



Look Good. *Feel Good.*

MidwestMermaidMuse.com

*Providing a Dual Approach to
Wellness & Beauty
with All Natural,
Topical & Culinary Products*

Welcome to our new e-newsletter! Our exciting news is we have a brand new website. It will of course have our online store for all natural, topical and culinary products. In addition to the store, the site provides solutions for having an overall healthy lifestyle through our blog, recipes, healthy tips and other resources. We hope you will visit it and come back often, as there will always be new content.

[Visit our Website](#)

Get a Free Sample

To help celebrate the launch of our new website and newsletter, we're going to give away to the first 25 people who respond, a FREE sample of one of our most popular products, [Land & SEAsoning](#). Just send us an email by clicking below and mention "Sample" in the subject line.

[Yes, I Want a Free Sample!](#)



Upcoming Event: National Popcorn Day

Our Land & SEAsoning will be one of the featured flavors of popcorn at [Of The Earth Farm Distillery's](#) celebration of



National Popcorn Day this coming Saturday. In addition to a popcorn bar, they will also be showcasing their new winter cocktails and showing silent movies in their Tasting Room. Located NE of Kansas City in Richmond, MO. We're excited to be part of this fun event. January 19th from 12pm-6pm.

[Click for Further Details](#)

Featured Product

This issue's featured product is our fabulous **Tremella & Seaweed Vitamin C Nighttime Repair Toner & Serum**

- For hyper-pigmentation, dark spots and texture
- Made in small batches for optimum freshness
- Comes as a pair
- All natural ingredients

Tremella is a healing mushroom known for its ability to improve skin tone, provide anti-inflammatory properties and boost defense mechanisms.

Special this month: Buy one pair of our Tremella Toner & Serum and get a free 2-ounce package of Land & SEAsoning. See details when ordering.



[ORDER NOW](#)



Recipes: Bloody Mary - Mermaid Style

One of the features of our new website is the [Recipe](#) section, where we feature a variety of items for your eating (and drinking) pleasure. Many are made with some of our products, and you can make the item with or without them, but we believe they are far more nutritious and tasty with them! Here's our recipe for a [Bloody Mary made with Land & SEAsoning](#), just in time for brunch, the NFL Playoffs, and down the road the Super Bowl!

January Health Tip

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 a little wedge to taste. Drink very slowly, taking a sip every minute or until it's gone. Click below to see the eight reasons to drink warm lemon water and to see

About Seaweed and Healing Mushrooms

Many nutritionists, journalists, physicians and others are putting both seaweed and medicinal mushrooms on their lists of "Superfoods." We couldn't agree more. If you are new to these two "superfoods," (or need a refresher

a few other tips to help you feel better going into 2019!

[READ MORE](#)



on their benefits) we've prepared a backgrounder on each.

[READ MORE](#)

And make sure you read our [latest blog](#), on why you should add some seaweed to your diet. It's so good for you!

About Kathleen Foland The Midwest Mermaid Muse

Kathleen 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. Most of Kathleen's skincare and food products contain seaweed and/or healing mushrooms which have been in use since ancient times for their nutritional benefits. Kathleen shares her thoughts on superfoods, wellness and beauty tips, inspirational stories, recipes, and ideas for using many of her products in her blog "[Musings.](#)"



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