

# The Good Earth Beet

The Good Earth Food Co-op – [www.GoodEarthFoodCoop.coop](http://www.GoodEarthFoodCoop.coop)

7/1/2017

## Summer Swelter Safety

-Autumn (Wellness  
Manager)



We spend all winter waiting for summer. When it gets here we want to spend as much time as possible outside. Minnesota is a great place for outdoors activities; swimming, biking, fishing, hiking, picnics, the list can go on and on. We also realize that we need to protect ourselves from the sun so we put on sunblock, wear a hat, and sit in the shade. After being in the sun we rub on aloe vera and try to keep our skin healthy. We think about the things we need to protect our body from the outside but many of us don't stop to think about protecting our body from the inside.

The more time we spend outside the more we sweat the more water we need to drink. Drinking enough water to stay hydrated can be incredibly hard, if not impossible, when we are out doing things. Not to mention sweat is not just water it's also electrolytes. Electrolytes are so important to keep us hydrated. Unfortunately many electrolyte drinks, such as Gatorade or Powerade, are high on sugar, contain dyes, and only have a few electrolytes such as potassium and sodium. When we are trying to stay hydrated the last thing we want to do is consume a bunch of sugar.

For the month of July all Trace Mineral Research products will be 25% off. The brand offers a variety of electrolyte options such as: *Power Paks*; come in all different flavors and fizz up when added to water and are low sugar to boot. *Endure Drops*; pure electrolyte drops you can add to water and contains 72 ionic minerals (AKA electrolytes). *Stamina Tablets*; if you don't want to add something to water you just take 1-2 of these with a glass of water. They also contain taurine to help prevent muscle cramping.

So no matter how you choose to enjoy your summer don't forget to keep your body healthy from the inside out.

*We love our Co-op, what we stand for and all of our amazing patrons!*

*Thank you for your continued support!*

## Trace Minerals Research Sale

# 25% Off

**Sale includes – Power Paks, Endure Drops and Stamina Tablets or Energy Bites (located near the fresh fruit).**

**Sale Ends 7/31/2017**

## Upcoming Events

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Super Sunday – 7/2/2017

Family Fun Night & Board Game

Night – 7/6/2017 Every first Thursday from 6:00-8:00pm we invite you to come and play games with the Board of Directors. Bring your favorite game for all to play!

Friday Cookout - Every Friday from 11 to 1:30pm. Menu changes each week and is posted on the website.

International Day of the Co-op – Saturday July 8<sup>th</sup> 4-7pm. Join us for music, food, games and community for our biggest party of the year!

Summer Member-Owner Drive – July 8<sup>th</sup> through July 14<sup>th</sup>. Become a member-owner and receive an extra perk for joining, a \$10 gift card or dinner on us. Details available in store.

Board of Directors Meeting – All Member-Owners are invited to attend the monthly meeting which is held every third Thursday starting at 6:30 pm (7/20/2017).

Movie Night - 7/28/2017 starting at 6:30 pm.

Family Fun Night & Board Game  
Night – 8/3/2017 from 6:00-8:00pm.