

## Top Ten Clinical Research Studies With Natural Products in 2004

By Dr. Michael Murray

Science reflects the desire for humans to understand the manner in which nature functions. In medicine, through science, there is emerging a greater appreciation for the role that vitamins, minerals, herbal products, and other natural compounds play in promoting health and healing. While 2004 produced many noteworthy clinical studies with natural products, the following reflect the most significant.

### THE TOP TEN STUDIES IN 2004

1. *Echinacea does work if you use an effective product.*
2. *U.S. Government study acknowledges health benefits of omega-3 fatty acids.*
3. *Omega-3 index emerges as the most significant marker for heart disease.*
4. *Black cohosh extract exerts anticancer effects against breast cancer cells.*
5. *Combination of Glucosamine and MSM is superior to either alone in treating osteoarthritis.*
6. *Antioxidant supplementation reduces risk for Alzheimer's disease.*
7. *Long-term study shows CLA effective as weight loss aid.*
8. *Even brief exposure to statin drugs lowers CoQ10 levels.*
9. *Lutein improves vision in patients with age-related macular degeneration.*
10. *Ginkgo biloba extract continues to show benefits in elderly subjects.*

### ECHINACEA DOES WORK IF YOU USE AN EFFECTIVE PRODUCT

There were four double-blind studies in 2004 that evaluated echinacea preparations in the treatment of the common cold. In three of these studies, the echinacea products used were shown to be no more effective than a placebo. However, one study demonstrated quite clearly that echinacea can be of significant value in reducing the severity and duration of a cold. The difference in results from these clinical studies with echinacea is most likely due to lack of or insufficient quantity of active compounds in the negative studies.

The single most important aspect in getting results from an echinacea product is to make sure that it is guaranteed to provide sufficient levels of all three classes of all three key categories of active compounds

in their proper ratio. For example, in the study demonstrating positive results, the commercially available echinacea product used, which contained standardized levels of alkamides, cichoric acid, and polysaccharides prepared from freshly harvested Echinacea purpurea plants, showed just how impressive results can be when a high quality product is used. In the double-blind study, the echinacea preparation or a placebo was given to 282 subjects, aged 18-65 years, with a history of two or more colds in the previous year. Subjects were instructed to start the echinacea or placebo at the onset of the first symptom related to a cold, consuming 10 doses the first day and four doses per day on subsequent days for 7 days. The total daily symptom scores were found to be 23.1% lower in the echinacea group than in the placebo.

The researcher concluded that early intervention with this standardized echinacea product results in reduced symptom severity in subjects with upper respiratory tract infection. Some people cleared their cold symptoms up to three times faster than the placebo group.

**Reference:** Goel V, Lovlin R, Barton R, et al. Efficacy of a standardized echinacea preparation (Echinilin) for the treatment of the common cold: a randomized, double-blind, placebo-controlled trial. *J Clin Pharm Ther.* 2004 Feb;29(1):75-83

### U.S. GOVERNMENT STUDY ACKNOWLEDGES HEALTH BENEFITS OF OMEGA-3 FATTY ACIDS

According to a detailed evaluation of the scientific evidence, the United States Agency for Healthcare Research and Quality concluded that the long chain omega-3 fatty acids, either from fish consumption or supplementation, significantly reduce the risk of heart attacks and strokes. The review also found other evidence indicating that fish oil supplementation can help lower high blood pressure slightly, reduce risk of coronary artery re-blockage after angioplasty, increase exercise capability among patients with clogged arteries, and reduce the risk of irregular heart beats—particularly in individuals with a recent heart attack.

**Reference:** Wang C, Chung M, Lichtenstein A, Balk E, Kupelnick B, DeVine D, Lawrence A, Lau J. Effects of omega-3 fatty acids on cardiovascular disease. Agency for Healthcare Research and Quality Pub. No. 04-E009-2, March 2004.

### OMEGA-3 INDEX EMERGES AS THE MOST SIGNIFICANT MARKER FOR HEART DISEASE

When researchers measure the level of the long chain omega-3 fatty acids EPA and DHA within red blood cells, they found that they had discovered one of the most significant predictors of heart disease. This laboratory value was termed the Omega-3 Index. An Omega-3 Index of =8% was associated with the greatest protection, whereas an index of =4% was associated with the least. The Omega-3 Index was shown to be the most significant predictor of coronary artery disease compared to C-reactive protein; total, LDL, or HDL cholesterol; and homocysteine. Researchers subsequently determined that a total of a combined 1,000 mg of EPA and DHA daily is required to achieve or surpass the =8% Omega-3 Index target.

**Reference:** Harris WS, Von Schacky C. The Omega-3 Index: A new risk factor for death from coronary heart disease? *Prev Med.* 2004 Jul;39(1):212-20.

### BLACK COHOSH EXTRACT EXERTS ANTICANCER EFFECTS AGAINST BREAST CANCER CELLS

Black cohosh (*Cimicifuga racemosa*) is without question the most popular natural approach to menopausal symptoms. Its popularity has been increasing in part because of all of the negative press on Hormone Replacement Therapy. Specifically, last year the National Institutes of Health (NIH) halted a major clinical trial designed to help settle the debate over whether HRT benefits postmenopausal women because the results clearly concluded that the risks of taking combined estrogen and progestin outweighed the benefits and considerably increased the risk of stroke, coronary heart disease, and breast cancer.

The mechanism of action for black cohosh is thought to be via action on control centers in the brain and vascular system rather than through any estrogenic effect. According to detailed review of clinical and pre-clinical data, black cohosh appears to be safe in women at risk for breast cancer, as well as breast cancer survivors. This position was bolstered even further in 2004, as a study in human breast cancer cell lines showed black cohosh extract exerts no proliferative activity on these cells but actually promotes both

*continued on page 3*

# Possibilities

We don't create more possibilities. Possibilities exist. We simply get out of the way to support their happening.

Much of the limitations we face are not real limitations, but the result of restrictive thinking. The belief that we create more possibilities by doing this or doing that does not encourage connecting to humility, a most supportive quality for unleashing our infinite potential.

In the business world, humility is often seen as a sign of weakness. We reward people for expressing higher and higher levels of confidence. Although confidence is an important quality for success, it pales in comparison to humility.

The ego would like us to believe that, "I create my own possibilities." For some people, giving up that concept can be more painful than withdrawing from alcohol, drugs, or tobacco. However, with a healthy attitude, which includes proper levels of humility and confidence, we can watch the possibilities unfold before our eyes.

How empowering to have more possibilities express themselves. The more possibilities we uncover, the more choices we have for choosing a great life.

By Michael A. Scimeca, D.C.

Consider the following four pillars of understanding:

- *Life is Intelligent.*
- *Everything Happens For a Reason.*
- *We Are Here To Serve the Greater Good.*
- *Dissolving Self into Honest Service is a Main Tool for Positive Growth.*

Philosophically or spiritually, we can agree or disagree with the four pillars of understanding.

However, to consider them as offerings, as ingredients of possibility, not as sources of limitation is both practical and wise.

With the four pillars of understanding, we can continue to get out of the way and watch the infinite number of possibilities reveal themselves. From this point, we get to choose. We can choose to live a life of expansion or limitation. Either way, the possibilities are endless.

*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.*

# Phoenix

by Jill Sutherland, Usui & Karuna Reiki Master-Teacher

I always know that I'm still on my spiritual path when my life is full of change. And full of change is just what my life is. I have moved from the farm in Cartersville to a house named Phoenix in Rydal, Georgia.

I am always interested in the name of things and so, living in a house named Phoenix, I started to do some research on that mythical bird.

The beginning of the Phoenix legend was perhaps in ancient Egypt, where this solitary bird was a sun symbol representing the immortality of that celestial body in its daily return. In this version, after living for five hundred years, the bird would return to its nest of aromatic branches and spontaneously combust. From the ashes would arise another Phoenix. For Egyptians, the Phoenix bird was always male and only one could exist at a time.

For the Chinese, the Phoenix was not only a symbol of absolute beauty but also of virtue. It alighted so gently as to not break any branch, in spite of its large size, and consumed only dew. The Chinese Phoenix also represented the perfect balance of yin (female) energy and yang (male) energy.

In Japan, the Phoenix was associated only with the Empress, with peace and prosperity, and its appearance heralded a time of plenty or the birth of a wise leader.

In the poem by Hans Christian Andersen, the version goes like this:

*In the Garden of Paradise, beneath the Tree of Knowledge, bloomed a rose bush. Here, in the first rose, a bird was born. His flight was like the flashing of light, his plumage was beauteous, and his song ravishing. But when Eve plucked the fruit of the Tree of Knowledge of Good and Evil, when she and Adam were driven from paradise, there fell from the flaming sword of the cherub a spark into the nest of the bird, which blazed up forthwith. The bird perished in the flames; but from the red egg in the nest there fluttered aloft a new*

*one—the one solitary Phoenix bird. The fable tells that he dwells in Arabia, and that every hundred years he burns himself to death in his nest, but each time a new Phoenix, the only one in the world, rises up from the red egg.*

The Phoenix shows up in every culture, in every age through time. It is interesting that the symbol itself seems to be immortal as well as global. These are big shoes (or wings) to fill. Not only do I live in a house named Phoenix, but my healing practice and retreat center now live here, too.

It is indeed very, very beautiful here. The house sits in a hidden valley surrounded and protected by gentle mountains. The trees, wearing autumnal splendor, seem to glow with a light so soft and warm and welcoming. And I am beginning anew, re-creating myself from the ashes of the past, just like the mythical bird of paradise. And I guess that, being American and living in the melting pot, I can pick and choose what suits me from other cultures to create the exact kind of energy I need to support me in the pursuit of happiness. I can take beauty and virtue and build a strong foundation, the perfect balance of masculine energy (to motivate me with appropriate action) and feminine energy (to remind me to receive all these blessings). I can be grateful for my ability to rise up and begin again, new and whole. How perfect that I live in a house named Phoenix.

If I can get all excited about the current chaos of my life, perhaps you can, too. Find something in the Phoenix myth to help you get excited about your life again. Wake up tomorrow, as if newly born, and begin from that place to choose and create. Get support for your process, come up to Phoenix House for healing and restoration, to remember how rare and beautiful you are.

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## In This Issue

- 1 Top Ten Clinical Research Studies With Natural Products in 2004
- 2 Possibilities
- 2 Phoenix
- 3 A Brand New Year
- 4 Be The Best That You Can Be This Year
- 4 Beware Of Internet Health Advisors
- 5 Endometriosis Epidemic
- 6 Is Your Bathroom Poisoning You?
- 7 We're All Different
- 7 Classifieds
- 8 Café Life Menu



## A Brand New Year

By Sandra M. Yee, DCM

I told myself I was not going to eat so much, stay up too late, nor stress out over gift-making and family-visiting, but I did. I told myself I was going to rest, write, and do yoga, but I didn't. At first, I think to redeem myself by doing the exact opposite.

However, I now realize the irony is that opposite activities can produce similar feelings. We work 60 hours a week or treat ourselves to a fun-filled vacation and end up feeling run down. We lash ourselves into strict diets, or eat too many chocolates, and feel lousy about ourselves either way. We fret about money, whether our bank accounts are fat or flat.

The key, then, is not in doing the exact opposite activities but to change the attitude with which we approach them. Otherwise, we're opening the same doors to the same feelings of over-work, over-expectation, and under-happy.

It takes courage enough to make external changes: new careers, new cities, new relationships. Once we realize we've brought our same old baggage to new circumstances, though, we begin to examine the changes that need to be made within. (Ever wonder why we meet the same types of people or experience the same diseases in our "brand new" life?)

It's not about DO-ing things differently, but BE-ing ourselves differently, that brings the changes we want so badly. Until then, our bodies ache with the same intensity that our souls ache for joy and healing; and this is pain we must listen to, not numb.

Dear Readers, I don't know what you're resolving for the year ahead, but I'm giving my body and nerves a break. Here's to more fun, freedom, and relaxation for the rest of our lives!

Best wishes for a brilliant, bountiful, and blessed New Year . . .

*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 Atlanta area. For personal wellness coaching, contact Dr. Yee at 678-488-6633.*

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### Top Ten Clinical Research Studies With Natural Products . . . continued from page 1

estrogen receptor positive and estrogen receptor negative breast cancer cells to commit cellular suicide (apoptosis).

**Reference:** Hostanska K, Nisslein T, Freudenstein J, Reichling J, Saller R. Cimicifuga racemosa extract inhibits proliferation of estrogen receptor-positive and negative human breast carcinoma cell lines by induction of apoptosis. *Breast Cancer Res Treat.* 2004 Mar;84(2):151-60.

#### COMBINATION OF GLUCOSAMINE AND MSM SUPERIOR TO EITHER ALONE IN TREATING OSTEOARTHRITIS

In a double-blind clinical trial, 118 patients with mild to moderate osteoarthritis were treated three times daily with either 500 milligrams of glucosamine, 500 milligrams of MSM, a combination of both, or an inactive placebo. After 12 weeks of treatment, the average pain score had fallen from 1.74 to 0.65 in the glucosamine-only group; 1.53 to 0.74 in the MSM-only group, and 1.7 to 0.36 in the combination group. The researchers also found that the combination treatment had a faster effect on pain and inflammation compared to glucosamine alone.

**Reference:** Usha PR, Naudu MUR. Randomized, double-blind, parallel, placebo-controlled study of oral glucosamine, methylsulfonylmethane, and their combination in osteoarthritis. *Clin Drug Invest* 2004;24:353-63.

#### ANTIOXIDANT SUPPLEMENTATION REDUCES RISK FOR ALZHEIMER'S DISEASE

Combined use of both vitamin C and vitamin E was associated with a dramatic 78% reduced prevalence of Alzheimer's disease in a population-based study. This finding is not unexpected, as the damage to the brain in Alzheimer's disease is believed to be the result of significant oxidative damage. The finding that there was no protection associated with use of either vitamin E or C alone is not surprising, and, once again, highlights the importance of using a combination of antioxidant nutrients versus any single antioxidant.

**Reference:** Zandi PP, Anthony JC, Khachaturian AS, et al. Reduced risk of Alzheimer disease in users of antioxidant vitamin supplements. *Arch Neurol* 2004;61:82-8.

#### LONG-TERM STUDY SHOWS CLA EFFECTIVE AS WEIGHT LOSS AID

Supplementation with conjugated linoleic acid (CLA) at a dosage of 4.5 grams per day was shown in a 12-month double-blind study to help overweight adults decrease body fat mass and increase lean body mass by as much as 9 percent. This 2004 study is the first to clearly establish the efficacy of CLA supplementation over an extended time period without changes in exercise or diet.

**Reference:** Gaullier JM, Halse J, Hoye K, Kristiansen K, et al. Conjugated linoleic acid supplementation for one year reduces body fat mass in healthy overweight humans. *Am J Clin Nutr.* 2004 Jun;79(6):1118-25.

#### EVEN BRIEF EXPOSURE TO STATIN DRUGS LOWER COQ10 LEVELS

The fact that cholesterol-lowering drugs in the statin family like Lipitor and Pravachol reduce coenzyme Q10 levels is well-established. In 2004, a study better quantified this effect. Dosages of the drug atorvastatin (Lipitor) could cut CoQ10 levels in the blood to well below normal levels. Researchers also concluded that inhibition of CoQ10 synthesis by these drugs could explain the most commonly reported adverse effects, especially fatigue and muscle pain.

**Reference:** Rundek T, Naini A, Sacco R, Coates K, DiMauro S. Atorvastatin decreases the coenzyme Q10 level in the blood of patients at risk for cardiovascular disease and stroke. *Arch Neurol.* 2004 Jun;61(6):889-92.

#### LUTEIN IMPROVES VISION IN PATIENTS WITH AGE-RELATED MACULAR DEGENERATION

Lutein is the yellow-orange carotene that has been shown to offer significant protection against macular degeneration—the leading cause of vision loss in the elderly in the United States and Canada. In 2004, a double-blind study indicated that 10 mg per day of lutein could actually significantly improve visual function in people with existing macular degeneration.

**Reference:** Richer S, Stiles W, Statkute L, et al. Double-masked, placebo-controlled, randomized trial of lutein and antioxidant supplementation in the intervention of atrophic age-related macular degeneration: the Veterans LAST study (Lutein Antioxidant Supplementation Trial). *Optometry.* 2004 Apr;75(4):216-30.

#### GINKGO BILOBA EXTRACT CONTINUES TO SHOW BENEFITS IN ELDERLY SUBJECTS

Ginkgo biloba extract (GBE) continues to show impressive clinical usefulness in elderly subjects. In the most significant study with GBE, a dosage of only 120 mg per day was shown to produce a clear, demonstrable effect in improving mood and ability to perform tasks of everyday living in elderly subjects.

**Reference:** Trick L, Boyle J, Hindmarch I. The effects of Ginkgo biloba extract (LI 1370) supplementation and discontinuation on activities of daily living and mood in free living older volunteers. *Phytother Res.* 2004 Jul;18(7):531-7.

*Michael T. Murray, N.D., is a graduate of Bastyr University in Seattle, Washington, and the author of over 20 books, including his latest How to Prevent and Treat Diabetes with Natural Medicine. Dr. Murray is Director of Product Development for Natural Factors Nutritional Products.*

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### Attention Health Care Practitioners

If you would like to be included in the Life Grocery Health Care Directory at the Customer Service Desk, please submit a business card to a customer service representative.

# Be The Best That You Can Be This Year!

By Dr. Brenda Cobb

Real health encompasses the entire person, inside and out within every cell, every tissue, every feeling, every thought, and every emotion. This year you can explore total health on every level. This is the year to be the best you can be! What are you waiting for? There's no time like the present to do everything you possibly can to feel good, look good, and enjoy life!

Make this year the year that you love yourself and others unconditionally. Become empowered to live a happy, healthy life. Take a look at who you are and what you are really about. Practice good lifestyle habits!

- **Good Nutrition**

Learn about food and what's best for your good health. Become more aware of food as medicine and nourishment for your body and learn to make wise decisions about which foods to put into your body and which ones to avoid. Add more organic raw and living foods to your diet and get the benefit of living enzymes, vitamins, and minerals to support great health. You are what you eat.

- **Exercise**

Exercise every day! Get up and move your body. Dance, bike, walk, run, swim, or practice yoga. Mix up your exercise and you'll never get bored. Exercise burns calories and energizes your body with oxygen. Exercising can actually give you more energy.

- **Fun**

Finding and making fun in your life will help you not take yourself and the rest of the world so seriously. When you spend all your time

thinking about work and other responsibilities and forget to stop and have fun, you get out of balance. Bringing fun back makes you a more enjoyable person to be around.

- **Music**

Fill your life with music. Music has been known to help people heal and enjoy life more. Dance to the music and learn to play a musical instrument. Whistle or sing in the shower. Make music a part of your daily life.

- **Relaxation**

Take time to just be. Between our jobs, our family responsibilities, volunteering, and participating in life, we don't relax enough. Sit on the sofa and read a good book. Lie in the sun and soak up the healing rays. Float down the river!

- **Meditation**

Go within and be silent, quiet your busy brain. Clear your mind. Say, "I Am Healed" over and over until you really believe it. Allow your spirit to receive the blessings from God.

- **Prayer**

Spend time in prayer. Call on God to assist you in your journey. Have faith and belief that prayer works. It heals everything. Make it a part of your life every moment.

- **Hobbies**

Do something that you really enjoy doing. Do something that makes your heart sing. Paint, sculpt, draw, and get creative. Do what you love to do!

- **Reflection**

Take time to be by yourself and reflect on your life, your choices, and who you really are. Look deeply inside to the real you that only you know.

You may have made dozens of New Year's Resolutions so far in your life and tried just as many diets and exercise plans. The test of how good you're really doing is in your total health and well being, how good you feel, and how good you look! There's no time like the New Year to remind us of things we can do to make life better. Do the things that nourish, restore, and rebuild you, body, mind, and spirit. You deserve it! Make your resolutions to become more spiritual, eat nutritious food, think the right way, exercise every day, breathe deeply, relax, and enjoy life. Good health comes with a price and whatever it costs it's worth it because your health is your most valuable asset.

Dr. Brenda Cobb, author of *The Living Foods Lifestyle*, available at *Life Grocery* at a 20% discount, is Director of the Living Foods Institute, featuring classes in the *Living Foods Lifestyle*. For more information about classes, seminars, and the once a month free feast at the graduation party, visit [www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com) or call 404-524-4488.

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# Beware Of Internet Health Advisors

By Linda Townsend

This may surprise you. It may shock you. It may even disgust you. Many people set up informative websites about alternative health, but that is not alarming, is it? We all are looking for good health information, and with an Internet connection, we have a worldwide electronic library at our fingertips. Anyone could spend hours (days) just surfing the Internet for health info these days, giving little thought about the people behind the websites.

Several years ago, I met Robert, a retired dentist, who had spent many years learning about herbs after realizing he had mercury toxicity. He was, at that time, developing a website of his herb knowledge and how to use them medicinally. This would be a site that, of course, would require a membership fee, a relatively new concept in 1996 when the Internet was still in its infancy.

I don't know if Robert ever finished his project, but I am sure that his website would be missing one thing: his picture. Robert was over 300 pounds, with open sores common in an out-of-control diabetic. When I met Robert, he was scheduled for surgery to remove some toes. His feet and legs were terribly swollen and discolored, too. (Using BioHarmonics for just two weeks, the sores began healing and he was able to delay the toe surgery. I say *delay* because I felt without some lifestyle

changes it was inevitable that his health would decline again.)

Jennifer completed her website project and it is still on-line today. It is an amateurishly friendly site with numerous articles providing a great deal of information, mostly her own perceptions of a wide variety of health methods woven with threads of her religious beliefs. Although her website is noncommercial, Jennifer had an agenda off-line: She attempted to sell a remedy maker, which she used with her self-styled energized oil treatments. (Ironically, she developed this method based on my research. Unfortunately, she did not heed my warnings against her flawed testing methods.)

Some years ago, Jennifer hosted one of my seminars. Although we were email pals for about two years, she never mentioned her weight problem, and only hinted about other health problems. Last I knew, Jennifer was still promoting her energized oil therapy, and even uses it on other people, even though it had not worked for her much at all. (Any well-based method poorly applied is a poor method.)

This is not to say that Robert, Jennifer, and others like them have not provided websites that provide informative on alternative health, but neither Robert nor Jennifer exercised or regulated

their diets, although Jennifer did grow her own organic food. Still, it simply is not appealing to be advised by a person about health that does not, at least, have the appearance of healthiness. *Would you pay seminar fees to hear ill and obese people speak on health?* Good or bad, the Internet is a technological veil for such people.

A world full of wonderful knowledge about all kinds of health alternatives is accessible as we surf the Internet, but knowledge itself is not a magical fix. The *application* of the knowledge is the key. Application of knowledge is wisdom. Most health therapists say that if they could get people to just exercise and eat mostly organic live foods, they would lose half of their clients. We all *know* that, right? Don't just know it, apply it! Be wise by actually *living* a healthy lifestyle.

Linda Townsend is the founder of BioHarmonics Research and Consulting. Contact her at 770-443-8682 or visit [BioHarmonics.com](http://BioHarmonics.com).

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# Endometriosis Epidemic

By Lorna R. Vanderhaeghe

The Endometriosis Association states it is extremely rare that a woman in this day and age should ever need a hysterectomy for endometriosis, no matter how severe. Yet, three out of four gynecologists I saw said, "You have already had your children, so if we find that you have extensive endometriosis, the best option is to perform a hysterectomy." This was in response to yet undiagnosed severe pelvic pain. The thought of a hysterectomy in my mid thirties sent me searching for the cause for the intense pain I was experiencing. All my symptoms seemed to point to endometriosis. Finally, the fourth doctor I visited discussed diagnosis and treatment options with me without mentioning hysterectomy as a "cure." That was years ago and now I am still free of endometriosis.

## Careful Diagnosis

Pelvic examinations by a highly skilled gynecologist may disclose nodules or lesions on the ovaries, but ultrasound tests rarely confirm endometriosis. The only way to know for certain is through a procedure called laparoscopy. This surgery, performed under general anesthetic, involves inserting a light-containing telescope through a small incision in your navel and another one or two small incisions along the bikini line for the instruments.

Remember, a laparoscopy is only as good as the surgeon who performs the exam. To remove all the endometriosis tissue requires a physician who is committed to biopsying and getting rid of all suspicious abnormalities. Endometrial tissue can look like tiny blueberries or black spots, white, yellow or red-like cysts varying from tiny bluish or dark brown blisters to large chocolate cysts up to 20 centimeters in diameter. Only biopsy can confirm which tissue is truly endometriosis.

It is not uncommon for endometrial cells to grow on the ovaries, the fallopian tubes, the pelvic ligaments, the outer surface of the uterus, bladder, the large intestine, and the covering of the abdominal cavity. Women are often misdiagnosed with irritable bowel syndrome, bladder infections, appendix attack, "just" PMS, or painful cramps. But you know your body better than anyone. If you feel bad, something is wrong!

## Seven Early Warning Symptoms of Endometriosis

1. Menstrual cramps that increase in severity
2. Intermenstrual pain, usually at mid-month
3. Painful intercourse or dyspareunia
4. Infertility of unknown origin
5. You feel like you have bladder infections, but the test results are always negative
6. Pelvic pain that is all-encompassing
7. History of ovarian cysts

## What Causes Endometriosis?

Until recently, the most widely accepted theory to explain the cause of endometriosis was that of retrograde menstruation. Supposedly, tiny fragments of normal endometrial tissue (from the lining of the uterus) travel up the fallopian tubes and take residence in the abdominal or pelvic cavity. Here this tissue acts as it would in the uterus in accordance with the monthly menstrual cycle. The

blood often cannot escape, however, and causes the formation of deposits.

## Our Immune System is the Key

New research points to a glitch in the immune system. Dr David Redwine, world renowned expert and director of the Endometriosis Institute of Bend, Oregon, believes that some women are born with abnormally located endometrial cells and that something goes astray with the immune system, causing the cells to become active. This theory seems more plausible as endometrial lesions are often found far from the pelvic cavity in other areas of the body.

## Environmental Pollutants Linked to Endometriosis

Convincing evidence has linked organochlorine exposure to the development of endometriosis. Carolyn De Marco, in her book, *Take Charge of Your Body*, states that dioxins are a group of 75 chemicals used to make PVC plastics (our drinking water runs through pipes made from PVC in our homes), solvents, pesticides, refrigerants, and in the pulp and paper industry. These same chemicals also persist in the fats of meat and dairy products, a major source of dioxins. These environmental pollutants mimic the action of estrogen in the body and increase our carcinogenic estrogens. Women should refuse to use bleached paper products. This includes toilet paper, sanitary napkins and especially tampons. (*Natracare* sanitary products, sold at Life Grocery, are unbleached and do not contain these estrogen mimickers.) Do not use plastic containers to store food and do not microwave your foods in plastic either. Emphasize whole grains, fresh vegetables, and fruits in your diet. Cut down on fats from milk and meat products. Buy organic foods whenever possible. Use a nutritional supplement that includes Indole-3-carbinol, sulphoraphane, lycopene, calcium D-glucarate, milk thistle, curcumin and green tea. These nutrients have been extensively studied for their ability to protect us from cancer-causing estrogens while detoxifying environmental pollutants in the body.

## The Hormone Connection

Because of the hormone connection, medical therapy for endometriosis has concentrated on altering a woman's hormonal chemistry with drugs. These drugs include Danazol and gonadotropin-releasing hormones (GnRH) such as Nafarelin and birth control pills. Sometimes these drugs are successful in controlling the symptoms of endometriosis but not without side effects. Oily skin, acne, decreased breast size, growth of facial hair, weight gain and depression are symptoms. Some cause menopausal symptoms like hot flashes, decreased bone density, vaginal dryness, and decreased libido. None of the drugs cures the disease. After the drug is stopped, the endometriosis symptoms return. Many women are also prescribed estrogen containing birth control pills, yet endometriosis is an estrogen-dominant condition and we should be using treatments that control estrogen and balance hormones. A holistic approach to treatment wherein the body heals itself is more effective and safer.

The mainstay of any endometriosis treatment is a diet that decreases the amount of circulating estrogens in the bloodstream to the point where the endometriosis symptoms subside, but not so far as to cause pseudo-menopause. A vegetarian diet containing no more than 20 to 25 grams of fat a day and eliminating all dairy products works well. The fat you do eat should come from organically grown nuts and seeds and their oils. Look in the refrigerator at your health food store. Many women get relief by simply removing dairy products. I was one of those people. I had to eliminate all dairy products to obtain maximum relief.

Supplementing the diet with vitamins and minerals is essential. A high potency B-complex supplement will help ease symptoms of PMS and balance hormonal states, elevate mood, and control fluid retention. Cold-pressed oils containing gamma-linoleic acid or GLA are important both as a possible pain inhibitor and immune strengthener. GLA may offset the symptoms of prostaglandin production. Prostaglandins are involved with uterine contractions producing menstrual cramps. Look for a multi-nutrient supplement formulated especially for women that contains at least 2,600 mg of organic flax and evening primrose oil along with magnesium, iodine, phosphorous, selenium, zinc, chromium, and copper, along with all the B-vitamins. Calcium is a muscle relaxant and calms nerves. Look for formulas with at least 1,000 mg, along with at least 1000 IU of vitamin D.

Of all the vitamins, vitamin C is the most important. Vitamin C is known to help the body fight off the effects of environmental toxins, especially dioxins. Beta-carotene will strengthen your immune system which is especially important when dealing with endometriosis. Take 15,000 units per day.

## Herbs Help Too

Herbalist Rosemary Slick developed a special endometriosis tea formula to strengthen the liver, which plays an essential role in hormonal regulation. She recommends that women with endometriosis drink three to four cups per day of this tea for four to six months. The most effective herbal treatments for endometriosis act to reduce estrogen levels and regulate hormonal activity. They work by affecting the liver, which is largely responsible for converting the active ovarian estrogen (estradiol) into a safer form (estriol). I also used the tincture Vitex (commonly known as Chaste Tree berry) as directed on the bottle to eliminate my endometriosis, along with Indole-3-carbinol, sulphoraphane, lycopene, milk thistle, calcium D-glucarate, curcumin, rosemary and green tea. These nutrients, which are found in the supplement *EstroSense*, are essential to balancing your hormones and detoxifying excess cancer-causing and endometriosis promoting estrogens:

- **Indole-3-carbinol (I3C)** is an anti-cancer phytonutrient found in cruciferous vegetables. Research has shown that I3C helps to breakdown cancer-causing estrogens to non-toxic forms.

*continued on page 6*

# Is Your Bathroom Poisoning You?

By Dr. Joe Esposito

If you are like most of us, you start your morning by heading to your bathroom to get ready to face the day. Let's talk about what happens when you perform your rituals and how you might be adversely affecting your health and the health of your family. You might not know it, but the soap, lotion, cream, toothpaste, deodorant, shampoo, and even the laundry soap you use on your towels might account for your less than perfect health.

Let's talk about what you might normally do and what you can do to solve the problem and keep yourself healthy. If you shave, man or woman, you probably start by putting some hot water on your skin to soften your hair, then apply shaving cream. The shaving cream lathers up and you think that is a good thing. However, the shaving cream is loaded with toxic chemicals. One of the very bad chemicals in most shaving creams is sodium lauryl sulfate, which helps to make creams and soaps foam up. It can cause skin irritation, dry skin, and vision problems if it gets in the eyes or is absorbed into the skin. If you use hot water when shaving, it will open up the pores of your skin and give the chemicals an open route into your body. Sodium lauryl sulfate exposure can also lead to headaches, breathing difficulties, and hair loss. And, if you cut yourself shaving, the chemicals now have a clear path directly into your blood system.

Your morning shower will expose you to a myriad of chemicals, including chlorine, unless you have a filter on your water system. The steam from your shower opens up your pores and allows access to the body. It also dilates your lungs. Chlorine is used in swimming pools to kill bacteria. Our bodies have about 100% more bacterial cells than human cells. Bacteria help us digest our food, help protect our skin from outside invaders, and help in our immune system function, as well as many other functions. By exposing ourselves to chlorine, many good bacteria are destroyed and the adverse effects on our health can be far reaching.

Women using tampons or pads are also exposing themselves to chlorine. These products are usually bleached and bleach contains chlorine.

After your shave and shower, you proceed to brush your teeth. If you ever take the time to read the side of a commercial tube of toothpaste, you will see a warning. There are chemicals in toothpaste that are harmful if swallowed, specifically fluoride (which can cause nerve and tooth damage), sodium lauryl sulfate, dyes, and sweeteners. The type of fluoride used in toothpaste, sodium fluoride, is in the same group of poisons as arsenic and cyanide. It can actually affect brain function. I have seen children, after they stop using fluorinated toothpaste able to focus better in school. It has also been linked to bone and oral cancers.

If that isn't bad enough, a slick marketing ploy is to avoid the use of sugar in toothpaste and use artificial sweeteners, such as aspartame or saccharine, instead. The FDA has 92 potential side effects listed from aspartame ingestion. The number one side effect is headaches; another one of the side effects—no kidding—is death! Saccharine used to have a warning printed on its label stating that the product has been linked to cancer in animals. If a product states right on its label that it has been linked to cancer, believe it!

Next, you put on your antiperspirant, which contains aluminum. Research has shown there may be a link between aluminum build up in the brain and Alzheimer's disease as well as other neurological conditions. Aluminum clogs up our pores and prevents us from sweating. Sweating is one of the ways our body rids itself of toxins. The fragrance in antiperspirants can cause allergic reactions as well as irritate the skin.

So, what can we do? The good news is that there are alternative products that work just as well—and in many cases better—and they are safer. These safer products are available at Life Grocery. The non-toxic shaving creams may not foam up as much as commercial shaving creams, but they do a better job at removing whiskers without drying out your skin. Try *Kiss My*

*Face* brand. You can also use castile soap, not only to clean your body, but as a shaving cream. Castile soap is made with plant oils and removes most dirt as well as commercial soaps do. Try *Dr. Bonner's* brand. It is so safe, you can even eat it! I would not recommend this though; I tasted it once and it is not very tasty. If it is going to be absorbed into your skin, you want to make sure it will not make you sick if you eat it. No matter how it gets into your body, it should not do damage.

There are several toothpastes that do not have fluoride, artificial sweeteners, or sodium lauryl sulfate. Try *Tom's of Maine*. Use deodorant instead of antiperspirant. Deodorants do not contain aluminum. You might have to try a few different brands to find one that works for you, but it is worth it to protect your health. *Aubrey* and *Nature's Gate* are good brands to try. Feminine hygiene products that are not treated with bleach are available. Try *Natracare* brand.

A water filter can be attached to your shower head to filter out chlorine, but a better choice would be to get a whole house water filter. This way all the water you drink, bathe in, wash clothes in, and clean your fruits and veggies in is safe. As a bonus, laundry and dishwashing soaps that don't contain toxic chemicals are usually hypoallergenic as well. They work very well and are just as easy to use as their commercial counterparts. Many times I have seen patients with unexplained rashes, allergies, and fatigue respond very well when they discontinue commercial laundry soaps and switch to a more natural soap.

Buyer beware! Be sure you read the labels of all products that you purchase and choose those that have the safest possible ingredients. By making some simple changes in your usual personal hygiene products, you might be preventing health problems not only now but in the future.

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

## Endometriosis Epidemic continued from page 5

- **Calcium D-glucarate** is a powerful detoxifier of excess estrogens from the liver.
- **Green Tea** extract contains polyphenols, catechins and flavonoids shown to be protective against estrogen-related cancers. Substitute green tea for coffee if you have cystic breasts and watch the cysts disappear.
- **Curcumin** is the yellow pigment of turmeric, the chief ingredient in curry. It is a powerful anti-inflammatory agent and it works to inhibit all steps of cancer formation: initiation, promotion, and progression. Curcumin also protects against inflammatory calcium loss from our bones preventing osteoporosis.
- **Milk thistle** enhances detoxification from the liver, inhibits breast cancer cells from replicating, and reduces the toxic effects of chemotherapy.
- **Rosemary extract**, a potent antioxidant, inhibits mammary cancer development and it helps to detoxify carcinogenic estrogens.
- **Lycopene** found in tomatoes, pink grapefruit, papaya, guava, and watermelon, was recently shown to reduce a women's risk of breast cancer by 36 percent when those women took 6.5 mg per day.
- **Sulfurophane**, from broccoli extract, has been shown to stimulate the body's

production of detoxification enzymes that eliminate harmful xenoestrogens. Sulfurophane is also a powerful antioxidant slowing the aging process

### Endo-Tea

3 parts dandelion root  
3 parts wild yam root  
2 parts burdock root  
2 parts pau d'arco bark  
1 part vitex berries  
1 part Oregon grape root  
1/2 parts dong quai root  
sassafras, cinnamon, orange peel and ginger to taste

Combine herbs. Fill a large pot with four cups of cold water. Add four to six tablespoons of the herb mixture. Simmer over low heat for 20 minutes. Strain.

### Be Good to Yourself

Reducing stress in your life, especially the self-inflicted type, is essential. Working women are the most vulnerable to endometriosis. If you have a laparoscopy to remove endometriosis but do nothing to change your lifestyle, the endometriosis will be back. Resting, relaxing, and knowing when to say "no" are important to your health.

### Pain Relief

Castor oil packs are excellent at controlling pain. Take six pieces of flannel soaked in castor oil (damp but not dripping) about the size of the area you want to treat. Cover these flannel pieces with a hot water bottle wrapped in a towel to the lower abdomen for 30 to 45 minutes several times a day. This will not only relieve

pain, but also improves immune function in the pelvic area. Endometriosis is an insidious disorder but it can be cured forever if you examine your stress level, the types of environmental toxins you are exposed to, and improve your nutrition. I cured my endometriosis and you can too.

### Recommended Reading

*No More HRT: Menopause Treat the Cause* by Dr. Karen Jensen, ND and Lorna R. Vanderhaeghe

*Healthy Immunity, Scientifically Proven Natural Treatments for Conditions from A-Z* by Lorna R. Vanderhaeghe

**Take Charge of Your Body** by Carolyn DeMarco

*Lorna Vanderhaeghe is a medical journalist who has been researching and writing on the subject of nutritional medicine for over 20 years. She has a BS in Biochemistry and is currently working on completing her MA in Nutrition. Her list of accomplishments include: working at the Journal of Orthomolecular Medicine at the Canadian Schizophrenia Foundation; past editor-in-chief of Healthy Living Guide; and senior editor of the Encyclopedia of Natural Healing. She is an associate editor for Total Health magazine in the US and Alive magazine in Canada.*

*Lorna is the author of Healthy Immunity and Scientifically Proven Natural Treatments for Conditions from A-Z. She is the co-author of The Immune System Cure; No More HRT: Menopause Treat the Cause; and Healthy Fats for Life. Her latest book is The Body Sense Natural Diet. Lorna is an internationally known lecturer who believes in empowering people with health knowledge so they can achieve optimal wellness.*



## We're All Different

By Don Bennett, DAS

It's hard to read health-oriented literature without seeing something that suggests that since we're all different, we require different diets. People who readily embrace this notion because "we're all different" very often believe this simply because they want to believe it, for it allows them to eat the foods they *want* to eat, as opposed to the foods they *should* be eating (health promoting foods).

In truth, the inside of our bodies are more alike than different. Speaking before a group of folks, I mentioned this physiological fact. I said, "Everyone in this room has a liver and all of your livers function the exact same way." With that, someone called out, "You're wrong; people's livers work differently!" In response, I read the definition in a medical dictionary of the liver. Closing the book I said, "See, there is only one definition of liver function; there isn't one definition for Bob and one for Sally, nor one definition for people with Type O blood and one for people with Type A. All livers function the same way. What differs from person to person is the *degree* of functionality!" So, all organs function the same, regardless of which human being they're in. Therefore they all have the same requirements; they all need *enough* vitamin C, *enough* rest, *enough* omega 3 fatty acids, etc. The *amounts* needed may differ depending on the relative state of health of the organ, but they all need the *same* nutrients.

Since our bodies need the same nutrition, our bodies need the same diet. The idea that blood type, hair color, eye color, skin color, or zodiac sign determines ones diet is false. The article, *The Blood Type Diet: Fact or Fiction?* does an excellent job of debunking the blood type diet and is available at [www.health101.org](http://www.health101.org). But with so many blood type diet books and merchandise around, it's difficult for some people to believe that it could be a bunch of nonsense. There are over a dozen books that tout the merits of drinking your own urine, and the practice is hyped at fancy salons in upscale neighborhoods and has followers around the world. But, regardless of how many seemingly intelligent people do it, all things considered, it's still an unhealthy thing to do.

How did we get so far away from nature? How did so many unhealthy things become part of our everyday life? How did tons of practices that are not natural become the norm? Free will, that's how. Humans are the only animal capable of consciously doing things that are not in our best interest. We are the only life form that can knowingly and willingly do things that injure our insides. We are very programmable, and this natural human trait has been taken advantage of by those who care more about their financial gain than they do about the wellbeing of others.

I spoke about being more the same than different on the inside; but even on the outside we're more the same than different. Think about it. Unless we were born with a birth defect, or had an accident, we all have two hands on two arms, each with five fingers, one being an opposable thumb, a nose with two nostrils, two legs with knees, ears with stereo hearing, color stereoscopic eyesight, bipedal locomotion via two feet, each with five toes. We've got hips, skin, nipples, a navel, and our height is within a very narrow range—at least it used to be before we began eating hormones (from milk and animal flesh). So you see, we're more alike than different on the outside too!

Sure, there are different eye colors, skin colors, and hair colors; some belly-buttons are "inies" and some are outies," but so what! These differences are

tiny compared to the similarities mentioned above, right? Yet, there were times in our history when some people made a big deal if someone's hair or eye color was different, and just as ridiculous, if someone's skin color was a different shade. But as sad as it is, there are still people today who are hurting other people because they are a little different on the outside. And there are still people today who hurt people for financial gain, which is what accounts for this epidemic of degenerative disease we have today in this country.

What dictates what we're supposed to eat is not our blood type anymore than it is our hair color; it is the form and function of our digestive system, a system that is basically the same in all human beings. Yes, some digestive systems function better than others, but they are all designed to process food the exact same way, and they all require the same nutrition.

Why all the dietary confusion? Perhaps it is a combination of profit motive and the fact that we are so easily programmable (i.e. conditionable, brainwashable). So how do you separate fact from fiction (assuming you care about being the healthiest you are capable of being)? Start thinking outside the box. Take Jenny Craig, Weight Watchers, Dr. Aktins and the low-carb industry, the diet pill pushers, the bariatric surgeons, the processed food manufactures, and all the other diet "experts," and put them in a box, and put the box in your closet for a few minutes. Let's explore a way of thinking that is more in harmony with nature, and thus in your best interest health-wise.

How about a way of approaching lifestyle practices that combines the use of observation, science, innate intelligence, reason, and experience? Let's use all these things together to efficiently and wisely live in balance with nature and make your lives more pleasant and your bodies less burdened. This way of living would surely give you the best chance of avoiding disease, unnecessary suffering, and premature death. Sounds like this philosophy should be taught in high school, but it isn't because it would call into question many of today's societal norms—alcohol consumption, eating dead animals and other things you aren't designed to eat, cigarette smoking, medicinal drug use, and unapparent destructive habits that are pushed on your subconscious every day by the media. If enough people became aware of these things, it would severely injure our economy (the profits of those industries that benefit from your ill-health), so you're not about to see truthful health info in our schools or on your TV.

What can you personally do to improve your health? Shop at stores like Life Grocery that are wellness oriented. If your grocery store doesn't sell organic produce, patronize one that does. And if *all* the produce it sells is organic, thank your lucky stars, and support that store with every dollar you can. Carrying only organically grown produce shows that they care; show them you care, too.

You can now bring that box back out of the closet. Those in it can't wait to tell you that everything I've just said is ridiculous and that you would be foolish to pay any attention to it.

*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](http://www.health101.org). Excellent articles dealing with diet can be found on this site.*

## Classifieds

**PART-TIME HELP WANTED AT LIFE GROCERY.** Seeking customer-service oriented, reliable people for cashiering and produce 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 café front end and kitchen. Experience and flexible schedule a plus. Must be available nights and weekends. Apply at Life Grocery or call 770-977-9583, extension 216.

**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*.

**EXPERIENCED, LICENSED COUNSELOR.** Specializes in issues of abuse, family therapy, depression, and addiction. Offering supportive, nurturing therapy to all. Call 404-368-2962.

**YOGA LAUGHTER CLASS** Free! Wednesday mornings. Put more Laughter in your life. Call Poston, CLL 770-973-4590 or email [poston8@comcast.net](mailto:poston8@comcast.net).

*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.*

# Café Life

## Healthy Wholesome & Healing

Monday-Saturday  
11:00 am to 7:30 pm

Sunday  
12:00 pm to 5:00 pm

February 1, 2005

Remember due date  
for submissions to the  
Mar/Apr issue of  
*The Life Line*



JUICES	
16 ounces	\$4.99
<b>18 Carrot Gold:</b> 100% carrot juice	
<b>Carrot-Apple-Ginger:</b> Carrot, apple, and ginger	
<b>Sunrise Lift:</b> Carrot, beet, celery, and greens	
<b>Bionic Bones:</b> Carrot, kale, parsley, and apple	
<b>Red Blood:</b> Carrot, spinach, beet, and parsley	
<b>Greens for Life:</b> Celery, cucumber, and chard	
<b>Emerald Green:</b> Cucumber, carrot, and chard	
<b>V6:</b> Celery, cucumber, carrots, tomatoes, garlic, and spinach	
<b>Wheat Grass:</b> 1 oz	\$1.59
<b>Ginger Shot:</b> 1 oz	\$1.99

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>	
<b>Chai Smoothie:</b> Chai, almond milk, banana, honey, and ice	
<b>Grasshopper:</b> Wheatgrass, banana, apple juice, and ice	
<b>Banana Shake:</b> Banana, almond milk, honey, and ice	
<b>It's Alive Shake:</b> Vitamineral Green Superfoods, banana, water, and ice	
<b>Blueberry:</b> Blueberries, almond milk, honey, and ice	
<b>Tropical Twister:</b> Pineapple, banana, apple juice, vanilla date syrup, and ice	
<b>Lemon Lassie:</b> Lemon juice, water, vanilla date syrup, and ice	
<b>Berry Blast:</b> Strawberries, raspberries, banana, apple juice, honey, and ice	
<b>Pina Colada:</b> 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, Vitamineral Green, Life Time Liquid Calcium Magnesium Citrate each \$1.25	

# Café Life

## an Organic Vegan and Living Foods Café featuring Healthy, Wholesome, and Healing Food

Catering to a wide variety of dietary preferences including:  
 Sugar free, wheat free, gluten free, low carb  
 Freshly prepared daily specials, soups, pastries, salad and food bar  
 In-House and Off-Site Catering

**FREE WI-FI NOW AVAILABLE**

**HOURS**  
 Monday-Saturday 11:00 am-7:30 pm  
 Sunday Brunch 12:00 pm-5:00 pm

1453 Roswell Road  
 Marietta, GA 30062  
 770-977-9583 ext. 249

SIDE ITEMS	
Corn chips	\$1.00
Vegan Gourmet Soy 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

BEVERAGES	
Organic Coffee	\$1.49
Iced Tea NUMI Organic Blends	\$1.49
Hot Teas NUMI Organic Blends	\$1.49
Refill (tea and coffee each)	\$ .49
Apple Juice	\$2.49
Rejuvelac 16 oz	\$2.99

NON-DAIRY LIVING ICE CREAM	
Cashew-based ice cream Choose your flavors by the scoop	
Cup: Two 2-oz scoops	\$3.99
Four 4-oz scoops (pint)	\$14.99
Sundae: Two 2-oz scoops of ice cream, your choice of one topping (strawberry, carob, pineapple), and chopped nuts	\$4.99
Banana Split: Three 2-oz scoops of ice cream, bananas, chopped walnuts, strawberry sauce, pineapple sauce, carob sauce, and shredded coconut	\$7.49
Living & Cooked Pies and Cakes Available Daily	

Raw and Living Foods	
<b>WRAPS</b> <i>(Choice of flax wrap, flax bread, or green leaf wrap served with choice of flax crackers or side salad)</i>	
<b>Hummus:</b> Sprouted garbanzo hummus, lettuce, and tomatoes	\$5.95
<b>Un-Tuna Salad:</b> Carrot tuna, lettuce, and tomatoes	\$5.95
<b>Refried Bean:</b> Sunflower seed refried beans, lettuce, and salsa	\$6.50
<b>Falafel:</b> Sliced cucumbers, tomatoes, spring mix, tahini dill sauce, and crumbled dehydrated falafel	\$6.75
<b>SANDWICHES</b>	
<b>Almond Butter and Banana:</b> Flax bread topped with fresh bananas, almond butter, and honey	\$6.25
<b>Avocado and Pesto:</b> Flax bread topped with cucumbers, tomatoes, avocados, pesto, and spinach	\$7.50
<b>ENTREES</b>	
<b>Taco Salad:</b> Taco nut meat, romaine lettuce, guacamole, salsa, and pine nut sour cream, served with flax crackers	\$6.25
<b>Tostada:</b> 2 Flax tostada shells layered with sunflower seed refried beans, lettuce, salsa, guacamole, and taco sauce	\$6.50
<b>Zucchini Pasta:</b> Pasta-cut zucchini with marinated vegetables, tossed with either marinara sauce or fresh pesto	\$6.50
<b>Lasagna:</b> 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
<b>Pad Thai:</b> Pasta-cut daikon radish, mushrooms, scallions, cilantro, tomatoes, broccoli, and cabbage tossed with almond Pad Thai sauce, topped with chopped hazel nuts	\$7.25
<b>Deep Dish Pizza:</b> 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
<b>Energy Soup:</b> Chard or kale, mung bean and lentil sprouts, avocado, sunflower sprouts, kelp, and choice of apple or cucumber Allow 5-7 minutes to make fresh. 64 oz	\$19.98
<p><b>Salad and Living Food Bar</b>            \$5.99 a pound  <b>Soup of the Day</b>            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 Gourmet Soy Cheese, wheatgrass,* sunflower sprouts.* All added supplements, except for Vitamineral Green, are non-organic.            *Chemical- &amp; pesticide-free</p>	

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



# LIFE GROCERY

*A Natural Foods Co-op*

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*January/February 2005*

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# Seven Keys to Real Health

By Jordan S. Rubin

Center for Disease Control (CDC) spokesperson Dr. Julie Gerberding states, “Unfortunately, poor diet and a lack of exercise have almost caught up with tobacco as being the leading cause of death in the United States.”<sup>1</sup> Those are *preventable* premature deaths that can be averted by diet and exercise lifestyle changes.

There are dietary and lifestyle guidelines that, when implemented, can lead to greater health. While there is no “magic bullet” for great health, there are seven important keys that can unlock health potential.

## 1. Eat a Healthy Diet

Eating healthily can be tricky. Consider these two criteria *BEFORE* ingestion of food: *Eat only what has been naturally created for food and consume food in a form that is healthy for the body.*

The healthiest people in the world generally ate a primitive diet. Today, more of what we eat is man-made, devoid of naturally-occurring nutrients and loaded with man-made chemicals. However, our human physiology is designed for a diet of healthy meat, fish, fruit, vegetables, dairy, grains, nuts, and seeds.

Foods we eat should be grown, raised, prepared, and preserved *healthfully*—locally grown or raised, organic, and chemical-free fresh foods.

## 2. Supplement with Whole Food-Based Nutrients and Superfoods.

An article titled “Vitamins” from the Harvard School of Public Health states: “If you eat a healthy diet, do you need to take vitamins? Not long ago, the answer from most experts would have been a resounding ‘no.’ Today, though, there’s good evidence that taking a daily multivitamin makes sense for most adults. What’s changed? Not only have scientists determined why we need pyridoxine (vitamin B6), but they are also accumulating evidence that this vitamin and others do more than ward off the so-called diseases of deficiency, things like scurvy and rickets. Intake of several vitamins above the minimum daily requirement may prevent heart disease, cancer, osteoporosis, and other chronic diseases.”<sup>2</sup>

A whole foods-based diet is the optimal form of nutrition; however, modern society processes whole foods—leaving them void of essential nutrients. For example, whole grains have been refined so that the germ, bran, and other vitamin-rich portions are removed. Meanwhile, modern food preparation and sterilization processes destroy many of the vitamins in the foods. Additional adulteration of foods comes with additives, chlorine, fluoride, etc.

Farming methodologies can also detract from nutritional wholeness of foods. Add air pollution, water

pollution, and stress-filled lifestyles—and it is not the most optimal for health.

If you choose to supplement, select whole food supplements that include a whole food multivitamin/mineral, cod liver oil, and a green superfood blend containing cereal grass juices, vegetables, sprouted grains, and seeds.

## 3. Practice Effective Hygiene

An effective hygiene protocol systematically cleanses and removes germs from the five areas where they are most likely to enter the body: *the hands* (particularly underneath the fingernails), *the corners of the eyes*, *the nasal passageways*, *the ear canals*, and *the mouth*. Proper hygiene can support a healthy immune system and can assist in the reduction of colds and flu, allergies, and sinus problems.

## 4. Condition Your Body With Exercise and Body Therapies—and Get Enough Sleep!

Exercise, such as walking, rebounding, deep breathing, or “functional fitness”—an exercise system where you train movements, not isolated muscles—is essential for health. Additionally, body therapies are soothing to the body. Incorporate body therapies such as hydrotherapy, therapeutic baths, and moderate daily sunlight exposure.

Consistent, adequate sleep is essential. Sleep deprivation or disorders can lead to numerous serious illnesses including high blood pressure, heart disease, a higher risk of diabetes and obesity, heart attack, heart failure, stroke, fetal and childhood growth retardation, and psychiatric problems, including depression and other mood disorders.<sup>3</sup>

## 5. Reduce Toxins

We live in a toxic world, so consume and bathe in pure water, breathe fresh air, and avoid the use of toxic skin and body care products and chemical-laden household cleaners. (Life Grocery sells a wide variety of cosmetics, shampoos, creams, deodorants, and natural household products that do not contain unhealthy ingredients.)

## 6. Avoid Deadly Emotions

Unhealthy emotions such as anger, resentment, anxiety, and fear can affect us systemically. In his book *Deadly Emotions*, Don Colbert, M. D. states, “No person experiences an emotion just in his ‘heart’ or in his ‘mind.’ Rather, a person experiences an emotion in the form of chemical reactions in the *body* and the *brain*. These chemical reactions occur at both the organ level—stomach, heart, large muscles, and so forth—and at the *cellular* level.”<sup>4</sup>

Life is too short to harbor deadly emotions, so avoid them.

## 7. Live a Life of Purpose

Perhaps the most important “health key” is to find purpose. Alignment with what is most important to an individual’s life is a daily essential and can add to health and productivity. Living on purpose is the best way to live! People *with purpose* characterize success and significance. Seek purpose for your life—and then live it!

For healthy living, make these seven keys the foundation of your health plan.

## Footnotes

1. “CDC chief: Obesity top health threat” CNN.com. Available from: <http://cnn.health.printthis.clickability.com/pt/cpt?action=cpt&title=CNN.com=-=CDC=chief%> Accessed: November 1, 2004

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4. Colbert, Don. *Deadly Emotions: Understand the mind-body-spirit connection that can heal or destroy you*. Thomas Nelson Publishers, 2003.

*At the age of 19, Jordan Rubin was stricken with an incurable illness. Now in vibrant health, he credits his dramatic recovery to an enduring faith in God and a biblically-based health program he calls The Maker’s Diet. Jordan has earned doctoral degrees in naturopathic medicine, nutrition, and natural therapies. Jordan and his New York Times bestselling book The Maker’s Diet have been featured on Good Morning America, NBC Nightly News, Fox and Friends, Inside Edition, USA Today, and Newsweek. Jordan is on a mission to transform the health of the world one life at a time.*

*Jordan’s parents were part of the small group of health enthusiasts that founded Life Grocery in 1977. Jordan has frequented the store since he was two years old.*



# The Truth Will Set You Free

By Michael A. Scimeca, D.C.

As a licensed chiropractor, I have been able to witness, firsthand, the negative effects of living a lie. I have personally laid my hands on thousands of people whose bodies were expressing an all-too-familiar spinal pattern that reflected the manifestations of being conflicted. This personal hell creates the illusion of being stuck or imprisoned by life's circumstances.

In working with many types of people, I began to discover certain "character traits" that would accompany specific physical challenges. I would observe how certain people would be able to receive care and get well, while others lived on a merry-go-round of repeated challenges.

What causes some people to have the courage to face personal discrepancies while others fear looking honestly in the mirror to the point that disease becomes a real concern? What could possibly be so uncomfortable to look at internally that dying becomes a more comfortable option?

I began to formulate a personal understanding that answered many questions I had regarding people and their challenges. To summarize: Many people are over-committed to certain beliefs. I propose that defending one's understanding of what is "true" often invites repetitive challenges to reappear. When we hold firmly to any perceived truth, no matter how philosophically or spiritually sound, we cut ourselves off from the source of our vitality. New cells take on the same qualities as old; dying cells and regeneration give way to degeneration.

The words I share are not "truths." They are simply the result of my personal observations based on years of study that accompany my own prejudices and opinions.

When we open ourselves up to the ever-evolving truth, whatever that truth may be, we open up to the vitalistic energy that ensures our well-being.

One sign of living a lie is easy to recognize since it accompanies accessing some form of disturbance. Consider any disturbance to be an alarm or wake-up call. We "answer the call" when we become more honest with ourselves regarding the role we play in accessing any disturbance, familiar or otherwise. By taking responsibility for the quality of life we access, we can make the changes that result in living a truly liberated life, a life of great peace and joy.

We intuitively know that challenges we face are not the result of external factors. We somehow know that—with mindful action—we have the power to right any wrong that presents itself. Yet, few people, relative to the entire population, fully embrace this innate ability. Instead, we look outside ourselves for the cause of the "problem" or, worse, for the correction of the "problem."

Looking outside ourselves for causes and answers must become obsolete; otherwise, we will continue to go on living a lie and experiencing the challenges associated with it. When we "answer the call" and move in concert with life's ever-evolving truth, we not only set ourselves free, but our life becomes a peaceful offering for others to follow.

Below is a simple four-step process. Begin immediately integrating these strategies into your life and enjoy the rewards. May you find the courage to meet these suggestions with your greatest attention:

1. **Be Honest**—Honestly share information and feelings and be honest, distinguishing facts from feelings.
2. **Be Respectful**—Focus mostly on yourself and your response to things (including people) of which you have no control. Be in charge of your own peace, and respect the rights of others to be peaceful or not.
3. **Be Grateful**—Be grateful for everything. If you are sad, be grateful for the sadness and you instantly shift from being sad to being grateful.
4. **Be Humble**—Be a student of life, not a prisoner of what you know. Admit how relatively little you know and allow that "truth" to be your guide.

If after applying these four steps, you find yourself unable to find the peace and freedom that truly are your birthright, give me a call and we can embark on a personalized journey I affectionately call Wellness Coaching. Until next time, go within or go without.

*Dr. Michael A. Scimeca is a licensed chiropractor, certified Catalyst facilitator, and life coach. He has offices in Roswell and Marietta. Call 770-992-8220 or visit [www.scimeca.com](http://www.scimeca.com) for more information.*

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

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## In This Issue

- 1 *Seven Keys to Real Health*
- 2 *The Truth Will Set You Free*
- 2 *New Products at Life*
- 3 *Dietary Treatments for Pain Management*
- 4 *Produce of Life*
- 4 *Blood Group O*
- 5 *Living LaVida Gluten Free!*
- 5 *Spring Cleaning*
- 6 *Obesity—Do Diets Really Work?*
- 6 *Lyme Disease and Getting Our Health Back*
- 7 *BVS: Meat-Out 2005*
- 7 *Classifieds*
- 8 *Café Life Menu*

# Dietary Treatments for Pain Management

By Dr. Joe Esposito

This may come as a shock to many of you. If you suffer from pain, any pain, what you eat may be making the pain worse! In my many years of practice, I have seen patients with pain that was difficult to manage with conventional methods improve dramatically when they made some simple changes in their diets.

Certain foods are considered excitotoxins; this means that they will excite the nervous system. An excited nervous system can cause nerves to send more impulses to the brain and the person can perceive this as pain. Two foods that have become a major part of the standard American diet that are known excitotoxins are MSG (monosodium glutamate) and aspartame, which is a very common artificial sweetener. Many folks equate MSG with Chinese food, but MSG, and its chemical cousins which are just as bad, can be found in a wide variety of foods.

In my book, *Eating Right for The Health of It*, I have a whole chapter devoted to ingredients that are actually MSG but may not be listed as MSG. Some of the common foods and ingredients that always contain MSG are glutamate, monopotassium glutamate, glutamic acid, calcium caseinate, sodium caseinate, gelatin, textured proteins, hydrolyzed protein, yeast extract, yeast food, and autolyzed yeast. Some foods and ingredients that often contain MSG are bouillon, natural beef, chicken, or pork flavoring, natural flavoring, soy sauce, whey protein, stock, pectin, smoke flavoring, malt flavoring, and even plain "flavoring." There are over 5000 foods that now contain aspartame, including diet sodas, sugar free gum (and many things that say "sugar free"), artificial sweetener packets, and even many drugs and chewable vitamins. One of the most common pain reactions to these excitotoxins are headaches; however, they can contribute to arthritis pain and fibromyalgia, as well as exacerbating any pain syndrome. You can get vegetable broths that taste fine and do not have MSG; substitutes are available for most other foods that contain MSG. Be sure to read the labels of any food that you purchase.

If you suffer from any type of nerve viral infection, such as herpes I, herpes II or shingles, you have to be careful to avoid products that contain peanuts. Peanuts are high in an amino acid known as arginine. Arginine

can block the amino acid Lysine from suppressing the viral growth and can lead to outbreaks which can be very painful.

Acid foods, such as alcohol, meat, sugar, dairy, coffee, soda, and artificial sweeteners, require the body to neutralize the acid; the body uses calcium as one of its primary neutralizing agents. Calcium is not only used for building bones, but it also helps muscles to relax. If a person is in pain, it is common for muscles around the area of pain to spasm to protect the area. The muscle spasms can pull on or pinch nerves and this can be a primary source of pain. If you take calcium supplements, it is best to use calcium citrate or calcium lactate. Calcium carbonate, which is the most common form of calcium on the market, is not absorbed as well and may not be as effective. It is also good to eat lots of raw celery, spinach, and/or figs. These foods are very alkalizing and help neutralize acids in the body.

Electrolyte imbalances can contribute to pain. Not getting enough potassium, magnesium, calcium, or vitamin E can cause muscle spasm and pain. Fever, vomiting, diarrhea, or use of diuretic drugs (such as some blood pressure medications), can lead to an electrolyte imbalance. Be sure to eat lots of raw fresh fruits, vegetables, nuts, and seeds and to drink eight to ten glasses of distilled or filtered water every day. This will help to maintain your electrolyte balance.

Poor circulation can contribute to pain. Blood helps to bring nutrients to injured parts of the body and it helps to flush out toxins. If there is a toxic build up or if a part of the body is not getting enough nutrients, pain can result. A diet high in alcohol, meat, sugar, coffee, soda, and artificial sweeteners can contribute to hardening of the arteries which can cause a lack of proper blood supply. Coffee and alcohol are diuretics which can cause you to dehydrate, which can lead to poor blood flow as well. Coffee has also been shown to increase your homocysteine levels, which can cause low density lipoproteins (LDL's) to stick to your artery walls, which will lead to hardening of the arteries. It is important, for many reasons, to be sure you keep your body well hydrated, especially if you partake in diuretic foods or medications.

There are some foods that you can add to your diet that might help with pain management. Green leafy vegetables are loaded with nutrients that can help with muscle relaxation and healing. Nutritional yeast is a wonderful, flavorful, and healthful topping for salads, and even popcorn; it is high in nutrients that can help heal the body and reduce pain. If you do take diuretic medications, be sure you supplement with potassium, unless the medication is "potassium sparing," which means it does not drain the body of potassium. Check with your doctor or pharmacist to be sure. Valerian root taken at bed time might help you sleep and allow the body to get the rest it needs to heal. Be sure you get at least one tablespoon of omega-3 rich oils such as flax seed oil for every 50 pounds that you weigh every day. (For more information on how fats can affect your pain

level, see my web site [drjoesposito.com](http://drjoesposito.com) for the article entitled *Can What You Eat Determine How Much Pain You Feel?*) Essential fats such as omega-3 fatty acids act as cox-2 inhibitors, much the same way some prescription drugs do. You can also rub flax seed oil directly on the area of pain or put about 25 drops of flax seed oil in a bath tub of warm water and soak in it. Potatoes and bananas help to build up serotonin levels in your brain, which can help you relax and get that much needed sleep your body requires in order to help you heal properly. Ginger is an anti-inflammatory and can be taken in pill or tea form. (See my website [drjoesposito.com](http://drjoesposito.com) for a great ginger tea recipe under the "articles" section). Boswellian is an herb that has anti-inflammatory properties as well. Bromelain is an enzyme found in raw pineapple and can also be taken in a supplement form. It, too, has anti-inflammatory properties. Glucosamine and Chondroitine Sulfate has been shown to help rebuild cartilage. Since most people have some cartilage damage, it would benefit them greatly from supplementing with Glucosamine and Chondroitine Sulfate. Some formulas have MSM, as well and this is a good thing. I would suggest the Life Grocery brand vegetarian version of the Glucosamine supplement. Speak to Gary, Jewlie, Brigitte or any of the brilliant folks in the Life Grocery supplement section for advice on the best formula for you.

Creams are also available for use in pain control. One very effective type of cream has cayenne pepper as an ingredient. Cayenne pepper will increase circulation and help reduce swelling and pain. You can purchase pre-made creams or make your own. Mix one teaspoon powdered cayenne pepper with ¼ cup oil, try flax seed oil for a double dose of goodness. Rub the oil over the area of pain. If the pain has been there three days or less, it would be wise to use ice applied for twenty minutes on and twenty minutes or more off three to six times a day. Ice will help decrease swelling which can help decrease pain. After three days, you can use the cayenne cream or moist heat. If the cream, moist heat, or for that matter, any treatment, makes the problem worse, stop that treatment and see your doctor. If you do use cayenne pepper, be sure to handle it with care. Wash your hands after handling the pepper with oil to help dissolve the pepper oils; then use soap and water. The hot part of the pepper is an oil and you will need oil (remember from high school chemistry that like products dissolve in like products, which means that oils will dissolve oils) to dissolve the pepper oil. Any vegetable oil, such as olive, vegetable, or coconut, will do.

All these suggestions are to help reduce the pain, but it is imperative to treat the cause of the pain. A good place to start is a visit to your chiropractor to determine the cause of your pain. If it is a pinched nerve, your chiropractor would be an excellent first line of treatment.

*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.*

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As I type this article, everything outside is covered with a layer of sleet and ice. I'm cuddled up in front of a fire after just eating a bowl of hot, homemade soup. But we'll soon be coming out of winter and heading into spring. Grapefruit and parsley are two crops which will last through the winter and be in season in March and April.

Grapefruit, with the exception of vitamin B12, has a full range of B vitamins and contains about 28 mcg of folic acid. Grapefruit sections are a good source of vitamin C and offer plenty of calcium, potassium, and magnesium, as well as trace amounts of iron and zinc. Red and pink grapefruit contain a much higher amount of vitamin A, as compared with the white variety. The grapefruit membranes are a good source of pectin, a soluble fiber helpful in reducing cholesterol.

The peak season for grapefruit is January through June. Grapefruit can keep a week or slightly longer at room temperatures of 65 degrees or higher. For longer storage, about six to eight weeks, store the fruits in the fruit and vegetable keeper of the refrigerator. For a juicy grapefruit, choose one that feels solid and weighty. Look for a shiny, smooth skin to be sure of freshness. Reject those with soft areas, large brown spots, or dull dry-looking skin. To consume grapefruit at optimum flavor, keep the fruit at room temperature at least two hours before eating.

The traditional half grapefruit, sectioned with a grapefruit knife, simply can't be beat. Grapefruit has a natural affinity for the avocado. Combine them in a salad along with greens and some crunchy vegetables like jicama, celery, sweet onions, or kohlrabi. Add a tangy dressing or one with a hint of fruity sweetness. When citrus is in season, take advantage of the varieties by joining them together in a fruit cup, a beverage, or a salad. Include white, pink, and red grapefruit for more color variety.

There are two types of parsley: curly and Italian. This Mediterranean herb is a member of the carrot family. Fresh parsley is very rich in Vitamin A and potassium. It is moderately rich in Vitamin C, calcium, folate (folic acid), and phosphorous. It is also a good source of dietary fiber when considering weight to volume ratio (1.23 gm dietary fiber to ½ cup parsley).

In general, herbs should be fresh looking, crisp, and brightly-colored. Avoid herbs that are wilted, have dry brown areas, or are pale or yellow in color. Slimy looking dark spots with small areas of mold indicate old product or poor handling. Parsley is stored best in the refrigerator after harvesting. Take the bunch apart, wash, place in a plastic bag and refrigerate immediately. It is also best to use fresh parsley within 5-6 days of harvest.

## Tabouli

½ c fine bulgur wheat  
hot water  
2 c finely chopped fresh parsley  
½ c finely chopped green onions  
¼ c chopped fresh mint leaves  
1 medium cucumber, peeled, seeded, and diced  
½ c diced bell pepper  
¼ t sea salt

## Dressing

juice of 2 lemons  
2 cloves of garlic, minced  
2 T olive oil  
18 cherry tomatoes, or Roma tomatoes, chopped

- Place bulgur in a large bowl. Add enough hot water to cover. Let it sit for approximately 30 minutes.
- Drain bulgur and squeeze dry. Place in a large mixing bowl and fluff with a fork.

- Add parsley, onions, mint, cucumber, bell pepper, salt, and black pepper. Stir well and set aside.
- In a small bowl, combine dressing ingredients and mix well. Pour over salad, toss, cover, and refrigerate 3 to 4 hours.
- Remove from refrigerator and add tomatoes. Mix well. Serve on a bed of crisp lettuce.

## Pink Grapefruit Vinaigrette

1 c chopped sweet, pink grapefruit sections with membranes  
½ c plus 2 T water  
¼ c apple cider vinegar  
¾ t sea salt  
¼ t ground black pepper  
¼ t guar gum  
4 T maple syrup

- Combine all ingredients in a blender. Blend until grapefruit is fully pureed, about 30 seconds.
- Using a funnel, pour into a narrow neck bottle for easy serving. Shake well before serving.

*This will last about a week in the refrigerator. Yields 2 cups.*

## Resources:

[www.aggie-horticulture.com](http://www.aggie-horticulture.com)  
[www.produceoasis.com](http://www.produceoasis.com)  
[www.vegeparadise.com](http://www.vegeparadise.com)

*Kim Strickland is a N.D. student at Clayton College of Natural Health. For more information call 770-218-3952.*

# Blood Group O

By Linda Townsend

You may know that matching one's blood type, or blood group, is a necessity for a blood transfusion. You may also know that one's blood group is a product of heredity that is dependent upon the parents' blood groups. But, you may not know how much influence this precious liquid of life has on your entire being.

The chemistry of the blood generates a predominate and distinct pattern in the bioenergy of the body. This pattern *polarizes* our perception of the world, as a colored lens on a camera tints the hues of the picture. Although we do not see these colored energy patterns, there are ways to test for them and even determine one's blood group by them—without taking a drop of blood!

To explain how the blood group's bioenergy patterns sway our temperaments, we will examine the O blood group. I prefer the term BioType O, as this seems to better fit the concept that such a classification is much more than a factor of chemistry. Before continuing, it is important to note that each person is an individual, and the attributes described here are generalized. Other factors, such as illness, unresolved emotional issues, injury, and trauma, can greatly skew the bioenergy patterns, so this will also affect a person's perception and interaction with the world.

The world is presented to BioType O's, first, through Green and then Indigo in the outer layer of the bioenergy system's Physical Aspect, based on my own research. These predominate biocolors, or the unseen colors of the bioenergy system, cause the BioType O person tends to think first of self preservation and tends to abstain from taking initiative.

Hippocrates based his temperaments on the four liquids of the body. One of his descriptions was thick blood, which he called phlegm. Comparing Hippocrates temperament types, BioType O should be predominately Phlegmatic. (If you prefer the Kiersian Temperament types, BioType O's are primarily Sensing-Judging or SJ).

The Phlegmatic temperament is loyal, dutiful, calm, and easygoing. Ever conservative in nature, rarely would a Phlegmatic BioType O lose composure. Phlegmatic strengths include being good-natured, witty, practical, dependable, having strong organizational skills, and giving well thought out advice. Generally, a BioType O views life as a pleasant experience (or a long suffering one), preferring to stay even-keeled (or stick it out).

Phlegmatic BioType O's also have some temperament weaknesses. They are prone to "drag their feet" and are difficult to motivate. (Although they may tend to procrastinate, they also make their deadlines!) BioType O's can be rather selfish, stubborn, resistant to involvement, and critical of others. Their humor can go a bit too far with not-so-comical teasing. Often the practical and analytical Phlegmatic will develop a better way to do something, but may not present the idea. It is not uncommon to see a BioType O lean over to a colleague to say something like this, "If they had asked me, I could have told them that would not work. My idea was better."

BioType O students would be predominately Concrete Sequential (CS) in the Gregoric Model of Learning Styles. They like working step-by-step and having established routines. CS BioType O's work well within time limits and like to organize. They have difficulty working in a disorganized environment and learning something without a specified reason for doing so.

BioType O's have strengths and weaknesses in their health, again, involving patterns in the bioenergy system. These are associated with all the three layers of the Physical Aspect. Unlike any other biotype, BioType O's lack one specific biocolor in all the layers: Orange. According to my research, Orange is associated, in varied degrees, with every organ that processes matter into energy for the body, as well as calcium dependent

organs and a few others. Included in this list are the respiratory tract, digestive system, skin, gums, teeth, bones, thyroid, eyes and, in women, breasts. Complaints common with BioType O's are allergies, asthma, ulcers, rashes, acne, oral problems, osteoarthritis, osteoporosis, hypothyroidism, cataracts, and breast cancer.

A BioType O is fortunate to have an aggressive immune system, although it can be overactive, causing allergic reactions and autoimmune diseases. Good news, a BioType O tends to recover well when intervening medical procedures are required.

The BioType O usually does well on high protein diets, similar to the well-known Atkin's Diet, and with iodine rich foods. Red meats, fish, vegetables, and some fruits are good choices for a BioType O. Incompatible choices generally include milk products, grains, beans, and legumes, and, in particular wheat, corn, and lentils. Although some BioType O's choose to be vegetarians, this may not always be the most compatible choice of diet. An example: A former vegetarian, 50-year-old BioType O cured her life-long asthma and animal allergies simply by switching to a blood type compatible diet based on red meat and fish. BioType O's also need supplements that have Orange-like attributes or, what I call, Orange *harmonics*. These include calcium, Vitamin C, and copper.

A special note to BioType A's, B's, and AB's: Don't feel left out. I plan to discuss each one of the remaining blood group in future articles.

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

# Living La Vida Gluten Free!

By Nisla C. Whetsone, L.M.T., and amateur chef

I'm coming up on two years of gluten free living, and I wanted to share with you how much this has improved my health and my quality of life. Two years ago, I thought I was dying, and I literally was dying a slow death of malnutrition and malabsorption. I had spent years going to doctor after doctor and being misdiagnosed with things like Irritable Bowel Syndrome, GERD (gastro-esophageal reflux disorder), Fibromyalgia, ADD, depression, and anxiety disorders. I was suffering with chronic sinus and upper respiratory infections, chronic fatigue, constant pain in my joints and muscles, high blood pressure, headaches, constant nausea, vomiting, and extremely frequent diarrhea, frequent heartburn, and seizures. I was overweight, despite not having much of an appetite, and I had even convinced myself that I had an eating disorder.

The odd thing was that, for the longest time, I was accused of being a hypochondriac. I was told that this was all in my head and there was really nothing wrong with me that a few prescriptions couldn't fix. Then I found a doctor who believed me. Dr. Rosen, together, with his physician's assistant, ran test after test to try and determine what was wrong with me. They sent me off to have ultrasounds of my stomach, kidneys, gallbladder, and liver. As each test came back negative, they never gave up; they just kept trying. Finally, they decided that I needed to see a specialist and sent me to a gastro-enterologist, who they felt would be able to help me.

On my first visit with Dr. Eugene Hirsh, he sat down with me and looked over my history and, without any hesitation, asked me if I had ever heard of Celiac Disease. He was pretty sure that when he did the tests to check for it, that is what he would find. He told me I would have to start a strict gluten free diet immediately, and that I would be on it for the rest of my life. He started with a blood test and scheduled a biopsy of my small intestine. About ten days later, he called to confirm that the blood test indeed showed markers for Celiac, as he had suspected.

On that first day after my visit with Dr. Hirsh, I found myself wandering the aisles of Life Grocery trying to figure out this strange new diet. I was standing in the middle of an aisle crying when Ellen (the grocery

manager) came up to me and asked me what was wrong. When I told her, she said, "Here, have a cookie!" Imagine my delight when she put a Gluten Free Aunt Candice chocolate chip cookie in my hand and then walked me around the store and showed me many more goodies that I could have.

So here I am, almost two years later, and I am feeling healthier than I ever have in my entire 35 years. I have lost over 65 pounds and several sizes (I have lost track!). I have more energy than I ever had before; I haven't seen any signs of anxiety or depression in over a year; I am off almost all of the medications that I had previously been on for pain, depression/anxiety, heartburn, and nausea...and there have been NO seizures! Last week I had my semi-annual checkup with my doctor to monitor my progress and they were amazed at the results. Two years ago, my blood pressure was around 140/100, my thyroid function was low, my cholesterol was high, my kidney and liver functions were abnormal, and I was anemic and hypoglycemic. Today my blood pressure is 119/70 and all of the other numbers are NORMAL! Thyroid, cholesterol, kidney, liver—all normal! No signs of either anemia or hypoglycemia! Today I am doing the happy dance for the gluten free diet!

If you are experiencing even one of the symptoms that I had, I urge you to ask your doctor about gluten intolerance or, at the very least, try to cut back on the amount of gluten in your diet.

Here are a few of my comfort foods that have gotten me through the tough times when I was really craving things I knew I couldn't have. Enjoy!

## Simple Nachos

Green Mountain Gringo Corn Chips  
Horizon Organic Shredded Mexican Cheese  
Horizon Organic Sour Cream  
Green Mountain Gringo Salsa

- Put corn chips in a single layer on a microwave-safe plate.
- Cover with lots of shredded cheese.
- Put in microwave for one minute. Serve with sour cream and salsa! YUM!

## Pigs in a Blanket

1 bag of 1-2-3 Gluten Free Southern Glory Biscuit Mix  
6 T unsalted, cold butter, cut into pieces  
2/3 c cream  
1½ c + 1 t milk for brushing  
1 package of Applegate Farms hot dogs (beef or chicken)

- Follow directions on bag of biscuit mix to make dough.
- Dry hot dogs with paper towel.
- Roll and cut out biscuit rounds.
- Wrap them around the hot dogs, and pinch dough to seal edge with ends of hot dog sticking out.
- Place on cookie sheet covered with parchment paper and brush tops with milk.
- Bake at 375° until brown, approximately 20 minutes.

*I like this with Annie's Naturals Yellow Mustard.*

## Pizza-Like Delivery

Amy's Rice Crust Cheese Pizza  
Horizon Organic Shredded Mozzarella Cheese  
Simply Organic Garlic Powder  
Gluten Free Pantry Italian Seasoning Mix  
your favorite pizza toppings

- Pre-heat oven to 350°.
- Remove Amy's pizza from box and place on a pizza pan.
- Sprinkle with extra mozzarella cheese, garlic powder, and Italian seasonings. Top with your favorite toppings. (I like Applegate Farms pepperoni and sliced mushrooms.)
- Bake for 11 minutes at 350°; lower temperature to 250° and bake until cheese is melted and bubbly.

*Ring the doorbell and pretend it's delivery!*

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

# Spring Cleaning

As the world begins to awaken from winter's sleep, our own body's energy begins to stir from that resting place deep inside. We wake up one day, stretch, look outside and notice the pink haze of new growth beginning to blur the edges of the branches on the trees, and think: It's time to clean up! Life is renewing and it is time for spring cleaning.

Embracing the limitations that are an integral part of this consensus reality, we must make room for the new life, the awakened energy flow of growth that is stirring now. Making room means clearing away that which no longer is needed or desired. And so we clean our house and yard, brushing away the cobwebs in the corners, the dust from on top of the bureau, the fallen branches, and the last piles of leaves that have blown under the bushes.

Besides the debris that we can see, there is energy that lingers. Energy, we know from our middle school science class, doesn't disappear, but it can be moved, transformed, or transmuted. Now is the perfect time to cleanse the energy of your personal environment, too. It's easy and makes a big difference in how you feel in your home.

You will need some tools. One traditional choice is a smudge stick, usually made of sage. This is used, in the Native American traditions, with an abalone shell (to catch the ashes or burn the sage in, if it is loose) and a feather (to direct the smoke). The sage is burned in the shell. Hold the shell in one hand and the feather in the other, and move through each room in your home

By Usui and Karuna Reiki Master/Teacher Jill Sutherland-Mitchell

using the feather to brush smoke as you go. Remember the corners, and pay special attention to when there seems to be a lot of smoke, as this area needs more clearing. Work in a pattern in your home to end up brushing smoke out of your door. With the smoke goes any low vibration energy such as anger, fear, jealousy, sadness, stress, etc. Yeah! Out the door it goes.

Now, return to each room and decide what energy you would prefer to be in that space; harmony, love, clarity, and peace are some good examples. Just say the word and let that energy flow into the space. Stand there for a moment before moving on to the next room, until you have filled all the rooms in your space. You can walk around the outside of your home or property, too, and fill the space with safety. Another way of blessing each room with positive vibration is to use a symbol for the quality you desire to place in the space. An example would be a silk rose, picture of a rose, or rose oil to hold the vibration of love in your bedroom. A garden gargoyle placed outside, with the intention of being a symbol of protection, could act as guardian to your property. Wheat for abundance, a dove for peace—you get the idea; it just has to be meaningful to you.

If you are not comfortable with sage smoke smudging (it does leave an interesting odor that will raise the eyebrows of teenagers and old hippies), there are other ways to clear space. In my recent wedding, we used Tibetan tingcha bells to cleanse and bless each guest as they entered the sacred space before the ceremony. These are two small metal discs connected

to each other by a leather cord. The "smudger" gently clangs them together at the top of the person to be smudged and allows the sound to travel down the body to the feet. This is repeated on the person's back.

Tingcha bells can also be used for space smudging, gently clanging them as you enter a room and directing the sound all around. Pay special attention if you hear the sound get muddled or change pitch, as this area needs more attention and clearing. Sound smudging can also be done with bells, singing bowls, a wooden spoon and an old pot, or even clapping your hands.

There are other products that are made specifically for clearing space. Aromatherapy oils can be diffused for the purpose of cleaning space. Good ones to try are sage, lemon, or any of the blends created for clearing. Life Grocery has a full line of essential oils.

It can be fun to involve all the people who inhabit the space to participate in clearing it. Each person can then be in charge of putting the energy they want back into their own space. You'll be surprised by the difference this makes, especially in the emotional well being of children, who are often more sensitive to environmental energy.

To recap, here are some simple steps for clearing space: (DO try this at home!)

- Make a clear declaration of intent to clear your space of all low vibrational energy. This is the most important step as "intention is everything."

*continued on page 7*



# Obesity—Do Diets Really Work?

By Dr. Brenda Cobb

With thousands of diets on the market and a multimillion dollar industry dedicated to weight control, shedding a few pounds should be easy, but low-calorie diets and exercise, which have been the typical solution to losing weight, are not that effective. Unfortunately, the weight lost by dieters using this method is almost always regained. As a result, many dieters fall into the “yo-yo trap,” a repetitive cycle of weight loss and gain.

There are several reasons why this happens and why food restriction for the purposes of weight loss should be avoided. Whenever the body is deprived of food, whether from famine or dieting, it ensures survival by decreasing the metabolic rate in order to compensate for fewer calories. Energy is stored so efficiently in fat tissues that someone of normal weight can survive for two months without eating. The desire to binge after food restriction, although disheartening to dieters, is another built-in survival mechanism intended to click on after a famine.

Dieting can be a cause of obesity and not the way to lose weight. Dieting not only slows down the metabolic enzymes, but leads to the emaciation of muscle cells, bloating of fat cells, accumulation of toxic fats in tissues, and fatigue. Many of the so-called miracle diets are ruining the health of people by causing damage to the liver, kidneys, and other organs and glands.

Lifestyle changes are the key to permanent weight loss. It's not a matter of how much a person eats, but what the person eats that is important. A diet high in

fresh, raw fruits and vegetables is the key. Cooking food destroys the enzymes, vitamins, and minerals in food and triggers over-eating. Detoxification is also critical to losing weight and keeping it off.

The typical American diet includes more refined and processed foods than the diet of any other nation. When food is refined and processed, not only is fiber removed, but simple sugars often replace complex carbohydrates. A diet low in fiber and high in simple sugars can be a major contributing factor to excess weight gain. Fiber, on the other hand, can have a major impact on your weight as evidenced by the almost complete lack of obesity in cultures that consume a diet high in fiber. Fiber not only reduces serum cholesterol, but it also pulls dietary fat from the body into the feces. Other benefits of roughage include increased chewing time, thus slowing down the eating process and inducing satiety, preventing constipation, and stabilizing blood glucose levels.

Obesity is almost always associated with toxicity, as many toxins are stored in fatty tissue. When a person loses weight they reduce their fat and, thereby, their toxic load. However, during weight loss a person releases more toxins and needs to take in more water and do enemas and colonics to get the excess waste out of the body as quickly as possible.

The Living Foods Lifestyle has proven to be an effective way to not only lose weight, but to shed toxins that are making people sick. It breaks the yo-yo diet

syndrome and the addiction to foods that are unhealthy. As long as the residues of toxic food are in the body tissues, a person will continue to crave those foods. This leads to overeating of food that is detrimental to the body, mind, and spirit.

Learning about foods and which foods best serve the body is of the utmost importance. Organic, fresh fruits, vegetables, nuts, and seeds comprise a healthy and balanced diet when a person learns how to combine these foods properly and when and how much to eat. You will never be hungry on the Living Foods Lifestyle, because you will be nourished at the cellular level. Weight will melt away effortlessly. Energy will return and sleep will be deep and sound. Symptoms and diseases will “magically” disappear. When we get back to the original laws of nature and stop eating animals and dairy products, refined sugar, and junk foods, we not only can lose weight, we can restore perfect health and reverse aging.

*Dr. Brenda Cobb is the author of the books The Living Foods Lifestyle, Colon Cleansing for Optimum Health, and 101 Raw and Living Food Recipes, and is Director of the Living Foods Institute, featuring classes in the Living Foods Lifestyle to help people detoxify and rebuild their bodies naturally with raw and living foods. For more information, call 404-524-4488 and visit their website at [www.Livingfoodsinstitute.com](http://www.Livingfoodsinstitute.com).*

# Lyme Disease and Getting Our Health Back

By Dean Martens, C.H.

## The Problem

Lyme disease was first recognized around 1975, when a mysterious outbreak of juvenile rheumatoid arthritis occurred around Lyme, Connecticut. In 1982, Willy Burgdorfer discovered the causative agent of Lyme disease: a spirochete (spiral shaped bacteria) from the genus *Borrelia*, subsequently named *Borrelia burgdorferi* (Bb).

As Lyme disease expert, Jo Anne Whitaker, M.D., notes, “Lyme disease is called the ‘New Great Imitator’ because like syphilis (the original ‘Great Imitator’), it attacks multiple organ systems and mimics many diseases. Both diseases are caused by spirochetes, which are motile microorganisms. Originally believed to be spread only through bites by the tiny deer tick, it is now known to be potentially spread by many tick species, as well as mosquitoes and fleas.” We are now also seeing evidence that an infected person can transmit Lyme disease sexually, and an infected mother can pass it on congenitally through birth or from breastfeeding. Other Lyme disease experts, Brian Fallon and Jenifer Nields, stated in 1994 that the most common vector-borne, meaning spread by ticks and insects, infection in the United States is Lyme disease and that it is geographically spreading.

## Lifestyle

It is greatly suggested that the Herbs of Light “Taking Responsibility” DVD or VHS be watched or the CD listened to. This educational sharing gives an understanding of the lifestyle that assists the body in cleaning out its toxic debris (the terrain that houses the Lyme microorganism), rebuilding its energies and improving the immune system. The Male or Female Health Assist Blends help the body accomplish this process greatly.

## Oxy Jojoba Skin Salve

The author of this paper was bitten by a tick and infected with the first stage of Lyme disease. The first stage of this disease creates a “Bull’s Eye,” or a raised circle on the skin, which is the thirteen different bacteria

emitted by this microorganism. This “Bull’s Eye” usually stays for seven to fourteen days on the surface of the skin before the bacteria goes systemic into the blood stream. It then begins the proliferation of problems within different tissues throughout the body.

Oxy Jojoba Skin Salve was applied within forty hours after the bite, and within the next thirty six hours the “Bull’s Eye” disappeared as the bacteria were destroyed. This salve should be put on the area of the bite anytime the “Bull’s Eye” is still visible. The sooner it is applied after initial infection, the better chance one has of preventing the bacteria from going internally within the blood and tissues. A scab formed after each application of Oxy and was scraped off at the time of the next application. This process should be followed a minimum of three to four times a day for medicinal efficacy. On the seventh day of salve application, the remains of the actual tick came out of the body.

## Lyme’s Defense Herbal Blends

A blend of Cat’s Claw, Barberry Root, Cordyceps mushroom, Olive Leaf, and Propolis assists greatly in the proliferation of lymphocytes and other immune system support while providing safe and significant anti-microbial effects of Lyme disease. The natural compounds of Cat’s Claw act as an anti-inflammatory while also providing direct anti-microbial effects. Recent research with the Cordyceps mushroom has shown its ability to build energy, stamina, and endurance so that it can assist those who suffer from Lyme disease. Mairishiitake herbal blend comprised of Maitake, Reishi, and Shiitake mushrooms, assists in topping off the T Cell formation for added immune assistance.

## Testing and Diagnosis

Existing blood tests have not been accurate in their results until recently. Bowen Labs, from Palm Harbor, Florida, now have a test, the Q-RIBB blood test which is very accurate. Their web sight is: [www.bowen.org](http://www.bowen.org) and their phone number is 727-937-9077. A very respected practitioner, Dr. Charles Campbell, Ph.D., Iri, CNC, who specializes in Lyme Disease, can be reached

at 864-833-4372. Dr. Campbell was used in the collaboration of the herbs within this herbal protocol.

Note: It is recommended that the book, *Flooding Your Body With Oxygen*, by Ed McCabe, be a considered reading.

*Dean Martens, C.H., founded Herbs of Light, Inc. to assist people with Whole Food, GMO-Free, “Living” herbal extracts and blends. His studies which included Barbara Brennan, Bioenergetic Physicist, and also the Hippocratic writings, allowed his understanding of the true living food which is our medicine. His ultimate understanding of health assisted him to receive all of his health back from scientifically incurable dis-eases. This information is available on the “Taking Responsibility” DVD/Video/CD.*

## Attention Health Care Practitioners

If you would like to be included in the Life Grocery Health Care Directory at the Customer Service Desk, please submit a business card to a customer service representative.

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# Black Vegetarian Society of Georgia

**Celebrates Meatout 2005 - A Grassroots Diet Education Campaign** By Judy M. Willis

Has your conscious been eating at you to make some changes in your diet? Or are you stressed and depressed at the very thought of dis-ease? If so, consider participating in Meatout 2005. It may be the energy boost you need.

Now in its 20th year, Meatout 2005 is a one-day event in which thousands, nationally and internationally, will hold informative and educational festivals, lectures, cooking demonstrations, food sampling, and "steakout" informational booths, with participants pledging to "kick the meat habit (at least for a day) and explore a wholesome, nonviolent diet of fruits, vegetables, and whole grains." This meat moratorium kicks off March 20, the first day of spring.

Recent dietary trends support the need to jump on the meat-free bandwagon:

- According to the Surgeon General, obesity has reached epidemic proportions, surpassing smoking as the top public health hazard.
- Twenty-five percent of children ages five to ten have high cholesterol, hypertension, and early warning signs for heart disease, all of which are associated with an animal-based diet. More than 35% eat no fruit and 20% eat no vegetables on a daily basis.
- As many as 30,000 children have Type II diabetes, once limited largely to adults.
- Escherichia coli, salmonella, listeria, and other pathogens which thrive primarily on meat, eggs, and dairy products, are the primary culprits in infectious diseases which afflict nine million Americans annually.

Vegetarian eating has also become more acceptable and assessable with major supermarkets offering more meat and dairy alternatives. Even McDonald's has down-sized their super-sized menu with health-conscious salads and leaner cuisine.

## 5 to 9 Is Not the Early Shift at Work

Meatout 2005 offers the opportunity to incorporate the requisite 5-9 fruits and vegetables into your diet giving you a glimpse of the positive effects of this widely accepted approach to eating. Enjoy seasonal fruits like fiber-fabulous apples (Granny Smiths are diabetic-friendly); vitamin C-packed oranges and potassium-rich bananas. Eat a complex-carbohydrate rich meal, combining green-leafy vegetables (which offer a calcium absorption rate double that of dairy products), legumes (garbanzo beans, kidney beans, black beans, peas, and soybeans), and grains, such as brown rice, bulgar, quinoa, and wheat. These foods supply essential nutrients, antioxidants, and phytonutrients, all of which reduce the risk of heart disease and cancer. Studies have shown that consuming a plant-based diet increases energy levels and improves intellectual performance.

## Cows Really Do Have Something To Be Mad About

Beef cattle are typically enclosed in feedlots with no protection from rain or heat, while dairy cows are kept perpetually pregnant with calves deprived of natural food and fresh air. At sixteen weeks they are slaughtered often without anesthesia. Mad Cow disease, which has surfaced in America, has virtually devastated

the beef industry. Heavy consumption of beef has been associated with excessive body hair in women and overly aggressive behavior.

## Eating Chicken & Turkey May Have You Crying Fowl

Over nine billion chickens and 300 million turkeys are slaughtered for human consumption annually. All meat and poultry products are required to carry warning labels due to the USDA's inability to vouch for their safety. Many meat products contain antibiotic residues which render antibiotic-based medical treatments less effective.

## Mercury Rises When You Eat Fish

Due to the high mercury content, the FDA and EPA advise women of childbearing age to limit their consumption of tuna and other fish to no more than 12 ounces per week, since even the smallest amount can damage the brain of a fetus, causing mild to severe learning disabilities. Over 60,000 babies per year are born with neurological damage caused by this exposure. Consider adding flax seed, evening primrose, borage, or other cold-pressed oils to replace the much-needed omega-3 oil found in fish.

## The Choice Is Up To You

Although dietary choices are a personal matter, Meatout 2005 can offer a happy and healthy respite which can contribute to the wellness of you, your family, and the planet. Mohandas Gandhi once said "the greatness of a nation and its moral progress can be judged by the way its animals are treated." Consuming a wholesome plant-based diet, even for one day, will allow you to help yourself while helping the environment and others.

Locally, the Black Vegetarian Society of Georgia (BVSGA) will use their annual Meatout event to explore the theme "Defeating Dis-ease Naturally." According to founder, Traci Thomas, BVSGA has coordinated Meatout events six of the seven years they've existed.

"I have seen people's lives change when they realize the positive impact plant-based diets have on both the health of their bodies and spirits," Thomas offers, "I encourage families to chose a meatless diet, even for one day, and ask them to invite members of their churches to do the same. The Bible says to let fruit, vegetables, and herbs be our medicine; when we do that our whole sense of connectness with all that is increases. Once our elected officials choose meat-free diets, we will see more sound and peaceful governing," she adds.

A wholistic health fair, vegan and raw food court with guest chefs, a bodywork pavilion, health screenings, natural food stores, and a Q & A lecture and book signing by naturopath doctor, certified herbalist, medical astrologist, and health consultant Dr. Llaila O. Afrika will comprise the event. Dr. Afrika is the author of *African Holistic Health*, *Nutricide: The Nutritional Destruction of the Black Race* and *The Gullah*. BVSGA's event will take place on Sunday, March 20, from 1-5 pm, at the Southwest Family YMCA, located at 2220 Campbellton Road, Atlanta. For more information, call 770-621-5056 or visit [www.bvsga.org](http://www.bvsga.org).

Judy M. Willis is an Atlanta-based health journalist and BVSGA member. She can be reached at 404-484-4618 or emailed at [willisjudy2003@yahoo.com](mailto:willisjudy2003@yahoo.com).

## Spring Cleaning continued from page 5

- Using the smudging tool of your choice, go through each room, clearing as you go. Use a pattern such as top to bottom and counterclockwise, for example.
- Open your door and end your clearing pattern at the entryway, with a final pushing out of the old. Close the door.
- Go back to each room and put in the desired energy. Get help with this from the person who shares the space. Reverse the pattern used to clear.
- Have a celebration, feast together, and enjoy your clean, clear space.

Jill Sutherland-Mitchell is the new director of Phoenix House, a healing and retreat center nestled in East Valley at the base of Pine Log Mountain in Rydal, Georgia. Less than an hour from Atlanta, but in a sacred space a world away from the everyday, Phoenix House provides sanctuary for private retreat, empowerment classes, and is the perfect place to host your special event, meeting, or wedding. Call 770-773-0352 for further information.

[Congrats to Jill on her recent marriage to her husband Johnny Mitchell. We wish them the best on this most joyous event. The Editor]

# Classifieds

**PART-TIME HELP WANTED AT LIFE GROCERY.** Seeking customer-service oriented, reliable people for cashiering and produce 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 café front end and kitchen. Experience and flexible schedule a plus. Must be available nights and weekends. Apply at Life Grocery or call 770-977-9583, extension 216.

**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*.

**EXPERIENCED, LICENSED COUNSELOR.** Specializes in issues of abuse, family therapy, depression, and addiction. Offering supportive, nurturing therapy to all. Call 404-368-2962.

**YOGA LAUGHTER CLASS** Free! Wednesday mornings. Put more Laughter in your life. Call Poston, CLL 770-973-4590 or email [poston8@comcast.net](mailto:poston8@comcast.net).

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.

## Café Life

Healthy  
Wholesome  
& Healing

Monday-Saturday  
11:00 am to 7:30 pm

Sunday  
12:00 pm to 5:00 pm

April 1, 2005

Remember due date  
for submissions to the  
May/June issue of  
*The Life Line*



## 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 \$1.99

## SMOOTHIES

16 oz \$3.99

(For a Living Food version of any smoothie, substitute living vanilla date syrup for honey and water for the liquid.)

**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:** Vitamineral Green Superfoods, banana, water, and ice

**Blueberry:** Blueberries, almond milk, honey, and ice

**Tropical Twister:** Pineapple, banana, apple juice, vanilla date syrup, and ice

**Lemon Lassi:** 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, Vitamineral Green, Life Time Liquid Calcium Magnesium Citrate each \$1.25

# Café Life

*an Organic Vegan and Living Foods Café featuring Healthy, Wholesome, and Healing Food*

*Catering to a wide variety of dietary preferences including:*

*Sugar free, wheat free, gluten free, low carb*

*Freshly prepared daily specials, soups, pastries, salad and food bar  
In-House and Off-Site Catering*

*FREE WI-FI NOW AVAILABLE*

## HOURS

Monday-Saturday 11:00 am-7:30 pm

Sunday Brunch 12:00 pm-5:00 pm

1453 Roswell Road  
Marietta, GA 30062  
770-977-9583 ext. 249

## SIDE ITEMS

Corn chips \$1.00

Vegan Gourmet Soy Cheese 1 slice \$.50

Soyco Rice Cheese (contains casein) 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

## BEVERAGES

Organic Coffee \$1.49

Iced Tea NUMI Organic Blends \$1.49

Hot Teas NUMI Organic Blends \$1.49

Refill (tea and coffee each) \$.49

Apple Juice \$2.49

Rejuvelac 16 oz \$2.99

## NON-DAIRY LIVING ICE CREAM

Cashew-based ice cream  
Choose your flavors by the scoop

Cup: Two 2-oz scoops \$3.99

Four 4-oz scoops (pint) \$14.99

**Sundae:** Two 2-oz scoops of ice cream, your choice of one topping (strawberry, carob, pineapple), and chopped nuts \$4.99

**Banana Split:** Three 2-oz scoops of ice cream, bananas, chopped walnuts, strawberry sauce, pineapple sauce, carob sauce, and shredded coconut \$7.49  
Living & Cooked Pies and Cakes Available Daily

## Raw and Living Foods

### WRAPS

(Choice of flax wrap, flax bread, or green leaf wrap served with choice of flax crackers or side salad)

**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, 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

**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 \$19.98

Allow 5-7 minutes to make fresh. 64 oz

### Salad and Living Food Bar

\$5.99 a pound

### Soup of the Day

Cup...\$3.25 Bowl...\$4.25

All ingredients are organic, except for the following or where otherwise clearly indicated (due to availability): Honey, bread, sea salt, \* Vegan Gourmet Soy Cheese, Soyco Rice Cheese, wheatgrass, \* sunflower sprouts. \* All added supplements, except for Vitamineral Green, are non-organic.

\*Chemical- & pesticide-free

## Cooked Foods

Wraps & sandwiches served with choice of side salad or corn chips

### WRAPS

**Roasted Vegetables of the Day:** A tortilla filled with Vegan Gourmet Soy Cheese, spinach, and assorted roasted vegetables \$6.50

**Spinach and Portabella Mushroom:** A tortilla filled with Vegan Gourmet Soy Cheese, spinach, and roasted portabella mushrooms \$6.50

**Tempeh Reuben:** A tortilla filled with Vegan Gourmet Soy Cheese, tempeh, sun sauce, & 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, topped with bananas and honey \$4.95

**Avocado Melt:** Toasted sprouted spelt bread, spread with sun sauce and topped with avocado, Vegan Gourmet Soy Cheese, roasted red bell pepper, & 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 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 with coconut curry \$6.99

\$7.25

# Café Life Gets A Natural Face Lift

Café Life quietly celebrated its third anniversary this March. As an anniversary gift to our loyal customers, we thought it fitting to beautify the decor in order to compliment the cuisine that we have so enjoyed over the last three years. We wanted all who dined at the café to not only enjoy the fresh and delicious offerings of our organic cuisine, but to also enjoy the comfort, warmth, and visual appeal as well. With Café Life being the unique place that it is—where else can you find an organic, vegan, raw/living and cooked food restaurant, with alternatives for those with wheat, gluten, and other food sensitivities?—we strive to be more than “just a cafeteria.”

After speaking with several decorators and almost giving up on a redecorating plan, we finally began the slow and careful process with decorator, Yasmine Chourbagui. Yasmine decorated numerous homes, as well as several hotel rooms, lobbies, and restaurants in NY where she lived before she moved to Atlanta.

Her vision to transform, as well as bring efficiency, harmony, and visual appeal to Café Life is well on the road to realization. She was able to accomplish this by working with color, lighting, texture, and accessories while accommodating customer comfort needs, space limitations, and traffic patterns.

She chose three colors for the walls: green representing balance, expansiveness, healing, and calming; a golden yellow for mental stimulation and

wisdom; and a mulberry shade in the library for concentration, meditation, and focus. A tropical theme seemed obvious for a natural feel that anyone could relate to, as well as a seating arrangement for patrons to use as a focal point to meet friends for lunch or dinner or perhaps a cup of coffee or tea along with a scrumptious dessert.

Along with our new facelift, having listened to some of the concerns of our loyal customers, we are in the process of implementing some operational changes. Although our food is highly nutritious and freshly prepared without the use of a microwave, due to time restraints, our customers want the speed and convenience of a fast food restaurant. In an effort to honor these needs, you will notice some changes in our set up.

In the weeks to come, the current menu will be discontinued, except for the juices, smoothies, and beverages. Most of the menu items will be available, either daily or on a rotating basis, on the food bars and, with the addition of a hot bar, the cooked food selection will be increased. On-going selections on the living bar will include zucchini pasta, Pad Thai, and tostado and taco salad makings, including walnut taco meat and refried beans, as well as marinara sauce and pesto. Daily selections of cooked vegetables, grains, beans, and potatoes will be featured on the hot bar, in addition to other delectable treats. Daily specials will be available on the food bars as well. By having an *All Day Buffet*, customers will not only be able to enjoy the same food they have become

accustomed to, but also be in charge of portion sizes. With the staff focusing on preparing drinks, weighing plates, and taking money, wait time will be greatly minimized.

With these changes, it is expected that our customers will enjoy their dining experience in a timelier manner. Along with this, we plan to offer live entertainment at selected times. Look for Jonn Serrie, acclaimed composer and musician, to perform at Café Life in upcoming weeks. We encourage you to use the café for parties, workshops, talks, or events. And remember, we provide catering for groups large and small. Look for information on our upcoming healthy vegetarian cooking and living food preparation classes with Chef Mike. And, be sure to take advantage of our free wi-fi (wireless connection to the internet with your laptop and wireless card) through Atlanta FreeNet.

Café Life is here to provide reasonably priced, delicious, healthful, vegetarian, and nutritious organic food with alternatives for those with special needs. So come and visit soon; bring your friends and check out our facelift. Enjoy the ambiance, the food, and the great things to come.

We are grateful to Yasmine Chourbagui, of Changing Spaces, for transforming Café Life. She may be reached at 404-256-2178 or 678-938-8146. Feel free to contact her for a complementary one hour consultation for decorating services.



Saturday, June 25, 2005

## Summer Life Fest

12:00 pm-4:00 pm

Live Music by Composer and Musician  
Jonn Serrie

composed and performed music in

What the “Bleep” Do We Know with Marlee Matlin

Members Receive 10% off

all in-stock purchases all day, 9 am-8 pm

### Life Grocery Is Seeking

Reliable, Energetic, and Responsible  
Front End/Events Coordinator

#### Required:

Full availability, cashiering and customer service experience, coordinating/supervising experience, basic computer skills (word, excel, & outlook), team player, and detail oriented with excellent communication/organizational skills

#### Preferred Experience:

Grocery or natural foods store, knowledge of natural foods, and one year retail supervision/staff training



# Living in Peace

By Michael A. Scimeca, D.C.

In sitting down to write an article and not knowing what to write, I search for a source of inspiration, a muse. In walks my daughter. I ask her, "What should I write about?" Without skipping a beat, she says, "Living in Peace."

Okay, so I have a title. Where do I go with it? How do I share about living in peace that is practical? Okay, I'm up for the challenge. But, wait a minute. What is peace?

I go to the dictionary to get a definition. Neither "absence of war" nor "end of hostility" captures the quality of peace about which I choose to write. "Harmonious relations" sounds nice. My favorite definitions, however, include "the state of tranquility," "inner contentment," "serenity."

What qualifies as peace? Is peace a subjective state, an intimate understanding? Is it a personal nirvana for which we are to strive?

Many spiritual paths speak of peace. Certain religions call Jesus the Prince of Peace. I have to admit, that name engages me.

Sometimes, when I think of peace, I think of John Lennon and the song, "Give Peace a Chance." Sometimes "peace" feels so sixties. The psychedelic era merged peace with sex and drugs. Peace was a political statement of a generation looking to change the world.

Gandhi said, "Be the change you wish to see in the world." I like that. Be the solution. Be peace.

I guess if we were to "be peace," living in peace would be natural. Still I wonder, "Are we supposed to live in peace?" In trusting the wisdom of a nine-year-old girl, I say "Yes!"

On a practical level, if we are not living in peace, can we? Is living in peace a choice? Is it a process? Is peace conditional?

We hear how we are programmed to instinctively move away from pain or toward pleasure, but what about peace? Are we programmed to live in peace?

To honor Angela, my daughter, allow me to make an offering. Consider peace to be an indicator of our degree of openness. Consider any disturbance to be an indicator of a need to be more open.

In working with people, I use peace as a parameter. I hold myself accountable in holding my practice members accountable for accessing a functional state of peace.

The mechanism for peace is simple: The wisdom of life is unconditionally present at all times. By using this starting point that honors life's unconditional intelligence, all manifestations are expressions of life's wisdom. By aligning ourselves to this understanding, we can work cooperatively with life's intelligence. We can consider life offering us direction and guidance. We can begin living life on life's terms and using peace as an indicator of our degree of success. Of course, peace, then, is conditional, based on our level of openness.

Consider peace an option, a choice, which holds us accountable for our being open. If this understanding supports you in living in peace, I'm sure Angela would be tickled.

Until next time, peace be with you.

*Dr. Michael A. Scimeca is a licensed chiropractor, certified Catalyst facilitator, and life coach. He has offices in Roswell and Marietta. Call 770-992-8220 or visit [www.scimeca.com](http://www.scimeca.com) for more information.*

The Life Line  
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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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Marietta, GA 30062  
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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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## In This Issue

- 1 *Café Life Gets a Natural Face Lift*
- 2 *Living in Peace*
- 2 *New Products at Life*
- 3 *MSG . . . The Hidden Food Poison*
- 3 *The Fountain of Youth*
- 4 *Produce of Life*
- 5 *Cleaning Safely*
- 5 *Blood Group A*
- 5 *Corporate Behavior is Changing*
- 6 *Balance, Equality, and the Summer Solstice*
- 6 *It Ain't Necessarily So*
- 7 *Eat Light, Shed Pounds, and Detox*
- 7 *Classifieds*
- 8 *Cheyenne's Story*

## NEW PRODUCTS AT LIFE

### SUPPLEMENTS

#### Bluebonnet

- Vanilla and Chocolate Whey of Life
- Nucleotide Complex

#### Century Systems

- Cerum 7 (Liquid Hoodia)

#### Country Life

- Omega Fiber

#### Enzymatic Therapy

- BP Manager
- Saventaro Cat's Claw
- Flexagility Max

#### Health Force Nutritionals

- Spirulina
- Nopal Cactus

#### Mega Flax

- Heart Formula
- Digestive Formula
- Immune Formula

#### Natural Factors

- Celadrin

#### Natures's Way

- Bone, Flesh, and Cartilage

#### Nordic Naturals

- Omega 3 and Complete Omega  
*New! 120 Size*

#### Nutrition Now

- Rhino Dippin Pops
- Rhino Calcium

#### Renew Life

- Fish Smart Ultra
- Digest More Ultra

### HERBS

#### Gaia Herbs

- Uva Ursi Extract
- Cinnamon Extract
- Cat's Claw
- Liqui-Lieve

### HEALTH & BEAUTY AIDES

#### Aura Cacia

- Jasmine Absolute in Jojoba Oil
- Rose Absolute in Jojoba Oil
- Vanilla Absolute in Jojoba Oil

#### Collective Wellbeing

- Body Butters
- Flaxseed/Loofah Soap
- Detox Soap
- Foot Butter

#### Giovanni

- Shine of the Times
- Root 66

#### Honey Bee Gardens

- Water Based Nail Polish, *Toxic-Free*

#### Kiss My Face

- Active Enzyme Deodorants  
*New Larger Size*
- Shaving Lotion, *New Larger Size*

#### Natra Care

- Organic Feminine Wipes

#### Toms of Maine

- Unscented Deodorant Soap
- Calendula Moisturizing Soap
- Lemongrass Soap

## MSG... The Hidden Food Poison

By Dr. Joe Esposito

MSG (Monosodium Glutamate) is the staple seasoning in Chinese food, among other things. Some of the most common reactions from MSG are headaches, difficulty breathing, nausea, vomiting, irregular heartbeat, and depression. The tough part about avoiding MSG is that it's found in many foods, but not listed in the ingredients, or even worse, it's referred to as "natural flavor." Your own tolerance level to MSG can vary widely from the next guy. While it might take a pile of it to affect him, the smallest amount could trigger a reaction in you. And that reaction could come as soon as immediately after contact to as long as 48 hours later. Just look at how many ways the industry hides this stuff!

### These ALWAYS contain MSG:

Glutamate, monosodium glutamate, monopotassium glutamate, glutamic acid, calcium caseinate, sodium caseinate, gelatin, textured protein, hydrolyzed protein (and any protein that is hydrolyzed), yeast extract, yeast food, autolyzed yeast, and yeast nutrient (NOTE: Brewer's and nutritional yeast are not included in this category.)

### These OFTEN contain MSG:

Malt extract, malt flavoring, barley malt, bouillon, stock, broth, carageenin, maltodextrin, whey protein, whey protein concentrate, whey protein isolate, pectin, anything protein fortified, flavor(s) and flavoring(s), natural flavor(s) and flavoring(s), natural pork flavoring, natural beef flavoring, natural chicken flavoring, seasonings (the word "seasonings"), soy sauce, soy sauce extract, soy protein, soy protein concentrate, soy protein isolate, and smoke flavoring

Hidden MSG is not limited to foods. MSG-sensitive people have reported reactions to soaps, shampoos, hair conditioners, and cosmetics that contain MSG. The most common obvious hiding places are in ingredients called "hydrolyzed protein" and "amino acids," although not all amino acids contain MSG. Drinks, candy, and chewing gum are also potential sources of MSG. Also aspartic acid, found in aspartame, has been reported to cause MSG-type reactions in MSG-sensitive people. Aspartame is also found in some medications, so it is a

good idea to check with your pharmacist. Binders and fillers for medication, nutrients, and supplements, both prescription and non-prescription, including some food formulas and some fluids administered intravenously in hospitals, may contain MSG. Even "good" foods that do not contain MSG can cause adverse reactions in certain people. Strawberries, pineapples, tomatoes, grapefruits, and oranges are common culprits in causing hives, skin rash, and more often, pimples on the tongue and "cold sores" on the lips.

As a side note, sometimes suspected food allergies or sensitivities can actually be reactions to fabric softeners, deodorant soaps, or detergents touching the skin and producing rashes or other symptoms. If you have a reaction to a certain food or product, simply avoid it. For additional information, please refer to my book, *Eating Right for the Health of It*, available at a 20% discount in the Life Grocery book department.

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.

## The Fountain of Youth

By Brian Murray, M.Ed.

Do you feel weak? Do you wish you had more energy. Do you find yourself sitting on the sidelines of life? If you answer yes to any of these questions, I have good news for you—it doesn't have to be that way.

*Sarcopenia* is the medical term for the age-related loss of muscle tissue. Although the condition is age-related, it is not necessarily due to the aging process. It appears that loss of muscle tissue is mostly due to inadequate use. This condition sneaks up on you. It is one of the most devastating health problems that nearly all adults suffer.

After the age of 30, adults typically lose ten ounces of muscle mass per year, which is approximately six pounds of muscle per decade. Can you imagine how much less you can do without six pounds of muscle on your body? And that is in only one decade! The loss of muscle tissue triggers many problems: basal metabolic rate decreases and body fat increases, while aerobic capacity, blood sugar tolerance, and bone density decrease. Losing your muscle tissue is a losing proposition all the way around.

Unfortunately, simply being active is not enough to protect your muscles from gradually wasting away. A high degree of muscular effort is necessary to stimulate muscle growth. There are numerous studies

that confirm this. In a 1990 study by Klitgaard et. al., elderly men (68 years old and up) with different exercise backgrounds were studied. Muscle biopsies were taken from the leg and arm muscles of four groups—sedentary, runners, swimmers, and weight trainers. The muscle biopsies were compared to a control group of 28 year old men. The results showed that only the elderly strength-trained men had muscle characteristics identical to those of the young men.

Strength training has been scientifically proven to halt and reverse the loss of muscle tissue. Building stronger muscles is the single best medicine any man or woman can prescribe for themselves. Drink from the fountain of youth . . . that is strength.

### References:

Klitgaard H, Mantoni M, Schiaffino S, Ausoni S, Gorza L, Winter C, Schnohr P, Saltin B. Function, Morphology and Protein Expression of Aging Skeletal Muscle: A Cross Sectional Study of Elderly Men With Different Training Backgrounds. *Acta Physiol Scand*. 1990 Sep;(1):41-54.

Brian Murray is founder of 20/20 Fitness, a state-of-the-art strength training center. For more information contact Brian at 2020fitness@bellsouth.net or call 404-459-0270.

Want to receive an email each day with Café Life's daily specials? Click on "contact us" at [www.lifegrocery.com](http://www.lifegrocery.com) and provide your name, email address, and the words "subscribe to daily café specials" in the message space. To cancel, type "unsubscribe to daily cafe specials" in the message space.

## Saturday June 25, 2005 Summer Life Fest

12:00 pm- 4:00 pm

Live Music by  
Composer &  
Musician  
Jonn Serrie

composed and  
performed  
music in  
What the "Bleep"  
Do We Know  
with Marlee Matlin

Members  
Receive  
**10% off**  
all in-stock  
purchases  
all day  
9 am-8 pm



# Produce of Life

By Kim Strickland

Spring is upon us once again, and along with that comes longer days, more sunlight, and lots of fresh produce. A few weekends ago, my family, along with several others in our neighborhood, tilled up some common land and planted some early spring crops and will soon be putting in summer vegetables.

Peaches and green beans will be coming into season during May and June. Peaches are packed with a surprising amount of nutrition. A medium peach has about 465 IU's of beta carotene, which is thought to be a powerful anti-aging agent. Beta carotene is important for our immune systems, as it helps to prevent damage from free radicals. Not only that, but one medium peach has B vitamins, 3 mcg of folic acid, 5.7 mg of vitamin C, 4.3 mg of calcium, 1.4 grams of fiber, 171 mg of potassium, .6 grams of protein, and a touch of zinc.

If peeling, peaches should be washed gently then peeled. Use lemon juice or lime juice to keep them from turning dark. Peaches can be eaten fresh or cooked in almost any way you can imagine, from baking to grilling. Their natural sweetness rarely needs added sugar. What could be better? Look for the fruits that have a yellow or creamy color. These will be the sweetest. Avoid those with a tinge of green.

Green beans are an excellent source of vitamin C, while also being a good source of vitamin A and folate. The vitamin K provided by green beans is a spectacular 122.0% of the daily value in one cup and is important for maintaining strong bones. Vitamin K1 activates osteocalcin, the major non-collagen protein in bone. Osteocalcin anchors calcium molecules inside of the bone. Green beans can also help prevent colon cancer. The vitamin C and beta-carotene in green beans help to protect the colon cells from the damaging effects of free radicals. The folate contained in green beans helps to prevent DNA damage and mutations in colon cells, even when they are exposed to cancer-causing chemicals. The fiber in green beans can help prevent colon cancer as well, as it has the ability to bind to cancer-causing toxins, removing them from the body before

they can harm colon cells. Popeye was mistaken—green beans have almost twice as much iron as spinach! Green beans are a very good source of iron, an especially important mineral for menstruating women, who are more at risk for iron deficiency. Iron is an integral component of hemoglobin, which transports oxygen from the lungs to all body cells. It is also part of key enzyme systems for energy production and metabolism. If you are pregnant or lactating, your need for iron increases. These are all good reasons to add green beans to your shopping list the next time you head to Life Grocery.

Choose beans that have a bright color without brown or soft spots. The beans should snap easily when bent. Purchase beans that have a smooth feel, are a vibrant green color, and are free from brown spots or bruises. They should have a firm texture and snap when broken. Store unwashed fresh beans pods in a perforated plastic bag kept in the refrigerator crisper. Whole beans stored this way should keep for about three days.

## ***Peach and Basil Sweet Platter (serves 6)***

- 5 to 6 large, sweet, ripe peaches, sliced into 1/2" wedges
- 2 sweet potatoes, sliced in wedges and baked at 350 for about 1 hour
- 1 c lightly packed fresh basil leaves, with stems removed
- 1/4-1/2 c pine nuts, toasted

1. Combine all ingredients in a large mixing bowl.
2. Toss with Poppy Seed Dressing (recipe below) and spoon onto an attractive serving platter as a first course.

## ***Poppy Seed Dressing (makes 1 1/2 c dressing)***

- 2 T dry mustard
- 2 T poppy seeds
- 1/2 t salt
- 1/4 t ground black pepper
- 1/4 t paprika
- 2 T + 1 t Sucasat

- 1/2 c organic canola oil
- 1/3 c apple cider vinegar
- 1/4 c lemon juice
- 1/4 c water

1. Combine all ingredients in a jar and shake well.
2. Refrigerate. Keeps well for 2 weeks.

## ***Green Bean and Walnut Salad (serves 8)***

- 1 lb green beans, trimmed
- 6 tomatoes, quartered
- 2 celery sticks, finely sliced
- 1 carrot, grated
- lettuce leaves, washed and dried
- 1 apple, quartered, cored and sliced
- 2-4 T chopped walnuts

## ***Dressing***

- 1 garlic clove, chopped
- 2 t red wine vinegar
- 1 1/2 T olive oil
- freshly ground black pepper

1. Steam or microwave beans until just tender. Refresh under cold running water and drain.
2. Combine beans, tomatoes, celery, carrot, lettuce, apple and walnuts in a salad bowl.
3. Refrigerate until ready to serve.
4. To prepare dressing, place garlic, vinegar, oil, and pepper in a screw top jar and shake well.
5. Just prior to serving, pour dressing over salad and gently toss to coat ingredients.

## ***Resources:***

- [www.vegaradise.com](http://www.vegaradise.com)
- [www.mercola.com](http://www.mercola.com)
- [www.whfoods.com](http://www.whfoods.com)

*Kim Strickland is a N.D. student at Clayton College of Natural Health. For more information call 770-218-3952.*

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# Cleaning Safely

By Sandra M. Yee, DCM

As my family knows well, I love creating in the kitchen—but dilly-dally in cleaning up. Usually it takes expected visitors to get me to scrub the spattered soup and scattered kale from the counter (and walls and floor) with baking soda, vinegar, and essential oils. With the house smelling so fresh and fruity, you'd never know I'm a mess.

Cleanliness is dangerously close to sickness in the modern world. Most commercial cleaning products, including laundry detergent, dishwashing liquid, bathroom sprays, and even hand soap, contain dangerous chemicals that stress our immune systems. As the cleansers bleach and disinfect, we (and our children) develop breathing disorders, skin irritations, and so-called allergies. Unfortunately, this makes many people think we need MORE anti-bacterial soaps and wipes!

Nature gives us so many simple ways to clean our bodies, our homes, and our emotions. Baking soda added to laundry eliminates odors and can be used to scrub tubs, sinks, and toilets. Added to a bath, baking soda helps neutralize chemicals in the water. Vinegar is a natural disinfectant, great for washing floors and vegetables.

The best part of cleaning is wiping down surfaces with essential oils, many of which are naturally antiseptic and deodorizing. Eucalyptus, pine, thyme, and tea tree oils work powerfully against bacteria and release pessimism, regret, and congestion from our Lungs. Citrus oils like lemon, grapefruit, lime, orange, and bergamot inhibit bacterial growth and release frustration, tension, and toxins from the Liver. These natural scents can be safely inhaled, allowing everyone in the house to benefit from the emotional uplift—and they make mopping feel like fun.

Cleaning with essential oils helps make our homes safe, sensual havens from a chemically-loaded world. When we can breathe deeply and freely, we inspire health to heightened, happier levels.

Sweet joy for your path of continued self-realization.

*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 Atlanta area. For personal wellness coaching, contact Dr. Yee at 678-488-6633.*

# Blood Group A

By Linda Townsend

It really takes Blood Type A people to appreciate the temperamental artist. BioType As, as I prefer to call them, are exquisitely creative, exceptionally sensitive, and terribly conflicted. Their health problems are no less perplexingly eccentric by conventional medical standards and, yet, the entwining of their complexities are explained in the bioenergy system.

Let's briefly review some points from my last article. The blood's chemistry produces distinct biocolor patterns in the body's bioenergy system. These biocolors work as a polarized (colored) lens on a camera, invisibly tinting our perceptions and bioenergy reactions. The attributes described herein are generalized.

Based on my own research, the arrangement in the outer layer of the bioenergy system's Physical Aspect cause BioType As to perceive first through Magenta and then Indigo, producing a tendency to emotionally internalize. Hippocrates would say they are predominately Melancholic, a temperament described both as self-blaming, self-centered, and self-sacrificing. How's that for being contradictory? True to their conflicted nature, BioType As do not easily fit the Keirsey classifications. They are generally more introverted, intuitive, and perceiving, but they are almost equally thinking and feeling, not so much one or the other. Their Gregoric learning style is predominately Abstract Sequential, logical thinkers that are stimulated by abstract ideas and enjoy gathering information.

Complexity is also the theme of BioType A bioenergy pattern. Examining the three layers of the Physical Aspect, BioType As have Indigo predominate in the outer layer, but lacking in the other two. The lacking Indigo triad, also involving Scarlet and Yellow, causes BioType As to be predisposed to conditions of the nervous system, cardiovascular system, reproductive systems, colon, adrenal glands, and urinary bladder. However, BioType As, with neurological concerns, can also have a variety of conditions seemingly unrelated to their blood type.

BioType As do better eating a mostly vegetarian, raw foods diet with high amounts of soy foods and at least one ounce of vegetable oil or flax seed oil daily. Yet, some do well with high protein diets, if the carbohydrate intake is very low to zero. Unfortunately,

many BioType As tend to eat high carbohydrate diets with cooked foods, and this often causes overweight conditions and related health problems for them.

BioType As are easily tickled pink, but are prone to dark moods. They tend to have higher IQs, are fault-finding, examine all options before making a decision, and are highly talented in the arts, but the one gift often overlooked is their sensitivity to energy influences, possibly due to bioenergetic weaknesses in their nervous systems. Many actually feel ill effects from electromagnetic fields instantly!

Most of the intuitive people I know, who just seem to have the gift and desire in the art of healing others, are BioType As. Yet, BioType As tend to heal slowly and also are the least equipped energetically to resist bad energy influences and stress-related illnesses. Therefore, they are not self-centered as much as subconsciously struggling between safeguarding their own sensitive bioenergy systems and performing self-sacrificing acts. This may explain why BioType As are very health conscious, even when they are generally well.

Look for information on BioTypes B and AB in upcoming issues of *The Life Line*!

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

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*Article reprinted from the Winter 2005 issue of Affirmative Thinking, the quarterly newsletter of First Affirmative Financial Network, LLC, adapted from a longer article by Marc Gunter in the Washington Post, November 14, 2004.*

## Corporate Behavior is Changing

The diligent efforts of responsible investors aimed at making companies more transparent and accountable global citizens are paying off. Despite the cynicism about corporate America that has been fed by Enron and other scandals, the truth is that many of America's big companies are becoming more socially responsible, more green, more diverse, more transparent, and more committed to serving the common good—as well as the bottom line.

Hewlett Packard, Dell and IBM have agreed on a far-reaching code of conduct to protect the health, safety, labor, and human rights of people who work for their suppliers in the developing world. Suppliers will be audited to ensure compliance. Factories that fail the tests will have to reform or lose business.

Voters from Mississippi to Oregon approved resolutions opposed to same-sex marriages, and fewer than a dozen states provide health care benefits to the domestic partners of gay and lesbian employees. But 227 companies in the Fortune 500, including General Motors, Ford, and ChevronTexaco, now offer domestic partner benefits.

Home Depot and Lowe's have pledged to stop buying wood from endangered forests in such places as Indonesia and Brazil. UPS operates more than 1,800 vehicles that use "alternative fuels" rather than gasoline, including electric-powered vans in New York City. "Sustainability" has become a buzzword in corporate circles.

DuPont, once labeled America's worst polluter, is remaking itself from an oil-and-chemicals company into an environmentally friendly life sciences firm—it has cut its greenhouse gas emissions by 65% since 1990. American Electric Power, the nation's biggest coal-burning utility, has voluntarily agreed to reduce its carbon emissions, is investing in renewable energy, and planting trees to offset its contribution to global warming.

While the federal government is growing more secretive, leading companies are becoming more open. Gap Inc. issued a warts-and-all report in 2004 acknowledging that some overseas workers who make its clothes have been mistreated. The company vowed to do better. Unilever, Coca-Cola, Johnson & Johnson, and others are exploring ways to profitably serve the world's 4 billion poor and promote economic development by helping to establish local businesses, such as manufacturing low-cost utilitarian products such as water purification pills.

The move toward corporate responsibility has not generated much press attention. That's partly because scandal stories are juicier. Mostly it's because changes in corporate practices have been incremental. But chief executives of closely watched firms like General Electric do not promise to become better global citizens unless they intend to follow through. "If you want to be a great company today," Jeff Immelt, GE's CEO, likes to say, "You have to be a good company."

In addition to the shareholder advocacy efforts of social responsibility-oriented investors, the biggest driver of corporate reform is the desire of companies to attract people who seek meaning, as well as money, from their work. Few of us go to our jobs every day to enhance shareholder value. Younger people, especially, want to work for companies with a mission that goes beyond the bottom line. According to GE's Immelt, "The reason why people come to work for GE is that they want to be about something that is bigger than themselves."

*First Affirmative is an independent investment advisory firm specializing in socially and environmentally responsible investing. Paul Perret, a member of First Affirmative, is licensed in Georgia. License held: 6, 63, and 56. Contact Paul at 1-800-654-0617 or theperretgroup@pesmail.com.*

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# Balance, Equality, and the Summer Solstice

By Janill Mitchell, Usui and Karuna Reiki Master/Teacher

Daylight begins to equal the length of night's darkness as we approach the summer solstice on June 21. At this time, the sun enters the astrological sign of Cancer, followed closely by a full moon in Capricorn the next evening (a unique and perfect manifestation of balance with the sun in Cancer and the full moon in Capricorn). The summer solstice represents a time of perfect balance between the energy of the sun and the energy of the dark of night. This is a balance that we as beings on the earth can strive to emulate.

The sun is a symbol of masculine strength. It is outgoing, supportive of action, doing, and learning. It is important for all of us to have a healthy masculine side to succeed in life, at our careers, and our dealings with the world "out there." It is a natural part of the psyche, regardless of gender.

The night is a symbol of feminine strength. It is focused inward, supportive of resting, being, and knowing. It is important for us to have a healthy feminine side to feel successful, to create and sustain nourishing relationships and a safe haven.

Achieving perfect balance results in happiness, fulfillment, and contentment. Are you looking for that? To help us in this quest, we have the help of that powerful celestial body, the moon. The moon shows up at the perfect time to illuminate us. The moon's function is to shine light in darkness so that we may see and understand. It allows us to reflect. What do you see when you reflect on the male and female archetypes that you are currently living through? Do they enjoy equality in power? Do they have healthy responses to life's challenges? Do you experience happiness, fulfillment, and contentment?

It is exciting to me to know that I can heal the inner working of my being and thereby change my experience of life to include more happiness, fulfillment, and contentment. With Mother's Day in May and Father's Day in June, the summer solstice is the perfect time to take a look at this part of our being. Here is one way to do that:

1. Sit upright with your feet on the floor, your spine erect, your chin tucked slightly. Take some relaxing breaths as you allow all of your muscles to let go and become soft. Your body becomes heavy and your breathing is deep and regular.
2. In your mind's eye, create a board room with a long table and chairs all around. Use what ever colors make you feel happy and safe. Have fun decorating the room. Next, settle down into the "power chair." You are, after all, the boss of this organization.
3. Invite all the female members of the subconsciousness to join you in the room and sit there a moment as they begin to file in and find their place at the table. It may be surprising to see who shows up.
4. Call the meeting to order.
5. The purpose of this meeting is to determine the health of the team and to create an action plan for improvements. Invite each member to make a statement. Discover how each of these personalities affects you, the choices you make, and your quality of life.
6. Determine an action plan for any personality that is unhealthy. A personality may need healing, a day off, or perhaps simple acknowledgement. You may need to fire someone and hire someone more appropriate. You are the boss and this is your team for creating a happy life.
7. Get the healing you need. This may mean going to a qualified therapist for assistance. Both the medical and holistic communities offer support for this kind of healing. Imbalance in the psyche is manifested in imbalance in the physical body as well as in the emotions. The most appropriate healing may involve being facilitated by someone else.

Now do the same for all the male members of your subconscious board. When the female team is healthy and strong, as well as the male team, bring them all together. Develop strategies for working together harmoniously. Each team member is allowed a voice that carries equal weight. Each team member is valued and appreciated.

Doing this kind of work may seem silly or too involved or (fill in the desired excuse). You don't have to believe me that doing this work makes a big difference in how life is experienced. All you have to do is try it for yourself and see. Use the month of May to heal your female side and the month of June to heal the male side. At the solstice, bring yourself into harmony by uniting the two sides. Discover wholeness as you achieve healthy balance.

The perfect balance that we see manifested now, as the summer solstice approaches, is something that we can attain for ourselves . . . all we need to do is allow the bright light of reflection to shine into the darkness of our subconscious creations, beliefs, and motivations in order to see clearly. From that place of clear understanding, we have the ability to choose our experience. Healing makes all things possible all of the time. Enlightenment is possible in this lifetime.

*Janill Mitchell teaches by example with compassion and love. As Director of The Phoenix House, a healing and retreat center, she provides opportunities for those seeking to discover wholeness through workshops, classes, retreats, and healing. For further information, call 770-773-0352.*

## It Ain't Necessarily So

By Don Bennett, DAS

A friend of mine recently had his cholesterol tested and was found to have normal levels. Good news? Not necessarily. The diet of this person is about as unhealthy a diet as a human could eat. But since his cholesterol levels were picture perfect, his reasoning was that his diet is "just fine." The problem with a cholesterol test is that it doesn't tell the whole story and is, therefore, not the best indicator of your overall health. Sure, if your cholesterol is "high," there may be reason for concern, but just because it is normal doesn't necessarily mean you're in good health. Based on what he eats, my friend's diet is likely to be doing him a lot of harm, regardless of what he believes.

It has long been thought that low bone mass is usually a sign of the bone-thinning disease osteoporosis and that it certainly increases ones risk for fractures. But a recent study at the Washington University School of Medicine in St. Louis, which was published in the March 28, 2005 issue of the Archives of Internal Medicine, found that although people who follow a raw-food vegan diet (no animal products) had lower bone mass than those eating a more typical American diet, their bones were healthy, with normal "turnover rates" and with no signs of osteoporosis. Most nutritionists and the food industry would have us believe that a diet without dairy foods can lead to osteoporosis, yet this

study would suggest otherwise . . . and it isn't the only evidence that what we've long believed to be so isn't so at all.

Another long-standing belief is that it's better to spray fruits and vegetables with pesticides to keep bugs off them. As it turns out, it's actually healthier to eat a piece of fruit that has already been nibbled on by a bug. One of a plant's natural methods of pest defense is to produce certain substances when the plant is attacked by an insect, in order to repel the little bugger. One of these substances is *bioflavonoids*. And as anyone who has spent any time in the supplement aisle knows, we need bioflavonoids (a vitamin that maintains the resistance of cell and capillary walls). So by buying "conventionally grown" fruits and vegetables, you're not only getting something you don't want (pesticides), but you're missing out on something you do want and need. Thank heavens there's plenty of organically grown produce at Life Grocery.

*Don Bennett is a Disease Avoidance Specialist, lecturer, and the Director of the Health 101 Institute. Don's lectures explode common misconceptions about food and health. For enlightening and empowering health information, visit [www.health101.org](http://www.health101.org)*

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# Eat Light, Shed Pounds, and Detox

By Dr. Brenda Cobb

Springtime is here and, with summer right around the corner, it's the perfect time to shed those extra pounds and detox your body. Fresh organic fruits and vegetables will nourish, provide clean burning fuel, help you detox, and help you lose unwanted weight. The right combinations of raw fruits and vegetables will energize you, too.

Toxins store in cells and fat. High levels of toxicity can make a person really sick. Obesity, once again, impairs health. Diseases of all types have been linked to toxicity from eating fried foods, and processed foods, as well as foods with chemicals, colors, additives, and preservatives.

People are exposed to chemicals in much greater concentrations than in previous generations. There are over three thousand chemicals added to our food supply. Drinking water has over seven hundred chemicals, including excessive lead. Gasoline, paint, household cleansers, cosmetics, pesticides, and dry cleaning fluid pose serious threats because the body cannot break them down easily. The current level of chemicals in our food, water supply, and environment has lowered our threshold of resistance to disease and altered the body's metabolism, causing enzyme dysfunction, nutritional deficiencies, and hormonal imbalances.

Toxicity makes the body acidic. To restore health, we must bring back alkalinity to the body. The best way to do that is by eating fresh, organic raw fruits and vegetables and living (sprouted) foods.

It is important to detoxify your body at least once a year. As you flush out the toxins, the weight will melt away and you will feel like a new person, energized and full of life. Detoxification is a way to clear potential acute and chronic disease out of the body. It's a way to heal many early or later stage conditions. The need to tackle toxic burdens before they manifest themselves as disease has never been greater. The future of health care must have at its very core the requirement of detoxification.

Add colonics and enemas, along with eating more organic raw and living foods, and the body will restore its health. There's no better time than right now to take control of your health. And, a great way to begin is by detoxing and rebuilding your body cell by cell from the inside out.

Raw vegetables combined with lemon juice and garlic are refreshing, light, and delicious. You don't have to be a gourmet chef to prepare quick, easy, complete salads, or smoothies. If you've put on extra pounds eating fried foods, milk, cheese, eggs, fatty meats, bread, pasta, candy, cookies, and cakes, you can easily take off those extra pounds by eating organic raw and living foods. Even better, once you take them off, you can keep them off by continuing to eat in this manner. This is because raw and living foods are full of enzymes and to lose weight the body must have living enzymes.

You can accomplish several things at once. Think of it as "multi-tasking health." You can detoxify, lose weight, gain more energy, heal disease, clear up your skin, add luster to your hair, grow stronger nails, and energize yourself.

Here's a delicious salad or smoothie full of protein, vitamins, and minerals. You choose which way to go.

## Smiling Salad or Energizing Smoothie

1 c romaine lettuce  
1 c spinach  
½ c red bell pepper  
½ c yellow squash  
½ c tomato  
½ c celery  
½ c cucumber  
½ c cauliflower  
½ c broccoli

Dressing  
juice of one fresh lemon  
½ avocado  
1 clove chopped fresh garlic  
½ c filtered water  
2 t powdered kelp

1. Chop all the vegetables and put in a bowl.
2. Combine all the ingredients for the salad dressing in the Vita-Mix and blend a few seconds until creamy.
3. Toss the salad vegetables with the dressing until they are completely coated. Enjoy the feast!
4. For a smoothie version, put everything in the Vita-Mix.
5. Add an extra cup or two of water and blend into a delicious and satisfying smoothie. This is a great way to eat on the go!

### Resources:

*Alternative Medicine* by Burton Goldberg  
*Hippocrates Diet* by Dr. Ann Wigmore  
*Staying Healthy with Nutrition* by Elson Hass, M.D.  
*Diet for a Poisoned Planet* by David Steinman  
*The Complete Guide to Health and Nutrition* by Gary Null

Brenda Cobb, author of *The Living Foods Lifestyle*, *Colon Cleansing For Optimum Health*, and *101 Raw and Living Food Recipes*, is founder and director of the Living Foods Institute, featuring classes in the Living Foods Lifestyle to help people detoxify and rebuild their bodies naturally with raw and living foods. For more information, visit [www.livingfoodsinstitute.com](http://www.livingfoodsinstitute.com) or call 404-524-4488.

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The Life Line



# Cheyenne's Story

In children with Gluten Intolerance/Celiac, one of the more common symptoms, aside from the typical intestinal symptoms, is behavior that is way beyond the normal temper tantrum, acting out, or hyperactive behavior that is common for toddlers and pre-schoolers. In my own daughter, Cheyenne, prior to her diagnosis of Celiac, she would go into these uncontrollable fits where she would throw herself onto the floor kicking, biting, hitting, and screaming, and she couldn't stand to be touched. This was not triggered by any external stimuli, like not getting her way, but happened within 30 minutes of eating. When the fit would pass, she would lay on the floor crying, saying "I'm so sorry Mommy; I couldn't help it." Understandably, this broke my heart, and I wanted to find out what was causing these outbursts, so I went after the obvious suspect of processed sugar. We eliminated all of the sugar from her diet, but she still continued to have the uncontrollable fits. Honestly, I was at a loss as to what it was.

After we went through my diagnosis of Celiac in March of 2003, and learning about the diet, it was easier to feed her what I was eating. She showed rapid improvement in her behavior at home, but she was still having meltdowns at daycare or after I picked her up in the evening.

At Cheyenne's three-year well check-up, we were startled to discover that she was anemic, hypoglycemic, and only in the 10<sup>th</sup> percentile for weight, while she was right on track for height. As an infant, she had issues with projectile vomiting and this continued as she grew. She also had frequent diarrhea and we would constantly have to battle with her to get her to eat anything because her tummy hurt every time she ate.

After telling her pediatrician that I had recently been diagnosed with Celiac disease, her doctor decided to refer her to a pediatric gastroenterologist, who "poo-pooed" my suggestion that she might have Celiac and said "Oh it's just Irritable Bowel Syndrome." After some discussion, this doctor agreed to do a blood test, but did not do the correct test for Celiac. He did the food allergy screening test, instead, and said that it was negative for a wheat allergy so, therefore, she did not have Celiac. Now, I will concede that maybe the lab did the wrong test, but the point is that the correct test for Celiac was not done.

So, I went back to the pediatrician. I told her I was not happy with the outcome of the trip to the pediatric gastroenterologist, that I had been doing research on Celiac, I knew that it was inherited, and I could tell a difference in her when she ate what I was eating on the gluten free diet. Her pediatrician then agreed that we

would put her on the gluten free diet for a trial basis and "see how she does."

Well, she did great! There was almost instant improvement in her behavior and her tummy problems. Her pediatrician then decided that if the diet was working for her, that we would not go through more testing simply because of how traumatic the testing process can be, and we would just say that she has a gluten intolerance and leave it at that. We KNOW that she has Celiac, and we know that she feels so much better and is absolutely thriving on this diet. Her doctor gave me a note to keep on file for school or any other situation where she would need to be able to bring her own food, and that's good enough for me.

Cheyenne's preschool has been so supportive. They have even provided my daughter with her own shelf in the kitchen and space in the freezer to keep her food. Several times a month, they will even make a meal (that I provide) for the entire class to eat, so that she can share her yummy food with her classmates and won't feel left out.

Another thing that I didn't realize at first, was that school art supplies, such as paste, play dough, finger paint, and pasta noodles all contain gluten, and when Cheyenne would play with these things she would break out in hives all over. It hit us one day that if it was causing that on the outside, what did gluten do to her insides? She doesn't even need to ingest gluten for it to cause a problem; she reacts just from touching it for extended periods of time. I took this as a challenge, and I came up with a gluten free play dough and made enough for her entire class. The kids all love it. I provided the teachers with lists of "safe" school craft items and several bags of fun-shaped gluten free pasta in multiple varieties, so that they can use these for class art projects and not have to worry about keeping Cheyenne separate.

Next year she will start Kindergarten, and I'm nervous about her venturing into the big bad world of elementary school, but hopefully she will have a supportive teacher that will help us through this.

Here are a few of Cheyenne's favorite kid-friendly foods that you can get at Life Grocery. *Amy's Organics Rice Pasta Garden Vegetable Lasagne, and Rice Macaroni and Cheese. Ian's Allergen Free Fish Sticks and Chicken Nuggets, Applegate Farms Turkey Bologna, Pamela's Brownies, 1-2-3 Gluten Free Buckwheat Pancake Mix, Envirokids Organic Crispy Rice Bars, and Stoneyfield Farms Squeezable Yogurt Tubes.* She likes me to freeze them and she eats them like popsicles!

By Nisla C. Whetstone, L.M.T. and Amateur Chef

Here are a few more of Cheyenne's favorite dishes:

## Easy Chef "Girl Yummy" Spaghetti

(better than the canned stuff that most kids like)

1 pkg *Tinkyada* spaghetti-styled rice pasta, cooked according to package directions and drained  
1 can *Amy's Organics* Creamy Tomato Soup  
garlic powder, salt, and pepper to taste

Mix all ingredients together and serve! This freezes well. I put it in small, single-serve plastic freezer containers, and when Cheyenne wants a quick meal of spaghetti, I can pull this out, remove the lid, and microwave for 1-2 minutes.

## Bologna Rolls

*Applegate Farms* Turkey Bologna  
*Horizon Farms* American cheese or other cheese substitute

Place cheese on an individual slice of turkey bologna and roll up and eat! This can be served with *Real Foods* original Corn Thins. Yummy!

## Ice Cream Sandwiches

1 pkg *Kinnikinick Montana's* Chocolate Chip Cookies  
1 container of your favorite gluten free ice cream (softened by setting out for 15-20 minutes before assembling)

1. For each "sandwich," use two cookies and 1 scoop of ice cream.
2. Assemble on a cookie sheet lined with parchment or wax paper, then place in freezer for 2 hours.
3. Remove and wrap individual ice cream sandwiches in cling wrap, place in a gallon-sized freezer bag, and return to freezer!

Enjoy whenever you feel like having a cool treat!

*Nisla Whetstone is a Licensed Massage Therapist at Emery Chiropractic Clinic (next to Life Grocery) and an amateur chef and Gluten Free Lifestyle Coach. She can be reached at 770-509-2433 (wk) 770-653-6017 (cell) and e-mail: nisla@comcast.net.*

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# Echinacea Rubuttal

By Michael T. Murray, N.D.

A recent article in *New England Journal of Medicine* (NEJM) reports that no significant differences in cold-related measures were observed in a double-blind study in which volunteers who were artificially infected with rhinovirus received either placebo or one of three specially prepared extracts of *Echinacea angustifolia* root.<sup>1</sup> While the media will, once again, jump all over this article as “proof” that echinacea does not work, it is once again important to keep things in perspective.

## Important caveat

What determines the effectiveness of any herbal product is its ability to deliver an effective dosage of active compounds. The specific components of echinacea responsible for the immune enhancing effects of echinacea are the polysaccharides, alkylamides, and cichoric acid. While each is effective alone, the greatest degree of enhancement occurs when the three active components are at a specific ratio.

Researchers involved in the development of *Echinamide*, a clinically proven, highly effective echinacea product, discovered that there are several critical steps in making an effective echinacea preparation. First, the plant (*Echinacea purpurea*) must be grown under ideal conditions and harvested at the exact time for maximal levels of all active compounds. It is also imperative that the echinacea be treated properly after harvesting. Studies indicate that it is best to use extracts made from fresh plant material. However, if the fresh plant material is not processed immediately, the content of several key components, especially cichoric acid and alkylamides, will be low (as much as 80% will be lost). It is also essential that the extraction be carried out under ideal circumstances and that all three active components be available in an ideal ratio.

## Echinacea anugustifolia vs. purpurea

In the recent NEJM study, there were several methodological problems. First of all, the three *Echinacea* preparations were manufactured for the study from a single lot of dried root. All were made at a concentration ratio of 1 kilogram of root to 5 liters of extract (1:5 tincture) and were extracted with supercritical CO<sub>2</sub>, 60% ethanol, and 20% ethanol, respectively, to yield different percentages of alkylamides. The dosage for each of the extracts was 1.5 milliliters, three times daily, representing 300 milligrams per dose or 900 milligrams per day of *Echinacea angustifolia* root; hardly an effective dosage.

What this means is that the product studied was not the same as the clinically proven *Echinamide*

(standardized extract of *Echinacea purpurea*). And, the dosage used was less than that required for clinical effect. I like the comment from American Herbal Product's Michael McGuffin about the insufficient dosage, “. . . it is not unlike taking one-third or less of the dose of cough syrup and wondering why you are still coughing. The standard dosage for dried *Echinacea angustifolia* root used at the onset of a cold is well established at three grams per day or more, and this study used less than one gram.”

Another problem with this study may be the experimental model. It involves artificially exposing subjects to a very high dosage of rhinovirus inoculated directly in the nasal passages. While considered the gold standard in common cold research, it is unlikely that the nonspecific nature of echinacea would result in significant protection against this viral assault, even if an appropriate preparation and dosage was used.

## What to look for in an Echinacea product

It has been clearly shown that the single most important aspect in getting results from an echinacea product is to make sure that it is guaranteed to provide sufficient levels of all three classes of all three key categories of active compounds in their proper ratio. The benefits of such a preparation have been clinically verified. For example, recently published studies with a commercially available echinacea product (*Echinilin*,® also available as *Clinical Strength Echinamide*) containing standardized levels of alkamides, cichoric acid, and polysaccharides prepared from freshly harvested *Echinacea purpurea* plants showed just how impressive results can be when a high quality product is used. In one double-blind study, *Echinilin*® or placebo was given to 282 subjects, aged 18-65 years, with a history of two or more colds in the previous year. Subjects were instructed to start the echinacea or placebo at the onset of the first symptom related to a cold, consuming ten doses the first day and four doses per day on subsequent seven days. The total daily symptom scores were found to be 23.1% lower in the echinacea group than in the placebo group. The researcher concluded that early intervention with *Echinilin*® results in reduced symptom severity in subjects with upper respiratory tract infection. Some people cleared their cold symptoms up to three times faster than the placebo group.

There are over 300 *Echinacea* products sold in the world, but there is only one with the unique chemical profile and proven clinical efficacy of *Clinical Strength Echinamide*. Ask for *Echinamide* in the Life Grocery Supplement Department.

Here is a brief summary of the advances made by the scientists at Natural Factors:

## Improved analytical techniques

Developed the appropriate techniques in chemical analysis to isolate and measure the substances within *Echinacea purpurea* that are responsible for its immune enhancing effects.

## Better Growing Conditions

Determined the optimal growing conditions using 100% organic growing standards for *Echinacea purpurea* to yield the highest levels of active compounds.

## More Precise Harvesting

Determines the level of active compounds through the growing cycle and harvests the plant at the most ideal time—when it is highest in active compounds.

## Use of Fresh Herb

Uses fresh *Echinacea purpurea* because typically up to 30% of the active compounds are lost in the drying process.

## Advanced Extraction Techniques

Developed a patented extraction technique that results in a product with the highest levels and broadest range of active compounds available. (Many key compounds in echinacea are typically lost during the extraction phase or are left behind due to inappropriate extraction.)

## Improved Experimental Models

Worked with leaders in pharmacology to develop the experimental models designed to better understand and measure the immune enhancing effects of echinacea.

## Proper Clinical Evaluation

The encouraging results from preliminary studies with *Echinamide* were followed by detailed, double-blind clinical studies at major Universities.

## References

1. Turner RB, Bauer R, Woelkart K, Hulsey TC, Gangemi DJ. An evaluation of *Echinacea angustifolia* preparations in experimental rhinovirus infections. *N Engl J Med* 2005;353:341-348.
2. Goel V, Lovlin R, Barton R, et al. Efficacy of a standardized echinacea preparation (*Echinilin*) for the treatment of the common cold: a randomized, double-blind, placebo-controlled trial. *J Clin Pharm Ther.* 2004 Feb;29(1):75-83.

*Michael T. Murray, N.D., regarded as one of the leading authorities on natural medicine, is a graduate of Bastyr University in Seattle, Washington, and the author of over 20 books, including his latest How to Prevent and Treat Diabetes with Natural Medicine. He is also Director of Product Development for Natural Factors Nutritional Products.*

# The Joy of Innovation

By Michael A. Scimeca, D.C.

To be or not to be? That is the question involving the joy of being an innovator. Innovation is the art of introducing something new. In life, we have the opportunity to birth new things in every moment. Innovation, therefore, is the ability to get out of the way to vibrantly bring in the new.

Artists recognize the importance of getting out of the way to reveal the work of pure artistry. For many artists, happening upon a source of inspiration is essential for the creative process. Many creative endeavors inspire more of the same. A single act of innovation can make a significant impact toward advancing the human condition, the ability of us as humans to experience and express greater peace throughout life.

The joy of innovation requires a love for the creative process. With a passion to actively seek out sources of support, we focus a sharp eye on the majesty of life. We look for stimulation through our senses. We navigate through the mind and the emotions, and provoke the inner muse for creativity. Most importantly, we breathe with eyes wide open; we live so present to the now moment. As a result, we naturally get out of the way and bring in a new creative contribution as an offering of hope.

As artists, we have a breath-filled obligation to live as the creative solution. We see areas in life demanding our attention and, if we are fully aware of our infinite capacity, we answer the call with inspirational ideas and suggestions for creating a peaceful new world. Mostly, we begin to express these ideas through our actions, through the way we live our life. We live each moment as a creative solution, as an artistic innovator of life.

The contribution we can make in each moment is quite impressive. Rarely, however, do we make the quality of contribution we are born to make. To answer this call of vitalistic existence, we become fully present to the moment. We stop participating in mindless chatter.

Instead of following hidden agendas or personal desires, we become still—to finally hear the inspiration of creativity. More importantly, we accept the awesome ability to live as bridges between an insane world and a culture of great, inspirational peace.

Innovation leads to creative solutions for peace. By getting out of the way, we enjoy the ability to support a culture of peace. We can stop, look, and listen for support in bringing in the creative process. If we look attentively, we can see all around us the sources of inspiration calling to us to be the solution.

Through the joy of innovation, we not only live a life filled with inspirational wonder, our life becomes a great source of inspiration to those around us. In other words, by getting out of the way and being the artist we are born to be, our very existence becomes a source of inspiration for others committed to building a culture of peace. Our life of complete devotion calls others to devote themselves most productively. In the end, we enjoy a deep sense of fulfillment. Whether we are putting our heads on a pillow to sleep for the evening or saying goodbye to the majesty of living this wondrous life, we know contentment. We have been conduits of peace, and life is good. We can say with complete satisfaction, "And so it is." Most importantly, we leave a ripple of peace for others to follow. Does this sound too idealistic? The joy of innovation is real and calling. To be or not to be? That is the question.

*Dr. Michael A. Scimeca is a chiropractor practicing in Marietta and Roswell. He is the founder and developer of Catalyst, a gentle hands-on approach for supporting the peaceful function of the body. He is also the owner of Coaching4Peace.com. Michael is a single father with a great passion for sharing core values in support of building a culture of peace. To contact Michael, call 770-992-8220.*

# Burned Out on Sugar

By Sandra M. Yee, DCM

I've not updated you on my ongoing challenge to give up sweets—because I wasn't trying very hard to free myself from my addiction! In the past few months, I added dried figs and dates to my daily menu of raisins-on-the-go.

Well, much to my embarrassment, a new dentist, and the required x-rays, revealed eleven cavities in my sweet teeth.

Too much sugar, natural or not, agitates the Heart Meridian: the heart beats faster, the mind moves faster, and the mouth moves faster—to talk and to eat. Sugar and caffeine keep us going when our fuel tank is empty, but in a domino effect, all the other meridians suffer.

All that Heart energy stokes the Fire element, which burns up an excess of Wood (Liver, which governs physical energy), which is the reason we feel so tired after a sugar binge. The excess Fire also melts an excess of Metal (Lungs, which govern skin) and creates an abundance of Earth (Spleen, which governs metabolism and weight gain). The raging Heart Fire also dries up Water (Kidneys, which govern teeth, bones, and cartilage).

People with weak kidneys are more prone to cavities and other bone disorders. Kidneys are weakened by worry and dehydration. (We also often inherit weak kidneys). In confronting my worry habit, I admit it was easier to eat sweets to distract myself, rather than deal with emotional growth.

Recently dining at a Chinese restaurant, I was gifted with this cookie fortune: "You'll accomplish more later if you take some time for yourself." (I didn't eat the cookie.)

Ah, it looks like I'll be learning to follow my own advice from now on. If you don't see me around town as often, wish me well as I heal. Nothing like vanity to inspire a change in lifestyle!

Giving thanks for the journey of growing bolder, wiser, and much humbler.

*A motivational speaker, writer, and natural health coach, Sandra M. Yee 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.*

The Life Line  
is a bi-monthly  
publication of



Hours:	Store	Café
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Sunday	11 am-6 pm	12-5 pm

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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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Marietta, GA 30062  
770-977-9583

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

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## In This Issue

- 1 Echinacea Rubuttal
- 2 The Joy of Innovation
- 2 Burned Out on Sugar
- 3 Nutrients That Alter Your Genes
- 3 The Aerobics Illusion
- 4 Produce of Life
- 4 Blood Group AB
- 5 Spirited Walking: An Uplifting Physical Activity
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# Nutrients that Alter Your Genes

Nutritional Genomics, a growing field of medicine, is looking at which foods and nutrients can alter your genes. Imagine having a saliva or blood test to determine which foods and nutrients you need in order to manipulate your genes so you don't get high cholesterol or Alzheimer's. Well it is happening today—and scientists have already studied many foods and nutrients for their ability to alter or turn on or off our genes. The foods you choose can either keep dangerous disease-causing genes dormant or wake them up with a vengeance. I have highlighted a few of the foods and nutrients known to positively affect our genes.

## Curcumin

The yellow pigment in turmeric, reduces the action of a number of genes that promote inflammation particularly the Cox-2 gene. We know that inflammation is linked to heart disease, several cancers, especially colon cancer, as well as diabetes and Alzheimer's disease. India, where curcumin is eaten daily as a spice in foods, has the lowest rates of Alzheimer's in the world. In North America, Alzheimer's affects 10% of those over 65 and the rate doubles every five years thereafter. Researchers at the University of California found that curcumin, in both low and high doses, reduced the inflammatory immune factors IL-1 and IL-6 secreted by microglia cells. These cells in the brain when hyper-stimulated can cause neuron destruction. It just makes sense to eat curcumin or take it as a nutritional supplement to help prevent Alzheimer's and memory decline.

## Sulforaphane and D-glucarate

Sulforaphane, found in broccoli, is a powerful gene manipulator; so is D-glucarate found in fruits and vegetables. The body has a way of dealing with toxins

via the liver. There are two detoxification pathways affected by key genes. Phase I detoxification breaks down dangerous substances and then Phase II makes sure they are eliminated. If Phase II is working too slowly to clear away all the toxins, the toxins build up in the system and create disease—particularly cancer. Sulforaphane and D-glucarate make sure the genes that control that system work without failure. Mother was right when she told you to eat your fruits and vegetables, but I would go further and make sure your supplement program includes Sulforaphane and D-glucarate. Everyday we are bombarded by thousands of dangerous chemicals and agents and our genes are crying for help.

## Green Tea

Extensively researched for its cancer protective effects, green tea has been found to work on the HER-2 gene associated with aggressive breast cancer. The HER-2 gene causes growth of cancer cells. Green tea slows the signaling of this dangerous gene in some women. Researchers have found not all women benefit from the powerful gene altering agents in green tea because they may have another gene that produces enzymes that turn off green tea's benefits. But for those with the HER-2 genes, green tea does have a powerful effect.

Green tea has also been found to calm inflammation via the Cox-2 gene. In 1999, several studies were published in Sweden, Taiwan, and the United States describing green tea's efficacy in inhibiting the Cox-2 enzymes which cause inflammation in those with arthritis. Not only was green tea found to be as good as Cox-2 anti-inflammatory medications like Celebrex and Vioxx, but green tea also contains 51 other anti-inflammatory

By Lorna R. Vanderhaeghe

compounds. The USDA Phytochemical Database also identified 15 anti-ulcer compounds in green tea, supporting evidence that long-term use can also inhibit ulcers caused by prolonged use of non-steroidal anti-inflammatory medications including ibuprofen. The three ingredients above are contained in *Estrosense*, which is sold in the supplement department of Life Grocery.

## Vitamin D

Vitamin D, manufactured on our skin from sunshine, works on genes that protect us from colon cancer among other diseases. Those living in the northern hemisphere have double the rate of colon cancer and autoimmune diseases like rheumatoid arthritis and multiple sclerosis as those living in the sunny south. Vitamin D deficiency is endemic in the North, even during the summer months, according to research performed at the University of Calgary, mainly because we are heeding the dangers of the sun and seeking shade, slapping on sunscreen and hats, all to the detriment of our vitamin D stores. Vitamin D in a dosage of 1000 IU is essential to ensuring proper gene activity.

These are just a few of the nutrients now known to manipulate our genes in a positive way.

*Lorna Vanderhaeghe, medical journalist who has been researching and writing about nutritional medicine for over 20 years, has a BS in Biochemistry. She is the author of Healthy Immunity, Scientifically Proven Natural Treatments for Conditions from A-Z, and The Body Sense Natural Diet; co-author of The Immune System Cure; No More HRT: Menopause Treat the Cause; and Healthy Fats for Life. Lorna believes in empowering people with health knowledge so they can achieve optimal wellness.*

# The Aerobics Illusion

By Brian Murray, M.Ed.

Does aerobic endurance training really condition the cardiovascular system? Consider the following quotes:

*When patients participate in exercise programs, they often assume that their heart becomes stronger. This is not the case. Physical training results in a sense of well being because of other effects . . . it improves the efficiency of the muscles . . . it improves the hormonal tone of the body . . . it improves the control of sugar in people with diabetes. However, exercise will not make the heart beat more strongly.*

Bruce D. Charash, M.D., Cardiologist  
from his book, *Heart Myths*, 1991

*You might suspect from the emphasis on cardiopulmonary fitness that the major effect of training is on the heart and lungs. Guess again. Exercise does nothing for the lungs—that has been amply proved . . . nor does it especially benefit your heart. Running, no matter what you have been told, primarily trains and conditions the muscles.*

George Sheehan, M.D., Cardiologist  
Author of several books on running for fitness

*Most of the improvement in functional capacity due to exercise is not even directly related to the heart. It is due to an effect on the peripheral muscle cells, whereby they more efficiently extract oxygen from the blood.*

Henry Solomon, M.D., Cardiologist  
from his book, *The Exercise Myth*, 1987

Did you notice the common denominator in all three quotes? It is muscle.

Aerobics simply make your muscles a little stronger, which gives the illusion that your heart and lungs work better. It is the improvement in muscular strength that brings about the changes we call "getting in shape."

To better understand what may sound completely crazy, consider a 1996 study by Parker and associates. Women ages 60-77 performed a weight-loaded and non weight-loaded treadmill walking test. The weight-loaded test required that the women carry a box weighing 40% of their maximum bicep strength, while the non weight-loaded test required them to walk normally. Both tests were performed before and after 16 weeks of weight training only.

At the end of the 16 week training period, total-body strength had increased by 57% in the women who carried the weighted boxes, and the treadmill test results showed reduced heart rate (they weren't breathing as hard), reduced systolic blood pressure (the heart didn't need to pump as hard), and reduced rate-pressure product (the heart needed less oxygen to perform the same task). The authors concluded that weight training reduces cardiovascular stress.

Did the women in this study improve their heart and lungs? No. So how could these results happen if no aerobic endurance training was performed? The answer is simple. The muscles became stronger. For example, before training it may have required ten muscle fibers to accomplish the treadmill task. After becoming stronger, five muscle fibers were capable of performing the same workload as ten. Therefore, the cardiovascular system only needed to service half as much muscle to perform the same workload.

Stronger muscles are more efficient muscles. By becoming stronger your cardiovascular system will not have to work as hard. Improving strength is actually a heart saver.

## References:

Parker, ND et.al. Effects of Strength Training on Cardiovascular Responses During a Submaximal Walk and Weight-loaded Walking Test in Older Females. *J.Cardiopulm Rehab* 1996 Jan-Feb; 16(1):56-62.

Brian Murray is founder of 20/20 Fitness, a state-of-the-art strength training center. For more information contact Brian at 2020fitness@bellsouth.net or call 404-459-0270.

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# Produce of Life

By Kim Strickland

Traditionally, fall is the harvest season with so many vegetables coming into their full ripeness. I, too, am coming into full ripeness, as I am expecting my second child in the middle of October! In this issue I'll be focusing on lemons and sweet peppers.

One medium lemon has only 20 calories, 6 grams of carbohydrates, 2% of the RDA of thiamine and calcium, and a whopping 355% of the RDA for vitamin C. Since lemons are a good source of vitamin C, they are beneficial for building up resistance against infection. Every part of the lemon, from the rind to the juice, can be used in preparing delicious dishes. Traditionally, a drink of lemon juice, hot water, and honey has been used as a remedy for colds, obesity, and constipation. Lemon juice also contains oil, which studies show help to relieve rheumatism by stimulating the liver to expel toxins from the body. Squeezed over fish or grilled veggies, used in refreshing salad dressings, pies, custards, mousses, or cakes, or simply added to a glass of cold water, lemons are truly a versatile fruit.

To store lemons before preparation, keep them in a cool, well-ventilated storage area. Rinse lemons under clean, running tap water just before cutting. To preserve the fresh appearance of lemon wedges after they are prepared, refrigerate in covered containers. Refrigerated wedges will stay fresh up to four days—whole lemons will keep for two weeks. Due to the high vitamin C content, lemons prevent oxidation and are thus often brushed over cut fruits or vegetables to stop them from turning brown. Lemon juice also makes an excellent stain remover when combined with baking soda.

Nutritionally, peppers vary depending on the variety and stage of maturity. In general, all peppers are a good source of vitamin A and C; the red ones are bursting with these two antioxidants. Antioxidants are a group of nutrients that neutralize free radicals in the body fluids, reducing the risk of disease. Free radicals are naturally produced when the body uses oxygen. Unless they are neutralized, they cause cell damage, which may lead to

health problems such as arthritis, heart disease, and cancer. A single raw sweet red pepper can meet the daily requirements for these two important antioxidants, vitamins A and C. Sweet green bell-shaped peppers are the most popular garden variety. Left to ripen, they turn red, purple, orange, or yellow and gain various levels of sweetness, depending on the variety. They can be eaten raw or used for stuffing, soups, casseroles, stews, relishes, and pickling.

Bell peppers should be well shaped, firm, and glossy. Their skins should be taut and unwrinkled, and their stems fresh and green. At their best when thick walled and juicy, they should feel heavy for their size. Watch out for soft or sunken areas, slashes, or black spots. Store unwashed sweet peppers in a plastic bag in the refrigerator for up to a week; green peppers will keep somewhat longer than red or other ripe peppers. Check them frequently; immediately use any peppers that have developed soft spots. Wash peppers just before using them.

## Lemon Poppy Seed Cake with Cream Cheese Icing

This recipe was given to me by a friend, Shannon Mulkey:

### Cake

3 c flour of your choice  
4 t baking powder  
½ t sea salt  
3 T poppy seeds  
1 c almond, finely chopped  
1½ c sucrose  
1½ c soy milk  
3 t lemon extract  
zest and juice of 2 lemons  
½ c oil of your choice  
egg replacer for 2 eggs

- Preheat oven to 350.°
- In a large bowl, mix dry ingredients together.
- Add in wet ingredients, stirring just until mixed.
- Pour into 2 lightly oiled 8-inch cake pans and bake for 25-30 minutes.
- Let cool completely before icing.

### Icing

2 c vegan cream cheese  
4 T vegan margarine  
2 c powdered sugar

- Mix in a food processor until smooth.
- Refrigerate until it firms up a bit before icing the cake.

## Sizzlin' Sausage and Peppers

1 pkg vegan sausage  
4 garlic cloves  
1 yellow onion, chopped  
1 bunch green onions, chopped  
1 red, yellow, and green pepper, each cut in strips  
½ c sun-dried tomatoes, reconstituted  
1 heaping T *Vogue Vege Base*, mixed in a little water  
olive oil

- Sauté the sausage, garlic, and onions a few minutes.
- Add in the peppers and cook until just tender.
- Stir in tomatoes and *Vogue* and cook one more minute.

### Resources:

www.bawarchi.com  
www.sunkistfs.com

*Kim Strickland is a N.D. student at Clayton College of Natural Health. For more information, call 770-218-3952.*

# Blood Group AB

By Linda Townsend

In conclusion of my series on the blood groups, this article features the rarest blood type. . . and the more rare a thing is, the more prized it is. Certainly, ABs make an interesting contrast to other blood types.

Recognizable from the moment one walks into the door, two chiropractors working in the same office unknowingly display their inherent blood chemistry. On one wall are snapshots of one of the chiropractors with his patients; another wall is devoted to autographed pictures of local athletes, some with the same chiropractor in them as well. When he greets you, he shakes hands or touches your shoulder. He obviously likes a friendly, personal atmosphere, classic of Blood Group AB. In contrast, the other chiropractor is an O, who likes order and a more clinical, professional atmosphere. He is also friendly, but in a more reserved manner, and his personal artifacts are few in the office.

The bedroom of an AB child is often filled with faces. They tend to have piles of stuffed animals, dolls, or posters of people and animals. They may want to have music or the TV on all the time, even when they are doing homework, simulating the atmosphere of having people around. Why? Blood Type ABs not only love people, they are energized by them, and they dislike being alone. Friendly and fun-loving, ABs are the ones that strike up conversations with total strangers with ease. They delight mingling at parties; they probably invented it! Their optimism is infectious. They just love people, lots of people, and people love them, too.

You may be wondering why such loving people are the minority in the blood groups. Here is one of the main reasons: Os, the most common blood group, cannot produce AB offspring. Only parents who are both AB, or one is AB and the other is A or B, or one is A and the other is B, can have an AB child, but these combinations are not confined to produce only AB children, either. So, only the less common blood types can produce the least common AB. Having just the right genetic intermingling, with the law of averages working against them, they are, therefore, the rarest.

A virtually unknown natural phenomenon in nature is that the blood chemistry produces distinct, yet invisible, biocolor patterns, tinting our perceptions and energy reactions in the bioenergy system. I discovered this in recent years by myself, so the readers of *The Life Line* are among the first to know this wondrous aspect of the bioenergy. The attributes associated with these bioenergy patterns are generalized descriptions.

BioType ABs first bring bioenergy through Magenta, and then Orange, in the outer layer of the bioenergy system's Physical Aspect. This causes them to be emotionally driven and open to interacting with the world outside of themselves. In the Hippocrates model of temperaments, this is the people-loving and life-enjoying Sanguine. ABs are predominately Abstract Random learners in Gregorc learning styles, which is to say that they like working in groups and they need to feel good about whatever they are learning, with less concern about the details or logic of it. In the Keirseay classifications, they tend to be extroverted, sensing, feeling, and perceiving.

The greatest area of bioenergy weakness for BioType ABs is in Purple, which is associated with the circulation. Other weaknesses include the Orange organs: respiratory system, digestive system, skin, and bones. Probably the most noted weakness is in Green, which generally supports the immune system energetically, suggesting ABs are more susceptible to infections, colds, and flus.

Just as they like a variety of life experiences, ABs also can enjoy a wide variety of foods. They can have wheat products, but do better with rice and soy. ABs should avoid most red meat and chicken, but can benefit from turkey and a variety of fish, including tuna and salmon. They also can have benefits from many dairy products. ABs do well with most of the common fruits, but not as well with bananas and oranges. They also have many choices in vegetables, but should avoid lima beans, corn, and peppers.

The study of biotypes is fascinating, but I know from studying this field for nearly ten years that no one fits absolutely into any rigid categorization. As I finish this article, I am reminded that just this week I mistook a man to be BioType O, due to his physical and temperament attributes, but I had not tested his bioenergy pattern. I am usually about 85% accurate in guessing and 95% accurate in testing. In this case, the man said he was B. However, one of his parents was an O, so he may have been genotype BO, having a predominate B gene with a suppressed O gene—a study for another time perhaps.

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



## Spirited Walking: An Uplifting Physical Activity

By Don Bennett, DAS

Walking is a great activity; the more walking you do, the better. But to really get your lymphatic fluid flowing (which helps prevent disease), try walking with a "spring in your step." To see this motion without walking, stand with your feet side-by-side, a few inches apart, and gently bounce up and down on your toes. Your toes should not leave the floor and your heels should almost contact the floor on the downward part of the movement. You have your calf muscles to thank for this.

Now, as you briskly walk, add a little bounce into your step. You'll find if you shorten your stride, it will make "bopping along" feel more natural. Yes, when you add a spring to your step, you'll tend to walk slower than if you weren't walking spiritedly, but remember, it's not a race; you want to get the most benefit out of your walking.

**Am I Doing it Right?** If you're doing it correctly, you should feel your chest area bouncing (both men and women). For women, this does not mean that you must now switch to a more "supportive" bra; on the contrary, if you want to lower your risk of breast cancer, you WANT your chest bouncing when you walk briskly (see "Bras and Breast Cancer" at [health101.org](http://health101.org)). So-called sports bras actually increase your risk of breast cancer. (See "Bras and Breast Cancer.") I know I'm repeating myself, but breast cancer is more preventable than you've been led to believe . . . breast cancer is avoidable if you know the facts.

**The Benefits.** The motion that spirited walking produces causes your lymphatic fluid to circulate (it doesn't circulate a lot when walking slowly, cycling, or rollerblading) and the movement of lymph fluid is critical to preventing disease! Spirited walking is also a great workout for your calf muscles and other leg muscles. And since your steps are shorter, your footfalls are less "heel intensive," which means less impact transmitted to your knees and spine. And since it's a walking gait (body weight always supported by at least one leg), it's gentler on your joints than jogging or running.

**What Do I Do With My Arms?** Keep them, you need them to hug people. Seriously, let them swing naturally. And avoid using hand weights. If your mood is such that your arms start bopping also, great! At this point, you may find yourself whistling . . . and you may

also notice other people looking at you wondering what you're so happy about.

**The Variables.** The three things you have control over while strut'n your stuff are:

1. The amount of bounce. This is controlled by how much your calf muscles are working. You don't have to bounce so hard that things start falling out of your pockets, just make sure you can feel your chest bouncing a little.
2. The length of stride. The longer the stride, the harder it is to bounce, so don't walk like you're late getting somewhere. Enjoy your walk.
3. The speed of your walk. This variable is based on your energy level. Some days you'll walk at a brisk clip; other days your pace will be slower. But remember, ambling, strolling, moseying, or sauntering may be nice to relieve stress and smell the roses, but those slow paces don't do much for your lymph system.

By varying the above three things, you'll discover many combinations; find the ones that feel most natural to you.

**A Great Indicator.** As its name implies, spirited walking is easier to do when you're in good spirits. If you're down-in-the-dumps, you may not feel like bopping down the boulevard, but you should give it your best shot. Getting your body moving up and down not only benefits your physical self, it also does wonders for your spirits. So, spirited walking doesn't just describe how it looks, it also helps improve your mood. Accordingly, the easier you take to this type of walking, the healthier you are . . . in both mind and body.

*Don Bennett is a Disease Avoidance Specialist, lecturer, and the Director of the Health 101 Institute. For enlightening and empowering health info, visit [www.health101.org](http://www.health101.org) to learn about health-enhancing technology and Don's wellness workshops.*

life bits

### The Compassionate Consumer

Compassionate Capitalism is a new term for doing business in ways that honor, preserve, and enrich all of life. The other part of this endeavor would be the Compassionate Consumer. If a business is choosing to go beyond the goal of just making profits, are you willing to read the fine print and add that information to your consumer choices? The options for doing so are increasing, and together we can make a difference.

Consider "chocolate with a cause." In addition to using premium shade-grown, organic, and Fair Trade chocolate, the *Endangered Species Chocolate Company* donates 10% of its profits to protect endangered species. The touching story behind why the founder and owner created this company is printed on the outside wrapper. On the inside, you can learn about the animal that is pictured on the front, as well as find a practical, everyday conservation tip—great reading for kids.

*Please: "Protect Our Planet . . . It's the only one with Chocolate."*

*Traditional Medicinals Tea* states on the inside flap of their boxes, "Our mission is to provide you with an effective tea that's good for the planet as well as for you. Every year, we eliminate 759,000 pounds of greenhouse gases from the environment by purchasing 100% renewable wind energy credits to offset our electricity use. That's the equivalent of taking 66 cars off the road or planting 102 acres of trees every year. We care about the environment and we appreciate your support." To learn more about wind energy, visit [www.traditionalmedicinals.com](http://www.traditionalmedicinals.com).

Last, but not least, is *Newman's Organics*, well known for donating all its profits to charity. They now market everything from salad mix to cookies.

If you have a favorite product which practices Compassionate Capitalism, email us at [www.lifegrocery.com](http://www.lifegrocery.com) and click on "contact us."

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# Get Back in Touch with Nature: Heal with Living Foods

By Dr. Brenda Cobb

“Kill neither men, nor beasts, nor yet the food which goes into your mouth. For if you eat living food, the same will quicken you, but if you kill your food, the dead food will kill you also. For life comes only from life, and from death comes always death. For everything, which kills your foods, kills your bodies also. And everything, which kills your bodies, kills your souls also. And your bodies become what your foods are, even as your spirits, likewise, become what your thoughts are. Therefore, eat not anything which fire, or frost, or water has destroyed. For burned, frozen, or rotted foods will burn, freeze, and rot your body also.” The Essenes Gospel of Peace, Book I, translated by Edmond Bordeaux Szekely.

Ah, the wisdom of words. When humans first inhabited the earth everyone ate raw foods. There were no microwaves, crockpots, or gas grills. Now that we’ve “advanced,” we cook most everything we eat. The human body was created to run on raw food, full of vitamins, minerals, and living enzymes. So as we’ve advanced, our health has declined.

You are what you eat and you’re affected by every food you consume. The foundation of good health is good nutrition. There is no vitamin, mineral, or enzyme pill that can take the place of good nutrition. The best vitamins, minerals, and enzymes you can consume are the ones you get when you eat fresh produce picked right off the tree or the vine. Organic fresh fruits and vegetables are the most superior food on the planet.

We humans have gotten so off track and out of balance in our way of thinking and eating that we have become sicker than any other time in history. It is inevitable that we must either clean up our act now or we will be destined to become even more diseased. People are tired of being sick and taking drugs! Most of us want to live a better life. If you want to become stronger, clearer thinking, more focused and have a sharper intuition, eat raw and living foods

In 1999, I did something that medical science thought was impossible. I completely healed of breast and cervical cancer without surgery, chemotherapy, or radiation. I did it all naturally without any toxic chemicals or drugs. My doctor thought it was impossible. Now he is a believer. God created the body to heal itself and it will if we give it what it needs to do the healing.

There are no incurable, hopeless, terminal diseases even though we hear time and again that there are. I have personally witnessed thousands of people heal of every type of disease from cancer of all types to lupus, multiple sclerosis, Parkinson’s, AIDS, HIV, chronic fatigue, allergies, migraine headaches, depression, obesity, diabetes, arthritis, and so many more. Faith and belief can heal all things, but it is equally important to do the right things to take care of the body so it can stay healthy. Creating good health is something that we must participate in. We can’t wait until we get sick and then hope for a miracle. We have to be pro-active everyday in taking the very best care of the human body.

Heart disease, cancer, diabetes, chronic fatigue, depression, and most other serious diseases come from toxicity and deficiency in the body which is created by eating cooked dead food, thinking negative thoughts, not assimilating and eliminating properly, emotions that have been buried alive, and stress. Most people do not want to go through life in a weakened condition, but that’s just what is happening.

It isn’t so difficult to make changes if we perceive that we are getting a greater benefit by making the change. A raw and living foods organic diet will help the body detoxify, cleanse, and heal so you can live healthier, longer, and better!

#### Resources:

*Rebuild Your Life* by Dr. Ann Wigmore

*Feelings Buried Alive Never Die* by

Karol K. Truman

*Colon Health* by Dr. Norman Walker

*Brenda Cobb is the founder of The Living Foods Institute, a detoxification, nutrition, and health center teaching natural healing with foods, herbs, essential oils, and detoxification treatments. She is the author of The Living Foods Lifestyle, Colon Cleansing For Optimum Health, 101 Raw and Living Food Recipes, and Get Started Now Towards Better Health. There are free events, gourmet dinners, educational seminars and a 10-Day Course offered at the Institute each month. For more information call 404-524-4488. www.livingfoodsinstitute.com.*

#### life bits

## FREE Trees to Plant Now

As the chainsaws and rainstorms take down more and more trees, our health is subtly and slowly, but seriously, damaged over time. Trees add oxygen to the air, as well as absorb pollutants from the air, rivers and streams. Trees fight global warming. They can keep your house cooler in the summer; studies show they keep down the summer temperatures of neighborhoods and cities.

Get ten free trees to plant in your yard, a neighbors yard, or a nearby park or wooded area, and begin reversing the damage, as well as enjoying the beauty. Join the non-profit National Arbor Day Foundation, and you will receive ten free flowering trees that are selected for your area. The variety may include Dogwoods, Flowering Crabapples, Goldenrain, Washington Hawthorns, and American Redbuds. You’ll also receive the Foundation’s colorful bimonthly, *Arbor Day*, and *The Tree Book*, with tree planting and care information. Your six to twelve inch trees are guaranteed to grow, or they’ll be replaced free of charge. Trees are shipped when conditions are right for planting in your area: October–December or February–May.

Join today, by sending a \$10.00 membership contribution to 10 Flowering Trees, The National Arbor Day Foundation, 100 Arbor Ave, Nebraska City, NE 68410, or join online at [arborday.org](http://arborday.org).

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## Attention Health Care Practitioners

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## Body Wisdom

By Janill Mitchell

This is a wonderful time to be alive. Right now, available to everyone, are more opportunities for wellness than have ever been. We are living under grace. We have accessible to us the means for achieving true, lasting happiness. And happiness is, according to a great Japanese healer named Mikao Usui, the miraculous medicine for all diseases. We carry with us every day the means for achieving true happiness. It is our body. Through our body, we can access all the information we need to make appropriate choices for the behaviors that will lead us to health and happiness.

Our wonderful body is ready and willing to share its wisdom with us. All we need to do is ask. The body will answer! Here is something to try: first go someplace where you can be quiet and relaxed, even if this means locking the bathroom door for a couple of minutes. Now, get settled, take a breath, and get into a comfortable position. Take a couple of more breaths as you quiet your mind. Now, make a scan with your mind, starting at your head and working your way to your feet. Go slowly and observe. What you are looking for is tightness, tension, stress, pain, blocks, or anything that is noteworthy or remarkable. Please realize that these are subtle sensations; it is easy to talk yourself out of any messages should you engage the ego mind with all its thinking and analyzing. Remain in the observer role as you make your scan, and just take notes.

For example, as I scan my own body right now, I feel tension in my jaw and tightness in my chest, there is a little sluggishness on my right side, a full feeling in my abdomen, and tightness in my legs. These are not things that are big enough for me to notice as I go about my day, but when I take time to relax and scan, I can take notice of these very subtle sensations.

When you are finished with the scan and have noted what your body is feeling, put your awareness on the areas where you observed something notable. You can do this in the same order as the scan, head to toe, or you can do it according to importance as measured by the amount of discomfort you are experiencing. Let your awareness rest on the area and just be with it for a moment. Be willing to receive information; be receptive to ideas and subtleties.

For example, when I place my awareness on my jaw, the information that I receive is that holding my jaw has become an unconscious habit (I didn't know I did that!). The corrective behavior I can choose is to

become aware of clenching my jaw and relax those muscles. There, that feels better. Now, the tightness in my chest is anxiety from writing this article. Hmmm . . . I can work on writing for awhile and allow the flow of words, then I can take a break, take a walk, and come back to it. That is a very doable behavior. As for the sluggishness on my right side, I'm surprised by the answer I get. My body let me know that I haven't had enough water. What my mind expected was that my liver needed a little detox help. This is great! I can very easily drink a glass of magic Phoenix water right now. The full feeling in my abdomen is coming from processing some emotions. That surprises me, too. I wasn't aware that I processed emotions there. I know that I am processing, and I can give myself time to complete the process. The tightness in my legs . . . I really do need that walk.

This information is different from what my ego mind was telling me about my body sensations. In fact, my ego mind was making it worse than what it really was when I received the true answer from my body. My body was very willing to communicate with me, but I had to take the time to ask and listen. That was the first important step. Then, armed with information, I needed to take the next, equally important, step, I needed to take action. I need to honor the wisdom of my body by choosing appropriate, corrective behavior. To use this valuable insight, I need to love myself enough to choose behavior that will lead to healing. When my awareness lets me know that I don't have enough information to choose wisely, I can always get help from a qualified health practitioner. Taking responsibility for my health, and taking charge of my own healing process, doesn't mean doing it alone.

We have the opportunity to access the wisdom of our body, because we have enough consciousness to do so. We, as a culture, have been growing and developing, raising our level of consciousness. This allows us to have more choices available and more ability in choosing an appropriate response. We can choose our way to true health and happiness. If I can do it, you can too.

*Janill Mitchell is living her bliss at The Phoenix House, a healing and retreat center in the North Georgia mountains. Her classes and private session work empower people to live, love, and celebrate the miracles of healing. Call 770-773-0352 or visit [www.ThePhoenixHouse.info](http://www.ThePhoenixHouse.info).*

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*October 1, 2005*  
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*for submissions to the*  
*Nov/Dec issue of*  
*The Life Line.*

# Hidden Glutens

Ok, so you were diagnosed with Celiac Disease or a Gluten Intolerance and told to go on a gluten free diet. You think you're following the diet really well, but you still keep getting sick. What could be the problem? Usually the problem is hidden glutens—those ingredients in foods that hide under names like “natural flavors,” “modified food starch,” or other things that you just can't pronounce. In the United States, modified food starch is almost always corn based, but products manufactured in other countries may use a wheat based source. Unless a product is specifically labeled as gluten free, you really need to become an expert at reading labels, and whenever something is in question, always contact the manufacturer to make sure.

Then there is the problem with dining out. Certain fast food restaurants add wheat or gluten to foods, where it really has no business being. For example, Taco Bell uses wheat as a filler in their meat sauce, so you are going along thinking “Well, I'm getting a plain taco on a corn shell, this is safe . . .” WRONG!

Personally, I don't trust any fast food restaurants—the food isn't healthy and the chance of cross contamination issues are too great to take the risk of getting sick. This is where we are lucky, because Cafe Life has a huge selection of gluten free items available—just ask them!

Another place where you find hidden glutens that you wouldn't ordinarily even think to consider, is in shampoos, conditioners, cosmetics, toothpastes, hand soaps, lotions, vitamins, supplements, and even prescription medications. Generic companies are notorious for not disclosing the source of their fillers, so please be careful if you have any prescriptions you take on a regular basis. I can just see you shaking your head at me going, “How can gluten in my shampoo make me sick?” Well dear, anything that touches your hands can inevitably make it near your mouth and even a molecule of gluten is enough to cause damage in someone with Celiac disease.

My friends, this is another area where we are extremely fortunate. Life Grocery carries so many of the products that we need, and most of them are clearly labeled with what their ingredients are, so there's no guessing about hidden glutens! You can trust *Tom's of*

*Maine* to clearly label their products. *Burt's Bee's* are all clearly labeled (some of their products do contain wheat so just read ingredients carefully). *Amy's Organics* clearly labels which products are gluten free, somewhere on their label. So many more products are available to you at Life Grocery. Learn to read labels like your life depended on it (it does!) and you will find that you are miraculously feeling better!

It's Recipe Time!

## Carrot Raisin Salad

2 c shredded carrot  
1 c canned crushed pineapple in juice, drained  
½ c raisins  
1 (8-oz) carton plain nonfat yogurt

- Combine carrots, pineapple, and raisins.
- Stir in yogurt until well mixed.
- Serve over lettuce leaves, if desired.

## Easy Chicken Vegetable Rice Soup

1 lb of chicken pieces  
6-10 small pearl onions or ½ large onion, chopped  
1 bag of frozen mixed vegetables (or fresh veggies, steamed)  
1 c of cooked rice  
1-2 t garlic, minced  
sea salt and pepper  
seasoned salt

- In a large pan, fill with water and add chicken pieces, onion, garlic, and seasonings.
- Bring to a boil, reduce heat, and simmer covered for an hour.
- If chicken pieces are not already cut up, carefully remove and cut into small chunks. Return to pan of water.
- Add bag of frozen mixed vegetables, stirring occasionally. Cook for another 15-20 minutes.
- When vegetables are done, remove from heat.
- Add cooked rice, stir, and serve!

By Nisla C. Whetstone, L.M.T. and Amateur Chef

## Chebe Pockets (like Hot Pockets)

1 bag of *Chebe Bread Mix*

Fillings of choice, such as: broccoli and cheddar cheese; spinach, tomato paste, and mozzarella cheese; mushrooms, swiss cheese, and hamburger meat; baked chicken, mushrooms, and cheese; steamed veggies and rice cheese. No need to add spices because the flavor of the *Chebe Bread* is so good! Get creative with the fillings, the possibilities are endless!

- Follow package directions on bag of *Chebe Bread Mix*.
- Separate into approximately four or five round balls and flatten on parchment or waxed paper.
- Place your fillings on half of each piece of bread. Fold the other half over and pinch together at the edges.
- Bake on a cookie sheet for about 20-25 minutes or until golden brown on top.
- Let cool.
- These can be frozen and reheated quite easily for a quick snack or meal!

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

## Please Remember

- Membership card or picture id must be shown for each transaction.
- Memberships are non-transferable.
- Memberships are valid for one year from purchase date.
- Keep your membership info correct and updated.
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## Health Promoting Lifestyle

By Michael T. Murray, N.D.

The first step is to follow a health promoting lifestyle including learning to deal with stress effectively. Next is to make sure that you provide the immune system with all the vital nutrients it needs to function optimally. These two simple steps can go a long way in supporting central control mechanisms to keep the immune system functioning in a manner that not only increases your resistance to colds, the flu, and other infections, but also protects you against cancer and other potentially deadly diseases.

### Lifestyle and Immunity

Now let's discuss the practical steps you can take to improve immune system function. The first goal is to take a look at your lifestyle to see if there are any factors that may be interfering with your body's ability to fend off illness. Among the most likely culprits:

- Chronic or severe stress
- Excessive consumption of alcohol
- Exposure to environmental toxins
- Cigarette smoke
- Lack of exercise
- Poor sleep quality

For most people, the biggest factor that depresses their immune function is stress. When you experience stress, your adrenal glands pump out more adrenaline and corticosteroids. These hormones inhibit white blood cell formation and function and cause the thymus gland—the main central control unit of the immune system—to shrink. Stress suppresses immunity by stimulating the sympathetic nervous system. This is a part of the autonomic nervous system that is responsible for the fight-or-flight response.

Good immune function requires being under the control of the other "arm" of the autonomic nervous system, the parasympathetic nervous system. This system automatically assumes control during periods of rest, relaxation, visualization, meditation, and sleep. But, if we stay relaxed and calm during our waking hours, it can balance out the negative effects the sympathetic nervous system exerts. During the deepest levels of sleep, potent immune-enhancing compounds are released, and many immune functions are greatly increased. At least seven hours of sleep per day is essential for helping the immune system function at its peak.

If you want a properly functioning immune system, it is absolutely vital that you reduce the amount of stress in your life, as well as learn to better control it. The basic strategy for stress reduction is to find positive, relaxing ways of releasing excess tension and help your autonomic nervous system function under parasympathetic control. Stress reduction does not mean that you have to give up the high-energy lifestyle that you really enjoy. Find a routine that works for you. Doing so will not only help your immune system, but will also improve your relationships and free up energy and focus.

### Nutrition and Immunity

A deficiency of virtually any single nutrient can significantly impair immunity. Throughout the world, nutrient deficiency is by far the most common cause of poor immune function. This fact is by no means limited to people whose diets are restricted by poverty. In America, many people are overfed but undernourished. They choose foods that have a

lot of calories, but little real nutritional value. Here are some simple guidelines:

- Eat a diet that is rich in a variety of vegetables (especially the green leafy ones), fresh fruits, whole grains, beans, nuts, and seeds. These plant foods are rich in essential nutrients and immune boosting chemicals.
- Cut out the sweet stuff. Sugar makes your white blood cells sluggish. Studies show that eating 100 grams of sugar (about 3.5 ounces) reduces the ability of a type of white blood cell known as a neutrophil to engulf and destroy bacteria by as much as forty percent within two hours after ingestion. Since neutrophils account for about sixty to seventy percent of your white blood cells, interfering with them can seriously impair your immune function.
- Decrease the intake of saturated fats and cholesterol. A diet high in saturated fat suppresses immunity.
- Eat sufficient, but not excessive amounts of protein. Adequate protein intake is critical in the making of white blood cells, antibodies, and chemical messengers such as interferon. You also need protein to make antioxidant enzymes such as glutathione, which is found in abundance in white blood cells. Elevated glutathione levels are associated with better immune function. Individuals with low immune function can often benefit from eating more protein from fish, lean poultry, and lean cuts of meats. Taking a high quality protein supplement is also a good idea if you have a history of low immunity. Whey protein is the highest quality protein. An additional 40 to 50 grams per day for one month will boost protein stores back to normal. After the month is up, I would still recommend 20 grams of either choice or combined daily. In vegetarians, substitute soy protein for whey protein.
- Take a high-potency, high-quality vitamin and mineral supplement, like my MultiStart formulas from *Natural Factors*. Doing so will increase your intake of all of the key vitamins and minerals required for optimal immune function. A landmark study found that adults who took a multi vitamin and mineral supplement had a fifty percent decrease in the number of days of illness due to infection compared to the group that took a placebo. Those taking the supplement also showed improvement on eight out of twelve objective measures of immune function.

### Additional Support

While a health promoting lifestyle and optimal nutrition provide a strong foundation for strengthening immune function, during times of increased stress or exposure to viruses and other organisms additional support is definitely needed. One formula that I highly recommend to provide this extra boost is Anti-V from *Natural Factors*. This herbal formula contains the following concentrated extracts:

- Echinamide™—a patented, clinically proven, super-extracted Echinacea purpurea liquid that guarantees high levels of the three key active groups of compounds responsible for echinacea's actions on the immune system.
- Astragalus (*Astragalus membranaceus*)—the most famous herb in Chinese medicine for strengthening the immune system that is now backed by scientific evidence.

- Lomatium (*Lomatium dissectum*)—gained attention during the Spanish influenza in 1917, after it was discovered that Native Americans were recovering from this flu much quicker than everyone else.
- Reishi (*Ganoderma lucidum*)—referred to in Chinese medical texts as "the mushroom of immortality," is valued by modern herbalist for its ability to promote resistance during times of stress.
- Licorice (*Glycyrrhiza glabra*)—a valued, time-tested herb noted in recent scientific investigations for its anti-viral properties.

The dosage recommendation for immune support during acute viral infections is 50 drops in water or two capsules every two to three hours. For long-term support or prevention the recommendation dosage is to take 50 drops or one two capsules two times a day or as directed by your health practitioner. [Refer to the September/October 2005 issue of *The Life Line* for an article by Dr. Murray addressing the *Echinacea controversy*.]

### Stopping a Cold-Cold

The common cold is caused by a variety of viruses that infect the oral and nasal passages, as well as the sinuses. The symptoms of a cold are well known: fever, headaches, nasal congestion, sore throat, a general "blah" feeling (more technically known as malaise).

If you are an adult and you get more than one or two colds a year, or if your cold lasts more than four or five days, you probably have a weakened immune system. Kids have a tendency to get more colds because of increased exposure to cold viruses, but any more than three or four per year is excessive.

As is true of all health concerns, prevention is the smartest strategy. By boosting your immunity, you'll have a better chance of keeping colds from developing in the first place.

When you do get a cold, follow these recommendations.

### Be sure to:

- Rest
- Drink plenty of liquids (water, diluted vegetable juices, soups, or herb teas). Try to drink eight ounces of water every hour.
- Avoid sugar (including natural sugars such as honey, orange juice, and fructose), because sugar depresses the immune system.
- Eat a healthy balanced diet.

### And take:

- High potency multivitamin-multimineral supplement
- Vitamin C: 500 milligrams every hour that you are awake with a glass of water. If excessive gas or diarrhea is produced, reduce dosage to 500 mg every two hours.
- Anti-V (from *Natural Factors*) 50 drops in water or two capsules every two to three hours.

In light of the upcoming flu season and the threat of the "bird flu," the common name given to avian influenza, it is essential to support immune system. What we definitely know is that the H5N1 virus, the most significant subtype of type A influenza virus right now, is resistant to amantadine and

*continued on page 3*



# Gratitude for the Heart

By Michael A. Scimeca, D.C.

Thanksgiving is a holiday for the heart. Once a year, we focus on the important practice of being thankful, of living with gratitude, of nurturing the heart. As a holiday that transcends different religious backgrounds, the joy of sharing appreciation with family, friends, neighbors, etc., can deliver such internal warmth.

Having a day set aside to remind us to remember to pay homage for our many blessings is both wise and healthy. In sharing the joys of breathing, perhaps we can remember loved ones who have gone before us. Maybe we can reflect back on our past hopes and dreams and rekindle the opportunities in front of us.

Thanksgiving invites us to dust off the practice of forgiveness, to let go into the love within. It is an offering to be most present, to represent the love from which life springs forth, to say "thank you," so sweetly and completely that deep peace is the only product.

My sister, Donna, once asked me, "Do you know why we are blessed?" I tried hard to get the right answer before she concluded, "Because we know it!" Maybe this Thanksgiving is a time for us to know our blessings; to be blessed because we know we are.

Allow me to offer some sound suggestions for making this Thanksgiving the happiest of seasons:

- **Choose to be Grateful**  
Thankfulness is first and foremost a choice.
- **Let Go of Resentment**  
Forgiving others is a gift we give ourselves.

- **Start a Gratitude Journal**  
Each day upon awakening, write ten things for which you are most grateful.
- **Show Appreciation**  
Practice random acts of kindness and senseless acts of beauty.
- **Celebrate Life**  
Create a great day of celebration.

Before, during, and after the Thanksgiving Day Holiday, we can live so well that our life helps other people enjoy their blessings. By choosing to live in gratitude, reflecting on our blessings, opening our heart, showing appreciation, and celebrating well, every day can be Thanksgiving Day.

Happy holidays to all of you. May you find the wisdom of being grateful, the courage to show your gratitude, and the fortitude to succeed for the sake of success.

*Dr. Michael A. Scimeca is a chiropractor practicing in Marietta and Roswell. He is the founder and developer of Catalyst, a gentle hands-on approach for supporting the peaceful function of the body. He is also the owner of Coaching4Peace.com. Michael is a single father with a great passion for sharing core values in support of building a culture of peace. Contact him at 770-992-8220.*

# Letting Go

By Sandra M. Yee, DCM

I'm recovering from emotional growing pains, now deciding what to sell and store away while I take a winter sabbatical. I'm amazed at how much junk I've collected, much of which I'll be giving up without ever having used any of it. My younger sister laughs because she has so often benefited from my hoarded precious items: candles, chocolates, sketchbooks, clothing, bed linens, even gift money I stashed away and forgot about.

While saving for the future has its merits, holding on to "stuff" can turn into enormous clutter and stagnant energy. We save things because we might need them later, we don't want to ruin them, or we're afraid we won't be able to find replacements if we use them up (and at such a good price!). We don't enjoy what we have nor have the pleasure of sharing what we have.

Constipation equals "holding on to the crap"—hanging on to bowel junk and material junk, as well as emotional junk like guilt, anger, blame, and shame against ourselves and others. Remember, what comes in must go out. When our bowels are packed, our bodies can't

properly absorb nutrients. When our homes are cluttered, we usually can't use half of what we own. When our minds are blocked, we can't open ourselves up to new adventures and opportunities.

Is everybody ready to let go and let life flow with abundance? To help release stubborn bowels, press your fingers into the points about two inches away on either side of the belly button. (Imagine sitting on the toilet, bending forward, raising your heels into a quasi-squat, and pressing fingers firmly into the crease at the level of the belly button.) A good book and two minutes ought to do the trick. Ah, it feels so good to be free!

Giving thanks for the journey of growing bolder, wiser, and much happier.

*A motivational speaker, writer, and natural health coach, Sandra M. Yee 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.*

## HOLIDAY GIFT GIVING IDEAS

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### In This Issue

- 1 Health Promoting Lifestyle
- 2 Gratitude for the Heart
- 2 Letting Go
- 3 Trying to Kick the Habit
- 3 A Root Cause of Back Pain
- 4 Produce of Life
- 4 Pilgrims on the Path
- 5 Diabetes Caused by Misinformation
- 5 Life Bits
- 6 Fibroids Gone Forever
- 6 Life Bits
- 7 My Holiday Letter
- 7 Life Bits
- 7 Classifieds
- 8 Gluten Free Holiday Travel: Yes, It's Possible

## Trying to Kick the Habit

By Dr. Joe Esposito

If you're a coffee, tea, cola or any other "bad drink" drinker (sorry, just speaking the truth) and you try to give it up all at once—dream on, right? You may get a headache or general upset feeling. Caffeine withdrawal is not a pleasant experience for you or those around you. In addition to caffeine having a serious negative effect on your nervous system, caffeine will block some of the absorption of calcium in your digestive system. Caffeine is often hidden in many foods. Did you know that two aspirins could have as much caffeine as a cup of tea or a glass of cola? If you do want to give it up, put a glass of your favorite caffeinated drink in the refrigerator. Every hour that you do not feel good and are craving some, take one tablespoon of the drink. That should make you feel better. If you feel bad the next hour, repeat the process. If you feel ok the next hour, skip the "fix." Most people report that in two to four days they can kick the habit. Think of all the money you'll save that you can now spend on organic produce!

Enjoy a wide variety of foods in your diet, but avoid mixing too many different foods in one meal or you will end up having a hard time properly digesting it all. More

and more experts are singing the praises of raw food for one main reason: enzymes. Our bodies desperately need enzymes to process our food efficiently, and raw foods are our only source of this crucial dietary element. So, try to eat at least one raw food at each meal. Once any food is heated to 120° Fahrenheit or higher, many of the nutrients and enzymes begin to break down. The more we cook our food the less healthy it becomes. A vegetarian or vegan diet without raw foods is still a long way from healthy. A good variety of raw fruits and veggies spread throughout your day ought to do the trick.

Eat as much as you need to keep and maintain a healthy weight and lifestyle, but do not overeat. Too much food dulls and depresses the mind and can cause fatigue, a weakened immune system, and other bad things. Are you reading this after a big meal? Having trouble keeping your eyes open, aren't you?

Do not eat meals too close together. Wait until one meal is digested and out of your stomach before piling on another. If the first meal is only partially digested and you dump another pile of food on top of it, the first batch ends up sitting in the stomach too long, waiting

for the second round to digest so that they both can pass out of the stomach and into the small intestine. In addition, food that sits too long in the stomach gets "over digested" and will not be absorbed very well. Here are a few good rules of thumb. Before eating again, wait at least:

- 1 hour after eating a fruit-only or non-starch vegetable-only meal
- 2 hours after eating a starch meal, such as grains or starchy vegetables
- 4 hours after eating a protein meal such as beans, nuts, or legumes

Each day, use these guidelines for whatever you eat. It's good for the digestion and for the soul.

Joe Esposito, chiropractor, licensed dietician, author, and director of Health Plus Chiropractic Center, is committed to making healthy living commonplace. This information is an excerpt from Dr. Joe's award winning book, *Eating Right . . . For The Health of It!* available in the Life Grocery book section. Contact him at 770-427-7387 for further information.

## A Root Cause of Back Pain

By Brian Murray, M.Ed.

Are you or someone you know frustrated by chronic back pain? You may be surprised to learn that a root cause of back pain is simply chronic weakness of the muscles responsible for extending the lumbar spine—the spinal erectors. The critical importance of these muscles is often overlooked.

To understand the importance of these muscles, consider the following quote from *Spine*, volume 14, number 2, 1989:

*The human spinal column, devoid of musculature, is INCAPABLE of carrying the physiological loads imposed on it. It has been shown experimentally that an isolated fresh cadaveric spinal column from T1 to the sacrum placed in an upright neutral position with sacrum fixed to the test table can carry a load of no more than 20 N (five pounds) before it buckles and becomes unstable. Therefore, muscles are necessary to stabilize the spine so that it can carry out its normal physiologic functions. This stabilizing function is in addition to the usual muscle function of producing motions of the body parts.*

Your head alone weighs ten pounds or more! Can you imagine how much the entire upper body must weigh? Clearly, the spinal erectors are extremely important for keeping you upright.

The spinal muscles provide structural integrity. As they weaken, the spine literally collapses upon itself

placing more pressure on discs and nerves. In addition, posture suffers and normal spine function deteriorates. All of this leads to pain.

Chronic sufferers of low back pain have in common one major problem: because of pain, they have stopped using their backs. This lack of use leads to further wasting of spine and trunk musculature, decreased endurance, and stiffness of ligaments and joints, which increases the probability of sprains, strains, and muscle spasms. All of this leads right back to the beginning—avoidance of movement. This is called the deconditioning syndrome. This syndrome is a key factor in chronic back pain.

To prevent further deterioration of the spine, strengthening the muscles intrinsic to the spine is critical. Muscles are shock absorbers. If they are weak, the constant stress and strain of daily living threatens the vertebrae, discs, ligaments, joints, and muscles.

Muscle strength is the key. For many back pain sufferers, muscle weakness is a fundamental cause of pain that can be fixed. In my next article, I will explain the requirements for strengthening the lumbar spine and share success stories of those who have gone from pain to pain-free.

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Brian Murray is the founder of 20/20 Fitness and a certified MedX Back and Neck Rehabilitation technician. To experience the MedX system call 404.459.0270 to schedule a complimentary program orientation.

continued from page 1

rimantadine, two antiviral medications commonly used for influenza. Two other antiviral medications, oseltamavir and zanamavir, may be effective, but we simply do not know. The bottom line is that it is important to do everything you can to strengthen your immune system. Given the potential severity and life-threatening nature of the H5N1 virus, it is clearly important to seek proper medical attention if you begin to experience any flu like symptoms (fever, malaise, joint pain, running nose, sore throat, etc.) this year.

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Michael T. Murray, N.D., regarded as one of the leading authorities on natural medicine, is a graduate of Bastyr University in Seattle, Washington, and the author of over 20 books, including his latest *How to Prevent and Treat Diabetes with Natural Medicine*. He is also Director of Product Development for Natural Factors Nutritional Products.

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## Produce of Life

We're fast approaching the holiday season and with that comes lots of opportunities to share meals with family and friends. Why not make delectable dishes that are also healthy? In this article I will feature dates and my favorite vegetable, carrots.

Carrots are a natural source of vitamin C and dietary fiber; they are packed with the powerful antioxidants beta-carotene and alpha-carotene. Carrots are perhaps nature's best source of the powerful antioxidant, vitamin A. The body changes beta carotene into vitamin A, which is important in strengthening the immune system; keeping the skin, lungs and intestinal track in order; and promoting healthy cell growth. Vitamin A is a pale yellow primary alcohol derived from carotene. It affects the formation and maintenance of skin, mucous membranes, bones, teeth, vision, and reproduction. In addition dietary vitamin A, in the form of beta carotene, an antioxidant, may help reduce the risk of certain cancers. However, beta carotene is much more than the precursor for vitamin A.

Carrots are available and in season all year long. Look for well shaped, deep orange carrots. More beta carotene is present in carrots that have a darker orange color. Avoid carrots that are crackled, shriveled, soft, or wilted. Carrots are best stored between 32–50 degrees in the crisper section of the refrigerator. Storing them in the refrigerator will preserve their flavor, texture, and the beta carotene content. Do not store them with fruits, as fruits produce ethylene gas as they ripen, which decreases the storage life of the carrots, as well as other vegetables. Carry raw carrots in a sack lunch, to your next picnic, or in the car when you are on the go. There are many different ways that you can eat raw carrots; the choices are almost endless. They can be eaten whole, in sticks, cut into rounds, chopped, or shredded in salads. Why not try a glass of fresh carrot juice?

By Kim Strickland

A serving of power-packed dates—just five to six dates—can provide three grams of dietary fiber. That's 14% of your recommended daily value. The American Cancer Society recommends that you consume 20-35 grams of dietary fiber a day. Ounce per ounce, dates are one of the best natural sources of potassium. Potassium is an essential mineral your body needs to maintain muscle contractions, including the vital heart muscle. Potassium is needed to maintain a healthy nervous system and to balance the body's metabolism. Dates also contain a variety of B-complex vitamins—thiamin, riboflavin, niacin, vitamin B-6, and pantothenic acid. These vitamins have a variety of functions that help maintain a healthy body. They metabolize carbohydrates, maintain blood glucose levels and fatty acids for energy, and they help make hemoglobin, the red and white blood cells.

Store dates in tightly closed containers in the freezer or refrigerator. When stored frozen in an airtight container, dates can retain their quality for up to one year. Sugar crystals may appear on or beneath the skin over time. Low heat will dissolve these crystals. Do not overheat or the sugars will caramelize. Dates are delicious when eaten fresh or added to muffins, cookies, and salads. Dip them in chocolate or roll them in coconut for a classic dessert. Use them for hors d'oeuvres by spreading cream cheese or nut butter inside them—be sure to remove the pit.

Here's a recipe from *Everyday Vegan* by Jeani-Rose Atchison that combines both carrots and dates!

### Carrot-Date Muffins

2/3 c water  
1/2 c chopped dates  
1/2 c rolled oats

6 T ground flax seeds, mixed with 1 c water  
2 c grated carrots  
2/3 c oil  
2 t stevia leaf (green)  
1 c walnuts, chopped

3 c flour  
2 T baking powder  
2 t sea salt  
1/2 t ground nutmeg  
3 t cinnamon  
4 T powdered soy milk

- Soak dates and oats in water overnight.
- Preheat oven to 350 degrees.
- The next morning add the next five ingredients.
- In a separate bowl combine the rest of the ingredients.
- Stir the wet ingredients into the dry until just mixed.
- Pour into oiled muffin tins and bake for about 20 minutes.
- Cool for 10 minutes before serving.

### Resources:

[website.lineone.net/~stolarczyk/nutrition.html](http://website.lineone.net/~stolarczyk/nutrition.html)  
[www.medjooldates.com/nutrition.html](http://www.medjooldates.com/nutrition.html)  
[www.nutsnolines.com/driedfruit/dates.html](http://www.nutsnolines.com/driedfruit/dates.html)  
[www.bolthouse.com](http://www.bolthouse.com)  
[www.foodreference.com/html/artcarrots.html](http://www.foodreference.com/html/artcarrots.html)

*Kim Strickland, is a N.D. student at Clayton College of Natural Health. For more information, call 770-218-3952.*

## Pilgrims on the Path

By Janill Mitchell

A pilgrim is, according to my trusty Merriam-Webster Dictionary, someone who journeys in foreign lands. I like to think that we are all pilgrims on the path to enlightenment, working diligently in the foreign land of our consciousness. Choosing to align ourselves less with our ego's reactionary patterned way of dealing with life and more with positive loving responses. As we continue to evolve and grow our experience of life changes. With spiritual growth comes an increased awareness of both the inner world and the external reflection of it. Sometimes this awareness can become overwhelming. We can be overloaded with navigating the deeper meaning of our experiences. And knowing that we are ultimately responsible for our experiences doesn't always make it easier to deal with. Sometimes we just need to be reminded of how smart and capable we are. And so, here are some gentle reminders, tools that you already have, to cope when life gets too much.

First get grounded. Getting grounded means being aware of yourself in your body, in the moment, on the planet. Our wonderful bodies are often very neglected. As a professional body-worker, I have a deep reverence for the body and I have learned that our body communicates Truth with us constantly. The body's function is to assist us in our spiritual growth, yet we often go in search of answers somewhere "out there." The answers, though, are within us; we carry them in the tissues and cells of our body. The first step to reestablishing communication with our dear body is to get grounded. So, become aware of your feet. Now expand your awareness to what your feet are being supported by—ultimately, the earth. You, your body, are constantly being nourished and supported by the earth. Reconnect with that and express gratitude for the life force that is shared with you. Quiet your mind and allow the wisdom of the body to guide you. From that centered place, we can return to being grounded; a calmness

results and only then can we raise our vibrations. The ability to raise our vibration is what brings synchronicity, joy, and ease back into our life.

Next become aware of how you are impacted by the situations, places, and people in your day. A "vibe rating" system developed by Sonia Choquette works well for this. She suggests that you rate things from one to ten. One is negative, brings you down, makes you feel depleted, tired, drained. Ten is for what brings you up, makes you feel energized, filled, uplifted. This is an internal checking in with how each situation, decision, person affects you. Pay attention to how you are being impacted and aim to surround yourself with seven and higher. Choose the high ground!

A third tool you can use when life gets too much is to get clear of unnecessary baggage. Clear the past. Often we get bogged down because we are just trying to hold on to more than we really need. It's hard to feel light when you're overloaded. Take inventory of your thoughts. Are you investing heavily in past events? When you keep energy chords to events of the past, you have less energy available to create for the future. The best way to cut the chords is to practice forgiveness. The argument you had with someone close, the terrible thing that someone did to you, a bad situation that happened: if thinking about it still brings up emotion for you, you have chords tied to the past and need to practice forgiveness. Can you see that the emotions you continue to experience are hurting you? The way to freedom is through forgiveness. When we raise our vibrations high enough we enter Grace. By entering Grace, we experience a miracle as our perception of the event changes and we see things in a different light, a light that enables us to forgive, to heal, and to release the chains of the past. Now we are free.

Another tool we can always use when life is too much is to seek inspiration from a mentor or role model.

Read the biography of someone you admire. Schedule an appointment with your mentor to hear how he or she handles life's challenges and stays in balance. Listen. Now is not the time to justify your choices, become the student or apprentice and learn something new. The beautiful gift of having a role model is the ability to mirror skills that lead to success. Choose wisely.

Last, but absolutely not least, remember to breathe. Take the time to stop and take a breath. Take a deep belly breath, otherwise known as a diaphragmatic breath, by relaxing your stomach muscles, filling your belly, then your chest, then allowing a full exhale. Do several breaths like this and your autonomic nervous system will respond by switching from the adrenal blowing "flight or fight" reaction to the cell repair, centered way of being. Diaphragmatic breathing, like we did when we were babies, enhances our vital life force, lowers blood pressure and heart rate, and revitalizes us. Try it. Often.

I hope these reminders help you to re-establish that place of balance that can be so elusive. Stay well by taking good care of yourself and remember how smart you are.

*Janill Mitchell, director of the Phoenix House, a Healing and Retreat Center, supports wellness in her community along side, her husband executive chef Johnny Mitchell. They offer sanctuary, education, and nourishment to all pilgrims on the path. Call 770-773-0352 for further information.*



# Diabetes Caused by Misinformation

By Don Bennett, DAS

We can all agree that misinformation is, in general, a bad thing. But when it concerns health information, incorrect and/or misleading info can cause needless suffering and premature death. This is why people like me have devoted our lives to dispelling incorrect health information. How can you make informed decisions regarding your health, when your decision-making process is hampered by false facts?

Let's take diabetes, for example. This is a serious disease. Normally your body controls the amount of sugar that's fed to your cells. It does this every second of every minute of every hour of every day. But when *you* take over this function and control your blood sugar "manually" a few times a day, something's gotta suffer. It's one thing if there is no choice and your body is no longer capable of doing its job, but my experience has been that there are a lot of people with "diabetes" who honestly believe they can only manage their illness and hope that one day there will be a cure, when they needn't have the illness at all. Why do these folks believe something that's not true? Lack of information, or worse, misinformation.

If you study the current diabetes info available on *Medline*, you'll discover there are almost 600 new diabetes studies featuring hundreds of different theories and conclusions. A good example of misinterpretation (and I'm being kind here), is the study that shows that absence of breast-feeding is associated with the risk of type 1 diabetes, thus the search is on for the substance in breast milk that helps prevent diabetes. Is it lost on mainstream researchers that if a baby is not being fed breast milk, it is being fed something else, and that maybe it's what is being fed in place of breast milk that's *increasing* the risk of diabetes, and not the other way around? Well, we probably have profit motive to thank for research going down the wrong path.

But let's now wander down the right path: is there research that links the consumption of cow's milk with diabetes? Have a look at this study published in *The Lancet* on December 14, 1996, "Cow's milk proteins are unique in one respect: in industrialized countries they are the first foreign proteins entering the infant gut, since most formulations for babies are cow milk-based. The first pilot stage of our IDD [insulin-dependent diabetes] prevention study found that oral exposure to dairy milk proteins in infancy resulted in both cellular and immune response . . . this suggests the possible importance of the gut immune system to the pathogenesis of IDD."

And four years earlier, the *New England Journal of Medicine* reported, "Studies have suggested that bovine [cow] serum albumin is the milk protein responsible for the

onset of diabetes . . . Patients with IDDM [insulin-dependent diabetes mellitus] produce antibodies to cow milk proteins that participate in the development of islet dysfunction [the part of the pancreas that makes insulin] . . . Taken as a whole, our findings suggest that an active response in patients with IDDM (to the bovine protein), is a feature of the autoimmune response." So there is mighty compelling information to suggest that those folks who are predisposed to diabetes should refrain from consuming cow milk. Unfortunately, I don't see any warning printed on milk cartons (or the warning that the IGF-1 [insulin-like growth factor] in cow's milk acts like gasoline being poured on a fire, the fire being any as-of-yet undiagnosed cancer you may have).

While strolling through a mall the other day, I was asked to donate money to help find the cure for diabetes. Since the majority of people with diabetes have type II (adult onset), and since I know that people with type II diabetes may rid themselves of it by eating a "special" diet, as far as I'm concerned, there is already a "cure" for diabetes. This "special" diet is nothing more than the diet a human being is designed to eat (hint: you can find the majority of these foods in Life Grocery's produce department). The problem is, in our culture, this diet is unheard of, so when it is suggested as a means to alleviating diabetes (or other maladies), people scoff at the notion. But if eating what you're designed to eat, and not eating what you're not designed to eat, means your blood sugar level stays within normal parameters *without* your intervention (testing and diabetes medications), which means that, technically, you don't have diabetes, I'd go down *that* road. Nothing does a better job of regulating blood sugar than a well-functioning blood sugar regulatory system. If someone who is predisposed to diabetes gets diabetes because they live a "non-human" lifestyle, especially diet-wise, well, to me that sounds like a normal, natural body response, and thus, not something that can be "cured." But since there are a lot of people who want to be able to have their cake and eat it too (literally), a search for a cure will continue . . . but don't hold your breath.

Bottom line, if you want the best odds of avoiding diabetes, and other degenerative diseases, consider living as nature intended, and be on the lookout for one of the biggest causes of illness: misinformation.

*Don Bennett is a Disease Avoidance Specialist, lecturer, and the Director of the Health 101 Institute. Don's lectures explode common misconceptions about food and health. For enlightening and empowering health information visit [www.health101.org](http://www.health101.org).*

*life bits*

## Don't Blow Ancient Forests on Kleenex

It takes 90 years to grow a box of Kleenex. Kimberly Clark, manufacturer of Kleenex, Scott, Cottonelle, Kotex, Huggies or Depends, cuts down **three million tons of ancient virgin forests every year**. Unlike other companies, which are starting to incorporate more recycled paper into their products, Kimberly Clark basically refuses to do so.

Americans use 8.2 million tons of disposable tissue paper products every year—55 pounds per person. If every household in the United States replaced just one 70-sheet paper towel roll made

from virgin fiber with one made from 100% recycled paper, they would save 544,000 old-growth trees. If every U.S. household replaced just one box of 175-sheet virgin fiber tissues with 100% recycled ones, they could save 163,000 ancient trees.

Handkerchiefs, kitchen towels, cloth diapers and feminine products are first choice, but if you feel dependent on disposable paper products, you will find high quality, recycled paper products at Life Grocery.

Additional information is available at [www.greenpeace.org/usa](http://www.greenpeace.org/usa).

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## Fibroids Gone Forever

By Dr. Brenda Cobb

A fibroid is a non-cancerous tumor arising from the uterine muscle and connective tissue. Many women are affected with this annoying problem, and the numbers are rising. Normally, they are firm, spherical lumps and often occur in groups. They can be any size from a small pea to the size of a melon. They grow near the outer surface of the uterus, as well as near the inner lining of the uterus, where they can be hidden so deep that it requires ultrasound for detection.

Some women have no symptoms at all. Some have lower abdominal pain, fullness and pressure, heavy menstrual periods, bleeding between periods, and increased menstrual cramps. Many women experience rapid growth of fibroids when they are pregnant. Fibroids are estrogen driven so birth control pills, with high levels of estrogen, and estrogen-replacement medication for menopause symptoms, can accelerate the growth of fibroids.

Many women have been told to have a hysterectomy as a "treatment" for fibroids, but cutting out the very important female organs is not the answer. Fibroids must be dissolved and healed from the inside out. Surgery to remove fibroids is not the answer, because in most cases they just grow back!

Fibroids, like other masses, tumors, and cysts, are pockets of toxins. To rid the body of these growths, you must remove the cause, not just treat the condition. Look at the whole person and analyze the lifestyle and the reasons that the fibroids developed initially. Something is out of balance enough to create a mass.

There is a mental, emotional, and physical cause of all diseases, symptoms, and out-of-balance conditions of the body. The emotional cause of fibroids comes from a blow to the feminine ego, denying the self, and nursing a hurt from a partner. The ego has been hurt and there are unexpressed and unresolved hurts. The creation of fibroids comes from patterns of negative feelings and resentments.

Words we use create and develop everything about us. Fibroids are like all other imbalances in the body, they begin with a thought and the thought manifests a physical thing to represent its energy.

You are constantly talking to your DNA and telling it what to create and make you into. Thoughts create things and fibroids are a "thing" created by you. The new thought to heal fibroids is "I rejoice in my femaleness. I love being a woman. I love my body."

Diet contributes to toxicity and deficiency in the body and this effects the growth of fibroids. Foods to avoid include dairy products, red meat, chicken, turkey, pork, fried fat, sugar, salt, caffeine, and alcohol. These foods are toxic and fibroids are pockets of toxins. These foods also increase estrogen which in turn makes fibroids grow larger. Foods to help the body heal fibroids are organic raw fruits, vegetables, nuts, seeds, and living "sprouted" foods like mung bean, lentil, clover, sunflower, buckwheat, and alfalfa sprouts. It is important to drink pure filtered water to cleanse and detoxify the body.

Herbs like burdock root, nettles, cleavers, dandelion, neem leaf, Oregon grape root, red clover, and stillingia can help to cleanse the blood and lymph system. Black cohosh, cramp bark, dong quai, false unicorn rhizome, eleuthero, passion flower, shatavari, vitex berry, and wild yam can help to balance the hormones. Astragalus root, cat's claw, Echinacea angustifolia, ligustrum fruit, shiitake mushroom, ginger root, licorice root, and propolis beehive scrapings can help to boost the immune system. All of these are important in helping the body to heal and to rid itself of fibroids. Poke root extract rubbed over the ovaries and then topped with a castor oil pack can also assist in this process. Douching with an infusion of goldenseal and myrrh will help to pull out toxins and infection.

To heal fibroids, it takes some dedication to changing lifestyle habits, food, thoughts, and feelings, but anything worth healing is worth working for.

Resources:

*Alternative Medicine* by Burton Goldberg  
*You Can Heal Your Life* by Louise Hay  
*Feelings Buried Alive Never Die* by Karol K. Truman

*Brenda Cobb is the founder of The Living Foods Institute, a detoxification, nutrition and health center teaching natural healing with foods, herbs, essential oils and detoxification treatments. She is the author of The Living Foods Lifestyle, Colon Cleansing For Optimum Health, 101 Raw and Living Food Recipes, and Get Started Now Towards Better Health. There are free events, gourmet dinners, educational seminars and a 10-Day Course offered at the Institute each month. For more information call 404-524-4488. www.livingfoodsinstitute.com.*

life bits

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energy, unlike your run-of-the mill batteries that slowly lose their charge, causing your clock, for instance, to start slowing down before you realize the time is wrong.

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## My Holiday Letter

By Linda Townsend

As I write this, it is the beginning of autumn, my favorite time of year. I anticipate the bright, contrasting colors of the trees, cool breezes that float leaves to the earth, and jumping into heaping piles of brown crackles with my daughter. Autumn for me is a quieting, cleansing breath before the earth sleeps and the excitement of the holidays begin. Yes, autumn is definitely my time of restoration and reflection.

One of the questions that I reflect upon the most: *What shall I write in this year's holiday letter?!*

Besides illuminating the receiver of each family member's accomplishments, I would like it to be a healing gift. One with words inspiring the three important elements of life: faith, hope, and love. I wish this because I find these essential elements are lacking with nearly every kind of illness and related emotions.

Despair, hopelessness, and depression are revealed as the lack of the Lime harmonic in the bioenergy system of the body. Lime is also associated with the general ability to heal chronic illnesses. Hope creates Lime. You may ask how one can have hope when in the depths of depression? Perhaps, by using other means to create Lime, one may begin to restore hope as well. Lime is also the biocolor of youthfulness and recreation. Remember trying to catch leaves falling on a breezy day as a child or opening a holiday gift with wondering expectation? Even though you may not feel like having fun, just give it a try. Playing with (or as) a young child can help bring up your spirits.

So many illnesses are isolating. Nothing is worse than feeling lonely and unloved. Love is generally in Magenta, but most people lack Magenta on the red side in Scarlet, which is related to the more intimidate and passionate forms love. How does one feel intimately loved? Part of the problem is that most people believe they must feel love to be able to love, but love is not a

feeling, it is a choice, a commitment to selflessness, the ultimate kindness, that is defined by action more than words. When you genuinely have and can show that you have a greater love for others than for yourself, you will have all the love you need.

A broken spirit is one without hope. A broken heart is one without love. You can have shades of both, but never truly be defeated until you lose your faith. Without faith there is worry, fear, and profound sorrow. Faith is found in Violet. The most serious of illnesses, including cancer, are usually within the Violet ranges also, meaning that they lack Violet — to be more accurate, they have Anti-Violet. Each moment a person worries, faith is lost, Violet weakens more, and the Anti-Violet involved with the illness gains strength. This is the ensnarement of anti-bioenergy illnesses.

Faith, hope, and love. These three create a harmonic chord with a wondrous healing power that can break the entrapments of bioenergy illness. If only I could wrap them up and give them as a holiday present or write down words just the right way to inspire them in you. If only it were that easy . . .

By the time you read my holiday letter, the highlight of my most precious autumn that inspired it will probably have faded. As all seasons, it lasts only for a breath in the expanse of time before the next begins. Now, another uniquely special season is here, the holiday season filled with festivities and gift giving. This is my gift to you: For you to hope as a child, love others selflessly, and never lose faith. May your health be continually restored and may you be an inspiration to restore others this holiday season.

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

life bits

## Mindful Holiday Gifts from Around the World

“Beautiful, unique, and hand-made” describe the high-quality, eco-friendly toys, jewelry, home decorations, art, and musical instruments, you will find for exceptionally reasonable prices in *A Greater Gift* catalogue. Hope and justice come with every purchase. Two pages of products from \$4-\$10 make them accessible for everyone.

You will be intrigued, and possibly amazed, at what you will find in *A Greater Gift* catalogue. In addition to the beautiful handiwork from around the world, there are pictures and stories of some of the artisans and how this catalogue gives them the opportunity to improve their lives.

Sales from this catalogue help alleviate poverty and empower low-income people

through trade, training, and other forms of capacity building, as they work to improve their lives and communities. *A Greater Gift* is a program of SERRV International, a 50-year-old, nonprofit alternative trade and development organization, which is accredited by the Fair Trade Association. They follow a set of internationally accepted fair trade principles and practices, including:

- Commitment to fair pay for labor.
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Check out one of the catalogs on the coffee tables in Café Life.

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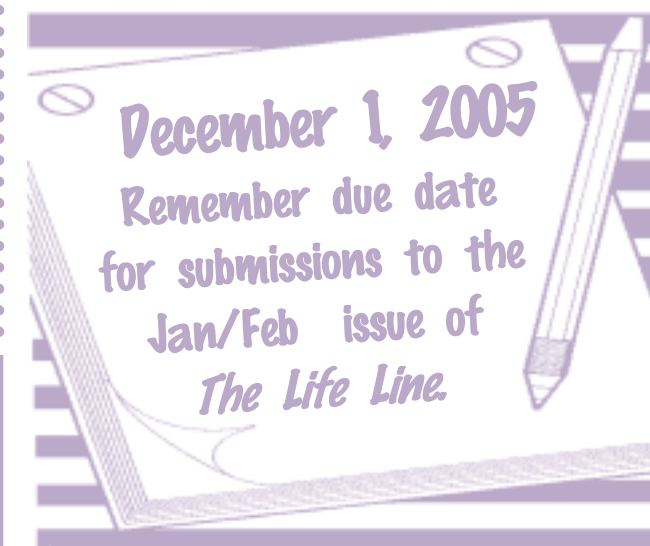
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## Gluten Free Holiday Travel: Yes It's Possible

Hello my gluten intolerant friends! It's that time of year again . . . the holiday season, with all of the anxiety ridden travel to family get-togethers that inevitably come up during the holidays. I don't want you to be afraid to go because of your special dietary requirements. Quite the contrary. I want you to embrace the adventure! With just a little bit of careful planning and preparation, you can have a wonderful Thanksgiving, Kwanzaa, Christmas, Hanukkah, New Year, or whatever other special holiday event that comes up.

This is the season for reconnecting with loved ones and also the time for some really good food, a lot of which can be made naturally gluten free or easily adapted to the gluten free lifestyle. If traveling is involved, you do not need to panic that you will starve or accidentally get "glutened." Sure you might accidentally get exposed to some gluten, but that could happen just as easily at home, right?

Traveling by car is the most preferable arrangement because you can pack a cooler with lots of your favorite gluten free goodies and carry bags of safe snacks that you and your family can enjoy. If you need to stop at fast food restaurants along the way, most of them now list their gluten free menu items on their websites, usually under the nutrition section or under frequently asked questions. Just do a search for your favorite places before your trip, and if you don't have internet access, try calling the corporate offices of those places at which you might want to eat.

If you are traveling by plane and it's going to be a long enough flight where meals are served, before your trip, when you are booking your flight, ask about gluten free menu options. Most airlines are still learning about this though, so you will still want to carry some snacks in your carry-on baggage that will hold you over until you can get a safe meal.

If you are staying with family it may be tricky to cook in their kitchen as they are probably not used to having to worry about cross contamination issues. But it can be done. You will want to have scoped out a store where you can purchase some basic supplies in case you didn't carry your own. Just make sure you clean the pots and pans thoroughly before using them and when in doubt do without. I make sure I carry at least a few standby foods so that I don't starve.

The most important thing to remember is to enjoy visiting with loved ones. Try not to obsess about what you are going to eat. Just be prepared and have some basics that will hold you over, and if you are adventurous, you can attempt to create at least one great gluten free dish to share or even a whole gluten free meal to share with everyone. That is the most rewarding. If you have one dish that is naturally gluten free, that you really love, by all means share it with your friends and family!

If your family and friends want to dine out, this too can be accomplished with a little planning. There are mainstream restaurants like Outback, P.F. Changs, and Carrabba's that offer a gluten free menu, and if you are going to a local restaurant call ahead and ask to speak to the chef about your requirements and see if they can accommodate you. Whatever you do, don't be so afraid to try that you end up not going.

I always carry snacks in my purse for those occasions where there is not a lot of safe options to eat, but I don't want to miss out on the opportunity to visit with others. The most important thing to remember is not to let fear control you. Have fun and enjoy the holidays!

I'm bringing back Granny's Grits Casserole recipe for you to enjoy!

### Grits Casserole

*Serves 6*

1 cup quick cooking grits  
4 eggs  
3 c water  
1 c milk  
½ c butter or margarine.  
1 c grated cheese  
garlic powder  
sea salt and pepper to taste

- Preheat oven to 350 degrees.
- Put grits in water. Cook over medium heat until very thick. Remove from heat and add butter.
- Stir in salt and pepper.
- Beat eggs and milk together, add to grits and mix well. Add cheese.

*By Nisla C. Whetstone, L.M.T. and Amateur Chef*

- Pour into 3 quart greased casserole and baked uncovered for 45 minutes. (The center should be firm, not jiggly.)

*Good for brunches, dinner with turkey, etc.*

My favorite fudge recipe for you!

### Rich Cocoa Fudge

*Yields about 36 pieces or 1-3/4 pounds*

3 c sugar  
2/3 c Chatfield's Premium Cocoa Powder  
1/8 t salt  
1½ c milk  
1/4 c (1/2 stick) butter  
1 t Flavororganics Organic vanilla extract

- Line 8-or 9-inch square pan with foil, extending foil over edges of pan. Butter foil.
- Mix sugar, cocoa, and salt in heavy 4-quart saucepan; stir in milk.
- Cook over medium heat, stirring constantly, until mixture comes to full rolling boil. Boil, without stirring, until mixture reaches 234°F on candy thermometer or until small amount of mixture dropped into very cold water forms a soft ball which flattens when removed from water. (Bulb of candy thermometer should not rest on bottom of saucepan.)
- Remove from heat. Add butter and vanilla. DO NOT STIR.
- Cool at room temperature to 110°F (lukewarm).
- Beat with wooden spoon until fudge thickens and just begins to lose some of its gloss.
- Quickly spread into prepared pan; cool completely. Cut into squares.
- Store in tightly covered container at room temperature.

*NOTE: For best results, do not double this recipe.*

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

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12 oz

\$1.05



wallaby yogurt company

### Wallaby Yogurt

All Flavors

6 oz

79¢



### Mashed Potatoes

8 oz

\$1.49



### Tofurky

- Wild Rice & Mushroom Stuffing
- Giblet Gravy 14 oz .... \$3.29
- Vegetable Roast . . 26 oz . . . \$7.99
- Vegetarian Feast . . 3.25 lbs . \$17.99



- Powdered Sugar
- Demerara Sugar

- Natural Sugar
  - Brown Sugar
- 16-32 oz

\$2.29



- All Varieties Organic Wheat-Free Cookies

- Vanilla Wafers
- Ginger Snaps

7.25-8 oz

\$2.49



### Blue Energy

8.3 oz

\$1.49

- Orange
- Fruit Punch
- Lemon Lime

16 oz

79¢



### Natural Flours

5 lb bag

..... \$3.19

Organic Flours

5 lb bag ..... \$3.99

**TWINLAB®**  
THE WORD FOR GOOD HEALTH™

- **Super Enzymes**  
50 caps ..... **\$8.99**
- **Mega B-12 dots**  
30 dots ..... **\$8.99**
- **Stress B Complex**  
100 caps .. **\$13.99**

**RENEW LIFE**

- **Lactozyme**  
30 caps ..... **\$11.99**
- **Gas Stop**  
60 caps ..... **\$12.99**
- **Heartburn Stop**  
30 caps ..... **\$16.99**
- **Digestmore**  
90 caps ..... **\$16.99**

EnzymaticTherapy®  
NATURAL MEDICINES®

- **Ivy Calm**  
3.4 oz ..... **\$4.99**
- **Esberitox**  
100 caps .. **\$11.99**

**Green Foods™**  
THE EXPERTS IN GREEN NUTRITION™

- **Green Magma**  
5.3 oz ..... **\$19.99**
- **Imperial Green Tea**  
150 tabs ..... **\$14.99**
- **Barley Cat**  
3 oz ..... **\$9.99**
- **Barley Dog**  
3 oz ..... **\$8.99**



- **Seasonal Relief**  
60 tabs .. **\$18.99**
- **RM-10**  
60 tabs .. **\$38.99**
- **120 tabs** .. **\$61.99**
- **FYI**  
90 tabs .. **\$34.99**

**MANGO-XAN®**

**Mangosteen Juice**

24 oz **\$19.99**

**Jarrow FORMULAS**

**Jarrow-Dolphilus EPS**

60 caps **\$11.99**

**XLEARINC**

**Nasal Wash**

1.5 oz **\$9.99**

**AUBREY®**  
ORGANICS

**All Facial Cleansers**

**15% off**



**All Facial Washes**

**25% off**

**Nature's Plus®**

**All Chewable Vitamin C Products**

**15% off**

**RAINBOW LIGHT®**

**All One a Day Multiple Vitamins**

**30% off**

**EARTHRISE®**

**All Spirulina Products**

**30% off**

**SweetLeaf™**  
STEVIA PRODUCTS

**All Flavored Stevia Products**

**30% off**



**All 16 oz Moisturizers**

**30% off**