

HARMONY FARMS

Natural Foods & Supplements

“See you in September” -The Happenings

The fall breeze is coming! We're finally going to get some cooler temperature days soon. The weather is going to be perfect for grilling and spending time outside. If you plan on grilling on Labor Day, check out our meat selection. We have some high-quality, pasture-raised meats from some of our local vendors.

We have some incredible CBD, supplement, skincare, and grocery sales this month. Make sure you stop by before the end of the month to take advantage of the savings.

We feel like the song, "See You in September" perfectly describes how we feel about September. View the lyrics to "[See You in September.](#)"

Looking for an event space?

Look no further! We have a room available to rent. The Wellness Room is perfect for a lecture series, group discussions, or vendor demos. It can hold up to 16 people sitting or standing, with chairs, a table, and a wall-mounted dry-erase board provided. It's available to rent by the hour or the day. Visit

our [website](#) to get more information and to apply to rent our event space. Event attendees must have a Harmony Farms Private Membership Card to attend Presentations. They are only \$5 and is good for a year. This allows the Presenters to speak in their Presentation to any subject without fear of punishment from any State Authority.



Iridology with Kelly

We would like to congratulate our store manager, Kelly Shattuck, on receiving her accreditation to become a Certified Iridologist through the [International Iridology Practitioners Association](#).

Following a year of instruction with the Trinity School of Natural Health, Kelly received her credentials to become a Master Iridologist in June of 2021. Kelly decided to go a step further to become internationally certified and passed the examination in May of 2022.



Kelly will begin scheduling individual consults at Harmony Farms in mid-September. An appointment will be \$75 dollars and includes an initial visit where she will take a picture of your eyes. She will create an assessment for a follow-up in a week to include a 30-minute consultation and 30 minutes of questions and assistance in selecting the accompanying vitamins that you may want to purchase after your evaluation. Each personalized session includes printed information about your reading and Kelly's recommendations to further your health journey.

If you have any questions or would like to make an appointment, please visit her [website](#), or email her at aipwithkelly@gmail.com

<https://www.aipwithkelly.com/>

Natural Labor Day Grill-Out Inspiration

Planning on grilling out this Labor Day weekend? Celebrate Labor Day with some local and organically grown meats from



[Rocky Forge](#), [Dawnbreaker Farms](#), AKA Carolina Pastures, [Moore Brothers](#), [Farmer Focus](#), and [Fossil Farms](#). For our Vegan and Vegetarian friends, we also have options from the brands Tofurky and Beyond Meat.

New Local Eggs

We are excited to announce that we are carrying Extra Large Local Organic Eggs from [Reedy Fork Organic Farm](#) in Elon, NC! Their hens are free-range and produce delicious, nutritious, egg-celent organic eggs.



Juice Bar Spotlight



Bring in the fall season with the taste of Apple Pie! Try the Juice Bar's Organic Apple Pie smoothie. It is all organic and made with fresh apple juice, almond milk, bananas, dates, cashews, cinnamon, and ginger. It's creamy and naturally sweetened. It really tastes like apple pie! You'll apple-solutely love it.

If you're in the mood for something hot, grab a latte or cappuccino. You can add a dash of pumpkin pie spice for a little taste of autumn.

September Sales

Check out our sales for the month!



15% OFF Amazing Grass

Full-spectrum CBD products, #1 CBD in US.

20% OFF CV Sciences

Full-spectrum CBD products, #1 CBD in US.

20% OFF Derma E

GMO-Free, Cruelty-Free, Gluten-Free, Soy-Free, and 100% Vegan skin care.

20% OFF Humble Brand

Aluminum-free deodorant with clean ingredients and vegan options, too.

20% OFF Mad Hippie

Natural skin care line that only uses active ingredients. Hippie-formulated. Mix and match products for a skincare routine suited for you. Also includes their natural makeup line.

35% OFF New Chapter

High quality, non-GMO, fermented multivitamins

September Grocery Sales



- **Better Life 15% OFF**
- **Chocolove 2/\$5**
regular bars only
- **Primal Kitchen 15% OFF**
sauces, avocado oil, gravy, & condiments
- **Wild Planet 15% OFF**
- **Zevia 6 packs \$5.29**



infra

Please be patient with us as our stocks fluctuate during this time.
Please call ahead to find out what we have available.

INFRA grocery sales

September Events

9/3 Free Aura Reading and Biofeedback levels 1:30 – 4 pm

Stop by Harmony Farms on Saturday, September 3rd, from 1:30 to 4 pm for a Free Aura Reading and Biofeedback levels by Sue from Raleigh Body & Brain. No appointment is necessary, but there may be a line. Only takes 5 minutes. Learn what your aura colors say about your energy balance between mind, body, and spirit.

Check your stress versus relaxation levels. Bring your cell phone to take a photo of your results.



9/5 Labor Day Hours 9 am – 5 pm

We will be closing early to celebrate.



9/10 Meet & Greet with Melanie Yukov 11-1:30 pm

Meet Melanie on Saturday, September 10th from 11 am to 1:30 pm. She will have a rice dish for you all to try at her Meet & Greet! Melanie is a Community Herbalist, Certified Holistic Health Coach, Flower Essence Practitioner, and Holistic Speech and Language Pathologist. She completed courses on topics including vagus nerve activation, Ayurveda, energy medicine, and studied with various herbal medicine practitioners both in the United States and abroad.

She specializes in helping those with digestive issues get to the root of their issues and understand their bodies to digest food with ease through the use of various healthy practices and mind-body modalities.

She is going to teach a class in Harmony Farms' Wellness Room on Saturday, September 17th titled "[6 Tips to Heal a Sensitive Gut](#)".



Meet and Greet w/ Melanie Yukov
Saturday, 9/10, 11am - 1:30pm
the WELLNESS ROOM

9/10 Gini's Crafted Beverage Demo 11 am - 2 pm

Join us on Saturday, September 10th, from 11 am to 2 pm, and try some of Gini's Premium Crafted Beverages! They have some delicious Ginger Wellness Shots! Ginger has several known benefits like calming nausea, relieving indigestion, and being anti-inflammatory! Come try them for yourself!

<https://ginisbeverages.com/>



9/12 Nordic Naturals Demo 2:15 – 5:15 pm

Dima, representative from Nordic Naturals, will be here at Harmony on Tuesday, September 12th from 2:15 to 5:15 pm to sample some of their amazing Omega 3 fish oil products! Come by and try some fish oil and learn about the benefits of Omega 3's.



9/17 "6 Tips to Heal a Sensitive Gut" with Melanie Yukov 11 am - 12:30 pm

"Tired of having anxiety about what to eat? Tired of feeling your stomach in knots and not understanding why? Ready to learn simple tips to digest food with ease? Then this class is for you! In this 1.5-hour class participants will leave with a handout detailing strategies for healing a sensitive, leaky, or upset tummy including dietary suggestions, mind-body, herbal medicine suggestions, and tools to activate the vagus nerve for digestion. This class will be packed full of life-changing information!"

Cost: \$25

Sign up here <https://www.root2risewellness.org/event-details/6-tips-to-heal-a-sensitive-gut>

To attend this Seminar, you have to become a Harmony Club member. The cost is only \$5 and is good for an entire year.



9/24 Fairy Hair with Eliza 11 am - 1 pm

Join us on Saturday, September 24th from 11 am to 1 pm and get your hair to sparkle by the lovely Eliza. ☐

Text (919) 633-1855 to book a time slot.

Walk-ins accepted!

\$20/person



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