



Sister Nats



Healthy Islander

Product Catalog

A Sorrel-ly Christmas 2022

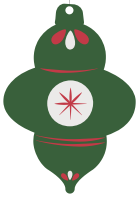


Proudly Dominican



Sister Nats

Heathy Islander
Pointe Michel, Dominica



In My Christmas Message

the Caribbean, **SORREL** is synonymous with Christmas. ***There's no Christmas without that good ole refreshing festive drink!***

But how much do you know about this age-old, magical Christmas bloom?

Here are some facts about **BLOW YOUR MIND!**

Sorrel that will



Sorrel IS ...

- a powerful **immune system booster**
- a highly effective **blood cleanser**
- an important **anti-cancer agent**
- an amazing **alkalizer**
- super rich in **vitamins and minerals**
- a wonderful **anti-oxidant**
- a fantastic **kidney health agent**





Sister Nats

You can have yourself a

A Sorrel-ly Christmas

with Sister Nats **5** new exciting sorrel-ly recipes:

Sorrel Vinaigrette



Sorrel Salsa



Sorrel Gummies



Sorrel **+** Holiday Fruit Cake

Sorrel Iced Tea





Sister Nats

Heathy Islander
Pointe Michel, Dominica

**SUGAR
FREE**

Order Your *Sorrel* *Fruit Cake*

INGREDIENTS

sorrel,
banana,
pineapple,
guava,
pawpaw,
carambola,
tamarind,
cassava
composite
flour
molasses and
virgin
coconut oil



NO

Eggs
Butter
Sugar
White Flour
Cholesterol
Imported Fruit
Harmful
Additives

8" Sorrel + Fruit Cake - \$45.00
10" Sorrel + Fruit Cake - \$65.00
12" Sorrel + Fruit Cake - \$90.00
Larger sizes available at \$120.00 and \$150.00
Please Inquire.

Sorrel is
**A POWERFUL
ANTIOXIDANT!**



Call or Text 767-613-4449 or 315-7919 to Order



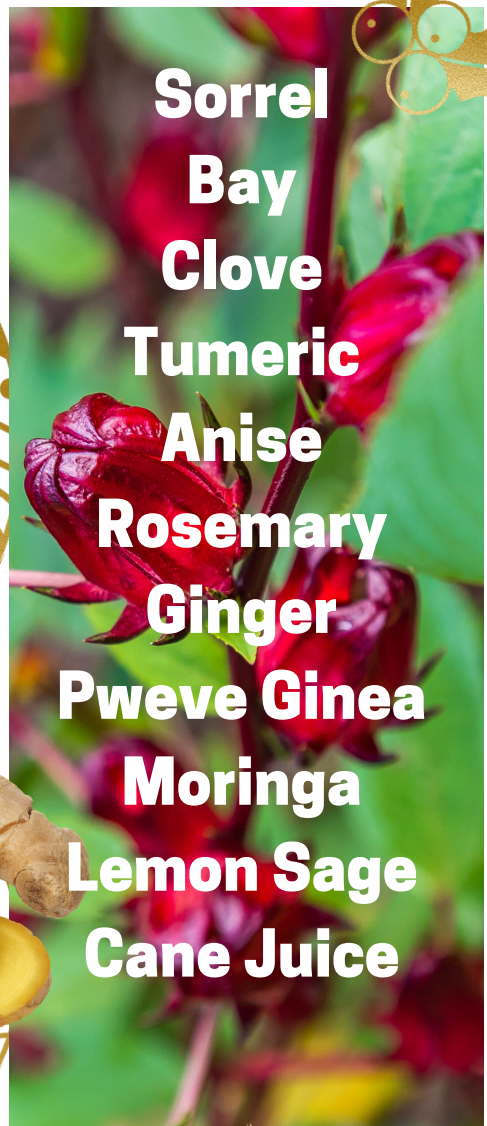
Sister Nats

Sorrel Iced Tea

A Classic Holiday Treat
with Immunity-Boosting Powers

Small Bottle \$5.00

Large Bottle \$8.00



Sorrel

Bay

Clove

Tumeric

Anise

Rosemary

Ginger

Pweve Ginea

Moringa

Lemon Sage

Cane Juice

Sorrel is

an outstanding BLOOD CLEANSER



Call or Text 767-613-4449 or 315-7919 to Order



Sister Nats

Heathy Islander
Pointe Michel, Dominica

Limited Edition Sorrel Delights for a Healthy Holiday Season

Sorrel Gummies \$3.00



Contains: **\$6.00**

Sorrel, Sweet Peppers,
Green PawPaw, Cilantro,
Chandon Beni, Oregano,
Cayenne Pepper, Apple Cider
Vinegar, Olive Oil



Sorrel Vinaigrette

\$6.00

Contains:

Sorrel, Garlic,
Seasoning Pepper,
Turmeric, Celery,
Rosemary, Oregano,
Apple Cider Vinegar,
Olive Oil, Sea Salt,
Honey

Sorrel is

**Rich in Vitamins and Minerals
and a powerful Diuretic
(supporter of kidney health)**



Call or Text 767-613-4449 or 315-7919 to Order 5



Sister Nats

Heathy Islander
Pointe Michel, Dominica

Stock Up on Your Favourite Seasonal Virus and Flu Remedy

Sister Nats' Garlic Plus Syrup can be used as an antibiotic, blood thinner, anti-cancer agent, revitaliser and immune system booster.

Culinary Uses
Sister Nats Garlic Plus Syrup is also a great tasting, health promoting SALAD DRESSING!
Spectacular secret ingredient for your beans and fish!

Topical Applications
For pimples, acne, boils, insect bites apply on lint to affected area.

Disclaimer
This product is not intended to treat, cure or prevent any illness or disease. If you have or suspect that you have a medical problem, consult your physician. Consult your health care provider before using any herbal products, especially if you are pregnant or have a diagnosed medical condition. Use only as directed.
Healthy Islander assumes no liability for any injury, illness or adverse effects caused by the use or misuse of this product.

Directions:
Take 1-2 tablespoons twice daily after meals.
For children 2 years and over, give 1-2 teaspoons after meals.

Shake Well Before Use

Ingredients:
Garlic, Turmeric, Ginger, Garlic Weed (Kojuruk), Honey, Apple Cider Vinegar, Bay, Moringa, Cayenne Pepper, Molasses, Spring Water

Garlic has been used worldwide for hundreds of years for prevention and treatment of cold, flu, asthma, mucus build-up, viral infections, high cholesterol, high blood pressure, blood clot, circulation disorders, inflammation, digestive disorders, worms.

5 FL OZ (148 mL)

Batch No.: _____
Expiry Date: _____

The Earth is Your Body. Protect Them Both.

SISTER NATS' GARLIC Plus + SYRUP est. 1979

Made in the Commonwealth of Dominica, West Indies

Pointe Michel, Dominica
767-613-4449 / 315-7919
heathyislander@gmail.com

Barcode: 8 50030 63659 1

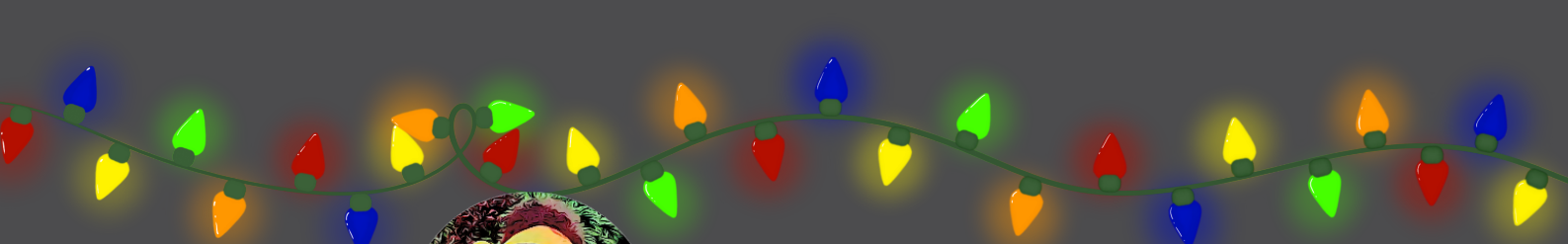
Tastes Great in Your Beans and Fish Dishes, Too!



Sister Nats'
Legendary
Garlic Plus Syrup 5oz
\$22.00



Call or Text 767-613-4449 or 315-7919 to Order 6



Sister Nats

Nourish Your Loved Ones

With Rite Bite Bread



Ideal for the health conscious, children & teens, weight-watchers, athletes, elderly N.C.D. Conditions



Sister Nats'

RITE BITE

Body Bread

A MEAL IN A BREAD!

Ingredients:

Cassava Composite Flour, Grain Flour, Bean Flour, Flaxseed, Coconut Sunflower Seeds, Coconut Milk, H

Produced by: **Healthy Island**
767-613-4449
healthyisland.com

Best by:

HI Fibre
Protein
Energy



Sister Nats'

RITE BITE

Gluten Free Mini Bread

Good Health in Every Bite!

Ingredients: Cassava Flour, Flaxseed, Beans, Toloma, Coconut, Raisins

Best by:

Produced by Healthy Islander, Pointe Michel, Dominica
767-613-4449/315-7919 healthyisland@gmail.com



Body Bread \$10.00

Gluten Free Bread \$5.00



Call or Text 767-613-4449 or 315-7919 to Order



Sister Nats

Heathy Islander
Pointe Michel, Dominica

Dominica Medicinal Bush Rum



Sister Nats'

Medicinal Bush Rum

Built on Dominica's rich heritage of naturopathic healing using indigenous medicinal herbs and age old wisdom.

Herbs in Rum: Moringa, Wachuset, Man Better Man, Bwa Bande, Bwaden, Turmeric, Ginger, Neem, Ko-jo-ruk, Mauby, Sour Sop, Rosemary

Produced by: Healthy Islander, Pointe Michel, Dominica
healthyislander@gmail.com 767-613-4449



750ml Bottle \$60.00 each



Call or Text 767-613-4449 or 315-7919 to Order 8



Sister Nats

Heathy Islander
Pointe Michel, Dominica

Give Your Holiday Dishes

An Immunity Boost!



Season 'N' Heal

Contains
Rosemary
Lemon Sage
Basil
Bay
Oregano
Cumin
Chandon Beni
and
Turmeric



Ta-Ma-Ric Sauce

Contains
Turmeric, Tamarind,
Christophene,
Green Pawpaw,
Garlic, Okou, Rosemary,
Lemon Sage, Oregano, Moringa,
Apple Cider Vinegar and
Coconut Oil

\$10.00 Each



Call or Text 767-613-4449 or 315-7919 to Order 9

A Sorrel-ly Christmas in Roseau

with



Sister Nats

**Free
Samples
&
Giveaways**

**Shop for Your
Healthy Christmas Goodness
at these Locations:**

16th Dec

@ Lotto, I

ndependence Street

23rd Dec

@ A.C. Shillingford,
King George V Street

24th Dec **SHOPPING DAY**

@ H.H.V. Witchurch,

Old Street

**Play a Trivia to win a
Wellness Basket!**





Sister Nats

Heathy Islander
Pointe Michel, Dominica

How to Order:

1

Start your text with a festive greeting.

2

Send us screenshots of the items or pages you'd like. Text quantities with or just below each image.

3

In your final text, type "This is my order." Give your full name. Please remember to indicate whether you want to visit us in Pointe Michel to pickup or delivery. Delivery as far as Roseau vicinity is \$20.00 per order.



Call or Text 767-613-4449 or 315-7919 to Order 11