

## FIVE WAYS to Eat Better & Spend Less

Replace ready-made foods with  
FROM-SCRATCH ingredients.

For example, soaking and cooking dry beans is much cheaper than buying canned beans.

Replace highly-refined foods with  
WHOLE FOOD alternatives.

For example, an organic apple or handful of almonds costs less than pre-packaged snacks. Yet, they're packed with healthful vitamins and minerals and free from refined sugar, GMOs and addictive additives like MSG, aspartame, artificial colors and flavors.

Eat more QUALITY FATS for satiety and health.

Go ahead, add peanut butter to your bread and olive oil to your salad. Healthy fats will not only keep away the hunger pangs, but will also help you absorb the fat-soluble vitamins in your food.

Eat only ORGANIC, grass-fed and hormone-free meat, dairy, and eggs.

You can reduce medical costs by avoiding concentrated hormones and chemicals in your food.

Buy all your groceries and household products at Azure Standard, REALLY.

You save time and fuel when you don't have to chase down deals and research product ingredients.

With Azure, foods rich in nutrition and free of harmful chemicals are delivered to you.

You can shop freely because our product standards do not allow GMOs, artificial colors or flavors, or MSG in anything we sell.



## AZURE in a Nutshell

Bulk Foods  
Frozen Foods  
Fresh Produce  
Dairy, Cheese, & Eggs  
Organic Foods  
Whole Foods  
Herbs  
Supplements  
Household Goods  
Health & Beauty  
Outdoor & Garden  
...Pet Foods too!

Delivered!

See details on our website.



# AZURE

Standard of Healthy & Abundant Living

Let us thank the person or organization  
that shared AZURE with you.

1. Go to [AzureStandard.com/start](https://www.azurestandard.com/start)
2. Enter the Share Code of the person who told you about AZURE.
3. Start shopping!






# AZURE

Standard of Healthy & Abundant Living

## FEED your FAMILY better for less!



## Why Azure?

-  We make getting good food easy and affordable.
-  We eliminate worries about harmful ingredients because we don't carry anything with the bad stuff.
-  When you buy from Azure, you're part of a community of people pursuing health for all ages.



## HELPING *your* Children

Making sure kids are eating healthy foods and avoiding harmful chemicals is one of the most important things parents can do for our children.

Children's bodies and brains are growing and changing every day, so when they are exposed to harmful chemicals, there can be a variety of effects. Parents need to be on the lookout for herbicides and pesticides used in the farming process as well as chemicals added to foods that make them taste better or last longer. We also need to watch out for hormones given to animals that are passed on to our meat and dairy foods.

Harmful chemicals and additives have been linked to problems like childhood obesity & type II diabetes, ADD/ADHD, autism, violent behavior, hormonal disorders, even cancer. In some cases, parents have been able to ease symptoms by altering a child's diet.

Even if your child doesn't face a serious illness, the foundation for their future health and food habits is being laid now. The goal is to feed them only food that their Creator designed them to eat—real food grown naturally in healthy soil, and brought to you with minimal processing. A little effort and diligence now will result in big dividends later.

## HELPING *your* Parents & Grandparents

Our parents and grandparents can face a sometimes overwhelming barrage of health problems as they age. This is complicated by many factors that can be improved.

The foods your parents eat may not be providing all the nutrients they should. NPK fertilizers, used on non-organic crops, help grow crops quickly, but cause the plants to not take up vital minerals. Switching to organic can help.

If your parents are exhibiting symptoms of forgetfulness and senility, this may indicate a vitamin B12 deficiency. Finding the right supplement may be all they need.

If your parents are retired and on limited incomes, they may use that as an excuse for poor food choices. Let them know that, here at Azure, we aim to make eating healthfully more affordable.

Whether your parents and grandparents live nearby, or far away, you care for them. We want to help you ensure that everyone in your family is well-nourished.

## CONSIDER *your* Own Health

When you eat healthfully, you have more energy, a better mood and a stronger immune system to fight illness. This will make you better able to help your children, spouse, parents, and others dear to you be well and enjoy life too.

Sometimes it's little things that can make a big difference. For example, some people have found aspartame (Nutrasweet) and/or other excitotoxins such as MSG to be the root cause of migraines. Others have discovered that refined white sugar causes them to suffer yeast infections, lethargy, and respiratory issues. Making incremental improvements is a health journey with rich rewards.

Healthy food isn't a fad. People are turning to organic and natural foods because they do feel better and get well when they make that change.

[AzureStandard.com](http://AzureStandard.com)

Shop our website for all your grocery and household needs.

Browse our website for articles about improving your life and health naturally.