



MOUNTAIN MEADOW HERBS®

2020 MONTHLY CALENDAR

Monthly specials, sale dates, and herbal knowledge!



2 oz. \$15 • 4 oz. \$27

A type of shrub native to eastern North America, Aronia berries are the newest “super berry” to hit the market.

Since they are considered one of the richest sources of plant antioxidants, it's no wonder people are going crazy over these little things. Aronia berries are also low in calories but pack a nutritional punch, as they're high in fiber, Vitamin C, and manganese which makes them a no-brainer for weight-loss regimens.

You asked and we have answered, welcome to our single extract family, alcohol free Aronia Berry Extract. You will also notice that we have flavored some of our kids products with this wonderful berry.

Depending on the region, Aronia berries will start to be harvested mid August into early September.

Here are some health benefits:

- **Strong antioxidant and anthocyanin properties**
- **Support gut health**
- **Powerful immune-booster**

Photo: Aronia berry

JANUARY 2020

**Liquid Herbal
Extracts**
Naturally up to 70%
more effective.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Watch your mail for ALL your January discounts.

**Don't forget to use your shipping
coupon before the end of the month!**
(Not valid with Bargain Week • Monthly discount applies
automatically, please use shipping code when ordering)

1
New Year's Day
(MMH Closed)

2

3

4

5

6

7

8

9

10

11

Para-Rid START day

FULL MOON

12

13

14

15

16

17

18

Bargain Week!

Watch your mail for details!
USE CODE: BW0120

Para-Rid END day

19

20

Martin Luther King,
Jr. Day

21

22

23

24

25

26

27

Don't forget to use your
shipping coupon!

28

29

30

31



Monthly Special!
New Year's Sale

10% OFF

Para-Rid
Herbal Calcium
Berry Calcium
Weight Control Products
SunshineDrops
Vitamin C
Shield Blend Essential Oil

All sales and specials are for
direct customers only.

Shipping coupon IS valid with
Monthly Special.

★★★★★ "I love
how gentle the para-rid is,
at first I wasn't sure it was
working because of how
gentle it is, but this stuff is
worth it! I'm so glad I found
your company because I love
everything I've tried from
you."

- Anna R.

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Milk Thistle goes by many names including Cardus marianus, Blessed milk thistle, Marian thistle, Mary thistle, Saint Mary's thistle, Mediterranean milk thistle, Variegated thistle and Scotch thistle. Whew, that's a lot of names for one plant!

Originally a native of Southern Europe to Asia, Milk Thistle is now found throughout the world and can be found blooming during June to August in the North or December to February in the Southern Hemisphere.

While we use the seed of the plant, the roots of this prickly thing can be eaten as well. Some enjoy it boiled or roasted with butter and say it has a taste similar to artichokes.

Milk Thistle can be harvested in the fall or when the flower starts to dry out. Keep an eye out for the "white or silver" seeds to appear near the top of the flower.

Here are some health benefits:

- **Supports healthy liver function**
- **Blood sugar support**
- **Digestive support**

Photo: Milk Thistle flower



2 oz. \$15 • 4 oz. \$27

FEBRUARY 2020

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Watch your mail for ALL your February discounts.

Don't forget to use your shipping coupon before the end of the month!

(Not valid with Bargain Week • Monthly discount applies automatically, please use shipping code when ordering)

2	3	4	5	6	7	8
Groundhog Day			Bargain Week! Watch your mail for details! USE CODE: BW0220			
9	10	11	12	13	14	15
					Para-Rid START Day	
					Valentine's Day	
FULL MOON			Para-Rid END day			
16	17	18	19	20	21	22
	President's Day					
23	24	25	26	27	28	29
	Don't forget to use your shipping coupon!					

Liquid Herbal Extracts
Naturally up to 70% more effective.



Monthly Special!
Seasonal Essentials Sale

10% OFF

Family Immune-Booster
Berry Immune-Booster
First Immune Defense
Herbal Respiratory
Soothing Throat & Tonsil
Breathe EZ Rub
Aronia Berry Extract
Eucalyptus Essential Oil

All sales and specials are for direct customers only.

Shipping coupon is valid with Monthly Special.

★★★★★ "My kids have gotten strep throat in the past and so now I use Soothing Throat & Tonsil as a preventative. If they start to get a sore throat I will give it to them and it takes care of it. It has served its purpose for my family and I am very happy with it."

- Wendy B.

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2 oz. \$15 • 4 oz. \$27

Olive leaf isn't new to MMH but it is one of our top selling single extracts because of its gentle cleansing properties which make it ideal for younger children.

So, where did this tree come from? Fossil evidence indicates the olive tree's originate about 20 - 40 million years ago in what is now known as Italy and the eastern Mediterranean Basin.

Olive trees are considered evergreen so they keep their green leaves all year-round and do not have a designated harvest time.

Here are some health benefits:

- **Gentle cleansing and yeast balance**
- **Immune system support**
- **Overall health support**

Photo: Olive Leaf tree

MARCH 2020

**Liquid Herbal
Extracts**
Naturally up to 70%
more effective.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7 Para-Rid START Day
8 Daylight Saving Begins	9 FULL MOON	10	11 Bargain Week! Watch your mail for details! USE CODE: BW0320	12 Para-Rid END Day	13	14
15	16	17 St. Patrick's Day	18	19 First Day of Spring	20	21
22	23 Don't forget to use your shipping coupon!	24	25	26	27	28
29	30	31	Watch your mail for ALL your March discounts. Don't forget to use your shipping coupon before the end of the month! <small>(Not valid with Bargain Week • Monthly discount applies automatically, please use shipping code when ordering)</small>			



Monthly Special! Spring Cleanse Sale

10% OFF

Para-Rid
ClarkFx
Complete Metal Detox
Total Yeast Detox
Herbal Flora Plus
Whole Body Program
Colon Program
Yeast X Step 1 & 2 Olive
Leaf Extract
Oregano Essential Oil

All sales and specials are for direct customers only.

Shipping coupon IS valid with Monthly Special.

★★★★★ "I wanted to let you know I had yeast problems since our 2nd daughter was born in 2005. I took the Total Yeast Detox and haven't had a problem since. We also have 2 other children since I took that. Thank you for that product."

- A. Detweiler

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10,000 years ago in Central Asia the hemp plant was being used to create usable fibers to create paper, textiles, clothing, biodegradable plastics, paint, insulation, bio-fuel, food, and animal feed.

More recently people have been using hemp extract for medicinal purposes, though highly controversial, this plant has many health benefits.

Most hemp extracts found on the market today do not contain very little, if any, THC (the psychoactive component) and is considered legal in all 50 states.

In the United States, harvest usually begins in early October when the plant is about 16 weeks old.

Here are some health benefits:

- **Relaxation support**
- **Contains less than 0.3% THC**
- **Support a healthy inflammatory response**

Photo: Hemp plant



2 oz. \$45 • 4 oz. \$85

APRIL 2020

**Liquid Herbal
Extracts**
Naturally up to 70%
more effective.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Watch your mail for ALL your April discounts.

**Don't forget to use your shipping
coupon before the end of the month!**

(Not valid with Bargain Week • Monthly discount applies
automatically, please use shipping code when ordering)

			1	2	3	4
5	6	7	8	9	10 Good Friday (MMH Closed)	11
Para-Rid START Day		FULL MOON			Para-Rid END Day	
12 Easter	13	14	15 Bargain Week! Watch your mail for details! USE CODE: BW0420	16	17	18
19	20	21	22 Earth Day	23	24	25
26	27 Don't forget to use your shipping coupon!	28	29	30		



Monthly Special!
Stress Relief Sale

10% OFF

Stress & Sleep
Adrenal-Aid
Adrenal-Aid II
LiverGlow
LiverGlow II
Bed-Time Drops
Berry Bedtime
Relaxing Formula
Blues Buster
Blues Buster II
Grapefruit Essential Oil

All sales and specials are for
direct customers only.

Shipping coupon IS valid with
Monthly Special.

★★★★★ "First
time baby and I was having
trouble with postpartum
depression. Thank you
for Blues Buster II, it is
wonderful."

- Rebecka

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2 oz. \$15 • 4 oz. \$27



Have you seen these little yellow “weeds” all over your yard yet? Most people find this plant to be a nuisance and will bring out their sprays and weed killers in order to make their yards free and clear of anything that is not grass.

But, did you know that these plants have health benefits? People have been using dandelions for food or medicinal purposes as far back and anyone can tell. This flowering plant originated in Eurasia and are thought to have been brought to North America on the Mayflower.

If using for medicinal purposes most sources say that picking this plant in the fall is the ideal time as it is dormant and has stored up nutrients in the roots.

Here are some health benefits:

- **Traditional herb bitter**
- **Supports appetite and digestions**
- **Healthy liver function**

Photo: Dandelion plant

MAY 2020

**Liquid Herbal
Extracts**
Naturally up to 70%
more effective.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Watch your mail for ALL your May discounts.

**Don't forget to use your shipping
coupon before the end of the month!**

(Not valid with Bargain Week • Monthly discount applies
automatically, please use shipping code when ordering)

3	4	5	6	7	8	9
			Bargain Week! Watch your mail for details! USE CODE: BW0520			
		Para-Rid START Day		FULL MOON		
10	11	12	13	14	15	16
Mother's Day						
Para-Rid END Day						
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Memorial Day (MMH Closed)	Don't forget to use your shipping coupon!				



Monthly Special!

Mother Love Sale

10% OFF

Herbal Vita-Mom
Gentle Birth
Maxi-Milk
Licorice Tummy-Aid
After-Pain Relief
Evening Primrose Oil
Femme Defense II
Blues Buster II Red
Raspberry Extract
Lavender Essential Oil

All sales and specials are for
direct customers only.

Shipping coupon IS valid with
Monthly Special.

★★★★★ "The
previous prenatal vitamin I
was giving to my ladies were
making them sick and they
had no energy. Now I have
them on Herbal Vita-Mom,
they feel great! They have
more energy and are no
longer vomiting. The ladies
love them!"

- Betty S.

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This spicy root comes from a flowering plant that is native to India and South Asia. This plant needs temperatures of 68° - 86° F and a substantial amount of rainfall in order to thrive. I guess it's safe to say it would not do well here in Montana.

Because of its rich and beautiful golden yellow color, this root was first used as a dye for clothes but also for food, such as cheese, yogurt, butter, mustard and more.

It was later discovered that turmeric root may have some medicinal properties.

Turmeric is ready for picking about 7-10 months after planting and when the leaves and stem start to turn brown.

Here are some health benefits:

- **Maintain joint comfort**
- **Cardiovascular health benefits**
- **Supports immune health**

Photo: Turmeric root



2 oz. \$15 • 4 oz. \$27

JUNE 2020

**Liquid Herbal
Extracts**
Naturally up to 70%
more effective.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Watch your mail for ALL your June discounts.	1	2	3	4	5	6
			Para-Rid START Day		FULL MOON	
7	8	9	10	11	12	13
			Bargain Week! Watch your mail for details! USE CODE: BW0620			
	Para-Rid END Day					
14	15	16	17	18	19	20
Flag Day						First Day of Summer
21	22	23	24	25	26	27
Father's Day	Don't forget to use your shipping coupon!					
28	29	30	Don't forget to use your shipping coupon before the end of the month! (Not valid with Bargain Week • Monthly discount applies automatically, please use shipping code when ordering)			
			Place an order of \$50 or more during the month of June and be entered to win a MMH Gift Basket with 5 FREE 4 oz. Herbal Formulas or Extracts. That's 20 oz., a \$175 value, for FREE! One winner will be chosen on July 1st.			



Monthly Special!
Summer Essentials Sale

10% OFF

LiverGlow
LiverGlow II
Active Joint & Muscle
Joint & Muscle Formula
No-Mo-Squito
Herbal Calcium
Berry Calcium
Herbal Respiratory
Turmeric Root Extract
Frankincense Essential Oil

All sales and specials are for direct
customers only.

Shipping coupon IS valid with
Monthly Special.

★★★★★ "My
husband really likes your
LiverGlow. When he's feeling
sluggish it gives him energy
and a lift. I would recommend
any of your products as I feel
they are top quality."

- Marion D.

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2 oz. \$15 • 4 oz. \$27



As a part of the rose family, not only does this plant produce a well known sweet berry, its leaves can also be used for medicinal purposes. Raspberry leaves contain a fair amount of vitamins and minerals making them high in nutrients and antioxidants.

Drinking red raspberry leaf tea is one of the most common ways for people to receive its health benefits, being popular among women, especially if they are expecting. If making your own tea, the best time to harvest the plant's leaves is before they bloom. You will want to wait until the dew has evaporated and before the hot sun can destroy the leaves' natural essential oils and flavor.

Red Raspberry plants come mainly from Asia and North America, in the United States the leading producers of red raspberries are Washington, Oregon and California.

Here are some health benefits:

- **Female reproductive support**
- **Gentle cleansing**
- **Immune system support**

Photo: Red Raspberry plant

JULY 2020

**Liquid Herbal
Extracts**
Naturally up to 70%
more effective.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Watch your mail for ALL your July discounts. Don't forget to use your shipping coupon before the end of the month! <small>(Not valid with Bargain Week • Monthly discount applies automatically, please use shipping code when ordering)</small>			1	2	3 Para-Rid START Day	4 Independence Day
5	6	7	8 Bargain Week! Watch your mail for details! USE CODE: BW0720	9	10	11
FULL MOON			Para-Rid END Day			
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 Don't forget to use your shipping coupon!	28	29	30	31	



Monthly Special!
Annual Summer Sale

10% OFF

ALL MMH PRODUCTS

All sales and specials are for direct customers only.

Shipping coupon IS valid with Monthly Special.

★★★★★ "At the first sign of someone in the family getting sick, we pass out Family Immune-Booster to everyone. It seems to make a huge difference in the number of times we actually get sick and the length, especially with the kids. Less and shorter!"

- Ashley T.

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Did your mother or grandmother ever keep a jar of elderberry syrup stashed away in the refrigerator? Well, it's because those small berries pack quite the punch.

Elderberries are very rich in antioxidants making them a necessity for immune support when your body needs it most. Which is why you most likely saw that syrup when you weren't feeling the best. They taste great, which is why they are used in baking, made into syrups and a very popular ingredient in home remedies for immune system support.

If you didn't guess it by the name, European Elderberries originated in Europe, and are usually harvested towards the end of summer and the beginning of fall (depending on your location). Once the berries are ripe they will have reached a deep purple color, are nice and plump and will hang upside down in their cluster on the plant.

Here are some health benefits:

- **Immune system health support**
- **Naturally rich in antioxidants**
- **Promotes the body's natural defenses**

Photo: European Elderberry



2 oz. \$15 • 4 oz. \$27

AUGUST 2020

**Liquid Herbal
Extracts**
Naturally up to 70%
more effective.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Watch your mail for ALL your August discounts.

**Don't forget to use your shipping
coupon before the end of the month!**

(Not valid with Bargain Week • Monthly discount applies
automatically, please use shipping code when ordering)

1

Para-Rid START Day

2

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4

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6

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Bargain Week!

Watch your mail for details!

USE CODE: BW0820

FULL MOON

Para-Rid END Day

9

10

11

12

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Para-Rid START Day

Don't forget to use your
shipping coupon!



Monthly Special!

Back To School Sale

10% OFF

Natural Attention-Aid
Herbal Focus
Bed-Time Drops
Berry Bedtime
Herbal Calcium
Berry Calcium
Family Immune-Booster
Berry Immune-Booster
Krill Oil
Herbal Vita-Mini
European Elderberry Extract
Tea Tree Essential Oil

All sales and specials are for
direct customers only.

Shipping coupon IS valid with
Monthly Special.

★★★★★ "I love
your Natural Attention-
Aid! Our 5 1/2 year old little
girl was always so hyper,
but since I started giving
her that she's much calmer
and gets along with others
better. Thank you for a great
product!"

- MMH Customer

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2 oz. \$15 • 4 oz. \$27



For centuries ginger has been used all around the world, originating in Southeast Asia, as a traditional healing herb. It also has many uses in the culinary world because of its unique and bold flavor. Sweet, yet spicy and warming to the belly, ginger can be very beneficial to our bodies in many ways. Its potent flavor makes a delicious tea or candy that can be taken to help with digestive issues or nausea. Ginger can also provide support for pain and inflammation along with cardiovascular support.

Ginger can be harvested at different times, depending on the preference of flavor and texture desired. At about 4-6 months it is ready to harvest when the rhizomes are cream colored with pink scales, the flesh will be tender containing no stringy fibers and has a mild ginger flavor. After about 10-12 months the ginger will have matured and the rhizomes will resemble those that can be purchased in the grocery store.

Here are some health benefits:

- **Provide support for swollen and irritated tissue**
- **May help stimulate circulation**
- **Digestive support**

Photo: Ginger root

**Liquid Herbal
Extracts**
Naturally up to 70%
more effective.

SEPTEMBER 2020

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Watch your mail for ALL your September discounts.

Don't forget to use your shipping coupon before the end of the month!

(Not valid with Bargain Week • Monthly discount applies automatically, please use shipping code when ordering)

		1	2	3	4	5
			FULL MOON			Para-Rid END Day
6	7 Labor Day (MMH Closed)	8	9	10	11 Patriot Day	12
13	14	15	16 Bargain Week! Watch your mail for details! USE CODE: BW0920	17	18	19
20	21	22 First day of Autumn	23	24	25	26
27	28 Don't forget to use your shipping coupon!	29 Para-Rid START Day	30	Place an order of \$50 or more during the month of September and be entered to win a MMH Gift Basket with 5 FREE 4 oz. Herbal Formulas or Extracts. That's 20 oz., a \$175 value, for FREE! One winner will be chosen on October 1st.		



Monthly Special!
Anniversary Sale

25% OFF

The top 5 MMH Products:
Herbal Calcium
Gentle Birth
Para-Rid
Herbal Respiratory
Family Immune-Booster

All sales and specials are for direct customers only.

Shipping coupon IS valid with Monthly Special.

★★★★★ "I really like Herbal Respiratory for our whole family. One winter we had 3 cases of pneumonia. So the next winter we used lots of Herbal Respiratory, and we didn't have a single Dr's visit. I do not want to be without!"

- M. Yoder

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Pumpkins are believed to have originated in North America, however, seeds from related plants have been found in Mexico dating all the way back to 7000 to 5500 B.C.

Nutrients, fatty acids and antioxidants are all contained within these tasty seeds! Traditionally the oil and the seeds have been used to help with strengthening the bladder and maintaining prostate health.

With multiple beneficial properties, pumpkin seeds are not only good for you, they can also be a fun thing for the whole family to make at home in the fall when pumpkins are ready to harvest.

Here are some health benefits:

- **Promotes healthy bladder**
- **Prostate health support**
- **Antioxidants for cell support**

Photo: Pumpkin and seeds



2 oz. \$15 • 4 oz. \$27

OCTOBER 2020

**Liquid Herbal
Extracts**
Naturally up to 70%
more effective.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p>Watch your mail for ALL your October discounts.</p> <p>Don't forget to use your shipping coupon before the end of the month! (Not valid with Bargain Week • Monthly discount applies automatically, please use shipping code when ordering)</p>				1	2	3
				FULL MOON		
4	5	6	7	8	9	10
				<p>Bargain Week! Watch your mail for details! USE CODE: BW1020</p>		
Para-Rid END Day						
11	12	13	14	15	16	17
	Columbus Day					
18	19	20	21	22	23	24
25	26	27	28	29	30	31
	Don't forget to use your shipping coupon!			Para-Rid START Day		Halloween
					FULL MOON	



Monthly Special!
Winter Health Sale

10% OFF

Family Immune-Booster
Berry Immune-Booster
First Immune-Defense
Herbal Respiratory
Soothing Throat & Tonsil
Breathe EZ Rub
Spirulina
Pumpkin Seed Extract
Frankincense Essential Oil

All sales and specials are for direct customers only.

Shipping coupon IS valid with Monthly Special.

★★★★★ "First Immune-Defense is awesome for boosting the immune system. I would use this whenever my kids have been around other sick people. I also used it at the first sign of colds, sore throats, etc. Tastes good too so they didn't mind taking it!"

- MMH Customer

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2 oz. \$15 • 4 oz. \$27

Not just a delicious side for the turkey, cranberries are high in proanthocyanidins, an antioxidant which makes it helpful in its most common role used for urinary tract support. They also contain a good source of Vitamin C to help boost the immune system.

Cranberries originated right here in North America and grow on long-running vines in beds layered with sand, peat and gravel, commonly known as bogs or marshes. During harvest, the bog is flooded with up to 18 inches of water and the berries are shaken loose of the vine. Each berry has tiny pockets of air that allows it to float to the surface of the water, where they are corralled and taken off to market.

Here are some health benefits:

- Urinary tract support
- High in antioxidants
- Powerful immune-booster

Photo: Cranberries

NOVEMBER 2020

**Liquid Herbal
Extracts**
Naturally up to 70%
more effective.



Monthly Special! Fertility Sale

10% OFF

Fruitful Vine
T&C Formula
HB Formula
Oral Care Solution
Progesterone-Yam Cream
Legacy-Herbs
ProGentor VI
Total Yeast Detox
Stress & Sleep
Vitamin C
Lavender Essential Oil

All sales and specials are for
direct customers only.

Shipping coupon IS valid with
Monthly Special.

★★★★★ "We were
pleasantly surprised to get a
positive test after using my
2 oz bottle of Fruitful Vine
along with Vitamin C. Thank
you MMH. Your staff over
the phone was very helpful
and polite."

- E. Leid

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Daylight Saving Ends	2	3 Para-Rid END Day	4	5	6	7
8	9	10	11 Bargain Week! Watch your mail for details! USE CODE: BW1120 Veteran's Day	12	13	14
15	16	17	18	19	20	21
22	23 Don't forget to use your shipping coupon!	24	25	26 Thanksgiving Day (MMH Closed)	27 MMH Closed	28
29	30 FULL MOON	Watch your mail for ALL your November discounts. Don't forget to use your shipping coupon before the end of the month! (Not valid with Bargain Week • Monthly discount applies automatically, please use shipping code when ordering)				

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What was once a rare gift that was fit for a king that originated in India, Sri Lanka, Bangladesh, and Myanmar, is now an extremely common spice that is used for many different things.

As for health benefits, cinnamon is loaded with antioxidants for inflammation support and can help to regulate blood sugar levels. Cinnamon can also be enjoyed as a flavoring in candies and many baking goods. It's a spice that not only tastes great but has a favorable aromatic scent enjoyed especially around the holiday season.

When cinnamon is harvested the tree is cut and the outer layer of the bark is removed, then the inner layer is scraped off in sheets which then curls up as it dries.

Here are some health benefits:

- **Rich in antioxidants**
- **Maintain heart health**
- **Inflammation support**

Photo: Cinnamon bark



2 oz. \$15 • 4 oz. \$27

DECEMBER 2020

**Liquid Herbal
Extracts**
Naturally up to 70%
more effective.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9 10-hour inventory reduction sale Watch your mail for details! 7 A.M. - 5 P.M. MST USE CODE: BW1220	10 Para-Rid END Day	11	12
13	14	15	16	17	18	19
20	21 First Day of Winter	22	23	24 Christmas Eve (MMH Closed)	25 Christmas Day (MMH Closed)	26
27 Para-Rid START Day	28	29 FULL MOON	30	31 New Year's Eve		



Monthly Special!

**\$4.98 U.S.
Shipping**
on all orders this month!

All sales and specials are for
direct customers only.

Shipping discount will
automatically apply when
ordering.

★★★★★ "I have
used MMH a lot through the
years, from Adren-L-Aid
to Licorice Tummy-Aid for
the little ones. I use Herbal
Respiratory, Anti-Diarrhea,
and Family Immune-Booster
the most. Everything I use
for my family has worked
well, and some things have
become old standbys that I
won't do without! The thing
I like most is that if I have a
question about anything, I
can talk to a well-informed,
caring person and get good,
but not pushy advice. Thank
you MMH, for your service to
our family!"

- Debra J.

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2021



January

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March

Su	Mo	Tu	We	Th	Fr	Sa
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
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April

Su	Mo	Tu	We	Th	Fr	Sa
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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May

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June

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6	7	8	9	10	11	12
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July

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4	5	6	7	8	9	10
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August

Su	Mo	Tu	We	Th	Fr	Sa
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8	9	10	11	12	13	14
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22	23	24	25	26	27	28
29	30	31				

September

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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October

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
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24	25	26	27	28	29	30

November

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7	8	9	10	11	12	13
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21	22	23	24	25	26	27
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December

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5	6	7	8	9	10	11
12	13	14	15	16	17	18
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2022



January

Su	Mo	Tu	We	Th	Fr	Sa
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30	31					

February

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March

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6	7	8	9	10	11	12
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20	21	22	23	24	25	26
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April

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May

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8	9	10	11	12	13	14
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22	23	24	25	26	27	28
29	30	31				

June

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July

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					1	2
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17	18	19	20	21	22	23
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August

Su	Mo	Tu	We	Th	Fr	Sa
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21	22	23	24	25	26	27
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September

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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October

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
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November

Su	Mo	Tu	We	Th	Fr	Sa
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6	7	8	9	10	11	12
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20	21	22	23	24	25	26
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December

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



2020 Bargains & Specials

Thank you for honoring one discount per order. No other offers are valid with Bargain Week specials or Monthly Specials, unless otherwise noted.

For mailed orders to receive **Bargain Week** discounts, they must include the Bargain Week discount code and be postmarked on or before the day/week of the sale.

Don't forget to use your Shipping Coupon each month. *(Not valid with bargain weeks)*

Thank you!



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