



## FOR IMMEDIATE RELEASE

Golden Grocer Natural Foods has been a community staple for 40 years. One of its original founders, John LaRico, remains with the company, growing it into the community hub that it is today. As of October 2019, Golden Grocer has a new owner. Jamila Owens-Todd, a Naturopathic Doctor has acquired the store after John reached out to her in the summer of 2019. “I was honored to be considered and I was thrilled about the opportunity.” Jamila Owens-Todd is a Naturopathic Doctor and has been in practice for 13 years. In her practice, Jamila supported patients with their health and healing and is excited about the opportunity to help people who may not have considered visiting a Naturopathic Doctor. “I know that there is a cost associated with alternative care and as a practitioner, you have to make the hard decision on what to charge and how much. In a retail setting, I can create custom displays or share with the other healers, so that they can now pass on to customers.” She refers to the staff as healers, as they are all well-versed in natural products. “I feel like we have a great team of very intuitive, holistic practitioners, whose goal is to provide and care for our customers.” Jamila describes the customers at Golden Grocers as healers, as well. “You will see the novice to the expert, at Golden Grocer. It is pretty awesome to know that so many people take the time to research health products and then share that information. We are here for you, regardless of where you are in your stage of healing. We just want to provide great products and service.”

Jamila reflects on her path to becoming a Naturopathic Doctor and discusses how Golden Grocer was pivotal in that decision. “While studying Chemistry in undergrad, I was also studying herbs on the side, I would see the strong science in the herbs and their chemical makeup and I started to value herbs as true medicine. Golden Grocer was the place to buy the best quality herbs.” Golden Grocer carries a vast variety of bulk herbs and the inventory will only continue to grow. In addition to herbs, you can find a large selection of vitamins and minerals, as well as plant-based foods and snack options. Organic and plant-based body care

options are also available. It was Golden Grocer that fed and nourished Jamila's desire to study more and to dive deeper into the holistic side of science. "Golden Grocer provided ripe soil for me to cultivate my herbal knowledge. I would go into the store with my *African Holistic Health* book by Dr. Afrika. The more I knew, the more I needed to learn. I had to immerse myself in this field and that was when I made the decision to find a program that would help me hone my knowledge. I landed in Toronto, Ontario to study for four years, where I earned my Doctorate in Naturopathic Medicine."

When you visit Golden Grocer you will still see John helping others, as he has vowed to stay around, but the store will look a bit different today. There have been some renovations with more to come. "As I don't want to change the fabric of the store, I do want to give a high-quality look to high-quality customers." Jamila has enlisted the help of her husband, Jermain Todd, owner of Mwanzi Company. "Jermain has created a hand-made, custom wood counter along with matching shelving units. He is great at design, layout and marketing and it helps to have that skill set, as I work to update the point-of-sale, new registers and product offerings." One new promotion is their Golden Box, where hand-picked, plant-based items can be shipped to you monthly, as a subscription service. There will be additional updates coming, but Jamila is clear that she doesn't want to make too many changes. "It is important for customers to walk in and know that this is still their same store."

Golden Grocer prides itself on being a community resource and offering competitive pricing. In addition to being a staple in the community, Golden Grocer also works to honor and encourage local vendors. "We have some really great products and offerings, all coming from our local artisans. From Ms. Adina's Vegan Cuisine, Supreme Raw Foods, Eliylahj's handmade soaps, Demi Blue Nail products and Rahjeeyah's Hair Care, just to name a few."

When asked what she wants people to know about Golden Grocer, Jamila keeps it simple, "we are here to help." Stop by today at 335 N. Euclid, St. Louis, MO

Jamila Owens-Todd  
Naturopathic Doctor  
Owner, RootBerryLeaf  
Owner, Golden Grocer

