



the

GRAPEVINE

ISSUE NO. 57



WHAT'S HAPPENING *this* MONTH



Check out the great events we have lined up for you!

April 1-30th:

Hand Washing & Staying Inside

April 18th:

Kamalame Cay Luncheon
CANCELLED

Really folks, let's all stay inside and do our part in flattening the curve!



the SPOTLIGHT



STAY HYDRATED! STAY HEALTHY!

We are offering free *Contactless Delivery* on all our non-alcoholic products:



For a full price list please visit our website at

www.youngsfinewine.com

or contact

info@youngsfinewine.com



the BARKEEP



Immunity Booster Shot

1 Apple

2 Lemons

2 Inches of Raw Ginger

2 Inches of Raw Turmeric

Yea...we know, no alcohol in this edition but a very necessary one to say the least!

Now more than ever it's important to try to boost your energy, focus, metabolism, immune system and more!

Just run these through a juicer and enjoy!

PRODUCTS of THE MONTH



EVIAN Natural Mineral Water

Evian is the #1 natural mineral water in the world. One taste, and you'll see why. Evian's water naturally acquires its unique mineral balance as it travels through the French Alps, where it is then bottled. Throughout the entire process, Evian water remains completely untouched by man.

We currently stock Evian glass bottles in 750ml & 330ml sizes as well as plastic in 330ml, 500ml, 750ml sports cap, 1L and 1.5L

Case prices vary depending on bottle size



WHY IS WATER SO IMPORTANT?

Here are six reasons why it is important to stay well hydrated!

Supports vital functions in the body

Your body is composed of about 60% water. This is necessary to support digestion, circulation, the creation of saliva, the transportation of nutrients, and the maintenance of body temperature – among other bodily functions.

Muscle stamina

If you don't drink enough water, one of the first side effects you'll notice is muscle fatigue. This happens because your body is experiencing an imbalance of fluids.

Aids kidney function

The kidneys are the body's detox system. They help sift out waste and transport urine to the bladder. Your kidneys need enough water in order to be able to do this efficiently. If there is not enough fluid passing through your kidneys, the minerals within these fluids can crystallize into clumps and form kidney stones.

Eases digestion and promotes circulation

Nobody wants to deal with digestion issues. Fortunately, drinking water adds fluid to the colon, which helps ease digestion and make sure everything keeps moving through your body as it should.

Soothes joints

When your body is well-hydrated, it keeps your cartilage soft and supple, helping your joints function properly. By simply increasing your daily water intake, you can help soothe joint pain without having to take an artificial supplement.

Boosts brain function

If you do not replenish your body's water supply, dehydration occurs. Dehydration affects sodium & electrolyte levels in the body which have been linked to cognitive changes such as impaired working memory, increased anxiety, headaches and general fatigue.

PRODUCTS of THE MONTH



MINOR FIGURES Oat Milk

Better for your coffee.
Better for the planet.

Add to any roast profile or origin, and experience the truest characteristics of your espresso shot, while adding natural sweetness, density, balance and silky micro-foam when steamed.

Made with quality ingredients, this Oat Milk is equally delicious in your cup of tea or morning cereal.

It is also perfect for vegans. No dairy! No added sugar!

1L Bottle: \$8.40

