feel hungry, as the body has trouble telling the difference between hunger and thirst. Tonic water is not recommended as it contains sugar, sometimes a surprising amount. Instead, drink club soda or sparkling water with no added sugar. Carbonated water improves digestion and helps with constipation. However, excessive use of carbonated beverages can induce gas and bloating for some people. Folks with acid reflux should avoid drinking sparkling beverages.

On the other hand, some small studies have indicated that persons with dysphagia or trouble swallowing can be helped by sipping carbonated water. Check for sodium levels. Some of these waters contain up to 200 mg per can.

Some people believe that carbonated water can cause bone density loss, and the truth is that sparkling water has no negative effect on bone health. In fact, the calcium that is contained in mineral water can improve bone health. Some also contain magnesium, which helps calcium get into your bones. Only dark colas contain phosphoric acid, which can draw calcium from your bones.

It’s a relief to know that drinking sparkling water has no negative effects for most people. The popularity of this drink is pronounced and is drawing folks away from sugary sodas. Even kids enjoy the sparkling waters, and adding a shot of juice helps to make them more enticing. These drinks come in many flavors; for the best health, try to find brands that are either organic or flavored with real fruit juices, usually lemon, orange, pineapple, lime, or grapefruit. The amount of juice is small, just enough to make it taste a little more exciting. For example, Spindrifft adds one and a half lemons to a whole case of cans. (96oz)

Next time you are “Jones-ing” for a soda, try a sparkling mineral water instead, and your body will honor your choice.

*Information garnered from the University of Chicago Medical Center*



**March Round-up at the register donations will go to Willits Center for the Arts**

WILLITS CENTER FOR THE  
**ARTS**

We had a very successful Round-up at the register for the Willits Food Bank & Cancer Resource Centers of Mendocino County during January & February.  
Thank you for your generous donations.

## Primal Kitchen

### Mayo

with Avocado Oil  
12 FL OZ



**\$9.89** Reg \$14.09

## Udi's Gluten Free

### Hot Dog Buns

Classic  
14.4 OZ



**\$4.49** Reg \$7.59

## Food For Life

### Organic Bread

Assorted  
24 OZ



**\$5.99** Reg \$8.19

## From The Ground Up

### Cauliflower Crackers

4 OZ



**\$3.79** Reg \$5.19

## Muir Glen

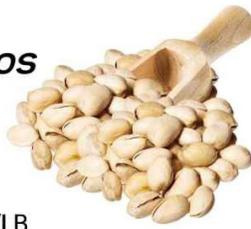
### Organic Tomatoes and Sauce



**\$1.89** Reg \$3.49

## Bulk

### Pistachios



Reg \$10.59/LB

**\$8.69/LB**

## Arrowhead Mills

### Organic Oat Flour

16 OZ



**\$4.49** Reg \$6.89

## Spectrum

### Naturals

### Organic Olive Oil

25.4 FL OZ



**\$11.49** Reg \$21.19

## Lesser Evil

### Organic Popcorn

Himalayan Pink Salt  
5 OZ



**\$3.89** Reg \$4.79

## Maya Kaimal

### Simmer Sauce

Coconut Korma  
Spicy Vindaloo  
12.5 OZ



**\$5.69** Reg \$6.99

## Bulk

### Shredded Coconut



Reg \$4.59/LB

**\$3.89/LB**

## King Arthur Baking

### Company

### 100% Organic Bread Flour

5 LB



**\$10.69** Reg \$15.09

## Enjoy Life

### Mini Chocolate Chips

Semi-Sweet  
10 OZ



**\$6.29** Reg \$9.09

## Larabar

### Original Fruit & Nut Bar

Assorted  
Flavors



**\$1.19** Reg \$2.29

## Bar Harbor

### Wild Kippers

Smoked  
6.7 OZ



**\$4.59** Reg \$5.99

## **JOIN US FOR A CBD MOCKTAIL PARTY**

***By Fred Marshall, maker of CBD Mendo Tinctures***



Mariposa Market was the first natural food store to carry Mendocino Botanicals CBD Mendo, and one of the first in the United States to carry a CBD product of any kind. Since that groundbreaking day of June 9, 2017, CBD has become one of the most researched and popular wellness products on the market. There are now hundreds of CBD products available -- most of which are oil-based or edibles. However, CBD Mendo is a true tincture, which makes the delivery system exceptionally bioavailable and super cost-effective.

Mariposa Market is proud to launch CBD Mendo's newest offering; a line of super concentrated, water-soluble tinctures which turn a glass of sparkling water or a hot drink into a delicious and very relaxing CBD mocktail. On March 22, Mariposa will be celebrating 6 years with Mendocino Botanicals CBD Mendo by hosting a CBD mocktail party. Fred Marshall is the formulator and founder of CBD Mendo. He will be serving the mocktails and answering questions from 12 pm to 5 pm. In addition, all the CBD Mendo products will be offered that day at an additional 25% discount above and beyond the "everyday low price".

Fred will be serving all four mocktail styles, maybe a couple of new innovations too!

The "Gin Style" is infused with Juniper berries, coriander, and lemon zest which have traditionally been used to flavor gin as well as support healthy joints and sore muscles.

The "Aperitif Style" is infused with anise and is great sipped before a meal, like Pernot or Anisette, to stimulate the appetite.

The "Digestif Style" is infused with the peel of bitter orange for a flavorful drink to aid digestion after a meal.

The "Julep Style" is infused with cool, refreshing peppermint and is great as a cold drink or a hot tea.

Unlike the CBD Mendo tinctures, which are taken on top of the tongue, the mocktails do not go directly into the bloodstream. For this reason, the CBD potency is increased by two and a half times. This makes the mocktails an enjoyable way to receive an effective dose of CBD and is still far more bioavailable than an oil-based product or an edible.

While you are relaxing and enjoying a mocktail here at Mariposa Market, you will have the opportunity to have Fred answer questions and share his extensive understanding of CBD and how it helps to heal the body. Fred says that while CBD would most closely fit into the herbal category of an adaptogen, its action in the body is more far-reaching and complex than that. It supports the endocannabinoid system, which includes the cannabinoids that we make within our bodies.

Dr. Dustin Sulak is an integrative medicine pioneer with a focus on mind-body medicine and medicinal uses for cannabis. He states: "The endocannabinoid system is perhaps the most important physiologic system involved in establishing human health".

The endocannabinoid system regulates major hormonal and physiological functions. The ECS controls and regulates many critical bodily functions such as learning and memory, sleep, emotional processing, pain control, temperature control, inflammatory and immune responses. A well-functioning endocannabinoid system can help your organs and hormonal glands to communicate and respond to the needs of the body. This vast network of chemical signals and cellular receptors can upregulate or

downregulate depending on what is required. For example, inflammation is an immune response to quell an infection or other perceived threat to the body. Our body often remains inflamed after the threat has passed. A well- functioning endocannabinoid system can help the body to down-regulate unwarranted and harmful inflammation without suppressing a healthy response to an infection.

For this reason, CBD can help you sleep at night, yet give you energy in the morning. It can decrease anxiety without numbing your awareness of the world around you. CBD can assist our bodies to have the freedom and ability to upregulate or downregulate in an appropriate and balanced way.

For links to CBD research and a much deeper discussion and exploration of how CBD can become an important and enjoyable part of your health regime, please join us

12-5 pm on March 22nd at our CBD Mocktail Party!

## Customer Suggestions

**You'll are always out of the (Hatake Farm Kitchen) Kabocha (Sushi) Rolls by the early afternoon. I think you could sell more. I hope you'll can up the order. Thanks**

*Sushi is delivered at 11:00 am and that's the best time to get what you want. Or, you can call us and have us hold one for you. Be sure to pick it up. Many days the Kabocha Rolls do not sell, so we are hesitant to order more.*

**Dishware. You used to carry more dishes. Now it's only a few heavy pottery options. We'd like to see more variety and options.**

*Bowls have been ordered and should be arriving soon. Plates do not sell very well, so we have refrained from having all but a few of them.*

**King Majestic Garlic. Multiple flavors. Very healthy & delicious.**

*We agree, this is a yummy product. Unfortunately, we could only get it by mail order, and it was seasonal as they didn't want to ship it in warm weather. We will look for a possible distributor - mail order perishables do not work for us. The shipping costs alone make it price prohibitive.*

**I think Mariposa Made Salads should be made in the smaller size because no one wants to spend \$10.99 on a salad they won't finish, and no one wants the plain one we have in the small size.**

*We are taking your request seriously. Our Mediterranean & Tuna Salads are now available in small sizes. The Buddha Bowl Salad also comes in a medium size.*



**Nancy's**  
*Organic Low Fat Yogurt*



**\$5.79** Reg \$7.99

**Silk**  
*Dairy Free Pure Almond Almondmilk*



Original  
64 FL OZ

**\$4.49** Reg \$7.29

**Dr. Praeger's**  
*Original Oaties*



**\$5.09** Reg \$6.49

**Wildwood Natural Foods**  
*Organic High Protein Tofu*



Super Firm  
16 OZ

**\$3.99** Reg \$5.49

**So Delicious**  
*Coconut Creamer Original*



32 OZ

**\$5.89** Reg \$7.69

**MyMochi**  
*Mochi Ice Cream*



**\$5.09** Reg \$8.09

**Gardein**  
*Stuffed Turk'y*

14.1 OZ



**\$7.39** Reg \$12.89

**Tiger Balm**  
*Pain Relieving Patch*

5 CT



**\$4.99** Reg \$7.39

**Tiger Balm**  
*Pain Relieving Ointment*

Extra Strength  
18 GRM



**\$5.49** Reg \$8.69

**Kyolic**  
*Immune Formula 103*

Vitamin C, Astragalus,  
Mushrooms & Oregano  
100 CAP



**\$11.99** Reg \$17.29

**Naturtint**  
*Permanent Hair Color*

Assorted Colors  
5.6 FL OZ



**\$11.99** Reg \$20.39

**Eco-Dent**  
*Gentle Floss*

Mint  
100 YD



**\$3.99** Reg \$5.99

**Desert Essence**  
*Mouthwash*

Tea Tree  
16 FL OZ



**\$5.49** Reg \$8.49

**Yerba Prima**  
*Great Plains Bentonite Detox*

16 OZ



**\$9.49** Reg \$13.99

**Andalou Naturals**  
*Daily Shade Lotion*

SPF 18, Sensitive  
2.7 FL OZ



**\$10.49** Reg \$16.99

Selected Sales Run March 1st-31st

**Acure**  
All Items  
15% OFF



**CBD Mendo**  
20% OFF SRP



**Vibrant Health**  
All Items  
20% OFF



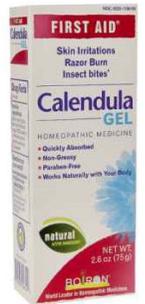
**Bass Brushes**  
All Items  
20% OFF



**Mickelberry**  
Selected Items  
20% OFF



**Boiron**  
Selected Items  
20% OFF



**Gabriel Cosmetics**  
All Face Items  
20% OFF



**Host Defense**  
Selected Items  
20% OFF



**Nordic Naturals**  
Selected Items  
20% OFF



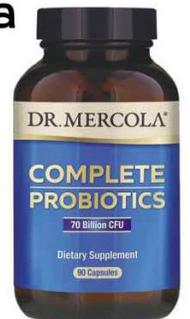
**Botanical Rush**  
All Items  
20% OFF



**Planetary Herbals**  
Well Child  
2 oz



**Dr. Mercola**  
All Items  
20% OFF



**Herbs, Etc.**  
Selected Items  
Deep Sleep  
HB Pressure  
Lymphatonic  
15% OFF



**LifeSeasons**  
All Items  
20% OFF



**MegaFood**  
Selected Items  
15% OFF





Best Grocery & Health Food Store is such an honor as we have worked very hard for over 43 years to bring healthy food and quality health and beauty aids to our community. The produce we sell is our number one customer draw, and all of it is organic, local, or both. Our objective is to nourish our community and believe in and to support organic and local agriculture. Excellent customer service and a friendly atmosphere are the core attributes of our business. ~Mary Anne

*Thank you  
for Voting  
Mariposa the  
Best of Lake &  
Mendocino  
2023*



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WEBSITE: MARIPOSAMARKET.COM