

ISN'T IT TIME FOR A CHANGE?

We've all said, "I need to eat better, I need to drink more water, I need to exercise more." Well, what better time than now to improve your health. Visit Springs of Life where we will assist you in reaching your goals. No matter how small that change may seem it will make a big difference in your health. Stop in to pick up free literature, check out a book, tape, video, or DVD. Sit in our library or front porch and enjoy a cup of herb tea or organic coffee.

As you walk through our aisle of the store you will enjoy the warmth of the old wood. You will notice food that is free of colorings, preservatives and food additives. You will find organic grain products, gluten free products, dried unsulfured fruit, fresh organic vegetables and fruits, bulk herbs, bulk bins with organic dried beans and rice, as well as some wonderful personal products and supplements. In our coolers we have organic nuts and seeds and organic dairy products. We also carry a variety of frozen products including some organic meats. If you can not find what you need we welcome special orders.

A visit into our library and gift shop is a must. Sit in our library with a cup of herb tea or coffee and watch a DVD on GMO, Vaccinations, Sugar, Raw Food, Food Matters, and many other interesting topics. Take time to step into the gift shop where you may find a special gift made by a third world country.

Ask us about our Co-op buying, nutritional counseling, and ideas on how to make slow changes into healthier meals. We also have a massage therapist and an esthetician, call for appointments.

Don't forget to visit the Cafe and enjoy a wonderful organic meal, fresh juice and healthy smoothie.