

Emotions and Stress Affect Your Health

By Dr. Brenda Cobb

Emotions and stress can make you sick. There are emotional causes for all symptoms and diseases, but too often we look only at the surface of a problem without going deeper to find out what the true initial cause is behind the disease itself. Stress is a killer and, according to statistics, between 70 and 80 percent of all visits to physicians are for stress-related disorders. Chronic stress directly affects the immune system.

Stress can be brought on by illness, pain, emotional conflicts, death of a loved one, financial problems, allergic reactions, poor diet, nutritional deficiencies, substance abuse, or biochemical imbalances.

Some stress is normal, but prolonged bouts can lead to exhaustion and serious health problems. Repeated stress interferes with digestion, alters brain chemistry, and increases heart rate and blood pressure which affects metabolic and immune functions.

Everyone reacts differently to stress. The degree of anxiety a person experiences indicates how well he or she is coping with stress. Common symptoms of anxiety are excessive or unwarranted worrying, a rising sense of panic, restlessness, insomnia, trembling, feeling shaky, muscle tension, fatigue, shortness of breath, heart palpitations, sweaty, clammy hands, hot flashes, chills, dizziness, irritability, and difficulty concentrating.

In a clinical study on the relationship between stress and the probability of viral infection, people who were stressed out were more likely to get sick. Tension and anger makes people four times more likely to develop a bacterial infection. Allergies, candida overgrowth, and chronic fatigue syndrome are just a few of the problems triggered by stress.

Many times, anxiety, depression, allergic-like reactions, food and chemical intolerances, and

hyperactivity can be explained by careful examination of diet. If you are stressed out, avoid caffeine, food additives, preservatives, and chemicals. Stress interferes with proper digestion and absorption, thus many individuals have vitamin and mineral deficiencies. Learn about good nutrition and what foods best serve you.

Organic raw and living (sprouted) foods are excellent for combating stress and for restoring the immune system. Cooking food destroys the life-giving properties. Eat more raw vegetables and fruits, sunflower sprouts, buckwheat sprouts, and sprouted mung beans and lentils. Also, you can:

- Plan regular diversions and cultivate outside interests.
- Practice relaxation.
- Get enough sleep and rest.
- Exercise regularly.
- Avoid hurry and worry.
- Be willing to compromise.
- Love more. Learn to use things and love people instead of using people and loving things.
- Identify your fears. Fear paralyzes. To break this cycle, make a decision, right or wrong, and act on it. Anxiety results when you sit in the middle and let your fears pull you in opposite directions.
- Laugh more. Laughter breaks tension.
- Maintain calm, even in stressful situations.
- Avoid self-pity.
- Avoid loneliness. Reach out to others and initiate friendships.
- Seek people with common interests.

- Don't gossip or try to make the other person wrong to prove you're right.
- Avoid coping solutions that involve alcohol, drugs, tobacco, caffeine, and sugar. Using these means to escape from your problems leads to addictions, which increase your problems.
- Forgive everyone, no matter what they have done.
- Practice meditation, yoga, and/or tai chi.
- Volunteer, get out of the house and help others.
- Use essential oils to calm your nerves.
- Pray, knowing that all prayers are answered and everything is possible with God.

Resources:

Alternative Medicine by Burton Goldberg
Stress Management by James S. Gordon, M.D.
Mind/Body Medicine: How to Use Your Mind for Better Health. by D. Goleman and J. Gurin;
You Can Heal Your Life by Louise Hay

Dr. Brenda Cobb is author of The Living Foods Lifestyle, available at Life Grocery at a 20% discount. She is Director of The Living Foods Institute, featuring classes in the Living Foods Lifestyle to help people detoxify, rebuild their bodies, heal their emotions, and lose weight. For more information call 404-524-4488 or visit www.Livingfoodsinstitute.com, www.101rawandlivingfoodrecipes.com, & www.fountainofyouthnow.com.

The Dangling Carrot

By Sandra M. Yee, DCM

How many of us have a pristine carrot dangling in front of our noses? The dream we'd be living if we had enough time, money, and courage—traveling around the world, perhaps recording a CD. Meanwhile, we grumble about unfulfilling jobs and bills to pay.

We lust for the carrot just out of reach, and at the same time we're terrified of the sweet root of our dreams. What if, what if . . . ?

What if the carrot doesn't taste good after all this longing, all this heartache? What if the dream is just as dull and disappointing as everything we'd like to escape?

Since age seven I wanted to be a writer, but sure of my inferiority, I kept my attempts private. Holding my dream carrot sacred, I criticized others for churning out mediocre work. As my other adventures lost their

romance—journalism, fashion, art, academia, world travel, teaching, acupuncture—I thought to myself, "It doesn't matter because I'd really rather be writing."

Physically and emotionally exhausted from professional healing and world travel, one day I found myself with nothing but my carrot in front of me. Pen, paper, chair, desk.

For eighteen months I chewed and chewed on my dream life. I read books on writing, typed up first, second, third drafts, joined writers' groups, presented my work to others for critique (gulp), learned to constructively critique the work of others. I submitted stories, received rejections, wrote articles, received acceptances.

I wrote more. I published more. I became used to seeing my name in print and learned to celebrate the publishing successes of others.

Writing no longer appears as a faraway savior to an unfulfilling life. It is a tool through which I learn more about myself, through which I learn to make my every day life rich and full.

The carrot was never the object of our desire. It is instead the deep longing to love and accept ourselves enough to live the lives of which we dream.

A motivational speaker, writer, and natural health coach, Sandra M. Yee, DCM, uses her background in acupuncture and Ancient Thothetic Medicine to lead workshops in self-healing and self-empowerment in the greater Atlanta area. For personal coaching in anti-aging, contact Dr. Yee at 678.488.6633 or visit <http://www.onewithall.net/hangon>.

How Are You?

By Michael A. Scimeca, D.C.

How are you? Take your time and think about it. I bet you are fine. I'm sure you can hear "fine" in your mind. Imagine taking a survey to research how people are. Without knowing for sure, I'm pretty confident that "fine" would be the number one answer.

Are we really fine? Maybe. Maybe we are better or worse than fine. Maybe we do not care to think of how we truly are. Maybe we think people really do not care to know how we truly are. Whatever. We are "fine."

People who know me know that I can be a little intense. (Stop with the sarcasm. I know many of you think that is equivalent to saying water is a little wet!) The intensity I display demonstrates my perpetual desire to go beyond "fine."

A relentless call stirs my physical frame into a whirlwind of unbounded energy, and *that* is only the beginning. After I get out of bed to brush my teeth, I search for my muse who happens to be a fairytale character that lives deep inside me.

Am I fine? I do not know. What I do know is that a "fine" line exists between complacency and intensity. Moment by moment, I must draw and walk that line to the best of my ability. Oh, if only my muse were here. Goldilocks, where are you? I summon you now. Take my hand and lead me.

Goldilocks was such an amazing role model for me. She would sit on something, taste something, and lie

on something, in search of "This is just right." Forget the fact that she was trespassing. For many of us, she was an icon. Even Buddhists have to appreciate her wisdom. Here is this innocent child being completely irreverent and looking for the point in between two extremes. She was not interested in "fine." She was in a continual search for life's perfection . . . and ended up sleeping in someone else's bed. (Watch it!)

What would Goldilocks say if someone asked her how she was? Would she say, "fine?" Maybe. I cannot imagine that she would say, "I am in search of life's perfection. Got a bed?"

Maybe "fine" truly is the goal. Maybe we should all go out for fine dining and drink fine wine on fine china. Everything would be so fine, fine, fine. As for me, I'll take a little dose of intensity. All this fineness is way too boring for me in a life rich with so many possibilities. I love the extremes. Give me the highs and the lows. Better yet, give me those moments when I can say with deep honesty, "This is just right! Goldilocks, you are fine!"

Dr. Michael A. Scimeca is a Life Enrichment Facilitator who combines Chiropractic, Catalyst, and Coaching to help people connect to their optimal state of health and well-being. He can be reached at 770-992-8220 or at www.GoCatalyst.com.

Lymphacise Yourself to Better Health

By Don Bennett, DAS

Mention the cardiovascular system, and most people have a pretty good idea of what it is and what it's for. Although the lymphatic system is equally important to good health, most people don't give it much thought.

The lymph system is interactive with every organ and is directly related to immune function and efficiency. It is a protector and a defense mechanism against infection, viruses, bacteria, fungi, and disease. It consists of fluid, vessels, ducts, and various other organs. It clears toxins, waste, excess fluids, and infection from all tissues of the body through proper flow and drainage, but only if this essential system is functioning efficiently.

The cardiovascular system delivers life-giving oxygen and nutrients to all the organs and cells of the body and is connected to a pump—the heart. The lymphatic system is also connected to every cell and organ of the body. Although its fluid doesn't need to flow every second, it does need to flow. The lymph is the "garbage collector," the internal vacuum cleaner that sucks up metabolic waste, toxins, and excess fluid from the extracellular fluid of every organ. If this flow is impaired, the fluid becomes toxic. The parts of the body that rely on it for elimination become less efficient and sluggish as they become overwhelmed with their own waste. This otherwise life-sustaining system now becomes a breeding ground for infection. When lymph fluid enters the bloodstream, infection can now spread to any part of the body. Many viruses, bacteria, and parasites stay locked within the lymphatic system when it's not flowing as it should. The result: physical ailments, degenerative disease, and premature aging.

As mentioned earlier, the lymphatic system is not connected to a pump like the heart, so it has to rely upon some other activity to create the necessary pumping action it needs to circulate. The most important method of lymphatic circulation is vigorous exercise. The lymphatic system is filled with millions of one-way valves that allow lymph fluid to flow in only one direction. Almost anything that can stimulate the movement of lymph fluid inside the lymph vessels of the system is healthy, but the most efficient way to stimulate the flow of lymph fluid is rebounding (jumping up and down on a "mini-trampoline"). The

up-and-down rhythmic bouncing of rebounding causes all of the one-way valves to open and close simultaneously, increasing lymph flow as much as fifteen times!

Many people have a badly congested lymphatic system and don't even know it. In the U.S., the lymphatic system is the most over-looked system of the human body. In Europe, stimulation of the lymph flow is the fourth most commonly prescribed medical treatment. Most U.S. healthcare practitioners seldom consider the lymphatic system's critical role in preventing disease or its importance to the overall healing process. Some examples of congested lymphatics are: allergies, chronic sinusitis, heart disease, eczema and other skin conditions, loss of energy, fibrocystic disease, chronic fatigue, repetitive parasitic infections, MS, edema, lupus, inflammation, high blood pressure, viral infections, puffy eyes, bacterial infections, low back pain, cancer (especially breast cancer), ear or balance problems, arthritis, headaches, cellulite, excessive sweating, and obesity.

Rebounding exercise is so efficient at stimulating lymph flow that Dr. C. Samuel West calls it "lymphacising." Do consider rebounding as part of your daily healthcare program; the healthier it helps you become, the more you'll want to *jump for joy!*

Don Bennett is a Disease Avoidance Specialist, lecturer, and the Director of the Health 101 Institute. For enlightening and empowering health information, visit www.health101.org or call 770-714-3470, where you can learn more about rebounding and the wellness classes in which Don participates.

Check Out
Café Life's
new menu
on page 8

The Life Line
is a bi-monthly
publication of



Store Hours:
Monday-Saturday 9 am-8 pm
Sunday 11 am-6 pm

Café Hours:
9:30 am-7:30 pm
12-5 pm

Opinions expressed by individual writers do not necessarily reflect those of Life Grocery. The purpose of this publication is to provide information on natural foods and supplements and to nurture health and environmental awareness.

If you have any comments about any articles in this newsletter, or would like to submit a letter to the Editor, please address these to:

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Life Grocery Store, Inc. Mission Statement

Life Grocery shall provide the healthiest products and supplements available at the lowest possible price.

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Digestive Problems... Do You Suffer Silently?

By Dr. Joe Esposito

Having been in practice for almost 20 years, I have found that a majority of patients have some type of digestive problem, but few are willing to talk about it. It seems that we can talk about cancer, heart disease, diabetes, osteoporosis, and just about any other health condition, but one of the most common conditions is a taboo subject. Digestive problems are not only uncomfortable and sometimes the cause of embarrassment; they have a direct link to your overall physical and mental health. We spend billions of dollars each year to attempt to cover up the symptoms of digestive problems, but very few doctors talk about correcting the cause of the problem or avoiding the things that often cause the problem. Digestive disorders can often snowball from mild discomfort all the way to cancer. Let's talk about the causes of digestive disorders, such as gas, bloating, diarrhea, constipation, abdominal pain, belching, and acid indigestion and what we can do to help the body return to normal.

As with all health conditions, stress can make all health conditions worse. Stress causes the muscles in the entire body, including the colon, to tighten. When muscles tighten, the blood supply and nerve supply to the muscles are pinched. This reduces the flow of blood to the muscles and interferes with the nerve control of muscles. Most patients with digestive disorders report that when they are under stress, especially mental stress, the symptoms are exacerbated. The most common treatment is to suppress the symptoms with drugs. This approach can lead to the condition progressing, as the patient does not feel the symptoms, so they are less cautious and more likely to do things that make the problem worse.

If you experienced a muscle spasm in your leg, you would consider a qualified doctor to massage, treat, and

relax the muscle. If the muscles in your colon spasm, the same treatment is oftentimes very effective. I have found that abdominal massage has helped treat the cause of many digestive disorders. In fact, this condition is so common that I will often perform 10-15 abdominal massages in a single day on patients in my office.

Not all digestive conditions are caused by spasms of the colon, but many are. Some digestive disorders can be caused by a condition known as a hiatal hernia. When a patient has this condition, the stomach pushes into the diaphragm, a sheet of muscle that divides the upper and lower halves of your body. This is another type of muscle spasm. In this case, I have found a very effective treatment is to manually pull the stomach back down and away from the diaphragm.

Pinched nerves in the spine must also be addressed. If a patient has a pinched nerve in the spine that controls a portion of the digestive system, the messages coming from the brain down the spine and out the nerves to the organ are not being transmitted properly. When this is the case, the organ cannot function normally.

Most pinched nerves that control organs are caused by bones in the spine being misaligned. Studies have shown the weight of a feather on a nerve can cause the nerve to lower its ability to transmit nerve impulses by as much as 80%! If a patient has a pinched nerve, it must be corrected in order for the other forms of treatment to be fully effective. Not all pinched nerves hurt. Eighty percent of your nerves do not transmit pain impulses. This means you do not need to feel pain to have a pinched nerve. Only a qualified chiropractor can determine if you have a pinched nerve and properly correct it.

There are foods that can also irritate a digestive condition. The most common foods are dairy and wheat.

Other irritants to avoid are spicy foods, vinegar (except for apple cider vinegar), eggs, corn, chocolate, yeast, meat, sugar, soda (especially cola), citrus fruits, coffee, alcohol, and aspirin. The easiest way to determine if you are sensitive to a certain food is to totally avoid that single food for five days. On the sixth day, eat that food and see if you have a flair-up. If you have an exacerbation, you need to avoid this food. Many times, as the digestive system heals, you can go back to eating some of these foods.

There are also foods that help the digestive system heal. Aloe vera juice has a long history of being used for helping the body heal. It is recommended to drink at least four ounces once a day, but twice a day works even better. Smaller meals help to allow the digestive system to heal. Eat four to five meals, no larger than your fist, per day. If you can handle raw fruits and vegetables, that is the best. In more advanced cases, certain raw fruits and veggies will cause pain. In this situation, eat cooked fruits and veggies and slowly introduce raw fruit and veggies back into the diet. Juicing fruits and veggies is always a good idea, even more important if you can't handle the raw fruit and veggies. One 8-ounce glass of fruit juice a day and two 8-ounce glasses of vegetable juice, consisting of a good variety of green vegetables including, but not limited to, celery and spinach, is recommended.

By following these steps, most patients report very good results and are very happy to get their lives back.

Joe Esposito, chiropractor, licensed dietician, author, and director of Health Plus Chiropractic Center, is committed to making healthy living commonplace. Contact him at 770-427-7387 for further information.

Essential Fats For Kids

By Dr. Janine Romaner

Did you know that there are some fats which must be included in your diet that are necessary for many bodily functions? Did you know that these same fats, often referred to as the "good" fats, can reduce inflammation, burn unwanted fat, stabilize blood sugar levels, and lower blood pressure? They are also required for optimum intelligence, learning ability, focus, and emotional and behavioral stability, which is particularly crucial to children of all ages during such active learning phases of their lives. With the current epidemics of childhood obesity and hyperactivity, studies show that many children are being severely deprived of many necessary nutrients; healthy fats are among them. Fortunately, there is something we can do as parents or guardians.

OK. So what is the basic difference between the "good" fats and the "bad" fats? Basically, healthy fats are unsaturated and are liquid at room temperature. These "good" fats consist of two essential fatty acids—omega 3s (alpha-linolenic acid, eicosapentaenoic acid, and docosahexaenoic acid) and omega 6s (linoleic acid, gamma-linolenic acid, and arachidonic acid), as well as minor ingredients present in properly cold-pressed oils. They increase absorption of minerals and vitamins, nourish your hair, skin, and nails, encourage proper nerve function, aid in hormone production, ensure normal growth and development, and encourage immunity. Our brain, the fat-richest organ of the body, contains 60% fat and is also the organ richest in essential fats. It even contains five times more omega 3s than red blood cells! There are varying opinions by experts as to the optimum ratio of omega 3s and 6s needed. While omega 3s appear to be more important for brain function, mood, learning, and behavior than omega 6s, both must be present adequately for optimum learning and behavior. Essential fats can also have a remarkable calming effect on children. Feedback from parents indicates that essential fats help hyperactive children

settle down. If you have a teenage daughter, you may be eager to learn that the essential fatty acids (EFAs) gamma-linolenic acid (found in borage, black current and primrose oils) and alpha-linolenic acid (flaxseed and hemp oil especially) are known to ease cramps, breast pain, and bloating.

Fortunately, EFAs are present in many oils and kid-friendly foods. Here are some suggestions of how to incorporate healthy fats in your child's diet: Try using olive, canola, or safflower oil in salad dressings, over veggies, in a smoothie or guacamole. EFAs are abundantly present in seeds such as flax, sunflower, pumpkin, and sesame. You can crush or grind about a tablespoon of the combined seeds and sprinkle over their morning cereal or veggies. And thank goodness for pistachios, which are fairly rich in omega 6s! Black currents, walnuts, corn, wheat germ, evening primrose, and borage oils are other options. Fatty fish, salmon, and tuna are also important sources to incorporate. Essential fatty acid supplements can be a great way to insure balanced inclusion, but should be taken in addition to food sources. They are sold at Life Grocery as liquid and gel caps.

Now let's look briefly at saturated fats, often referred to as "bad" fats. These are semi-solid at room temperature and are found primarily in animal products (red meat, pork, lamb, lard, and dairy products). Although saturated fats vary in their health benefits or hazards, it is the long chain saturates which are associated with raising LDL (the bad cholesterol), lowering HDL (good cholesterol), and increasing the risk of heart disease. These are primarily found in meat, so moderation in consumption is probably wise. Long-chain saturates are also a by-product of the process of hydrogenation, which turns a liquid fat into a solid at room temperature. Thus, they are present in many restaurant fried foods, junk food, packaged baked goods, and processed foods. Manufacturers use this process to

Fall Life Fest

Saturday,
September 18

12:00 pm-4:00 pm

Members Receive

10% off

all in-stock
purchases all day

remove healthy fats from foods in order to gain a longer shelf life, since essential fats spoil rapidly upon exposure to light, oxygen, and heat. The processing of oils is crucial in determining whether they are nutritious or severely toxic.

For further information on essential fats, read *Healthy Fats for Life* by Lorna Vanderhaeghe and Karlene Karst (sold at Life Grocery at a 20% discount). The book provides detailed information on all fats, as well as prevention and treatment of many health problems with EFAs.

Janine Romaner, ND, CHT has a private practice in Atlanta, where she and the clinic staff assist patients to reclaim their health with dignity and knowledge. Rather than covering symptoms and giving temporary relief, her personalized and natural approach to health care is designed to aid healing from inside out and to encourage improved quality of life. Janine can be reached at www.naturallyhealthy.ws or 770-640-6690.

Produce Of Life

By Kim Strickland

Peach season spans from April to October, peaking in July and August. Nutritionally, a medium-sized peach supplies only 45 calories. A surprising fact to note is that a medium peach packs a powerful 465 IU of vitamin A to combat the effects of aging. Further benefits of a medium peach include B vitamins, 3 mcg of folic acid, 5.7 mg of vitamin C, 4.35 mg of calcium, 1.4 grams of fiber, 171 mg of potassium, and a little zinc. Their beta-carotene also helps build a strong immune system to prevent damage from free radicals and to avert many skin diseases. Although peaches can be cooked, canned, dried, pureed, boiled, roasted, and made into jam, the best flavor and greatest nutritional benefits are derived from enjoying them fresh, fuzz and all. In their organic, natural state, no nutrients have been extracted and nothing harmful has been added.

When selecting a peach, look for one that has some *give* when pressed lightly. Look for fruit that has a yellow or creamy color. Texture, rather than redness, is a better indicator of ripeness. Choose a peach that smells fragrant and sweet. If the fruit is not yet ripe, you can assist the ripening by placing it in a paper bag, closing the bag, and keeping it at room temperature away from direct sunlight. Once ripened, it should be stored in the refrigerator. Avoid washing fresh peaches until right before eating. Peaches bruise easily, so handle them with care.

Peach Pie

Crust

½ c almonds, soaked 8-12 hours
½ c pecans, soaked 8-12 hours
¼ c sunflower seeds, soaked 8-12 hours
1 c pitted dates
1 t vanilla bean, ground
½ t cinnamon
2 t flax seeds, ground
1-2 T water

- Drain the nuts and seeds and dry with a towel or place in the sun for 30-60 minutes.
- Process in food processor until evenly ground.
- Add dates and process until finely ground.
- Add vanilla, cinnamon, and water, if necessary, while processing.

- Add ground flax seeds.
- Press the mixture into a 9-inch pie pan.

Use the crust immediately or dehydrate in the sun for one to two hours.

Filling

4 c ripe peaches, peeled and very thinly sliced
1 T lemon juice
½ t cinnamon

- Mix all ingredients and layer in pie crust.

Topping

4-6 pitted dates, soaked for 30 minutes (reserve soak water)
2-3 very ripe peaches
2 t ground flax seeds

- Place ingredients in a blender and mix well.
- Pour over sliced peaches and refrigerate.

Sugar snap peas are a combination of English peas and snow peas and contain the best traits of both. They have crisp, tender, shiny pods that enclose plump, round peas. One cup of snap peas has about 45 calories, 100% of the RDA of Vitamin C, 16% of the RDA of iron, in addition to Vitamin A, the B vitamins, and calcium. Sugar snap peas add color, texture, and variety to meals.

Look for firm, plump, bright green pods with no signs of yellowing (an indicator of dehydration). Refrigerate in a plastic bag up to three days. Store sugar snap peas in a vegetable crisper for 1-3 days. Sugar snap peas are suitable for freezing, but not canning. Since there is no need to remove ends or strings, simply rinse before using. Uncooked sugar snap peas make scrumptious additions to ordinary dishes. Snap them like green beans, or slice them lengthwise or in chunks for salads. Use whole as dippers or fill the crisp pods as you would fill celery sticks. Sugar snap peas require very little cooking—2 minutes at a simmer is enough, whether in the fresh or frozen state. If overcooked, the pods soften and the flavor is destroyed.

Summer Pea Salad

A simple salad that's sure to please.

1 head of green leaf lettuce
1 c sugar snap peas, cut in half

1 grated carrot
handful of sunflower sprouts

Dressing

1 avocado, mashed
1 scallion, chopped
1 clove garlic, minced
3 T lemon juice
1 t Braggs Liquid Aminos

- Mix ingredients together, adding additional lemon juice until consistency is a thick, smooth puree.
- Pour over salad.

Golden Stir Fry

sesame oil for sautéing
1 large onion, sliced
2 carrots, sliced
2 celery stalks, sliced
1 red pepper, sliced
1 zucchini, sliced
1 c sugar snap peas
½ c cashews, toasted
1 t fresh ginger, grated
1 T curry powder
½ t cumin
½ t turmeric
1 c coconut milk
3 T Braggs Liquid Aminos

- Sauté onions and carrots until onions are translucent.
- Add vegetables and spices, cooking for 2-3 minutes.
- Add milk, cover and simmer for 10-15 minutes, stirring occasionally.
- Stir in Braggs. Serve over rice.

Resources:

The Raw Gourmet, Nomi Shannon
<http://www.melissas.com/catalog/index>
<http://www.vegparadise.com>
<http://ohioline.osu.edu>
<http://www.foodfit.com>
<http://www.overwaitea.com>

Kim Strickland is a N.D. student at Clayton College of Natural Health. She can be reached at 770-218-3952.

Living Foods Recipes

By Brenda Cobb

Always use 100% ORGANIC ingredients and filtered water.

Red Pepper & Avocado Cream Soup

1 red pepper (save 2 T chopped for garnish)
1 avocado
1 stalk celery
¼ c fresh cilantro
1 t powdered kelp
1 c water (add slowly for desired thickness)

- Mix all ingredients in the Vita-Mix until creamy.
- Garnish with fresh cilantro and a few diced red pepper pieces.

Dilly Cabbage Carrots

2 c red or green cabbage chopped
1 t chopped garlic
1 c carrots chopped
½ c fresh chopped dill
1 T powdered kelp
2 T olive oil
3 T lemon juice

- Combine all the ingredients and serve.
- Marinate longer for more flavor.

life bits

Green Living Teleclasses

This year marks the 50th anniversary of the birth of the modern solar cell. The price of solar power has dropped from hundreds of dollars a watt to \$4 or \$5 a watt. Solar power is growing and wind power is growing even faster. Residents of California who generate more solar power than they need for home use are able to sell the extra to the utility companies. The movement to biodiesel and other renewable fuels is rapidly gaining momentum.

Want to know more? The Solar Living Institute in California is offering interactive workshops conducted by telephone for only \$20.00 per class.

Upcoming Classes (Eastern Standard Time)

Introduction to Strawbale Construction, August 25, 2:00-3:00 pm. Learn the fundamental principles of this economical and environmentally-friendly building technique, including the pros and cons, and how to go about becoming more educated.

Living Off the Grid, September 8, 8:30-9:30 pm. Learn from *Real Goods* and *Solar Living Institute* founder, John Schaeffer, what it takes to live completely "off the grid" while enjoying all the comforts of modern life. He will outline lessons learned, while building his home that will help any house-building project.

The Fastest Way to Save Money: Reducing Energy Consumption, September 18, 1:00-2:00 pm. Get valuable tips on how you can reduce your home energy bills in ways you may never have considered.

Payback from Solar, September 18, 3:00-4:00 pm. Should I install a solar system? How much will it cost? How long will it take until my investment pays off? Get a handle on these and other questions in this informative hour.

Register online at www.solarliving.org or call 707-744-2017. You will receive emails for registration confirmation, a telephone number to call, and an access code. At the scheduled time, you simply dial the number, punch in the access code when requested, and get as involved in the discussion as you'd like. The call-in number is in California, so your cost for the call should be around \$3-\$4 for most US residents. (For an inexpensive, pre-paid long-distance calling card recommended by Clark Howard, go to www.bigzoo.com.)

Gluten Free Birthday Celebrations

By Nisla C. Whetstone, LMT and Amateur Chef

When you are a child, birthday parties are usually one of the most looked-forward-to events in your life. When you are the parent of a child with food allergies or Celiac Disease (gluten intolerance), birthday parties can cause much anxiety and dread, whether or not you are the one throwing the party or your child is invited to a birthday party. What will I be able to feed my child so he/she won't feel left out, or what can I make that ALL of the children will be able to enjoy?

I recently faced this very dilemma when my daughter celebrated her fourth birthday. I wanted her to feel special and be able to share "her food" with her friends. I wanted to make sure that the food was tasty enough that even picky eaters would like it. What I ended up settling on was a pizza party for the children in her preschool class. I provided several *Amy's Organics* Rice Crust Gluten Free Pizzas for the cook at her school and brand new pizza pans, so that we wouldn't have to worry about Gluten contamination. The verdict? They loved it! Apparently I didn't give them enough pizza!

For the cake, I made a very simple rich chocolate cake using *Pamela's* Brownie Mix, with a delicious homemade frosting. The cake was also a huge success and my darling daughter was very proud of her mommy!

Now when it comes to getting invited to other children's birthday parties, I simply keep a supply of gluten free cupcakes in the freezer (made with either *Pamela's* Brownie Mix or *The Gluten Free Pantry's* Old Fashioned Cake and Cookie mix). I make these up in advance and set one out the day of the party to send

with her. For parties at her preschool, I leave a supply of gluten free cupcakes in the freezer at the school, and this has worked out tremendously well.

ULTRA CHOCOLATE CAKE

1 bag of *Pamela's* Chocolate Brownie Mix
2 large eggs or equivalent egg replacer
1/3 c oil
1/2 t *Bob's Red Mill* Gluten Free baking powder
1/2 t *Bob's Red Mill* Gluten Free baking soda
3/4 c milk, rice, or soy milk

- Put all ingredients into a bowl and mix thoroughly with a spoon.
- Pour into greased 9" round or square pan.
- Bake at 350° for 25 to 30 minutes.
- Cake should be firm to the touch. **Do not over bake.** Makes one layer cake.

CHOCOLATE CAKE, DAIRY- and EGG-FREE

1 bag of *Pamela's* Chocolate Brownie Mix
1/2 c applesauce or pumpkin
1/2 c oil
3/4 c rice milk
1/2 t *Bob's Red Mill* Gluten Free baking soda
1/2 t *Bob's Red Mill* Gluten Free baking powder

- Mix ingredients together for 1 minute on medium speed.
- Bake in greased 9" round at 350° for 35 to 38 minutes.

- Cake should be firm to the touch before removing from oven.

BUTTERCREAM FROSTING

1 lb organic confectioners' sugar
1/2 c organic butter (or butter substitute), softened
1 t *Flavororganics* Organic/Gluten free vanilla extract
3 t milk or milk substitute
food coloring (optional)

- In large bowl, beat together sugar, butter, vanilla, and milk until smooth.
- If necessary, add more milk until frosting is spreading consistency.
- If desired, add a few drops of food coloring. Mix everything well.

For chocolate buttercream frosting, add 1/2 cup *Chattfield's* Premium Cocoa Powder.

Nisla Whetstone is a Licensed Massage Therapist at Emery Chiropractic, 770-509-2433.

ATTENTION SUFFERERS OF CELIAC DISEASE

Gluten-free bread is now available upon request for sandwiches ordered at Café Life. Enjoy the wide selection of freshly-made, gluten-free, vinegar-free salad dressings and most other offerings on the salad bar, daily specials, soups, and regular menu. The living food desserts are not only delicious, they are also gluten-free.

Tending Life's Garden

by Usui & Karuna Reiki Master/Teacher Jill Sutherland

As the wheel of the year turns, the energy flow of the earth changes. We know these changes as seasons. The flow is inward in the winter, introspective, meditative. The energy flowing inward becomes the influx of new ideas; seeds of inspiration begin to sprout in spring. In the summer, the sprouts are growing, evidence of energy flowing outward. We begin to see the fruits of all our labor as we work to nurture the plants (plans) we want and weed out the rest. In the fall, we collect the harvest.

If you have ever tended a garden you know just how much work it takes. It is a labor of love. You first spend time in the darkness of weather, too cold for anything but dreaming, envisioning a lush landscape, filled with color and texture. You find the perfect site and fertile soil; then the sun begins to warm the ground. You till the soil adding any nourishment that it may lack. You plant your seeds, gently guarding, tending, watering, and weeding the tender seedlings. The plants mature and bear fruit. The reward for all the effort comes from the satisfaction and nourishment you receive when you taste the harvest. Then it is time to plan for the next go 'round.

The garden has often been used metaphorically for the life we live. When you attune yourself to the natural flow of earth's energy, it is easier to be "in the flow." You know those days when everything goes right. You wake up just before the alarm, the traffic lights are green, you feel and look great, and you get everything done that you want to. That's being "in the flow." We can have more days like that when we consider our place in our own creative cycle (microcosm) and also bear in mind the earth's energy flow (macrocosm).

Let's get back to the garden. Pretend for a moment that your life is a garden. Decide which season you are in:

- Winter—introspective, resting, waiting for inspiration
- Spring—receiving creative new ideas and inspired thoughts

- Summer—working hard to hold the vision, refining goals
- Fall—enjoying the harvest

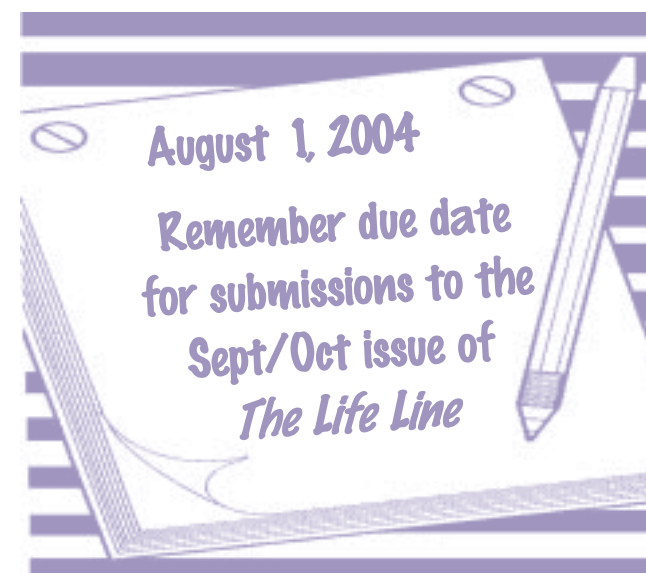
Knowing where you are in the process helps you to understand what chores need doing. Maybe it's not a creative slump or writer's block. Maybe you're just in your winter. The winter is a time of rest and recuperation. The work to be done is inner work: soul searching, healing, resting. Planning and getting ready are winter chores.

The spring time is all about fast growth. Sometimes we plant a lot of seeds just to see which ones will sprout. Sometimes we have special seeds on which we focus all of our attention and time to insure their success. Thoughts are seeds. The more energy we put into specific thoughts, the more they become fertile and the more likely they are to become manifested. Spring chores are preparing the soil (like doing research or creating a business plan) and nourishing new ideas. Our ideas and new creations need our emotional support, like seedlings need water. Plants need sunshine too. Our creations depend on the heat of our passion.

In the summer, sturdy plants grow and need constant attention. Do they have enough water (emotional support)? Are there weeds to get rid of (refine the vision: If it won't grow corn, pull it out now. Sometimes it is necessary to pinch growth to insure the vigor of the plant). The gardener must have an overall vision and guide the process with the larger goal in mind. We must keep the passion alive through this process to provide the energy required to succeed. We begin to see rewards as things begin to ripen.

All the hard work pays off in the fall as the energy that was put out begins to flow back in. We harvest what we have sown. Our project is completed. We enjoy the success of our creation or we reap the benefit of our lesson.

Something to remember is that the seasons change with a natural rhythm and each season plays an



important part in the whole process. Any season that lasts too long can hinder success, just as if it doesn't last long enough.

The earth is enjoying her summer. Long warm days, slower pace, more play. You can tap into this energy to use for your "garden" in any stage that you find yourself personally. If you are in your creative winter, let the energy of the summer sun restore your strength. If you are in your spring, filling with new inspired ideas, use the opportunities that summer gives to share some of your ideas with friends. Getting their feedback and perspective could prove valuable to you at this stage. If you happen to be in the summer season of your project, just tap into earth energy to insure the stable support you need to maintain the pace. And, finally, if you are in your harvest, the earth summer energy gives you the time you need to fully enjoy.

Even now, my partner Robert is out in his garden working away, and in just a few minutes we'll all sit down to enjoy summer squash, green beans, beets, and salad. Such bounty.

Jill Sutherland and Robert Plotzke, founders of The Illumen Center for Reiki and Healing, enjoy life on the farm, teaching, healing, and growing. She can be reached by calling Illumen at 770-386-4853.

Two Kinds of People ... Two Kinds of Health

By Linda Townsend

What if one day you had diabetes? Most people wish to avoid it but seem to act with dreaded fatalism if other family members have it. Actually, we all want to *avoid* disease, but few try to *prevent* it.

There are basically two types of people: those who only get treatment when it's necessary and those who want to self-treat before it's necessary. There are some situations, of course, that require both practices, but let's look at the advantages and disadvantages of these two lifestyles.

The people who wait for treatment to be necessary are the most common. When they are ill, they make appointments to seek advice from practitioners. The advantage is they get professional medical treatment. The disadvantage is they may become too dependent on the practitioner for all their health needs and education.

People who live a self-treating lifestyle are less common. They exercise, diet, take supplements, and even own therapy equipment for convenient use at home. The advantage is that they are more likely to prevent disease longer. The disadvantage is that they may tend to avoid going to a health expert when it may be necessary.

Let's look at one family example: two sisters, five years apart in age, in a family with a history of Type II Diabetes.

The younger sister, Kay, was highly dependent on her health practitioner for her health needs, but he did not advise her that changes in her lifestyle might be an effective way to prevent diabetes. She was not active and ate high amounts of processed foods, fried foods, and sweets. Kay was diagnosed with diabetes in her late 40's and became insulin dependent; she has now had it for about 16 years.

The older sister, Jean, became diabetic while in her early 60's and she now has had diabetes for six years. She mostly controls the diabetes with diet and a small dosage of medication. Jean educated herself about diabetes so she could monitor her diet and activity most of her life.

The younger sister did not prepare herself for the probable health issues common in her family and the older sister did. Facing the possibility of developing diseases common in your family is obviously a step in the right direction. Education is one way we become familiar with our nemesis, but health education without practical application will not prevent disease.

One of Jean's daughters, Chris, made a commitment to prevent diabetes fifteen years ago after seeing the difference in her insulin dependent aunt and her mother, who was not diabetic at that time. Chris took her healthy lifestyle a few steps further than her mother by eating more organic raw foods, exercising, and fasting. It seems to be working. Chris has kept her weight down and has avoided many other health issues, while her sisters and cousins, even younger than she, have become overweight and shown other diabetic tendencies.

Before any illness becomes unavoidable, it was probably preventable. Think about which kind of health is the most appealing to you—a lifestyle of preventive self-treatment or an undisciplined lifestyle with professional treatment—and prepare your lifestyle accordingly.

Linda Townsend is the founder of BioHarmonics Research and Consulting. Contact her at 770-443-8682 or visit BioHarmonics.com.

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- DESSERT ESSENCE
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- GARDEN OF LIFE
Alpha & Omega Essential Oils
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Sea Kelp Herbal Face Scrub

SUPPLEMENTS

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- NATURES PLUS
Fiberific, Keto Juice,
Tangerine Dream Spirutein
- NATURAL VITALITY
Natural Calm Orange Flavor,
Kid Calm
- NEW CHAPTER
Stress Advantage, Zyflamend
Liquid, Omega 7
- NOW
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- SOLARAY
Hup A, Butchers Broom,
Fenugreek Extracts
- TWINLAB
Ripped Fuel Extreme

life bits

The Zen of Shopping

Imagine giving beautiful, unique, handmade gifts this coming holiday season for the kind of prices you would expect at a discount store.

Although it is half a year away from the traditional gift-giving season, if you call **1-800-423-0071** now, you will be put on the mailing list for the fall/winter catalogue of SERRV, a nonprofit Alternative Trade and Development Organization of 50 years that partners with artisans and farmers around the world who are struggling to create social and economic progress.

Prices range from a simple cross necklace made from olive wood for \$2.00 to a hand-woven Inca tapestry for \$280.00. You will find jewelry, baskets, linens, toys and games, kites, musical instruments, and organic gourmet foods.

Interspersed throughout the catalog are stories and pictures about the products, the people who make them, and their communities. How amazing to read that the beautiful bamboo fruit bowl for only \$20.00 takes one month for artisans in a small workshop to cut, cure, construct, finish, and laminate.

SERRV operates by the Fair Trade Values of:

- Alleviation of poverty through income generation.
- Respect for cultural heritage.
- Fair wages in local context.
- Gender equity.
- Safe and clean working conditions.
- Respect for environment.

Learn more at www.SERRV.org.

life bits

Reuse-A-Shoe

What happens to your worn out pair of hiking boots or athletic shoes? Get them back in the game with Nike's Reuse-A-Shoe recycling program.

Up to 10 shoes—any brand—can be donated at Niketown at Phipps Plaza in Buckhead, 3500 Peachtree Road NE, 404-8416444. Call ahead to be sure they are prepared to receive them. Please, only shoes with synthetic shanks and no metal parts. (If you are not sure, contact the manufacturer.) You can send, postage paid, any number of shoes to: Nike

Recycling Center, Reuse-A-Shoe, 26755 SW 95th Avenue, Wilsonville, OR 97070.

Too much trouble? Consider that since 1993, Nike has helped donate more than 150 sport surfaces to communities around the world, often where kids would not otherwise have access to high-performance sports surfaces. Nike has reprocessed the rubber soles, the foam midsoles, and the textile and leather uppers from over 15 millions pairs of shoes into byproducts that are used in making basketball courts, tennis courts, running

tracks, weight room flooring, as well as football, baseball, and soccer fields.

How many athletic shoes does it take to make a basketball court? Approximately 3,000. How many shoes go into the surface of a track? 100,000—more than twice the number of shoes running in the New York City Marathon.

May your old shoes jump for joy.

For more information, go to www.nike.com.

Product Feature: Learning Factors Smoothie Mix Is Your Child's Brain Starving?

By Dr. Michael Murray

Learning Factors products were created by Natural Factors to offer nutritional support, especially for children and adults who need to improve concentration, attention, and mental alertness.

NEW Learning Factors Smoothie Mix is a sophisticated nutritional product developed through intensive research by Natural Factors' world renowned team of nutritional scientists, medical doctors, and naturopathic physicians. As a foundation for delicious blender smoothies, Learning Factors provides a quick and satisfying meal replacement or a super nutritious snack. For kids with food allergies or intolerances, Learning Factors is a welcome break from restrictive meals and its convenience makes eating on the run delicious and nutritious.

What Does It Contain?

Learning Factors Smoothie Mix contains more than 35 select nutrients, each carefully chosen to provide nutritional support for the brain, digestion, and immunity. Even though Learning Factors is a full meal replacement "superfood," it can be made to taste so good that kids will want to eat it every day.

Learning Factors: For Low Allergy, High Quality, Highly Digestible Protein

Everyone needs high quality protein. When kids eat mostly carbohydrates, their blood sugar goes up and down like a roller coaster. Hyperactivity, moodiness, and poor concentration can result. The high quality protein in a Learning Factors smoothie helps them avoid the blood sugar ups and downs.

Learning Factors protein is from GoldPeptides™ (a vegetable protein derived from golden peas) and is gluten, dairy, wheat and soy free. Learning Factors Smoothie Mix also contains digestive enzymes to speed delivery of vital nutrients to hungry cells. Protein is a key nutrient for growth and development, and it is important in the creation of brain-critical chemicals known as neurotransmitters we need to think, feel, and function. Neurotransmitters are important for attentiveness, task completion, and the ability to remain calm when appropriate. Conditions such as attention deficit disorder are shown to be related to low production of certain neurotransmitters derived from specific amino acids. These amino acids are plentiful in the GoldPeptides™ used in Learning Factors.

Learning Factors: for Brain-Critical Minerals and Vitamins

Calcium: Muscle, bone, and brain all need plenty of calcium. For those with milk allergies or intolerance, getting enough calcium can be a real challenge. Learning Factors Smoothie Mix provides a significant amount of this important mineral.

Magnesium: Research has shown magnesium intake reduces irritability and hyperactive behaviors in children with attention disorders.

Iron: Critical for building blood cells and is needed by the brain for energy production. Children with iron deficiencies demonstrate impaired intellectual performance.

Zinc: Another mineral needed for dozens of biochemical reactions. It is vital for immunity and digestion and studies suggest that marginal zinc deficiency is quite common. It may be a factor in childhood behavioral and learning problems.

Selenium: Supports our antioxidant defenses and maintains normal thyroid function and brain performance.

Chromium: Another trace element often deficient in modern diets, needed to maintain stable blood sugar.

Molybdenum, manganese, potassium, iodine, phosphate, and copper: Trace elements that play

vital roles in numerous bodily processes and are found in meaningful amounts in Learning Factors Smoothie Mix.

B vitamins: Necessary for an extraordinary variety of biochemical functions, especially those related to energy production. The brain consumes about twenty percent of the body's energy, so adequate intake of B vitamins is vital for optimal brain performance. Learning Factors has high quantities of all important B vitamins plus C, E, A, and D.

Learning Factors: with Health-Giving Natural Plant Chemicals

Grape seed extract is one of the most stable and effective natural antioxidants currently available. The brains of children with cognitive or behavioral problems are often under oxidative stress—what antioxidants prevent or reduce—and grape seed extract helps protect the brain from oxidation.

Milk thistle extract supports the liver. Exposure to, and accumulation of, neurotoxic chemicals and heavy metals may be a factor in childhood developmental and behavioral disorders.

Detoxification

Learning Factors Smoothie Mix has been designed to support efficient detoxification. Dglucaric acid, N-acetyl cysteine, and inorganic sulfate, are all nutrients used by the liver to process toxins and prepare them for excretion. Milk thistle extract protects the liver from toxic stress, increases production of glutathione in the liver, and, along with lecithin, results in more efficient flow of bile from the liver. Fiber from guar gum, oat bran, and GoldPeptides™ stimulates the output of toxins from the liver. These unique fibers act like a sponge, binding the toxins excreted by the liver, neutralizing them, and carrying them out of the body.

Learning Factors: Gastrointestinal Support

Recent research has demonstrated that many children with attention deficit disorder, as well as those with autism, have small intestinal permeability or leaky gut syndrome. This occurs when chemical irritants, allergens, unfriendly microbes, or inadequate nutrition damage intestinal cells. Then large molecules and intestinal microbes pass directly through the lining into the blood stream and lymph. This causes immune stress and forces the liver to process a flood of molecular debris. Learning Factors Smoothie Mix is an excellent source of dietary fiber, including prebiotics. Prebiotics are indigestible complex carbohydrates that promote the growth of beneficial intestinal bacteria referred to as "probiotics."

Learning Factors Also Contains:

- Fructooligosaccharides, natural carbohydrates that stimulate growth of "good" bacteria
- Oat bran, with potent prebiotic properties, rich in Beta-glucan, phospholipids, and oligosaccharides, all nutrients that support immunity and the intestines.
- Guar gum, an effective prebiotic fiber that helps balance sugar levels.

Learning Factors Tastes Fantastic!

Hundreds of hours of painstaking formulating, testing, and retesting has gone into the development of Learning Factors Smoothie Mix. Although our primary goal was to produce the most nutritious and effective product of its kind, we also wanted good taste. This mix is available in wild berry flavor or natural (you add what you like) for sugar-sensitive kids. When prepared as suggested, Learning Factors Smoothie Mix helps you create a delicious smoothie kids will love.

Classifieds

PART-TIME HELP WANTED AT LIFE GROCERY. Seeking customer-service oriented, reliable people for cashiering positions. Must be available nights and weekends. Apply at Life Grocery or call 770-977-9583, extension 216.

PART-TIME HELP WANTED AT CAFÉ LIFE. Seeking customer-service oriented, reliable people for kitchen and front counter. Flexible hours and experience preferred. Apply at Life Grocery or call 770-977-9583, extension 248.

FOR SALE: Restaurant grade, high output juicer and commercial variable speed Vitamix. Call Mike 678-595-8033.

REIKI CLINIC AT LIFE GROCERY, the third Thursday every month. Experience this gentle, powerful healing energy in a mini-session. Love offerings accepted to support Reiki Unity of Atlanta.

THAI YOGA BODY THERAPY. Stretch your mind, body, and spirit. Experienced yoga therapist. Call 404-350-8581 or visit www.totalfitness.com.

HEALTH MAGAZINES WANTED. Let's Live, Vigor, Better Nutrition and others. Peter 770-889-4885.

Ads are due by the 10th of the month prior to publication and are limited to 30 words. They are free to Life Grocery members and \$3.00 to non-members. Ads will not automatically renew. Life Grocery reserves the right to edit or refuse any classified ad for any reason. Multi-level marketing ads will not be accepted, nor will ads selling goods or services in competition with Life Grocery. The classified section is offered as a community service. Life Grocery neither endorses nor supports the products or services contained herein.

Michael T. Murray, N.D., widely regarded as one of the world's leading authorities on natural medicine, is a graduate, faculty member, and Trustee of Bastyr University in Seattle, Washington. Dr. Murray is the co-author of A Textbook of Natural Medicine, the definitive textbook on naturopathic medicine for physicians, and the consumer version, Encyclopedia of Natural Medicine. He has written over 20 other books, as well as thousands of articles, appeared on hundreds of radio and TV programs, and lectured to hundreds of thousands of people nationwide.

For the past twenty years, Dr. Murray has been compiling a massive database of original scientific studies from medical literature. He has personally collected over 50,000 articles from scientific literature, which provides strong evidence of the effectiveness of diet, vitamins, minerals, glandular extracts, herbs, and other natural measures in the maintenance of health and the treatment of disease. References available at www.doctormurray.com.

MEMBERSHIP INFORMATION

As a result of the vote at the Annual Membership Meeting on June 30, 2001, all memberships are now \$5.00 per year for each adult over the age of 18.

Senior Membership: Proof of age is required at time of purchase.

College Student Membership: Current student ID is required at time of purchase and renewal.

Discount: Seniors and college students receive 10% off shelf price on Mondays, Tuesdays, and Wednesdays. All members receive 5% off shelf price on Thursdays and Fridays.

A current membership card or picture ID verifying identity must be presented at time of purchase to receive member prices. Membership cards are non-transferable.

Shopping is open to the public, memberships are not required.

JUICES	
16 ounces	\$4.99
18 Carrot Gold: 100% carrot juice	
Carrot-Apple-Ginger: Carrot, apple, and ginger	
Sunrise Lift: Carrot, beet, celery, and greens	
Bionic Bones: Carrot, kale, parsley, and apple	
Red Blood: Carrot, spinach, beet, and parsley	
Greens for Life: Celery, cucumber, and chard	
Emerald Green: Cucumber, carrot, and chard	
V6: Celery, cucumber, carrots, tomatoes, garlic, and spinach	
Wheat Grass: 1 oz	\$1.59
Ginger Shot: 1 oz	\$3.75

SMOOTHIES	
16 oz	\$3.99
<i>(For a Living Food version of any smoothie, substitute living vanilla date syrup for honey and water for the liquid.)</i>	
Chai Smoothie: Chai, almond milk, banana, honey, and ice	
Grasshopper: Wheatgrass, banana, apple juice, and ice	
Banana Shake: Banana, almond milk, honey, and ice	
It's Alive Shake: Vitaminal Green Superfoods, banana, water, and ice	
Blueberry: Blueberries, almond milk, honey, and ice	
Tropical Twister: Pineapple, mango, apple juice, vanilla date syrup, and ice	
Lemon Lassie: Lemon juice, water, vanilla date syrup, and ice	
Berry Blast: Strawberries, raspberries, banana, apple juice, honey, and ice	
Pina Colada: Coconut milk, pineapple, honey, and ice (no Living version)	
Add Nature's Plus Oxy Nectar, Source of Life Energy Shake or Vanilla Protein Powder, Nutribiotic Vegan Rice Protein, Vitaminal Green, Life Time Liquid Calcium Magnesium Citrate each \$1.25	

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SIDE ITEMS	
Corn chips	\$1.00
Rice cheese 1 slice	\$.50
Guacamole (4 oz) or Salsa (8 oz)	\$3.50
Extra Side of Dressing	\$.89
Replace Entree Chips or Salad for Cup of Soup	\$1.25
Brown Rice (8 oz)	\$1.99
Steamed Vegetables (10 oz)	\$3.50
Living Guacamole (4 oz) and Chips or Living Flax Crackers	\$4.50
Living Salsa (8 oz) and Chips or Living Flax Crackers	\$4.50
6 Living Falafels with Tahini Dill	\$3.99
Living Flax Bread Slice	\$1.50
Living Tostada Shell	\$1.50
Living Flax Wrap	\$1.99
Any Salad Dressing 8 oz	\$3.99
16 oz	\$6.25

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Refill (tea and coffee each)	\$.49
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<i>Cashew-based ice cream Choose your flavors by the scoop</i>	
Cup: Two 2-oz scoops	\$3.99
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Sundae: Two 2-oz scoops of ice cream, your choice of one topping (strawberry, carob, pineapple), and chopped nuts	\$4.99
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Living & Cooked Pies and Cakes Available Daily	

Raw and Living Foods	
WRAPS <i>(Choice of flax wrap, flax bread, or green leaf wrap served with choice of flax crackers or side salad)</i>	
Hummus: Sprouted garbanzo hummus, lettuce, and tomatoes	\$5.95
Un-Tuna Salad: Carrot tuna, lettuce, and tomatoes	\$5.95
Refried Bean: Sunflower seed refried beans, lettuce, and salsa	\$6.50
Falafel: Sliced cucumbers, tomatoes, romaine lettuce, onions, tahini dill sauce, and crumbled dehydrated falafel	\$6.75
SANDWICHES	
Almond Butter and Banana: Flax bread topped with fresh bananas, almond butter, and honey	\$6.25
Avocado and Pesto: Flax bread topped with cucumbers, tomatoes, avocados, pesto, and spinach	\$7.50
ENTREES	
Taco Salad: Taco nut meat, romaine lettuce, guacamole, salsa, and pine nut sour cream, served with flax crackers	\$6.25
Tostada: 2 Flax tostada shells layered with sunflower seed refried beans, lettuce, salsa, guacamole, and taco sauce	\$6.50
Zucchini Pasta: Pasta-cut zucchini with marinated vegetables, tossed with either marinara sauce or fresh pesto	\$6.50
Lasagna: Thin-sliced marinated zucchini, sun-dried tomato marinara, Italian walnut meat served, with a side salad. <i>(Variety may vary based on produce availability)</i>	\$8.25
Pad Thai: Pasta-cut daikon radish, mushrooms, scallions, cilantro, tomatoes, broccoli, and cabbage tossed with almond Pad Thai sauce and topped with chopped hazel nuts	\$7.25
Deep Dish Pizza: Chicago-style deep dish pizza with a cashew crust filled with spinach, mushrooms, and onions tossed with a pizza sauce, served with a side salad	\$8.25
Energy Soup: Chard or kale, mung bean and lentil sprouts, avocado, sunflower sprouts, kelp, and choice of apple or cucumber <i>Allow 5-7 minutes to make fresh 64 oz</i>	\$19.98
<p>Salad and Living Food Bar \$5.99 a pound Soup of the Day Cup...\$3.25 Bowl...\$4.25</p> <p>All ingredients are organic except for the following or where otherwise clearly indicated (due to availability): Honey, bread, sea salt, vegan cheese, Sunburgers, wheatgrass, * sunflower sprouts.* /All added supplements, except for Vitaminal Green, are non-organic. *Chemical- & pesticide-free Vegan cheese contains dairy casein</p>	

Cooked Foods	
<i>Wraps & sandwiches served with choice of side salad or corn chips</i>	
WRAPS	
Roasted Vegetables of the Day: <i>A tortilla filled with pepper jack rice cheese, spinach, and assorted roasted vegetables</i>	
Spinach and Portabella Mushroom: A tortilla filled with pepper jack rice cheese, spinach, and roasted portabella mushrooms	\$6.50
Tempeh Reuben: A tortilla filled with pepper jack rice cheese, tempeh, sun sauce, and sauerkraut	\$6.50
Black Bean: A tortilla filled with seasoned black beans, roasted red bell peppers, salsa, and spinach	\$6.50
SANDWICHES	
Almond Butter and Banana Sandwich: Toasted sprouted spelt bread spread with almond butter and topped with bananas and honey	\$4.95
Avocado Melt: Toasted sprouted spelt bread, spread with sun sauce and topped with avocado, rice cheese, roasted red bell pepper, and lettuce	\$6.50
Pesto Sandwich: Roasted zucchini, onions, red bell pepper, avocado, lettuce, and tomato on spelt bread with basil pesto sauce	\$7.25
Sunburger: Served with lettuce and sun sauce on an Ezekiel Sprouted Grain bun	\$5.95
with salsa and guacamole	\$6.50
ENTREES	
Ravioli: Roasted vegetable ravioli tossed with mushrooms, onions, broccoli, spinach, and basil marinara sauce	\$7.25
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Is The Healthy Lifestyle Strange?

By Linda Townsend

I well remember the first time my husband and I walked into a health food grocery store. I felt like I had stepped into a different country. Not only was the food different, but so were the prices! Then I learned that we ate less, because the food was more nutritious, so the cost difference was not so great as we first anticipated. Now feeling at home in health food stores, I actually feel like I have entered a strange land when visiting any regular grocery store. Instead of nutritious food, there I see an endless variety of packages with over-processed, deceptively-tasty food having chemical-laden ingredients that toxify the body. Judging by what people put into their carts, I am sure they are completely oblivious to the food-health connection!

I can understand that, because I wasn't raised in an alternative health household either. Even though we adopted this lifestyle fourteen years ago, I still remember my previous habits. I used to pride myself on how organized my coupons were, but now I eat more fresh food for which coupons are rare. My skin and my lungs have always been sensitive to cleaning agents; now I use a vinegar-water solution for windows, baking soda to scrub bathrooms, hydrogen peroxide for stains and spots, and other natural cleansing products. I admit that sometimes it requires a bit more muscle—*ah, that would be healthy exercise, right?* I now make a few nutritious treats when I used to make thirty different kinds of cookies and candies for Christmas every year—a tradition I kind of miss. But, now I don't gain ten pounds every holiday season and certainly there is less stress.

My husband and I long ago realized that living the healthy lifestyle is not "the path of least resistance." We travel forty minutes to shop at Life Grocery. We outfitted our home with an air purification system. We lug gallons of bottled water weekly. We have polarized our utility lines and geopathic stress zones. We energetically enhance all our food and supplements, especially when we eat out. We treat ourselves with a frequency machine called the Harmonizer on the average of three to seven days a week. We own—and actually use—workout equipment. Recently, we

decided to add a spa to get the benefits of a private massage at our convenience.

Bottom line: Our ways are... *strange!*

In comparison, average people catch common colds and flus pretty frequently. They drink tap water and shop at the local grocery store. They give no real thought to pesticides, chemical fertilizers, or electromagnetic fields.

Is living the *strange* health-minded lifestyle worth it all? Absolutely! Don't get me wrong. There are times when I think it would be nice to pick up some groceries at a store just five minutes away. I toy with the idea of conforming to society's norms and being blissfully unaware of supplements, organic foods, healing tools, toxins, electromagnetic fields, etc. *Wouldn't it make life easier?* Then I remember that I was sick and in pain and could still be today had I not changed the course of my life. My lifestyle *is* strange and I am proud of it! I spent years experiencing and learning so that my family could be strangely healthier than *normal* people. May your holidays be healthy... and just a little strange (in a health-minded way). It is well worth it!

Linda Townsend is the founder of BioHarmonics Research and Consulting. Contact her at 770-443-8682 or visit BioHarmonics.com.

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The Wellness Revolution By Michael A. Scimeca, D.C.

The wellness revolution is upon us. More and more people are shifting to a wellness mindset, converting experiences into undeniable wisdom. Being wellness conscious has people participating in different forms of wellness practices.

One aspect of the wellness revolution is the popularity of meditation. The art of meditation is an intimate practice of slowing down the chatter of the mind to enjoy a more peaceful state of being.

Meditation practices are plentiful. Focusing on the breath, stretching, or sitting in silence are all popular forms of meditation. More active practices such as yoga, trance dancing, and chanting also help people dissolve into a restful mental state while awake. For some mentally-active people, jogging is a form of meditation.

The correlation between wellness and meditation is obvious. In both, wellness practices and meditation practices, the objectives are similar. One common objective is enjoying a greater level of awareness concerning the connection that exists between our internal and external worlds. To "realize" this connection helps people make better decisions in support of enjoying a greater quality of life. For this reason, wellness or meditative practices become bridges toward living a more spiritual life.

Meditation offers people many avenues for stimulating deep awareness. As a result, people make better choices in life. How ironic that we often make better choices by slowing down our mind. This is opposite of the more common practice of speeding up the mind in an attempt to problem solve. Through forceful

deliberations, many of us compromise our decision-making ability.

How can we slow down our mind when facing large external demands? The key to achieving a more functional mind is to set aside time for mediation. In the same way that we sleep and eat, we can keep up with the wellness revolution by taking time for ourselves. Taking a few minutes each day for meditation is not only beneficial for increasing problem-solving abilities, it directly influences our ability to enjoy a greater level of wellness or well-being.

The exact type of meditative practice is not as important as participating in the practice. Start by scheduling 10 minutes a day. Make sure this time is uninterrupted. After one month of practicing slowing down the mind, perceptions start to shift. Reality begins to appear different and more supportive. If, after a while of consistent meditation, a desire occurs to increase the amount of meditation time, expand the time to 20 minutes per day. This small investment in time pays big dividends in quality of life.

Resolve yourself to revolve yourself. Become part of the wellness revolution and enjoy a truly new day, each and every day, for the rest of your life. If you're not sure if the wellness revolution is right for you, meditate on it!

Dr. Michael A. Scimeca is a Life Enrichment Facilitator who combines Chiropractic, Catalyst, and Coaching to help people connect to their optimal state of health and well-being. He can be reached at 770-992-8220 or at www.GoCatalyst.com.

life bits

\$3 Gift Makes Big Difference

At least a billion people on our planet live on less than \$1 a day, according to the president of Alternative Gifts International (AGI). It is possible to give very simple gifts and make a big difference to struggling people around the world.

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Gifts can cost as little as \$3 to buy construction materials for 3 feet of road in Bolivia up to \$1,100 for materials to build a house in Mexico.

Call **800-842-2243** to order an AIG catalogue or visit www.altgifts.org.

Recycle Your Old Cell Phone

Donate your old cell phones (working or not) to www.CharitableRecycling.com. They will be refurbished and distributed in the US and other countries, where they are needed for safety and communication. A monetary donation will also be given to a charitable organization; a tax donation receipt can be generated at the website.

All cell phones are accepted. If they can't be used, they will be disposed of according to environmentally safe standards. Please include the manual, battery, and charger, if available.

In Marietta, phones can be taken or mailed to Good Mews Animal Foundation, 736 Johnson Ferry Rd., Suite A-3, Marietta 30068, or they can be mailed to The Charitable Recycling Program, 794-A Industrial Ct., Bloomfield Hills, MI 48302. Other info is listed at www.charitablerecycling.com.

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ATTENTION SUFFERERS OF CELIAC DISEASE

Be sure to visit the expanded Gluten Free Department at Life Grocery

Cafe Life now offers gluten-free flax bread for sandwiches. Also enjoy the wide selection of freshly-made, gluten-free, vinegar-free salad dressings and other offerings on the salad bar, daily specials, soups, and regular menu items. The living food desserts are not only delicious, they are also gluten-free!

The Life Line is a bi-monthly publication of



Hours:	Store	Café
Monday-Saturday	9 am-8 pm	11 am-7:30 pm
Sunday	11 am-6 pm	12-5 pm

Opinions expressed by individual writers do not necessarily reflect those of Life Grocery. The purpose of this publication is to provide information on natural foods and supplements and to nurture health and environmental awareness.

If you have any comments about any articles in this newsletter, or would like to submit a letter to the Editor, please address these to:

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Life Grocery Store, Inc. Mission Statement

Life Grocery shall provide the healthiest products and supplements available at the lowest possible price.

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Are You A Food Addict?/Part 2

By Dr. Joe Esposito

Research has shown that a few common foods need to be monitored and, in many cases, totally avoided. In his book, *Breaking the Food Seduction* (St. Martin's Press, 2003), Dr. Neal Barnard talks about the four foods—chocolate, dairy, meat, and simple sugars—that can cause a chemical reaction in the brain similar to heroin, cocaine, and other addictive drugs. These foods can cause a physical addiction which must be addressed in order to overcome them and return to good health. They can be as serious as any drug addiction and are treated similarly to the way drug addicts are treated. Many feel that there is no reason to live if they can't have meat, dairy, simple sugars, or chocolate, even after they are taught why they are so dangerous.

The four foods that are the major causes of addiction have a physical effect on your brain by stimulating your pleasure center (the part of your brain that allows you to experience pleasure). There are several reasons why they have this addictive effect. When the human race did not have access to all the foods that most of us have access to today, it was necessary to eat to sustain life. Eating had to be pleasurable or else we would not have done it. Eating is an expensive habit, not only financially, but in time and energy. In the past, it was not a simple trip to the grocery store. Food had to be hunted, gathered, or grown. If eating was not pleasurable, the human race probably would have become extinct a long time ago.

Foods that gave us the most concentration of nutrients were in demand because they were cheaper in terms of energy expenditure. Foods with concentrated proteins, fats, and carbohydrates were on the top of the list. Eating these foods would release chemicals in the brain that would give us pleasure so we would go out and risk life and limb to get more of them. In the process, our bodies were nourished and we thrived.

Today, we have relatively easy access to food in most places in the world. Foods high in protein, carbohydrates, and fats are still sought after, but the problem occurs when these foods are in such great abundance and, worse yet, in a processed, concentrated form. If normal amounts of these foods give you a little pleasure, the more processed and concentrated they are, the more pleasure you experience to the point that you can become addicted. The high amounts of pleasure chemicals (neurotransmitters) can override logical thought and cause you to do things you know logically are not right; the desire to "get high" can lead you to do things that are not in your best interest. You might have experienced this

when you are presented with a chocolate brownie with ice cream. You know that if you eat it, you will feel sick and/or gain weight, but you do it anyway. When you are done, you feel awful and wonder why you did it. You swear you will never do it again, but the next time you are in a similar situation, you become weak, give in, and do it again.

The sugar in an apple will give you a slow release of energy and a slight release of pleasure chemicals; apple juice that is concentrated and has added sugar and high fructose corn syrup (another form of sugar) will give you a rush of these pleasure chemicals and you will want more. Imagine what a great high you will get if you take concentrated sugar, add it to white flour (which quickly converts into sugar), add a concentrated protein, let's say an egg, and add a concentrated fat, such as butter. If you are prone to food addiction, this combination, commonly known as cake, pie, or bread, will make your mouth water; you will go out of your way in time, energy, or money to get it. You, or someone you know, most likely has a food addiction and will act the same way a drug addict or alcoholic will act around drugs or alcohol when they are around concentrated foods.

When an action or food gives you pleasure, a chemical called dopamine is produced and released. Dopamine acts on the part of your brain that stores memories. A good memory is associated with the action that created pleasure. When you recall that action, your body comes to expect pleasure, and you will seek out this action in order to experience pleasure again. Certain things we put in our body will stimulate the pleasure centers in the brain beyond even concentrated foods.

Drugs such as heroine, cocaine, alcohol, marijuana, and other drugs, legal and illegal, can have this pleasurable effect on the brain. Some people's brains will be more stimulated by a certain food, drug, or experience than others. One person might be susceptible to be addicted to food, another might be susceptible to drugs, another to alcohol, and yet another may not have an addiction reaction to any of these. Certain people will develop a physical dependency on certain chemicals, which will cause withdrawal symptoms if they do not get a regular "fix" of the chemical.

There seems to be an association with how many opiate receptor sites a person has in their brain and how susceptible someone is to becoming an addict. An opiate receptor site is the area in the brain that picks up stimulating chemicals such as dopamine and causes you to feel

pleasure. If one has a lower number of opiate receptor sites, they need more stimulation in order to get the same pleasure experience as one who has more opiate receptor sites. The more stimulants taken in, the more side effects will occur. In order for someone who is low in opiate receptor sites to get an "acceptable" amount of pleasure, they need to overload on stimulants; the side effects can be devastating.

In theory, any food can produce stimulating chemicals; some, such as meat, dairy, concentrated sugar, and chocolate are more stimulating than others. Certain drugs can put your brain into overload. Just like dealing with alcoholism, the only way to avoid the addiction reaction is to totally avoid the thing that you are addicted to. An alcoholic cannot have a little alcohol. Even a sip can cause them to fall "off the wagon" and go on a drinking binge. If you are not prone to alcoholism, you can have a drink and then stop. If you are an alcoholic, you can't stop. The same is true for food addictions. The only way to avoid an eating binge is to avoid the foods that cause the chemical reactions in your brain. Different foods effect people differently. If you have a sugar addiction, avoid all processed, low-fiber sugars. If it's meat, dairy, or chocolate that give you a problem, you must avoid them. It will take several days for you to get over the cravings. After several months, you might be able to have some of the foods in question and not have the addiction reaction.

That being said, there is no reason for you to ever go back to eating meat, dairy, sugar, or chocolate. All these foods are counterproductive to your goal of good health. There are over 120,000 foods that will help get you to your goal of good health, so there is no need to include the bad ones. It is easy to see if the foods mentioned cause you to have a reaction. If you can eat just a small portion of them and walk away without any cravings, you most likely don't have an addiction. If you can't walk away and do have cravings, you most likely do have an addiction. Now that you understand why you can't give up certain foods, you can address the issue and deal with it. You can give up the *bad* foods, replace them with good foods such as fruits, vegetables, whole grains, raw nuts, and raw seeds and move quickly toward optimum health.

Joe Esposito, chiropractor, licensed dietician, author, and director of Health Plus Chiropractic Center, is committed to making healthy living commonplace. Contact him at 770-427-7387 for further information.

Remember Our Troops

While recently visiting www.anysoldier.com, Life Grocery customer Amy Platt, was drawn to read about a unit of soldiers near Baghdad, consisting of approximately 50 troops (25 men, 25 women), although their unit will gain 30 troops by January. The unit sergeant requested healthy snacks, food, and supplies as well as music, books, entertainment, and letters from back home. Some of her soldiers are vegetarian and have a hard time putting a good meal together. Reading through all of the posts on AnySoldier was a heart wrenching experience for Amy. She contacted Life Grocery to see if we would be willing to work with her on sending out packages to the military, on an on-going basis, in an effort to support the troops.

Interestingly, meetings have been on-going at Life to plan activities that would support our troops. This, coupled with Amy's desire, has given birth to an activity for those interested in doing something for our troops. One Sunday a month, we will package donations from the community, distributors, manufacturers, and Life Grocery and send them to our troops. Life Grocery will coordinate efforts to accept donations of money, healthy non-perishable food, personal care supplies, letters, anything that will make someone smile, raise morale, and hopefully make them healthier. A partial list of requested items is provided. Visit any of the listed websites for additional ideas.

The first "packaging party" will be held Sunday, December 19, beginning at 12 noon in the café. If you are interested in attending, please call the customer service department at 770-977-9583, extension 216, and sign up.

Stationary, pens, markers, pencils, blank cards, feminine products, baby wipes, body lotion, lip balm, mouthwash, dental floss, toothpaste, toothbrushes, deodorant, foot powder, razors, shaving cream, laundry soap, castile soap, bar soap, nail clippers, emory boards, cold medicine, cough drops, eye drops, pain relievers, hand cleaner/sanitizer, sunscreen, food that can be cooked with hot water, powdered hummus, crackers, healthier snacks/foods (pretzels, cereal, dried fruit, energy bars, nuts, trail mix), spices, seasonings, hot cocoa, coffee, tea, herbal tea, powdered creamer, powdered drinks, sugar, microwave popcorn, canned tuna, chocolate, hair ties, batteries (AA & AAA), candles, air freshener, zipper lock baggies, dusters (very dusty there), canned air (to clean dust from supplies and parts), light bulbs, plastic storage bins (shoebox size to keep mice/insects out of food), camping cookware, CDs—any genre, phone cards, books, sports equipment—including balls, kites, used/inexpensive PlayStation or Xbox games and DVDs, support letters/notes, toys for Iraqi children.

If you would like to do something on an individual basis, links to websites that support the military and their families are listed below. When sending out packages, use real stamps on the package instead of the electronic ones. Many units send the stamps to a veteran's organization, Stamps for the Wounded.

SEND A CARE PACKAGE: www.anysoldier.com. Want to send a care package to Any Soldier in Harm's Way, but have no idea of what to send, who to send it to, or how to send it? This site provides those answers.

GROCERIES: www.commissaries.com/certificheck/index.htm. A new partnership between Certificheck, America's Home-town Gift Certificate Resource Center, the United Service Or-

ganizations (USO), the Air Force Aid Society (AFAS), Fisher House Foundation, Inc., & the Defense Commissary Agency (DeCA) lets Americans make a contribution to the morale & well-being of military personnel at home & across the globe.

BOOKS, CDS, DVDS, ETC.: www.booksforsoldiers.com. This is a great site where soldiers request used books, cds, dvds, snacks, etc. Just pick a soldier that matches what you have sitting around the house (collecting dust) or purchase at a used book store. Complete instructions for sending/shipping are provided.

PHONE CARDS OPERATION UPLINK: www.operationuplink.org. Donate calling cards so military families can stay in touch during their extended separations.

AIRLINE MILES OPERATION HERO MILES: www.heromiles.org. Transportation for soldiers is only provided to a major center (like Atlanta). Donate your airline miles so they can get "all they way home" to visit their families. (Note: individual airlines also have these programs).

ARMED FORCES EMERGENCY RELIEF FUNDS: www.afr.trust.org. Each branch of the armed services has an emergency relief fund. Money goes to help soldiers & their families to pay for food, rent, medical/dental expenses, personal needs, funeral expenses.

HELPING MILITARY FAMILIES; AMERICAN RED CROSS: www.redcross.org. Contact your local Red Cross chapter & find out how you can help military families in your area who are struggling.

SEND A MESSAGE: www.anyservicemember.navy.mil. "Operation dear Abby" allows for email messages of support to be sent to service men & women stationed all over the world.

Produce Of Life

By Kim Strickland

Long nights and short days are upon us. Cool nights and warm days and thoughts of warm nourishing foods come to me. 'Tis the season of greens and pears. The dark leafy vegetables are among the richest source of nutrients. They are very high in vitamins A and C, magnesium, potassium, and iron. Folic acid is also abundant. Calcium is high in the greens, although in chard, spinach, and beet greens, it is bound up because they are high in oxalic acid. Kale, collards, mustard greens, turnip greens, and dandelion have lower oxalic acid levels and, thus, more available calcium.

When storing, remove from the plastic produce bag and place in produce drawer in the refrigerator. Use within two to three days of purchasing. Rinse with cold water and pat dry before using. When the leaves have turned yellow, the greens are no longer fresh.

Pears have a moderate amount of many nutrients. They have fairly high levels of vitamin C and folic acid, potassium, manganese, and selenium. Pears are rich in pectin, a soluble fiber, which helps the body eliminate cholesterol and protects against environmental toxins. Pears are a unique fruit that ripen best off the tree. They are shipped fully mature, but not always ripe. Be careful with them, as they bruise easily. If they are ripe when you purchase them, eat as soon as possible. Otherwise, leave them on the counter until they ripen and then put in the refrigerator, where they will keep for three to four days. Pears will not ripen properly inside the fridge.

Over-ripe pears are still delicious, just not ideal for serving whole or sliced. Use them in smoothies, sauces, or as a tasty thickening agent for soups, stocks, or stews. Browning, or oxidation, is a natural process that occurs

when cut pears are exposed to oxygen. This can be slowed by "acidulating" the cut surfaces with a mild solution of water and lemon juice, which can either be brushed on or dipped in. It will not completely stop the browning though, and cut pears should be used as quickly as possible. Lightly poaching pears will also slow the browning and is a good way to prepare pears for use in salads.

This morning I baked these muffins, along with several loaves of pear bread, using pears from a neighbor's tree. Enjoy the fruits of Mother Nature!

Pear Muffins

- 3 c barley flour
- 1 c oats
- 2½ t baking powder
- 1 t baking soda
- ¼ c sunflower seeds, ground
- ½ c pecans, chopped
- ½ c raisins
- 1 t ground ginger
- 1 t cinnamon
- ½ t nutmeg
- ½ t allspice
- ¼ t cloves
- ¼ c molasses
- ⅓ c maple syrup
- ¼ c canola oil
- 2-3 c shredded pears, slightly under-ripe
 - Preheat oven to 350 degrees.
 - Spray muffin tins with olive oil.
 - Mix dry ingredients in a large bowl.

- Mix wet ingredients in a small bowl.
- Add pears to wet ingredients and combine with dry.
- Add milk or water, if necessary, to make wet enough.
- Fill muffin tins ²/₃ full and bake for about 15-20 minutes.

Fall Green Salad

- 1 bunch kale, sliced thinly
- 1 small beet, shredded
- ½ c walnuts, chopped
- 1 apple, chopped
- ½ c raisins, soaked
- 2 green onions, chopped

Top with:

- 2 t apple cider vinegar
- 1 t fresh lemon juice
- 2 T Flaxseed oil
- 2 T Bragg's Liquid Amino Acids

Resources:

- http://www.annecollins.com/diet_nutrition/pears.htm
- http://www.usapears.com/about_faq.php
- Staying Healthy with Nutrition*, by Elson Haas, MD

Kim Strickland is a N.D. student at Clayton College of Natural Health. She can be reached at 770-218-3952.

Endometriosis: Prevention And Healing: There Is Much You Can Do

By Dr. Janine Romaner

We know that the health of the uterus and ovaries are essential to the health of the entire female reproductive system. However, in recent years, lifestyle, environmental, and nutritional factors have contributed to an increase in health problems with these reproductive organs. Common conditions on the rise are uterine fibroids, ovarian cysts, and endometriosis. Here we will discuss much of what contributes to developing endometriosis and what *you* can do about it.

Each month the tissue inside the uterus, the endometrium, thickens and releases with the onset of a woman's period. In the case of endometriosis, this sloughed-off tissue reattaches itself somewhere other than the inside of the uterine wall. These tissue implants can attach to the fallopian tubes, ovaries, the outside of the uterus, peritoneum, or the intestines. Although the endometrial cells have transplanted, they still respond to the monthly hormonal (estrogen) messages just as they would if they were still living inside the uterus. Thus, these cells still fill with blood through the first half of the menstrual cycle, often releasing a small amount of blood during the second half. These drops of blood, however, have nowhere to go and can become the cause of inflammation, excruciating pain, and repeated irritation to the surrounding tissue. Over time, this can cause scarring or adhesions in the reproductive organs, pelvis, and intestines. Presently, there are no laboratory tests to detect endometriosis, however, a biopsy can be performed in a doctor's office.

Although endometriosis is not always easy to diagnose, many women know the symptoms all too well. Symptoms, such as menstrual pain, bloating, pain with sex, or pelvic discomfort from ovulation to menstruation,

heighten the possibility of endometriosis, but aren't conclusive. Some women have the condition without symptoms, while others have symptoms but no endometriosis. An experienced practitioner can tell a great deal from a pelvic exam, but the only definitive diagnosis is surgical. Thus, we recommend a natural approach as a first step, since it can often provide relief from symptoms.

The North American diet has dramatically changed with the abundance of processed and fast foods. Most women are estrogen dominant or high in estrogen, which is a large contributing factor. Hormonal imbalance also often runs in families. Liver congestion and toxicity are often involved, which is why it is important to cleanse the liver since many hormones are conjugated or metabolized there. In many women there may be a correlation to immune dysfunction, as well as stagnation of blood flow. Also, experience shows that emotional issues are often (dare I say always?) involved. However, in all cases I have found the theme of hormonal imbalance as a common denominator. Contrary to what you may have been told, we can often do something to re-establish hormonal balance without drugs or surgery and will usually see great improvement. One key is making the necessary changes to pertinent lifestyle factors. Another key is compliance to a program with supplements or remedies to regain metabolic balance.

The natural function of estrogen is to stimulate cell growth. However, excess estrogen contributes to unnatural growth. Reports show that American women have the highest levels of estrogen in the world. Processed foods containing unhealthy levels of pesticides, hormones, and antibiotics are a huge

contributor to this. Pesticides, or xenoestrogens, register as estrogen mimickers in the body. They have compounds whose molecular structure is so similar to estrogen that they have estrogenic effects in the body. These compounds include the growth hormones common in milk and meat production, agricultural pesticides, and the chemicals given off by plastics when heated in microwaves. For most of us, such xenoestrogens are pervasive. In *Conscious Eating*, author Gabriel Cousens, MD writes, "Examples of estrogen mimickers are DDT, DDE, dieldrin, dicofol, methoxychlor, some PCBs . . . as well as bisphenol-A (the building block of polycarbonate plastics, used in many common detergents, toiletries, lubricants, and spermicides)." Dr. Cousens says, "There are at least nineteen major chemicals used on US crops that are associated with disrupting the human hormone system." So, can you begin to see the value of eating organic foods whenever possible? And, the nutritional value of organic produce is said to be 88% higher than non-organically grown produce!

In our clinic, we implement an individualized program for each woman, depending on applicable factors. These may include dietary changes, nutritional support, detoxification, castor oil packs to reduce pain and inflammation, emotional healing, and other alternative therapies, if needed. We often use herbal medicines to increase circulation in the pelvis to promote drainage and address stagnation in that area. The non-invasive testing we perform is designed to uncover and eliminate underlying causes and to support the body's healthy metabolic function.

In extreme cases, surgical treatment may prove the best option if less-invasive, preventative, and conventional approaches have failed to provide relief. Surgical removal or lasering of the tissue implants, usually after a course of hormone therapy, may be the wisest option for some women. And more extreme, *continued on page 5*

Gluten-Free Holiday Feasts, Easy As Pie

By Nisla C. Whetstone, LMT and Amateur Chef

It's that time of year when my thoughts turn to the holidays and, of course, my favorite holiday meals! Since holiday feasts are such a huge part of my family's traditions, I don't want to have my gluten-free diet overshadow everything else that goes along with enjoying family and friends during the holidays. This will be my second Thanksgiving and Christmas since "going gluten free," and I intend on having as many of my favorite traditional foods as possible. As a holiday gift, I want to share my recipes with the rest of my family and all of *The Life Line* readers! Hopefully, you will enjoy my favorite traditional holiday meals and feel like you can share them with your loved ones!

This is my granny's cornbread stuffing recipe. I made it last year and everyone loved it!

Cornbread adds a denser texture and heartier flavor to traditional stuffing. Use this for stuffing game hens, chickens, or the annual Thanksgiving turkey or Tofurky.

Gluten-Free Cornbread

- 3 T butter
- 1 c celery, finely chopped
- ¼ c onion, chopped
- 3 c soft, gluten-free bread crumbs
- 3 c crumbled gluten-free cornbread (The Gluten-Free Pantry's Yankee Cornbread is perfect. Follow directions on bag)
- 3 c chicken or vegetable broth
- 1 apple, cut into very small pieces
- 2 large eggs (or equivalent gluten free-egg substitute)
- 1 t Gluten-Free Pantry brand poultry seasoning
- 1 t salt
- ½ t ground black pepper
- ½ t ground sage
 - Preheat oven to 350 degrees.
 - Heat butter in a skillet over medium-high heat. Add celery and onions. Cook, stirring, until tender, about 5 minutes. Remove from heat.

- Combine celery mixture with bread crumbs and cornbread; mix well. Add broth, apple, eggs, poultry seasoning, salt, pepper, and sage; mix well. Spoon into a 13x9-inch baking dish. Bake until light brown and crisp around the edges, about 20 minutes.
- Stuff a turkey or chicken before roasting, if desired.

This is another one of my granny's recipes that I have altered to fit the gluten-free requirements:

Grits Casserole

- 1 c gluten-free quick-cooking grits
- 4 eggs or (or equivalent gluten-free egg substitute)
- 3 c water
- 1 c milk or milk substitute
- ½ c butter
- 1 c shredded cheddar cheese
- 1 t garlic salt and pepper to taste
 - Preheat oven to 350 degrees.
 - Place grits in water and cook over medium heat until very thick.
 - Remove from heat and add butter. Stir in salt and pepper to taste.
 - Beat eggs and milk together. Add to grits and mix well. Add cheese. Pour into 3 quart greased casserole and bake uncovered for 45 minutes (until done in center—not jiggle).

Here is a quick and easy gluten free Pumpkin Pie recipe:

Pumpkin Pie

- Gluten-Free Pantry's Perfect Pie Crust Mix
- 1 15-oz can Farmer's Market Pumpkin Pie Mix
- ¼ c evaporated milk (or non dairy equivalent)
- 2 eggs slightly beaten (or equivalent gluten-free egg substitute)

- Prepare pie shell according to directions.
- Empty pumpkin into mixing bowl and stir in milk and eggs.
- Pour into pie shell. Bake at 425° for 15 minutes, then reduce temperature to 350° for an additional 35-40 minutes. After crust is brown, cover with a pie crust edge protector or aluminum foil.
- Cool before serving.

Another family favorite is my cranberry relish. This is so different from the traditional cranberry sauce; the oranges give it a tartness that is an excellent addition to a turkey or Tofurky dinner:

Fresh Cranberry Orange Relish

- 12 oz cranberries, fresh or frozen
- 1 medium sized orange
- ¾ - 1 c sugar (or sugar substitute)
 - Slice unpeeled orange into eighths; remove seeds.
 - Place half of the cranberries and half the orange in food processor container.
 - Process until mixture is evenly chopped. Transfer to a bowl.
 - Repeat with remaining cranberries and orange slices.
 - Stir in sugar to desired sweetness. Store in refrigerator or freezer.
 - Makes about 2 ½ cups.

Just about any family recipe can be modified to fit a gluten-free diet. The rest of your family will not know the difference if you don't tell them. Here's to a Happy Gluten-Free Holiday Season!

Nisla Whetstone is a Licensed Massage Therapist at Emery Chiropractic, 770-509-2433.

continued from page 4

if necessary, would be a total or partial hysterectomy if the endometriosis were diffuse in the pelvic area. I think it is important to remember, however, that the body has an innate ability to heal if it has the right support! Endometriosis is simply one indication of imbalance in the body.

Effective Steps You Can Take:

- Change your diet to minimize xenoestrogen exposure. As much as possible, eliminate processed foods, non-organic dairy products, beef, and chicken. Eat organic foods whenever possible.
- Increase nutrient-rich foods, such as cruciferous vegetables, soy (non-genetically modified), cold-water fish, and fiber. They support hormonal balance and help clear excess estrogen from the body.
- Body fat is a secondary production site for estrogen. So it is important to decrease body fat to reduce endogenous estrogen production, particularly if you are carrying extra pounds.
- Follow a lower-carbohydrate diet to support healthy insulin metabolism,

which is important to overall hormonal balance.

- Supplement with vitamins and minerals to supply what is lacking in your diet. Include calcium and magnesium.
- For some women, taking natural progesterone to offset estrogen dominance is important.
- Include Omega-3 essential fatty acids as a natural anti-inflammatory.
- Don't microwave food in plastic wrap or containers. Minimize use of plastics for food storage.

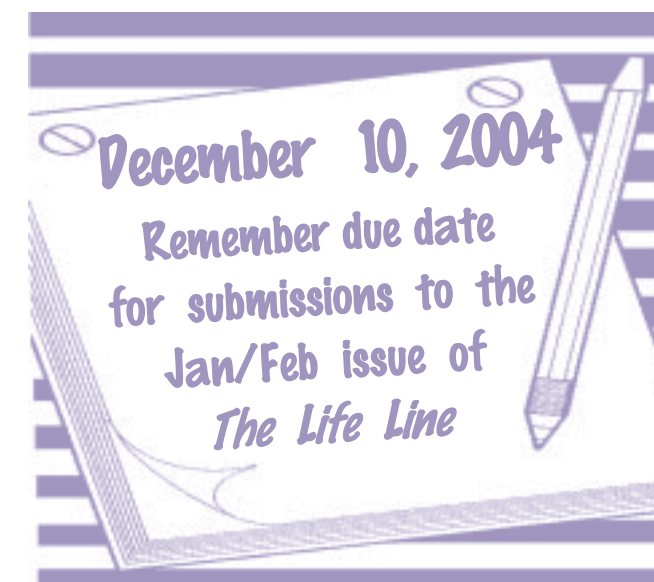
Thankfully, today there is more recognition of the impact of emotions on our health than was the case even two decades ago. Being both a naturopathic doctor and an emotional counselor of 22 years, it is unmistakable to me that there is a distinct connection between endometriosis (and hormonal imbalances in general) and unresolved emotional issues. Although the issues vary, almost always they relate to unresolved problems relating to family of origin (parents and siblings, especially). It is crucial to deal with the issues, *for once and for all*, so they are not churning underneath and feeding ill health.

Suggested reading:

Women's Bodies, Women's Wisdom, by Christine Northrup, MD

Natural Treatment of Fibroid Tumors & Endometriosis, by Susan M. Lark, MD
Conscious Eating, by Gabriel Cousens, MD

Janine Romaner, ND, CHT, is a naturopathic doctor practicing in Atlanta, GA, where she and the clinic staff regularly assist patients to reclaim their health with dignity and knowledge. Rather than covering symptoms and giving temporary relief, her personalized and natural approach to health care, which includes extensive bio-energetic testing, is designed to aid healing from inside out and to encourage improved quality of life. Janine can be reached at 770- 640-6690.



Adult Diseases Begin In Childhood

By Don Bennett, DAS

An important thing to understand about ill-health is that it doesn't occur overnight. In most cases, disease takes years, even decades, to progress to the point where you get symptoms. The diagnosis may seem sudden, but the condition was a long time in the making. Take cancer for example. When my dad was diagnosed with colon cancer, the tumor was as big as my fist. I asked the oncologist how long it takes to get that big, and his reply was, "Decades." How about diabetes? It is estimated that in another ten years 95% of the U.S. population will have it in some form. Ninety-five percent! Good news for the medical/pharmaceutical industries; bad news for the human race. For sale now are insulin pumps for children, decorated with their favorite TV characters, in an effort to make diabetes easier and more acceptable to live with. I prefer focusing on the cause, which *is* known—it's just not common knowledge. Avoiding degenerative disease is certainly better than having to deal with it.

When I was in my late teens, I experienced "roller-coaster" blood sugar levels. When my blood sugar was high, I couldn't sit still or concentrate. When it was low, I was without energy, and my thinking was fuzzy at best. When it was in the middle (normal), I felt great and I loved life! This blood sugar level behavior, if allowed to continue, can lead to diabetes. If I hadn't adjusted my eating habits to halt this daily roller-coaster ride, I'd probably have diabetes today (regardless of genetic predisposition).

My eight-year-old niece is currently experiencing abnormally high and low blood sugar levels (hyper- and hypo-glycemia), but more profoundly than I ever did. When her level is low, you can't carry on a conversation with her—she's too out-of-it. And when it's high, well, don't try and take her anywhere in a car. The cause? Her diet. How do I know? When she spends extended time with me, she gets no junk food and no dairy products, only healthy fare (fruits and veggies), and her blood sugar levels remain in the normal range. When she eats right, she's a delight to be with—creative, articulate, bright, fun, eager to learn, and most notably, well behaved. Diet can have a profound effect on ones health, especially that of a child's.

Many children have been put on drugs to deal with symptoms that may very likely be caused by poor diet. For most parents, this is due to a lack of knowledge, which is easy to remedy. For some parents who have been given truthful information, it's just easier to put the child on drugs than to impose, and have to enforce, "strict" dietary habits (granted, most school lunch programs don't make this any easier). And, shame on the pharmaceutical companies that give school districts financial incentives to recommend that students be put on Ritalin or other drugs.

It seems to be the thing now-a-days to see how many acronyms can be created for "emerging" diseases. Is there an evil species on another planet that's pointing an ADHD/SAD/CFS ray, or a diabetes ray, at this planet? Or is it more likely that an unhealthy diet and the lack of attention to the other "basics of health" are to blame?

Even if a child's uneven blood sugar level is sociably tolerable, since it can lead to diabetes later on in life, isn't this reason enough to feed the child a healthy diet? Yes, drugs can control behavioral problems, but what if they are behavioral problems caused by an unhealthy diet. The drugs deal only with the behavior. What about the diet's damaging effects on the child's internal organs? The pancreas plays a big role in the management of blood sugar levels; damage the pancreas, say hello to diabetes.

A healthy diet in childhood is an investment in your future health. No one would argue that it is a wise thing to start investing for your financial future early in life, but how many of us actually think about investing for our future health? There are parallels between health and finances; if you wait too long to start investing, it can be a case of *too little too late*. An example of a good investment, health-wise: Eat pesticide-free, organically grown fruits and veggies (in abundance at Life Grocery).

Where do you go for sound, truthful health information? Well, I know people who were told by their doctor, in no uncertain terms, that they'd have to be on medication for the rest of their life. Yet, with adherence to proper lifestyle practices, they were able to eliminate

the meds *and* the symptoms that warranted their prescription. Now, I'm not suggesting you stop taking medication, just that there's a lot of misinformation out there. Many mainstream (and alternative) healthcare practitioners are simply lacking truthful knowledge, so you can't blame them for relying on drugs when there are better options. The remedy? Educate yourself, keeping in mind that there is *nothing* more important than your health or the health of your children. This will help you stay well ahead of the *too-little-too-late* curve.

Don Bennett is a Disease Avoidance Specialist, lecturer, and the Director of the Health 101 Institute. For enlightening and empowering health information, visit www.health101.org.

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- *Sunfood Cuisine*

Organic Food Is More Important Than You Think

By Dr. Brenda Cobb

Eating organic food is one of the best things you can do for your good health. Pesticides and chemicals are poison, and if you are eating conventional produce, you are getting buckets full of these dangerous substances. Chemical toxicity is a leading cause of illness, and in order to heal, a person must get the toxic chemicals out of the body.

Eating fruits and vegetables is good for the body, but not as good for you if they aren't organic. It's worth it to spend the extra money on organic food, because you are definitely worth it. Investing in top quality food will reward you for years to come. Spend more on good quality organic food and less on drugs, and you'll be better off for it. Not only will you be supporting your own good health, but you'll also be supporting organic farmers and organic food distributors who both need our financial support.

Good Reasons To Eat Organic

- Organic foods have a higher food value content, including a higher mineral and trace mineral content.
- Organic produce contains more iron, potassium, magnesium, and calcium.
- Organic spinach contains up to 78% more vitamin C.
- Organic cabbage contains up to 91% more vitamin C.
- Organic wheat has twice the calcium, four times the magnesium, five times the manganese, and thirteen times more selenium than commercial wheat.
- Organic corn has twenty times more calcium and manganese and two to five times more copper, magnesium, molybdenum, selenium, and zinc.
- Organic potatoes have two or more times the boron, selenium, silicon, strontium, and sulfur and 60% more zinc.

- Organic pears have two to three times more chromium, iodine, manganese, molybdenum, silicon, and zinc.
- Organic produce has lower quantities of toxic trace elements like aluminum, lead, and mercury.

The commercial fruits and vegetables containing the most pesticides and harmful toxins are strawberries, dates, carrots, pears, cabbage, lemons, grapes, sweet potatoes, peaches, and nectarines. The lowest pesticide use is in figs, avocados, pecans, and garlic.

Each year people are exposed to thousands of toxic chemicals and pollutants in the earth's atmosphere, water, food, and soil. These pollutants manifest themselves in a variety of symptoms including decreased immune function, neurotoxicity, hormonal dysfunction, psychological disturbances, and even cancer. Today people are exposed to chemicals in far greater concentrations than they were in previous generations.

To make matters worse, food and product labels do not always list every ingredient and there is no way to know the amount of toxins that are in these foods. All of this leads to heavy toxicity in the body. The only way to restore health is to remove the toxicity so that the body can do its own internal healing.

Organic raw and living foods can detoxify the chemicals and pollutants out of the body and, at the same time, they can restore and rebuild the body to perform at its optimum. One of the very best things you can do for yourself is to eat more fresh uncooked fruits and vegetables. The enzymes, vitamins, and minerals in fresh raw and living foods are at their peak; these are the very elements that the body must have to thrive.

Make it a part of your life to shop for the best produce that is organic and fresh. Feed this to yourself and your family, and enjoy the benefits that only healthy food can bring. It's easy to do the right thing for yourself when you decide that you're worth it. Buying and eating organic is a great place to start in taking better care of you!

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Resources:

Sunfood Diet Success System by David Wolfe
Alternative Medicine by Burton Goldberg
The Hippocrates Diet by Dr. Ann Wigmore

Dr. Brenda Cobb is author of The Living Foods Lifestyle, available at Life Grocery at a 20% discount. She is Director of the Living Foods Institute, featuring classes in the Living Foods Lifestyle to help people detoxify and rebuild their bodies naturally with organic raw and living foods and to heal the emotions and stress behind all illnesses and symptoms. For more info call 404-524-4488 or visit them on the web at www.livingfoodsinstitute.com.

Journey To Peace

By Jill Sutherland

Not too long ago I wrote an article from the painful shadow of a deep valley. I was standing in a very uncomfortable place of confronting my creations, learning core lessons, and choosing the path of surrender. Now, some time has passed, and I'm faced with a new situation. What do you do when all your prayers are being answered? Isn't this a great problem to have? This is such a time of joy for me. It's easy to get really attached to this "top of the world" experience. I want this to last forever, but I know that this, too, shall pass.

Each time I make this journey from valley of despair to mountain top, I find myself as a different person—wiser perhaps, certainly more stripped of artifice. I have enough experience to know that nothing is permanent. Nothing stays the same and, for the first time in my life, I will surrender this experience, too. I will not try to hold it, but I will allow it to flow through my life, and, perhaps, those near to me will feel joy, too. I know that they felt the pain in my situation before, and it just seems fair that they get the joy.

It seems somehow easier for me to think of surrender when times are difficult. It hadn't really occurred to me to release the experience of joy. Experimenting with this action is teaching me something very deep about my true nature. When I let go of my experience, whatever that experience is, what is left is peace.

Surrender, according to the Random House College Dictionary, means "to yield (something) to the possession or power of another." For me, what I am surrendering is my experience. I am not judging it, defining myself by it, or getting caught up in it. It is the event that happened, not more. Who I am surrendering my experience to is, of course, the Divine Power. I am showing that I mean it when I say, *Thy will be done*.

The most interesting tidbit that I have learned about myself is just how much I project fear into the future. When I maintain the role of observer of my thoughts, what I observe myself thinking is all kinds of terrible situations, conflict, and drama in the future. And so, I began to experiment.

What I mean when I say that I follow a path of surrender, is that I choose, in every moment, to find and follow the deepest wisdom that I can access for making decisions about my next course of action, instead of immediately reacting. I have been trying to remain the observer of my thoughts and decisions. When I catch myself thinking how something is going to be (projecting into the future), I stop and, instead, surrender those thoughts to the Universe (Divine Power, Higher Power, God, you get the idea). What I have begun to notice when I do this is that it doesn't turn out like I thought (feared) it would. It turns out better. When I am

successful in doing this, what I am able to witness are miracles occurring—real miracles. What I observe is everything falling into place while I just witness and continue to be a conduit for peace, joy, and love to flow through. Wow. It's amazing how this really works. I hope you try it for yourself. Just ask, "How can I be a loving presence in this situation?" Then just watch the unfolding. It takes a bit of awareness. You have to know that you are projecting fear into the future (worrying); you have to be willing to stay present, even in tough situations; and you have to be committed to really being a loving presence. Believe me, the temptations will arise to escape, fall back into old patterns of hostility and meanness, or whatever defense mechanism you have been using. But when you decide that you can do this, and you can, you will also be able to witness miracles happening for you in your life.

I hope you try this path of surrender, and I hope you let me know how it works for you in your life. I wish for you a peaceful journey.

Jill Sutherland may be contacted by e-mail at ReikiJill@aol.com or by phone at 770-386-4853 for sessions, classes, or workshops.

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Un-Tuna Salad: Carrot tuna, lettuce, and tomatoes	\$5.95
Refried Bean: Sunflower seed refried beans, lettuce, and salsa	\$6.50
Falafel: Sliced cucumbers, tomatoes, spring mix, tahini dill sauce, and crumbled dehydrated falafel	\$6.75
SANDWICHES	
Almond Butter and Banana: Flax bread topped with fresh bananas, almond butter, and honey	\$6.25
Avocado and Pesto: Flax bread topped with cucumbers, tomatoes, avocados, pesto, and spinach	\$7.50
ENTREES	
Taco Salad: Taco nut meat, romaine lettuce, guacamole, salsa, and pine nut sour cream, served with flax crackers	\$6.25
Tostada: 2 Flax tostada shells layered with sunflower seed refried beans, lettuce, salsa, guacamole, and taco sauce	\$6.50
Zucchini Pasta: Pasta-cut zucchini with marinated vegetables, tossed with either marinara sauce or fresh pesto	\$6.50
Lasagna: Thin-sliced marinated zucchini, sun-dried tomato marinara, Italian walnut meat, served with a side salad. <i>(Variety may vary based on produce availability)</i>	\$8.25
Pad Thai: Pasta-cut daikon radish, mushrooms, scallions, cilantro, tomatoes, broccoli, and cabbage tossed with almond Pad Thai sauce, topped with chopped hazel nuts	\$7.25
Deep Dish Pizza: Chicago-style deep dish pizza with a cashew crust filled with spinach, mushrooms, and onions, tossed with a pizza sauce, served with a side salad	\$8.25
Energy Soup: Chard or kale, mung bean and lentil sprouts, avocado, sunflower sprouts, kelp, and choice of apple or cucumber <i>Allow 5-7 minutes to make fresh. 64 oz</i>	\$19.98
<p>Salad and Living Food Bar \$5.99 a pound Soup of the Day Cup...\$3.25 Bowl...\$4.25</p>	
<p>All ingredients are organic except for the following or where otherwise clearly indicated (due to availability): Honey, bread, sea salt, vegan cheese, wheatgrass,* sunflower sprouts.* All added supplements, except for Vitaminal Green, are non-organic. *Chemical- & pesticide-free Cheese contains dairy casein</p>	

Cooked Foods	
<i>Wraps & sandwiches served with choice of side salad or corn chips</i>	
WRAPS	
Roasted Vegetables of the Day: <i>A tortilla filled with pepper jack rice cheese, spinach, and assorted roasted vegetables</i>	
	\$6.50
Spinach and Portabella Mushroom: A tortilla filled with pepper jack rice cheese, spinach, and roasted portabella mushrooms	
	\$6.50
Tempeh Reuben: A tortilla filled with pepper jack rice cheese, tempeh, sun sauce, and sauerkraut	
	\$6.50
Black Bean: A tortilla filled with seasoned black beans, roasted red bell peppers, salsa, and spinach	
	\$6.50
SANDWICHES	
Almond Butter and Banana Sandwich: Toasted sprouted spelt bread spread with almond butter and topped with bananas and honey	
	\$4.95
Avocado Melt: Toasted sprouted spelt bread, spread with sun sauce and topped with avocado, rice cheese, roasted red bell pepper, and lettuce	
	\$6.50
Pesto Sandwich: Roasted zucchini, onions, red bell pepper, avocado, lettuce, and tomato on spelt bread with basil pesto sauce	
	\$7.25
Sunburger: Served with lettuce and sun sauce on an Ezekiel Sprouted Grain bun	
	\$5.95
with salsa and guacamole	
	\$6.50
ENTREES	
Ravioli: Roasted vegetable ravioli tossed with mushrooms, onions, broccoli, spinach, and basil marinara sauce	
	\$7.25
Black Bean Burrito: A tortilla filled with black beans, roasted vegetables, and salsa then baked and served with brown rice	
	\$7.25
Steamed Veggies and Brown Rice: Broccoli, carrots, cauliflower, onions, and mushrooms, steamed and served over brown rice	
	\$6.99
with coconut curry	
	\$7.25

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November/December 2004

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THE HOLIDAYS**

- Farmer's Market Canned Pumpkin, Canned Sweet Potato; Canned Pumpkin Pie Mix
- Knudsen Cranberry Sauce, Spiced Apple Cider
- Wholly Healthy Frozen Pumpkin Pie, Apple Pie
- Now & Zen Chocolate Mousse, Hip Whip Vegan
- Unturkeys
- Tofurky Vegetarian Roast, Vegetarian Feast, Giblet Gravy, Wild Rice Stuffing
- Elberlys Organic Fresh Turkeys
- Organic Valley Egg Nog, Heavy Whipping Cream
- Wave Organic Silk Nog
- Amazake Vanilla Pecan Pie Rice Shake, Rice Nog
- Maple Love Wheat Free Pie Shells
- Spectrum Organic Shortening
- Sno-Pac Frozen Cranberries
- Barbara's Mashed Potatoes
- Fantastic Foods Soup & Dip Mixes
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