

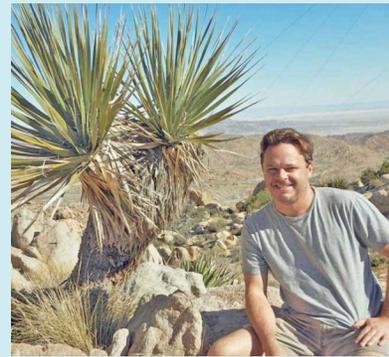


Look Good. Feel Good.

Midwest Mermaid Muse Featured on EthnoHerbalist

We are so excited to have received the endorsement of Dr. Kevin Curran, founder of [EthnoHerbalist](#). He holds a PhD in molecular biology and served as a professor at the University of San Diego, teaching courses on Cell Biology and Ethnobotany. Here's just one thing he said about Midwest Mermaid Muse (on his Superfoods page):

"As the author of this website, I often discover delicious and new superfood combinations. Midwest Mermaid Muse is an exciting company that creates nutrient dense, culinary products containing seaweed and healing medicinal mushrooms. I love their Land & SEAsoning all purpose seasoning mix. I use it on salads, popcorn and soups. Kathleen Foland, the Midwest Mermaid Muse, places extraordinary care into her product line."



Mindful Mouthfuls

We're using this expression to gently remind our readers to be more mindful with how and what you eat. Slow down a little. Pay attention to what's on your plate. As you enjoy the textures, aromas and flavors of your food, close your eyes and really enjoy. And always make conscious decisions when choosing what to eat or drink. Here are a few ideas to help you be more mindful about what you are putting in your mouth.

Drink Warm Lemon Water

We can't reiterate this tip enough: drinking a warm mug of [lemon water in the](#)

Featured Recipe: Roasted Pork Pineapple Fried (Miracle) Rice

Recently we discovered [Miracle Noodle](#). This food company is well-known for their world-famous Miracle Noodles, which are healthy and diet-friendly plant-based pastas. They are low calorie, low/no carb, grain-free, blood sugar-friendly, gluten free, weight loss-friendly, shirataki noodles and rice. We've tried many of their noodle products and they are good!



One of their products "[Miracle Rice,](#)" has zero fat, zero cholesterol, zero sugars and zero sodium. It has just 3 grams of carbs per serving, and every serving has just 10 calories! We

were inspired to take one of our dishes (Pork Fried Rice) and replaced the traditional rice with Miracle Rice. We also used our [Land & SEAsoning](#) spice mix to add additional flavor and nutrition.

morning helps move the lymph in your body, which is really your best bet for filtering out toxins.

Swap Ingredients

More often than not, just switching one thing out in a recipe for a healthier alternative contributes to improving the dish without compromising taste. For instance, try swapping gluten-free and soy-free Coconut Aminos for soy sauce and reduce the salt intake by 73%. [Read All About Coconut Aminos here.](#)

Don't Be Shy, Give Seaweed a Try!

Seaweed is considered the "superfood" of all superfoods and there are so many reasons why. And beyond being good for you personally, it's also good for the environment. Here are 18 reasons (and there are more) we've collected on [why Seaweed is such a wonder plant.](#)



Check out the recipe and give Miracle Rice a try! Or you could make the recipe with one of their Noodle products. (We provide a link on where to buy in the recipe.) Also included in the recipe are pineapple, green onions and bean sprouts. You'll love it!

[Get the Recipe!](#)



October Health Tip

In this month's health tip, we share 7 ways to "Give Your Coffee a Boost and Make It a Little Healthier." Many consumers and coffee-chains are serving up drinks loaded with extra calories, fat, sugar, and preservatives. Here are some easy tips to help make your morning drink work with you; not against you!

[Go to October Health Tip](#)

Clovelly Tea Special

Not a coffee drinker? Then give our Clovelly Tea a try. Inspired by the seaside Clovelly Village in Great Britain (like our Clovelly Spray), our tea is delightful to drink but is also good for you with ingredients known to help thyroid problems, achy joints, digestive problems and a few other conditions. Packed with antioxidants, it's great either hot or iced. Contains Bladderwrack (a brown algae/seaweed), Red Algae, Hibiscus, Vital Reds (Polyphenols), Irish Moss, Cacao Tea, Dried Pineapple, Amalaki Fruit, Bibhitaki Fruit and Haritaki Fruit.



[Buy One/Get One Off for 50%](#)



Kathleen Foland - The Midwest Mermaid Muse

Kathleen Foland makes small batch, all natural topical and culinary products in Kansas City. A certified health coach, her products take a dual approach to wellness and beauty, both inside and out. The all-natural skincare and food products contain seaweed and/or healing medicinal mushrooms which have been in use since ancient times for their nutritional benefits.

Check Out Musings

In her blog "Musings," Kathleen shares her thoughts on superfoods, wellness and health tips, inspirational stories, recipes, and ideas for using many of her products. So [take a look](#) back to pick up some insight for your own personal self-care.

Help Save Our Oceans

For all Land & SEAsoning purchases we'll be donating 10% of our sales to

[Ocean Conservancy](#). Our oceans face many threats like the onslaught of ocean trash, overfishing and ocean acidification. Ocean Conservancy is developing innovative solutions to save our oceans. Your purchase will not only help put a more flavor and nutrition in you diet, but in a small way will help in the efforts to save our oceans. [Go to Store to Order](#).



Free
SHIPPING

Midwest Mermaid Muse provides Free Shipping with all orders over \$20! That's right, no shipping costs on any of our products when you spend just \$20 or more. So order Land & SEAsoning, or Clovelly Spray or any of your favorites now and save!

Let's Be Social!



MidwestMermaidMuse.com
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Just an FYI:

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