



Look Good. *Feel Good.*



Non-Dairy Pesto With a Boost of the Sea

With an abundance of basil in gardens, now is a great time to make pesto and to use it on a variety of recipes — pastas, salads, grilling fish, snacks and more. Kathleen Foland introduces her recipe that's packed both with flavor and nutrition!



[>>View Kathleen's video along with the recipe now.](#)

All About Sea (Irish) Moss

It seems as if the main stream media have recently discovered Irish Sea Moss and how this immune-booster can help with everything from digestion to emotional health. There are actually two different types of seaweed/red algae. One is sea moss and the other is Irish moss. Like the article in the link, they are used (mistakenly) interchangeably, however, they have similar qualities. This article does a good job of detailing its benefits including:

1. It can improve your thyroid function
2. It may help to improve your energy levels
3. It'll boost your immunity
4. It may nourish your skin
5. It could improve your emotional health

It is tasteless so you can add it to a variety of dishes. Some options for its use include smoothies, juices, cakes, sauces, homemade ice cream, stews and soups.



[Read More](#)

Why Demand for Seaweed is About to Boom

Check out this interesting story from CNBC. Seaweed is used in more than just sushi. It can be found in almond milk, baby food and lotion. Kelp is used in medicine, animal feed, fertilizer and even as a biofuel. That's why the commercial seaweed market size could surpass \$85 billion by 2026, according to Global Market Insights. Seaweed in some form is one of the ingredients in most of Midwest Mermaid Muse's products and in many of our recipes. Check out this fascinating story on how this is the new farming rage, and the benefits of growing and using it. [>> VIEW VIDEO NOW](#)



Our New Seasonal Trailmix is Here

We have made a new seasonal batch of our Trailmix!! And it's really yummy. It is loaded with good things. Savory, nutty with a touch of fennel and fruit! Ingredients include: oats, pumpkin seeds, cashews, sesame seeds, dried raspberries, Cambodian Herbal Sea Salt, Land & SEAsoning and crumbled seaweeds. One packet provides 2 servings. Just \$4.15 per packet. [>>ORDER NOW](#)



NEW!

Rose Petal/Vitamin E Masque & Scrub

Our new masque/scrub will leave your skin feeling oh so soft and smooth. Especially lovely for your feet and legs — just stir contents, apply to damp skin, massage slowly, rinse, then pat dry. Ingredients include all certified organic, naturally-derived salt, sugar, rose petals, tacos, hibiscus, coconut, baking soda, dry mustard, lavender and blue spirulina. [>>ORDER NOW](#)



KANSAS CITY
NUTRITION & WELLNESS
Festival



Festival Rescheduled for 2021

The Midwest Mermaid Muse, along with Somerset Ridge Vineyard & Winery will be co-hosting the Kansas City Nutrition & Wellness Festival in June of 2021 (rescheduled from this past June due to the Covid-19 pandemic).

OUR GOAL is 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 their journey to better health. So pencil the date on your calendars, and as we finalize planning we'll be providing you more details.

Seeking Speakers, Sponsors & Vendors

We are seeking nutrition, health and wellness related organizations including Diet/Weight Loss Programs, Natural Beauty Products and Treatments, Fitness Centers, Yoga, Massage Therapy, Integrative Health Specialists, Chiropractors, Dermatologists and more to join the Festival as a sponsor or a vendor. We also invite local farmers to bring their produce and home-made food items to the Festival for our Mini Farmer's Market. If interested, send an email to kathleen@midwestmermaidmuse.com.

For more information go to: kwellnessfest.com

Did You Know?

Many of us are stressed out right now, and when we're stressed, we often don't take care of ourselves as we should. Follow these three tips and you are sure to feel better with more energy throughout the day:

1. A lemon-water boost helps move the lymph in your body, which is really your best bet for filtering out toxins. Heat some water and squeeze real lemon into it - just squeeze a little wedge to taste. Drink the water very slowly, taking a sip every minute or until it's gone.
2. Eating steamed, sauteed, or raw greens is great for supporting your adrenals - aim to eat a salad a day!
3. Eliminating bread, pasta and muffins and opting for a Paleo-type diet can put a lot more pep in your step. Wheat/gluten causes inflammation.



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. 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.



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