

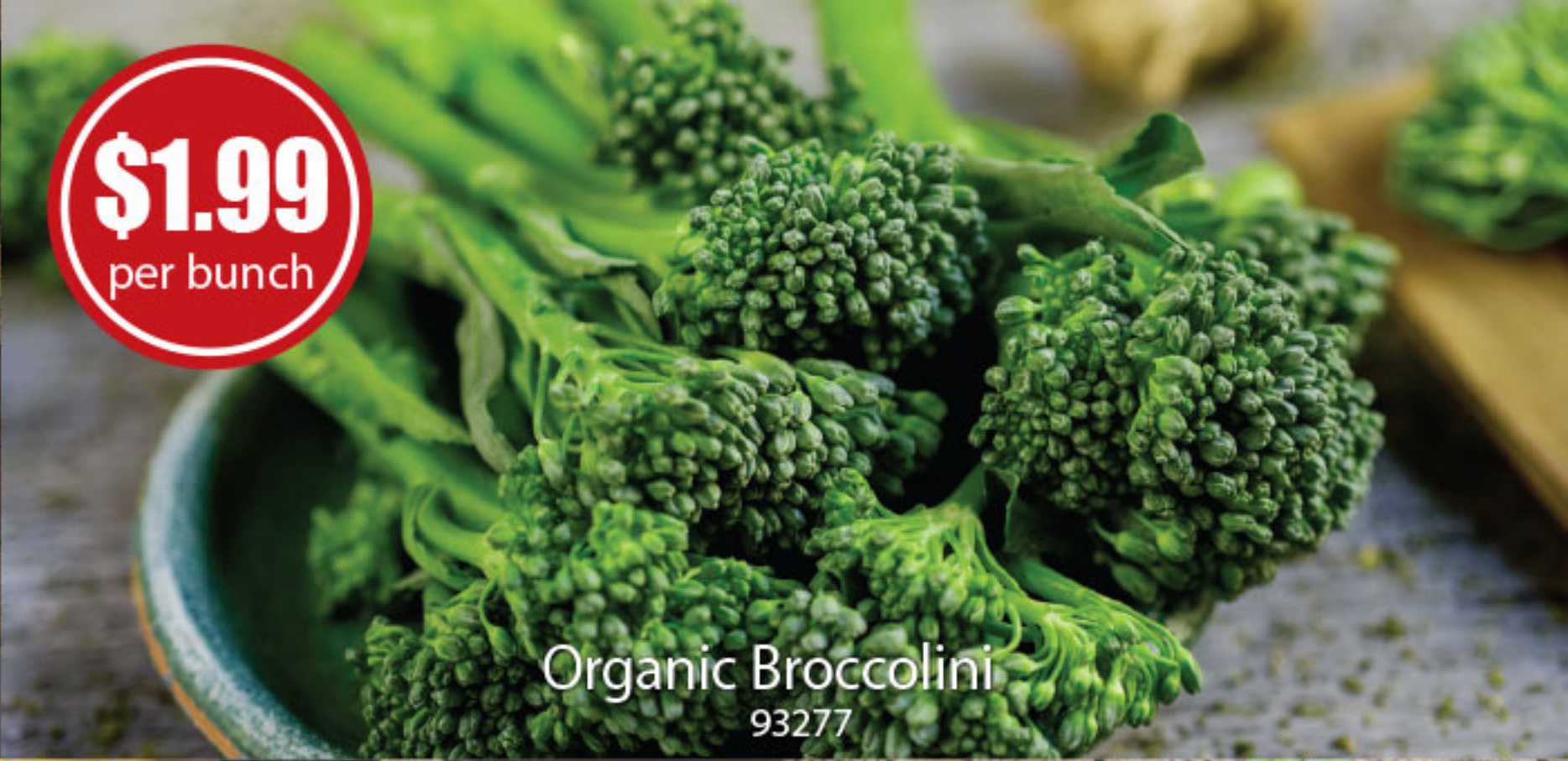
Our Family Serving Your Family Since 1972



Natural Foods Market

October 3 - November 2, 2018

**\$1.99**  
per bunch



Organic Broccolini  
93277

**79¢**  
per lb.



Organic Green Cabbage  
94069

**2 lbs for \$3**



Organic Squash Mixed Varieties  
94750 • 94759 • 94769 • 94776

**4 bunches for \$5**



Organic Celery  
94583

**\$1.99**  
per lb.



Organic Fuji Apples  
94131

**4 1 lb bags for \$3**



Organic Carrots  
3415

**99¢**  
per lb.



Organic Yellow Onions  
94093



CLARK'S CARRIES THE MOST ORGANIC PRODUCE IN THE INLAND EMPIRE AND COACHELLA VALLEY

**2 lbs for \$3**



Organic Bartlett Pears 80/90's  
94409

**\$3.50**  
each



Organic Pineapples  
94480

### INSIDE THIS AD!

- New Lecture Series
- Recipe previews from Fay Kazzi  
Hawaiian Style Burger  
Incredible Asian Salad
- Tuesday Demo Days!
- Featured Items
- Staff Picks
- Digestion Article  
by Starkie Sowers
- Bonus Brand Buys
- More New Items!

Live Better We Can Help

www.clarksnutrition.com

# GROCERY



Kettle  
**Chips**  
**\$1.99**  
4.2 oz  
Select Varieties



G H Cretors  
**Popped Corn**  
**\$2.99**  
6.5-8 oz  
Select Varieties



## Featured Item

**REAL COOKIES FOR REAL HUMANS**  
Coco-Thins are the next generation of cookies – the taste you love without the junk you don't. Made with a select few ingredients that you probably have in your own kitchen, our cookies are guilt-free AND indulgent.

Sejovia  
**Chocolate CocoThins**  
**\$3.89**  
3.5 oz



ThinkThin  
**Oatmeal**  
**\$1.79**  
1.76 oz  
Select Varieties



Once Again  
**Almond Butter**  
**\$8.99**  
16 oz  
Select Varieties



Justin's Nut Butters  
**Snack Size**  
**99¢**  
1.15 oz  
Select Varieties



Pacific Foods  
**Organic Soups**  
**\$3.19**  
32 oz  
Select Varieties



Bobs Red Mill  
**Corn Bread Mix**  
**\$2.39**  
24 oz



Bobs Red Mill  
**Creamy Rice Farina**  
**\$3.19**  
26 oz



Simple Mills  
**Almond Flour Mixes**  
**\$5.99**  
9-10.7 oz  
Select Varieties



San J  
**Tamari Sauce**  
**\$2.69**  
10 oz  
Select Varieties



Annie's Homegrown  
**Mac & Cheese**  
**4 for \$5.00**  
5.25-6 oz  
Select Varieties



California Olive Ranch  
**Extra Virgin Arbequina Olive Oil**  
**\$11.99**  
500 ml

## STAFF PICK



This is a great choice to make creative meals especially for meal prepping. I like how it keeps me full longer during the day. I also like that this company is environmentally conscious and uses sustainable methods to fish.  
-Hector Garcia



Wild Planet  
**Albacore Tuna**  
**\$3.69**  
5 oz  
Select Varieties



Cobram Estate  
**Australia Select Olive Oil**  
**\$11.99**  
25.4 oz



Cobram Estate  
**California Select Olive Oil**  
**\$11.99**  
25.4 oz

# GROCERY



MatchaBar  
Drinks  
**\$2.29**  
10 oz  
Select Varieties  
+CRV



Lily's Sweets  
**Stevia  
Sweetened  
Chocolate Bars**  
**2 for \$6**  
2.8-3 oz  
Select Varieties



Justin's Nut Butters  
**Peanut  
Butter Cups**  
**\$1.39**  
1.4 oz  
Select Varieties



Unreal  
**Cups & Gems**  
**\$3.29**  
3.2-6 oz  
Select Varieties



Healthy Times  
**Organic  
Cookies &  
Teething  
Biscuits**  
**\$2.99**  
5-6.5 oz  
Select Varieties



Bobo's  
**Bars**  
**\$2.19**  
2.5-3 oz  
Select Varieties



Farmers Market  
**Organic  
Pumpkin &  
Butternut  
Squash  
Varieties**  
**\$1.99**



Think Thin  
**Bars**  
**\$1.39**  
1.94-2.1 oz  
Select Varieties



Living Intentions  
**Snacks**  
**\$4.99**  
7-8 oz  
Select Varieties



Cascadian Farm  
**Cereal**  
**2 for \$6**  
9.2-14.6 oz  
Select Varieties

## Hawaiian Style Burgers

This Hawaiian version is everything you want in a juicy burger from the sweetness of the grilled pineapple, to the savory and umami flavors of the vegan/plant-based burger, to the tangy-saltiness of the red cabbage sauerkraut packaged beautifully between two sweet and fluffy brioche buns. This little burger is loaded with layers of delightfully balanced earthy flavors. The benefits of red cabbage are numerous, it is an immune booster, combats chronic diseases, promotes healthy bones, and improves gut health. Sauerkraut, which is essentially fermented cabbage, takes these existing benefits and adds the powerhouse effects of probiotics (good bacteria) which help to stabilize and improve your microbiome. There are so many benefits associated with improving the quality of your microbiome by eating foods that are high in fiber and probiotics. This burger allows your taste buds and your gut to enjoy the best that healthy and delicious food can offer, all in one little stunning bundle!



Photo: Fay Kazzi



Photo: Fay Kazzi

## The Incredible Asian Salad

If I took all of my favorite veggies and favorite protein sources and tastefully put them in one place it would be this salad! The nutrient profile of this dish is so dense I'd need much more than a paragraph to complete it, but whenever you see a rainbow of color with dark green leafy veggies then know you're about to consume a dynamo of antioxidants and fiber! Fiber rich foods are amazing for the gut because of their fermentable properties. Both soluble and insoluble fibers undergo fermentation in the large intestine which results in the stimulation of "body made" good-bacteria. High fiber foods are essentially the best form of prebiotics which is actually food for your probiotics! Aside from the fiber you also have a wide variety of vitamins and minerals as well. This dish also happens to be a complete macro-nutrient meal since we have grilled tofu acting as our protein source. The textures and flavors of the carrot, radicchio, eggplant, baby broccoli, arugula and green leaf lettuce marry wonderfully with the perfectly balanced Asian style dressing. I hope you enjoy this "curling on the couch" worthy super salad! Enjoy! -Fay

# Digestion

- Digestion is the key to maintaining our health. Digestion is a process of breaking down foods into smaller pieces and getting the nutrients through the gastrointestinal tract to the cells (assimilation).
- Improper digestion results in foods not being assimilated into our system.
- Digestion in our bodies revolves around a process that includes enzymes, acids, acid reducing agents, muscular contractions of the intestines (peristalsis) and digestive system hormones to make it all happen
- Chewing and swallowing starts the process of digestion and starts the process of starch (complex carbs) digestion.
- Swallowed foods meet the stomach and wait for digestive secretions to follow. Typically the more proteins that are involved then the body will produce more hydrochloric acid(s) (HCL), Pepsin is secreted for digestion of proteins as well. Foods with fewer or no proteins move through the stomach faster.
- As the food (bolus) passes the stomach pyloric valve and moves into the small intestine (duodenum) it is met with two distinctive substances. First, bile is secreted especially when there is fat in a meal. Bile emulsifies fats by taking oils and separates or 'bubbles' them making them more dispersible. This allows the pancreas secretions to break down fat. Second, pancreas enzymes are released in this area providing large amounts of other enzymes (protease and amylase) to finalize the breakdown of proteins and carbohydrate starches into sugars.
- Absorption of most nutrients (macro-proteins, fats, carbohydrates and micro vitamins and minerals) take place in the small intestine as well. Finally, the colon (large intestine) becomes a place where water and electrolytes as well as some other nutrients are absorbed.
- Digestion is a complex process regulated by the body's autonomic nervous system. That said, autonomic means we don't think about foods and the digestive process after they have been consumed, because the body does the work without us really thinking about it. This allows us to eat foods that are often a taste driven decision vs. what is the healthiest choice for our bodies.
- Aids to help with digestion are often sought after. Most commonly enzymes are added for digestion. These enzymes can be from plant or animal sources and have profound effects on improving digestion. Bitter herbs are back in vogue and can be found at many locations (both liquids and beverages); Bitters stimulate the body's peristaltic action and the production of enzymes as well. Some spices and foods can help with digestion as well (such as lemon juice, apple cider vinegar, bitter salads, ginger, garlic or cardamom).
- Finally probiotics are friendly bacteria found in the digestive system and are extremely helpful for digestion. Probiotic use is often recommended by physicians for post antibiotic use. Daily use of probiotics and fermented foods is extremely favorable for a healthy digestive system.

By Starkie Sowers

\*for references please visit [clarksnutrition.com](http://clarksnutrition.com)

# FROZEN



Canyon Bakehouse  
**Gluten Free Bread**  
**\$6.99** 24 oz  
Select Varieties



Canyon Bakehouse  
**Gluten Free Bagels**  
**\$4.69** 14 oz  
Select Varieties



Daiya  
**Vegetarian Pizza**  
**\$6.99** 16.7-19.4 oz  
Select Varieties



Quorn  
**Meatless Entrees**  
**\$3.39** 10.58-12 oz  
Select Varieties



PJs  
**Organic Burritos**  
**\$2.59** 6 oz  
Select Varieties



Dr Praeger  
**Bowls**  
**\$4.89** 6.3-8 oz  
Select Varieties



Table 5  
**Pizza**  
**\$5.99** 12.5-14 oz  
Select Varieties



Talenti  
**Gelato**  
**\$3.99** 16 oz  
Select Varieties



Daiya  
**Dairy Free Cheezecake**  
**\$5.99** 14.1 oz  
Select Varieties



Smart Flour Foods  
**Gluten Free Pizza**  
**\$5.99** 10-10.3 oz  
Select Varieties

WE HOPE YOU LOVE THESE NEW ITEMS AS MUCH AS WE DO!

**NEW**

**NEW ITEMS**



Thrive Tribe  
**Chocolate Almond Bar**  
**\$2.19** 1.75 oz



Justins Nut Butters  
**White Chocolate Mini Cups**  
**\$3.99** 4.7 oz



**FROZEN**  
Daiya  
**Meatless Meatlovers Pizza**  
**\$6.99** 19.1 oz

Rebbl  
**Organic Vanilla Spice Protein Elixir**  
**\$2.99** 12 oz +CRV



MatchaBar  
**Matcha Lemonade**  
**\$2.29** 10 oz +CRV



Nuna Naturals  
**Organic Muenster Cheese**  
**\$3.99** 5 oz

**TUESDAY DEMO DAYS**

Taste these items every Tuesday at all Clark's locations in October from 2:30 - 6 p.m.



Simple Mills  
**Cookies**  
**\$3.79** 5.5-6.2 oz  
Select Varieties



Talenti  
**Gelato**  
**\$3.99** 16 oz  
Select Varieties



Veggie Fries  
**Onion Cauliflower Veggie Rings**  
**2 for \$6** 12 oz

**FROZEN**

WE HOPE YOU LOVE THESE NEW ITEMS AS MUCH AS WE DO!

**NEW**

**NEW ITEMS**



Table 5  
**Goat Cheese Pizza**

**\$5.99**  
14 oz

**FROZEN**



North American  
Herb and Spice  
**Hempanol PM**  
**\$39.99**  
60 ct



You Theory  
**Spore Probiotic**  
6 Bil CFU Trip

**\$24.99**  
60 ct



Noosa  
**Caramel Apple  
Yoghurt**

**2 for \$4**  
7 oz

Green Foods  
**Collagen  
Creamer**  
**\$19.99**  
10.16 oz



Simple Mills  
**Soft  
Chocolate  
Coconut  
Cookies**

**\$3.79**  
6.2 oz



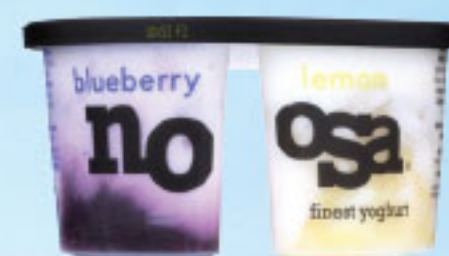
RenewLife  
**Kids Ear  
Nose Throat  
Probiotic**

**\$24.99**  
30 ct

**REFRIGERATED & DAIRY**



Nuna Naturals  
**Organic  
Cheese**  
**\$3.99**  
5 oz  
Select Varieties



Noosa  
**Yoghurt**  
**2 for \$4**  
5.5-7 oz  
Select Varieties



Wallaby  
**Organic  
Plain Greek  
Yogurt**  
**\$5.99**  
32 oz



Sinto  
**Gourmet Kimchi**  
**\$7.99**  
16 oz  
Select Varieties



Daiya  
**Cheese Style Shreds**  
**\$3.99**  
7.1-8 oz  
Select Varieties



Daiya  
**Cheese Style Block**  
**\$3.99**  
7.1 oz  
Select Varieties



Vega  
**Cashew Yogurt**  
**\$1.49**  
5.3 oz  
Select Varieties



White Wave  
**Soy Yogurt**  
**4 for \$5**  
5.3 oz  
Select Varieties



White Wave  
**Silk Soy  
Beverage**  
**\$3.49**  
64 oz  
Select Varieties



Follow Your Heart  
**Vegan Cream Cheese**  
**\$2.99**  
8 oz



Rebbl  
**Organic  
Elixirs**  
**\$2.99**  
12 oz  
Select Varieties  
+CRV



So Delicious  
**Coconut Yogurt**  
**2 for \$3**  
5.3 oz  
Select Varieties

**NEW**



Live Better  
**LECTURE SERIES**

TOPIC:

**"THE KEYS TO GREAT DIGESTION"**

Saturday, October 6th • 11 a.m.

At all Clark's locations

Sign up with store cashiers

# GROCERY



Sejovia  
**CocoThins**  
**\$3.89**  
3.5 oz  
Select Varieties



Lakewood  
**Organic Pomegranate Blueberry Juice**  
**\$3.99**  
32 oz  
+CRV



Sweet Leaf  
**Sweet Drops**  
**\$2.59**  
1.62-1.7 oz  
Select Varieties



Sweet Leaf  
**Stevia Plus**  
**\$4.29**  
70 ct.



Kohana  
**Cold Brew Coffee**  
**\$6.99**  
32 oz  
Select Varieties



Inkos  
**Organic White Teas**  
**2 for \$3**  
16 oz  
Select Varieties  
+CRV



Zevia  
**Soda**  
**99¢**  
16 oz  
Select Varieties  
+CRV



Simple Mills  
**Cookies**  
**\$3.79**  
5.5-6.2 oz  
Select Varieties



Thrive Tribe  
**Paleo Snack Bars**  
**\$2.19**  
1.75 oz  
Select Varieties

## STAFF PICK



**C20 Coconut Water**  
C20 coconut water is a great way to help stay hydrated on a hot day. Not only does it taste good but it also has a good concentration of electrolytes to replace what has been lost during physical activity.  
-Ben Kunkle



C20  
**Coconut Water**  
**2 for \$3**  
17.5 oz  
Select Varieties  
+CRV

## HEALTH & BEAUTY



### Featured Item

Everyone is fun, affordable body care made for every day, every budget and everybody. Everyone products are always GMO free, synthetic fragrance free, cruelty free, gluten free, made with plant extracts and scented with pure essential oils. These products are as gentle on you as they are on the planet. Love, everyone™

Everyone Brand Items

**25% Off**



Redmond  
**Bath Salts Plus**  
**\$14.99**  
7 lb



Lakewood  
**Organic Aloe Vera Gel**  
**\$5.99**  
32 oz

## HOW TO SAVE MORE!

Look for these icons when shopping



BECOME A PLUS PROGRAM MEMBER!



**HOT DEAL**

A Hot Deal is a special deal that can last several weeks



**NEW ITEM**

Look for this icon for our New Items at Clark's



**ORGANIC**

Look for the Organic icon on produce items at Clark's



**EVERYDAY DEAL**

Everyday Deals are ongoing low priced items



**AD DEAL**

Our Ad Deal lasts the entire month



**LOCAL**

This icon represents local vendors here at Clark's

Contact us to purchase Script for your organization.

[www.clarksnutrition.com](http://www.clarksnutrition.com)

# SUPPLEMENTS



Natures Way  
**Pepogest**  
\$10<sup>99</sup> 60 ct



Natural Factors  
**DGL**  
\$8<sup>99</sup> 90 ct



Natures Plus  
**GI Natural Total Digestive Wellness**  
\$20<sup>99</sup> 90 ct



## Featured Item

- Both versions of Digestive Bitters stimulate the body's secretion of digestive enzymes from saliva, stomach, pancreas, small intestine, and liver.
- These include pancreatic enzymes, lipase, bile, HCL, pepsin, and saliva.
- By increasing the breakdown of foods, greater absorption of nutrients is possible.
- Each bitter herb has its own unique properties and they work together to address issues including flatulence.
- Digestive Bitters stimulate saliva, appetite, and peristalsis (the movement of solid waste through the bowels).
- Digestive Bitters increases carbohydrate, fat, and protein digestion.

Clarks Herbs  
**Digestive Bitters**  
\$9<sup>99</sup> 1 oz  
Select Varieties



Gaia Herbs  
**Gas and Bloating**  
\$19<sup>99</sup> 50 ct



Aloe Life  
**Stomach Plus Formula**  
\$16<sup>99</sup> 16 oz



Solaray  
**Ginger Trips Chewable**  
\$8<sup>99</sup> 60 ct



Nutri Cology  
**Ox Bile 500 Mg**  
\$23<sup>49</sup> 100 ct

**30% OFF**



Jarrow Bonus Brand Buy

**25% OFF**



Amazing Grass Bonus Brand Buy

**25% OFF**



Himalaya Bonus Brand Buy

**25% OFF**



Health Direct Bonus Brand Buy

## STAFF PICK



This is a good product to support the immune system. The probiotic strains in this formula have been clinically studied to support kids ear, nose and throat health.  
-Kimberly Harris



RenewLife  
**Kids Ear Nose Throat Probiotic**  
\$24<sup>99</sup> 30 ct

**20% OFF**



Rainbow Light Bonus Brand Buy



# BONUS BRAND BUYS

## Deals on entire lines of products!

Excludes "Everyday Deal" items.

20%  
OFF

**Om**™ Organic  
Mushroom  
Nutrition

THE ORIGINAL  
**PlantFusion**  
nature's most complete plant protein



**Ultima**  
Replenisher™

**Yogi Tea**

**FOUR SIGMATIC™**



**Reviva®**  
LABS

25%  
OFF

**everyone™**  
for every body



**EO**  
PRODUCTS

**Himalaya™**  
HERBALS

**Amazing Grass®**

**healthdirect**

30%  
OFF

**Jarrow®**  
FORMULAS

### 4 LOCATIONS TO SERVE YOU!

**CHINO**  
12835 Mountain Ave.  
(909) 993-9200



Josh Clark  
Store Manager

**LOMA LINDA**  
11235 Mountain View Ave.  
(909) 478-7714



Rami Shahin  
Store Manager

**RANCHO MIRAGE**  
34175 Monterey Ave.  
(760) 324-4626



Richard Garcia  
Store Manager

**RIVERSIDE**  
4225 Market St.  
(951) 686-4757



Ben Kunkle  
Store Manager



Natural Foods Market

How are we doing?

Customer comment line:

(951) 778-5017

email:

[www.clarksnutrition.com](http://www.clarksnutrition.com)

[customerexperience@clarksnutrition.com](mailto:customerexperience@clarksnutrition.com)