Christmas in July - Our Gift from the Sea for You!

The Midwest Mermaid Muse loves Christmas, who doesn't? So we decided to do Christmas in July and we have a gift for you! Buy any product in our Store, and you'll get one free. Call it a 2 for 1, or a BOGO...but it's a great deal for you. It's two of the same product, so it would be a good time to stock up! (P.S. Our products make great stocking stuffers, so buy one for you and then give one as a gift.)

Order 2, 4, 6, etc., of the same product and then enter XMAS as the discount code upon check out, the cost will be adjusted there. Happy Shopping and Merry Christmas in July!

Order Now!
Juicing vs. Blending: Which Is Better?

We know that fruits and vegetables are good for us. We know that fresh produce may reduce the risk of heart disease, stroke, and cancer, while also helping to manage our weight. But according to the CDC, we aren’t getting enough of either. That’s why both make it easier to get more fruits and vegetables into our diets. With juicing, essentially all fibrous materials are removed, leaving only the liquid of the fruits and vegetables. With blending, we get it all – the pulp and fiber that bulks up the produce. Read more about the benefits and drawbacks of each and which one comes out on top!

Spice Things Up!

The subject of inflammation is everywhere lately, and the hype is for good reason. Not only can adopting an anti-inflammatory diet and lifestyle reduce chronic inflammation to help you stay healthy and slow down aging, but research also suggests it can reduce your risk of heart disease, diabetes, dementia, Alzheimer’s disease, autoimmune diseases, joint pain, and cancer.

According to Dr. Carolyn Williams, one thing that really helps with controlling inflammation is to spice things up. Look for ways to add spices when you’re cooking. There’s lots of evidence to suggest incorporating garlic, or herbs and spices such as turmeric, rosemary, cinnamon, cumin, ginger, and more, decreases inflammation.

Our **Land & SEAsoning spice mix** has many of these spices and other nutritious and healing ingredients to help decrease inflammation and provides other benefits as well. Order some today as part of our Christmas in July Special!
July Health Tips - 10 High-Protein Plant-Based Foods
Reducing your use of animal products is getting easier with more fortified and nutritious plant-based foods available. The right plant-based foods can be excellent sources of protein and other nutrients, often with fewer calories than animal products. In our July Health Tips, we provide a list of 10 of our favorite healthy, plant-based foods having a high-protein content per serving. We shared these because most are familiar, most are easy to find and all are easy to prepare. Three are featured below, check out the other seven foods to read about all the other great plant-based protein options.

Seaweed contains 10X the nutrition over other plant-based foods and there are so many ways you can add it to your diet.

Soy products such as edamame are among the richest sources of protein in a plant-based diet after seaweed.

Often maligned as being high in carbs and in calories, potatoes are actually high in protein and packed full of nutrients.

Kathleen Foland
The Midwest Mermaid Muse

For more information on The Midwest Mermaid Muse, go to "About Us" or "About Kathleen" on our website. Also, check out "Musings" while you're there - it's Kathleen's blog where she shares her thoughts on super foods, wellness and beauty tips, inspirational stories, recipes, and ideas for using many of her products. So take a look back to pick up some interesting tips for better self-care.
Just an FYI:
You are receiving this email from Midwest Mermaid Muse because you either subscribed to it via our website, signed up for it at one of our events, or you are someone we thought would be interested in our products and our POV on various health and beauty topics. You won't hurt our feelings if you decide to unsubscribe (click on the unsubscribe link below). If you would like to continue to receive future emails from us, no need to do a thing, you'll remain on our list.