



**SEPTEMBER 2017**

Note from the owner: Cindy Mitchell, I want to give a **HUGE** thank you to all of my customers that have supported me in this venture here in the store. Sept. 1<sup>st</sup> marks my 2<sup>nd</sup> year to be the owner of this wonderful store. I could not have accomplished what I have without your support. I look forward to many more years to come. In the meantime this is my first monthly newsletter. I have plans on the newsletter growing to a four page fold out, but to start I am going to do a two page front and back. Once I get more articles and more people interested in adding their thoughts or even their business ads. If you are a business and would like to place an ad here, contact me.

If you like what you see going on in the store, **please go to Google in the search bar type vitamin lady and give me a review. Thank you**

**VITAMIN LADY AT  
MIDDLE EARTH  
NURTURING THE  
BODY, MIND AND SOUL  
18 W Side Square, Macomb  
309-833-2848**

## **A Healthy Side Dish**

### **Roasted Cauliflower with Chickpeas & Onions**

Start to finish: 25 minutes

Servings: 4

- 1 Tablespoon Olive Oil
- 1/8 Teaspoon Red Pepper Flakes
- 3/4 Teaspoon Za'atar herb blend
- 1/2 Teaspoon Kosher Salts
- 1/4 Teaspoon Black Pepper
- 1 1/4 Cup Cooked Chickpeas
- 2 Tablespoon Lemon Juice
- Small Cauliflower, cut bite-sized
- Small Yellow Onion chopped

Preheat oven to 400 degrees. In a large bowl, mix together the olive oil, red pepper flakes, za'atar, salt and pepper. Place the vegetables and chickpeas in the bowl, and toss to coat.

Cover a baking sheet with parchment paper and spread out the vegetables on the paper. Roast until cauliflower is tender and golden, about 20 minutes, stirring once halfway through.

Squeeze lemon juice onto the mixture, stir, and serve.

Cook's note: If you can't find za'atar, substitute: ¼ teaspoon dried oregano or thyme, teaspoon sesame seeds and ¼ teaspoon sumac.

## **Peaceful & Calm Oil Blends**

**Stress Ease:** A go-to blend for regular use. It's calming without affecting energy levels. Perfect when you still have 101 things to get done.

5 drops Cedar wood

5 drops [Ylang Ylang](#)

4 drops [Lavender](#)

3 drops Bergamot

3 drops [Patchouli](#)

**Attitude Adjust:** A wonderful blend for those times when you're simply in a funk. Sometimes we're just feeling a little 'off' and can't quite pinpoint why.

6 drops [Wild Orange](#)

5 drops Bergamot

5 drops Cypress

4 drops [Frankincense](#)

**Concentrated Calm:** Are times when your mind is cluttered or you have a lot going on up there and struggle focusing or getting things accomplished? This wonderful blend is fantastic for when you're feeling scattered.

6 drops Chamomile

5 drops [Geranium](#)

4 drops Cedar wood

3 drops Bergamot

2 drops [Lavender](#)

**Kiddies Calm:** Need a good **calm down for kids**? This blend is a perfect choice for the kiddos. Whether they're ramped up from all the excitement of the day or you just need them to wind down, you'll be amazed at how well this works. Talk about Mother Nature's personal gift to all moms!

7 drops [Lavender](#)

6 drops Vetiver

5 drops Cedar wood

2 drops [Sweet Orange](#) or any citrus scent you choose

**Lady Comfort:** (If you're anything like me, you need peace and calm stat) this blend is specifically for supporting a woman's total wellness during certain times...if you catch my drift.

5 drops Clary [Sage](#)

4 drops [Frankincense](#)

3 drops Vetiver

3 drops [Grapefruit](#)

3 drops [Neroli](#)

3 drops [Geranium](#)

I have a lot people asking me what I have mixed in my diffuser for the day here in the store.

These are just a few of the ones that I personally mix here in Vitamin Lady Store.

## **Blessings of Happy Health**