



Look Good. *Feel Good.*

Introducing Clovelly Tea

Inspired by the seaside Clovelly Village in Great Britain (like our Clovelly Spray), our new tea is delightful to drink but is also good for you with ingredients known to help thyroid problems, achy joints, digestive problems and a few other conditions. Packed with antioxidants, sip it hot or make an iced tea for a refreshing cool drink. Contains Bladderwrack (a brown algae/seaweed), Red Algae, Hibiscus, Vital Reds (Polyphenols), Irish Moss, Cacao Tea, Dried Pineapple, Amalaki Fruit, Bibhitaki Fruit and Haritaki Fruit. One large sachet is enclosed and makes two or more mugs of tea.

Introductory Special:

Order one packet (\$5.25) get a second packet for 50% off.



Order Now



Learn to Prepare "Duxelles"

Midwest Mermaid Muse will be doing a special cooking demonstration at the Savory Spice Shop in Brookside/Kansas City. The event will be on May 25, 2019 at 6245 Brookside Boulevard from 10AM to 2PM. This is a free event, and no reservations are required. Come any time, sessions will begin approximately every hour.

We'll be demonstrating how to sauté mushrooms to create "Duxelles" – a finely chopped mixture of

mushrooms or mushroom stems, onions or shallots, herbs and seasonings reduced to a paste or a base. You'll learn how to boost the flavor of the mushroom base, while increasing its nutritional benefits with the addition of dried seaweed as well as our spice mix [Land & SEAsoning](#) and we'll be using local grown culinary and healing mushrooms from Grand River Mushrooms, Hamilton, MO.



Natural Remedies That Can Help Ease Depression

If you are burdened with depression or know someone who is, you know that its effects can be seriously debilitating. Many people spend months or years on various medications that are more or less effective and often they continue to suffer while the search is on. However, there are several effective things that someone can do to help ease depression or in some cases eliminate it altogether. And they don't require drugs.

[Learn More](#)



10 Tips to Help You Get a Better Night's Sleep

Getting enough sleep is important not only because it helps you feel better during the day, but because it plays a critical role in maintaining your good health. In this month's "Health Tips," we provide ten things you can do now to get a better night's sleep. We're not promising that you'll sleep the 20 average hours a day that a cat sleeps, but you're sure to sleep a little longer, and a little better if you follow a few of these tips.

[Read More](#)

Inspirations: Helping People on Their Journey to Feel Better - Meet Wendy Bost

We've started a new series of blog articles called "Inspirations" - we are going to either do personal interviews with those who inspire us, or we'll be showcasing places, books and other things that are inspirational as well. Our first "Inspiration" is an interview with Wendy Bost. Wendy helps people on their journey to feel better and make the changes in their life to do so. She makes things happen!



[Read More](#)



Free Plexus!

As a certified health coach, some of Kathleen's customers need help with weight management. Being an Ambassador for [Plexus products](#) she has helped many of them with a foundation and resource to get a jump start on losing and controlling their weight while enhancing nutrition. But Plexus products are more than just weight management tools, they help you look better, eat better, focus better, and live better. For our Midwest Mermaid Muse customers, order any combination of our products and we'll send you a free Plexus product!

We will send with your order a FREE Plexus product when you purchase \$20 worth of Midwest Mermaid Muse

products (any combination). That's a value of \$22 or more!

Shop Now!

Mermaid Grilled Shrimp & Vegetable Bowl

Call this a bowl, or a salad, we started it out as veggie and shrimp kabobs that we cut up and put in a bowl with avocado and lime juice.

Despite its identity crisis, it's so good! [>>GO TO RECIPE](#)



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. Most of Kathy's skincare and food products contain seaweed and/or healing medicinal mushrooms which have been in use since ancient times for their nutritional benefits.

Check Out Musings

In her blog "Musings," Kathleen shares her thoughts on super foods, wellness and beauty tips, inspirational stories, recipes, and ideas for using many of her products. So take a look back to pick up some interesting tips for better self-care:

Visit Musings

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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