

At Least I Have My Health

By Don Bennett, DAS

This past Thanksgiving, I took part in the annual ritual of giving thanks. One by one, in turn, people announced to those assembled what they were thankful for. Some were thankful for the good fortune they experienced during the year, some gave thanks for a blessed event, and some were thankful to still be in one piece (there had been a lot of severe hurricanes in 2005). But when I heard, "I'm thankful to have my health," something struck me.

After dinner, as people milled around sharing tales of hurricane survival, I heard more than a few times, ". . . but at least we have our health." If I had asked these people how they know they're in good health, some of them may have given the question serious thought, and no doubt, some would have looked at me as if I had two heads.

But it raises an important question: When does health fail? Do you lose your standing of "good health" when, during an annual physical, you get a diagnosis of something serious? Maybe technically it is, but for all practical purposes, no. Are you in "good health" up until the point at which you begin to feel "off" enough so that you schedule an appointment with a doctor? It may appear so, and, if indeed, what ails you is an acute (sudden) illness, then the answer may be yes, but the vast majority of disease today is not acute, it is *chronic* (from the Greek word *khronos*, meaning *time*). The majority of disease plaguing our society is *degenerative* disease (and it is, by all definitions, a plague); you degenerate slowly, over

time. So the diagnosis of cancer, for example, may appear suddenly, but it was a long time in forming to get to the point that it was detectable by tests or its symptoms became noticeable by you.

Symptoms come in two flavors: apparent and unapparent. Over the course of 30 years, you may not have consciously noticed a loss of vitality, and if you had, you might simply chalk it up to "getting older." But what if it was a degenerative disease that was responsible for this loss of vim and vigor? Loss of vitality and energy is a symptom of disease and just because it happens over a long period of time doesn't make it any less a symptom.

So although good health can be defined as *the absence of disease*, the absence of noticeable symptoms is not necessarily an indication of good health. Going by today's statistics, and by what science knows of disease progression, the majority of folks who say, "At least I have my health" are a stone's throw away from a diagnosis (or an episode) that will rock their world.

Why do I bring up this issue? I mention it because if you want to be able to say "I have my health" and you want it to be an accurate statement, you need to do more of the things that cause health, and less of the things that cause disease. Now you may have just thought, "I know you can cause disease, but can you *cause* health?" You absolutely can! Health and disease are a continuum; they are two sides of the same coin. Your lifestyle choices and habits dictate where you are on that sliding scale. If

you are all the way to one side of it, the healthy side, does it guarantee that you will live a disease-free life? No, there are no such guarantees. But what it *does* do is give you the absolute *best* odds of avoiding degenerative disease and the needless suffering and premature death that go along with it. It also gives you the best odds of having a vibrant, energetic quality of life (which I feel is more important than *quantity* of life); it gives you the best odds of experiencing your "happiness potential."

Who *wouldn't* want the best odds of being disease-free? One obvious answer is a cigarette smoker who is not honestly trying to quit. Another example is a person who claims they care about their health, but when presented with compelling information that would suggest they are partaking of something that's health-damaging, they dismiss the information out-of-hand because they can't let themselves believe it may be true.

But if you are someone who truly wants the *best* odds of avoiding disease, the *best* odds of feeling great, and the *best* odds of being happy, then take the time to take stock of your lifestyle choices. Don't wait until you get a diagnosis of something serious to start.

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.

Thank God For Herbs

By Victor Koenraad, ND

Wow, what would we have if we didn't have herbs? We'd have a lot of hopeless health circumstances! As a matter of fact, few of us would be alive or want to be alive at this moment in time. Every ancient culture has used herbs to stay strong and stay healthy for the entirety of human existence. Every known disease has at one point or another been conquered by the usage of herbs. That is an astonishing statement! Let me repeat, "Every known disease has at one point or another been successfully treated by herbs!" Wow, I'm so impressed

right now I'm inclined to repeat it again, but, I'll spare you . . .

It does require a bit of reflection, however, to understand and grasp the magnitude of this fact. Every single pharmaceutical drug has found its source and origin in herbs, weeds, or plants. Isn't that something? In Naturopathy, we have a very basic base philosophy; *It's all in God's hands*. Well, that just about sums it up.

Some years ago Hippocrates said, "Let food be your medicine, and medicine be your food." That is the basic statement of today's Hippocratic Oath. He also said "Nature is the healer of ALL disease." Another smart man, whose inventions we use on a daily basis, said the following:

Remedies from chemicals will never stand in favorable comparison with the

products of Nature, the living cell of a plant, the final result of the rays of the sun, the mother of all life. When correctly used, herbs promote the elimination of waste matter and poisons from the system by simple, natural means. They support Nature in its fights against disease, while chemicals, not being assimilable, add to the accumulation of morbid matter and only simulate improvement by suppressing the symptoms.

. . . Thomas Edison

I couldn't have said it better myself!

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Resolutions

Resolutions come and go. Each New Year brings a plethora of stated goals and sharing of dreams and visions. An interesting question comes to mind when considering our ritual of declaring life improvements on a yearly basis: Is a New Year more important than any other approaching new moment?

Each year as we change the calendar, we have lived through four seasons, 12 months, 52 weeks, 365 days, or 525,600 minutes. The moments we face on a yearly basis are even more impressive when considering the number of *now moments* we have available to us—moments impregnated with so much possibility. Meeting a new year often helps us live in a more focused way. By observing the dizzying speeds at which each subsequent year comes and goes, we remember to live a life filled with great presence, with much love and gratitude.

Some of us, however, do not enjoy each approaching New Year, since it reminds us of a life not being fully realized. We see the arrival of 2006 as a reflection of our aging process, of the fact we are not getting any younger. If we become wiser with each passing year, as is our birthright, the resolutions we declare reflect more honesty and wisdom; they become more practical, more real. We

By Michael A. Scimeca, D.C.

actually follow through on manifesting our dreams of a life filled with great majesty.

May the freshness of this new moment be an effective reminder to celebrate well the successes inherent in life, the joys of living, not another year, but another moment. As we promote the celebration of life, we move beyond the opportunity to do better and actually advance—through our existence—a lifestyle of inspirational wellness, a contagious, attractive way of living, of bringing more hope and promise into the world.

Will 2006 become a happy New Year? That depends on the way we spend our moments. Keep in mind, resolutions are like now moments. They do, indeed, come and go so quickly.

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.

Lyme Disease: 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 Jennifer Niels, 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 its toxic debris (the terrain that houses the Lyme microorganism), rebuilding our energies, and improving the immune system. Herbs of Light Male or Female Health Assist helps the body accomplish this process greatly.

The author of this paper was bit 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 are 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 48 hours after the bite, and within the next 36 hours the "Bull's Eye" disappeared as the bacteria was destroyed. This salve should be put on the area of the bite as long as 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 time the Oxy was applied; it 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. The natural compounds of cat's claw act as an anti-inflammatory while also providing direct anti-microbial affects. Recent research with the cordyceps mushroom has shown its ability in building energy, stamina, and endurance so that it can assist with those who suffer from Lyme disease. Mairishitake herbal blend comprised of maitake, reishi and shiitake mushrooms assist 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 called the Q-RIBB blood test that is very accurate. Their website is www.bowen.org or they can be reached by phone at 727-937-9077. Dr. Charles Campbell, Ph.D., Iri, CNC, a much respected practitioner who specializes in Lyme Disease, can be reached at 864-833-4372. Dr. Campbell was an essential collaborator with 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 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 diseases. This information is available on the "Taking Responsibility" DVD/Video/CD.

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Monday-Saturday	9 am-8 pm	11 am-7:30 pm
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:

Editor, The Life Line
c/o Life Grocery
1453 Roswell Rd.
Marietta, GA 30062
770-977-9583

General Manager: Lisa Maden

Operations Manager: Ronnie B. Hudson

Editor: Ronnie B. Hudson

Proofreaders: Kay Bird, Kim Strickland

Typesetting/Layout: G. Krislyn

Life Line Logo Design: Heathere Wilmoth

Contributors: Don Bennett, Kay Bird, Dr. Brenda Cobb, Dr. Joe Esposito, Ronnie B. Hudson, Victor

Koenraad, Dean Martens, Brian Murray, Dr.

Michael A. Scimeca, Kim Strickland, Janill Mitchell,

Linda Townsend, Nisla Whetsone

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Sheree Zink	770-426-7436

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The Unexpected Side Effect of The Gluten Free Diet

A Diet To Grow On

By Dr. Joe Esposito

As plant-based diets become more popular, the public is rapidly becoming aware of the dangers of eating animal products such as meat, dairy, eggs, and their by-products. There are plenty of terrifying tales about what goes into the raising and processing of livestock and poultry. I will not ruin your appetite now, since that would defeat my purpose here, but suffice it to say that steroids, chemicals, hormones, antibiotics, and tranquilizers commonly used in raising beef and poultry have found their way onto dinner plates across the country. Many people consider the way animals are raised and slaughtered inhumane. It is not so important as to why you stop eating flesh; it is important that you do.

The emergence and growth of products such as free range chicken and chemical-free beef reflects both Americans' growing awareness of these new dangers, as well as a demand for healthy substitutes. However, even those "healthy" substitutes do not digest well and can cause a number of serious and deadly health problems.

People everywhere are choosing to fill their dinner plates with vegetarian foods instead of the traditional elements of the food chain. Yet some health practitioners

still feel that this healthy lifestyle is unsafe or unwise for children. Yet, it would seem logical that children, whose immune systems are generally not as strong as adults, would benefit from a non-animal product containing diet.

According to the American Dietetic Association, "Infants, children, and adolescents who consume well balanced vegetarian diets can generally meet all their nutritional requirements for growth. The ADA endorses a vegetarian diet, concluding that the nutrients found in animal products can also be found in a plant-based diet. Imagine that! And, to stay on my soapbox for a little bit longer, when it comes to nutrition in this country, we seem to have lost our common sense and our better judgment. In fact, all we've gained are unhealthy eating habits and a lot of weight!

For over two decades I have been teaching the same lesson in every seminar taught all over the world. Good nutrition is simple: stay away from the 7 Deadly Sins of Nutrition, those being alcohol, meat, sugar, dairy, coffee, soda, and artificial sweetener. Make sure your diet consist of fruits, vegetables, some whole grains, nuts,

and seeds. (Note: There are over 120,000 fruits, vegetables, whole grains, nuts, and seeds to choose from. You probably couldn't eat all of them in a lifetime even if you tried!)

It is also important to have proper structure. What I mean by this is that your spine must be in proper alignment. If you have symptoms, such as pain, your body is telling you that something is wrong and you need to get it fixed. Don't just cover up the problem with medications that might have dangerous side effects. See a qualified holistic health care provider who knows how to treat the cause, not cover up the symptoms, and get yourself back on the road to good health!

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 nat at 20% discount. Contact him at 770-427-7387 for further information.

A Root Cause of Back Pain Part II

By Brian Murray, M.Ed.

In the last issue of *The Life Line*, I illustrated the importance of the spinal erector muscles and how weakness of this muscle group is a root cause of low back pain. Strengthening this muscle group is a key factor in the treatment and avoidance of low back pain.

You may be surprised to learn that normal activities of daily living do very little to exercise the lower back. In addition, it is sad to say that the exercises recommended by our specialists are not much help either. And by the way, strengthening the abdominals, although good for core support and health enhancement, does not address the problem.

Recall from Part One of this series, the deconditioning syndrome. This involves guarding the spine with limited movement, which leads to muscular atrophy, which compromises the structural integrity of the spine making you more prone to experience pain. Unless this cycle is broken with effective exercise for the spine, the underlying problem will continue. And it is important to understand that this process is at work in people who experience no pain at all!

In normal back movement, the large muscles of the hips (gluteus maximus) and thighs (hamstrings) extend the pelvis and move the back. When this occurs, the low back muscles do very little work. Basically, the pelvis and spine move together. This is why your doctor

tells you to lift things by squatting down rather than bending over.

The secret to ending low back pain is properly immobilizing the large muscles of the hips and thighs. When these muscles are prevented from assisting low back movement, spine movement occurs by way of the spinal erectors. By exercising the spinal erectors in this manner, a several-hundred to several-thousand percent improvement in strength can be gained, as well as a significant reduction or elimination of pain.

Exercising the spine in isolation is not an easy task. In my facility we use the MedX Medical Lumbar Extension Machine. This is a specially designed machine that exercises the lumbar spine in isolation by completely immobilizing the pelvis. Doctors, chiropractors, physical therapists, and exercise physiologists have used this system for decades with phenomenal results. Unfortunately, you will most likely never hear your doctor mention it. Back pain patients are repeat customers.

Next to being pain-free and regaining a normal quality of life, perhaps the most important benefit of directly addressing the root of the problem is that the individual rarely reutilizes the health care system for back pain treatment.

Case Study:

Bob was experiencing numbness and weakness in his right leg with moderate pain. It was uncomfortable to stand for any length of time and his mobility was severely limited. Due to his discomfort, Bob was ready to have surgery. Not wanting to go through such an invasive process, he agreed to give a more conservative approach a try. Within six weeks, he demonstrated 100% improvement in low back strength, his discomfort was significantly reduced, and he was able to do activities he would not have considered years before. Two years later, he is still active and continues to improve his back strength.

Bob's case is one of hundreds I could tell you about. The common denominator in all of these cases is improved strength of the spinal erectors and removal from the back pain treatment merry-go-round.

Make strengthening the spinal erectors a component of your lifestyle and you can avoid or eliminate back pain forever.

Brian Murray is the founder of mPower, a state-of-the-art strength training facility. To experience the MedX system, call 404-459-0270 to schedule a complimentary program introduction or visit www.strengthforlife.net for more information.

Café Life: Your Organic Eatery

Café Life announces our signature sandwiches. These cooked sandwiches feature an old favorite, the Avocado Melt, and some great new ones. We also offer our two cold food bars, a hot food bar, two fresh soups, and daily specials, in addition to our smoothies, fresh juices, and vegan desserts. We will keep you updated as to the newly added food items, both living and cooked.

Organic Avocado Melt \$7.25
Toasted garlic bread, spread with sun sauce and topped with avocado slices, roasted red bell peppers, and vegan Monterey Jack cheese.

Organic Barbeque Tempeh \$6.25
Toasted light Jewish rye bread with marinated BBQ tempeh, red onions, and arugula.

Organic Rosemary Portabella Philly . . \$7.25
Hoagie roll spread with vegan mayo and topped with garlic and rosemary marinated portabella mushrooms, bell peppers, onions, vegan Monterey Jack cheese, and romaine lettuce.

Organic Portabella & Cheddar . . \$7.25
Toasted light Jewish rye spread with whole grain mustard and portabella mushrooms, in a rosemary marinade topped with vegan cheddar cheese.

Build Your Own Sub \$5.99/pound
Fill your hoagie roll with fixin's from the food bars, hot and cold.

NEW MENU ITEMS NOW AVAILABLE!

Organic Living Sea Patties with Living Tarter Sauce \$5.50
Organic Living Taco Salad \$6.95
Living Organic Curried Cauliflower Hummus Wrap \$6.50

Produce of Life

By Kim Strickland

Here's to a Happy New Year to you and your family. Is this the year to make changes in your diet, lifestyle, and thought patterns? Here's some information to help you make diet changes and incorporate more fresh fruit and vegetables into your daily routine. I'll be featuring oranges and onions this issue.

More than any other fruit, the orange is associated with its vitamin C content. But oranges have more to offer nutritionally than just this one nutrient. A small orange contains generous levels of folate (folic acid), potassium, and thiamin, as well as some calcium and magnesium. Americans consume most of their oranges in the form of juice, which provides 140% of the current suggested daily intake of vitamin C. However, if you choose to eat a whole orange instead of drinking a glass of juice, you'll get about the same amount of vitamin C, with the added benefit of more than three grams of dietary fiber.

Choose oranges that are firm, heavy for their size, and evenly shaped. The skin should be smooth, rather than deeply pitted, although juice oranges are generally smoother than navels. Thin-skinned oranges are juicier than thick-skinned varieties, and small- to medium-sized fruits are sweeter than the largest oranges. There is no need to worry about ripeness—oranges are always picked when they are ripe. Oranges keep for up to two weeks in the refrigerator, but they keep almost as well at room temperature, retaining nearly all of their vitamin content even after two weeks. They will also yield more juice at room temperature.

Onions not only provide flavor, they also provide health-promoting phytochemicals as well as nutrients. Research shows that onions may help guard against many chronic diseases. That's probably because onions contain generous amounts of a flavonoid called quercetin.

In addition, onions contain a variety of other naturally occurring chemicals known as organosulfur compounds, which have been linked to lowering blood pressure and cholesterol levels. Yellow onions are full-flavored and are a reliable standby for cooking almost anything. Yellow onions turn a rich, dark brown when cooked and give French Onion Soup its tangy sweet flavor. The red onion, with its wonderful color, is a good choice for fresh uses or in grilling and charbroiling. White onions are the traditional onion used in classic Mexican cuisine. They have a golden color and sweet flavor when sautéed.

When purchasing onions, look for dry outer skins, free of spots or blemishes. The onion should be heavy for its size with no scent. Store onions in a cool, dry, ventilated place, not in the refrigerator. Do not store whole onions in plastic bags, as lack of air movement reduces storage life. Chopped or sliced onions can be stored in a sealed container in your refrigerator for up to seven days.

Winter Fruit Salad

2 bananas, sliced
2 oranges, sectioned
1 pint strawberries, sliced
1 apple, sliced

¾ c ground raw cashews
1 c apple juice
½ t vanilla extract
½ c ground walnuts

- Blend cashews, juice, and vanilla.
- Drizzle sauce over fruit.
- Top with ground walnuts.

French Onion Soup

From *Vegan Vittles* by Joanne Stepaniak

1 T olive oil
3 medium onions, sliced or chopped
5 cloves garlic, minced

¼ c spelt flour
4 c water
¼ c soy sauce or Braggs Liquid Aminos

¼ c croutons per serving

- Place oil in large saucepan over medium-high heat.
- Add onion and garlic and reduce heat to medium. Sauté for 5 minutes.
- Stir in flour, mixing well.
- Stir in water and soy sauce or Braggs and bring to a boil. Cover and simmer on low for about 20 minutes.
- Place croutons in bowl and ladle soup on top.
- Serve immediately.

Resources:

www.onions-usa.org/about/faq.asp
www.wholehealthmd.com

Kim Strickland earned a Doctorate of Natual Health from Clayton College in 2005. She is currently a stay-at-home mother to her two sons and can be reached at mkstrickland@peoplepc.com or 770-218-3952.

Thanks God For Herbs

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In light of Edison's proclamation regarding herbs, along with many similar statements from many more famous people, Nobel Prize winners, people whose every word we would believe simply because of the impact they have on our lives, it is important for each of us to educate ourselves regarding the real power of herbs.

Their impact is enormous:

1. Herbs are very, very strong and can kill many microorganisms that are harming you.
2. Herbs, in probably 100% of the time, have so many co-factors that make them so effective that to isolate one chemical compound within the hundreds present is one of the main reasons harmful side effects end up manifesting.
3. Because of these co-factors, herbs are basically perfect and harmless. (Wow!)
4. Herbs present the ability to cleanse, repair, and build all at the same time.
5. Herbs have vibrational frequencies (Wow!) Combinations of herbs raise these frequencies exponentially, creating a bio-identical resonance with organ frequencies.
6. Herbs present solutions the medical field doesn't have and they do it without harming the rest of your body.
7. Herbs have solutions for every single ailment known to mankind.
8. Many studies exist utilizing medical standards (which are NOT the end-all-be-all) to prove all the above.
9. Herbs should be tested to make sure the person ingesting them actually needs those specific ones.
10. Many tests exist in the natural field of HEALTH care, for example; Electro Acupuncture (EAV) according to Voll,

Electro Dermal Screening (EDS)—the same thing really—Kinesiology (many, many, many systems available), Sclerology, etc., etc., etc.

11. Herbs don't kill people; they extend life.

Not to make things more difficult, but it's possible that many of the weeds growing besides the roads, or even in your back yard, have some medicinal value. They are likely herbs, not weeds. Who doesn't use herbs for cooking? Cilantro is good for pulling heavy metals from your brain; parsley is good for your kidneys and blood purification, and garlic, oregano, and on and on.

There was a book called *The Cure Is In Your Cupboard*. And yes, there are lots of available cures likely in your kitchen cabinets. Eat big fat raw salads with all these different ingredients in them; make your own salad dressings with lots of spices. You'd be amazed at the different flavors that will excite and stimulate you and make you feel great—all by God's great design. Do away with commercial cleaners and before you spray your weeds, you may just want to check to see if they are actually weeds or if they are herbs. If they are herbs that are safe to ingest, put them in your next salad for a tasteful, healthy, and cheap addition.

Further, for those of you who don't like the taste of "da healthy stuff," not to worry. If you don't like the taste of greens, it is a great indicator to go see your local HEALTH doctor to help you balance out your pH and other very important factors that are the sum total of your health picture, even if you think there is nothing wrong with you. There is a giant epidemic of yeast and parasites out there—things that mimic hundreds of chronic diagnosis. Be smart, whether you have short or long term health issues, there is a solution for you.

Victor Koenraad, ND, recently opened his office in the Atlanta area after 12 years in Beverly Hills, California. Maintaining the "A" list clientele in Beverly

Hills, while enjoying a quieter life here in Georgia, Dr. K specializes in chronic conditions—including skin, fatigue, and conditions for which pharma drugs don't seem to work, as well as menopause and fertility. Utilizing a variety of advanced testing methods combined with love and intuition, results are just a matter of time, sometimes as short as a couple of hours.

**Saturday
3/18/06**

**Spring
Life Fest**

12:00-4:00 p.m.

**members
receive**

**10% off
all in-stock
purchases
all day
9 a.m.-8 p.m.**

The Sacred Relationship: Twin Flames, Soul Mates, Life Partners

By Janill Mitchell

Most people I know are searching. They are searching for that special someone, their one and only, to spend the rest of their life with. I used to think this desire was a Hollywood Scam, somehow created to keep us all watching sappy movies or buying romance novels. The relationships I have experienced were not the “happily ever afters” that I witnessed on the big screen or read about in novels. In fact, I always taught my students that, “relationship was the most difficult path to enlightenment,” and I was determined to work hard and even suffer to achieve spiritual growth. Boy, was I wrong about a lot of things, but especially how joyful, blissful, and easy a relationship can be, when it is the right relationship.

The right relationship is a sacred relationship. And every relationship that we have has the potential to become a sacred relationship. In a sacred relationship, we allow love to guide us. We choose to be a vessel for the expression of love. According to a long time follower of *The Course in Miracles*, Patty Robinson:

The essence of our being is love. Love can never be adequately explained or described. Love can only be experienced. Love, itself, is an energy force. It remains constant and is eternal.

When we decide to create a sacred relationship, it is the relationship itself that becomes the vehicle for the expression of love. We create a place where love lives—constant and eternal. Sacred relationships are very precious, as they nourish and enrich us and remind us of our true inner nature. The Sacred Relationship allows us a place to learn more about the truth and provides a safe place for us to delve ever deeper into all the parts of our personality (the ego) that would block us from perfect love.

Sacred relationships require us to do something very, very difficult. They require us to surrender ourselves. In a sacred relationship, we sacrifice our ego in order to be a clear and flowing source of love. I had a lot of trouble with this until I understood from experience. When I succeed in putting aside what I think I want or need for myself and allow myself to be guided by a higher power of love, my life gets better than I could have imagined for myself. I know when I surrender my thoughts, quiet my mind, in fact stop thinking and allow a quiet inside my head, amazing miracles happen in my experience. I experience a joy so profound and a peace so complete and a love so boundless, it’s a miracle.

Sacrificing the ego, I have come to find out, is not the same as having no boundaries or being a door mat. In fact, sacrificing our ego can sometimes lead us right to “tough love” and to telling someone the truth, even though doing so will lead to (oh no!) change. When we lay down our perceived needs, desires, even fears, and allow ourselves to be in the quiet of “no thinking,” the truth prevails and our lives are shifted into harmony. Our perceptions change, miracles happen.

Only the ego creates barriers to love. When there is disharmonious energy between two people, it is evidence that the ego is in charge. Be willing to put the ego in “time out,” quiet your thoughts, and allow a space for love to come back in.

Creating a sacred relationship requires the conscious commitment, but the first sacred relationship we need to create is with ourself. Before you can be a partner for someone else, you must know and love yourself. This is the quest! This is the hero’s journey. The oracle at Delphi challenged us “to thy own self be true.” When we stop projecting our limitations onto those we claim to love and take responsibility for our own creations and experience, then we are able to be complete in and of ourselves. Then we can love another. Again from *The Course in Miracles*:

Your task is not to seek for love, but merely to seek and find all of the barriers within yourself that you have built against it. It is not necessary to seek for what is true, but it is necessary to seek for what is false.

Seeking what is false is a difficult task. It makes us feel uncomfortable to find something we consider “bad” about ourselves. We construct many mechanisms within our personality to hide these “bad” qualities from our consciousness, and then we project them onto other people and hate them for it. It is far easier to blame, hate, and fear someone else than it is to find that very quality within us. But if you find it “out there,” know that it is within you. You have glimpsed your Shadow Self. Your Shadow Self is that part of you that is false and blocks you from an experience of peace. Learning to love the shadow is one of the most important tasks on the path. One of the ways we can do that is within our relationships. We create relationship for exactly this purpose, although sometimes the relationship seems bigger than we are. See if any of these sound familiar:

Twin Flames—Opposites Attract

The relationship between twin flames burns hot and bright. In this type of relationship, there is an undeniable attraction between the two people involved: the pair experiences strong feelings and emotions. Passion! The highs are very high, and the lows are very low. There isn’t much in the middle as the flames flare up, then go out suddenly. Your desire to be with this person may feel like destiny and out of your control.

In this type of relationship, we are able to clear out a lot of karma fairly quickly, but it isn’t easy. Our twin flame is a light to see our shadow. We are instantly confronted with both the best and the worst of ourselves. The key here is to recognize the opportunities for growth. When you remain in the present moment, you are empowered to make choices. The point is to choose rather than to react. This is a difficult relationship, but the growth potential is enormous.

Soul Mates—Like Attracts Like

The relationship between soul mates is like coming

home. You find in the other a place to rest and breathe. The passion is there, but it doesn’t burn you like in a Twin Flame Relationship. It is warm and nourishing—compassionate. To find your Soul Mate is to experience grace. To experience this type of relationship is a blessing beyond imagination.

There is a danger in finding your Soul Mate. There is a desire of being so caught up in each other that you lose balance and lose touch with the rest of the world. Finding this perfect embodiment of unconditional love can be so fulfilling that the rest of life, and its responsibilities, seem to pale and fade. That’s when a choice, by both partners, to create a Life Partnership becomes important.

Life Partners—Attracting Love Through Consciousness

Between the (sometimes hell of) life with your Twin Flame and the (rare) heaven of finding your Soul Mate, is the Life Partner. Choosing a life partner is making a conscious choice to create a Sacred Relationship with a sexual partner (the one you already have or someone you have yet to meet).

In the relationship between Life Partners, there is an explicit agreement to honor each other, honor the relationship, provide safe haven for soul growth, companionship; a vessel for the expression of love. Both partners choose to create a Sacred Relationship. Everyone can have this. It takes a commitment to personal accountability, mutual respect, and an awareness to be in the present moment, in the NOW.

Here, from *The Course in Miracles*, is what Patsy Robinson says:

Now is the only time there is and each instant is for giving. It is very easy to lapse into the past or build up anxiety about the future. When we do this, we are often not peaceful. When we recognize this, we can focus our attention back to the present where it is possible to experience peace. If we stay in the present, we are best able to deal with anything that comes our way. If we are someplace else, (past or future), it is not possible to make decisions. It is in the NOW that the love energy comes through us. It is in the NOW that we are not judgmental and we can see clearly what is going on.

Welcome to a New Year and the fresh start that life is offering. Choose love. Make all of your relationships Sacred Relationships; create a Life Partner Relationship with the one you love. Blessings on the path.

Janill Mitchell assists those seeking personal and planetary transformation through energetic healing and empowerment products, classes, and workshops at her north Georgia healing and retreat center, *The Phoenix House*.

A New You in the New Year

By Dr. Brenda Cobb

When a new year comes around, it's the perfect time to become a whole new you. Deciding exactly what to put on your New Year's *To Do List* can be challenging, but here are four things that will definitely give you a new lease on life.

Clean Out Everything

Clutter can accumulate over the years. One day you're stepping over boxes and things are falling off the shelf when you open the closet. If you have clothes that you haven't worn in a year, sell or donate them. Most of us have way more than we actually need. Stop being a pack rat. Let go of the old to make way for new energy. This also goes for your body. Do a good internal cleansing with enemas and professional colonics. Clean up your blood and lymphatic system with herbs and organic raw and living food.

Exercise More

Obesity is at an all time high. Excess weight is a contributing factor in high blood pressure, diabetes, heart disease, and cancer. Make an effort to do some sort of exercise each day. Get out of the house and take a walk, ride a bicycle, rollerblade, swim, or run; do yoga, kickboxing, spinning class, weight lifting, or rock climbing. Mix it up and keep it fresh. Make this a FUN part of your daily routine. You'll have more energy and you'll look and feel better.

Change Your Eating Habits

The word "diet" has become a negative word for many people. There are millions who have lost weight just to regain it. Diet pills are not the answer. It's not a diet, but a lifestyle change that will bring about permanent weight loss. A good weight appropriate to your height and age will impact your health on every level. When you are overweight, you feel tired, sluggish, and depressed. Changing your eating patterns doesn't mean you have to give up every favorite food you love. A great way to get started is to eat half of your food raw. Include more fruits and vegetables that are not cooked. You'll get more enzymes, vitamins, and minerals by not cooking your food. This will also help you to slim down with ease.

Take Care of Your Emotional Health

Emotions are directly tied to health. If you are angry, it will affect your liver. If you are fearful, it will impact your kidneys. If you are upset with a friend or loved one, it can elevate your blood pressure. If you were hurt over something in the past and you are still carrying those feelings around, it can create a stomach ulcer. If you have ever felt like there was a time bomb inside and you are ready to explode any second; if an ordinary task is easy one day and then impossible the next; if you are touchy or agitated for longer periods of time than you would like; you've experienced sleeplessness night after night for no apparent reason; you feel no one understands you, or even worse, that you don't understand yourself, then possibly you are suffering from unresolved, repressed, and suppressed negative feelings you thought you had taken care of. What you may not realize is that when negative feelings are not resolved as they occur, they remain alive in your energy field (your body). These feelings affect each day of your life. Somehow, somewhere, in some aspect of your life, the effect of negative feelings WILL be realized. Do everything you can to forgive others, forget the past, and heal your emotions so you can move forward.

Make this New Year your very best ever. Put YOU at the top of your priority list. Do good things for yourself and you'll be better able to take care of your family. Celebrate life and make the most of each and every day. Smile a lot and keep your sense of humor. Most of all don't take yourself so seriously. Life is meant to be enjoyed!

Resource:

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. For information on free events, gourmet dinners, educational seminars, and a 10-Day Course, visit www.livingfoodsinstitute.com or call 404-524-4488.

life bits

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If you like to exercise by video, but you're tired of the same old ones, try the Video Exchange program at VideoFitness.com. Although this website sells new videos, they offer the opportunity to list your unwanted videos and to exchange them for someone else's unwanted videos. Videos must be original editions of good quality. The exchange program is free. Registration is required but is also free.

Used video tapes, audio cassettes, and computer disks are welcomed for recycle by Operation Fast Forward, run by ECOMedia, to help fund independent living centers for people who are disabled and homeless. All salvageable materials are magnetically erased, then repackaged and sold. (Non-salvageable stock is sold to a recycler.) All profits benefit the shelter program. Call first to arrange a donation: 800-366-8192 (in NY).

RealMoney (Nov/Dec, 2003), published by Co-cop America. www.realmoney.org and www.coopamerica.org.

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A Forgotten Resolution

By Linda Townsend

Did you vow to eat more fresh, raw, organic produce, maybe even juice, once a day? Possibly you promised to drink herbal teas and take more supplements. Maybe you even bought equipment to exercise or signed up for an exercise class. Did you decide to learn more about herbs, homeopathy, aromatherapy, or supplements? Will you have regularly scheduled massages this year? Will you use internal cleansing methods routinely throughout the year?

If so, congratulations! You have made some very good lifestyle choices to improve your health, but there may be one thing missing which can frustrate all your good intentions and efforts. This one thing is leaving emotional issues unresolved.

Although I am not an expert in the field, I certainly have been a victim of unresolved emotional issues. This is why I had a special interest in researching their effect on the bioenergy system; I was surprised by their strength of influence. Energetically, they are nearly as strong as a physical trauma injury causing similar anti-bioenergy signatures that seat within harmonic zones. In other words, if you have resentment for a long period of time, it can cause an Anti-Orange problem that often seats within the Orange harmonics associated with the gall bladder's bioenergy pattern, which imperceptibly emulates the same energy pattern as a trauma injury to the gall bladder on a daily basis.

Momentary negative emotions are not particularly harmful. The real problems are the deep seated, long term issues, the ones you don't want to face. You know what they are. They are so painful that you want to keep them buried, even though that keeps you in an emotionally wounded state. You may need to confront the person who has hurt you. You may need to just forgive someone completely and repeat this every day until you feel there is no need to forgive anymore. You may need to lower your expectations of another person,

so you will not be hurt by him or her. You may be the one who needs to ask for the forgiveness of another. You may need to do all these things or more to make peace within yourself. In fact, you probably know, deep inside, exactly what you need to do, but you resist it.

If it seems overwhelming, professional guidance and support may be necessary throughout the emotional healing process. It is not a pleasant task to work through emotional issues and it may take years in some cases. However, emotional wounds can be healed and afterward you may find, as I did, they had been adversely affecting your health more than you realized.

Need more incentive? Think of your loved ones. I believe that very strong anti-bioenergy patterns can be passed from one generation to another through DNA bioenergy patterning or what I term the Birth Imprint. To rephrase, my research suggests that the emotional trauma energy patterns of a parent can be found in offspring and these anti-bioenergy patterns are often associated with illnesses; they may even be energetic contributing factors in the manifestation of some illnesses. Your anti-bioenergy pattern affects the people who are around you on a daily basis, as well.

The bad news is that anti-bioenergy from an unresolved emotional issue is particularly strong and it contributes both environmentally and inherently to illnesses, in my opinion. The good news is that positive emotions are equally strong and supportive of the healing processes. Add working on at least one known emotional issue to your list of resolutions for this year. I believe, based on my own experience and research, that it is an essential factor in good health and wellness.

Contact Linda Townsend, founder of BioHarmonics Research, at research@bioharmonics.com.

life bits

Healthy Is Also Cheaper

San Francisco is leading the way as the first city in the nation to adopt the "precautionary principle" to government decisions.

Whether they are buying new buses or deciding which pest-control measures to use on city parks, officials must consider effects on human health and natural systems. The precautionary principle will also come into play when deciding how much to invest in renewable energy.

Given the overwhelming evidence that green-house gases contribute to climate change, for example, the new ordinance mandates that the city must get as much electricity as it can from solar and wind. The healthy choice often appears pricier than the polluting one, but San Francisco's new rule forces officials to factor in long-term clean-up, disposal, and health costs. When the future is taken into consideration, being safe looks like a bargain.

information from **Sierra** magazine, Jan/Feb, 2003; www.sierraclub.org

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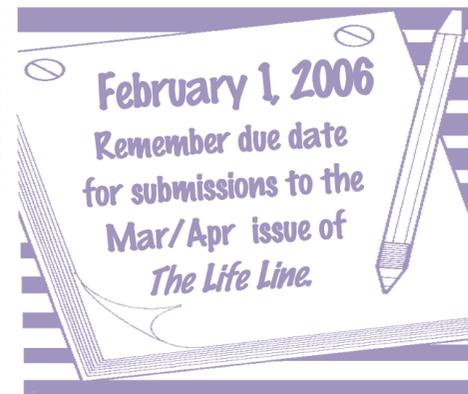
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Weight Loss: The Unexpected Side Effect of The Gluten Free Diet

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

Happy New Year! It is now that lovely time of year when most people start thinking about resolutions or how to be healthier and happier. If you are struggling with your weight and are thinking about going on a diet to lose those excess pounds, let me tell you a little story that just might pique your interest.

Two and a half years ago, I was diagnosed with Celiac Disease (a disease of malabsorption caused by an intolerance to the protein gluten). When I started doing research about Celiac, I read that the classic presentation of Celiac involves excess weight loss, not the weight gain that I had been struggling with. Still, no matter what I had tried before, I wasn't able to lose the weight. Keep in mind that when I was a child and a teenager, I was the classic Celiac, very skinny. (My family even called me "bony butt.") In my early twenties, I started putting on weight; by the time I hit my thirties I was over 200 pounds which on my 5 foot 2 inch frame was very uncomfortable. At my heaviest, I tipped the scales at 260 pounds and wore a plus size 24 or 3X. As you can well imagine, every New Year that came around prompted me to make yet another resolution to lose weight and get in shape, only to be discouraged when I not only didn't lose the weight, but continued to gain.

Fast forward to today. I have now been gluten free for two and a half years and without even trying, my weight slowly started coming down. I keep having to go through my closet and get rid of all of the clothes that are now too big. The odd thing about all of this is, on the gluten free diet, I am eating MORE food than I ever did before my diagnosis. I am eating more desserts, more of a variety of food, and I am enjoying food more! At my last weigh-in, my scale said 170 pounds. That is a total loss of 90 pounds over the past two and a half years! I am currently in a size 14 or ladies medium. I'm still not at my goal weight, but I am not stressing about it, because I know that my body is processing food better and I am feeling better than I have in years.

Why am I telling you all of this? Because I have come to believe that there is an epidemic of obesity in our culture and my theory is that gluten is one of the main causes, if not THE cause. The current estimate is that one in 133 Americans has Celiac Disease, but most

are going undiagnosed because the standard medical model was a skinny, malnourished individual. It has only recently been acknowledged that weight gain can also be a symptom of Celiac.

Now, I'm not suggesting that every overweight individual has Celiac, but what I am suggesting is that gluten is toxic to almost everyone. While some people's bodies can process it better, eventually most people will experience some kind of health issue related to gluten. If you are struggling with your own weight issues, isn't it worth exploring if a gluten free diet is right for you? If you think it might be, I recommend reading the book *Dangerous Grains*, by James Braly and Ron Hoggan, for further insight into the current research of gluten intolerance.

If you do decide that you would like to explore this theory and you think you may be gluten intolerant, or even have Celiac Disease, you may want to consult with your healthcare practitioner. If you want to undergo testing to screen for Celiac, the current testing methodology requires that you still be consuming gluten in order for the testing to be accurate. In my opinion, a positive dietary response is a valid diagnostic tool and you may, or may not, wish to discuss this with your doctor. You may want to just jump right in and embrace the gluten free lifestyle. Keep in mind that the gluten free diet is a healthy diet for anyone and you do not need a doctor's permission to buy gluten free food.

One thing I would caution against is eating only prepared, processed gluten free foods. They should only be used to supplement a healthy diet of fresh organic fruits and vegetables, organic clean meats, and alternative grains such as quinoa and rice. Life Grocery has everything you need for a healthy, complete gluten free diet. Aren't we lucky? One stop shopping! It is also possible to be a vegetarian and eat gluten free. So Happy Healthy New Year and have fun!

Here are a few quick and easy recipes for you to try!

Quick Chili

2 cans kidney beans, drained
1 can tomatoes

1 lb cooked organic ground beef or turkey (optional)
½ jar of Green Mountain Gringo Salsa (mild, medium, or spicy)

- Place all ingredients in a pot and simmer over a medium low heat for about 30 minutes.
- Serve over rice and top with your favorite shredded cheese product.

Quick Oven Fried Chicken

1-2 lb free range chicken pieces
1 c *Barbara's Instant Mashed Potato Flakes*
½ t *Simply Organic Garlic Salt*
½ t paprika
4 T butter or oil

- Preheat oven to 425.°
- Melt butter in a 13 x 9 baking pan in oven (or put the oil in the pan without heating it).
- Wash the chicken pieces and keep them wet.
- Mix the potato flakes, garlic salt, and paprika in a bowl.
- Coat the chicken pieces in the potato mixture, making sure it is coated thoroughly.
- Arrange in the 13 x 9 pan and bake for 40-45 minutes. Turn over halfway through.

Quick Peanut Butter Cookies

1 egg
1 c peanut butter
½ c sugar (set aside another ½ cup for coating)

- Preheat oven to 350.°
- Mix all ingredients together.
- Roll into balls and then roll into sugar.
- Place on greased pan.
- Bake for 10-15 minutes or until done.

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

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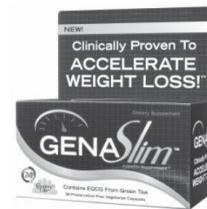
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New Food Guidelines Do Not Tell All Facts part 1

By Linda Townsend

Let's face it, people eating the average American diet for most of their lives usually aren't concerned about food guidelines, that is, not until they have a medical reason to do so. For most people, this happens as they age. Yet, the older a person is, the more confused he might be about diet recommendations, since there have been several changes in the official food guidelines. For instance, my mother taught me the basic four food groups; her mother was taught food guides before the discovery of most nutrients! Since my childhood, I have also learned two new sets of guidelines in pyramid form, and I wonder what is to come in the next twenty years that will differ from what children are being taught today. Ah, but such is life . . . a continual learning process, ever changing with new discoveries!

George Santayana, American philosopher and poet, said, "Those who cannot remember the past are condemned to repeat it." There is definitely some interesting history as to how our food guides developed into what they are today and how harmful *trans* fats have become a new element on today's nutritional labels.

History of USDA Food Guides

In 1894, the U.S. Department of Agriculture (USDA) first published its dietary recommendations—and this is the part that we, in this modern age, might find difficult to understand—before the discovery of vitamins and minerals. The first guide, released in 1916, was named *Food for Young Children*. It divided food into five groups: milk and meat, vegetables and fruits, fats and fatty foods, sugars and sugary foods, and cereals.

The Recommended Dietary Allowances (RDA), specifying essential nutrients and caloric intake, were born from the National Nutritional Conference in 1941. Two years later, the USDA presented the *Basic Seven*, a special modification of the RDA in efforts to alleviate nutritional concerns during wartime food shortages. It was then simplified to the *Basic Four*, categorized as milk, meats, fruits and vegetables, and grain products, which was promoted for twenty years until the late 1970's. At that time, an unhealthy foods classification was added to include fats, sweets, and alcoholic beverages. After the USDA's annual food guide, *A Pattern for Daily Food Choices*, failed to spark public interest earlier in the 1980's, a graphic approach of the food groups was explored.

The *Food Guide Pyramid* premiered in 1992 to illustrate proportions, variety, and moderation. The

Nutritional Labeling and Education Act mandated that every food have a label with nutrient information in 1994, so that the public could understand and comply with the Food Guide Pyramid more easily. Although this food pyramid had high consumer recognition, a poll two years later revealed that over forty percent of the people felt that there were so many recommendations about healthy ways to eat that they did not know what to believe.

To add to the public's confusion, the USDA presented another pyramid in January 2005. *MyPyramid*, which can be seen at www.MyPyramid.gov, is a bit different for everyone because it is interactive; a simple form asks for age, gender, and general physical activity. However, the Pyramid does not have the same graphic simplicity of its predecessor. In fact, it looks like a pie wedge sliced into six various-sized and -colored slivers, all wide at the base and meeting at the top. One needs access to the Internet to fully understand the information on the number of servings and what food each of the six colored slivers represents. Although the underlying principles seem to be going in the right direction, it is conceptually difficult to understand.

The Birth of Trans Fats

We must remember that the first food guide was publicized at the turn of the last century before the discovery of nutrients in food and their roles in the body. Likewise, a hundred years ago, people never heard of *trans* fatty acids, also called *trans* fats. The process of hydrogenating edible oils, which results in *trans* fats, was patented in 1902 by a German chemist named Wilhelm Normann.

The hydrogenating process allowed oils to be in a solid form at room temperature. Procter & Gamble (P&G) recognized the marketing potential and, in 1911, offered the first partially hydrogenated cottonseed oil in its new product called Crisco.® Unaware of any potential harm, P&G's first ad campaign introduced its all-vegetable shortening as a healthier alternative to cooking with animal fats and more economical than butter. To complement their brilliant marketing plan, P&G published and gave away a cookbook filled with 615 recipes containing Crisco,® while cultivating the image of caring mothers cooking with it.

Unfortunately, the popularity of hydrogenated oils was not contained to just this one product. It spread throughout the food market so that some measure was found in most processed foods making up about 40

percent of the food on today's grocery store shelves, according to the USDA.

The Displacing Foods of Modern Commerce

Although unaware of the harmful affects from eating *trans* fats specifically, Dr. Weston A. Price did not trust highly processed, modern forms of foods. He was a dentist and an author of *Nutrition and Physical Degeneration*, first published in 1939. Dr. Price was concerned about the increasing number of dental problems, like cavities and improper bites, he was seeing in children. To make comparisons, Dr. Price personally investigated isolated human groups worldwide. He found those who ate their native foods had beautiful, straight teeth, free from decay, and healthy bodies resistant to disease that served them well until they were quite aged. Imagine a dentist finding less than 1% tooth decay in people who did not practice any form of dental hygiene! Yet, of groups of natives that had adapted modern diets, there was a higher number of dental caries, gum disease, and deformed dental arches, which Dr. Price concluded was the result of nutritional deficiencies caused by the modern diet.

Generally, the traditional diets were found to have four times the amount of calcium, minerals, and water-soluble nutrients, as well as ten times the amount of fat-soluble vitamins in comparison to the modernized diet of that time. Even more surprising is that these native peoples were not vegetarians! Instead, they lived in areas with limited vegetation, so their diets relied heavily on fats and meats. Their mainstays included raw milk, butter, cheese, fish, and organic meats in raw and fermented forms. (This has a familiar ring to the diet recommendations supported by Dr. Robert C. Atkins in more recent years.) Dr. Price found, even though their diets were high in saturated oils—the kind we are told to avoid—that the health of these primitives was a sharp contrast to the civilized society subsisting on high processed and denatured foods like sugar, white flour, pasteurized milk, and other packaged foods.

Apparently, the food guidelines of Dr. Price's time were not working in favor of good health. Now we need to ask this question: With all of our scientific advances, do our present food guidelines really promote good health and carry a strong enough warning about all highly processed and denatured foods, particularly *trans* fats?

Linda Townsend, founder of BioHarmonics Research, may be contacted at research@bioharmonics.com.

Dare to Care

By Michael A. Scimeca, D.C.

In dealing with a recent challenge, I contacted a friend from Florida to seek out some wisdom. What I heard was my own voice talking to my clients. I was receiving my own lay lecture, which I had created for people new to my practice. It was a lecture I wrote back in 1993, but have since forgotten through my "growth and expansion." How humbling to find myself going back thirteen years to dust off my old health talk in support of my new health in 2006.

As a chiropractor, I have always felt that having only a care plan to prescribe for people was somewhat disempowering, so my lay lectures included a dare plan. I would dare people to take responsibility for their health. Now I am daring myself. DARE is an acronym for diet, attitude, rest, and exercise. Here's my shtick:

D is for diet. Anything we ingest has a profound effect on how we think, feel, and behave. Fortunately, we are shoppers at Life Grocery. We have easy access to such wonderful support for all of our nutritional needs. We have a great café, high quality supplements, and a wide selection of excellent food available. The entire community at Life is so supportive for eating well. As we enjoy the live juices and eat more fruits and vegetables, we meet the needs of a very important ingredient, our body's chemistry.

A is for attitude. We ingest thoughts as well. Some thoughts help us thrive and some are toxic. We may meditate to cleanse our thoughts, but many of us come out of our meditation and fill our heads with more "junk food." I could use this entire newspaper to write about the importance of being an active gatekeeper of the mind, focusing on lasting solutions and building a culture of peace. Perhaps that is why I enjoy coaching people so much. Once we clear the mental pathway, we can more easily complete the other aspects of the dare plan.

R is for rest. I already mentioned meditation, yet the benefits are so obvious, it deserves a second mention. We all could use the benefits from taking at least 20

minutes out of our busy lives for a most deep and intimate communion with the stillness. Also for rest, getting to bed at a decent hour and getting at least seven hours of sleep per night are necessary for rejuvenating the body and mind. If possible, take a nap in the afternoon. These restful practices are all quite helpful for building up our inner reserves and giving us the energy we need to properly meet each day.

E is for exercise. So many forms of exercise are available. Swimming may be the best, since it helps us move many joints well through their ranges of motion. It also places little stress on the body. For many of us, the calming effect of being in water is another form of meditation, too. Most of us equate exercise with the physical body. Though this is an important component of exercise, we must also exercise our mental and spiritual aspects of being human. To exercise the mind, reading stimulating, thought-provoking writing is helpful for supporting the ever-developing brain and enjoying more strategies of wellness. To exercise our spiritual side, we listen well to our inner guidance. Perhaps we exercise what makes us most passionately happy. Writing, playing an instrument, and being with friends are all great forms of spiritual practice.

All in all, I write this for myself, to help me remember the basics and how living well is not as hard as many would have us believe. So while I originally would spend my energy daring other people to take responsibility for their health, this challenge goes out to me. Maybe by writing this article, I will somehow find the courage to make my next commitment to myself last a little longer than a few short weeks. Maybe next time when I call my friend in Florida, I won't get smacked in the ear with my own "old" wisdom.

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.

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Editor, The Life Line
c/o Life Grocery
1453 Roswell Rd.
Marietta, GA 30062
770-977-9583

General Manager: Lisa Maden
Operations Manager: Ronnie B. Hudson
Editor: Ronnie B. Hudson
Proofreaders: Kay Bird, Mandy Key, Kim Strickland
Typesetting/Layout: G. Krislyn
Life Line Logo Design: Heathere Wilmoth
Contributors: Don Bennett, Kay Bird, Dr. Brenda Cobb, Dr. Joe Esposito, Ronnie B. Hudson, Julie Kinnan, Janill Mitchell, Brian Murray, Dr. Michael A. Scimeca, Kim Strickland, Janill Mitchell, Linda Townsend, Nisla Whetsone

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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Café Life's Newest Additions

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Taco Salad	\$6.95
Sweet Potato Pasta	\$6.95
Garden Sandwich	\$6.95
Build Your Own Wrap	\$5.99/lb
Energy Soup 64 oz	\$19.98

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Barbeque Tempeh.	\$6.25
Rosemary Portabella Philly . .	\$7.25
Portabella & Cheddar	\$7.25
Focaccia Garden Sandwich. . .	\$7.25
Build Your Own Sub	\$5.99/lb

NEW Salad Bar Items!

Organic Living Prepared Salads

Cole Slaw
Home Style Seasonal Veggies
Thai Arama Salad

Organic Cooked Prepared Salads

White Bean Confetti
Asian Tofu
Lemon Pepper Tofu

Roasted Tempeh
Roasted Garlic
Sesame Sticks

NEW Organic Vegan Dessert Items

Cookies	\$1.99
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Biscotti	\$1.75
Chocolate-Orange, Lemon-Almond	

Walnut Brownie	\$2.50
Banana Bread	\$3.95

NEW Life To Go Dehydrated Items

Dijon Cheese Nips	\$5.99
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Cinnamon Autumn Trail Mix. . .	\$3.95

Have It Your Way Juice

Choose your own ingredients from
our fresh organic selection.
Coming soon to our Juice Bar.

Eating Right . . . For the Health of It!

By Dr. Joe Esposito

Eating Right . . . For the Health of It! is a book designed for those of you just starting out on the road to wellness, but it is equally helpful for those of you already on the road and looking for a quick and easy guide to staying on the healthy path. It is just what the doctor ordered. (Dr. Joe, that is.)

This book is a guide to teaching and preparing wonderfully tasty and satisfying dishes while avoiding the *Seven Deadly Sins of Nutrition*, namely alcohol, meat, sugar, dairy, coffee, soda, and artificial sweeteners (and the other evil runner-ups . . . wheat, eggs, trans fats, and hydrogenated oils). I know, I know, all the good stuff, right? Fear not, we'll get you fed so well, you might just wonder why you never did this sooner.

The First Step of Changing Your Life

When you hear the term vegetarianism, what immediately comes to mind? For many, it's simply the word to describe the dietary lifestyle they've been leading for any number of years. To others known as "vegans," it's a step they passed through some time back on their way to an even purer and healthier way of eating. And for yet others, the carnivores among us, (though they realize vegetarianism is probably good for them), it also means sacrificing their favorite foods. Yikes! Say the word "vegan" to one who knows the meaning but isn't one, and it's an even scarier thought, with images of someone rooting around in the woods

for piles of tasteless, boring sticks, roots, and assorted shrubbery. Regardless of which of these groups you happen to fall into, you're on the right path just by reading this article.

The main topic of my book, *Eating Right . . . For the Health of It*, is about eating well and not feeling deprived in any way. If you're already living the vegetarian or vegan way, you probably swear by the benefits. For those of you who aren't yet, let's start out by defining a few terms.

Different Types of Vegetarians

There are two major types of vegetarians, lacto-ovo vegetarians and vegans. *Lacto* and *ovo* come from the Latin words for milk and egg, respectively, which mean that a lacto-ovo vegetarian eats dairy and eggs, but no animal flesh. This is often a common transition phase that people go through before they become vegan (vee-gun). A vegan doesn't eat animal products, including meat, dairy, eggs, gelatin (which contains animal byproducts), honey, or any other food of animal origin. Many will also avoid any product associated with animals, including leather, certain soaps, cosmetics, cleaning products, etc. Another type of vegetarian, known as a natural hygienist, eats nothing but raw fruits, vegetables, grains, nuts, and seeds. All three types have a very wide variety of tasty food options; all three can easily consume all of the nutrients needed to live long

and well. And frankly, the closer you are to being a natural hygienist, the better off you'll be.

For lacto-ovo vegetarians who may be considering a transition to veganism, but are not sure they want to give up those things that make their style of vegetarianism comfortable such as cheese, ice cream, scrambled eggs, and loaded baked potatoes, this cookbook may just show you that indeed, there is life after Havarti, Breyer's, and loaded spuds. (Visit www.notmilk.com to help with this transition as well.) For those just trying to get off the meat wagon, this should open your eyes to the idea that fine dining just doesn't need to include those of the hide, feather, or scale.

Being a longtime vegan, I have to get a plug in for my dietary choice. Not only will a vegan lifestyle enhance your health like nothing you've ever done before; you'll be eating as well, if not better, than you ever have. And for this, your body will thank you!

Joe Esposito, chiropractor, licensed dietician, author, and director of Health Plus Chiropractic Center, is committed to making healthy living commonplace. This info is an excerpt from Dr. Joe's award winning book, Eating Right . . . For the Health of It!, available in the Life Grocery book section at a 20% discount. Listen to Health Talk Atlanta, sponsored by Life Grocery, on 1010 am radio at 10 am, on Saturdays, to hear Dr. Joe's life changing messages. Contact him at 770-427-7387 for further info.

Losing Weight, the Wrong Goal

By Brian Murray, M.Ed.

Let's be honest. Losing body *weight* is not your goal. Losing body *fat* is. Unfortunately, a preoccupation with losing weight actually makes it harder to lose and easier to gain excess fat.

The problem most Americans face is that they have too little muscle and too much fat. Muscle is a metabolically active tissue requiring approximately 50 calories per pound each day to maintain. Fat is metabolically inactive. It requires a whopping two calories per pound each day to maintain. A body with more muscle and less fat burns more calories all the time. People in this category have a higher caloric need and don't have to work so hard to maintain a normal weight or worry about how much they eat. People with less muscle and more fat have a lower caloric need and a harder time losing weight no matter how little they eat. Sound familiar?

Your body composition can be divided into two categories: body fat mass and lean body mass (muscle). The problem with using a scale to measure success is that it cannot tell you what your body composition is. Sure you may lose ten pounds in two weeks, but what were those ten pounds made up of? Most people lose weight *indiscriminately*, meaning they lose muscle tissue along with fat tissue. In this situation, a scale will indicate a greater

total weight loss, but at the expense of losing valuable active tissue. The key to long-term success is losing fat while maintaining muscle tissue.

To lose weight, we are told to do two things: eat less and exercise more. The eating less part is great! The exercise part is the problem.

With the right type and amount of exercise, muscle tissue can be maintained while fat tissue is lost. This synergistic combination leads to faster and more dramatic aesthetic changes. Popular activities such as walking, jogging, and swimming are not challenging enough to stimulate the maintenance of muscle tissue and will actually promote fat gain. Yes, you read that correctly. Walking, jogging, and swimming can make you **FATTER** in the long run. So what is the right type of exercise? Strength training!

The scientific literature is replete with data that shows strength training is the most effective form of exercise for halting and reversing the loss of muscle tissue. Strength training does not mean 3 sets of 15 repetitions with a two-pound dumbbell. It means one set of 4-6 repetitions with a weight that requires a lot of effort to move. By working at a high intensity level, the muscles are stimulated to become stronger. The high intensity level stimulates not only the maintenance of muscle, but

the other lean tissues as well, such as bone, nerve, and organ tissue. This keeps the basal metabolic rate higher and promotes *discriminate* weight loss, meaning the good stuff is maintained while the excess stuff (FAT) is lost. This is the fastest, healthiest, and most productive way to "lose weight" and improve body shape.

Working at a high intensity level provides another benefit. It reduces the amount of exercise necessary. My research over the past decade has revealed that most people require one properly performed 20 minute strength training session each week to achieve a healthier body composition. This is important, since the number one excuse for not exercising is lack of time.

I have watched hundreds of people apply this information. It is no accident that they continue to look and feel better year after year while avoiding the weight loss/gain rollercoaster.

By changing your focus from simply losing weight to altering your body composition, you will have greater fat loss success and add life to your years.

Brian Murray is the founder of mPower, a state-of-the-art strength training facility. For more info visit www.strengthforlife.net or call 404.459.0270 to schedule a complimentary program introduction.

To receive an email each day with Café Life's daily specials, click on "contact us" at 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 subject line.

Produce of Life: Pomegranates & Broccoli

By Kim Strickland

As a long-time member of Life Grocery who purchases quite a substantial amount of produce, I have recently noticed some very positive changes in the produce department. In addition to the produce looking fresher and the displays looking more attractive, I have noticed that there are new produce items being carried. If you are interested in purchasing any produce that is not currently available, tell the produce staff so they can check the availability.

The pomegranate, affectionately known as “the jewel of winter,” has recently been acclaimed for its health benefits, in particular for its disease-fighting antioxidant potential. Preliminary studies suggest that pomegranate juice may contain almost three times the total antioxidant ability compared with the same quantity of green tea or red wine. It also provides a substantial amount of potassium, is high in fiber, and contains vitamin C and niacin. Perhaps one of the reasons the pomegranate isn’t as popular as it deserves is that it takes time and care to get to the seeds. The flavor of these juicy seeds is delicate, sweet, and tangy. You can store whole pomegranates in a dark, cool place for up to a month or in the refrigerator for up to two months.

To remove the seeds, slice the crown end off and gently score the rind vertically in several places from top to bottom. Place the pomegranate in a bowl of water. Carefully break the sections apart, prying the seeds from their anchors on the pith with your fingers. Remove the thin membranes that separate the clusters of seeds. The seeds will sink and the rind and membranes will float. Gather up the seeds in a colander. To make juice, place the pomegranate seeds in a food processor or blender and process until a juice is formed. Strain the seeds out of the juice through a fine-mesh sieve or a strainer lined with cheesecloth. Pomegranate juice can be enjoyed by itself or can be used to make jellies, sauces, vinaigrettes, and marinades. The whole seeds can be sprinkled on

salads and desserts, as well as used as a garnish for meat, poultry, or fish. Although currently out of season, pomegranates should be available again in September or October.

Looking for a vitamin C fix? Make a beeline for the broccoli. Are your potassium stores low? Partner up with broccoli. Is fiber on your shopping list? Bring home the broccoli. Need an iron boost? Look no further than broccoli. Broccoli is the superhero of the vegetable kingdom with its rich vitamin A content. Though a bit on the bitter side, broccoli leaves are completely edible and also contain generous amounts of vitamin A. Broccoli is an excellent source of folic acid and calcium as well. A cup of broccoli gives you 10% of your daily iron requirement and the vitamin C content helps the body to absorb the iron. One cup of cooked broccoli has as much vitamin C as an orange and actually fulfills your daily vitamin C requirement.

At the U.S. Department of Agriculture’s regional research center in Philadelphia, two researchers, Dr. Peter Hoagland and Dr. Philip Pfeffer, discovered that broccoli contains a certain pectin fiber, called calcium pectate, that binds to bile acids, holding more cholesterol in the liver and releasing less into the bloodstream. They found it to be equally as effective as some cholesterol-lowering drugs. Because of its impressive nutritional profile that includes beta carotene, vitamin C, calcium, fiber, and phytochemicals, specifically indoles and aromatic isothiocyanates, broccoli and its kin may be responsible for boosting certain enzymes that help to detoxify the body. These enzymes help to prevent cancer, diabetes, heart disease, osteoporosis, and high blood pressure.

Broccoli’s peak season is from October to April. Look for compact crowns that have dark green, blue-green, or purplish-green, tightly closed buds with dark green leaves that are strong and upright. Intense colors are a good indicator of hearty nutritional content. Wrap

your broccoli in a plastic bag or plastic wrap and refrigerate as soon after purchase as possible. Though this vegetable is a great keeper and will still look good several days later, it’s best if used within three days after purchase. Never wash broccoli before storing in the refrigerator, as the excess moisture promotes mold. If cooking, lightly steam or stir-fry just until the broccoli turns bright green.

Winter Salad with Broccoli

salad greens
green olives, chopped
sun-dried tomatoes, reconstituted and diced
carrots, diced
broccoli florets, lightly steamed

Dressing:

¼ c flax oil
3 T apple cider vinegar
2 cloves garlic, minced
½ t powdered onion
½ t dried dill
½ t paprika

- Prepare salad ingredients.
- Whisk dressing ingredients together.
- Pour over salad.

Resources:

www.wholehealthmd.com
www.veggparadise.com

Since her last article for The Life Line, Kim has been honored to earn a Doctorate of Natural Health from Clayton College of Natural Health. She spent about four years working on this degree and is excited to see what God has in store for her next.

Know Food Diet part 1

By Janill Mitchell, Director of The Phoenix House

Spring is busting out all over and so are we! Most of the passion for our New Year’s resolutions has worn off; old habits are creeping back as we slink back to the couch, remote in one hand, snacks in the other. Diets fail us and we repeat an endless cycle, feeling badly about our bodies, punishing ourselves with unhealthy choices that make us feel worse, and down we go. It’s time for a change!

We all know that eating is more than getting enough calories to survive. Eating is how we socialize, feel affluent, fit in, rebel, console ourselves, console our children, control others, feel in control of ourselves, and more. No wonder food becomes more of an issue and less about nourishment.

For over ten years, I have been assisting clients in re-establishing harmony and balance in their lives and bodies. Sometimes this means examining and making changes in eating habits. The system that has evolved from my practice, I now call the “Know Food Diet.”

For this system to work, you need two skills: first, the ability to muscle test yourself and, second, the willingness to allow yourself to go into a meditative state.

The first skill is learning to do muscle testing, or applied kinesiology, which is an accepted way to tap into your body’s innate intelligence for the purpose of knowing what is true for your highest good. Your body cannot lie like your ego can. You can ask your body

questions about what is for your highest good; it will give you “yes” or “no” answers. So, right now, stand up straight. Imagine that you are a puppet on a string and someone is pulling you up from the center of your head. This causes your chin to tuck slightly and your spine to lengthen. Next, ask your body to show you what a strong “no” response is. Now relax your spine and allow yourself to fall slightly toward a direction, either forward or backwards. Your body is showing you how it communicates “no.” Now ask, “Is my name _____?” (and state your real name). Your body should respond in the opposite way as it did for “no.” If it does not, you are in a reverse state, which is to say that your circuits are blown due to the learning curve you are experiencing (or other stressful state). In that case, gently tap any part of your body three times with the pads of your fingers and try again. Your body should now answer “yes” to “Is my name _____?” (state your real name). Now you know how to ask your highest self, to tap into your body’s wisdom to see what is true. You can ask clear “yes” or “no” questions that have to do with your highest good and get true answers.

Practice this skill the next time you are at Life Grocery to choose the best supplements for you at this time. Simply hold the product in question and ask, “Is this the best product for me at this time?” Let your body answer “yes” or “no.” If you get “no,” try another brand or different formula. This is a great help when faced

with an overwhelming number of products to choose from. Use this technique to choose your supplements and herbs this month and see what a difference it makes for you.

Watch for the next edition of *The Life Line* for using the **Know Food Diet** to balance your eating habits and food choices.

Janill Mitchell, Director of The Phoenix House, maintains her private practice from her beautiful center in the North Georgia Mountains. She and her husband host many workshops and opportunities for spiritual exploration and great food, too! You can reach her at 770-773-0352.

Café Life Caters

Birthdays (for adults and kids),
anniversaries, weddings,
luncheons, dinners, and special
events in our space or yours.
From 2-200 people, vegan
or Living Foods, formal,
buffet, or plated dinners,
cakes, & desserts.

Health & Fitness; You Need Both!

By Don Bennett, DAS

In previous articles, I've discussed many ways in which to be vibrantly healthy. But what good is being in perfect health if, at age 90, you have trouble getting out of a chair unassisted? What good is being free of disease if you can't frolic and play with your grandkids because you're out of shape? My experience has been that many people focus on their fitness or on their health, but not both. I see people coming out of fitness clubs, looking fit and trim, and lighting up a cigarette as they get into their cars. And I know folks who pay close attention to eating the foods of their biological design, but they're couch potatoes and can't climb a flight of stairs without becoming winded.

In truth, health and fitness go hand-in-hand. In reality, it's impossible to be as physiologically healthy as you're capable of being (and thus have the best odds of avoiding degenerative disease) if you're not also physically fit. But it's also possible to be as strong as an ox and succumb to cancer, because you didn't pay attention to the other equally important "Basics of Health," such as diet, sleep, sunshine, water, relaxation, and toxin avoidance.

There are many paths to a healthy body; there are equally as many paths to a physically fit body. The paths

to health I avoid are: "healing foods" and "healing crystals;" consuming hundreds of different supplements, while not watching what I eat; fad diets and weight-loss plans that don't respect my physiology; and eating bottled, boxed, canned, and powdered "foods" in favor of fresh, organically grown fruits and green leafy vegetables.

Likewise, the path to a fit body is riddled with counter-intuitive, outdated, and even outright wrong training techniques. Even though the concept of "cardio work" has been rethought, people still advocate doing it. In truth, the cardio-pulmonary system (heart and lungs) has as its biggest "customer" the muscular system. Think about it—you can't raise your heart and respiration rates without using your muscles (unless someone sneaks up behind you and scares you, but that doesn't count towards working out). Since your cardio-pulmonary system exists, for the most part, to service your muscles, strengthening your muscles will strengthen your cardio-pulmonary system; your "cardio" system can't help but be on par with your muscular system. But still today, people are huffin' and puffin' for miles on end, thinking they're doing something good for themselves, when all they're doing

is wasting bodily resources, sabotaging recovery, and maybe even over-working their most important muscle, their heart, the one thing they think is being strengthened!

Because we are human, and old habits (and ways of doing things) die hard, there is much conflicting information regarding the best way to stay healthy and the best way to stay in shape. I can only share with you what I have discovered, but being a seeker of truth, I tend to seek out the truth of the matter. Some people choose not to believe the truth because it gets in the way of what they'd rather believe. Hal Hellman said, "One sees what one wants to see when there is in mind a pre-conceived notion. A fervently believed idea, even if wrong, dies hard." But if vibrant health and a vigorous body are on your "to do" list, then it is precisely the truth which you need to acquaint yourself with; don't be reluctant to "unlearn" that which is untrue.

If you want to be both as disease-free as possible, and as fit as a fiddle, keep your eye on *both* prizes!

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

Put A Salad In Your Pocket

On the run? Backpacking? Wishing you could have some fresh organic greens?

Keep a pack of **Lydia's Organics** Green Crackers handy. Two or three of them, along with a glass of water, and you'll soon feel like you've eaten a salad. And, are they delicious! Just ask Dr. Joe Esposito and his 18-month old daughter, who asks for more.

Lydia's Organics is a new line of raw crackers and grainless cereals carried in the raw foods section at the front of the store. They may seem a bit pricey, but they are packed with nutrition, good taste, and convenience. Since they are dehydrated, drinking water at the same time will cause them to expand and fill you up.

The ingredients are 100% organic, raw, vegan, grainless, and free of gluten, sugar, and oil. They are prepared by hand with the "utmost care for the preservation of the living vitality and nutrition of these ingredients."

The Green Crackers contain sprouted sunflower seeds, collards, carrots, spinach, zucchini, arugula, kale, radicchio, lettuce, celery, parsley, basil, soaked walnuts, sprouted flax, sun-dried tomatoes, red bell pepper, onion, garlic, and Original Himalayan Crystal Salt.TM

If you want a delicious way to eat seaweeds, try the Ginger Nori or Luna Nori crackers. Other flavors are Curry and Italian. The Sunflower Seed Bread, when sprinkled with water and allowed to re-

hydrate, becomes like an old-fashioned heavy bread, but more tasty. The grainless apple cereal is a delicious alternative for those who must or choose to avoid gluten.

According to the company:

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Organic Vegetarian Diet ... Is It Really the Best?

By Dr. Brenda Cobb

Conventional medicine is finally beginning to acknowledge that diet plays a central role in a person's overall health, but many doctors still do not know how to advise their patients about what to eat. Doctors get less than three hours of nutritional training, which is based on the old food pyramid and does not represent a healthy diet.

Achieving a good diet is not as simple as it sounds; eating the "right" foods doesn't ensure good health because of the many toxins that contaminate our food supply. It is not only important to pay attention to what you eat, but also to how it is prepared.

Over the past few decades, the American diet has become overly processed and contaminated to such a large degree that not only is it not nourishing, it is actually making people sick. Americans suffer from more degenerative diseases than ever before. Saturated fats, white flour, refined starches, red meat, chicken, fish, pork, chemical additives, and pesticides, all common elements of the American diet, are major contributors to poor health. What people eat is causing disease and death from atherosclerosis, coronary heart disease, strokes, diabetes, cancers, and many other diseases.

The Food and Drug Administration (FDA) allows the multibillion-dollar food industry to grow and process food with hundreds of chemicals, pesticides, industrial pollutants, dyes, stabilizers, preservatives, antibiotics, hormones, and other drugs given to animals. The long-term consequences of ingesting these chemicals play a major role in causing cancer, neurotoxicity (destruction of nerve tissue by toxic substances), birth defects, decreased immune function, food allergies, and chemical sensitivities.

Over four hundred pesticides are currently licensed for use on America's food. You get several types of pesticides with a salad, different ones in meat, poultry, or fish, and still others in vegetables. In a single meal, a person could easily consume residues of dozens of different neurotoxic and carcinogenic chemicals.

No chemicals are safe for human consumption, yet the Environmental Protection Agency (EPA) does not have a scientifically acceptable method for determining the risk. Approximately 2,000 food additives (artificial colors, artificial flavors, stabilizing agents, texturizers, sweeteners, antimicrobials, and antioxidants) are permitted in America's food supply by the FDA. Studies show these additives are carcinogenic.

Consuming organic whole foods, rich in different-colored vegetables, fruits, nuts, and seeds is the best diet available. By eating a majority of these foods raw, you are getting the optimum nutrition, because heating food over 105° destroys many of the nutrients. By sticking to a plant-based diet, you are getting important antioxidant nutrients, including vitamin C, beta-carotene, vitamin E, and many cancer-fighting substances.

High-fiber plant foods help keep the digestive tract clean by absorbing and eliminating many potentially dangerous toxins. Plant foods have a lower toxicity than animal foods to begin with, because they are lower on the food chain and have had less exposure to accumulating toxins.

Most animal products, such as meat, cheese, milk, eggs, and butter, contain no fiber, as opposed to broccoli or almonds, which contain from six to fifteen grams per serving. Fiber is the transport system of the digestive tract, moving food wastes out of the body before they have a chance to form potentially cancer-causing and mutagenic chemicals.

On a percentage-of-calories basis, most vegetables contain less than 10% fat. By comparison, whole milk and cheese contain 74% fat. A rib roast is 75% fat, and eggs are 64% fat. Low-fat milk or skinned, baked chicken breast are 38% fat. These fats are saturated fats which raise blood cholesterol levels.

A vegetarian diet, especially when the majority of it is raw and living (sprouted foods), is the best diet for humans to consume. Eat organic fruits, vegetables, nuts, and seeds and you'll feel the difference. Paying attention to your diet today will give you the good health you want for years to come.

Resources:

Alternative Medicine by Burton Goldberg
Diet for a New America by John Robbins
Diet for a Poisoned Planet by David Steinman
Food Irradiation: Who Wants It? by Tony Webb
Staying Healthy with Nutrition by Elson, Haas

Dr. Brenda Cobb is author of The Living Foods Lifestyle, and six other books on health. She is Director of the Living Foods Institute, featuring recipe classes and a healthy lifestyle program. For more information call 404-524-4488 or visit www.Livingfoodsinstitute.com.

Vita-Mix Quick and Easy Anti-Aging Smoothies

By Dr. Brenda Cobb

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2 stalks celery
½ lemon, juiced
1 t ginger

Green Clean

3 stalks celery
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1 c parsley
3 c kale
1 t kelp powder or
dulse flakes
½ lemon, juiced
2 apples
2 c sprouts

Vitality 10

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1 stalk celery
1 cucumber
1 c parsley
1 carrot
1 c sprouts
1 red pepper
1 clove garlic
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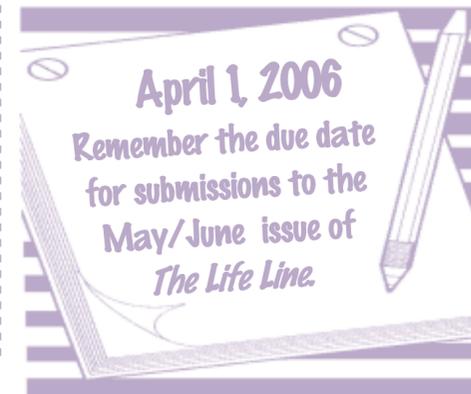
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Help! I'm the Only Celiac in My House!

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

So what if you are the only gluten-free person in your house? How do you deal with sharing a kitchen with the rest of your family eating things that you can no longer have? How do you keep from getting contaminated by crumbs left around the kitchen by oblivious family members? What about dealing with emotional flack from family members; are they resentful of your new diet? Do you feel like your life will never be normal again?

In an ideal world you would make everyone at home eat only gluten-free food and keep your kitchen completely free from cross-contamination; life would be rosy and grand. Unfortunately, life doesn't usually work like this and most of us have to live with a spouse, parents, or children that seem to be able to eat whatever they want (or they are simply unwilling to change their diet).

I've heard from so many people about their families not taking them seriously about the risks of cross-contamination. Even a molecule of gluten is enough to cause damage to our sensitive villi (if you have Celiac disease). Yes, it's true that double dipping in the peanut butter jar with a knife that someone just used on regular gluten-filled bread is enough to contaminate the entire jar of peanut butter and it is no longer safe. Yes, it's true that hand washing is absolutely essential in food preparation (this is just a good idea anyway). Yes, it's true that you will have to have a separate toaster, cutting board, and colander to drain your gluten-free pasta. Yes, it's true that you may even need to have separate cookware and utensils if you use nonstick pans and wooden spoons. No you are not being overly paranoid; you have to do this to be healthy. Ultimately though, you cannot expect those people who you live with to take any of the responsibility of keeping you gluten free. If they do take on that responsibility, lucky you, but when it comes down to it, you are the one that will be affected if you "get glutened," not them.

So what do you do? You will need to have separate jars of condiments and label yours with a permanent marker with a big ol' "GF" and give your family explicit instructions not to use them. In my house, I buy mostly squeeze bottles of condiments so this isn't an issue. Double dipping is not allowed in the peanut butter jar! If you have stainless steel pots and pans you can share them; as long as they are thoroughly cleaned, you should not have a problem. You can also share silverware, serving, and cooking utensils if you thoroughly clean them, as well. Wooden utensils, however, tend to trap gluten particles and are harder to clean, so either don't use them or have your own set. If you don't want to

have two toasters, you can use a toaster oven and make sure the rack is thoroughly cleaned before you use it. Or you can place a metal pan or foil under your gluten free bread. Make sure your cooking and prep surfaces are clean before making your food or have a designated "gluten-free zone" in your kitchen. Never set your food down on a bare counter or surface; always use a plate or paper towel as a barrier.

Now to address the emotional flack you may be getting. Keep in mind that this is an adjustment for them just as much as it is for you. Just as you need to be patient with yourself, be patient with them and ask them to be patient with you as you learn the "ins and outs" of this new life. Your life WILL BE NORMAL again, maybe even better than before, as now you will be healthier because of your gluten-free diet. In time you will feel more in control of the diet; your family will become more accepting (hopefully) and be more supportive of you. It may help if you are the main cook in the house, so that you can cook as many meals as you can that are naturally gluten free, such as fresh fruits and vegetables, clean organic meats, grains like brown rice and quinoa, potatoes, and salads . . . lots of salads!

Here are some recipe ideas for naturally gluten-free meals:

Creamy Cucumber Salad

2 cucumbers, peeled and seeded

¼ c plain yogurt

¼ c sour cream

1 t salt

fresh ground black pepper

1. Slice seeded cucumbers into thin slices.
2. Sprinkle salt on cucumbers and mix.
3. Let drain in a colander for half an hour.
4. Rinse cucumbers briefly.
5. Mix yogurt and sour cream together.
6. Mix cucumbers into that mixture. Serve cold.

Bean Salad with Avocado

1 can garbanzo beans

1 can kidney beans

1 small red onion

1 avocado

1 red bell pepper

1 large carrot

½ t garlic salt

½ t cumin

¼ t cayenne pepper

¼ t sage

1/3 c honey-mustard dressing (see next recipe)

1. Finely chop the onion, bell pepper, and carrot.
2. Coarsely chop the avocado.
3. Combine all ingredients and mix thoroughly.
4. Serve cold.

Honey Mustard Dressing

2 T rice vinegar

2 T white wine vinegar

2 T golden balsamic vinegar (or more rice vinegar)

2 T honey

1 T dry mustard

1 T Annie's Dijon Mustard

1 T olive oil (optional)

1. Combine all ingredients in a small bowl.
2. With a fork or whisk, stir vigorously until combined

Baked Lemon Chicken

3 lemons

4 chicken breasts, boned and skinned

salt

pepper

1. Cut the lemons in half and juice 5 of the 6 halves.
2. Put the chicken breasts in a ziploc bag. Add the lemon juice and seal with as little air as possible.
3. Marinate for at least half an hour, preferably an hour.
4. Heat oven to 350° F and put chicken in a baking dish (single layer), along with lemon juice.
5. Sprinkle chicken with a pinch of salt and pepper.
6. Bake until 170 ° F internally (around 45-55 minutes).
7. Place chicken with the top side down, squeeze more lemon juice on top, and sprinkle with another pinch salt and pepper.

Enjoy and have all the wonderful gluten-free food you want!

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

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New Food Guidelines Do Not Tell All Facts part 2

By Linda Townsend

Like Dr. Weston A. Price, who studied the disparities between natural diets of natives and the modern diet of civilized societies, I believe there is reason to be skeptical of the modern food guidelines, particularly in the matter of trans fatty acids (*trans* fats). Although low levels of *trans* fats naturally occur in animal meats and milk products, it apparently did not cause the same problems in native peoples with diets high in animal products. Surprisingly, these people did not have any dietary guidelines or even know what a vitamin was. Yet they were healthy. However, with so many choices, Americans apparently need dietary guidelines.

The 2005 Pyramid Guidelines

Although it is arguable that the dietary guidelines continue to endure pressure from the food industry, significant progress is found in addressing these three concerns:

- Controlling weight, as well as increasing physical activity.
- Limiting sugar intake while emphasizing the benefits of whole grains.
- Defining differences between good and bad fats, including the emergence of the first *trans* fat recommendations.

Weight control, physical activity, and redefining carbohydrates into simple terms so that sugar can be restricted were not really advancements, but rectifications of the preceding pyramid. The concept of staying trim and regular physical activity is certainly not new, although it is not well practiced. Restricting sugar is something most of us were taught by our mothers, who were taught by their mothers and so on. Even without the scientific technology we have today, people long ago could readily see the effects of eating too much sugar and having too little exercise. One could say these guidelines are just plain common sense that people have known for centuries.

Trans fat, however, is a newer food component—actually it is denatured food, or food that is not found in nature. Although, as stated above, small amounts of *trans* fat is found in animal meat and raw milk, these are naturally occurring rather than a result of deliberate processing. For nearly a century, *trans* fat has been overlooked in the food guides, so our mothers had no idea of the damage being done as they increasingly used convenience foods, ever growing in popularity and laden with hidden *trans* fatty acids.

The New *Trans* Fats Rule

In response to mounting research pointing to *trans* fat as a culprit in increased incidents of heart disease,

cancer, learning disorders, and infertility, the Center for Science in the Public Interest (CSPI), a consumer advocacy organization, filed a petition with the Food and Drug Administration (FDA) in 1994 requesting that the agency take steps to require *trans* fat be listed on nutrition labels and claims. A 1999 Harvard report estimated that using unsaturated vegetable oils to replace *trans* fats could prevent more than 30,000 deaths from heart disease in the U.S. each year. Ten years after the initial CSPI petition was filed, the FDA finally made a rule that was to be in effect beginning January 1, 2006.

Now every label lists “*Trans* Fat” under the category of “Total Fat” stating the amount in grams. (If it is not listed, a footnote will be added stating that the food is “not a significant source of *trans* fat.”) However, “0 grams” does not necessarily mean that the product has no *trans* fat at all. It can merely mean that there is less than ½ gram of *trans* fat per serving. This new ruling is confusing. The real proof is in the ingredients: if the label states there are hydrogenated or partially hydrogenated oils of any kind, there will be an unknown amount of *trans* fat. The consumer may assume that zero *trans* fat is literally zero and may not be aware that *trans* fat is present in the product. Should a person eat a variety of foods or more than one serving of a food with hydrogenated oil, the accumulation of *trans* fat could be significant, but the total quantity would be unknown or, worse, assumed to be zero.

Should *Trans* Fats Be Banned?

There are several advocate groups that would like to see *trans* fat banned from all foods, while the FDA advises not to eliminate *trans* fat completely from your diet. An excerpt from the FDA website: “According to experts, eliminating *trans* fat completely from the diet would require such extraordinary dietary changes (e.g., elimination of foods, such as dairy products and meats that contain *trans* fatty acids) that eliminating *trans* fat could cause an inadequate intake of some nutrients and create health risks.” *This statement clearly sidesteps the real issue of the intentional production of hydrogenating oils that are not naturally occurring!*

Based on 1994-1996 data, processed foods and oils provide about 80% *trans* fat in the average American diet, while only 20% occur naturally in foods from animal sources. In other words, these denatured oils have caused an increase in *trans* fat that could be up to four times what the average person ate one hundred years ago!

Some companies are taking steps to reduce *trans* fats in their products. Other companies are offering newer, *unnatural*, healthier-for-you fat substitutes, but

we really don’t know what effect they have on the body in the long term. (History repeating itself? They obviously missed the history lesson on Crisco®.)

The Civilized Diet Needs to Go Native!

The FDA and the food industry agree that they need time to find oil substitutes so that Americans get the foods they have come to expect. Herein lies the real problem! Over the last century, Americans have been trained, with USDA’s stamp of approval in their food guidelines, to accept convenience foods having added *trans* fat and other highly processed components as part of the mainstay of their diets. These types of foods were not available to Dr. Price’s isolated natives, who enjoyed good health even with foods high in saturated fat. In addition, food guidelines do not address the processing of foods; the vitamins listed on the RDA label may be denatured by the processing and therefore be unusable by the body.

While medical science tries to isolate one element as being bad or good for us, perhaps nature is much more complicated and self-sustaining. Maybe civilized people have too wide a variety of food available to them which are unlike the food found in nature. When they eat these foods in the same meal, they do not digest well. Perhaps natives eating what we consider a limited, even unhealthy diet, actually had the perfect mix provided by nature to sustain good health. Maybe it is time to give up the modern foods and guidelines that promote the idea that we should eat every food group at every meal. Maybe we should start asking ourselves what a native would eat before we buy. Maybe we need to go more native with seasonal, organic, raw, and natural foods!

As I reflect on Dr. Price’s discoveries, I am reminded of something I used to say, “If it sticks to your teeth, it probably sticks in the body too.” It may not be just a coincidence that sweets, breads, chips, pastas, and other highly processed, convenience foods seem to stick to the teeth (making trips to the dentist a greater necessity) and produce doughy bodies. In the last century, we have arrogantly believed that we could improve on nature’s diet and we have been proven wrong again. I think of this every time I see a mother giving her baby crackers to munch on instead of soft fruit—from mother to child, our legacy of civilized, denatured, processed, convenience foods continues.

Linda Townsend, founder of BioHarmonics Research, may be contacted at research@bioharmonics.com.

Plight of the Sufferer

By Michael A. Scimeca, D.C.

Suffering is a form of distress we may encounter one breath at a time. We each have a right to suffer. Whether or not we deserve to suffer is a different consideration. Compassion teaches us to understand the plight of the sufferer. In suffering, we have an insidious distraction keeping us from functioning well. The plight of the sufferer is often beyond the ability to self-correct. The mere presentation of suffering reminds us to seek help, to explore possible sources of support to enjoy lasting peace.

From first-hand experiences, suffering appears to present itself more often when a sense of entitlement surfaces. It seems to manifest itself whenever we make demands on life with little or no action toward procuring our demand. Interestingly, suffering presents itself at other times, too. We may find ourselves suffering at seemingly random intervals. Not knowing the cause of our suffering is possible. Not taking action toward meeting our own demands, however, invites suffering.

Fortunately, in life, we have the power to choose. We can choose to be *response-able* in the face of suffering. Regardless of the cause—known or unknown—we can choose to do our part in procuring a more peaceful existence. Without active participation, however, we rarely achieve the level of success we often seek.

Sometimes, we can turn suffering into a gift by responding well. Whether our suffering is the product of the poor choices of our past or the outcome of things beyond our control, our next move becomes a most important consideration. When we move well and use suffering as an event to inspire us, when we work to enhance the art of living well, we immediately take charge of our life. We instantaneously turn infliction into progress. Instead of simply being a victim of circumstance, we stand up for our ability to choose.

The model of treating ailments or conditions may appear to be a *response-able* reply. In looking more closely, however, participating in the fix-it model may sabotage our ability to (1) use choice wisely, (2) live with dignity, and (3) recommit ourselves to live a life promoting peaceful solutions. Sometimes, however, screaming “FIX ME” is necessary to help us wake up and answer our own demand.

Exercising the right to suffer is not an attractive option. Leading with a sense of entitlement does little to transform suffering into peace. To shift from a place of uncomfortable living to a more peacefully productive place requires our full participation. If we cannot do for ourselves what we choose to do for ourselves, we can wisely seek help. We can admit our oneness with life and receive assistance with great dignity. As we actively choose to promote the art of living well, however, we reap the rewards of being *response-able*, of making choices that are cohesive alignment with deep peace.

Do we deserve to suffer? Probably not. Are we entitled to suffer? Yes. Can we fully understand the plight of the sufferer? Hmmm. Do we fully enjoy the freedom and power to choose? That depends. What if we read something suggesting we focus on developing the art of living well? Are we more likely to exercise our ability to make better choices? Yes! Positively. How? One breath at a time!

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 and 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.

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Sunday

Store Café
9 am-8 pm 11 am-7:30 pm
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:

Editor, The Life Line
c/o Life Grocery
1453 Roswell Rd.
Marietta, GA 30062
770-977-9583

General Manager: Lisa Maden

Operations Manager: Ronnie B. Hudson

Editor: Ronnie B. Hudson

Proofreaders: Mandy Key, Kim Strickland

Typesetting/Layout: G. Krislyn

Life Line Logo Design: Heathere Wilmoth

Contributors: Don Bennett, Kay Bird, Dr. Brenda Cobb, Dr. Joe Esposito, Ronnie B. Hudson, Julie Kinnan, Janill Mitchell, Dr. Michael Moribaldi, Brian Murray, Frederic Patenaude, Dr. Michael A. Scimeca, Kim Strickland, Linda Townsend, Nisla Whetsone

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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- Acidophi Kidz
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Instructions on How to Eat

By Dr. Joe Esposito

In order to get the most out of what we eat while steering clear of all sorts of diseases, health problems, and other assorted bad news, we need to watch not only what we eat, but how we eat it. No, we're not talking about new ways to use a knife and fork, but what we might call eating strategies such as:

1. Eat only fruit for breakfast. What, no bagel? No Egg McMuffin? I'll just die, you say. Unlikely. Eating fruit will give you all the energy you need while not polluting your body with all that yummy sludge. Okay, let me explain. Your body is detoxifying up until about 12 noon and anything but fruit will slow down this process and cause a toxic build-up of poisons in your system that can't escape. And thanks to the high fiber content of fruit, it will also help clean out any waste products built up in your colon. Anyway, fruit will also supply you with all the nutrients you need to make it through your morning. If you get hungry, just eat more fruit.

Bananas are slower to digest than other fruits so they tend to hold off the hunger pangs a little better. If you eat melon, the rule is, "Eat it alone or leave it alone." Melon digestion requires a slightly different level of "stomach juices" than other foods and mixing anything with melon will prevent proper digestion of all the foods. Be sure the fruit you eat is raw and preferably organic. Why organic? Because organic foods are grown without pesticides and in healthy soil which raises their nutritional value. Such a deal. Okay, so they're usually a little more expensive, but you're worth it, right? If you're going to do

it, do it right. Going organic is especially important for fruits such as apples and peaches where you eat the skin. It's best even with those where you don't eat the skin, like bananas or oranges, though much of the external pesticides are thrown away with the skin. *[Consider washing fruits and vegetables before peeling, as the skin may contain pesticide residue or bacteria that may get on your hands while you are in the process of peeling and may be transferred to the peeled fruit or vegetable.]* Dried fruits are okay, but be sure they don't contain sulfites which are used to make dried fruit look pretty, but happen to be toxic.

2. Enjoy a wide variety of foods in your diet, but avoid mixing too many different foods in one meal, or you'll end up having a hard time properly digesting it all.
3. 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/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.
4. Eat as much as you need to keep and maintain a healthy weight and lifestyle, but don't 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?

5. 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. And food that sits too long in the stomach gets "over digested" and won't 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 meal
- 3 hours after eating a starch meal, such as grains or certain vegetables
- 4 hours after eating a protein meal such as beans, nuts, or legumes

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 at a 20% discount. Listen to 1010 am radio at 10:00 a.m. on Saturdays to hear Dr. Joe's life changing messages, sponsored by Life Grocery. Contact him at 770-427-7387 for further info.

Weaker, Slower, Older

By Brian Murray, M.Ed.

In my last article, I stated that walking, jogging, and swimming can make you a fatter person. Why? The reason is these activities are too easy. Activity that can be carried on for several continuous minutes is not challenging enough to stimulate the maintenance of valuable muscle tissue. But there is more to this story.

Skeletal muscles are made up of two types of fibers: Type 1 and Type 2. Type 1 fibers are smaller, weaker, and well suited for long duration activity. Type 2 fibers are larger, stronger, and well suited for power and quick bursts.

Research shows there is a massive loss of Type 2 muscle fibers with age. This loss however, begins with the atrophy of the nerves that supply these fibers. The atrophy and death of these nerves results in the atrophy and death of the muscle fibers. This is a double whammy! Muscle and nerve tissues are two of the most metabolically active tissues in your body. This is a major reason why your metabolic rate declines with age and fat deposits increase. In addition, loss of Type 2 fibers has been strongly linked to declining movement speed

and loss of balance with age. The good news is that this can be prevented and even reversed, but it requires the correct approach.

The correct approach is high intensity strength training. To understand why, it is important to understand how muscles work. When attempting to lift an object, muscle fibers are recruited in a stepwise fashion. The smallest and weakest fibers are recruited first. As effort level increases, the larger and stronger fibers are called in as needed. Type 2 muscle fibers typically do not become significantly involved until you reach approximately 80% of maximum effort. This is a large amount of effort—much greater than the effort required to walk, jog, or swim continuously for 60 minutes. Therefore, the reason strength training (when performed correctly) is so important is because it is the only safe and effective way to engage and strengthen the Type 2 muscle fibers.

The main reason for the abnormal decline in physical capacity is simply inadequate use. In a technologically advancing society such as ours, our bodies are placed in

a cast of sedentary living. Think about it—most people do not even have to twist an ice cube tray to get ice cubes! And many of you know what happens to a limb that is placed in a cast—it becomes smaller, weaker, stiffer, and painful to move.

High intensity strength training is the most powerful and potent exercise that anyone can prescribe for themselves. It provides the benefits that are absolutely necessary for living a high quality of life.

Brian Murray is the founder of mPower, a state-of-the-art strength training facility. For more info visit www.strengthforlife.net or call 404-459-0270 to schedule a complimentary program introduction.

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Produce of Life: Cantaloupe & Fennel

By Kim Strickland

Summer will soon be upon us and that means there will be lots of melons in season. The produce department is already carrying some of the early crops of melons. The changes that have been made in the produce department have created more space, and, as a result, Life Grocery will now be carrying fennel, in addition to other items previously not available.

Melons are high in calcium, potassium, vitamin C, and vitamin A. Cantaloupes are very high in beta-carotene. About one-fourth of a cantaloupe provides up to 3000 IUs of vitamin A. They are digested more quickly than other foods, so to avoid abdominal gas, bloating, and fermentation, it is recommended that they be eaten by themselves on an empty stomach. Try a combination with other melons, such as honeydew and watermelon. They are best at room temperature and can be kept for two to three days; however, once cut, store them in the refrigerator.

Like many of its fellow spices, fennel contains its own unique combination of phytonutrients—including the flavonoids rutin, quercetin, and various kaempferol glycosides—that give it strong antioxidant activity. The most fascinating phytonutrient compound in fennel, however, may be anethole—the primary component of its volatile oil. In animal studies, the anethole in fennel has repeatedly been shown to reduce inflammation and to help prevent the occurrence of cancer. The volatile

oil has also been shown to be able to protect the liver of experimental animals from toxic chemical injury.

In addition to its unusual phytonutrients, fennel bulb is an excellent source of vitamin C. As a very good source of fiber, the fennel bulb may help to reduce elevated cholesterol levels, as well as the diarrhea or constipation symptomatic of irritable bowel syndrome. In addition to its fiber, fennel is a very good source of folate, a B vitamin that is necessary for the conversion of a dangerous molecule called homocysteine into other benign molecules. Fennel is also a very good source of potassium, a mineral that helps lower high blood pressure, another risk factor for stroke and heart attack. Store fresh fennel in the refrigerator crisper, where it should stay fresh for about four days. It is best to consume fennel soon after purchase, because as it ages, it tends to gradually lose its flavor.

Cantaloupe Smoothie

2-3 frozen bananas (peel before freezing)
1½ c cantaloupe, diced (freezing the fruit first will yield a thicker smoothie)
½ c orange juice
2 t raw honey or agave

Place all items in a blender and blend until smooth.

Potato-Fennel Soup

1 T olive oil
3 c thinly sliced onions
1½-2 t sea salt
5 medium potatoes
1½ c minced fennel bulb
½ t caraway seeds
4 c water
½ c red bell pepper, diced

- Heat oil. Add onions and 1 t salt. Cook for 15 minutes on medium.
- Add ½ t of salt, potatoes, fennel and caraway and sauté about 5 minutes.
- Add water, bring to a boil and simmer until potatoes are almost done.
- Add red pepper for the last few minutes. Adjust salt if needed.

Resources:

www.fabulousfoods.com

www.whfoods.com

Staying Healthy with Nutrition by Elson Haas, M.D.

Kim Strickland earned a Doctorate of Natural Health from Clayton College in 2005. She is currently a stay-at-home mother to two sons and can be reached at mkstrickland@peoplepc.com or 770-218-3952.

Dandelion

Latin name: Taraxacum officinale

It is said that acquiring a taste for bitter herbs is a sign of nobility. There is no greater or more regal herb than the reliable, dependable, and trustworthy herb “the dandelion.”

As a child, I can remember my Italian grandmother with her stockings rolled down to her ankles, clad in her black kitchen work dress and flowered apron, bent over gathering dandelion root and leaf with one swift curling twist of her knife.

One of my first introductions to ancient folklore was the warning not to smell the inviting yellow flowers because it would cause bedwetting. This childhood warning was based in some truth, for the dandelion is known to be a powerful diuretic. The English common name for the herb is “piss in the bed” and the French call it “pis en lit.” Unlike medical diuretics its high potassium content does not leach potassium from the body while performing its beneficial effects.

Often considered a nuisance weed by most homeowners, dandelion will grow in any sunny to partially shaded location including the yards of most residences. When harvesting dandelion, one should take care not to use plants growing in areas treated with chemicals and herbicides.

Dandelion is high in vitamins A, B, C, and D which accounts for its strong anti-oxidant properties. (The vitamin A content is even higher than in carrots.) Its content of lecithin, with its fat emulsifying properties, is an effective digestive aid, while its high concentration of choline and lecithin converts to acetylcholine which may stimulate memory functions in the brain. High concentration of boron within the dandelion, help raise estrogen levels in the blood and strengthen bones.

For medical use prepare a decoction by simmering one tablespoon of the leaf or root for every cup of water. Drink a half cup of the liquid four times a day. Do not use this herb without the advice of an experienced herbalist if you have intestinal blockage, gallbladder inflammation, or bile duct blockage.

Dandelion, a mild herb with a bitter taste, is among the first to arrive in our gardens in the early spring. As

By Michael Moribaldi, D.C.

a culinary herb it is best used as a garden salad tossed with dried oregano and basil, fresh minced garlic or chives sprinkled with extra virgin olive oil and balsamic vinegar. As a cooked vegetable, it mixes well with sautéed garlic and olive oil when the leaves are steamed until they soften slightly.

Dandelion has a yellow flowering head (bright as the sun) on hollow stalks and hairless toothed leaves. Dandelion is a famous liver cooler and cleanser and has been a favorite of herbalists since ancient time. It is considered a spring tonic by local herbalists as it cleanses the liver which can become sluggish during the cold wintry months. The herb is useful for such conditions as hepatitis, cirrhosis and liver toxicity, as well as for poor appetite and constipation.

This herb has the three principles of sampling. The first one is it grows nearby in everyone’s yard. Second, it is a mild herb. The third principle is you can use it in large doses. Who would have known this little weed could do so much?

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Dr. Michael Moribaldi has practiced chiropractic in North Fulton and East Cobb for 10 years. He has spent considerable time teaching people about spinal care and spinal rehabilitation through proper exercise, posture, and nutrition. He is currently pursuing a Naturopathic Degree at Clayton College of Natural Health. He is also enrolled in a certification program as a fitness trainer and exercise physiologist. For further info, contact him at 770-649-1730.

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The Real Value of Organically Grown Food

By Don Bennett, DAS

The main problem with conventionally grown produce is that it contains pesticide residues. But because you don't drop dead instantly from consuming a piece of fruit that contains pesticides, the agri-chemical industry has been able to keep the detrimental effects of its products out of the public's collective consciousness.

Pesticides are designed to kill living things. While it's true that eating one conventionally grown apple won't lead to your premature death, what do you think the possibility is that eating pesticide-laden food at every meal, every day for decades, will contribute to degenerative disease, which is a cause of premature death?

Pesticides can cause cancerous cells to form, which can also burden the body's ability to effectively deal with cancerous cells. This causes a double whammy effect, one which has undoubtedly contributed big time to today's higher-than-ever cancer rates.

So it's probably best to eat as much organically grown food as you can. Some foods I would never eat if they weren't organically grown are: leafy greens, grapes, and anything you eat whole without peeling. If I wanted some bananas, and I couldn't find any organically grown bananas, I have been known to buy non-organic ones. The same goes for watermelon. I'm not saying that some pesticides don't find their way into the "meat" of the fruit, but I'm trying to be realistic. You still couldn't pay me to eat conventionally grown items that can't be peeled. [See insert on page one about washing fruits and vegetables before peeling.]

The other difference between organically grown produce and produce grown with pesticides is the nutritional quality. Let's face it—conventional crops have been grown for yield, never for nutrition. When these foods were nutritious, it was because of soil fertility and not because of something the farmer did to make it nutritious.

When it was discovered that all you needed in the soil to make plants grow were three nutrients (nitrogen, potassium, phosphorus), the agri-chem companies responded with three-nutrient fertilizers. But what happens when the crops suck all the trace minerals and rare earth elements out of the soil, and the farmer doesn't put those things back? If they're not in the soil, they're not going to be in the plant. And if they're not in the food you're eating, you aren't getting them (unless you take supplements, which is an article all by itself). Even

if they are in the soil, crops grown from genetically modified seeds may not uptake the nutrients they normally would when grown from un-modified seeds. What hath man wrought!

A recently published review of 41 scientific studies from countries around the world comparing the nutrition of organic and conventionally grown food, found significantly higher nutrients in organically grown crops.

Nutritional Quality of Organic Versus Conventional Fruits, Vegetables, and Grains, published in *The Journal of Alternative and Complimentary Medicine*, found that organic crops, on average, contain 29.3% more magnesium, 27% more vitamin C, 21% more iron, 13.6% more phosphorus, 26% more calcium, 11% more copper, 42% more manganese, 9% more potassium, and 15% less nitrates. In crops such as spinach, lettuce, cabbage, and potatoes, organically grown crops showed even higher nutritional superiority.

A possible reason for the above? Farmers who don't use pesticides tend to take better care of their soil, leaving some fields fallow for a year or more so the soil can be fertilized by Nature. And some use natural fertilizers that replenish 100 nutrients, and not just three. (If you have your own farm or garden, see remineralize.org for information on the BEST soil remineralizing techniques to use).

Another reason organically grown food is healthier is the little known fact that plants produce substances that are good for us (like bioflavonoids) in response to attacks from insects in an effort to fend off the pests. Plants sprayed with pesticides never get attacked, and thus have no need to manufacture these substances.

Research at the American Institute for Cancer Research (AICR) International Conference on Food, Nutrition, and Cancer, by Rui Hai Liu, M.D., Ph.D., and his colleagues at Cornell University concluded that "different plant foods have different phyto-nutrients; these substances go to different organs, tissues, and cells, where they perform different functions. What your body needs to ward off disease is this synergistic effect that is produced by eating a wide variety of plant foods."

Everyone has heard the advice, "Eat a diverse diet," a recommendation that has been a part of many dietary guidelines for decades. But few studies have explored the relationship between dietary diversity and the adequacy of nutrient uptake. With a grant from the USDA, scientists carried out a first-of-its-kind analysis

of the adequacy of nutrient intakes as a function of diversity, and the study arrived at some very unsettling conclusions.

First, a surprising percentage of men and women eating the Standard American Diet are not consuming an adequate intake of 15 key nutrients. For men, the probability of adequacy for five key nutrients was under 50%, with vitamin E at only 14.1% and magnesium and folate at 36% and 34%, respectively. For women, only 6.8% were likely to consume an adequate amount of vitamin E, 20.9% for folate, and just as with men, there was a total of five nutrients under 50%.

So because organically grown food tends to be higher in nutrition than pesticide-containing crops, eating organic fruits and vegetables can help bridge the gap between adequate and inadequate consumption of the nutrients that we need to be healthy.

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.

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Good Health Now with Smoothies

By Dr. Brenda Cobb

Disease isn't necessarily incurable, hopeless, or terminal, even if the doctor says so. There are many diseases that are known to get better with diet and exercise. I believe that mental and emotional healing, added to good nutrition and lifestyle habits, can and will heal anything. Since 1999, I have personally witnessed thousands of people heal from every type of disease including all types of cancers, lupus, multiple sclerosis, Parkinson's, AIDS, HIV, chronic fatigue, allergies, migraine headaches, depression, obesity, diabetes, arthritis, asthma, and many more.

Faith and belief can heal all things and are the most important components of healing. Then there's the equally important job of eating optimum nutrition and detoxing the body. Creating good health is something that you must participate in. Don't wait until you get sick and then hope for a miracle—get pro-active every day in taking the very best care of your 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, burying emotions deep inside, and having an enormous amount of stress. Most people want good health, but wanting it isn't enough. To get good health you must practice good habits. It isn't nearly as difficult to make changes if you perceive you are getting a greater benefit by making the change.

An organic raw and living foods diet will help the body detoxify, cleanse, and heal so you can live healthier, longer, and better! Here's why: when you cook food, you kill it, and it becomes void of enzymes, vitamins, and minerals. In other words, it is dead! So, you're eating food, but you're not getting optimal nutrition. When you eat organic raw fruits, vegetables, nuts, seeds, and living sprouted foods you are getting the optimum in nutrition with all the enzymes, vitamins, and minerals in their complete and most nourishing form. Cooked is dead and dead food produces death and disease. Raw and living foods give you life, and that produces good health!

It is so easy to eat raw and living foods with just one piece of equipment, the Vita-Mix food machine, and a bunch of organic raw and living fruits, vegetables, nuts, seeds, and lots of sprouts. These quick and easy smoothies are great if you're on the go. Just blend them up in a few seconds and put them in your little lunch cooler and you're good to go all day. I like to add a tablespoon of *Vita-Mineral Green Raw Food Powder* (available in the Supplement Department at Life Grocery) to some of my smoothies to get the extra nutrition and even more vitamins, minerals, and probiotics for my colon. I love smoothies and they meet my top criteria for food. They're easy. They're quick. They're nutritious. They're delicious. They're easily digested. But most of all they're fun!

Always use 100% ORGANIC produce and good filtered water! Make sure all your fruit is really ripe. Put the ingredients for each smoothie recipe in the Vita-Mix and add one to three cups of water depending on how thick or thin you want your smoothie. Turn the machine on high for 30 seconds or so. Voilà! You've got breakfast, lunch, or dinner in a flash! Good nutrition that is so easy to digest.

Sunny Sprout

2 tomatoes
1 c sunflower sprouts
1 c buckwheat sprouts
1 T fresh lemon juice
1 t kelp
water

Banana Blast

3 ripe bananas
pinch cinnamon
pod of vanilla or 1 t extract
water

Strawberry Sunshine

2 c strawberries
1 ripe banana
2 dates pitted
water

Manya Madness

2 ripe mangos
1 ripe papaya
1 banana
water

Pineapple Mango Mood

2 c fresh pineapple
2 mangos
1 c sunflower sprouts
water

Blueberry Blissfulness

2 c blueberries
2 ripe bananas
water

Vege Life

2 tomatoes
2 carrots
1 red pepper seeds and all
3 stalks celery
1 cucumber
1 c buckwheat sprouts
water

Cucumber Lives

3 cucumbers
6-9 mint fresh mint leaves or 2 t dried mint
3 stalks celery
1 c sunflower sprouts
1 t powdered kelp seaweed

Ruby Life

1 beet
1 carrot
1 c buckwheat sprouts
1 c sunflower sprouts
3 stalks celery
3 T fresh dill or 1 t dried dill
water

Lively Ginger Apple

3 peeled apples
3 stalks celery
1 t lemon juice
1 c sunflower sprouts
1 t fresh ginger
water

Dr. Brenda Cobb is author of The Living Foods Lifestyle, and seven other books on health and healing naturally. She is Director of the Living Foods Institute, featuring recipe classes and a healthy lifestyle program. June 17, 1:00-4:00 pm is a "Good Health Now" Recipe Class and Workshop. Mention Life Grocery and get the recipe book and workshop guide book Good Health Now FREE with your class tuition (a 15.00 value). \$30.00 in advance, \$50.00 at the door. For more information call 404-524-4488 or visit www.Livingfoodsinstitute.com.

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Seven Things You Can Do Today to Double Your Energy

By Frederic Patenaude

Admit it—there are times when you wish you could just feel more energetic and get more done. Don't you just hate it when you feel like hiding under your bed sheets, and yet more and more things come up that you have to deal with?

Though mastering the energy game is a complex topic, I'd like to give you seven things you can do anytime you need an extra boost.

1. Breathe

Breathing is one of the best ways not only to calm yourself, but also to energize your body. Whenever you start feeling overwhelmed, take one minute to do a simple deep-breathing exercise.

Here goes: Sit in a comfortable position, then breathe in for 5 counts, hold your breath for 5 counts, and breathe out for 5 counts.

Repeat for approximately 1-2 minutes, or longer.

2. Yoga

One of the best ways to feel more energetic is to combine stretching, movement, and breathing with yoga. It works like a charm every time, but you probably think you have to spend an hour doing it.

Not so! Just 15 minutes of yoga gives tremendous benefits. Practicing a few "sun salutations," along with a back bend and a few more postures, will really make a difference in your day.

Another possibility, which is just as powerful or even more so, is to spend ten minutes practicing the five Tibetans, a simple series of exercises that anyone can do and that give tremendous benefits. (For more info, go to <http://fivetibetanrites.com/?hop=fredraw>.)

3. Wait for True Hunger . . . Or Eat!

Depending on how you feel, you can either eat to gain more energy, or wait. Why the two diverse options? The reason is that tiredness can either be caused by your body trying to "detox" the previous meal, or simply due to the fact that you haven't eaten enough.

If you're in "detox," you might feel a little depressed or irritable. Your stomach might make all sorts of noises.

In that case, I find that when I fast a few hours until I feel "truly hungry," I will gradually feel more energetic as my body is restored to homeostasis.

But if you have eaten well lately, then try the following drink for quick energy. The water, the electrolytes (like sodium in the celery), and the natural sugar will help recharge your batteries.

- 1-3 bananas
 - 1 cup of blueberries (fresh or frozen)
 - 2-3 stalks of celery
 - 1 to 2 cups of water
- Blend and enjoy!

4. Drink

One of the main reasons people feel tired is that they are dehydrated. It happens very often in hot weather. You can easily forget to drink. If you feel tired for no apparent reason or if it's warm outside and you haven't been to the bathroom in the last two hours, then you should drink a liter of water

and watch what happens. If you were dehydrated, you will immediately feel more energetic.

5. Dump Your Brain

Often you may feel overwhelmed by everything on your schedule, especially if you don't know exactly where to start to get things done. This is a major energy-drainer.

Trying to keep things in our brain becomes extremely draining when there are more things than we can keep in mind at one time.

Here's one quick solution:

Take out a bunch of sticky notes. Write down as many things as you know you have to do. Write one item per sticky note. Literally dump out your brain. Then organize the sticky notes by category, and identify your top 3 priorities. For each of those 3 priorities, identify the very next action you have to take to get it done. Then schedule a time to do this. When you do this, you will immediately feel yourself coming back to life, and your energy will instantly double.

6. Clean Up Your Space

Untidy or messy surroundings are a major drain of energy, especially when getting through the mess seems overwhelming.

My suggestion is to spend 15 minutes to clean up and see what happens.

What I recommend is actually timing yourself. I personally use a countdown timer. I set it to 15 minutes and then get as much done as possible in those 15 minutes, like a race!

Try this and you'll find that so much can be done to clean up your environment in just 15 minutes. You'll feel your mood instantly change and your energy double.

7. Find a Program That Works

The best thing you can do to keep your energy up is to pay attention to the factors that influence your health. Those factors include: eating a good diet based on fruits and vegetables, getting sufficient nutrients, training your body in the five areas of fitness, mastering your sleep, and more (there are more than twenty-one in total). Your health program should focus on mastering these different factors of health—not just diet—and show you how to become a high-energy person!

Frederic Patenaude, is the author of the best-selling e-book The Raw Secrets. He is currently giving away free access to his private library of over 100 exclusive articles along with a subscription to his newsletter Pure Health & Nutrition. Visit <http://www.fredericpatenaude.com> while charter subscriptions last.

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Remember the due date
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The Life Line.

Vegetarian Diets and the Gluten Free Lifestyle Is it Possible?

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

One of the things I frequently run across is the topic of being a vegetarian and having to adhere to the Gluten Free diet because of Celiac Disease or other health issues. I hear questions about suitable meat alternatives since many of the vegetarian versions have gluten added to them. So what's a vegetarian to do? Don't panic! There are many tasty alternatives to eating meat substitutes, and in fact, it's a lot healthier for you! Did you know that most textured vegetable protein contain gluten? What about meatless burgers or hot dogs? Yep, most of those have gluten in them as well.

"But I don't want to live on JUST SALAD!" Don't worry, you don't have to. If you really want to have a burger, Sunshine Burgers are vegan/vegetarian, delicious, and gluten free. They are located in the freezer section at Life Grocery. I've found them to be pretty yummy cooked up and crumbled on top of a baked potato, or wrapped in a *Food for Life* gluten free tortilla, or in a lettuce wrap. "I don't want to have to cook all the time." Hey! Guess what? Café Life can make your meal planning a whole lot easier! There are a lot of foods on the menu that are naturally gluten free; since the kitchen is completely vegan, you do not have to worry at all! They make most everything fresh so that they know what the ingredients are. Don't be afraid to ask for help in suggesting something safe for your gluten free diet!

"I'm REALLY not into cooking and I just want to buy frozen entrees." Don't worry—Amy's makes quite a few meals that are not only vegetarian, but gluten free as well, including a rice crust cheese pizza. Always read the labels though, because some of their gluten free products are made in a facility that also processes wheat; so if you are really sensitive, you may want to avoid those products.

There are many more options out there other than the ones I've mentioned, but this will get you started. You do not have to sacrifice taste or convenience to adhere to your vegetarian dietary requirements. Hopefully I've given you some new ideas to think about and if not, think of this as a friendly reminder that you CAN be vegetarian AND gluten free, and you can eat good food! I do realize that not all vegetarians eat dairy or egg products, so if anything I've recommended includes those, just disregard that suggestion!

Remember, a diet rich in fresh organic fruits and vegetables is always healthier for you than any of the processed foods out there, and the added bonus is that

fruits and veggies are naturally gluten free! Good luck and happy eating!

Vegetarian Brown Rice Sushi Rolls

Brown rice is not traditionally used for sushi in Japan, but since it's such a healthy whole grain, I've decided to bend the rules.

scant 2/3 c short-grain brown rice*
1 c plus 1 teaspoon water
2 t soy sauce (*San-J Wheat Free Tamari*)
2 T seasoned rice vinegar (dissolve 2 t sugar in 2 T unseasoned rice vinegar)
1 t wasabi powder
2 (8 1/4x7 1/4-inch) sheets roasted nori (*Eden Sushi Nori*)
½ Kirby cucumber, peeled, seeded, and cut into 1/16-inch-thick matchsticks
½ carrot, cut into 1/16-inch-thick matchsticks
½ firm-ripe small California avocado
3/4 oz radish sprouts, roots trimmed
special equipment: a bamboo sushi mat for rolling
accompaniments: soy sauce for dipping; sliced gari (pickled ginger)

- Rinse rice well and bring to a boil with 1 cup water and 1 teaspoon soy sauce in a 1- to 1 1/2-quart heavy saucepan. Reduce heat to very low and simmer, tightly covered, until water is absorbed, about 40 minutes. Remove from heat and let rice stand, covered, 10 minutes.
- While rice is standing, stir together vinegar and remaining teaspoon soy sauce.
- Transfer rice to a wide non-metal bowl (preferably wood, ceramic, or glass) and sprinkle with vinegar mixture, tossing gently with a large spoon to combine. Cool rice, tossing occasionally, about 15 minutes.
- Stir together wasabi and remaining teaspoon of water to form a stiff paste. Let stand at least 15 minutes (to allow flavors to develop).
- Place sushi mat on a work surface with slats running crosswise. Arrange one nori sheet, shiny side down, on mat, lining up a long edge of sheet with edge of mat nearest you. Using damp fingers, gently press half of rice (about 3/4 cup) onto nori in 1 layer, leaving a 1 3/4-inch border on side farthest from you.

- Arrange half of cucumber in an even strip horizontally across rice, starting one inch from side nearest you. (You may need to cut pieces to fit from side to side.) Arrange half of carrot just above cucumber in same manner. Peel avocado half and cut lengthwise into thin slices, then arrange half of slices just above carrot in same manner. Repeat with radish sprouts, letting some sprout tops extend beyond edge.
- Beginning with edge nearest you, lift mat up with your thumbs, holding filling in place with your fingers. Fold mat over filling so that upper and lower edges of rice meet, then squeeze gently but firmly along length of roll, tugging edge of mat farthest from you to tighten. (Nori border will still be flat on mat.) Open mat and roll log forward to seal with nori border. (Moisture from rice will seal roll.)
- Transfer roll, seam side down, to a cutting board. Make second log in same manner, then cut each log crosswise into 6 pieces with a wet thin-bladed knife. Serve with wasabi paste, soy sauce, and ginger.

* If you prefer to use white sushi rice see next recipe

Sushi Rice

3 c sushi rice
3/4 c water
1/3 c rice wine vinegar
2 T sugar
1 t sea salt

- After washing the rice well, cook it by pan or rice cooker.
- Prepare sushi vinegar (sushi-zu) by mixing rice vinegar, sugar and salt in a pan. Put the pan on low heat and cook until the sugar dissolves.
- Cool the vinegar mixture.
- Spread the cooked hot rice into a large plate (if you have it, use a wooden bowl called sushi-oke) by spatula
- Sprinkle the vinegar mixture over the rice and fold the rice very quickly. Be careful not to smash the rice.
- To cool and remove the moisture of the rice well, use a fan as you mix sushi rice. This will give sushi rice a shiny look.
- The sushi rice is ready! It's best to use it right away.

Makes 6 cups of sushi rice.

Avocado & Vegetable Sushi

This recipe makes a mix of avocado and vegetable rolls—how many of each is up to you.

Ingredients for Sushi:

5 sheets nori
rice (see sushi rice recipe)
fillings

Avocado Roll Filling

1 avocado
½ lemon

Vegetable Roll Filling

1 small carrot
4 inches piece cucumbers
shiitake mushrooms (rehydrated if dried)
sesame seeds (optional)

Nisla is a Licensed Massage Therapist and a Gluten Free Lifestyle Coach in private practice. She can be reached at 770-653-6017 or by e-mail at nisla@comcast.net Please check Life Grocery's calendar regularly for Nisla's mini massage days at the store!

life bits

Make Friends with *L. reuteri protectis*

A new study published in the journal, *Environmental Health*, says a friendly little bacteria called *L. reuteri protectis* might prevent respiratory and gastrointestinal illnesses. The research suggests that getting that particular probiotic into your diet may prevent colds and viruses by boosting the immune system. *L. reuteri* also inhibits the growth of Salmonella and E. coli.

This bacteria is contained in *Stonyfield Farm Yogurt*, the only U.S. brand that contains active cultures of *L. reuteri* probiotic. This yogurt also contains five other live, active cultures, including *L. acidophilus*, *bifidus*, and *L. casei*. Inulin, a dietary fiber which has been added to *Stonyfield Farm Yogurt*, has been shown to increase calcium absorption when consumed in the amount of eight grams per day. (This information is from the *Stonyfield Farm Yogurt* container.) Both the yogurt and probiotic are available at Life Grocery.

As an environmentally conscious company, *Stonyfield Farm Yogurt* produces USDA certified organic products, and they give 10% of their profits to efforts to help protect and restore the earth.

A Greater Gift

The beautiful, high quality, very affordable handmade items in *A Greater Gift* catalog are by artisans and farmers from struggling parts of the world. In their Summer 2006 catalog you will find additional patio and garden items, plus summer clothing and accessories.

To make the exceptional prices even more inviting, *A Greater Gift* is offering free shipping through June 30. Call 1-800-423-0071 for a catalog or go to www.agreatergift.org. Use code S06109 when ordering. In addition to toys, musical instruments, jewelry, pottery, and baskets, hope and justice comes with each purchase.

A Greater Gift has been dedicated for over 55 years to alleviating poverty through trade and development. They currently represent products from 90 groups of local artists and farmers in 34 countries. They follow internationally accepted fair trade practices, including equal opportunities for women, long-term relationships, no exploitative child labor, employee involvement in decision making, concern for the environment, respect for cultural identity, healthy working conditions, and fair pay.

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Seven Things You Can Do Today to Get Back on Track with Your Diet

By Frederic Patenaude

I have a confession to make. I'm not perfect. Sometimes, I fall off the wagon with my diet and fitness activities. Sometimes, I eat more fat than I would like to. Sometimes, I eat foods that don't make me feel great. Sometimes, I end up being sedentary for a little while. Let's face it. It's rare that you'll find someone who will commit 100% to something and never look back or have a breakdown. But your ability to succeed will be measured by your determination and focus, as well as your ability to learn from your "mistakes."

So here are seven things you can do today to get back on track with your diet:

1. Don't Be Hard on Yourself

We're really fast at acknowledging our shortcomings, but much less at acknowledging our successes. It's very easy to beat yourself up when you fall off the wagon and never take time to celebrate all the successes you've had so far.

So don't be hard on yourself; just look at what you've accomplished, no matter how small it may look! Compared to where a lot of people are at right now, you've already come a long way.

2. Reset Your System and Fast

In my book, *The Raw Secrets*, I talk about the value of occasionally fasting 24 to 36 hours, or even two to three days (longer fasts should be supervised).

This is especially useful to get back on track with your diet. Fasting just 24 to 36 hours will literally "reset" your system and make it much easier to start eating right again.

Don't get me wrong. I don't suggest doing the harmful pattern of binging now and fasting later. I'm just saying that a short fast might be just what you need to give your body a chance to get back to a state of balance.

You can refer to my book *The Raw Secrets* for more information. If you're unsure about doing a short fast or your health does not permit it, then simply having a couple of days of mono-fruit meals (only eating one type of fruit per meal) will give you great results.

3. List Your Benefits

When you have the time, take a moment to list all of the reasons *why* you are committed to a healthy lifestyle.

Why do it at all? Unless you know the *why* you won't know the *how*. Any small difficulty will throw you off balance.

So your homework assignment is to list at least 25 benefits or reasons for eating well (however you define it at this point) and for exercising. Then put this list in a place where you can see it!

4. Recommit

Commitment is very important. It just means that you're willing to do whatever it takes to get to where you want to go.

After you've listed your benefits, take a moment to commit to your success. All it takes is to *share* your list with someone else, someone who can support you (ideally, your "success buddy!"); be sure to tell them you commit to achieving those results.

5. Give Yourself a Goal

In addition to writing your list of benefits, give yourself one to three short-term goals that you believe you can accomplish within the next six to twelve months.

Maybe it is to *release* a certain amount of weight. Maybe it is to lower your body fat level down to a certain percentage. Or maybe it is to succeed doing a certain number of push-ups in a row.

Set a few realistic goals that are also a little challenging, and keep your mind focused on them.

6. Be Prepared for the Next Breakdown

No matter how well you do in life, there *will* be another breakdown. I'm not saying that you will necessarily fall off the wagon. Maybe it will just be a period of doubt and fear. Or you'll find yourself in a situation where you're not sure how to maintain your diet.

Prepare for success and envision different things that could potentially be challenging. What would you do in those moments? Take a moment to think about that. Discuss it with your coach or someone who supports you.

7. Get Coaching and Support

Even the best athletes in the world have their own coaches. How do you think that you will make it without one?

A good coach will not only push you to get beyond where you want to go, but will also support you in the process and celebrate your successes with you.

Without coaching and support, it will be much more difficult to make your list of benefits come true.

If you can afford it, having a personal health coach will make a tremendous difference for you.

But because I understand that most people don't have an extra \$300 or more it would cost each month to hire a health coach, and because most health coaches believe in eating animal foods and lots of cooked food, we have created a complete coaching and support program called the "*Body Enlightenment System*" that is completely affordable and effective.

So, now that you're armed with the seven tips I have revealed in this article, start using them, and if possible, have a coach help you in the process.

Once you start applying them, you will understand why they make all the difference!

Frederic Patenaude, is the author of the best-selling e-book [The Raw Secrets](#). He is currently giving away free access to his private library of over 100 exclusive articles along with a subscription to his newsletter [Pure Health & Nutrition](#). Visit <http://www.fredericpatenaude.com> while charter subscriptions last.

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Walking is Not Exercise

By Brian Murray, M.Ed.

You could walk all the way from Manhattan to Malibu and not improve your physical fitness. In fact, your physical fitness could get worse.

Everywhere you look, people are walking. People walk from their cars into Life Grocery, walk around the store shopping, and then walk into Café Life for a bite to eat. The fact is people do a lot of walking. And they have walked a lot from the time they first started walking. Has their physical fitness improved with age? No. And more walking will not help. Yet walking is touted as the best form of exercise.

It is painfully obvious that walking is not the best form of exercise and you may know it. Unfortunately, you may not trust your instincts because of social pressure. I hope this article will free you from that pressure.

Before Jack LaLane and Richard Simmons, a little known pioneer of exercise was Leonardo Da Vinci. His drawings of human anatomy demonstrated the relationship between the bones as levers and the muscles as engines that produce human movement. Understanding how the bony levers and the muscles work together is critical for understanding why walking is not productive exercise.

While standing, bend your knees slightly, hold that position, and note the difficulty. How long could you hold this position? Probably you could stand for a very long time. Now stand with your back against a wall and move your feet approximately 18-24 inches away from

the wall. Slowly bend your knees and slide your body down the wall until your thighs are parallel to the floor. Hold this position and note the difficulty. How long do you think you could hold this position? If you can tolerate intense muscle burn, maybe two minutes. Congratulations! You now understand leverage. You also understand why walking will never lead to improved physical fitness—it is too easy.

Exercise should lead to physical improvement. Physical fitness is best improved by putting your muscles in a mechanically DISadvantageous position. Walking is the most efficient form of human movement because it places muscles in a mechanically ADVantageous position. So the question is, "If our bodies only upgrade their capability by exerting effort beyond what is normal, and walking is the easiest and least energy-consuming form of human movement, how can walking lead to improved physical fitness?" It can't.

I have nothing against walking. As an infant it was something I aspired to do, and after one year in this world, I accomplished my goal. I have been doing it ever since and remain amazed how little practice is required to do it well. I enjoy walking and you should too. Walk for fun though, not for fitness.

Brian Murray is the founder of mPower, a state-of-the-art strength training facility. To learn more, visit www.strengthforlife.net or call 404.459.0270 to schedule a complimentary program orientation.

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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:

Editor, The Life Line
c/o Life Grocery
1453 Roswell Rd.
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770-977-9583

General Manager: Lisa Maden
Operations Manager: Ronnie B. Hudson
Editor: Ronnie B. Hudson
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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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Getting Enough B12 and Calcium?

By Dr. Joe Esposito

One important issue is the question of vitamin B12 and how much supplementation, if any, is needed in a totally plant-based diet. While some studies show adequate B12 in fruits, especially organic fruits, and that no supplementation is needed, be on the safe side and make sure you have a reliable source of B12 in your diet.

What is the best source? Inexpensive and great tasting nutritional yeast which contains B12 (some yeast does not actually contain B12). Nutritional yeast is available at Life in both the bulk and supplement departments. Unlike other kinds of yeast that may cause infections and other health problems, you'll have no problems with nutritional yeast. Not only is it a great source for the entire B complex, it's loaded with many other vitamins, minerals, and amino acids—the building blocks of all proteins. It comes in a flaky, powdery form and is great sprinkled on salad, popcorn, pasta and rice dishes, pizza, and soups. Be sure to add it after the food is cooked, as cooking with it can destroy much of its

nutritional value. With an almost cheese-like flavor, it is not only good for you, but can be used as a seasoning. Add about one tablespoon of nutritional yeast to your family's food two to three times per week for all the B12 you need. Other good sources of B12 are found in fortified soy milk or a B12 supplement.

Concerned about protein and calcium? The fact is the average person of any age rarely has a problem getting enough protein. As long as they are eating enough good foods to give them sufficient calories to maintain their growth and energy level, protein shouldn't be a problem. And as a rule, we are getting far too much animal protein in our diets. While it's my contention (and the facts bear it out) that we need zero animal protein to be healthy, do what works for you and just be cognizant of the reality.

As far as calcium goes, be sure you eat three or more servings of foods that supply calcium per day and you'll be just fine. These include, but are not limited to, tofu, tahini (sesame butter), green, leafy vegetables such

as dark green lettuces, broccoli, collard greens, mustard greens, most nuts, and kale. If you are not eating the high acid foods such as meats, dairy products (supposedly high sources of calcium, right?), and sodas, you will require less calcium than the average person. More acid in your diet means more calcium is being excreted from your body, which ups your calcium requirements.

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 at a 20% discount. Listen to 1010 AM radio at 10:00 a.m. on Saturdays to hear Dr. Joe's life changing messages, sponsored by Life Grocery. Contact him at 770-427-7387 for further information.

The Link Between Gum Disease and Heart Disease

By Don Bennett, DAS

Over the years I've shared with you some tips on how to be as healthy as possible. Most of these issues, although not well known among society's collective consciousness, are recognized by many health-conscious folks. But I've stumbled across a topic, through personal experience, that I'm betting many of you haven't considered. Researchers are finding links between periodontal infections and other conditions throughout the body. Current studies suggest that there may be a link between periodontal (gum) disease and heart disease, as well as other conditions. In fact, research suggests that gum disease may be a more serious risk factor for heart disease than hypertension, smoking, or high cholesterol.

Infective endocarditis: A condition characterized by inflammation of the interior lining of the heart and heart valves, generally caused by bacterial infection. Researchers believe that when individuals who have periodontal disease perform a normal task such as brushing or flossing, gum tissue can be injured, allowing bacteria to enter the bloodstream.

New studies suggest that people who have gum disease are at a higher risk for heart attacks. If bacteria present in infected gums become dislodged and circulate throughout the body, that bacteria may make their way to your arteries. The worse the gum infection is, the more likely the bacteria are to become blood-borne. Once bacteria reach the arteries, they can irritate them in the same way they irritate gum tissue. This can cause arterial plaque to accumulate, which can cause hardening

of the arteries and block blood flow. Compromised blood flow to your heart can cause a heart attack. If arterial plaque comes loose and travels to the brain, it can cause a stroke. Research shows that risk varies according to the level of gum infection.

The most common strain of bacteria in dental plaque can also cause blood clots that induce heart attacks. Mark Herzberg, of the University of Minnesota, said that studies now provide a link between dental plaque and the formation of potentially fatal blood clots. Previous studies had found that the incidence of heart disease is about twice as high in people with periodontal disease.

Additionally, if the bacteria that grow in oral pockets due to gum disease are breathed into the lungs, they can cause respiratory diseases such as pneumonia and may worsen existing lung conditions.

Periodontal Disease and Pre-Term, Low Birth Weight Births: Pregnant women are particularly prone to periodontal disease as they go through the hormonal changes associated with pregnancy. Research has found that women with periodontal disease may be at high risk of developing pre-term low birth weight (PLBW) infants.

Recommendations: Brush, floss, and see a good dentist to insure you have no periodontal disease. My personal research has found that the best toothbrush to use is a Sonicare, just don't use it as you would a non-electric toothbrush, meaning don't brush too hard. Be sure to follow the instructions. For toothpaste, I like JASON's Sea Fresh with Perilla seed extract. Tom's

makes a heck of a good floss. You no doubt visit Life Grocery for its fine selection of food, but do visit its body care aisle too—that's where you'll find healthy alternatives to the junk found in most mainstream supermarkets.

Of course the added benefit of good oral care is having healthy choppers with which to delight in tasty edibles such as those found in *Café Life*. To quote Milton Heinz (a.k.a. Soupy Sales), "Be true to your teeth, and they won't be false to you."

Don Bennett is a Disease Avoidance Specialist, author, lecturer, and the Director of the Health 101 Institute. Don's new book, How to Have the BEST Odds of Avoiding Degenerative Disease is now available; visit health101.org/book for details.

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Produce of Life: Cherries and Zucchini

Hello hot summer days! I've been staying close to the beach or a pool this summer, with my two sons, to beat the heat. I'm enjoying all of the fantastic fresh, juicy, organic fruits that Life Grocery has to offer. Cherries have just come in, as I write this, and I am so excited, as they are one of my favorites. In my neighborhood, about five families have gotten together and organized a community garden. I've been enjoying lots of produce from it, namely squash. Now is the season for fresh, succulent zucchini.

Glucose and fructose, in nearly equal amounts, totaling about 10%, comprise the sugars that make cherries taste so sweet. The tart flavor is attributed to malic acid. An ideal nutrient-dense snack, one cup of sweet cherries has only 84 calories. That one cup of cherries has 1 gram of protein, 19 grams of carbohydrates, and 1.1 gram of fat. They are also an excellent source of potassium and contain a fair amount of vitamins A and C, folic acid, magnesium, and calcium.

Sweet cherries are inclined toward the deep reds and into the burgundy shades. Look for cherries that are glossy, plump, and undamaged. Cherries should be firm. Avoid fruits that are soft, mushy, or broken. Cherries lose flavor and plumpness when the weather gets too warm or when kept at room temperature too long. Like many fresh fruits that quickly deteriorate and turn brown, cherries contain polyphenoloxidase, an enzyme that makes them perishable. To prevent cherries from spoiling too soon, store them in the refrigerator soon after purchase, and eat them within a day or two. Cherries are best stored unwashed in a plastic bag.

Raw is the very best way to enjoy sweet cherries in season. They require so little—just washing—but offer so much flavor and pleasure. Add cherries to a fruit salad or smoothie, or top a pie or cake with them. Life truly can be “like a bowl of cherries.”

With their high water content (more than 95 percent), zucchini squashes are very low in calories. Nutritionally, zucchinis offer valuable antioxidants, along with being an excellent source of manganese and vitamin C, and a very good source of magnesium, vitamin A, fiber, potassium, folate, riboflavin, and phosphorus. Many of these nutrients have been shown in studies to be helpful for the prevention of atherosclerosis and diabetic heart disease. Summer squash's magnesium has been shown to be helpful for reducing the risk of heart attack and stroke. Together

with the potassium in summer squash, magnesium is also helpful for reducing high blood pressure. The vitamin C and beta-carotene found in summer squash can help to prevent the oxidation of cholesterol.

When purchasing zucchini, look for those that are heavy for their size and have shiny, unblemished rinds. Additionally, the rinds should not be very hard since this indicates that the squash are over mature and will have hard seeds and stringy flesh. Purchase summer squash that are of average size since those that are overly large may be fibrous, while those that are overly small may be inferior in flavor. They should be stored unwashed in a plastic bag in the refrigerator, where they will keep for about seven days.

Zucchini are so versatile. You can shred them and add to soup, bread, muffins, and salad, or use them raw as spaghetti. Yummy sautéed, steamed, boiled, or grilled, you can enjoy them without ever tiring of them.

Cherry Amaretto Mousse

makes 4 servings

1/3 c blanched almonds
1 heaping c fresh sweet cherries, pitted
1/4 c + 3 T evaporated cane juice
1 t almond extract
1 12 oz pkg. extra firm silken tofu

Topping:

1 c sweet cherries, pitted
2 T evaporated cane juice
1/4 t almond extract
4 whole cherries for garnish
2 or 3 oz amaretto liqueur

- Process blanched almonds in a food processor grinder to a fine powder. Set aside.
- Combine cherries, evaporated cane juice, almond extract, and silken tofu in that order in a blender. Blend on low speed, stopping as needed to redistribute the ingredients, until blended.
- Add almonds and blend to a creamy mousse.
- Pour mixture into four long-stemmed wine glasses. Set aside, and rinse the blender.

By Kim Strickland

- For the topping, combine cherries, evaporated cane juice, and almond extract in the blender and process to a thin sauce.
- Pour over creamy cherry mousse, creating a tantalizing two-tone dessert. Top with a whole cherry. Chill for several hours.
- Serve the amaretto liqueur on the side.

Herbed Zucchini

3 T olive oil
1 Vidalia or sweet onion, sliced in half-moons
4 cloves of garlic, minced
3 zucchini, sliced
1 carrot, shredded
2 T dried thyme
2 T dried dill
1/4 t sea salt

- Heat oil and add onion, garlic, and zucchini. Cook for 5-6 minutes on low.
- Add carrots and seasonings.
- Sauté until vegetables are tender but not mushy.

Resources:

www.whfoods.com
www.vegeparadise.com

Kim Strickland earned a Doctorate of Natual Health from Clayton College in 2005. She is currently a stay-at-home mother to two sons and can be reached at mkstrickland@peoplepc.com or 770-218-3952.

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Save Your Trees and Plants During Droughts

Mulch, mulch, mulch is the number one rule for keeping your plants from becoming dehydrated when water is scarce. Mulch to the outer tips of the tree branches, which will result in covering the small root extensions, where much of the water absorption takes place.

Increase the effectiveness of pine straw or bark chip mulch by first putting down several layers of newspaper or shredded white office paper. (Use non-slick pages and black ink only, as coated paper contains plastic, and colored inks can sometimes contain unwanted chemicals.) The paper will form a papier-mâché layer that will hold even more moisture and will eventually compost into the soil. Paper mulch can be used around garden plants, helping to also keep down weeds.

If you have young trees or valuable shrubs that need plenty of water to survive, consider putting a TreeGator around the base of the trunk. A TreeGator is a donut-shaped bag that is filled with water and placed around a tree trunk or shrub

(up to 4 inches in diameter). For large trees, place two or more TreeGators under the branches. Fill the donut with 14 gallons of water, and over a few hours it will slowly release the water, allowing deep water absorption with little or no run-off. The brown color hides well under mulch, and it is guaranteed for 2 years not to break down due to UV exposure. For more information, go to www.treegator.com.

Protect your yard by not cutting or fertilizing the grass during a drought. The higher the blades, the more protective shade it offers the roots. Most grass goes into a dormant stage when water is scarce, so fertilizing will force stressful growth. If you just have to mow, raise the mower blades to the highest setting.

As water becomes a big issue, plan to drought-proof your landscape with more suggestions from Master Gardener Walter Reeves at www.walterreeves.com. All your other plant questions can be addressed at the same, comprehensive website.

Chemical Body Burden - Part 1

By Linda Townsend

Health-conscious people have believed it for a very long time. Now studies prove it. The human body can be polluted with toxic chemicals. In fact, *every* person's body has some measure of chemicals stored or passing through it. *Not surprised?* Yet, have you ever really thought about how we know more about the chemicals in fish than the chemicals in our own bodies?

Suspecting a chemical presence is one thing, but seeing cold, hard facts is quite another. Imagine being handed test results of your own chemical load. Andrea Martin, a body burden research participant said this about her results: "I was completely blown away. There were 95 toxins, 59 of which were carcinogens." Michael Learner, also a participant in the same study stated: "The bottom line is that our body burdens of toxic chemicals represent a form of toxic trespass into our bodies. . . . That is not an abstraction for me anymore."

Chemicals Are Everywhere

Andrea Martin and Michael Learner were two of nine people from five states, whose blood and urine were tested by the Environmental Working Group (EWG). In the study, over 170 pollutants were identified overall with 56 carcinogens included in the collective average of each person. Just like them, you are exposed to hundreds of chemicals in the products you use, as well as those in your home or work environment. Some chemicals may have come from bleach, car waxes, carpet, colognes/perfumes, computers, cleaning fluids, detergents, drugs, flooring, food additives, furniture, gasoline, liquid soap, paint, plastic food containers, and vaccinations.

These chemicals are only a small sampling of possible sources to which nearly everyone is exposed in some fashion. In addition, US industries made 6.5 trillion pounds of 9,000 kinds of chemicals in 1998. Reports from US companies indicate that over 7.1 billion pounds of at least 650 different industrial chemicals were released into the air and water in 2000.

There are also pollutants from many sources you might not suspect or believe are not around anymore. Chemicals that are no longer used may still be found in the body of people living today. Applied for three decades as a pesticide, DDT was banned in 1972, over three decades ago; however, scientists still find DDT in air, rain, soil, water, animals, plants . . . and human bodies.

Water in which you bathe, swim, and drink is polluted. Dust particles with which you come in contact and breathe into your lungs are contaminated with chemicals originating from miles away. So, even if you live a healthy lifestyle, you are still exposed to chemicals through the food you eat, the air you breathe, and the water you drink and in which you bathe. You cannot escape this exposure completely, even by eating organic food and drinking purified or spring water.

Troubling Complexities

Chemical body burden is a very complex problem, because no one has ever studied what this chemical soup in our bodies will do when so many different kinds of chemicals are mixed together. The possibilities are frightening! One study on liver damage of just two

compounds, Polychlorinated Biphenyl (PCB) and dioxin, is enough to cause alarm. The PCBs alone cause no liver damage and dioxin alone causes some. However, when the two were mixed together, the liver showed *400 times the damage* of the dioxin alone. [Van Birgelen, A.P.J.M., et al. *Environmental Health Perspectives* (1996) 104:550-557.]

The EWG study tells only part of the story. The tests were only for 214 industrial chemicals, a tiny fraction of the number being used today. The Environmental Protection Agency (EPA) has calculated nearly 10,000 chemical ingredients in food, cosmetics, and other consumer products. Considering that there are 75,000 chemicals compounds licensed for commercial use with new ones added at a rate of 2,000 a year, the 214 chemicals that were tested in the EWG Study are less than .3 percent of the chemicals to which we may be exposed at any time without knowing.

Unfortunately, the worse news is yet to come. . .

Linda Townsend, founder of BioHarmonics Research may be contacted at research@bioharmonics.com.

life bits

It's All in the Numbers

Free 411

Instead of paying \$1.00 or more for directory assistance, get information free by dialing 1-800-FREE-411. It's an automated service, but if you don't get the number you want, an operator will come on the line to help you.

The catch? When requesting some business numbers, you may hear an ad before being connected to the information system. (Remember that if you call from a cell phone, you will still pay for the minutes used.) Another option for finding a number at no charge can be found at www.411.com.

Locate Toll-Free Numbers

Need a company's toll-free number? Try toll-free information at 1-800-555-1212.

If you buy products and services on the internet, there's one thing you may have noticed about some of those big retailers: They hide their direct customer service numbers from their own customers. Visit www.HardtoFind800Numbers.com to get around that. Company names are listed alphabetically, with the top five requested 800 numbers listed on their home page (Amazon.com, Ebay.com, Microsoft.com, PayPal.com, and Yahoo.com).

In Case of Emergency

If you will program the acronym ICE (in case of emergency) into your cell phone's directory, it can help paramedics decide who to call in case you're hurt.

Type ICE into your directory and include a name and phone number under the heading. For more than one name, list them in priority as ICE1, ICE2, and ICE3. You can also designate next of kin, such as ICEmom and ICEbrother.

Make sure your contacts have basic medical information about you, such as your blood type, allergies, or prescribed medications.

This program is supported by the National Association of Emergency Medical Technicians and is spreading worldwide.

Privacy Warning

If you give your home phone number to someone, check into what happens if that someone enters your number into the *Google* search engine. It will probably display the full address and a map search option. Cell phones do not appear to be listed, but check to be sure.

Determine if your number is in the *Google* database by typing your full phone number (using dashes, like this: 770-000-9999) into the search box. If it comes up, click on the heading "Phone book results for 770-000-9999" and you will be taken to a form that you can fill out to have your number removed from the *Google* database. Recheck your number in 48 hours to be sure it has been removed.

Lost Cell Phone?

To help the person who finds your lost cell phone, use a permanent marker or put a label on your phone, and write "If found please call (home phone or work number)." [Editor's Note: Another tip is to send a text message to the lost phone number, asking whoever found the phone to call a specified number. Recently, my son "lost" his phone and just on a whim I text messaged his number. Two hours later I got a call from the person who picked up the phone by accident. I was thrilled to retrieve the phone by using this technology.]

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Make Things Work Better and Last Longer

- **Towels:** Use a quarter-cup of white vinegar in the rinse water instead of fabric softener. Fabric softeners can make towels water repellent instead of absorbent.
- **Clothes:** Hang them up to dry when possible. Dryers wear out fabric, set stains, make seams twist, and cause some hems to turn up; anything with elastic or spandex in it is especially susceptible to heat deterioration.

Most outdoor clotheslines have disappeared, but you can create an indoor version. Use the shower curtain rod to dry clothes overnight, or put a tension shower curtain rod in a lesser used door frame. The old fashioned wooden clothes rack has come back in style and can be found at many department stores. To release wrinkles, put clothing in a dryer, set on the lowest setting, and tumble for 2-3 minutes before hanging them up. This method will save on your utilities bill, as a dryer is a large consumer of energy.

Strong, supermarket brands of laundry detergent leave residue in the fabric which weakens the fibers. Use the gentle, natural brands that you find at Life Grocery and your favorite clothes will last longer and remain softer.

- **Small Appliances:** When storing appliances, wrap their cords around the appliance loosely. Wrapping cords tightly can weaken them.
- **Dishwashers:** Once a month, run your empty dishwasher using lemonade mix instead of detergent. The citric acid will dissolve gunk and hard-water buildup.
- **Air Conditioners:** Replace or clean the filter regularly to ensure that important parts, like the blower and cooling coil, stay clean. It will work more efficiently, consume less energy, and last longer.
- **Cordless Phones:** Keep them well charged by using a new pencil eraser to clean the metal contacts on the phone's base.
- **Door Hinges:** For stiff and squeaky hinges, forget the smelly WD40. Coconut oil works just as well and often lasts longer. Dip your finger into liquid coconut oil and work into the gaps in the hinge while moving the door back and forth with your other hand. If you have a bottle dropper available, fill it and direct a drop or two of the oil into each gap. Keep moving the door back and forth to distribute the oil. Keep a rag underneath the hinge as you work to catch any drips.
- **Cut Flowers:** Put them in a vase with half water and half light-colored soda, such as ginger ale or lemon-lime soda. Use the kind with sugar in it, not the artificial sweeteners. They will stay fresher and last longer than using the floral packets that often come with purchased flowers. Just before putting each stem in the arrangement, make a fresh cut on the end of the stem and slit the stem an inch or two, creating more area of absorption. The water will stay fresher longer by allowing no more than 2 inches of the stem to be covered by the water/soda and if leaves are removed from the bottom three-fourth's of the stem.

References:

Woman's World. 7/4/06

Linda Cobb, author of *Talking Dirty with the Queen of Clean*

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Oh, Those Emotions!

By Brenda Cobb

Are you addicted to food? Are your emotional feelings driving you to eat, even when you're not hungry? Are you constantly battling food? Are you eating because you're angry, lonely, frustrated, fearful, tired, or just plain bored? What is your true relationship with food? Many of us eat for every reason other than the right reason: to nourish ourselves completely.

Every imbalance within the body is caused by an emotional reason. The most serious of diseases or annoying symptoms manifest from an emotional reason, first and foremost. Dieting only is futile in keeping weight off, because it addresses only the physical. It's the emotional stuff that's left unhealed that causes the real problems with health and well-being.

Let's say you want to lose weight, have more energy, and get rid of allergies and depression. If you keep trying diet after diet, but you resist or fall off the wagon time and again, or you feel controlled by food and are constantly obsessed with what and when to eat, now's the time to heal these issues, once and for all, by getting at the emotional reason and healing that. If you feel deprived and always hungry, then look to your emotions. If you feel empty, even when you're full, check your emotions.

Emotions you repress and hide can resurface at the most inconvenient times and cause you to do things you really don't want to do. Consciously, you know you shouldn't eat those greasy French fries, but you do it anyway. What drives you to go against your better judgment and do something you know is bad for you? It's your emotions. Emotions rule us on every level; even those who think they are unemotional are not immune. No one is exempt from emotional stuff.

There have been countless books written on emotions, and yet so many of us are still wondering exactly what we can do to help ourselves so we can become free of our emotional stuff.

The emotion of fear can cause us to eat all the wrong things for all the wrong reasons. Some of the most common fears that are related to food addictions are: fear of abandonment, fear of being alone, fear of confrontation, fear of criticism, and fear of rejection.

If you sometimes feel like there's no way out, let me assure you, there is help. Learning about the emotional stuff and how to heal and release it completely, is one of the best things you can do for yourself. When you heal your emotions, your body will heal itself. If you feel stuck, defeated, or hopeless you can change all that by healing your emotional stuff. If your emotions and fears are making you eat the wrong things, stay in the wrong relationships, or keep the wrong jobs, then you'll always struggle with diets, relationships, and jobs. Changing the diet, relationship, or job won't fix anything. Changing you will fix everything. Heal your emotional stuff, and then you can experience life to the fullest as well as have great health.

The food you eat affects how you feel. When you eat better, you feel better. Do your best to eat at least 80% of your food raw and living (sprouted).

Cooked food is dead and produces health problems and depression. Raw and living foods bring health and life to the body. When you feel better you act better. Try these quick and easy recipes and see how your body responds!

Broccoli, Squash & Carrot Salad

2 c broccoli, stems and flower tops
1 c carrots
1 c yellow or zucchini squash
½ c onion

Dressing Ingredients

¼ c tahini
¼ c chickpea miso
½ c lemon juice
1 T water

- Chop the vegetables into small pieces using your food processor.
- Blend dressing ingredients in the Vita-Mix.
- Pour over the vegetables and coat completely. Enjoy!

Key Lime Coconut Custard

5 avocados
2 c dates, pitted and soaked in 3 c water overnight
1 t vanilla extract
½ c lime juice
¼ c raw coconut oil
½ -1 c date juice

- Combine all the ingredients in the Vita-Mix and blend until creamy.

Brenda Cobb, author of The Living Foods Lifestyle and eight other books on health and healing naturally, is founder of the Living Foods Institute, featuring recipe classes and a healthy lifestyle program every month. For dates and info on ten-day classes, free seminars, or Emotional Healing to Restore Your Health workshop call 404-524-4488 or visit www.Livingfoodsinstitute.com. (Mention Life Grocery and get half price tuition for the October 1, 2006 Emotional Healing workshop.)

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Question from a Celiac About Cookouts: Can They Safely Be Gluten Free?

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

Dear Nisla

I've been invited to a cookout at a friend's house but I don't know if I should go. I am on a gluten free diet because of Celiac disease, and I am afraid there won't be anything safe for me to eat. Can I just take my own food and toss it on the grill? I don't want to miss out on any of the fun! Thank you in advance for your advice.
Yours truly, "Silly Yak"

Dear "Silly Yak,"

Of course you should go. You should never ever stop living your life because of Celiac disease. The gluten free diet can be easily adapted to most circumstances. Yes, there are some considerations to keep in mind, especially when you are at someone else's house. You will probably feel a lot more comfortable if you take your own food. That way you know it is safe, but if you feel comfortable asking your host or hostess about any ingredients used, do not hesitate to do so. They are probably not going to be aware of cross contamination issues that come up from shared utensils, double dipping of condiments, crumbs on the grill from toasting buns, or marinades that may contain gluten.

I think the most important question to ask is if they are using a gas grill or a charcoal grill. Some charcoal briquettes use wheat as a binder and the smoke from those briquettes can actually contaminate your food. In that case, make sure your food is securely wrapped in foil and cook it that way, or ask if briquettes that do not contain wheat as a binder can be used instead. You may even want to provide the briquettes. A simple solution is "lump charcoal," charcoal made from large pieces of wood without a binder. A gas grill is safe as long as the grill is clean, but just to be safe, I would also put a piece of aluminum foil under the food to avoid any chance of contamination. Use a separate utensil to turn your food with, as well.

Is this being overly cautious and extreme? I don't think so. This is your health we are talking about.

If you don't want to take your own food, just make sure your hosts are aware of acceptable ingredients and cross contamination; do not be afraid to ask what is in something. If you are a vegetarian and want to eat a veggie burger that has been grilled, make sure it's not one that contains gluten. Make sure your food is prepared on a clean grill or on foil, and consider taking a side dish to share with everyone!

Have fun and enjoy your summer. I am including some grill-friendly recipes to enjoy! Be sure you use organic ingredients.

Grilled Artichoke Hearts

makes about 4 servings

1 qt spring water
2 T extra virgin olive oil, plus additional
for brushing the artichokes
5 thin lemon slices, seeded

3 medium garlic cloves
3 thyme sprigs
8 small artichokes, halved, outer leaves removed,
stems and tops trimmed
juice of 1 lemon
sea salt

- Blend marinade ingredients and seasonings.
- Pour marinade over chicken in a non-reactive dish and cover.
- Chill 45 minutes, stirring occasionally.
- Drain chicken; reserve marinade.
- Heat reserved marinade to a boil; set aside.
- On 12 skewers, thread chicken cubes, green peppers, mushrooms, and tomatoes.
- Grill or broil kebabs 4 inches from heat source for 10 to 15 minutes or until desired "done-ness," turning occasionally and brushing with marinade.

Grilled Asparagus

1 lb asparagus, washed and trimmed
2 T extra virgin olive oil
1 T seasoning blend* (approximate measurement)

- Place asparagus in large bowl.
- Drizzle with olive oil and sprinkle with seasoning to taste.
- Toss to coat evenly.
- Place vegetables in grilling basket.
- Grill over medium-high heat for 8 minutes, turning occasionally, until asparagus is fork-tender.

**Seasoning blend: Blend your favorite seasonings. I like to mix garlic powder, salt, pepper, oregano, marjoram, basil, thyme, rosemary, and sage.*

Barbecue Chicken Kebabs

2 lb boneless chicken breasts, cut into
1- to 2-inch cubes
1 large green pepper, cut into chunks
12 mushrooms
12 cherry tomatoes

Marinade Ingredients

1 c vegetable juice cocktail
1/2 c onion, finely chopped
1/3 c vegetable oil
2 T hickory seasoning

- Blend marinade ingredients and seasonings.
- Pour marinade over chicken in a non-reactive dish and cover.
- Chill 45 minutes, stirring occasionally.
- Drain chicken; reserve marinade.
- Heat reserved marinade to a boil; set aside.
- On 12 skewers, thread chicken cubes, green peppers, mushrooms, and tomatoes.
- Grill or broil kebabs 4 inches from heat source for 10 to 15 minutes or until desired

"done-ness," turning occasionally and brushing with marinade.

Skewered Cantaloupe (dessert)

1 medium cantaloupe
1/4 c butter
1/2 c honey
1/3 c chopped fresh mint leaves

- Preheat grill for medium heat.
- Thread the cantaloupe chunks onto 4 skewers.
- In a small saucepan, heat butter or margarine with honey until melted.
- Stir in mint.
- Brush cantaloupe with honey mixture.
- Lightly oil grate.
- Place skewers on heated grill.
- Cook for 4 to 6 minutes, turning to cook all sides.
- Serve with remaining sauce on the side.

Nisla is a Licensed Massage Therapist and a Gluten Free Lifestyle Coach in private practice. She can be reached at 770-653-6017 or by e-mail at nisla@comcast.net Please check Life Grocery's calendar regularly for Nisla's mini massage days at the store!

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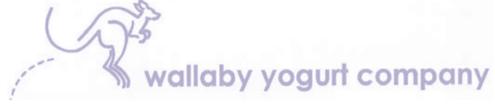
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Sprouts and Raw Food Do a Body Good!

By Dr. Brenda Cobb

The life energy in fresh sprouts stimulates the body's inherent self-cleansing and self-healing abilities. Thelma Arthur, M.D., in Chula Vista, California, tested nearly two hundred people before and after they followed the Raw and Living Foods Lifestyle for two weeks. The conclusions showed significant increases in the body's immune response and its ability to fight off illness. It also showed that the toxicity level of the blood, which is usually high in illnesses such as cancer, was reduced in nearly every case. Foods like lentil and mung bean sprouts, as well as carrots and parsley were tested. Even though the carrots and parsley did show an inhibitory effect on carcinogens, they weren't nearly as potent as the sprouts were in terms of anti-cancer activity!

When the body is given a rest from bad foods, bad habits, and destructive behavior, and it is given foods rich in life energy, good positive thoughts, habits, and behavior, it can regenerate and rejuvenate itself to total and perfect health

Do you want to lose weight? Sprouts can be your best friends. They supply a large quantity of low-calorie nourishment that is easy to digest. Sprouts stimulate the body's internal self-cleansing abilities and speed up metabolism. They are full of live enzymes, which are necessary if you want to lose weight.

Do you want to improve your sex life? Sprouts can help to restore sexual desire and performance. Sexual functions can be rejuvenated when one eats an abundance of sprouts. It brings "life" to your cells and that brings "life" to your sex life.

Do you want to slow the aging process? Sprouts contain natural antioxidants, A, C, and E, along with exogenous enzymes (enzymes that come from a source outside the body). Antioxidants inhibit the formation of free radicals in the body. Vitamin C prevents free radicals from being formed and keeps vitamins A and E from being destroyed. This can cause gray hair to turn back to its natural color, age spots to disappear, and eyesight to improve. Even skin clears up and becomes glowing and beautiful. Everyone wants to look younger. Sprouts can help you achieve youth!

Sprouts are not only good for you, they are relatively inexpensive. For an economical and

nutritious food source, eat sprouts. Keep sprouts on hand to munch on. Add sprouts to your smoothies and drink your enzymes. Sprouts are healthy, economical and a key to your good health. Maximize your health and your vitality! Eat sprouts!

A wonderful way to get your sprouts every day is to blend them into delicious, nutritious smoothies. Get creative with your fruits and vegetables by blending some of your favorites along with at least one cup of sprouts. Sunflower and buckwheat sprouts are some of the most nutritious and are high in vitamins, minerals, chlorophyll, and fiber. Adding one to two cups of sprouts into your smoothies insures that you are getting your true living foods. My favorite sprouts, and the ones I use exclusively at my Institute, are grown by Vonnie's Greens. [Editor's note: Vonnie's Greens and other sprouts are available in the produce cooler at Life Grocery.] They are the best tasting and most nutritious I have ever tried.

Sprout Smoothies

Use 100% organic produce whenever possible. Put all the ingredients in the Vita-Mix and blend for 10 seconds. Add the amount of pure, filtered water you desire to achieve the thickness of smoothie you want.

Sunny Sprout Smoothie

1 c strawberries
1 banana
1 c sunflower sprouts
½ -1 c water

Green Goodness Smoothie

1 c kale
1 c broccoli sprouts
1 c buckwheat sprouts
1 avocado
1 Granny Smith apple
½ -1 c water

Lemon Sprout Smoothie

2 apples
1 T fresh squeezed lemon juice
2 stalks celery

1 cup sunflower sprouts
½ -1 c water

Berry Sprout Smoothie

1 c blueberries
1 banana
1 c clover sprouts
½ -1 c water

Brenda Cobb, author of *The Living Foods Lifestyle*, and eight other books on health and healing naturally, is founder of the Living Foods Institute, featuring recipe classes and a healthy lifestyle program each month. For dates and info on ten-day classes, free seminars, or Emotional Healing to Restore Your Health workshop, call 404-524-4488 or visit www.Livingfoodsinstitute.com. (Mention Life Grocery and get 1/2 price tuition for the October 1, 2006 workshop.)

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Listening Well

Hearing is not the same as listening. Hearing is one of our five senses. Listening, however, involves the art of understanding. Listening and understanding are so inter-connected that if you listen well, you share the most sought-after gift of giving someone the feeling of being totally understood.

One of the most helpful strategies I share as a Life Coach is the seven steps of active listening. These seven points provide a fundamental starting point for engaging in fruitful dialogue. Their efficacy has been time-tested, therefore, keep these steps nearby and use them often. They will help you listen better, communicate more effectively, and relate on a more productive level.

1. **Make Eye Contact**—In a comic strip of Family Circus, a little girl is talking to her father while he is reading the newspaper. He reassures his little girl he is indeed listening to her. Unsatisfied, the little girl says, “Daddy, I need you to listen to me with your eyes!” By giving your full attention, you show respect to the speaker.
2. **Be Patient**—Listen as if you have plenty of time. Allow the speaker to finish. Interrupting someone brings about poor communications.
3. **Consider Non-verbal Cues**—The tone of voice, facial expressions, energy level, posture, and changes in behavior patterns are important factors to note for good communication. You listen well when you focus on the way something is shared as much as *what* is being shared.
4. **Ask Questions**—Clarify what is being shared. If necessary, ask, “What do you mean?” The

By Michael A. Scimeca, D.C.

more questions you ask to clarify your understanding, the more you engage in active listening.

5. **Review the Information**—Share your understanding of both the verbal and non-verbal messages you are receiving, and use your own words. Say, for example, “It sounds as if you are frustrated with the situation.”
6. **Focus on Solutions**—If someone is speaking about an issue, ask what a solution may be. Perhaps you can ask, “What would a solution look like?”
7. **Offer Suggestions**—If you have a suggestion or recommendation, share it safely, as an offering. Allow someone to accept or reject your offering. Never force your viewpoints onto anyone.

Listening well conveys caring. It means, “What you have to say truly matters to me.” If you have the ability to hear, use it wisely—to listen, to understand.

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.

New Products

Supplements

Endurox: XL (for endurance)

Hydroxycut:

Weight loss supplements

Genesis:

Goji 100, Noni 100,
Mangosteen 100, all 32 oz

Country Life:

Goji And Acai 32 oz,
Liquid Multi 32 oz,
Cal/Mag 16 oz

Nature's Plus:

Skini Mini Ultra 90ís

Natural Factors:

Whey Factors-
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Vanilla, Unflavored

Nordic Naturals:

Nordic Berries 120ís
for Kids

Health & Beauty Aids

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Bubble Bath

The Man:

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Body Lotion, Body Scrub,
Body Wash Neem

Aura Naturals:

Citronella Sticks

Aura Cacia:

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Flower, Root
Essential Oil Blends:
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Juice, Pillow Potion,
Panic Button, Mellow Mix

Earthline:

Bath Accessories

Weleda:

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After Shave Balm,
Shaving Cream

Well in Hand:

New Mama Sitz Bath,
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Sunday

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11 am-6 pm

Café

11 am-7:30 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:

Editor, The Life Line
c/o Life Grocery
1453 Roswell Rd.
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770-977-9583

General Manager: Lisa Maden

Operations Manager: Ronnie B. Hudson

Editor: Ronnie B. Hudson

Proofreaders: Kay Bird, Kim Strickland

Typesetting/Layout: G. Krislyn

Life Line Logo Design: Heathere Wilmoth

Contributors: Don Bennett, Kay Bird, Dr. Brenda Cobb, Julie Kinnan, Brian Murray, Dr. Michael Scimeca, Kim Strickland, Linda Townsend, Lorna Vanderhaeghe, Nisla Whetsone

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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There IS a Magic Bullet!

By Don Bennett, DAS

There are those who are in need of help with a health challenge. Some will put their fate into the hands of the medical/pharmaceutical industry, some will work diligently to become an “educated consumer” and take responsibility for their recovery, and some will look for a magic bullet—a quick-fix answer to their prayers.

To understand what a “magic bullet” is, we need to explore the concept of magic. Magic appears believable because of something called *misdirection*; you are being made to look at something someone wants you to look at, and not to look at what’s really going on. Another way to put it is that you are being deceived. This deceit is well-intentioned when it comes to a magic show, but when deception compromises your health, this is not in your best interest.

A pill that will magically melt pounds away, while you eat “all your favorite foods,” may seem like something sent from heaven, but even if this pill did work as advertised, its advertising fails to include:

The foods this product allows you to consume without the normally associated weight gain can still present a significant health risk and may contribute to heart disease, diabetes, stroke, cancer, and premature death.

The pill may help you look good on the outside, but your insides can still be adversely affected by the food’s negative properties that the pill doesn’t address.

Same goes for that magic tablet that allows you to eat dairy products without any adverse reactions due to “lactose intolerance” (a normal condition touted as an abnormal condition for the sake of the perpetuation of an industry). And, the wondrous medication that magically lowers your abnormally high cholesterol level fails to mention that what it also does is allow you to continue to eat the foods that gave you an unhealthy high cholesterol level in the first place—foods that also increase your risk for coronary artery disease, cancer, and stroke; conditions the medication does not address.

What allows these deceptive practices to exist? The magic words, *Caveat Emptor*: Let the buyer beware. As long as the product promotions are not making blatant lies, they are free to paint their rosy pictures. And, aside from informing you of their direct adverse side-effects, they are not required to explain that their use may compromise your health because of what you’ve decided these products allow you to do.

But take heart, there IS a magic bullet. There is something that truly works wonders—something that can make you feel vibrant, be a healthy weight, and

have the BEST chance of avoiding degenerative disease. And, you can find it on the shelves of Life Grocery!

Some of the books in the book department are filled with empowering and enlightening information that will help you understand what your body requires to be vibrantly healthy; the food your body is designed to eat can be found at the front of the store. These, and some common sense (which unfortunately is not so common these days), will go a long way towards helping you live to your health and longevity potentials. The trick to it is simply living in accordance with your biological requirements, which will allow your body to work its magic . . . magic that is truly in your best interest!

Don Bennett is a Disease Avoidance Specialist, author, lecturer, and the Director of the Health 101 Institute. Don’s new book, [How to Have the BEST Odds of Avoiding Degenerative Disease](#) is now available; visit health101.org/book for details.

Exercise for the Heart?

By Brian Murray, M.Ed.

Will exercise make your heart strong and healthy? Simple observation and a medical physiology textbook proves the answer is no.

I hear it all the time, “. . . but the heart is a muscle, you need cardio exercise to keep the heart muscle strong.” True, the heart is a muscle—a *cardiac muscle*. A cardiac muscle is *involuntary*, meaning you have no willful control over its function. The autonomic nervous system controls the strength of the heart’s contractions. A *skeletal muscle*, like those in your arms and legs, is *voluntary*. You willfully control when to relax, when to contract, and with how much force.

The average adult has a resting cardiac output of five liters of blood per minute. Depending on oxygen demand from minute to minute, and without additional nervous system stimulation, heart rate and strength of contraction can be adjusted automatically to provide a cardiac output up to 15 liters of blood per minute. This is the *normal* physiological capability of a “resting” heart; physical training is not required to gain this, you are born with it. Should the need arise for cardiac output

beyond normal capability, sympathetic nerves can increase the pumping ability of the heart to as high as 25 liters of blood per minute. Again, you are born with this capability and it occurs automatically, and it is not due to physical training.

Based on this information, it should be clear that the heart is a perfectly capable involuntary organ. Physical training cannot give the heart a capability that it already has. Therefore, the claim that exercise is necessary for keeping the heart muscle strong is completely false.

The reason exercise is important is not because of the effect it has on the heart, but because of the effect it has on the *muscles*. Pumping action of the heart is dictated by the metabolic activity in the muscles. Exercise increases muscle metabolism and causes blood vessels to dilate. These changes signal the heart to adjust its pumping activity.

Stronger muscles are more efficient. They extract oxygen and get rid of waste products more efficiently. Weak muscles are inefficient. *The goal of exercise*

should be to make muscles as strong as possible for the purpose of placing less stress on the heart. Unfortunately, mainstream exercise guidelines lead to muscle wasting which leads to unnecessary stress on the heart.

Will exercise make the heart *healthier*? There is actually no scientific evidence that proves exercise can make a healthy or diseased heart healthier. I have personally witnessed patients participating in a cardiac rehab program have heart attacks again while following mainstream exercise guidelines. This happens frequently.

In summary, the heart is an involuntary organ that cannot be made stronger or healthier by exercise. Strengthen your muscles and save your heart from undue stress.

Brian Murray is the founder of mPower, a state-of-the-art strength training facility. For more information please visit www.strengthforlife.net or call 404.459.0270 to schedule a complimentary orientation.

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Produce of Life: Grapes and Beets

By Kim Strickland

As I write this article, I am excited about going to Charlotte, NC, to watch my husband run in the USATF National Masters Championship track meet.

I'm featuring grapes as the fruit of this article so read on to discover the benefits of this delectable treat. Another subject of joy is finding a new recipe that uses beets that is delicious. I've shared it with several people and they have been pleasantly surprised.

A study that appeared in the *Journal of Nutrition* shows that eating fresh grapes may prevent the accumulation of harmful oxidized cholesterol, as well as the development of atherosclerotic lesions. Naturally occurring antioxidants in fresh grapes, known as polyphenols, are believed to be responsible for this beneficial impact. One polyphenol in particular, called resveratrol, has been shown to help protect against arterial wall damage by "bad" (LDL) cholesterol. Contained in the grape's skin, resveratrol is found in grapes, grape juice, grape jelly, and wine. Grapes also contain high levels of caffeic acid. This acid is a strong cancer-fighting substance. Johanna Brandt tells us about her experience with grapes in her book *The Grape Cure*. She describes how she healed herself with a four-stage program, eating nothing but grapes. She even chewed the seeds.

If you're buying green grapes, reach for those that are slightly golden, which indicates sweetness. Look for uniformity of color on each bunch of grapes as well. Another tip for choosing perfectly ripe grapes is to take a look at their vine. The vine should be green and bend ever so slightly when forced, yet not be limp. Vines should not be brittle either, unless you are purchasing Concord grapes, which are unique in the fact that their vines are brown and woody. Once you have your grapes home, you can remove any unappetizing grapes and store the remainder unwashed in the refrigerator for up to three days. Grapes are sold in perforated plastic bags to prevent spoilage and should remain in this bag during storage. When you're ready to eat the grapes, give them a rinse under cold water to remove any debris. Serve whole for a quick snack, or add to fruit salads or leafy salads either whole or cut in half.

Beets become lasting friends almost instantly. Once you've tasted fresh beets in the peak of their

season from June through October, you'll delight in their sweetness and versatility. Avoid the exceptionally large ones, though, or you'll be chewing on woody cores with little sweetness.

Beets, also known as beetroot, are high in potassium, folacin, and fiber, yet low in calories. Their edible leaves offer protein, calcium, fiber, beta carotene, vitamins A and C, and some B vitamins. They're known in the arena of natural healing for their ability to purify the blood and the liver. Beet juice is rich in natural sugar, sodium, sulphur, chlorine, iodine, copper, and vitamins B1, B2, C, and bioflavonoids. Additionally, beet, being a fibrous root, is excellent for aiding in and eliminating constipation. The fiber adds bulk to the diet and, therefore, helps to improve peristalsis activity in the large intestine.

A little kitchen savvy with beets goes a long way. Beets are famous for blushing or, more commonly, bleeding. To reduce bleeding and preserve more of the flavor as well as the nutrients, cut beet tops off, leaving at least 1" of stems intact. Wash them thoroughly, and boil them whole and unpeeled, leaving the root on as well. Cooking time will vary with size with the larger beets requiring up to one hour to soften. Cool them enough to handle, cut off the root and the stem ends, and rub off the skins. You can then slice, chop, dice, or grate the beets for your recipe.

To roast the beets, it's best to peel them and cut off the root and the stem ends. Slice them, toss them in a tablespoon or two of canola oil, and spread them out on a roasting pan. Roast at 400° for about 25-30 minutes. To add a little pizzazz, sprinkle with salt and some dried thyme, dill, marjoram, or oregano when tossing them in the oil prior to roasting. Beets can be used raw for juice or in salads by grating or chopping them into small pieces.

Beets and Greens with Quinoa and Miso/Tahini Sauce

8 medium beets with greens
2 c uncooked quinoa
pinch of salt
4 green onions, minced

Sauce Ingredients

4 T roasted sesame tahini
6 T light colored miso (I use sweet white miso)

6 T fresh squeezed lemon juice
2 cloves garlic, minced
1/3 c hot water
pinch of cayenne pepper

1. Trim the greens from the beets, leaving about 1 inch of stems attached to the roots. Set the greens aside. Cook the beets in boiling water until soft.
2. Bring 4 cups of water to a boil, add thoroughly rinsed quinoa and salt. Cover, reduce heat to low, and simmer for about 15 minutes, until all the water is absorbed and the grain is tender.
3. When the beets are cool, slip the skins off and slice beets.
4. Meanwhile, mash the tahini and miso together with a fork in a bowl until well combined. Add the lemon juice and mash some more. Add the hot water, a little at a time, stirring as you go. Stir in the garlic and cayenne.
5. Wash the beet greens, removing tough stems, and tear or cut into bite-sized pieces. Pile the wet leaves in a saucepan, cover, and cook over low heat for about 5 minutes until wilted.
6. Mound the hot quinoa in the center of a platter. Arrange the sliced beets and greens prettily around the outside and then drizzle the sauce over everything. Sprinkle with green onions. Serve warm or cold—it's delicious either way.

Resources:

www.vegparadise.com
www.lifescrpt.com
The Vegan Gourmet by Hadler and Toomay

Kim Strickland earned a Doctorate of Natural Health from Clayton College in 2005. She is currently a stay-at-home mother to two sons and can be reached at mkstrickland@peoplepc.com or 770-218-3952.

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Chemical Body Burden - Part 2

By Linda Townsend

Chemicals do not discriminate. There is no escaping exposure, so no one is immune. They are not only in your body, they are building up in your body. And, their use is not being monitored as strictly as you might think.

In the US, chemical companies are trusted to conduct basic safety testing of their own products. There are no requirements to report to the EPA where these compounds might end up in the environment. New chemicals are approved by the EPA as quickly as three weeks, even though eight out of ten chemicals have no health or safety information. The ones tested are done so singularly, that is, not along with any other chemicals that could be occupying the same body, so there really is no telling what is brewing inside us. Also, there is a high probability that the body burden increases with age due to subsequent exposures to chemicals. This accumulation of chemicals begins at a very early age.

Babies Are Not Immune

Scientists used to believe that babies in the womb were protected from pollutants by the filtering of the placenta, but research has since found that chemicals cross the placenta, so that all babies are born with a chemical body burden. Testing the umbilical cord blood from ten babies, two major laboratories found an average of 200 industrial chemicals and pollutants. Tests revealed a total of 287 chemicals in the group, of which 180 cause cancer, 217 are toxic to the Central Nervous System, and 208 cause birth defects.

Mothers also continue to pass their chemical body burden on to the child when breast feeding. In fact, breast

milk has often been found to have PCBs and dioxin together, which has been established to cause extensive liver damage. (Even so, studies have shown that breast feeding has nutritional and psychological benefits.)

Are There Any Remedies?

Not only are we unaware of what all these chemicals mixed together are doing to us, there have been no answers of how to successfully lower the chemical body burden or reverse the damage. Research in this field has been limited and is inconclusive, but results suggest that at least some measure of fat-stored chemicals can be eliminated by special diets, exercise, and saunas. Chelation methods may be successful in removing heavy metals, but that does not necessarily cause a reversal of damage already done. Many alternative health experts believe that various natural detoxification methods are beneficial, but we really don't know which chemicals are still being stored and which ones, if any, we have successfully lowered or eliminated.

Still, if routine detoxification methods lower just small amounts of a few of the chemicals, it could lower the risk of that ever-building concentration of contaminants and their interactions with each other. There are so many ways to attempt detoxification and some of them are rather harsh or can cause health complications. It really is advisable to seek a professional's opinion on what to do and what to expect, particularly if you have never done a detoxification program previously or are thinking of trying a new one.

There may not be any way to neutralize the chemicals already out there in the environment. There also may not be any way to stop passing the body burden from mother to baby, from generation to generation. But, there are things that can be done which make a significant difference. Banning unnecessary and harmful chemicals has been successful. Even though DDT is found everywhere in our environment, the Center for Disease Control and Prevention reports the levels of DDT have been decreasing in people since it was banned in the 1970s.

Here is some more good news that may help you understand how important making a lifestyle change to organic and natural products can be: A study in the state of Washington concluded that children who ate organic food and who were not exposed to pesticides in their homes had significantly lower body burdens.

As I was finishing the final draft of this article, my daughter came up to me. I looked into her eyes and wondered what unseen chemicals were in my precious child, what health problems she may face because of them, and how many more contaminants she would pass on to her children. The less, the better. Is it worth the extra money and effort to buy organic foods, live a more natural life, and teach my child to do the same? There is no doubt in my mind. No doubt at all!

Linda Townsend, founder of BioHarmonics Research
may be contacted at research@bioharmonics.com.

Prevention?



Saturday 9/30/06 Fall Life Fest

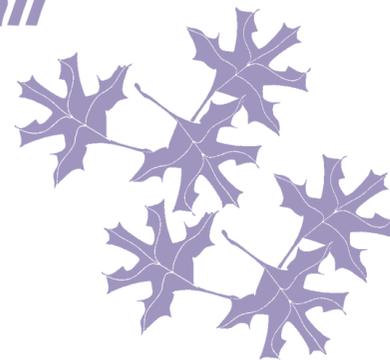
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life bits

By Kay L. Bird

Freecycle.org

The Freecycle Network™ is an online, entirely nonprofit, grassroots movement of people who are giving and getting stuff for free in their own towns. It is made up of many individual groups around the world, and each local group is moderated by a local volunteer. Membership is free and open to all. Once you join, you will receive an automatic email which will sign you up for the local group and send you instructions on how it works.

Posting guidelines require that everything exchanged must be free, legal, and appropriate for all ages, but no pets. There's no trading, bartering, or exchange of money or services. You must post an "offer" before listing a "want." When you want to find a new home for something, whether it's a chair, fax machine, piano, or an old door, you simply send an e-mail offering it to members of the local Freecycle group.

If you want to acquire something, simply respond to a member's offer. After that, it's up to the giver to decide who receives the item and to set up a pickup time. On the home page, you can use Freecycle Finder, which locates items by name and zip code.

Non-profit organizations also benefit from *freecycle.org*. Post the item or items you want to give away, and specify that you wish it to go to a nonprofit cause. It's entirely your choice.

The Freecycle Network™ was started in May, 2003, to promote waste reduction in Tucson, Arizona's downtown and to help save the desert landscape from being taken over by landfills. There are currently 3,745 Freecycle communities and over 2,606,000 members.

Tell a friend about *Freecycle.com*.

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In case you didn't know . . .

Increasing the lighting efficiency in your home and office is one of the fastest ways to decrease energy bills, according to the Department of Energy. A single compact fluorescent light bulb will typically save you its cost plus another \$20-\$30 in energy costs over its lifetime. You can find a selection of compact fluorescent bulbs, sometimes including daylight bulbs, at *Big Lots* in the \$3.00 price range.

Your car's gas mileage decreases at speeds above 60 mph. According to the Sierra Club, every 5 mph over 60 is equivalent to paying an extra 10 cents per gallon at the pump. A resident of a North Georgia mountain town called the Clark Howard show and reported that when gas prices soared, he decided to drive 60 mph or less on his daily trip to his job in south Atlanta. He realized a 40% savings in the amount he was spending for gasoline, and it only took him 12 minutes longer to make the one-way trip.

When you recycle one glass bottle, you save the amount of energy needed to light a 100 watt bulb for 4 hours.

Sources: *Gaiam Newsletter*, *Freecycle Fun Facts*.

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Landmark Study Proves HRT Too Dangerous

By Lorna R. Vanderhaeghe

The single biggest question I get at public lectures and through e-mail is "Should I take Hormone Replacement Therapy (HRT)" or "How do I get off of HRT?" The baby boomers are just starting to enter menopause or perimenopause (over 55 million North American women). Prescriptions for hormone replacement therapy, a combination of synthetic estrogen and progestin called HRT, are being written in increasing numbers to prevent everything from hot flashes to protection from cardiovascular disease. In Canada, HRT is the number three most prescribed drug with 12 million prescriptions written in 2001. In the United States, in the year 2000, over 22 million prescriptions were written.

Did you Know? The HRT drugs, Premphase™ (which contains Premarin), Prempro,™ and Premarin® deplete the body of magnesium, vitamin B6 and zinc.

Now, the study that ends the debate has been published in the *Journal of the American Medical Association* and women are being warned of the risks of stroke, heart attack, blood clots, and breast cancer. This study of 16,608 women found that the reduction of hot flashes, night sweats, and vaginal dryness offered by HRT (Prempro™ by Wyeth Ayerst was used in the study) may come with disastrous health consequences. The Women's Health Initiative randomized controlled trial scheduled to run 8.5 years, was abruptly halted at 5.2 years, because women in the treatment group had a 26% increased risk of invasive breast cancer. This increased risk was seen around the third year of the study. This is not the first study to show increased risk of breast cancer, but this is the one that the scientific community is listening to. I have heard advocates trying to rescue HRT by saying it is "only" eight women in 10,000 that will get breast cancer as a result of HRT. I would like those making that statement to make it personal—those eight women could be their mother, sisters, daughters, wife, grandmother, and aunts.

The study also concluded that women who took HRT were 41% more likely to have a stroke and had a 29% increased risk of heart attack. This was in a group of healthy women not at high risk for heart disease! The increased risk of coronary heart disease caused by HRT was seen within the first one to two years of the study. No longer will women be prescribed HRT to reduce the incidence of coronary heart disease. The study did show a reduction in the risk of fracture and colorectal cancer,

but the risks of stroke, heart attack, and breast cancer outweigh any benefit for these conditions. Women taking HRT are also at risk of gallbladder and liver disease, as well as blood clots.

We know that women who still have a uterus can't take estrogen alone, because it increases her risk of uterine or endometrial cancer dramatically. Estrogen dominance, or too much estrogen, is also cause for concern for everything from endometriosis, heavy periods, and weight gain to uterine fibroids. A study in the *Journal of the American Chemical Society* has also reported a by-product of Premarin® (horse urine derived estrogen) damaged DNA in a way that could cause cancer.

My answer has always been the same. When we weigh the risks and benefits of HRT the risks outweigh the benefits and my answer is say "No" to HRT. Now the medical doctors will have to admit the same. For the millions of women who have been taking HRT, they will now want to detoxify their body of the cancer-causing estrogens. If they are in the throes of menopause, they should start to wean off the HRT and at the same time start taking **EstroSense™ Femmessentials, Black Cohosh** and **Vitex** to help them ease off the drug symptom free. After about two weeks on the nutrients, you should be off your HRT.

Hormone balancing therapy (HBT), which combines estrogen detox with other nutrients, is a better way to deal with menopausal symptoms. Most women are so nutrient deficient that simply adding a multi-vitamin with minerals, plus some essential fatty acids reduces the symptoms of menopause and the risk of heart disease, as well as helps to build solid bone. Getting rid of excess carcinogenic estrogens with **EstroSense™** also helps to support the body during times of hormone imbalance. Eating a diet rich in cruciferous vegetables, fermented soy products, and ground flaxseeds, while reducing alcohol intake and exercising regularly, will also provide health benefits.

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.

Snicker-Snackers

By Lorna R. Vanderhaeghe

Instant healthy treats with no baking that are rich in sterols and sterolins.

- 1/2 c sunflower seeds
- 1/2 c sesame seeds
- 1/3 -1/2 c honey
- 1/2 c nut butter (we like cashew)
- 1/2 c unsweetened carob powder
- 1/4 c wheat germ or oat bran
- 1/4 c unsweetened coconut

Insert the metal blade into the bottom of your food processor and add the ingredients one at a time. Blend until the mixture forms a ball.

Pinch off small amounts and form into bite-sized balls—your children will love to help!

For a special effect, roll balls in extra sesame seeds or coconut. If your family hasn't eaten them all already, place in an airtight container and refrigerate.

The best method of blending is a food processor, but if you don't own one, combine all the ingredients in a large bowl and stir until the mixture is well blended. If you are feeding these treats to toddlers, you should grind the seeds first in your coffee grinder.

There are so many variations you can make on this original recipe. When you are out of one of the ingredients, create your own special mixture. Ground pumpkin seeds, almonds, cashews, finely chopped dates, raisins, a drop of vanilla or a pinch of cinnamon will give these treats a new twist. Choose seeds and nuts that are raw and unsalted.

This recipe is a family favorite, as it is very quick to make, delicious, and nutritious. Pack extras in your kids' lunch bags for friends at school.

P.S. Adults love them too!

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How to Have a “Spooktacular” Gluten Free Halloween

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



Does the thought of sending your little ghosts, goblins, powerpuff girls, ninja's, princesses, pirates, and monsters out for a night of gluten filled trick or treating fill you with dread? It shouldn't. Trick or treating is a right of passage in which most children love to participate. Just because your little one is on a gluten free diet, either for Celiac Disease, gluten intolerance, ADD, ADHD, Autism, or because of family choice, there is no reason to force them to sit out this most favorite night of childhood. I know you are saying, “but I don't want them to eat all this candy” or “how will I know if the goodies my child collects are gluten free?” I understand your concerns, and I'm here to tell you that this will be our fourth Halloween since going gluten free, and I want to share what has worked for us.

Besides the obvious candy and other edible treats, there are some other concerns of which you may need to be aware. If your child's costume consists of makeup, hair colorings, or gels in any form, you will need to verify with the companies beforehand that these products are free from wheat/gluten. Why is this a concern? Because kids touch their hair and face and if even a molecule of the stuff gets on their hands and makes it to their mouth, then viola! You have instant glutening.

If your child has an opportunity to go on a hayride, be sure to check if the hay they are using is wheat straw. Yes, even wheat straw on a hay ride can cause a gluten intolerant child to become sick or have a reaction due to the dust of a gluten containing hay. Because your mouth and nose are connected to your digestive tract, if the dust that contains the gluten protein is swallowed, well, you get the picture. There are some safe hays, like alfalfa, that are often used, but you will want to verify this before letting your child ride on any hay rides.

Now onto the candy. Most of us, especially those of us who shop at Life Grocery, are concerned about our children's diet and we don't want them consuming junk food. My personal opinion is that in small quantities, and as an occasional treat, it is

ok. But I will always opt for a healthier choice than most of the candy that is out there. That being said, I still don't want to deprive my child from the experience of parading around in a costume and collecting treats from neighbors. Will I let her eat the candy she collects? Most likely not. So what do I do? Before Halloween, or any other kid-friendly celebration that includes candy, I stock up on safe, gluten free treats, or even better, non-food items that I can trade out with her. Life Grocery offers many wonderful options of safe treats with which to trade out your child's loot. Fresh fruit is a great one, or fruit leathers, Tropical Source candy bars that are clearly labeled gluten free, raisins, Candy Tree's Gluten Free Licorice, St. Claire's Organic Mints, popcorn, and Kinnikinick cookies, just to name a few. Another thing I've found is that kids just love those silly little plastic rings, snakes, and spiders that you can find at just about any store around Halloween. Little trick or treaters love to have toys that they can play with after the candy is gone. So, you can even hand out non-food treats to the children that come to your door. This time of year you can also find Halloween and Fall themed pencils, stickers, and other assorted trinkets.

The bottom line is, don't be afraid to let your child participate in Halloween events just because of their gluten free diet. With just a little preparation your little monsters can have the time of their lives and won't even miss the gluten! Prepare them for being ready to trade out any non-safe treats that they get for the safe ones you provide. If they are going to a Halloween party, just send them with a bag of goodies that they can share with others, as well as enjoy themselves. I always try to find out what the menu is going to be at any party my daughter goes to. Then I just make sure to pack her a lunch box with a comparable gluten free meal. If you are going to have a Halloween party at your house, you can easily make sure that all the goodies you serve are naturally gluten free; your guests won't even know the difference! Have a safe Halloween and enjoy the following recipes!

Brain Dip

1 whole cauliflower
your favorite dip
radishes
assorted raw vegetables
gluten free crackers for dipping

1. Cut florets from the top of the cauliflower until you have a cauliflower “bowl.” Remove greens from bottom.
2. Cut stems from radishes, leave the root and remove skin.
3. Using wooden picks and natural food coloring, draw an eyeball on the flat part of the radish (where the top was). The root will look like the optic nerve.
4. Fill cauliflower with dip, garnish with radish “eyes,” and serve with veggies and gluten free crackers.

Stick ‘Em Up Apples

6 medium craft sticks
6 apples
1 c Enjoy Life semi sweet chocolate chips
1 c peanut butter
1 T vegetable oil
1 c chopped peanuts (optional)

1. Insert sticks into tops of apples.
2. Mix chips, peanut butter, and oil in microwave safe bowl or double boiler. Heat until the chips are melted together with the peanut butter, stirring constantly.
3. Dip apples in chocolate, peanut butter mixture.
4. Roll in peanuts, if desired.
5. Place on cookie sheet on wax paper and chill until firm.

Nisla Whetstone, a Licensed Massage Therapist and a Gluten Free Lifestyle Coach in private practice, can be reached at 770-653-6017 or at nisla@comcast.net. Please check Life Grocery's calendar regularly for Nisla's mini massage days at the store!

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