December, 2019

Holiday Gifts from the Sea

Our topical and culinary products make great gifts and stocking stuffers for those on your list who would appreciate all-natural health, nutrition and beauty items. You can stock up with our special holiday discount - since the New Year will be 2020, and 20+20=40, we’re giving **40% off** your entire order (must purchase a minimum of $20) plus free shipping! Use **GIFTS** as the discount code when checking out.

**Go Shop and Get 40% Off in Our Store!**

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**Holiday Greetings**

Click for a special holiday message
Seeking Vendors/Speakers for June, 2020 Event!

We are so excited to announce that next June, 2020, Midwest Mermaid Muse is hosting a special event in Kansas City. The Kansas City Nutrition & Wellness Festival is designed to provide our community with a fun and casual event to learn about a variety of nutrition and wellness resources and products available to support your journey to better health. While plans are in progress now, we will be featuring a special screening of the award-winning documentary “The Biggest Little Farm” and a variety of vendors promoting healthy eating, fitness and lifestyle choices. We’ll also have a mini Farmer’s Market, educational demonstrations, guest speakers, wine tastings, food trucks and more!

We’ll be announcing full details soon, but in the interim we want to reach out to any nutrition, health or wellness organizations interested in participating and promoting their products and/or speaking at the event. If you’d be interested in hearing about Sponsor, Vendor or Speaker opportunities, email us at info@midwestmermaidmuse.com and we’ll email you a link for more information and how to sign up.

Wellness and Beauty Insights from Ojai!
Kathleen and her friend Ruth recently attended the 2019 Ojai Herbal Symposium in California (“The Wisdom of the Body”) and she wanted to share some of their learnings and a few adventures with you! They were able to network with other attendees and speakers and learned a lot of tidbits along the way about other businesses, ailment treatments, new technologies and more.

December Health Tip
According to most nutrition experts, the key to an overall healthy diet is to limit your intake of “processed” foods. So here are eight, relatively simple and painless ways to decrease the use of processed foods (like #8, make your own salad dressings vs. using bottled - plus we’ve provided you a link to our 10 salad dressing recipes that are quick, healthy and yummy!).

Go to December Health Tip

Holiday Ads Focus on Versatility and Benefits of Land & SEAsoning
If you live in or near the Kansas City area, check out the December issue of SimplyKC Magazine. We feature a series of small right hand page ads sharing the benefits of how our Land & SEAsoning all purpose spice mix can spice up your holidays with nutrition and flavor!

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.

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. Ocean Conservancy is developing innovative solutions to save our oceans. Your purchase will not only help put a more flavor and nutrition in your diet, but in a small way will help in the efforts to save our oceans. Go to Store to Order.

Let's Be Social!

MidwestMermaidMuse.com
816-804-3126

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.

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