



Look Good. Feel Good.

Happy Fourth of July!

We love this time of the year, who doesn't? Fresh, local produce is available, and it's the perfect time to grill outside. This holiday, why not try using our Land & SEAsoning to boost the flavor and nutrition of many of the dishes you make for the day? It's great as a rub for grilling, or to season grilled or roasted vegetables. Buy the 4 ounce Shaker and the 2 ounce Packet for just \$17.50 (reflects a 20% discount!). Here are a few ideas, plus we have a lot more on our website in Recipes (Deviled Eggs anyone??):



Try our Watermelon Gazpacho - made with fresh ingredients and a little bit of our Land & SEAsoning gives it such a tasty boost!

[Watermelon Gazpacho Recipe](#)



Making chicken or steak kabobs? Dust them with Land & SEAsoning before you put on the grill for enhanced flavor and nutrition.

[Purchase Land & SEAsoning](#)



Land & SEAsoning is perfect for roasted cauliflower, corn on the cob, and as a rub on your BBQ ribs. Check out all three recipes!

[Go to Recipes](#)



It's the Right Time to Heal Your Mind, Body & Spirit

In the pursuit of trying to heal our historic treatment of neighbors and our earth, we have to learn how to internally heal our own individual mind, body and spirit to supply the energy to "keep on keepin' on." In her latest blog post, Kathleen shares her thoughts about how to do so and introduces us to Qi Gong, and how helpful it's been for her and her husband.

It's an ancient Chinese physical manifestation of healing mind, body and spirit. Qi Gong means energy. And exercise of vital energy healing through breath and movement. Kathleen suggests checking out [Lee Holden's 5 Day, 7 minutes per day introductory program](#) for yourself and a friend to experience (plus he has a series of healing videos on topics like a healthy heart, better balance, anxiety, headaches, healthy joints and more). Check out her article, and learn more about Qi Gong as well as her plans for the future to create her own outdoor video presentation of these classes with a small group in her beautiful backyard area.

[Read More...](#)

Update

Just a reminder that due to the Covid-19 pandemic, we are rescheduling the Kansas City Nutrition & Wellness Festival originally planned for this coming weekend (co-hosted by The Midwest Mermaid Muse, along with Somerset Ridge Vineyard & Winery). While we are disappointed that it won't be scheduled this month as planned, we will be rescheduling it in 2021. If you are interested in speaking or being one of our sponsors or vendors, please contact us at info@midwestmermaidmuse.com.



kcwellnessfest.com



How to Wash Produce

Do you currently wash your produce by rinsing it under cold, running water? Most people do, and this method works well to remove some of the pesticide residues from some forms of produce. Research has shown that most commercial produce cleaners are no more effective than plain water, and that washing produce with running water reduced the amount of pesticide residue for 9 of 12 tested pesticides. So how can you do better? Several liquid combinations have been shown to be

more effective than just using plain water. Those include salt water, vinegar water, or baking soda water. Here's an article we wanted to share on how to use these methods effectively.

[Read the Article](#)

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.



Let's Be Social!



MidwestMermaidMuse.com
816-804-3126



Midwest Mermaid Muse is now a member of Missouri Grown, a Missouri Department of Agriculture program showcasing hundreds of fresh and nutritious products that are grown and made by the men and women of Missouri agriculture. When you pick Missouri Grown products, you show your state pride and support your neighbors — the farmers and business owners who make Missouri so great.

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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