

Exercise Tips That Really Work!

By Brian Murray, Founder mPower

It is the beginning of a new year and a good time to start exercising. Unfortunately, by the end of February most people who began the year with good intentions will quit their exercise program because it requires too much time and yields poor results.

The real cost of exercise is time—your valuable time. To stay committed to your exercise program, it needs to produce good results in a small amount of time. This will allow you to be consistent and continue to reap the benefits all year long.

At the beginning of every year, we are presented with the same old time-consuming, inefficient, unproductive, and dangerous exercise tips. This year is going to be different. For great results in minutes a week, here are two exercise tips that really work!

Tip #1 – Get Strong

Every exercise-related health and fitness benefit stems from one thing: stronger muscles. To strengthen your entire body, raise your metabolism, firm up, and increase your energy level, try this quick workout:

Doorknob Squat

Open a door halfway so you can hold both doorknobs lightly with an underhand grip (palms facing up) and arms straight. Position yourself with feet slightly wider than shoulder width apart, knees slightly bent, and your toes even with the edge of the door. This is your starting position. It should feel like you are leaning back or that if you let go of the doorknobs, you would fall backwards (please do not try that).

To begin, pull your toes up slightly and put all the pressure on your heels. Very slowly bend your knees and lower your body, keeping your knees behind your toes and your arms straight at all times. You should descend at a speed of one inch per second, until your thighs are parallel to the floor. Pause at this point for one second, and then slowly begin your ascent, taking approximately three seconds to move up through the first inch. *Remember to keep the pressure on your heels at all times and use your arms only for balance and not to pull yourself up.* Continue your ascent at a pace of one inch per second, until you feel the exercise becoming easy for your muscles. At this point, immediately, but slowly, change direction and descend again. Continue to perform repetitions until you can no longer rise from the squat position.

During each repetition, remember to breathe freely and never hold your breath. This exercise will strengthen all the major muscles in your lower body, especially the buttocks.

Pushup

Fold up a towel and place it on the floor. Kneel on the towel then place your hands, shoulder width apart, on the floor in front of you in line with your armpits. Hold your body weight steady in the start position with elbows locked straight and your back straight at all times. You can either rest your feet lightly on the floor or slightly elevate them. Keep your chin tucked in, as if holding a tennis ball between your chin and chest. This posture will keep your neck in a neutral position.

To begin, slowly bend your elbows and take three seconds to move down through the first inch. Continue your descent at a rate of one inch per second until your forehead is approximately three or four inches off the floor. (It may be helpful to place a book or two on the floor to prevent your head from going too low.) At this point, immediately, but slowly, change direction taking three seconds to move up through the first inch. Continue your ascent until the elbows are nearly straight, but not completely locked; then slowly change direction again. Continue repetitions until you can no longer push yourself back up.

If you have difficulty trying to push yourself back up even one time, try lowering yourself, as slowly as possible, until you reach the bottom. At this point, rock back onto your knees, then get back into the pushup position and lower yourself again. Once you can lower yourself eight times in ten seconds, you are probably strong enough to do one full repetition.

This brief exercise routine will strengthen all the major muscle groups in your body. It should be performed no more than two times per week. Do not make the mistake of trying to do more. More exercise is never better. Your body becomes stronger while you are resting, so give it what it wants.

If you find yourself able to complete more than eight repetitions of each exercise, purchase the X Vest [available online at www.thexvest.com], which is an adjustable weighted vest. This will give you the ability to progressively overload your muscles and continue your physical fitness improvement.

Tip #2 – Can the Cardio

You might ask, “But don’t I need cardio to keep my heart strong?” It is important to understand that the heart is an involuntary muscle that you have no control over. In addition, physical training cannot give the heart a capability that it doesn’t already have. Exercise does absolutely nothing to strengthen the heart. Cardio can actually be dangerous. Repetitive movement, whether it be high or low impact, is forceful; that force accumulates

to damage joints. If your exercise program leads to injury, what good is it? Exercise should prevent injury, not cause it.

Cardio activity is not efficient enough to strengthen muscles significantly. In fact, regular cardio training will stimulate the body to cannibalize its own muscle tissue. It is physiologically impossible to lose muscle tissue while becoming more physically fit at the same time.

Follow these tips for more strength and vitality. Enjoy the New Year.

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

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The Art of Being Healthy

By Michael A. Scimeca, D.C.

Walking through the aisles of Life Grocery takes us on a wondrous journey of good health. We find helpful products to apply directly onto the body and a plethora of foods and supplements to ingest into the body. With such a large array of choices, how do we determine what is right for us? Thus begins the lifelong process of developing the art of being healthy.

Let us take an investigative look at the fundamental variables making up good health. Our most important factor for good health is choosing our grandparents carefully. As crazy as that sounds, the code that holds all the information needed to make and control every cell within a living organism is within our DNA, our, get this, deoxyribonucleic acid.

Although genetics play a significant role in determining our potential for good health, it does not come close to explaining the whole picture. Epidemiology, another insanely large word, is the scientific study of factors affecting health. In epidemiology, environmental factors are those determinants of dis-ease (a loss of health) not transmitted genetically. By looking closely at environmental factors, we find the most notorious toxin known to abate health and create havoc with our quality of life is stress.

If walking down the aisles of Life Grocery results in stress, how healthy could it be? To manufacture a stress-free environment, however, seems more like a fanciful notion, especially considering how important the proper amount of stress is to the ever-developing brain. The key to good health when shopping, therefore, is sifting through the stress to purchase the right brand and amount of health, in addition to buying organic.

My first suggestion is to start down the aisles of smiles—the healthiest sections of the store. Look for employees and customers who are either shopping for smiles or are looking to give some away for free. Of course, smiling has also become associated with being crazy so being cautious about people who smile at seemingly every opportunity is probably a good indicator for taking cover.

Next, bring an ample amount of money. The entire business world thrives on the flaky green stuff, which interestingly enough looks nothing like the green we see on a plant or vegetable. Just compare a dollar bill to broccoli and see which holds a greater value. Of course, for an accurate comparison, go organic! After having the spiritual awakening that the health of the economy is far more important than the health of the individual, take your green-with-envy smile to the check out counter and get really healthy.

Going into the wallet is the greatest art form. Finding the funds necessary to put the highest quality food into “a body that truly deserves it” may require a miracle of biblical proportions. The story of feeding everyone from a single loaf of bread comes to mind during times of checking out. Did you ever wonder why they call it checking out when you pay? They probably call it checking out because if we remain conscious at the time, we would drive ourselves completely mad. The last mindful thing we do before “checking out” is hand over our membership number to get the greatest gift of all: our total, the sum of shopping for health.

Something magical happens when returning to the car to “bring health home,” both figuratively and metaphorically. We remember to have a good sense of humor for our many blessings. For me, it is the music I blast while I munch on all the “health food” that never sees the light of day in my house, which brings me to an even greater reason to smile: monthly bills that make eating healthy look affordable!

I truly do not know how my grandparents did it. These genes—they seem to get tighter as I get older. Perhaps mastering the art of living healthy is finding a way to fit comfortably into these genes!

Dr. Michael A. Scimeca, a chiropractor practicing in Roswell and Marietta, is founder and developer of Catalyst, a gentle hands-on approach for supporting the peaceful function of the body and the owner of Coaching4Peace.com. Contact him at 770-992-8220.

Weight Loss with PCX

PGX or PolyGlyxopleX is a revolutionary fiber complex originally developed at the University of Toronto. It has received intense scientific development at Natural Factors under the direction of Dr. Michael Lyon and research scientist Chuck Chang. It is a key ingredient in Natural Factors’ SlimStyles products, including the new Styx.

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Recently, The New York Times Bestseller, *Ultra Metabolism*, by Mark Hyman, M.D. mentions the benefits of PGX (PolyGlycopleX). On page 327, it states that PGX is a “special superfiber that is very viscous and soaks up fat, sugar, and water in the gut and reduces the overall glycemic load of

any meal you eat. I have found this a uniquely powerful, safe way to promote weight loss, as well as lower blood sugar and cholesterol in many patients. Take two to four capsules before every meal.”

The book has received numerous positive reviews, such as:

“Dr. Hyman, an expert on healing, shares his secrets to harvesting your body’s potential for weight loss. Reading this compelling book is the next best thing to entering a cutting-edge health program.” Mehmet C. Oz, M.D., New York Times #1 Bestseller You: The Owner’s Manual and regular guest on the Oprah Winfrey Show.

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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, Jewlie Kinnan, Brian Murray, Dr. Michael Scimeca, Kim Strickland, Linda Townsend, Nisla Whetsone

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Hiatal Hernia, Indigestion, Heartburn, Acid Reflux, and Gerd

By Dr. Joe Esposito

The biggest and strongest muscle in your body is not the heart or the legs; it is your diaphragm, the muscle that separates the chest from the abdomen. It is not a muscle that you think about much, unless you have trouble with it. Diagnosing a diaphragm strain or spasm is almost never done; if we could find a quick, simple way to evaluate the diaphragm for normal function, we could avoid many unnecessary treatments based on improper diagnoses, as well as save huge amounts of money needlessly spent on unnecessary drugs.

Many people carry around the damage and symptoms from a strained diaphragm for many years—some carry it around for a lifetime! It is estimated that over half of all Americans over age 60 suffer from hiatal hernias, a condition in which the diaphragm is strained and the stomach pushes up through the diaphragm.

Normal Hiatal Hernia

Many of these folks not only have stomach and reflux problems, but symptoms of heart and related circulatory problems as well, all of which are caused by weakness of the diaphragm. The danger of misdiagnosing a hiatal hernia or diaphragm strain is that these folks are often treated with dangerous drugs for suspected stomach, heart, and circulatory problems.

If properly diagnosed, these problems could be corrected by simply stretching the diaphragm back to its normal position, freeing the stomach from its trapped position in the diaphragm. This would allow normal breathing, as well as normal stomach function. The entire diagnosis and treatment takes less than two minutes. Even those who have had a scope put down into their stomach and the condition is not found, should still have the condition evaluated by someone who is aware of this technique. It is oftentimes missed by ordinary medical procedures.

A diaphragm strain or hiatal hernia cannot only cause the symptoms mentioned above, but can also cause acid reflux, sometimes called GERD (gastro esophageal reflux disease). This is traditionally treated with medications to reduce the body's production of stomach acids. This might give temporary relief, however the body needs stomach acid to digest food. The brain senses that there is not enough stomach acid to digest food properly, so it sends a message to the brain to produce more stomach acid, thus making the problem worse in the end. It also means that if the food is not digested properly, it will stay in the stomach longer, in an attempt to digest the food better. If food stays in the stomach too long, it will begin to putrefy, which can cause this "rotten" food to reflux back up the esophagus in an attempt by the body to get rid of this "rotten" food. If food does not break down properly, it can stay in the digestive tract too long and produce excessive amounts of gas, as well as constipation and bloating.

If the food is not broken down properly in the stomach, it can pass on to the small intestine in a partially digested state. If the stomach does not do its job in breaking down proteins small enough, and these relatively big pieces of protein pass into the small intestine, the small intestine has a tough time trying to break them into smaller components. Two things can happen at this point. Some of the bigger chunks of protein can be absorbed into the body. The body does not recognize these bigger pieces of protein, so it sends out the immune system cells to attack it and get it out of the body. This can cause what is known as an allergic reaction. Symptoms may include sinus inflammation and runny nose, swelling, hives, rashes, other skin conditions,

headaches, watery eyes and digestive problems such as diarrhea.

The other condition that is common involves some of the protein being broken down properly, however not enough is broken down to meet the body's requirements. The amino acids that are broken down from the proteins are utilized by the muscular system first. If there are any left, the amino acids are sent to other parts of the body where they are needed for vital functions. The last place to get any "left over" amino acids is the higher cortical functions, the brain.

The brain needs these amino acids, when they bind with certain B vitamins, to produce neurotransmitters. Different neurotransmitters have different functions. For example, when tryptophane binds with certain B vitamins, it produces serotonin. Serotonin helps you to relax and focus. Other amino acids are the building blocks for other neurotransmitters. That being said, if we look at folks who have emotional disorders, for example ADD, ADHD, bi-polar, anxiety, or depression, many times they will have excessive amounts of stinky gas, bloating, belching, and are oftentimes ticklish, especially on the sides of their ribs. (This is the body's defense mechanism. The body is protecting the digestive system, which is in distress. If you "attack" the area of the digestive system, the body protects itself by creating the sensation of being ticklish so that the person pulls away and does not allow the "attacker" to get any closer to the digestive system.)

Trying to fix the brain only treats the symptoms. The cause is often in the digestive system. Fix the cause and the symptoms go away. Poor diet is also a big issue, but for the purposes of this article, we will assume that (1) you eat a good diet consisting of fruit, veggies, certain whole grains (not to include wheat, which is not easily digested), nuts, and seeds and (2) you avoid alcohol, meat, sugar, dairy, coffee, soda, and artificial sweeteners.

What to do for Digestive Problems, Especially Strained Diaphragm and Hiatal Hernia

If you eliminate the mechanical problem and follow the dietary and nutritional information available on my website, drjoesposito.com, you will be performing a priceless service for your entire body. Instead of making yourself permanently sick with antacids, you will allow for proper digestion and assimilation of nutrients, thereby providing your body with its priceless source of energy and life.

While the dietary changes are absolutely necessary when it comes to indigestion, the reason so many doctors and patients fail to manage this problem is that the mechanics of the stomach are overlooked. So keep this in mind. Even if your doctor tells you that you do not have a hiatal hernia or any problem in your diaphragm, perform the test I'm about to recommend anyway. It is diagnostic and no matter what your test results say (including x-rays and scope tests of the GI tract), treatment is needed when the diagnosis from the following test is positive.

Diagnosis and Treatment

Whether you want to test yourself or someone else, try this treatment with the help of a partner. You will need a watch or a clock with a second hand. For this explanation, your partner will be the patient. Reverse roles if you want to be the patient. Have your partner stand against a wall or lay on their back with their head and shoulders supported by a pillow. Have them hold their breath for as long as they can. Record the time in

seconds. Now place your hand on the upper abdomen just slightly to the left of the "V" formed by the breastbone and the ribs.

Use a steady, heavy, inward, and downward pressure for ten to fifteen seconds while the patient relaxes and breathes normally. Repeat this three to four times. Now test you partner's breath holding time again. If the breath holding time increases by 50% or more, this is diagnostic of hiatal hernia or a mechanical problem with the stomach or diaphragm.

This procedure is used to diagnose this condition as well as correct it. You might have to do it several times, but you should notice a positive change after just a few times. I would suggest doing this every day for one week, then three times a week for four weeks, then two times a week for four weeks. Always make sure you are not pushing on the person's ribs or rib ends. Ribs are not the strongest bones in the body and they can snap, especially if the person is elderly or has osteoporosis. If you feel uncomfortable doing this or if you have any question whatsoever, it would be best to have this procedure done by a trained professional. I would suggest you find a chiropractor that knows how to perform this technique and have him or her guide you through it.

Progressive health care practitioners are starting to get back to basics. They are returning to their roots and using the techniques that have been time tested. This technique and other hands-on therapies are becoming more common. Every day our bodies are subjected to physical, chemical, emotional, and environmental stresses, bumps, and bruises. This battering can cause bones and muscles to be forced out of their proper position. The body can correct many of these misalignments, but sometimes it needs outside help. This is when you need the help of a qualified chiropractor. Too often, pain and organ malfunctions are treated with dangerous drugs and surgeries that, in many cases, do more harm than good. The drugs often only treat the symptoms and allow the cause to fester. This is not to say all drugs are bad, but I feel that in all but emergency cases, chiropractic should be used first, drugs second, and surgery last.

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. Contact him at 770-427-7387 for further information.

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What's In Water?

By Kim Strickland

Are you concerned about the water you drink? There are so many types of water available. Is one really better for you than the others are? You will have to make that decision, but here is some information to help you.

Why should you drink water? Your body is about 60-70% water. It is in your blood, your muscles, your brain . . . and it needs to be replenished regularly. One of the main activities of the body's self-healing system is filtration of the blood, a job performed mostly by the kidneys with a little help from the mechanism of perspiration. Kidneys are extremely efficient and miraculous filters. With the heart, blood, and kidneys acting together as a single unit they continuously cleanse and purify themselves. They remove metabolic toxic wastes and the byproducts of harmful substances that get into our bodies. The body can only operate efficiently if the amount of water flowing through this system is great enough to carry away waste matter. Try to drink six to eight glasses of quality water, either plain or as herbal tea, per day.

The two main concerns in tap water are chlorine and lead. Chlorine will dissipate into the air if you allow tap water to stand uncovered for several hours. When you use the tap water from the sink after a significant period of inactivity, run the water for about three minutes before using it so you can flush out the water that has collected in the pipes. Always use cold water for consumption purposes, even if you are going to boil it for cooking or tea. Hot water leaches out impurities.

You may decide you want to get a water purifier for your house. Prior to buying one, do your homework since they vary greatly. Most of them rely on activated carbon filters that are attached under the sink or on the tap. Contaminant molecules stick to the large surface area of the carbon. This will remove chlorine, toxic organic molecules, bad tastes and colors, but will not remove heavy metals or mineral contaminants. Activated carbon filters are fast and effective. A very important concern is to find out how often the filter needs to be changed, otherwise you will be drinking contaminated water. A drawback is that bacteria can grow on the organic contaminants. Silver-carbon units inhibit bacterial growth, however they are more expensive, and you may be exposed to unhealthy amounts of silver.

Does your drinking water contain added fluoride? If so, keep it away from infants under the age of one. This directive was issued recently by an unlikely source: the American Dental Association (ADA). In a November 9 email alert sent to all of its members, the ADA noted, "Infants less than one year old may be getting more than the optimal amount of fluoride if their primary source of nutrition is powdered or liquid infant formula mixed with water containing fluoride." The ADA went on to advise: "If using a product that needs to be reconstituted, parents and caregivers should consider using water that has no or low levels of fluoride."

Bottled drinking water is a highly regulated industry. Bottled drinking water must meet established quality standards which are based on the maximum contaminant levels set under the EPA's Safe Drinking Water Act. Because bottled water is considered a "food," by the U.S. Food and Drug Administration (FDA), its production is required to meet established criteria for sanitation and quality control. From a regulatory standpoint, the FDA describes bottled water as water that (1) is intended for human consumption and (2) is sealed in bottles or other containers with no added ingredients, except for a safe and suitable antimicrobial agent. Fluoride may also be added within the limits set by the FDA. All bottled water,

including mineral water, must be processed and packaged in accordance with the FDA *Good Manufacturing Practices* (GMPs), as well as any other regulations prescribed by local governments or country of origin.

You may be able to discern a plastic taste from water that is sold in soft plastic bottles. This is because plastic molecules leach into the water. When possible avoid drinking water from this type of container. If you are going to purchase water from outside your home then either glass containers or hard plastic containers are recommended. You may purchase five-gallon containers and then refill them at health food stores or at most grocery stores. (Life Grocery sells refills for 39¢ per gallon.) There are water companies that will deliver water directly to you.

Types of Water

Artesian Well Water: Water from a well that taps an aquifer—layers of porous rock, sand, and earth than contain water—, which is under pressure from surrounding upper layers of rock or clay. When tapped, the pressure in the aquifer, commonly called artesian pressure, pushes the water above the level of the aquifer, sometimes to the surface. Other means may be used to help bring the water to the surface. According to the EPA, water from artesian aquifers often is more pure because the confining layers of rock and clay impede the movement of contamination. However, despite the claims of some bottlers, there is no guarantee that artesian waters are any cleaner than ground water from an unconfined aquifer, the EPA says.

Drinking Water: Bottled water obtained from an approved source that has, at minimum, undergone treatment consisting of filtration processes, such as activated carbon and/or particulate, and has been treated with ozone or an equivalent disinfection process.

Mineral Water: Bottled water coming from an approved source tapped at one or more boreholes or natural springs, originating from a geologically and physically protected underground water source. Mineral water shall be clearly distinguishable from other types of water by its specific content of minerals and trace elements, which in the original state at the point of emergence remain constant. The total dissolved solids (TDS) of natural mineral water shall appear on a label of the bottle and be stated in milligrams per liter. Mineral water shall meet the requirements of natural water. Minerals and trace elements must come from the source of the underground water. They cannot be added later.

Natural Water: Bottled spring, mineral, artesian well, or well water which is derived from an underground formation and is not derived from a municipal or public water supply. The water has not been modified by blending with water of another type or by the addition or deletion of dissolved solids, except as it relates to ozonation or equivalent disinfection and filtration.

Spring Water: Bottled water derived from an underground formation from which water flows naturally to the surface of the earth. Spring water meets the requirements of natural water.

Well Water: Bottled water from a hole bored, drilled, or otherwise constructed in the ground that taps the water of an aquifer. Well water meets the requirements of natural water.

Purified Water: Bottled water produced by distillation, deionization, reverse osmosis, or other suitable process that meets the definition of purified water in the United States Pharmacopoeia.

Methods to Purify Water

Distillation: Distilled water has had virtually all of its impurities, as well as electrolytes, removed through distillation. Water is vaporized, and then condensed, leaving the water free of dissolved minerals.

Deionization: Water is passed through resins, which remove most of the dissolved minerals. Deionized water lacks ions such as cations from sodium, calcium, iron, and copper as well as anions like chloride and bromide. It may still contain non-ionic types of impurities, such as organic compounds. It is produced utilizing an ion exchange process in which ions are exchanged between a solution and an ion exchanger in the form of insoluble solid or gel. Typical ion exchangers are ion exchange resins such as zeolite, montmorillonite, clay, and humus. Ion exchangers are either for positively charged cations or for negatively charged anions. Ion exchange is a reversible process and the ion exchanger can be regenerated or loaded by washing with an excess of the ions to be exchanged. Ion exchange is a method widely used in household and industrial water purifications to produce soft water.

Resources:

www.howstuffworks.com

Weil, Andrew, M.D. *Natural Health, Natural Medicine*. 1995 Houghton Mifflin Company.

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 mksrickland@bellsouth.net or 770-218-3952. Visit www.naturallivingresource.com for more information.

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Outer Cleansing

By Linda Townsend

Proponents for alternative health often talk about inner cleansing, such as colon cleanses, liver-gall bladder flushes, and fasts. I believe such things are very beneficial, particularly after holiday feasting. However, after doing research on the chemical body burden, I began to think more and more about the chemicals we absorb through the skin. I, personally, had used liquid castile soaps for many years, but it really was not until recently that I began to appreciate the beneficial differences between real soap and the commercial soaps, which are actually synthetic detergents.

Many commercial soaps are made from petroleum distillates and remove the natural occurring glycerin, a humectant that attracts moisture. This creates a skin drying detergent. (Did you know that the extracted glycerin is then sold to manufacturers of lotions and creams, which are almost necessary after bathing with commercial soaps?)

Although the term “glycerin soap” typically refers to clear soaps, technically all soaps that do not have the glycerin harvested out are glycerin rich. The benefit is that skin washed with this soap is left with a thin layer of glycerin, which draws moisture to the skin and leaves skin with a wonderful feel that is not greasy or oily.

Hot processed soaps can produce clear soap (otherwise known as glycerin soap), but cold process is the most popular among soap makers of yesteryears and today. Cold process soaps are made using lye, animal fats, and/or vegetable oils, and water forming a chemical reaction called saponification. The natural emollients in the fats and oils are retained. In fact, some soaps are super fatted by adding emollients such as jojoba oil or shea butter after most of the oils have saponified. Essential oils can be added as well as natural coloring and other ingredients, like bits of oatmeal and herbs, for added appeal and therapeutic values.

There was a time I mistakenly thought that all castile soaps were liquid, but they can be bar soaps too. Soap that is made without animal fat and exclusively with vegetable oils is castile soap. The most commonly used oils are olive, coconut, almond, hemp, and jojoba. Castile soaps have a very high alkalinity, usually around 9 pH, and therefore are not recommended for hair, as hair typically needs between 5 to 6 pH.

This past year I tried different soaps, mostly liquid soaps for convenience, but recently I developed a new fascination with bar soaps. Although bar soaps are known to be messier to deal with than liquids, I am now

convinced that the little bit of extra care that is required of a cold processed bar of castile soap is worth the benefits. I like how well they lather; they leave the skin moisturized and have a wonderful scent. Now that I have found just the right soap for my skin type, I have not had to use lotion after a shower even once this winter! As an added bonus, a fresh bar of soap can scent the entire bathroom as well as a candle. So, guess what I gave my friends and family as gifts this past holiday?

If you are taking care of your body from the inside out, by eating organic foods and taking supplements and maybe doing a cleanse or two, but you are still using those synthetic detergents on your skin, perhaps you should take a look at the wonderful selection of natural and organic soaps, bathing salts, shampoos, and lotions available at Life Grocery. Experiment with different kinds until you find the ones that work best for you, because whatever you use is not just cleansing and conditioning your skin, it is also being absorbed into your body.

Linda Townsend of BioHarmonics Research can be contacted at ceisa@bellsouth.net.



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Become Toxic Free and Thrive

By Dr. Brenda Cobb

Toxicity is one of the top reasons people get sick. Toxicity comes in many forms. Some of the culprits are poor air and water, toxins in food and drugs, toxic thoughts, toxic emotions, and toxic relationships.

When was the last time you took a good look at your health, not just by going to the doctor, but also by getting in touch with how you truly feel? It is empowering to monitor your own health and become familiar with your body so you can determine if something is out of balance and needs correcting. Become your own doctor and you will be ahead of the game.

When people wait until they are really sick and then go to the doctor to find out what is wrong with them, many times they are in shock to learn they have a serious disease. If instead, a person learns to listen to and feel what the body is trying to tell them they could avoid serious diseases.

A toxic body is giving out symptoms all the time. Fatigue and headaches are signs of toxicity. Painful joints and aches are signs of toxicity. Skin rashes and itching are signs of toxicity. Stop and listen to what your body is telling you and then take the steps to clean out and clean up.

Drugs are very toxic to the body and can interfere with the body's own ability to heal itself. It is easy to reach for a drug to alleviate a symptom, but every drug you have ever taken is stored somewhere in your body. Taking drugs can be dangerous. They each have long lists of potential side effects, some of which can even result in death. Television ads make drugs look glamorous with great looking people doing fun things, but that is just advertising. When you consider the potential dangers of a drug, you might ask yourself if it will cure you or kill you.

Take this toxicity test and see how you rate. If you have one or more of these symptoms, you are toxic.

- Low Energy
- Constipation
- Poor Skin
- Itching
- Depression
- Mood Swings
- Poor Digestion
- Heartburn
- Acid reflux
- Indigestion
- Headaches
- Bad Breath
- Allergies
- Impotence
- Hot Flashes
- Insomnia
- Coated Tongue
- Backache
- Obesity
- Infertility
- Arthritis
- Colitis
- Irritable bowel
- Dark circles under your eyes

These are just some of the many problems that could be bothering you that are all linked to toxicity. Get

busy detoxifying your body so you can experience the great health you deserve.

To rid the body of toxins eat more organic raw and living foods, especially dark green leafy vegetables like kale, turnips, and collards. Eat lots of living sprouts like sunflower sprouts, buckwheat sprouts, and broccoli sprouts. Drink lots of pure filtered water everyday, at least one ounce for every two pounds you weigh. Eat celery for lots of minerals and apples, which contain pectin, to bind and pull out the radioactive particles in your body.

Clean out your colon with enemas and colonics and put back high quality probiotics. This will help you get rid of Candida yeast, worms, and parasites. Change the way you think to positive, loving thoughts and work on healing the emotional stuff that is buried deep inside. Get rid of toxic relationships and toxic jobs that hold you back. Do not be afraid to change. Change is good and positive especially when it comes to getting rid of toxicity.

Make this New Year the best you have ever had by focusing on your health and well-being. Good health makes everything better.

Detox Juice

- 1 bunch kale
- 1 bunch celery
- 6 apples

Juice the kale, celery, and apples and drink throughout the day. For every one glass of juice also drink one glass of pure filtered water. This will help you detox fast!

Detox Smoothie

- 2 cups kale
- 2 apples
- 4 stalks celery
- 1 cup sunflower sprouts
- 1 cup buckwheat sprouts
- 2 cups pure filtered water

Blend all ingredients in the Vita-Mix into a smoothie and drink throughout the day.

Brenda Cobb is the Director of the Living Foods Institute where she teaches classes in the Living Foods Lifestyle. For more information visit www.Livingfoodsinstitute.com or call 404-524-4488.

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Which Type of Prevention is Best? – *part 2* Classifieds

By Don Bennett

In the previous issue of *The Life Line*, we looked at the different ways prevention is viewed today as it relates to your health. You can try preventing a disease by taking pills that claim “May help to prevent xyz.” On the other hand, you can prevent a disease by not doing the things that cause it in the first place and by doing the things your body needs to give it the best chance of avoiding the development of a disease to the point where you get a diagnosis. In my opinion, the latter gives you the best odds of living a disease-free life.

Now as promised in part one, we will explore some of the preventative steps you can take that can positively impact your health. The item that gets the most attention is diet. As important as it is, diet is not the most important thing in the prevention of disease; we will talk about what *is* the most important thing in a moment. However, as far as diet goes, eating less processed food and eating more natural, fresh, uncooked, ripe, delicious fruits and green leafy vegetables goes a long way towards helping you avoid the many serious diseases of our modern times. Many organizations say this exact same thing, but as our mainstream media is not the best purveyor of truly helpful health information, you’re not likely to hear this message unless it’s courtesy of an ad from the American Fruit Growers Association . . . and their budget isn’t anything like the American Meat Council’s, Kraft’s, Hershey’s, McDonald’s, etc.

Next comes another *basic of health*, which is physical activity. The human body is designed to be active, but our modern society is full of ways to make life easier and more convenient. The problem is, when we help ourselves to an escalator or elevator rather than taking the stairs, we are helping our body age prematurely. When we park as close as we can to the mall entrance instead of far enough away to require a good walk, we are passing up an opportunity to give our lymphatic system a workout, and that increases our risk of cancer. So look for opportunities to be active. Make time to take

vigorous walks and do some simple push-ups and pull-ups; being strong now is an excellent investment in your future health.

Other important *basics of health* revolve around the word “enough.” They include getting enough sunshine on your bare skin to create the vitamin D you need, enough deep, restorative sleep to help your body stay ahead of developing disease, enough water so you’re properly hydrated, enough stress management and laughter so your immune system isn’t depressed, enough toxin avoidance to keep damaged cells down to a dull roar so they don’t get ahead of the body’s ability to deal with them, and enough education so you’ll know when you’re not doing enough of the above.

This brings me to the most important thing of all . . . more important than diet, more important than exercise, more important than any one aspect of health. That being that you pay EQUAL attention to ALL the aforementioned *basics of health*. Focusing on one or two and not paying enough attention to the others is a sure fire way to hurt your odds of being vibrantly healthy. All of the above healthy lifestyle practices are equally important and demand your equal attention if you are to have the BEST odds of avoiding degenerative disease.

Obviously, the limited space available here does not allow me to expand on any of the above, but in Life Grocery’s book department, there sits a paperback that does just that. I urge you to examine it to see if it is something that can help you have the best chance of living a long and healthy life.

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 in the book department at Life Grocery or online at health101.org/book..

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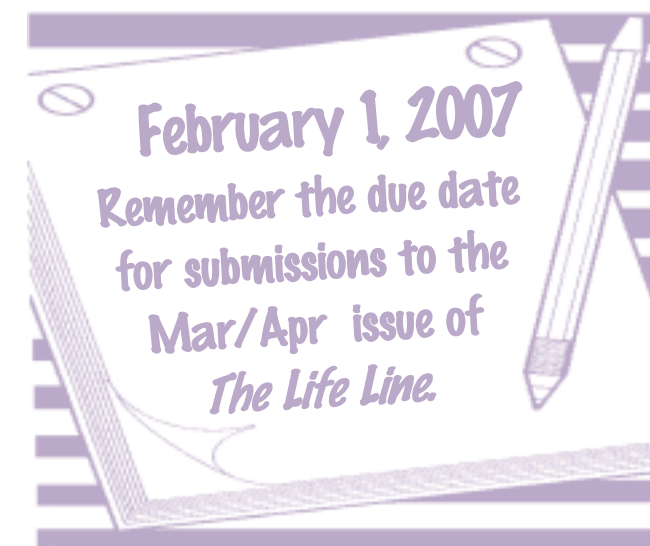
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How Did You Lose All That Weight?

By Nisla C. Whetstone, L.M.T., Gluten Free Lifestyle Coach, and Amateur Chef

“But I’m going to get fat eating all this gluten free stuff!” Someone said this to me the other day, and I said, “Yeah sure you will if you stick to eating all the gluten free breads, pastas, donuts, cookies, pretzels, crackers, cakes, and on and on.” The truth is that any diet that relies heavily on processed foods has the potential for packing on unwanted pounds. For many people with Celiac disease (an autoimmune disorder caused by the body’s inability to process the protein gluten found in wheat, barley, and rye) they are often underweight to start out with so it does not hurt to eat high calorie, high fat, and processed gluten free substitute products at first, that is until they get their weight stabilized. Many other people with Celiac started out overweight to begin with, and while the gluten free substitute products can be a healthy part of a balanced diet, no one should rely solely on processed food for their nutritional needs.

Even if you do not have Celiac disease, but are on a gluten free diet for other reasons, weight is usually an issue with most people. Whether you need to gain or lose weight, or you are just afraid of putting on unwanted pounds, I generally like to recommend that you stick to a diet of foods that are naturally gluten free. Foods like fresh fruits and vegetables, nuts and seeds, alternative grains and starches like rice, potatoes, quinoa, teff, millet, buckwheat and tapioca, organic meats (if you eat meat), and organic cheeses (if you can tolerate dairy).

Before my Celiac Disease diagnosis almost four years ago, I weighed 260 pounds and was wearing plus size clothing. I have now lost 110 pounds and am still going. Over the past few years I have had many people ask me how I have managed to lose the weight and they want to know my secret. My secret is sticking to a diet of naturally gluten free food. Sure, I eat the substitute products; I absolutely love Ener-G’s Light Tapioca bread, but it is not a staple of my diet. I allow myself treats occasionally so that I do not feel deprived, but mainly my diet consists of “clean” meats, fruits and vegetables, rice and potatoes, and cheese. Pretty basic, but I use spices to flavor my food and lots of garlic because I just love it. I do love to cook and bake and it sure is tempting to eat a whole batch of cookies in one sitting, but honestly, I cannot do it anymore! By eating this way, my appetite has shrunk and I have found that I can be satisfied with smaller portions than the average American usually consumes.

You do not have to “get fat” from eating gluten free goodies, just do not rely on them as your main source of food. Find a balance that works for you. My motto has become “everything in moderation” (except for gluten of course! I have a zero tolerance policy on gluten). You will have more success getting to, and maintaining, a healthy weight if you do not feel deprived. Here are some recipes that are easy, great tasting, and naturally gluten free! As a reminder, be sure to use organic ingredients whenever possible.

Sweet Grapefruit

1 grapefruit
1 t cane sugar (or stevia)

- Cut the grapefruit in half, using your knife to separate the flesh from the pulp.
- Sprinkle the sugar on the grapefruit and enjoy with a spoon.

This is very good for breakfast; grapefruit is great for stimulating weight loss.

Baked Lemon Chicken

1-2 pounds chicken breasts or tenders
1 T olive oil
1-2 cloves garlic, minced
¼ t parsley
¼ t sage
¼ t oregano
¼ t salt
¼ t pepper
1 lemon, sliced
1 t lemon juice

- Place cleaned chicken in baking dish, cover with the olive oil, garlic, parsley, sage, oregano, salt, pepper, and lemon juice.
- Bake uncovered at 350° for 20 minutes and remove from oven.
- Turn chicken over, and add more olive oil and seasoning if desired.
- Place lemon slices on top of chicken and bake for another 15-20 minutes until done.
- Serve over steamed rice if desired.

Easy Chicken Vegetable Rice Soup

1 lb of chicken pieces
6-10 small pearl onions or ½ large onion

1 bag frozen mixed vegetables

1 c cooked rice
1-2 t garlic, minced
salt and pepper

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

Easy Steamed Broccoli

1 head of broccoli
water (enough to come up to the bottom of steamer basket)
parsley, sage, oregano, and pepper to taste

special equipment: steamer basket

- Clean broccoli and cut florets off head of broccoli.
- Place florets in steamer basket in saucepan with lid.
- Pour water over broccoli until it comes up to the bottom of the steamer basket.
- Cover with lid and cook on medium-high heat for approximately 15 minutes or until you can stick a fork through the broccoli easily.
- Remove broccoli in the steamer basket, drain water from saucepan and return the broccoli to the pan.
- Sprinkle with spices as desired.

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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Goji Facts

By Lorna R. Vanderhaeghe

I have had hundreds of emails from readers asking my personal opinion of goji. There is a tremendous amount of research into lycium barbarum, also known as goji. Over 79 studies have been published. Critics of goji say the research is mainly Chinese and only one human study has been performed. If other herbs, nutrients, or plant extracts had that much research, whether Chinese, animal, or test tube, I think we would be proud. Yes, North American research would be good. Some trials are underway here in the U.S., but in the meantime, let's look at the current research and why goji has a lot to offer. After doing research for this article, I will definitely be including goji in my nutritional program. The following research facts will show you why.

Goji (pronounced GŌgee) is renowned in Asia as one of the most nutrient-rich natural foods. It has been used in traditional Chinese medicine for as long as Chinese history has been recorded. Goji's legendary health and longevity benefits have been handed down from generation to generation for considerably longer.

Goji's ancient story goes as follows: During the Tang Dynasty (around 800 AD), a well had been dug beside a wall near a famous Buddhist temple that was covered with goji vines. Over the years, countless berries had fallen into the well. Those who prayed and drank there had the ruddy complexion of good health. Even at the age of eighty, they had no white hair and had lost no teeth, simply because they drank the water from the well.

In Traditional Chinese Medicine, goji is believed to enhance the immune system, improve eyesight, (particularly age-related macular degeneration), boost the production and activity of sperm, and enrich yin. Goji berries are eaten raw, or drunk as juice or wine.

Goji is a powerful antioxidant. One human trial found that goji increased zeaxanthin, a potent antioxidant. In fact, in December 2006, a new study on goji was published also identifying its anti-aging properties. The study concluded that goji could be used to compensate the decline in the body's antioxidant capacity and immune function that are accelerated by age-induced free radical activity.

Goji provides a significant percentage of your daily nutritional requirements, including carbohydrates, protein, fat, and fiber. Goji contains:

- 11 essential and 22 trace minerals, including calcium, selenium, zinc, iron, and potassium
- amino acids
- vitamins, including vitamins C and B2

- 8 polysaccharides and 6 monosaccharides (over one third of the constituents of goji are polysaccharides which have a potent effect on the functioning of the immune system)
- essential fatty acids, including linoleic acid and alpha linolenic acid (the only berry source of omega 3s)
- phytosterols, including betasitosteroll (sterols are important to the immune system and are cholesterol lowering)
- the carotenoids: beta-carotene, zeaxanthin, lutein, lycopene, beta-cryptoxanthin, and xanthophyll (77% of the carotenoids found in goji are zeaxanthin)

Goji Research

Goji is being used in cancer trials. The world-renowned Memorial Sloan-Kettering Cancer Center in New York has dedicated an entire page on their website to goji. In particular, Sloan-Kettering Cancer Center noted that data from one study involving 75 cancer patients suggests that lycium barbarum polysaccharides may be beneficial when used with certain cancer treatments.

Goji helps with age-related macular degeneration (AMD). AMD is one of the most common eye diseases of the elderly and the leading cause of blindness in North America. Recently, macular degeneration has been found in people as young as 25. Lutein and zeaxanthin are recommended in the prevention and reduction of AMD. A human trial was designed to determine the concentration of zeaxanthin in the blood after the consumption of a single dose of native zeaxanthin palmitate from goji. Independent of their diet, zeaxanthin concentrations in participants increased significantly and peaked after 9-24 hours with the addition of goji.

- Goji improves the immune system. Most likely, the effects of goji are due to the special polysaccharides, sterols, and key antioxidants found in this special food.
- Goji is very rich in Vitamin C.
- Goji keeps sperm in good shape.
- Goji induces immune responses in serious disease.
- Goji helps the body adapt to stress from exercise and improves fatigue.
- Goji's polysaccharides help to regulate immune responses.
- Goji has been shown to inhibit LDL peroxidation. (LDL is the "bad" cholesterol.)

Goji does not lower cholesterol but may well inhibit the production of LDL. Some believe it is goji's omega-3 content that helps to improve LDL levels.

Goji Fights Lipid Peroxidation in Two Ways

The accumulation of lipid peroxides in the blood can lead to cardiovascular disease, heart attack, atherosclerosis, and stroke. Our blood contains the antioxidant enzyme superoxide dismutase (SOD) to fight against lipid peroxidation, but levels of SOD decrease as we age. In a Ningxia Medical University study, goji berry consumption was accompanied by a remarkable 40% increase in SOD levels and a decrease in lipid peroxides of an impressive 65%. A 1999 investigation, conducted in China, by Huang Y et al., found that lipid peroxidation was also significantly inhibited by goji's flavonoids.

As I stated above, based on the available research, I will be including goji in my nutritional program. There are many ways to consume the goji berry. One of the best and most enjoyable ways to get your daily dose of polysaccharides is using a standardized juice made from fresh goji berries.

Lorna Vanderhaeghe has been researching the subject of nutritional medicine for over 25 years. She is the author of seven books, including the best-selling books The Immune System Cure and Healthy Immunity. Visit <http://healthyimmunity.com> for other health related information, as well as the supporting research. You can access "Ask Lorna," her internet talk show, from her website or write Lorna at asklorna@healthyimmunity.com.

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Eight Suggestions for Positive Growth

By Michael A. Scimeca, D.C.

If you are anything like me, you love the end of winter. The springtime air brings such a fresh sense of newness. To keep up the inevitable changes coming just around the corner, I am sharing my *Eight Suggestions for Positive Growth*.

With over 12-years experience as a Life Coach, I can say quite confidently that springtime is definitely the most important time for getting your life in order. The seeds you plant during these next few weeks greatly influence the growth you encounter over the next few months. Although we can plant seeds for our new life at any time throughout the year, for some “strange” reason, the rate of success appears to be highest during springtime. Maybe we are more in tune with the seasons than we give ourselves credit. Whatever the reason, here are my *Eight Suggestions for Positive Growth*, especially for Springtime 2007:

1. Visualize the life you choose to live and see it in full color with your mind’s eye.
2. Get rid of old clothes and “stuff” hanging around the house that do not support the new, ever-evolving you.
3. Kindle friendships that make you feel good about yourself and the new life you are actively unveiling.
4. Rearrange your schedule to make time for yourself to do things you choose to do but, so far, have yet to do.
5. Keep a daily Accountability Journal, a written record of the steps you have taken to bring about your new life and

- the steps you will need to take in the upcoming 24 hours to maintain productivity.
6. Share your blessings with your family and friends. Success is not success when it is not shared with those you love and with those who have loved you through both good times and bad times.
 7. Be tenacious about being successful. For example, take the time to reflect on these suggestions well. In addition, let me know about your successes so that I may continue to help others. As always, if there is anything I can do to help you help yourself, let me know.
 8. Live the life waiting for you. We can perform miracles when we get out of the way together and become true advocates for our greater possibility. In a life that has only so many years available to us, let us use this springtime to make this year an extraordinary harvest.

Dr. Michael A. Scimeca, a chiropractor practicing in Roswell and Marietta, is founder and developer of Catalyst, a gentle hands-on approach for supporting the peaceful function of the body, and the owner of Coaching4Peace.com. Contact him at 770-992-8220.

When is an Allergy Not an Allergy?

By Don Bennett, DAS

We’ve heard a lot about “food allergies,” and I think it’s important to put this label in proper perspective . . . to see it for what it really is, so you can deal with it in a healthy manner.

Do you know anyone who has a “wheat allergy” or a “milk allergy?” For the record, it’s impossible for a human being to have an allergy to milk or wheat. (If you’re an allergist, this is going to be hard to hear, but try.) If you ate soap and had a bad reaction to it, would you conclude that you must be allergic to soap? No, you wouldn’t, because you know that soap is not part of a natural human diet. So why, when we eat other things that are also not part of a natural human diet, and we have a bad reaction to them, do we describe that as having an allergy? This implies that our bad reaction is abnormal, that we should be able to eat these items without any adverse effects, and that we should seek a remedy so that we may partake of this food without an “allergic” response.

The fact is, a bad reaction to something we’re not designed to eat in the first place is a normal, natural response. Those who react badly to wheat and dairy are better off than those who aren’t vital enough, or who aren’t sensitive enough, to react accordingly. Just because you don’t exhibit any symptoms when eating wheat or dairy-containing products, doesn’t mean the wheat or dairy isn’t adversely affecting your health. But

these normal adverse reactions are treated as conditions that can be dealt with by using remedies such as Dairy-Ease, and eating lactose-free dairy products and gluten-free grain products.

And what about ragweed, pollen, animal hair, etc. These are naturally occurring in the air we breathe, so are they really “allergens?” Can we really be “allergic” to them? Or are some people merely over-sensitive to them? If they were truly healthy, maybe they wouldn’t react to them the way they do. But this symptom (oversensitivity) of an underlying problem (overburdened immune system) is treated as a condition, with thousands of prescription and over-the-counter medications to the rescue. At one point I was “allergic” to ragweed and cat hair, but now I’m no longer bothered by them. How did I “cure” myself? Healthy living.

If you were in perfect health and hungry, and you had a bad reaction to ripe, organically grown, nutritious bananas that would be an allergy.

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 sold in the book department at Life Grocery. For details, visit health101.org/book.

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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: Betty Bearden, Don Bennett, Kay Bird, Dr. Brenda Cobb, Dr. Joe Esposito, Jewlie Kinnan, Brian Murray, Dr. Michael Scimeca, Kim Strickland, Linda Townsend, Lorna R. Vanderhaeghe, Nisla Whetsone

Life Grocery Store, Inc.
Mission Statement

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

Volunteer Board of Directors		
Elizabeth Carter		770-971-9216
Ronnie B. Hudson,		770-977-9583
Operations Manager		
Lisa Maden, General Manager		770-977-9583
Rosalind G. McLellan		770-956-1715
Anne Meradith		706-334-1957
Pamela Meyers		770-977-4275
Sara Sweeney		770-591-0001
Sheree Zink		770-426-7436

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Food and Romance

By Dr. Joe Esposito

Picture this: A late night romantic dinner at a fine restaurant, a bottle of wine, soft music, and scented candles. It sounds like the perfect evening and a prelude to a wild night of passion. All the aphrodisiacs are in place. What could go wrong?

Let's see what we could do to make this night even more memorable. Let us begin with the timing of our date. Most of us have schedules planned out, not to the day or hour, but to the minute. By the time we have settled into our quiet, amorous evening, we are more ready for a nap than we are for a torrid romp in the sheets.

Fatigue can ruin a perfect evening and can cause quite a rift between you and your lover. Often times, if one partner is tired or under a lot of stress, the other partner will perceive this as lack of interest and take it very personally. Many times, it is not discussed and it festers until the relationship is put in jeopardy from this unspoken situation. A good rule to follow is not to plan romantic time together if both of you are not well rested. If you do and one or both are not at the top of your game, do not take it personally.

Not only will a hectic schedule create fatigue; our meals and surroundings can also be a major culprit in the all too familiar problem. From what we eat, to what we drink, to even what we smell, if we are thoughtful as to what we put in our bodies, we will find that impassioned encounters can be more pleasurable than anticipated, rather than a very disappointing end to what was to be a wonderful evening.

The body responds to sensual stimulants, such as erotic touch, sights, smells, sounds, and thoughts by becoming aroused. One of the physiological responses is increased blood flow to the erogenous zones of the body. The blood vessels to these areas must be able to carry blood freely in order for you to perceive the maximum pleasure. There are mounds of research showing that certain foods will directly or indirectly clog your blood vessels and prevent normal blood flow. The consequences can range from mildly decreased sensation, to a complete shut down of the erogenous areas or organs of the body. A classic example of this is impotence. Many men are in search of some miracle pill, potion, or lotion to solve their problem, when, in fact, all they need to do is change their diets. The arteries, if given the proper nutrition, can clean themselves out and the men can act like they are the young, strapping bucks they used to be.

Not only is blood flow involved in arousal, it is a complex combination of brain function, hormonal releases, and nerve impulses that must work together in order to achieve optimum performance. Certain medications, alcohol, poor diet, cigarettes, and pinched or damaged nerves can all play a part. When we stop putting the bad things in our bodies, give our bodies the nutrients we need, and be sure that the nerves are functioning at 100%, the body will give us the pleasure we are seeking, in most cases.

Alcohol is the most obvious "food" that can affect our love lives. Alcohol decreases the body's ability to produce testosterone, which is also known as the sex drive hormone. We may act on impulse when drinking, however, our ability to sense stimulation is diminished inversely to the amount we drink. The more we drink the less ability we have to fully enjoy the stimulus. A little alcohol may feel like it is relaxing us, but in reality it may not be the best thing for us romantically.

Meat and dairy products are well known to increase our risk of hardening of the arteries. This hardening of the arteries, as we have already discussed, will lead to a myriad of problems. These foods are also higher in fats than other foods we may choose for our romantic meals. Fats have a tendency to cause your red blood cells to clump together. Your red blood cells carry oxygen all over the body, including to the erogenous zones. A decrease in oxygen will prevent the organs from working at their peak performance and not allow you to fully experience the pleasures being made available to you. This explains why

many people will feel tired and sluggish after a high fat meal. Think how you feel after a high fat meal as compared to a low fat meal, and you will understand why a high fat meal is not the meal of choice for a romantic dinner. It also takes a lot more energy to digest a heavy, fatty meal and the last thing you want is to use up precious energy when you can be using that energy for more important things.

Simple sugars can also decrease our energy levels, as well as decrease our immune system functions. Too much concentrated sugar in the blood system causes the pancreas to release large amounts of insulin into the blood, which will attach itself to the sugar and essentially escort the sugar out of the blood and into the cells. Once the cells have all the sugar they can use, the rest of the sugar is stored as glycogen. Imagine we have a lot of pigeonholes, where glycogen is stored, all over our bodies. Once all the pigeonholes are filed up, the extra glycogen is sent to the liver to be converted to triglycerides that are put back into the blood to be carried away and stored as fat. These triglycerides cause the arteries to become clogged up, and we already discussed what happens if the arteries are clogged up. The simple sugars may give you a burst of energy initially, but once the insulin kicks in, you may actually go into a state of low blood sugar, and this will make you tired. Again, not a good thing if your goal is to make your night, as well as your partner's night, one to be remembered.

Perhaps you think you are doing a good thing by using artificial sweeteners. Think again. Many artificial sweeteners are vaso constrictors, which means they will actually constrict blood vessels and reduce blood flow to certain areas of the body, including the erogenous zones. They can also restrict blood flow to the brain and cause headaches. A headache can certainly ruin the evening and many times is caused by ingesting artificial sweeteners. Avoid the risk of headaches by avoiding artificial sweeteners.

Coffee, according to recent studies, will increase your blood levels of an amino acid known as homocysteine. Homocysteine will actually cause your body to lay plaque in the blood vessels and clog up the vessels. Studies have been done giving participants equal amounts of caffeine from coffee and from other sources, such as tea. The participants who did not drink the coffee did not have a significant rise in their homocysteine levels. According to the study which was published in the January 1997, *American Journal of Clinical Nutrition*, no one knows just what it is in coffee that raises the homocysteine levels in blood, but there is a direct correlation between coffee and homocysteine.

You may be thinking that all the fun foods are bad for romance, so what can I eat? There is plenty of real good news when answering that question. Now that we have removed alcohol, meat, sugar, dairy, coffee, soda, and artificial sweeteners from the menu, we can replace them with foods that will light up your nights (or afternoons or mornings). The following are a few suggestions that can start you on your way to learning how to eat for more reasons than to satisfy hunger.

Fatty foods have been long known as things you want to avoid for numerous reasons, including increasing your risk of heart disease and cancer; however, not all fatty foods are bad. In fact, some fatty foods can be a good thing for increasing libido, as well as reducing your risk of heart disease and cancer.

The good fats are called essential fatty acids and are found in fruits, vegetables, seeds, and nuts. The secret to making sure the essential fatty acids are doing the job they are designed to do, is to be sure that you don't heat them too much. When any fat is heated too much, it will begin to hydrogenate. When oil is hydrogenated, it can lead to hardening of the arteries, also known as arteriosclerosis. When you read the labels on many packaged or processed foods, often times the words hydrogenated or partially hydrogenated oil will appear. Stay away from these foods.

Foods high in essential fatty acids help to produce hormones called prostaglandins that help in increasing the sex drive and in heightening your level of pleasure. Too

much fat, even good fat, is not a good idea. Too few essential fatty acids will actually decrease your sex drive. This becomes an issue with very low fat and no fat diets. You may lose weight, but the long-term damages, not only in the bedroom, but in all functions of your body, can be devastating. Eating good fats, such as avocados, raw nuts, and lots of raw fruits and vegetables everyday will make those romantic interludes all the better.

The way a food looks is very important. It has long been suggested that certain foods not only look erotic, but also have nutritional value to support romance. Known as the Law of Similarities, this theory says that if something looks like or is suggestive of another thing, it will enhance, improve, or aid that which it looks like. This would mean that if a food looks erotic, it would improve or aid in eroticism. Examples may be asparagus or cucumbers. Not only will there be visual appeal, but a food like asparagus is loaded with phosphorous, calcium, vitamin E, and potassium. These can boost energy and help in hormone production.

Hot peppers are vaso dilators, which open up blood vessels and increase circulation. They get the heart pumping and thus more oxygen racing through the body that gives you more energy. All these reactions can certainly heat up an evening.

Avocados are not only high in essential fatty acids but the smooth, creamy texture is very stimulating to the lips and mouth. Often times the texture of a food is very stimulating. Combine a pleasurable texture with a high quality nutritious food and the results can be very nice. Artichokes are a very romantic and fun food, which are also loaded with nutrients. Dig in with both hands and enjoy the warm and slippery leaves.

Figs are often overlooked in modern society, but are very wonderful for a number of reasons. Many times, when we are not feeling or functioning well, it is due to too much acid in our systems. A quick way to get our acid lower is to eat alkaline foods. Figs, along with spinach and celery, are among the most alkaline foods and have been known to help normalize the body functions. Be sure not to eat figs that are packed in sugar. Sugar is an energy zapper, and that is what we are trying to avoid.

For a few days or weeks, try this new way of eating and see how you feel. Occasionally, you may have a less than quality meal with lots of sugar and fat. See how you feel as compared to when dining on a meal based on fruits, vegetables, whole grains, seeds, or nuts. There are 120,000 edible plants on this earth. I am sure you can find something to eat from those choices. I have helped thousands of people make better choices in their eating habits and the results are always fabulous. As you eat healthier, you will begin to realize how much of life you have been missing, in and out of the bedroom.

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. Contact him at 770-427-7387 for further information.

life bits

Shedding Light on Compact Fluorescent Bulbs

Compact fluorescent bulbs are being promoted as one of the least expensive ways to quickly reduce your energy consumption. Many people are resisting them, because they still associate them with the old, dull yellow, flickering, slow-to-come-on fluorescent bulbs, that cost more and contain a small amount of mercury, making them difficult to dispose of properly.

The technology advances that have been made in the new compact bulbs change the picture. They come in different hues, some of which match the

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Living Naturally with Kids

By Kim Strickland, ND

Being a parent is a full-time job. There are so many things to do on a daily basis that you can get overwhelmed and forget about what’s most important to you. Most of us want healthy, happy children. Are the things that surround your child on a daily basis supporting them being healthy and happy? Have you thought about what they do for entertainment, the safety of their personal care products, toys, and bedding, the foods they eat, or the diapers you put them in? Below are some things to consider.

Did you know that the American Academy of Pediatrics (AAP) recommends no electronic screen time for children under the age of two! NONE—not even 20 minutes! That means no “baby” DVDs, videos, or television programs. Many families believe that certain videos actually benefit their babies’ development. The marketing for such products would have you believe that you are depriving your child by not allowing them to watch them. The AAP further recommends no more than one hour a day watching TV and no more than two hours total on any “screen time,” which includes TV, computers, and video games for children over two.

As a general rule, avoid products with sodium lauryl sulfates (an inexpensive foaming agent that is a known irritants to the eyes and skin and can be diarrheic), parabens of any sort, and artificial fragrances or colors. Keep in mind that parabens are contained in 99% of all consumer products to extend shelf life, so you’ll most likely have to go to a health food store like Life Grocery to find products that are labeled NO Parabens. Life Grocery has lots of healthy options.

When should you start brushing your child’s teeth? As soon as they start coming in, and if they are close together, floss them. Does your child’s toothpaste say, “Seek professional help or contact a poison control center if you swallow more than the amount used for brushing” or “Do not swallow—use only a pea-sized amount?” Why? Fluoride’s effectiveness at preventing cavities has been demonstrated, but too much fluoride can be dangerous, causing fluorosis, a condition that discolors developing teeth. If your child drinks water that contains fluoride and swallows fluoride toothpaste, he/she is at risk for fluorosis. The American Dental Association recently made a statement stating that babies should not be given tap water with their formula.

Also, look for toothpaste without sorbitol, which prevents the toothpaste from drying up. Sorbitol is a laxative that may cause diarrhea. In addition, avoid sodium lauryl sulfate. Where can you find toothpaste without these harmful ingredients? Again, . . . Life Grocery. Be sure to read all labels since some of the “healthy” brands may include ingredients you are trying to avoid.

Do you bathe your baby or child every night? New-born skin is still maturing and highly permeable and

sensitive. Occasionally, bathe your baby with only warm water and maybe a natural soap. Shampoo a child’s hair based on the amount of oil and hair rather than on a set schedule. Use a mild shampoo that contains natural ingredients. Avoid synthetic fragrances, artificial colors, quaternium 15, imidazolidinyl urea, sodium lauryl sulfates, and parabens.

How about bubbles for baths? Avoid products that contain deithanolamine or triethanolamine-based compounds. The abbreviations for these are DEA, TEA, TEA-PEG3 cocamide sulfate. They may be cancer forming. Stay away from 1,4-dioxane, which is a carcinogenic, and artificial colors. Talcum powder contains small particles that can reach the lungs. It can cause pneumonia and inflammation of the airways; it may cause ovarian cancer. Try using scent-free powders made with cornstarch or bentonite clay. Look for healthy brands of these products at Life Grocery.

The best remedy for a diaper rash is fresh air and sunlight. Avoid petroleum, as it will keep moisture against the skin. Calendula, chamomile, and zinc oxide will dry and soothe the skin. Most baby wipes contain synthetic chemicals. Look for natural wipes that do not contain artificial fragrance, dyes, or petroleum in the baby department.

Feed your baby organic foods, whenever possible. Organic means that the food is grown and processed without the use of synthetic fertilizers, herbicides, or pesticides. Children are much more vulnerable to the heavy chemical burden that exists in their environment than adults are. They crawl on the floor and put things in their mouth. Based on their weight, they breathe more air, eat more food, and drink more liquids than do adults. In addition, their brains, organs, and bodies are still growing and developing.

The nipple of bottles and soft sippy cups that require a lot of suction sit perfectly behind the front teeth and may cause an increased number of cavities. Help your baby/toddler learn to drink out of a hard sippy cup or a regular glass. Yes it’s more work and messier, but your child’s teeth are worth it!

Were you aware that the American Academy of Pediatrics recommends that children avoid all soft drinks and limit juice consumption—even if the juice is 100% fruit—to 4-6 ounces per day? Buy natural juices and dilute them with water. Avoid products with high fructose corn syrup, an inexpensive sweetener that raises the level of insulin in the body. Weight gain and diabetes are highly linked to its consumption.

Are you using disposable diapers? Are there any dangers or concerns of which you need to be aware? What alternatives are there? Let me give you some information and then you decide. Alternatives include using cloth diapers, gDiapers, and Elimination Communication.

By using cloth diapers and washing them yourself, you will actually save around \$1000 for one child. Most disposable diapers contain sodium polyacrylate, which has been linked to toxic shock syndrome and dioxin, a cancer-linked chemical that is a byproduct of the bleaching process. A typical baby goes through 5,500-6,500 diapers prior to becoming toilet trained—that is about 2 tons of non-biodegradable waste per baby!

Most cloth diapers today are very easy to use—some have Velcro, some have snaps, and some are simple pre-folded diapers. If you buy about 24 diapers, 12 liners, and 6 diaper covers, then you will only need to wash them about 2-3 times per week. Rinse fecal matter into a toilet and place soiled diapers in a diaper pail. Use a prewash cycle with a phosphate-free, bleach-free detergent. Then wash in hot water with the same detergent. Add ½ cup of white vinegar to the rinse cycle. To remove stains, place them in direct sunlight.

What are gDiapers? They are flushable diapers! Really! They do not contain chlorine, perfumes, plastic, dyes, or latex; there’s no garbage and no washing. You purchase the outer pant, the flushable liners, and a swish stick for the toilet. Is the price worth helping the earth and our own health by removing tons of waste matter from landfills? I think so! These are truly convenient and good for the environment.

Elimination Communication, also known as Natural Infant Hygiene, uses timing, signals, cues, and intuition to help a baby address its elimination needs, partially or completely, without the use of diapers. It is usually started prior to 6 months of age and may even be started at birth. Babies usually signal when they need to evacuate by fussing, grunting, pausing, squirming, or a certain look. Parents learn to watch for this and respond quickly. Cues are also given to a baby to teach it to urinate or defecate. For parents who choose this option, it is not more or less work, but rather a different lifestyle.

Resources:
www.fluoridealert.org; www.chechnet.org;
www.ewg.org; www.aubrey-organics.com;
www.drapp.com; www.bareware.net;
www.naturalfamilyonline.com

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 770-218-3952 or kim@naturallivingresource.com. For info on natural living topics and for community support, go to www.naturallivingresource.com.

Why Strength?

By Brian Murray, Founder of mPower

Why is muscular strength important? If you are not getting stronger, you are getting weaker. If you are getting weaker, you are losing muscle tissue and aging much faster than you should.

In their 1991 book, *Biomarkers: The 10 Determinants of Aging You Can Control*, Dr. William Evans and Dr. Irwin Rosenberg reported the findings of studies at the USDA Human Nutrition Research Center on Aging at Tufts University. They found that the most important determinant of aging was loss of *muscle mass*. Number two was *strength*.

The authors stated that muscle mass and strength were the “lead dominoes.” When they toppled, it set off a cascade of negative changes in the body. The result was a body that was physiologically much older than it was chronologically.

Every article I have written over the past two years has had the same central theme: one of the best

prescriptions you can write for yourself is stronger muscles. It is no surprise though, that many people ask, “Why do I need to be strong, all I want to do is lose 10 pounds and look and feel better?” The *fact* is that how much muscle you have on your body is the key to being leaner, firmer, more energetic, and younger looking, in other words, all the reasons for exercising. So how do you keep muscle on your body? Make it stronger.

It is important to understand that muscular strength is directly connected to *every* aspect of your life. Strength allows you to defy gravity and maintain youthful posture. Strength determines if you glide through your daily activities or find them a physical chore. Strength enhances joint integrity and protects you from painful tears in the connective tissue of your lower back. Strength can mean the difference between a body composition that favors

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A Learning Experience in Detoxification

By Linda Townsend

Suzy was not yet fourteen years old and she was dying. My husband and I were told that most Britney Spaniels only live to about that age. We had been responsible pet owners, yet we were sure that another series of the yearly shots would only accelerate the deterioration we helplessly were witnessing. We decided to take her to a holistic veterinarian instead.

The vet patiently listened as we listed her medical history: A fatty tumor developed at the bottom of her rib cage when she was young, but it had more than doubled in size during the last two years. Her senses were dulled by cataracts and hearing loss. Even her bark was barely a cough sound. Warts had sprung up everywhere on her body in just the last year or so. She had an incontinence problem that developed soon after she had been spade, for which she had been treated with medication for many years. The medication had controlled the condition well enough until recent months.

She could no longer run, as arthritis caused her too much pain. She had a congenital heart problem, which at times caused fluid to build up around her heart and in her lungs, making her cough. She was in the worst shape we had ever seen her. She just had no energy.

The vet looked into her eyes and said she still had some spark in her, but she was gravely ill. It was even more upsetting to hear that he believed the majority of

her problems were the combined results of yearly shots and commercial dog food, and that the detoxification process could be too much for her body to handle; she could die during the process. His grave face showed relief when I told him that I work at home, so I would be able to closely observe her responses. We were to keep him informed daily about her condition. Her diet from then on would be organic foods and natural meats. He prepared some supplements and homeopathic remedies with explicit instructions.

For two days, she was given the homeopathic remedy Thuja, to treat the shot residuals. Herbal detoxifiers were given one week on and one week off during the treatment. Nutritionally supportive supplements were given daily. The vet warned us that she may get so weak during the treatment that she would not be able to stand at times—the prospect was frightening, but we were determined to give it a try.

The first week started well, but by the end of the week, she was so weak she could barely walk and would hardly eat. During the second week, when she was not given the herbal detoxifiers, her energy and appetite returned slowly. Then we started the process again. Each time she weakened less and recovered better.

At the end of two months, Suzy was a completely different dog. Not only could she run again, but she had

a spring in her step. The fatty tumor was back to its original size and *all* the warts had disappeared. Her hearing improved, her cataracts reduced by 50%, and she could bark again. Her lungs were clear. It was an amazing transformation in such a short time! Later, we found that she no longer had an incontinence problem, even without treatment, and her fur was in better condition than when she was a puppy. She lived healthy and well for another three years.

Whenever someone asks me if I really think that eating organic foods, taking supplements, and detoxifying the body is really doing anything other than wasting my money, I think of Suzy and what I learned from her detoxification experience. I just don't think a dog could possibly have that kind of placebo effect! We were told the greatest improvements were seen in the older dogs, so I believe it is never too late to begin improving the health of a pet or a human being. Please keep in mind that some detoxification processes should be done in stages and they can be rather harsh, particularly for those who are currently ill. Seeking professional guidance is advisable.

Linda Townsend of BioHarmonics Research can be reached at ceisa@bellsouth.net.

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Why Strength?

leanness or fatness. Strength can even protect your heart from being overstressed. To ignore strength is to allow your muscles to wither and every aspect of your health, fitness, and appearance to deteriorate.

To solidify this concept, imagine waking up one day to find that you had lost 50% of your body weight overnight without any loss of strength. It would feel as if you were gliding out of bed. *Strengthening your muscles will give you the same effect in every aspect of your life, even if you don't lose any body weight.*

We live in a society that is constantly looking backward, yearning for youth. The fact that we can do something to prevent one of the main problems associated with old age—weak muscles—continues to be completely overlooked.

The massive loss of muscle tissue that occurs with age is not healthy, attractive, or normal. The good news is it is never too late to turn back the clock. *Research shows that two months worth of strength training can reverse two decades worth of physical deterioration.* How's that for a quick fix!

Why strength? Because your life depends on it.

Brian Murray is the founder of mPower, a state-of-the-art strength training facility. To learn more about strength training, visit www.strengthforlife.net.

(continued from page 3)

Life Bits

spectrum of sunlight; they come on immediately; and they fit most lamps and fixtures. They last much longer than incandescent bulbs and use 75%-80% less electricity. They pay for themselves and save money.

From a health standpoint, consider the advantages of the full spectrum fluorescent bulb. The *Way Healthier* brand is recommended by Dr. Joseph Mercola, author of *Total Health Program*, because they put out a full spectrum of colors at a color temperature of 5500K, which is comparable to mid-day sun at the time of day when the sun is at its highest "photobiotic" activity.

Exposure to enough sunlight is considered essential to good health and a positive attitude. Because so many

people spend the majority of daylight hours inside, especially during the winter, they become sunlight deprived. With long enough exposure, *Way Healthier* full spectrum bulbs can rebalance the effects of sunlight deprivation. Use them where you do your most work. Plants and animals benefit from them, also.

Features of the *Way Healthier* full spectrum bulb:

- Flicker-free electronic ballast
- Virtually no damaging electromagnetic radiation (EMF)
- Last 5 times longer than incandescent rated for 10,000 full hours of use

Products



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- Sharp Thought
- Hemp and Whey Vanilla Protein Powder
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JARROW

- Biosil 60ís
- Cholestame

NATURE'S PLUS

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RENEW LIFE

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For more information on the science and health benefits of full spectrum compact fluorescent bulbs, visit Dr. Mercola's website at www.mercola.com. A single bulb is \$19.95, but prices reduce when purchasing 6, 12, or 24 at a time. Go in with a friend and get the best deal.

Be the Best You Can Be

By Dr. Brenda Cobb

This year you can explore total health on every level and go to new heights. Real health encompasses more than just the organs, glands, cells, and tissues; it includes every feeling, thought, and emotion. When you have total health in the body, mind, and spirit, you have it all. Feeling good empowers you.

Are you always searching for a diet or exercise plan, hoping that the next one will be better than the last? Rather than just dieting and exercising, learn to nourish, restore, and rebuild your body, mind, and spirit with a healthy lifestyle.

This is your time to be the best you can be. Love yourself enough to practice these thirteen lifestyle habits and get the rewards.

1. **Think Positive:** Every word you think and speak manifests something in your life. You create everything in and around you with your thoughts. What you put your attention on grows. Be very careful of how you use your words and thoughts. When you think or speak something, be sure that it is something you really want.
2. **Get Proper Nutrition:** Learn about the best foods for good health. Make wise decisions concerning food and eat for real nourishment. Organic raw and living (sprouted) foods are full of living enzymes, vitamins, and minerals, with no synthetic fertilizers, herbicides, pesticides, additives, or preservatives. These foods cleanse, rebuild, restore, energize, and heal. Eating raw and living food gives you optimum nutrition. [*Café Life offers a wide variety of freshly prepared, organic raw and living food selections daily.*]

3. **Drink Water:** Stay hydrated with pure filtered water. Don't substitute other beverages for water. Your body needs water to make blood and lymphatic fluid. Drink one ounce for every two pounds you weigh.
4. **Exercise:** Get off the couch and exercise every day. Dance, bike, walk, run, swim, stretch, practice yoga, lift weights, or do any other exercise you like. Exercise burns calories and energizes you. It keeps your bones and muscles strong.
5. **Cleanse:** Cleanse your colon with enemas and colonics. Remove the impacted waste, mucoid plaque, worms, and parasites so your colon can work properly. Good health is linked to a clean colon. Implant wheatgrass juice in your colon to help cleanse and heal it.
6. **Have Fun:** Sometimes we get so busy that we forget to have fun. Making time for fun feeds your spirit. Laugh often and don't take yourself so seriously. Listen to your heart, not just your head. Life is made to be enjoyed.
7. **Listen to Music:** Fill your life with music. Music helps heal the body, mind, and spirit. There is music to inspire, relax, motivate, and make your heart sing. Dance, exercise, and make love to music. Play an instrument. Whistle and sing in the shower.
8. **Relax:** Take time to just be. We're always running from one place to another. Between jobs, family, and participating in life, we don't always take the time to relax. Sit on the sofa and read a good book. Lie in the sun and soak up the healing rays. Sit under a tree and look at the sky. Float down the river on a raft. Take a nap.

9. **Meditate:** Close your eyes. Slow your breathing. Go within and be silent. Rarely do we take the time to quiet our busy brain. We're always thinking about something. Clear your mind and choose a positive mantra to repeat over and over. A good one is "*I Am Healed.*" Allow your spirit to receive the blessings from meditation.
10. **Pray:** Spend time in prayer. Ask and you will receive. Have faith and believe in miracles. All things are possible. There is always hope. People heal of serious diseases and bothersome symptoms every day. You can, too!
11. **Enjoy a Hobby:** Do something that you really enjoy doing—something that makes your heart sing. Paint, sculpt, draw, sew, fish, golf, bowl, or knit. A hobby can enrich your life.
12. **Reflect:** Take time to be by yourself and reflect on your life; the choices you've made and whom you really are. As you reflect, new revelations will come to you. This will help you go to the next level. Be open to new ideas and new ways of doing things.
13. **Volunteer:** Help others in any way you can. Pick an organization or a cause you believe in and volunteer. Doing good deeds for others comes back to you a thousand times over.

Brenda Cobb, founder of the Living Foods Institute in Atlanta, teaches a 10-Day Healthy Lifestyle Course designed to detoxify, cleanse, nourish, and heal. She will teach a one-day workshop on March 25, 1pm-5pm. Mention Life Grocery to receive 30% off tuition and bring a friend for free. For more information, call call 404-524-4488 or 800-844-9876 or visit www.livingfoodsinstitute.com.

Living Foods Recipes

By Dr. Brenda Cobb

Spice of Life Dressing

2 c tomatoes
1 c apples, seeds removed
1 large clove garlic
2 T lemon juice, freshly squeezed
¼ c filtered water
1 t Celtic sea salt
1 date, pitted
1 t fresh ginger
pinch of cayenne pepper
1 t cumin powder
½ c olive oil

- Blend all ingredients in the Vita-Mix until creamy.

Lemon Basil Energizer Soup

1 c apples, seeds removed
½ c sprouted mung beans
1 handful sunflower sprouts
1 t kelp powder
½ avocado
3 c assorted baby greens
1 T lemon juice, freshly squeezed
pinch cayenne pepper
1 T dried basil or ½ cup fresh basil
3 c water

- Blend all ingredients in the Vita-Mix until creamy.

Spicy Carrot Soup

6 c carrots
3 c celery
3 medjool dates, pitted and soaked 4 hours
2 T garlic
2 T lemon juice, freshly squeezed
1 t Celtic sea salt
pinch of cayenne pepper
2 t cinnamon
1- 2 c water

- Blend all ingredients in the Vita-Mix until creamy.
- If you do not want a spicy soup, leave out the pepper and cut down on the garlic.

Spinach Pesto Dip

1 c sunflower seeds, soaked for 8 hours and drained
2 T garlic
4 c spinach, very tightly packed
½ c parsley, very tightly packed
2 T dried basil
1 t Celtic sea salt
pinch of cayenne pepper

- Blend all ingredients in the Vita-Mix until creamy.

All of these recipes are from Brenda's newest recipe booklet Organic Raw and Living Food Recipes (Quick & Easy Recipes to Transform Your Health).

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Tofu—Thirty Years Ago

By Betty Bearden

I made the decision to become a vegetarian in my late teens. Although having subconsciously flirted with the idea all my life, the idea finally stuck after a visit to a cattle/pig farm in Alabama. I will spare you the details.

Do you have any idea what it was like in the ‘70s to be a vegetarian and not live on a commune somewhere? There were no salad bars, no “Have it your Way” burger options and *very few* vegetarian restaurants. God forbid someone found out that you didn’t, you know. . . EAT MEAT! A social life came hard in those days.

At that time, I was working for a jeweler at a mall in the metro Atlanta area when I heard of something that really piqued my interest. A local television news station was taping a segment of their broadcast, “*What’s Bugging You?*” at the mall that day. As an adventuress, I asked if I could air a grievance on the show. The cameraman was quite obliging and told me what time to be there for the taping.

I marched myself right up to the podium and stood in front of the camera without a moment’s hesitation. A crowd of people huddled around, the lights were fixed and ready, the cameraman pointed at me, and I began my dissertation: “What’s bugging me is that I live in the biggest city in the South, and unless I visit one of the **two** existing vegetarian restaurants in Atlanta, I’m out of luck for a vegetarian meal. I can’t tell you how many times I have gone into a non-vegetarian restaurant and requested a meal without beef or chicken, and the servers just look at me as if I had lost my mind. Why can’t all restaurants offer vegetarian items on their menus?”

Well, I thought I was going to be the Norma Rae who spoke on behalf of the vegetarian masses. My fellow vegetarians would be thankful; alas, not quite. As I stepped off the podium, there was a mixture of applause, laughter, disbelief, and cheers, and I think I caught the cameraman off guard because he looked very surprised! Maybe he was a vegetarian; probably not. Nevertheless, I made the cut and was on the local news that evening.

I would like to say “thank goodness” for all the Health Food Stores! How would we have ever made it without you? You were truly the pivotal element that launched our local grocery stores into zeroing-in on *our* needs. I don’t know why, but it seems to me that tofu has always been treated like the slightly eccentric relative whom no one speaks of openly—you know the one who is known to take a little “nip” in the closet every now and then. Face it, tofu just gets a bad rap.

Thankfully, one or two local grocery stores carried tofu back then, but they seemed quite secretive about it. It was always located way in the back of the store, in the corner, in the dark, and much of the time the product had gone past its expiration date. If I asked anyone where the tofu was, it was as if I had suddenly spoken Martian or something. Well, somebody had to know what it was, didn’t they? Who placed the order for it? Fess up!

After many years of going through the checkout with tofu on board, I have been asked about tofu so many times that I’ve lost count. Can you believe I used to get embarrassed when the cashier would ask me, “What is that?” Heaven help me if the price was not on the package or listed on the product code data sheet.

I want to share with you just one of the many embarrassing “tofu moments” I have encountered over the years. More often than not, the tofu would not have a price on it, or for some reason, it wouldn’t register when passed over the scanner. Let me tell you something—you have not lived until you’ve seen “Herb,” grab the tofu, sprint across the store carrying the tofu like a football, cradled in his big bulky arm, on a quest to get a price check. He stopped halfway across the store, held the tofu up in the air, and yelled at the top of his lungs, “Where did you get this stuff? What did you say this is?”

“*Tofu*,” I murmured.

“What- fu?” He asked, scratching his head.

I am red faced as all-get-out by now, as the cashier yelled back to him, “IT’S TOFU, HERB! To-fu! Look in the produce section!” She looked at me and began to speak in a tone which seemed to be a soft-spoken confession, “I have an aunt who used to be a hippie, and she ate that stuff. Mom says she was always a little weird. I think she lives in Oregon or someplace like that now.”

Well, the store became deafeningly silent; the orange flashing light over the cash register started twirling around like a beacon in a lighthouse, summoning lost ships at sea, and Herb was the ship—lost in the foreboding dark corner of Tofu World! I felt myself starting to break out into a cold sweat. Meanwhile, my husband sighed heavily, started drumming his fingers on the magazine rack next to him, and muttered something like, “Why do we always get stuck in the wrong line?” The people in line behind us had grown mildly curious as they started craning their necks, taking inventory of the items in our grocery cart.

Finally, Herb made it back with the price check. “Man! I didn’t think I was ever gonna find it. I’ve never noticed this stuff before. What is it?” he asked, as he poked his finger at it like it was some kind of science project.

“Give me that!” I said under my breath, reaching for the tub of tofu.

You know, in retrospect, those days were fun. Even though my family thought I had completely taken leave of my senses, it was still fun. Even when I would go to lunch with my co-workers and stand in line to order a burger without the meat, only to watch them scatter in different directions, it was fun. I know this has happened to you, as well. How many times have you requested, “Please . . . look . . . all I want you to do is just make me a burger, minus the beef. Just put the lettuce on the bun with tomato, onions, and cheese. I’m willing to pay the full price for the whole thing—just **sling the beef!** I’ll even come back there and make it myself.”

Simple, huh? I wish I had a dollar for every time I heard that squeaky, whiney voice say—“WE CAN’T DO THAT!”

Fast forward thirty-years and we are now living in Veg-Heaven. I knew someday it would be this way if we hung in there and ate enough tofu. You can find tofu everywhere now: on cooking shows, in every grocery store (up front and center, I tell ya), fast food restaurants, swanky restaurants, not so swanky restaurants, convenience stores, road-side stands; it’s everywhere. Do I tell my friends and family, “See, I told you so?” Absolutely! Are they now eating tofu? No. Sigh.

However, more people than ever have started to take notice of this little white cake in the squishy tub because the nutritional benefits outweigh any reservations they may have had about it. Tofu comes in many different forms these days. We didn’t want to eat hamburgers, so someone came up with a way to make a soy burger, hotdogs/soy dogs, smoked ribs/soy ribs, Italian sausage/soy sausage, etc. It’s the greatest thing that could have ever happened to the mighty soybean. *[Check out Life Grocery’s perishable and frozen cases for a wide selection of soy products. Café Life features vegetarian fare including soy-based products.]*

Yes, thirty-years ago, it was nearly impossible to find tofu anywhere and, every now and then, depending on how rural an area I happen to visit, it can still be a challenge, and I will suffer a “Son of Herb” moment, but that just makes life a little more interesting.

Betty Bearden is a writer and author of a self-published cookbook, *Normal People Eat Tofu, Too*. She has worked as a volunteer chef, a cooking instructor, and a reporter for *The Paulding Neighbor Newspaper*. You can reach her at bbearden@joimail.com.

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April 1, 2007

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for submissions to the
May/June issue of
The Life Line.

Delivery? I Don't Think So

By Nisla C. Whetstone, L.M.T., Gluten Free Lifestyle Coach, and Amateur Chef

As the time for spring-cleaning arrives, most of us don't feel like cooking because we've been cleaning all day. The first thing we usually think of is getting a pizza delivered or ordering Chinese takeout. For those of us who are on a gluten free diet (either because of Celiac Disease or other reasons), delivery and takeout are usually not an option. But why isn't Chinese takeout gluten free? Even though these are primarily rice-based dishes, the sauces they are prepared with are not safe for those of us on a gluten free diet. Most commercial soy sauce contains wheat, and you would be hard pressed to find many dishes that are not prepared with it. Sure, you could probably order plain steamed rice and steamed vegetables (made in a clean pan) if you feel confident enough in your ability to communicate your needs effectively to the restaurant staff. It can be done—I'm not saying that it can't. But, keep in mind, any time you dine out, you are running the risk of cross contamination issues or simply ill-informed staff that don't realize that the egg foo young actually has wheat flour in the recipe (some don't, just ask).

As far as pizza delivery is concerned, so far no one around here has begun delivering gluten free pizza for us. However, even if they did, I would be afraid of cross contamination if they also serve regular gluten containing pizzas. I have heard some pizza places will allow you to bring a gluten free pizza crust in and they will top it with their toppings and cook it in their oven on a pan. This is a practice that I do not recommend because of the large quantities of high gluten flour floating around those places. However, if this is something you wish to attempt, consider yourself warned. There is a risk and only you can make the decision if it is right for you. I'm not saying you can't eat out. I do. Most kitchens are extremely vigilant about food preparation and the risk is minimal, but in places where there is a lot of loose flour around all the time (like a pizza place), the risk of cross contamination is greater.

Now, what can we do? Cafe Life is a great option. You can always find gluten free choices on the food bar, as well as the menu. Cafe Life does prepare food items containing wheat flour, but I have not had any problems with anything I've eaten there. They also bake incredible gluten free desserts from scratch, right on the premises. Their freshly prepared raw and living desserts are all gluten free.

The other option we have is to find those meals that we can prepare at home that are quick and easy and satisfy our craving for delivery or take out! I'm talking 20 minutes or less. Here are a few very simple and quick recipes to satisfy that craving.

Vegetable Stir Fry

1 bag frozen mixed vegetables
1 package firm tofu, sliced into chunks (or sliced chicken strips)
sunflower oil
San J's Light Wheat Free Tamari (low sodium)
steamed rice

- In a large wok or frying pan, pour a liberal amount of oil (you don't have to coat the entire bottom of the pan) and heat over medium-high heat.
- Add tofu or chicken. Cook until browned on all sides.
- Add mixed vegetables and toss with tamari.
- Continue stirring very regularly until vegetables are cooked through.
- Serve over steamed white or basmati rice.
- Top with sweet and sour sauce, if desired.

Steamed Rice

2 c water
1 c white or basmati rice (brown rice takes much longer)

- In a 2-quart saucepan with lid, bring water to a boil.
- Add rice and stir.
- Put lid on top and reduce heat to low.
- Steam for 20 minutes while preparing the rest of the meal.
- Remove from heat, but do not remove lid. Allow to continue to steam for an additional 5 minutes or so. Remove lid and fluff rice with fork. Serve vegetable stir-fry over the rice with tamari.

Sweet and Sour Sauce

Equal parts of honey and Annie's Naturals Ketchup

- Mix together with a fork and serve over your meal.

Quick Pizza

Kinnikinick's Frozen Pizza Crust
Amy's Family Marinara Sauce
mozzarella cheese, shredded
your favorite toppings (I like Applegate Farms pepperoni, cut up mushrooms, black olives, chopped green pepper.)

- Pre-heat oven to 350 degrees.
- Place frozen pizza crust on a cookie sheet.
- Spoon a thick layer of sauce onto the crust.
- Add cheese and toppings of choice.
- Bake for 15-20 minutes or until cheese is completely melted and bubbly. (Tip: thaw your pizza crust at room temperature before adding toppings to avoid burnt toppings and a cold crust.)

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. Check Life Grocery's calendar regularly for Nisla's mini massage days at the store.

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New Federal Rule Mandates Sterilization of all California Almonds

Farmers, Consumers, and Retailers Upset by Treatment Plan

By Will Fantle

CORNUCOPIA, WISCONSIN: A new federal regulation will require all almonds grown in California to be sterilized with various “pasteurization” techniques. The plan is angering small-scale farmers, retailers, and consumers. The rule was quietly developed by the USDA and the California Almond Board in response to Salmonella outbreaks in 2001 and 2004 that were traced to raw almonds. The rule requires all almonds to undergo a sterilization process that includes chemical and/or high-temperature treatments and is slated to take effect this coming September.

“The new rule is unwarranted and could have many harmful impacts,” says Mark Kastel, senior farm policy analyst at The Cornucopia Institute, a Wisconsin-based farm policy research group. “The costs of the chemical and heat treatments, in addition to the costs of transporting and recording the new procedures, will be especially onerous on small-scale and organic farmers and could force many out of business.”

Cornucopia has formally asked the USDA to re-open the regulatory proceeding to allow for additional public input and review. Only 18 public comments—all from the almond industry—were received on the draft rule when it was open for public comment in early 2007. Unlike consumers, retailers, or other organizations concerned with food safety, all almond handlers received a personal letter or fax from the USDA alerting them to the sterilization proposal and inviting their comments.

The most common method of sterilizing almonds is by propylene oxide fumigation. In lab experiments, the chemical leads to gene mutation, DNA strand breaks, and neoplastic cell transformation. It is listed as a “possible” carcinogen by the International Agency for Research on Cancer because no long-term studies have been done with humans. Its use for treating food for human consumption is banned in the European Union, Canada, Mexico, and most other countries.

The only exemption to these new regulations will be organic “raw” almonds that will not be fumigated, but will undergo the steam-heat treatment, and small-scale growers who can sell truly raw almonds, but only directly to the public from farm stands.

The new rule also creates deceptive labeling. Almonds that have been roasted or blanched will be labeled “raw,” despite having undergone sterilization

treatments. Consumers who purchase “raw” almonds may well think that those almonds are natural and unprocessed. Moreover, there will be no label requirement to specify what kind of pasteurization treatment was used among the approved methods.

The Davis Food Co-op is nestled next to the heart of Almond growing country in Davis, CA. Doug Walter, the co-op’s member services director, believes consumers have the right to know what’s going onto and into their food. “Co-op’s are for maximum information,” Walter says. “To have a treatment on the almond that is not fully disclosed is a problem.” Walter notes a growing interest on the part of the co-op’s members in raw foods. “People,” he adds, “need to have options.”

Glenn Anderson, a small-scale organic almond farmer in California’s central valley worries that “This could be one more way for the big companies and the government to put us small farmers out of business.” The equipment to sterilize almonds is very expensive. A propylene oxide chamber costs \$500,000 to \$1,250,000, and a roasting line can cost as much as \$1,500,000 to \$2,500,000.

Anderson and some other growers believe that the sustainable farming methods they use, such as mowing and mulching, rather than controlling weeds by chemical herbicide applications, protect biodiversity and naturally prevent the spread of harmful bacteria more effectively than the artificial process of pasteurization.

Unlike milk, eggs, and meats, for which *real* pasteurization and cooking offers an important protection from food-borne illness, no scientific evidence exists to show that almonds are an inherently risky food. In fact, Salmonella contamination of almonds can only occur when livestock manure or fecal matter is inadvertently transferred to the nuts through contaminated water, soil, or transportation and handling equipment. Almonds may also be infected by poor employee sanitation, either on the farm or in processing facilities.

While two outbreaks may bring bad publicity and economic losses to the almond industry, it does not prove that almonds are inherently unsafe. Practically any food, raw or processed, has some risk of causing food-borne illness; it is unlikely that almonds are any more dangerous to consumers than lettuce, apples, even chocolate.

Cornucopia’s Kastel asks, “Is it justified to impose these onerous regulations on an entire industry, impacting consumers, because of two relatively small outbreaks, one of which has been traced to Paramount Farms, a giant, industrial-scale farming operation raising 70,000 of acres of nut crops that is by no means representative of the industry as a whole?”

If all almonds now require *pasteurization*, what foods will be next on the list of mandatory sterilization, heat treatment, or irradiation? This could, suggests Kastel, be the first step in a slippery slope toward a sterile food environment that protects processors from lawsuits and facilitates industrial-scale food processing and distribution networks while offering fewer food choices to consumers who prefer organic or raw and unprocessed foods.

The Cornucopia Institute is urging concerned consumers, retailers, and farmers to contact the USDA and demand that the new rule mandating “pasteurization” of almonds be re-opened for public comment and review. Cornucopia has a comprehensive fact sheet on the almond issue on its web page at www.cornucopia.org/Almond_FactSheet.pdf and a sample letter for interested individuals to send to the USDA at www.cornucopia.org/Almond_SampleLetter.doc. [An online petition is available at <http://www.gopetition.com/petitions/mandatory-almond-pasteurization-is-wrong.html>.]

Will Fantle is the Research Director for The Cornucopia Institute, a Wisconsin-based organization dedicated to the fight for economic justice for the family-scale farming community.

For information on legislation related to supplements, organics, and Complementary and Alternative Medicine, visit the following websites:

<http://www.healthfreedomusa.org/index.php>

<http://www.newstarget.com/021789.html>

<http://www.wellnessresources.com>

How Many Light Bulbs Does it Take to Change the World?

Just One, and in Ways You've Never Imagined!

By Stephen Hennessy

The perception of those odd-looking swirly, light bulbs—known as Compact Fluorescent Light or CFL—is decidedly mixed. On the one hand, most people are at least somewhat aware of the dramatic energy savings delivered by these weird little anomalies of the light bulb world. On the other hand, there's the lingering notion that they aren't as bright, flicker on and off, and are just way too expensive.

Although most of those criticisms were true only a few years ago, my, how times have changed. No longer \$8 a bulb and now indistinguishable (at least from the standpoint of how they work) from regular incandescent light bulbs, CFL's are part of a worldwide push to stop global warming, reduce unnecessary energy consumption and the pollution that it causes, and save you tons of money off your energy bill every year. Australia has already banned incandescent bulbs as of 2010; California and Ontario, Canada are considering similar legislation.

What's so great about CFL's? First and foremost, they use 75-80% less energy than incandescent bulbs. This means that for every CFL bulb you use, *you'll be helping to prevent approximately 600 pounds of harmful emissions from entering the environment.* Or, put another way, if every American home replaced just one bulb with a CFL bulb, the pollution reduction would be equal to taking nearly one million cars off the road. Combine that with an annual operating cost of only \$2.60 per bulb, and you can begin to understand what all the fuss is about.

The reduction in pollution is especially worth examining further, given the significant connections between the health of the planet and our personal

health. With breast cancer, in particular, consider the following:

- The vast majority of people with breast cancer don't have any of the known risk factors.
- Industrialized countries, by far, have the highest incidence of breast cancer.
- Chemicals from auto and industrial exhaust and home and personal care products are present in cancerous breast tissue.
- Excess estrogen is a known risk factor. Many chemicals found in home and personal care products act like estrogen in the body.
- Radiation is a proven contributor to breast cancer.

Given what we are witnessing with climate change and the melting of ice caps around the globe, it's not unreasonable to believe there is a serious link between your health and the health of the planet. You can do something to help today . . . it's as simple as changing a light bulb.

So, after wasteful incandescent light bulbs are gone, what's next? What common environmental pollutant would you like to see made illegal? Email us at changetheworld@pinkpenguinpress.org with your answer and we'll email you a coupon for a **FREE CFL Light Bulb**, redeemable at our very own Life Grocery.

Stephen Hennessy is the co-founder of the Vitamin/ Supplement company Ribbon Nutrition and the Non-Profit Organization Pink Penguin Press, where he publishes inPink Magazine. Stephen is a member of Life Grocery. For further information visit www.ribbonnutrition.com and www.pinkpenguinpress.org.

Going Backward Slowly

By Brian Murray, Founder of mPower

Physical activity is a lousy way to burn calories and lose body fat. Although, most people think that more physical activity is necessary to burn calories and avoid packing on excess body fat, the truth is that physical activity burns very few calories. After one hour on a stair stepper or treadmill, the machine may display that you have burned 300 calories, however, this number includes the calories you would have burned if you had done nothing. For example, the average male will maintain his weight on approximately 3200 calories a day, which equals about 140 calories per hour at rest. When this resting caloric expenditure, or basal metabolic rate, is subtracted from the 300 calories displayed on the machine, you are left with 160 calories burned above your basal metabolism. For an hour of your time this doesn't sound like much. And sadly, the five minutes it may require to consume two bananas will completely cancel an hour's worth of work.

When viewed in a biological context, it makes sense that physical activity would not burn many calories. During periods of food scarcity, survival of our species depended on metabolic efficiency. If our ancestors were capable of burning calories at the same rate that a treadmill says you do, they would have died of starvation before finding enough to eat.

One pound of fat contains 3500 calories. To lose one pound of fat requires that you burn 3500 calories more than you consume. Referring to the example above, if you burn 160 extra calories each day and maintain a stable 3200-calorie intake per day, it would take approximately 22 days to lose one pound of fat. This assumes that all other variables are constant. Unfortunately, there are a few variables that are rarely accounted for—muscle loss, economy of motion, and stress hormones.

Popular forms of exercise such as walking, jogging, biking, and swimming are usually carried on continuously

for anywhere from 30 to 60 minutes. The problem is, if you can engage in any activity for this length of time it is because there is very little demand placed on your muscles. Since only a small percentage of muscle tissue is required to move continuously for several minutes, your body perceives the unchallenged muscle tissue as unnecessary and will allow it to wither.

Muscle is metabolically active tissue. It requires approximately 50 calories to keep one pound of muscle alive each day. On the other hand, one pound of body fat has a metabolic activity of just two calories, so it is very easy for your body to maintain fat. If you lose one pound of muscle your resting metabolic rate drops by 50 calories. This means that in order to achieve the same calorie burn, you would have to exercise longer.

The more you practice a specific activity the easier it becomes due to improved movement efficiency. Many mistake this for improved cardiovascular condition when, in reality, the movement is easier because your entire body performs more economically, burning fewer calories in the process. This economy of motion means that instead of burning 160 calories during an hour on the treadmill, you may only burn 120 calories. So for all that effort, you are actually going in the wrong direction.

To make matters even worse, regular low intensity exercise signals the release of stress hormones, which stimulate fat conservation and storage. So all that hard work and time is actually counterproductive.

The simple truth is that exercise is an ineffective way to burn calories. The best way to control calorie balance is by not putting them in your mouth.

Brian Murray is the founder of mPower, a state-of-the-art strength training facility. To learn more, please visit www.strengthforlife.net.

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Hours:	Store	Café
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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: Betty Bearden, Don Bennett, Kay Bird, Dr. Brenda Cobb, Dr. Joe Esposito, Will Fantle, Stephen Hennessey, Jewlie Kinnan, Brian Murray, 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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Elizabeth Carter	770-971-9216
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Pamela Meyers	770-977-4275
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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 not only need to watch 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: 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. OK, 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. 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. Very simple.

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; 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? Organic foods are grown without pesticides and in healthy soil, which raises their nutritional value. Such a deal. OK, so they’re usually a little more expensive, but you’re worth it, right? If you’re going to do it, do it right. Eating organic is especially important for fruits, such as apples and peaches, where you eat the skin. [Even if you peel the skin, like with bananas or oranges, and much of the external pesticides are thrown away with the skin, it’s still best to use organic produce.] Dried fruits are OK, but be sure they don’t contain sulfites, which are used to make dried fruit look pretty, but happen to be toxic.

Trying To Kick The Habit?

1. If you’re a coffee, tea, cola, or any other “bad drink” drinker (sorry, just speaking the truth),

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

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 food 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° F or higher, many of the nutrients and enzymes begin to break down. *[Some authorities claim that this breakdown occurs above 105.°]* 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.

6. Here are a few good rules of thumb. Before eating again, wait at least:

- one hour after eating a fruit-only meal
- two hours after eating a leafy vegetable meal
- three hours after eating a starch meal, containing grains or starchy vegetables such as potatoes, sweet potatoes, yams, corn, artichokes, carrots, beets, rutabaga, winter squash, and pumpkins
- four 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. Contact him at 770-427-7387 for further information.

Do Whatever Works for You

By Don Bennett, DAS

A common piece of advice when experimenting with different healthy lifestyle habits is to “do whatever works for you.” There is a definite danger when following this advice and it revolves around the definition of the word “works.” If you’re not knowledgeable with respect to what you’re experiencing when making significant changes in one of your lifestyle practices, you may draw the wrong conclusions. For instance: How you feel is not always a good indicator of what is really working for you. If you switch from a “Standard American Diet” to a healthy human diet overnight, you may feel worse before you feel better. (I’ll explain why in a moment.) If you don’t realize that this is normal, you may go back to what you were previously eating to see what happens, and when you feel better—which you most certainly will—you may misinterpret this and mistakenly conclude that a plant-based diet doesn’t “work” for you, and that, for example, eating a lot of protein does.

To understand the above mechanism, it’s necessary to understand the concept of detoxification. If you’re in an unhealthy state of health (and you can be without knowing it), it’s unlikely you got into this condition overnight; it probably took years, even decades. So when you decide to get healthy, it isn’t going to happen overnight. It’ll take time (so obviously, the time to start improving your health is now). And, as I said, you may feel worse before feeling better. So to avoid drawing the wrong conclusions, you need to have a working knowledge of what’s happening as your health improves.

A long time ago there were very few toxic substances you could take into your body. And those that were toxic would let you know it; if a plant tasted bitter, odds were it was probably poisonous, and the bitterness was a signal to not eat it . . . so you wouldn’t. In this way, you were protected from consuming toxic things. But today, that natural taste bud protective mechanism doesn’t do us much good; things that taste delicious can contain toxins. And even if a substance tastes “yuk,” many people still consume it because it’s the “social thing” to do. To me, whisky and beer do not taste yummy, so I don’t consume them, but I did at one time . . . my buddies did, so I did, too. But that was very disrespectful of my body, and not respecting your body is a big mistake if good health is important to you.

When toxic substances enter the body, the body tries to keep these things from harming its tissues. If the body doesn’t have enough vitality to expel the toxins as they come in, it has only two choices: leave them in the system where they can go around hurting things, or put them someplace where they’ll do the least amount of damage. Naturally, it tries to store them somewhere (in fat cells). When someone who is losing weight feels sick, it is often because those toxins that were stored in their fat cells are now becoming systemic; their storage containers are shrinking.

If you’ve been exposing your body to toxic substances every day for years, and then you stop doing this, your body is finally able to rid itself of the stored

toxins and begin the task of repairing the damage caused by them. The process of expelling stored toxins is called detoxification (also referred to as detox) and it is never pleasant. And, since you feel terrible, many people mistake detox as a sign that their body did better when it was given beer, cigarettes, or non-human food. And when they go back to doing these things, they feel better. Why? Because the detox process stops! Some people call the detoxification process “withdrawal,” but that’s a very inaccurate term.

So be very careful when deciding what works for you. Being a well-educated consumer is your best defense against incorrect conclusions.

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 in our book department. Visit health101.org/book for details.

Summer Life Fest
Saturday 6/23/07
12-4 pm
members receive
10% off all in-stock
purchases all day

Homeopathy for Life

By Kim Strickland, ND

Many people think that homeopathy is synonymous with herbs, but it really stands by itself. In the 1800s, Samuel Hahnemann brought to light the science of homeopathy. He studied records of accidental poisonings from mercury, arsenic, and belladonna among others. He found that poisons caused symptoms similar to certain illnesses when taken in excess. Further, when the poisons were taken in a highly diluted, potentized form, Hahnemann discovered that, instead of causing symptoms, they would actually assist the body in recovering from the illnesses that had similar symptoms.

The phrase Hahnemann coined to explain this phenomenon was, “similia similibus curentur,” Latin for “let likes be cured with likes.” In the homeopathic arena, this is known as the law of similars, which says that any substance that can create symptoms in a healthy body can aid healing those same symptoms in an unhealthy body.

There are two main types of homeopathy that have developed, classical and clinical. In classical homeopathy, one single remedy is given at a time. Repetition of the single remedy is based on the chosen potency. In clinical homeopathy, low potencies of multiple remedies are combined, thus creating a new remedy. Homeopathy is safe, does not generally cause any side effects, and is curative. Properly chosen remedies will improve the symptoms without suppressing them. Incorrectly chosen remedies will generally produce no reaction from the body.

Every acute disease is the result of a positive, adaptive, cleansing, healing response of the body to the stresses it experiences. Homeopathic remedies assist nature with her work of curing—they do not attack, kill, or stop the action of any cell, organ, or tissue. A correctly chosen homeopathic dose goes directly to the area it is most needed and then stimulates and supports the affected cells in their cleansing efforts.

It should be noted that symptoms accompany a disease, but they are not the dis-ease. Homeopathy assists the body in removing blocks to healing, and, thus removing the symptoms of dis-ease. It will work with

much greater effectiveness when combined with a rational vegetarian diet, hydrotherapy, massage, exercise, and a positive mind frame. A holistic approach is important when choosing a homeopathic remedy. Using allopathic treatments, one medicine may be given to twenty people who have the flu. By contrast, with homeopathy each person may receive a different remedy, based on the nature and demonstration of their symptoms. The whole symptom “picture” guides a homeopath to the best remedy.

Homeopathic remedies are made from plant, mineral, and animal kingdom substances that are diluted in distilled water. Remedies come in various potencies. For example, one part substance is diluted in nine parts water, then the entire mixture is shaken vigorously (potentization). When this process is repeated three times, each time further diluting the original solution, it is labeled 3x. If the mixture is one part substance to ninety-nine parts water and the dilution and potentization process is repeated three times it is called 3c. As a layperson, you will be able to purchase potencies up to 30c. The lower potencies will need to be repeated more frequently and they usually have faster results with physical symptoms, whereas, the higher potencies work better for mental and emotional issues.

The healing process, via homeopathy, is based on Hering’s Law of Cure, which states the following:

- Healing will occur from the inside to the outside.
- Healing progresses in reverse order of appearance.
- Healing occurs from top to bottom.

It is possible to treat yourself or your family members with homeopathy safely at home for acute illnesses that are not serious. Life Grocery carries several lines of homeopathic remedies, both single and combination formulas. There are homeopathic teething and earache tablets for babies, as well as homeopathic eye drops and ointments available. The next time you have a headache, constipation, heartburn, indigestion, or a cough consider trying homeopathic remedies.

Several remedies are listed here for you to start:

- Aconite—first stage of diseases, sudden onset particularly after being exposed to cold, dry wind; symptoms include restlessness, anxiety, fear
- Apis—swelling, burning, and stinging pains, bites, stings; aggravated from heat and pressure, usually around 3 pm; better from cold; often indicated after vaccinations
- Arnica—shock, bruising, muscle aches from overuse; use before and after surgery
- Belladonna—sudden onset, especially of fevers, spasms, and cramps; dry, hot red face and mucous membranes; throbbing pains; hypersensitive to touch or light
- Chamomilla—very irritable; experiences pain out of proportion; screaming; being carried temporarily pleases them; worse during teething
- Ferrum phosphate—first stages of inflammation; flushed face; general weakness; lack of specific symptoms

When using homeopathic remedies, all efforts should be towards allowing the body to heal naturally. Using allopathic remedies at the same time may confuse the body, as their action usually suppresses the symptoms, rather than assisting the body to heal. For more serious conditions or constitutional homeopathy (for conditions you were born with), seek the help of a professional who is certified in homeopathy.

Resources:

www.abchomeopathy.com

Dana Ullman, M.P.H. *Homeopathic Medicine for Children and Infants*

Kim Strickland, *Doctor of Natual Health, is currently a stay-at-home mother and can be reached at mkstrickland@bellsouth.net or 770-218-3952. Visit www.naturallivingresource.com.*

life bits

By Kay L. Bird

The Correct Answer *Used to be Canvas*

The question: paper, plastic, or canvas? The answer used to be canvas, but move over canvas. The **ChicoBag** is here. Designed to eliminate all the excuses, a **ChicoBag** quickly stuffs into an attached 3" x 4" nylon bag and fits easily into a purse or pocket—or use the hook to attach it to a belt loop.

Weighing a mere 1.5 ounces, the **ChicoBag** opens up to approximately 18" x 18" and has a 20 pound capacity. The handles even fit over the metal bars that hold the plastic bags open at the cash register.

If the bags are not wet from produce, I unload them and immediately stuff them back into their little bags and put them in my purse. No more leaving the bag on the door handle and forgetting to put it in the car. No more leaving it in the car and not remembering it until I reach the front of the checkout line.

If the **ChicoBag** gets wet, it will dry quickly, hanging over a doorknob. If it gets dirty, wash it in cold water and let it air dry. The **ChicoBag** is made of strong and durable woven nylon. It comes with a one-year warranty against defects in material and workmanship. When its life is over, the ChicoBag company will take it back and recycle it into other products such as door mats, dog beds, and prayer flags. How cool is that? An attached tag inside the bag contains the contact information for recycling. The bags are made by a fair labor, fair wage manufacturing company.

Why Bother?

- The average American uses between 300 and 700 plastic bags per year.
- If everyone in the U.S. tied their annual consumption of plastic bags together in a giant chain, the chain would reach around the Earth, not once, but 760 times.
- According to the American Forest and Paper Association, in 1999, the U.S. also used 10 billion paper grocery bags, requiring 14 million trees to be cut down.
- Plastic bags don’t biodegrade, they photo-degrade—breaking down into small toxic bits, contaminating soil and waterways and entering the food-chain because animals and fish mistake them for food. It has been reported that baby birds that are fed those plastic bits by their parents usually die of starvation, because they feel full and quit begging for food.

ChicoBags are sold at Life Grocery. They are located at the front of the stores, with the magazines, but they are so small it is easy to overlook them. They are available in black, burgundy, purple, brown, neon green, neon blue, neon pink, and neon orange. Try three or four of one color for groceries and pick another color for clothing and dry goods. They are truly lifesavers.

New Products

RAW FOODS

- It s Alive Sauerkraut Crackers
- Mauk Raw Wheat Crusts & Flax Seed Crisps
- Sunfood Jungle Peanuts

PERISHABLES

- Attune Bars
- Chatfield Sheeps Milk Yogurt
- Deland Bakery Bread
- Magnolia Fresh Baked Bread
- Shiloh Farms Goat Cheese
- Tofurky Franks

FROZEN

- Dr. Praegers Pancakes
- Kashi Chicken Dinners
- Putney Tortelloni
- Rising Moon Pizza
- SBetter Beef Corn Dogs
- SBetter Gluten Free Chicken Fingers

MERCHANDISE

- Castor and Pollux Pet Food and Toys
- Bioforce Mites Out
- Bite Blocker Child Safe Insect Repellent wipes

GROCERY

- Braggs Salad Dressing
- Dolcetto Wafer Rolls
- Frontier Loose Tea
- Kettle Bakes Pretzel Chips
- Living Harvest Hempmilk
- Lundberg Wild Rice

GLUTEN FREE GROCERY

- Jo-Sef Graham Crackers & Linzer Cookies
- Laras Rolled Oats
- Laras Whole Grain Oat Flour

Persistent Symptoms

By Linda Townsend

Have you ever had a condition that was treated and treated and treated again—one that either never really went away or easily recurred? The first time I really learned the difference between symptoms and their true causes happened when I adopted a puppy some years ago.

Jasmine came to us with round worms and tapeworms, nothing uncommon. We treated her with herbs for parasites and then there were no more round worms; however, the tapeworms proved to be quite tenacious. We tried several natural and homeopathic remedies under the advice of our holistic veterinarian. Even he finally shook his head and suggested a prescription medication that causes the tapeworm to dissolve within the intestines. It's practically foolproof, but . . . it did not work either.

Everyone told us that our dog was being reinfected. You see, dogs get tapeworms from ingesting infected fleas. However, we had followed the vet's recommendations, so Jasmine had not had any fleas at all for months during and after the treatments. After a few more weeks, another seemingly unrelated problem

emerged, she began having difficulty walking. Having given up on treating the tapeworms, the vet gave her some supplements and a homeopathic remedy called Phosphorus for a rare birth defect causing a malformation of her legs and hips.

Two weeks later, Jasmine was walking much better, but more astonishing was the fact that the tapeworms had also disappeared during that time, and she never had any parasites for the rest of her life, even though we did not treat her for them. I found, through my own research in the years that followed, that parasites are merely opportunistic creatures that are unable to survive in a healthy body. Jasmine's abdominal area had energetic imbalances resulting from being between the two malformed hips. The hips apparently were the source of this energy imbalance, because once the hips were treated, the abdomen's bioenergy patterns corrected, and the parasites were not able to survive.

I have seen this phenomenon many times over the years; in fact, I had an experience even more personal a few years ago. I had increasing upper back pain causing restrictions in my arm and neck movements that

had lasted for about a year. I went for regular chiropractic adjustments, but they did not seem to be working. As it worsened, I tried massage and that helped a bit more, but still the problem persisted. Finally, I realized that it may be connected to some issues I had been having for over a year with my mother. Imagine my amazement when this year-long, painful condition simply disappeared in just two weeks, after I faced the issue and forgave her.

Sometimes we are more interested in treating the symptoms, which can be nagging us, than finding the true cause, but if any condition persists after treatment, most likely it is merely a symptom and the core problem is not yet being remedied. In such cases, I believe one should explore the possibilities that the persistent symptom could be caused by something seemingly unrelated, because one thing is not really independent of another if it is within you. The body, mind, and spirit are interrelated in ways that are mysterious and wonderful. This is why both illness and healing are also mysterious wonders.

Linda Townsend of BioHarmonics Research can be contacted at ceisa@bellsouth.net.



Products

SUPPLEMENTS

COUNTRY LIFE

- Yams and Whey
- Berries and Whey

BARLEANS

- Flax Oil Lemonade Flavor

ENZYMATIC THERAPY

- Pearls Xpress Powder Probiotic

FIBER 35 DIET

- Fit Smart Meal Replacement Shake in Chocolate, Vanilla, & Strawberry
- Fruit & Veggie Fiber
- Sprinkle Fiber
- Colon Fit
- Fiber Chocolate Chews
- Fit Smart Chocolate Bar
- Fit Smart Cranberry Apple Bar
- Fit Smart Lemon Bar

GENESIS TODAY

- 4 Total Nutrition Liquid Multi

GARDEN OF LIFE

- Perfect Meal in Vanilla and Chocolate
- Perfect Food Berry
- F,cothin
- Perfect Cleanse

HEALTH AID

- Male Max Virility Supplement

NATURE'S PLUS

- Fruitein Exotic Red Fruit
- Fruitein Luscious Blue Fruit
- Fruitein Revitalizing Green Foods
- Ultra Energy Shake in Chocolate & Vanilla

NATURAL VITALITY

- Organic Life Vitamins

PLANETARY

- Albizzia Calm
- Bacopa & Ginkgo

SOURCE NATURALS

- Women's Life Force Multivitamin
- Men's Life Force Multivitamin
- Extra Virgin Coconut Oil Softgels
- Nutradrops Liquid Quercitin

HBA

ALBA

- Fragrance Free Mineral Sunscreen SPF 18
- Facial Mineral Sunscreen SPF 10

AUBREY ORGANICS

- Natural Sun SPF 20 & 25

- Sea Buckthorn with Ester C Lotion
- Ultimate Moist Passion-flower Lotion
- Ultimate Moist Green Tea Lotion

BEAUTIFUL SOAP & CO.

- Brown Sugar, Oatmeal Almond, and Grapefruit Soaps

BURT'S BEES

- Moisture Kit

CRYSTAL DEODORANT

- Deodorant Stick & Roll On

EARTH SOLUTIONS

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HERBAN COWBOY

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OLBAS

- Pocket Inhaler

RAINBOW

- Hand Sanitizer for Kids

SOUTH OF FRANCE

- Tea Tree Sandlewood Soap

BOOKS

- The Secret Book and DVD

Colorful Organic Food is Good for You

Hippocrates, the father of medicine, said, “Let food be your medicine. Let medicine be your food.” Put this quote into practice on a regular basis and you will have much better health. Good health is something you must work at. It does not happen by accident. Become better educated about how to take care of your body and what to eat to promote health, and you’ll do a better job taking care of yourself. Save many thousands of dollars on doctor’s visits, drugs, hospital stays, surgery, and other “health” care when you eat really good food!

Eat organic produce so you will be sure you are not putting toxic chemicals and pesticides in your body. If a pesticide can kill a bug, it can hurt you. Investing in good organic produce just makes good sense. Not only will it make you healthier, it will save you money down the road. You will save on medical bills when you are healthy.

There is an abundance of nourishment in organic fresh fruits, vegetables, nuts, and seeds. If they are not cooked, they are rich in enzymes, vitamins, and minerals. Once cooked, the enzymes are destroyed; the vitamins and minerals are decreased; it is virtually dead. Eating cooked, dead food is a huge contributor to poor health. Make it a goal to eat at least 80% of your food raw and living. The other 20% cooked food should be vegan. The more raw and living foods you consume, the better you will feel.

Go shopping in the fresh produce section and look at the beautiful vibrant colors of the fruits and vegetables. It looks like an artist’s palette of beautiful colors. Eat all the colors of the rainbow and you will be giving your body the best it can get. Eat lots of green foods like kale, mustard, collards, and chard. Dark green leafy vegetables have more calcium than dairy products. The green chlorophyll in these special foods will heal all the way to the cellular level.

Yellow squash is a very alkaline food and excellent for acidosis of the liver and blood. It is full of calcium,

iron, magnesium, phosphorus, potassium, zinc, copper, manganese, and vitamins A, B complex, C, and E.

Vibrant and beautiful red bell peppers are full of vitamin A, making the body resistant to colds and promoting a sense of well-being. Red peppers are antibacterial and have up to six times more vitamin C than oranges.

Orange carrots are excellent detoxifiers and will alkalinize, cleanse, nourish, and stimulate the body, liver, digestive tract, and kidney function. Carrots help prevent and treat cancer, balance the endocrine and adrenal systems, depress blood cholesterol, and increase bulk elimination from the colon.

Blueberries are a great laxative and blood cleanser. They improve sluggish circulation and benefit night vision. Blueberries protect against the development of cataracts and peptic ulcers and have a healing effect on mouth infections. Blueberries are one of the fruits that are highest in iron.

Celebrate beautiful, colorful organic food. It is a precious gift from nature. Freshly picked and unprocessed food can supply over two thousand different enzymes, which are destroyed by heat greater than 105 degrees, so eat it fresh, raw, and living and you’ll receive the benefits that God intended in every little bite. Take care of your precious health; no amount of money or possessions matter if you are sick.

Learn all you can about the vibrant colorful foods available to you and include as many as possible in your daily nourishment. You will love the way they taste and you will love the way they make you feel. Remember to use only 100% organic ingredients!

Recipes

Rainbow Salad

1 c kale, chopped
1 c carrots, chopped
1 c squash, chopped

By Dr. Brenda Cobb

1 c red bell peppers, chopped
1 clove garlic, minced
1 c sunflower sprouts
1 T chickpea miso
2 T fresh lemon juice
1 T olive oil
2 T water (only add the water if you need a thinner dressing)

- Chop the vegetables into small, bite-sized pieces. Don’t chop so much that it is mushy.
- Mix miso, lemon juice, and olive oil in a bowl. Add water to thin.
- Add dressing to vegetables and toss well until all are coated.

This is yummy and so good for you!

Blueberry Blissfulness

1 c fresh blueberries
1 banana
1 T raw coconut oil
1 c buckwheat lettuce sprouts
1 c filtered water

- Blend all in the Vita-Mix until creamy and smooth.

Brenda Cobb, author of The Living Foods Lifestyle®, available at Life Grocery, is founder of the Living Foods Institute, featuring a 10-Day program to help people detoxify, rebuild, and heal the body naturally with organic raw and living foods. The next 10-Day class will be held on June 1-10; free banquet on June 10. For limited available scholarships and further information, visit www.livingfoodsinstitute.com or call 404-524-4488.

life bits

By Kay L. Bird

Do They Really Work?

Have you seen those blue plastic, tennis-size balls that have nubby spikes all over them? You can find them for \$9.99 in most of the big-chain drug stores, either along the laundry products isle or in the *As Seen on TV* section.

Put them in the dryer with the wet laundry. They lift and separate the fabric, and allow the air to flow more efficiently. They are proven to decrease lint and reduce drying time up to 25% in independent testing (info from www.gaiam.com).

The first time I used them was to dry a load of towels. I had a good idea of how long it would take them to dry, so I set the timer at approximately 1/3 less the usual drying time. I checked them when the buzzer went off and was delighted to find they were completely dry. To my surprise, those old towels felt much softer and thicker than usual. They get my vote of confidence.

I have just become aware of chemical-free, reusable dryer sheets that claim to eliminate static, soften fabric, and reduce lint. *Static Eliminator* sheets are described at www.gaiam.com as “incredibly effective . . . and work wonders with removing pet hair.”

Unlike the commercialized brands of throw-away, anti-static sheets, these hypoallergenic sheets are free of the harmful chemicals, three of which appear on the EPA’s Hazardous Waste List. That means safe for babies and a relief to allergy sufferers.

Static Eliminator sheets are cloth, woven with carbon fibers, which absorb static electricity. (This is a mechanical process; no chemicals are used.) The two sheets are used together and can be reused up to 500 times. They work at any heat setting and are guaranteed to never spot or stain. If you have been using those other dryer sheets, it may take up to four washings for the chemicals to dissipate, after which the *Static Eliminator* sheets will work properly. Two sheets per box cost \$20 at www.gaiam.com.

Using all-natural clothing and hanging them up to dry will also go a long way toward eliminating static problems. To reduce wrinkles, shake out each piece of wet clothing, put in the dryer for a few minutes, then hang up to finish drying.

The dryer sheets leave a waxy build-up on the mesh lint screens, causing the hot air to back-up in the dryer and overheat—much the same way that lint will do, only it is invisible. If you have been using dryer sheets, you can do a quick scrub and rinse of the screen in warm, soapy water, which should remove most of the build-up.

Many newer dryers use moisture sensors rather than the old familiar timed cycle. The residue from the throw-away dryer sheets can coat the sensors and interfere with their proper function. Save your money and your health, and spare me that artificial perfume smell that makes me step back a few feet.

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Vegetarian Staple “Must-Haves”

By Betty Bearden

Tofu, otherwise known as bean curd, is pronounced **TOE**-foo. Tofu by any other name would still be . . . tofu. It is one of the most versatile, not to mention nutritious and healthful foods, there is. Let’s explore the options: “Well, Forrest, you got ‘cha deep-fried tofu, and you got ‘cha sautéed tofu, broiled tofu, baked tofu, marinated teriyaki tofu, scrambled tofu, barbequed tofu . . .” Tofu is really cool.

HOW DOES ONE MAKE TOFU?

Tofu is made from soybeans. First, you cook the beans, then you mash them. The beans render “milk,” to which you add a solidifier like nigari, magnesium-chloride, which is extracted from deep sea water, or calcium sulfate, an excellent source of non-dairy calcium. The solidifier forms curds, which are then pressed into large blocks that are cut into the little tofu cakes you buy in the store. This is much like the process of making cheese from milk. Sounds like too much work to me. It’s best to just purchase it from the large selection Life Grocery has to offer.

Extra firm tofu contains the following per serving, which is approximately four ounces, or 1/5 slice of the block: 80 calories, 4 grams fat, 8 grams protein, and 2 grams carbohydrates. There is, on average, five servings per container of tofu.

Saturated fat is approximately 0.5 grams. Unsaturated fat content is a little over 2.5 grams. Extra firm tofu contains the most calories and fat. Firm and soft tofu contains more water, which equals less fat and calories! As you can see, over 3/4 of the fat content is unsaturated fat, which is actually good for you. Low-fat tofu is now becoming more readily available. When purchasing tofu, always be sure you are buying non-GMO (non-genetically modified) organic tofu. It should be prominently displayed on the package.

WHERE TO BUY TOFU

You can find tofu just about anywhere, but why go anywhere else when Life Grocery has an abundance of it. Its texture ranges from soft (silken) to firm and extra-firm. The soft or silken tofu has a custard-like consistency, due to higher water content. This type is best for making dips, desserts, and sauces. I prefer the firm, as opposed to the silken, for the majority of my recipes. The packages are always clearly marked as to the texture of the tofu.

HOW TO STORE TOFU

Fresh tofu is usually packaged in water in a plastic tub/container. You can store it in the refrigerator in its original packaging until you’re ready to use it. Be sure to notice the expiration date on the package. Believe me, you do not want to smell tofu once it has spoiled. Woo—pretty bad.

Once you remove the tofu from its original packaging to prepare it, you will need to store any unused tofu in a container, filling it with pure water and changing the water on a daily basis.

If you want to purchase a bunch of tofu at once, you can freeze it. First, remove it from the packaging, discard the water, and completely drain tofu on paper towels or a wire rack. Place the tofu in a freezer-proof plastic bag or container. You can even slice it or cube it before freezing. You can also freeze it after you have cooked it.

Important: After freezing, be sure to allow the tofu to completely thaw and drain on paper towels before frying.

Another thing I want to point out is that the texture of tofu will change after it has been frozen. Some prefer the chewy texture of frozen tofu, as opposed to the soft texture of regular tofu. Frozen tofu will become a little “spongy” and tougher, which makes it great for soaking up marinades. It also makes for a better char-grilled “burger,” because it has become much firmer. Once frozen, tofu also changes to a golden/amber color, so don’t freak out, this is normal.

If you don’t care for tofu, try edamame, (pronounced **ED** a **Mah** may). Edamame is the mighty

soybean, totally unprocessed. Try tossing a fistful into virtually any dish, especially salads, for added protein and crunchy-good flavor. You can even munch on edamame for a healthful snack. You can find it in the frozen foods section at Life Grocery.

SOY MILK

Many people are trying to cut back on dairy products, and I, for one, should follow their lead. I eat way too much cheese, but I love it. I do, however, drink a lot of soymilk. It’s great on cereal, for making smoothies, or just for a nice afternoon snack with peanut butter crackers. However, as far as baking, it just won’t do! I have ruined more recipes cooking with soymilk, rather than whole milk. I have even tried a half milk-half soymilk combination, but have not yet found a suitable substitute. If you know of one, please let me know. However, as far as an excellent source of protein or just as a pick-me-up in the afternoon, it is a very good thing.

TVP

TVP is “textured vegetable protein,” which is defatted, dehydrated soy flour; it contains virtually zero fat. This is due to a process performed by extracting the vegetable oil from the flour. It also provides excellent fiber and protein, and contains vitamins A, B6, potassium, calcium, phosphorus, iron, and amino acids, as in tofu. TVP contains approximately 82 calories per half cup serving, reconstituted, 12 grams protein, and 7 grams carbohydrates.

BULGUR WHEAT

Bulgur wheat contains 75 calories and relatively no saturated fat per 1/2 cup cooked serving. It also contains protein, fiber, potassium, calcium, and amino acids.

COUSCOUS

Couscous is made from semolina wheat and contains 107 calories per 1/2 cup cooked serving and contains relatively no fat. It also contains potassium and calcium.

TVP, couscous, and bulgur almost double in volume when cooked or reconstituted, so keep in mind if you want one cup of prepared TVP you will only need to measure out 1/2 cup dry mixture, as with bulgur and couscous.

NUTRITIONAL YEAST

Nutritional yeast is a food-yeast grown from molasses, not to be confused with Brewer’s Yeast. It contains approximately 60 calories per 2 heaping tablespoons. Nutritional yeast flakes contain all the essential amino acids, and the following is just the tip of the iceberg: it provides approximately 8 grams protein, 7 grams carbohydrates, is rich in vitamins B1, B2, B6, B12, and folic acid, and has about 1 gram of fat per serving. Talk about a super-food!

I will be including some recipes on how to use these staples in upcoming issues of *The Life Line*.

A WORD ABOUT ORGANIC LABELING

To GMO or not to GMO, that is the question . . . The term “organic” is sometimes misunderstood. Basically, everything we eat *is* organic. But, if you would like to know what it means in regard to food labeling and whether food is genetically altered or non-genetically altered, (gmo vs. non-gmo), which is a growing concern among many people, there are a few websites dedicated to enlighten us all. The following is a link, which will take you to FDA guidelines and regulations regarding bioengineering of foods and labeling thereof:

<http://www.cfsan.fda.gov/~comm/biorpt.html>

U.S. Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857-0001
1-888-463-6332

Not known for being single-minded, here is another view on this subject:

<http://www.organicconsumers.org/ge/fdalabelingfails.cfm>

Classifieds

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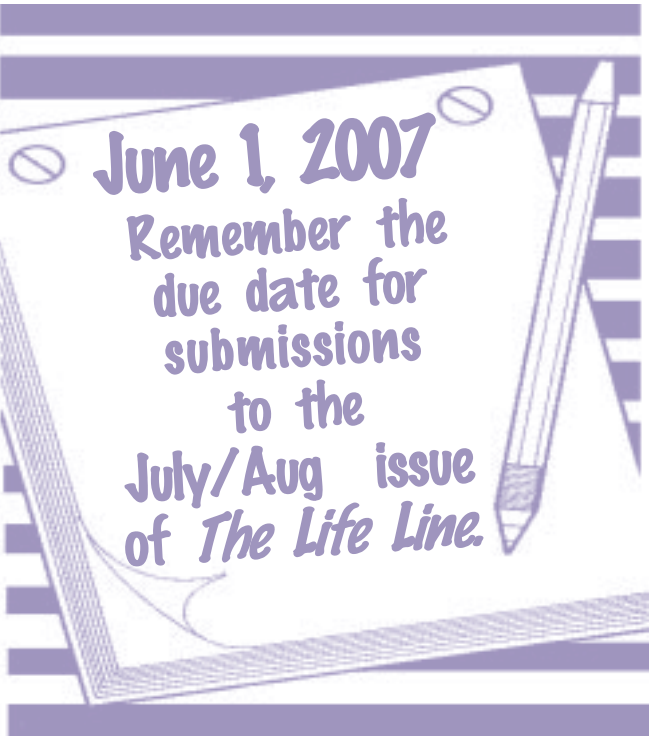
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Now you are ready to go to Life Grocery and stock up on the staples we have discussed here. So, the next time you’re invited to a cook-out, hey Babe, go ahead and take a walk on the wild side. Walk over to that grill and slap on a big honkin’ slice of tofu. See, you *can* have your “burger” and eat it, too.

*Betty Bearden is a writer and author of a self-published cookbook, **Normal People, Eat Tofu, Too**. She has worked as a volunteer chef, a cooking class instructor, and a reporter for The Paulding Neighbor Newspaper. For further information, you can contact Betty at bbearden@joimail.com.*

Reflections on my Gluten Free Life

By Nisla C. Whetstone, L.M.T., *Gluten Free Lifestyle Coach, and Amateur Chef*

I’ve now been officially gluten free for over four years now, and while it’s hard to believe it’s been four years, it seems like second nature to me now. I wanted to share with you just a little bit of what I’ve learned during this time. First of all, I can live without wheat in my life. I can remember saying “But I just can’t live without WHEAT!” Oh, so not true. I couldn’t live WITH wheat; I just had to get it through my thick head that wheat/gluten was poison to my body and treat it as such. Second of all, it does get easier with time.

In the beginning, I was just as depressed, angry, bitter, and afraid as most people are when they first find out they have either Celiac Disease or Gluten Intolerance, or have to give up wheat/gluten for other reasons. I really thought that my life was over. I thought for sure I’d never be able to eat good tasting food ever again. Again, not true . . . I’ve discovered so many delicious foods out there and have become much more excited about sharing my finds with others. In the beginning, I wouldn’t have served my feeble food experiments to the dog; they were that bad!

My daughter is also on this gluten free diet with me so this brings me to the third thing I’ve learned. Children are way more adaptable to this diet than we give them credit for being. Once my daughter learned just how much better she felt off of gluten, and how terrible it makes her feel if she accidentally gets a hold of some hidden sneaky glutens, she was way more willing to be compliant on the diet and to actually take responsibility for her own food choices. With children it is important that you let them have a sense of control over their food. You can help them make smarter healthier choices, but let them have some say in what they can eat. Eventually, they will be out with friends or other family members without you there to make the menu choices for them, and you need to be able to trust that they will know what to order or choose. Teach them to read labels as soon as they are old enough to read.

Speaking of reading labels, the fourth thing I’d like to share with you is this: ALWAYS read labels. Even if you have bought the same product many times before and it’s always been gluten free before, even if you’ve previously verified a product as safe through contacting the manufacturer, always read the label again. Ingredients change, formulations change, suppliers change, and the ingredient statement on the package SHOULD be the most accurate source of information as to what is in that product. I don’t know how many

times I’ve picked up a box of whatever that I’ve been getting for a while and tossed it in my basket, only to stop and think “I need to double check the label.” I have found that yes, the company has added wheat to the formula in some form or another and now my favorite cereal is no longer safe. This is why I prefer to shop at Life Grocery, with it’s wonderful gluten free section and many products that are actually labeled gluten free!

The last little tidbit I want to share with you is this: Just because a food is verified gluten free, it does not mean that you aren’t going to react to it. Many of us have multiple food intolerances that show up the longer we are on the gluten free diet. So, just because you ate something that made you sick, it doesn’t mean it was necessarily gluten. You could have developed an intolerance to dairy, corn, soy, legumes, or any number of things. Only you can truly determine what other intolerances you may have. Whenever I start reacting to foods and I know that I’ve been strict about my gluten free diet, I have to go back to the basics. I eliminate all suspect foods, then I add back one at a time, keeping a journal of any reactions. Ultimately, you become your own food detective! Good luck and never give up hope! The most important thing to remember is to focus on what you can have, not on what you can’t. On that note, I want to share some of my favorite foods.

Chicken or Tofu Rice Casserole

2 c water
1 c Basmati rice
½ c Imagine Creamy Portobello Mushroom Soup
1 c cooked chicken breast, shredded, or baked tofu, cubed
1 clove garlic, minced
¼ t black pepper
¼ t salt
2 T butter or olive oil

- Bring water to a boil, add rice, and stir.
- Reduce heat and cover.
- Simmer for 20 minutes.
- Add the rest of the ingredients and mix well.
- Place in casserole dish and bake at 350 degrees for 10 minutes.

Chicken Broccoli Casserole

2 c cheddar cheese or non-dairy substitute, shredded
1½ c cooked chicken or pre-cooked firm tofu, cut up
2/3 c onion, finely chopped

10 oz fresh broccoli, chopped into small pieces, or 1 pkg frozen chopped broccoli, thawed and drained
1 1/3 c milk or non-dairy substitute
3 eggs or equivalent egg replacer
¾ c The Gluten Free Pantry’s Quick Mix
¼ t pepper
1/8 t dried thyme leaves
1 c cheddar cheese or non-dairy substitute, shredded, for topping

- Heat oven to 400 degrees.
- Mix 2 cups of the cheese, chicken or tofu, onions, and broccoli in a greased casserole dish.
- Beat remaining ingredients, except cheese for topping, with wire whisk or hand beater until well mixed. Pour into dish.
- Bake until knife inserted in center comes out clean, (approximately 25-30 minutes).
- Top with remaining cheese.
- Bake just until melted; cool for 5 minutes.

Grits Casserole

serves 6
1 c gluten free quick cooking grits
4 eggs or egg substitute
3 c water
1 c milk or milk substitute
1/2 c butter
1 c cheddar cheese or non-dairy substitute, shredded
1 t garlic
salt and pepper to taste

- Preheat oven to 350 degrees.
- Put grits in water. Cook over medium heat until very thick.
- Remove from heat and add butter.
- Stir in salt and pepper.
- Beat eggs and milk together, add to grits, and mix well. Add cheese.
- Pour into 3 quart greased casserole and baked uncovered for 45 minutes, until it is firm in the center and is not jiggly.

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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Vermont Firm's Supplement Studied by Cancer Docs

By Cate Lecuyer, Reformer Staff

Friday, December, 1, 2006, BRATTLEBORO—It's not exactly a cure for cancer, but New Chapter, a Vermont company that makes nutritional supplements, has an herbal remedy that has astonished doctors, scientists, and patients at top disease research facilities around the world. It's called **Zyflamend**, and preliminary studies on 30 men in New York show it significantly reduces the risk of prostate cancer.

Now, it's also being tested in laboratories for its impact on breast cancer, brain cancer, colon cancer, oral cancer, and rheumatoid arthritis. "That's because it's not a drug," said Tom Newmark, president and co-founder of New Chapter. It's a dietary supplement, and there's a big difference, especially where the federal Food and Drug Administration (FDA) is concerned. "We design, create, and market **Zyflamend** to promote a healthy immune system, not for the treatment of any disease," Newmark said. "But fascinated doctors are looking at it for that reason."

Dr. Aaron Katz is a professor of clinical urology at Columbia University College of Physicians & Surgeons, and the director for the Center of Holistic Urology. Four years ago, Katz had patients who were taking **Zyflamend** as a dietary supplement, but noticed their PSA levels, which measure a protein that indicates prostate cancer, were dropping.

Katz had a few questions and Newmark got a phone call. They met, shared information, and New Chapter

agreed to fund an expensive research effort to further explore the capabilities of **Zyflamend**. Newmark wouldn't say how much it cost; only that is was "a very significant undertaking, even for a major corporation." But he's hoping it will help bridge the gap between Western confidence in herbal remedies versus scientific medication. "We felt it was important for us, as the leading company of herbal formulations in the United States, to set an example," he said.

The label on the bottle states **Zyflamend** promotes healthy joint function, healthy cell growth, and a healthy inflammation response. It is based on the hypothesis that inflammation or fevers can lead to a number of different illnesses. Getting a fever is part of our body's immune system, Newmark said. It's a natural defense against infections or stress, but if it overstates its welcome, it can cause further problems.

Zyflamend contains a number of herbs that are used to promote normal and appropriate inflammation—herbs that are usually absent from the average American diet, Newmark said.

Ingredients include ginger, green tea, basil, turmeric, rosemary, hu zhang, Chinese goldenthread, barberry, oregano, and scutellaria baicalensis. There are also compounds, such as resveratrol, which is what makes red wine so healthy. "Two capsules a day is equivalent to drinking six glasses of red wine," Newmark said, minus the alcohol of course.

The herbal supplement is designed to keep people healthy, not prevent cancer, but emerging data says it may do both. "Columbia chose a group of men at the highest risk of developing prostate cancer," Newmark said. That doesn't mean they are over 50, or it runs in their family. They are 30 men whose biopsies show many deformed, misshapen cells that, although not cancerous at the time, will probably be in six months. "In the majority of the men, the cells are actually changing back to normal," Newmark said.

Katz "has been thrilled by what he has seen," Newmark said. He presented the preliminary findings to the National Cancer Institute in June, and is now presenting the research around the world. The next step is to test more men, around 100 or so, and the results have caused other research facilities to perform a flurry of tests on how **Zyflamend** affects other diseases.

"Here we are, in beautiful Brattleboro, Vermont, touching people all over the world with these products," Newmark said.

Cate Lecuyer can be reached at clecuyer@reformer.com or (802) 254-2311, ext. 277.

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Stretching Your Organic Produce Dollars

Incorporating more raw organic food into your diet is one of the best things you can do for your health and well-being. However, it can be somewhat disheartening on your pocketbook if the beautiful produce you bought over the weekend turns brown and spoils before you get the chance to consume it during the week.

Following are some suggestion to help you get the most from your green organic purchases.

1. Invest in a couple of packets of **Evert-Fresh Green Bags**. The bags are inexpensive, naturally cut down on the damaging effects of UV rays resulting in far less vitamin loss, slow down the ripening process, and will save you a lot of money by keeping your produce fresher for a longer time. They can be purchased at Life Grocery in the produce section. Here is how they work: Fruits, vegetables, and flowers release ethylene gas while ripening after harvesting or picking. Ethylene gas accelerates ripening, aging, and rotting. **Evert-Fresh Green Bags** absorb and remove this damaging gas, dramatically extending the life of fruits, vegetables, and flowers; they do this naturally through the addition of a clay known as "oya," a natural mineral found in remote caves in Japan that naturally absorbs the enzyme producing gases that cause vegetables to deteriorate.
2. After you get home from the grocery store, remove rubber bands and twist ties from the vegetables and greens. Wash and dry them, then

- place them in an **Evert-Fresh Green Bags** with a single sheet of natural paper towel or a clean dishtowel to absorb any condensation. Squeeze out all of the air in the bag and tie it off with the twist tie you removed from the produce. If you do not have the time to wash and dry, then skip that step and just proceed with the rest. Your greens, vegetables, and fruit will last up to, and, in some cases, longer than a week. (I have returned home from a 3-week trip, and found my romaine lettuce intact, just like the day I bought it!) For best results, make sure to use only one kind of fruit and vegetable per bag.
3. If you have time after you shop, do some basic food prep of the items used most often in your recipes all at one time. Example: Chop up all of your onions, grate your carrots, chop your fresh herbs, crush your garlic, etc. My students tell me that when they do this advanced preparation they tend to use up these items more during the week because of the convenience of having them ready.
4. To get the most flavor from your produce, never store tomatoes in the refrigerator, as the cold makes them lose their flavor. Store them stem side up. Store unripe avocados on the counter and test them often. The very moment they are ripe place them in the refrigerator and they will last for a week. Keep the bananas separate from other fruits and vegetables, they accelerate the

ripening/spoiling rate of whatever fruit or vegetable they are near. Keep mushrooms loose in a sealed paper bag on the bottom shelf of your refrigerator. Onions need to be kept dry, so keep them out of the refrigerator. Place bunches of fresh herbs in a container with water after trimming the stems, and change the water daily. (This will also make your kitchen look happy. ☺)

For more tips and recipes from Chef Jenya, please subscribe to her newsletter by visiting www.essentialenergycuisine.com. Join her at the upcoming Essential Energy Raw Food Meet Ups on Sundays, October 7, 2007 and October 21, at 3:00 pm in Café Life. These meet ups are open to anyone interested in raw food. Receive support and enjoy networking with other health oriented individuals. Don't miss Jenya's upcoming free lecture, 30 Days to Radiant Health, on Thursday, October 11, at 6:30 pm. Her Forget Cooking class will be offered on Saturday, October 20 (registration required), from 10 am to 1 pm. Call her at 404-925-3428 for details and to register.

HELP WANTED-NOW HIRING!

Applications are being accepted for the produce department, front end, and Café. See page 3 for details on our Rewards for Referrals program.

Our Genes Don't Lie

“We don’t know what causes cancer yet, but we’re working on it.” That’s what we hear from many cancer organizations today . . . “We’re working on it.” But what they’re working on is finding a cure; a cure that will come in the form of a pill or a treatment. Sorry, but they can’t find the cure for the common cold, so what chance do they have of curing cancer? But if cancer, like the common cold, is really just a natural response to something, then there can never be a cure for it. And when you begin to see cancer for what it really is—a symptom of an underlying problem—then you have a good chance of avoiding it.

It seems other countries have more of a handle on just what health and disease really are. For instance, in Spain, there was a groundbreaking study done on 40 sets of identical twins. As you may know, identical twins are born with the exact same genes. But when it was noticed that identical twins didn’t necessarily both get the same serious illness, some forward thinking folks in Spain decided to find out why. So they took the same gene from each twin and superimposed one on top of the other and compared the two. Where the genes were the same, the area showed up as bright yellow. It was interesting to note that in very young identical twins the comparisons showed an almost exact match; just as they were when they were born. But when the same gene from older sets of twins, in their 70’s, were laid on top of each other and compared, there were a lot of differences! You can see a slide of this at health101.org/gene-comparisons2.jpg.

So what accounted for the differences? Why did that gene, which was the same in each twin at birth, turn out to be so different in each twin after five or six decades? When the answers to the questionnaires that the twins had filled out were taken into consideration, it was perfectly clear. The reason one twin would get cancer and the other wouldn’t was the difference in lifestyle choices. Now you’d think such a revealing study would make front page news, but it didn’t. It’s not in the best interests of certain industries and organizations

By Don Bennett, DAS

that you be told just how much lifestyle choices have to do with your odds of getting cancer (or the other degenerative diseases that are caused by the same things that cause cancer).

So I’m here today to tell you that as far as cancer prevention is concerned, I’m working on it. Really! I’m doing the things I need to do to give myself the BEST odds of not ever being diagnosed with cancer or with any other serious disease. Harvey Diamond, author of *Fit for Life: A New Beginning: The Ultimate Diet and Health Plan*, says it best:

Cancer is not the problem; it is the end result of a problem. And because this simple truth has been so universally misunderstood, billions upon billions of dollars have been squandered in a futile attempt to treat and/or cure people after it's too late and they are in jeopardy of losing their lives. Worse yet is that so many millions of people suffer immeasurably before ultimately dying unnecessarily from something that could have been prevented in the first place. In fact—and this may turn out to be one of the most controversial statements I have ever put in print—I am hard-pressed to think of any malady easier to prevent than cancer.

So while the cancer industry works on finding a cure—the reactive approach—how about working on preventing it—the proactive approach. Your genes will thank you for it!

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 in the book department at Life Grocery at a 20% discount. Visit health101.org/book for details.

A Natural Metabolism Boost

By Brian Murray, Founder of mPower

You can elevate your metabolism, burn more calories while you sleep, and lose excess body fat without exercising all the time. Sounds like a 3:00 am infomercial, doesn’t it? Hold on. With the correct application of a few scientific facts, what may sound too good to be true will become your new reality.

Conventional exercise “wisdom” promotes the notion that if you exercise for 60 minutes a day your metabolism will stay elevated for many hours later. As with most mainstream exercise beliefs, this is untrue. The duration of the post-exercise “after burn” is directly related to the intensity of the activity, and since popular activities such as walking and jogging are usually performed at a low intensity level it only takes about 20 to 30 minutes to regain normal resting metabolism.

Rather than initiate a temporary rise in metabolism, a much more intelligent use of your time would be to elevate your metabolism permanently. This is not hard to do, but before I explain, there is a need for some background information.

As we age, our basal metabolic rate tends to fall. A large part of what accounts for this fall is the loss of lean body mass (muscle, bone, nerve, etc.) of which muscle accounts for the largest portion. Estimates of the average loss of lean body mass with age show about a 2% drop in metabolism per decade starting around age 20. The good news is that to a large extent you can control the magnitude of this change, but it requires choosing the right type of exercise and proper execution.

The only form of exercise scientifically proven to increase lean body mass is high intensity strength training.

By preserving, and even adding lean active tissue to your body, your basal metabolic rate naturally increases—permanently! In fact, research now estimates that stronger muscles burn an extra 1.5 calories per pound per day. For a 155-pound man with 75 pounds of muscle on his body, this would mean he would burn an extra 113 calories each day, even while he sleeps! If he adds more muscle to his body his metabolic rate goes even higher, again, even while he sleeps.

The best part is that it requires very little exercise to get such a large and permanent change in your metabolism. Research at mPower over the past 9 years has consistently revealed that performing one, 5-8 minute high intensity strength training workout each week is more than enough for permanently changing the resting metabolic rate. And that sure beats 60 minutes a day!

When you combine a permanently elevated metabolic rate with a moderate and healthy caloric intake, not only will you lose excess body fat, you will avoid gaining fat with age. So which would you rather do, exercise all the time to lose fat and burn fewer calories, or lay on the couch reading a good book while your stronger lean body mass burns more calories and vaporizes the fat for you? It’s a no-brainer.

Brian Murray is the founder of mPower, home of the once-a-week, no-cardio, no-sweat, five-minute workout that will change your life. To learn more, please visit www.strengthforlife.net then call 404-459-0270 to schedule your consultation.

The Life Line
is a bi-monthly
publication of



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

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

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

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: Betty Bearden, Don Bennett, Kay Bird, Dr. Brenda Cobb, Dr. Joe Esposito, Jenya Hampton, Ronnie B. Hudson, Jewlie Kinnan, Cate Lecuyer, Brian Murray, 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.

Volunteer Board of Directors

Elizabeth Carter	770-971-9216
Ronnie B. Hudson, Operations Manager	770-977-9583
Lisa Maden, General Manager	770-977-9583
Rosalind G. McLellan	770-956-1715
Anne Meradith	706-334-1957
Sara Sweeney	770-591-0001

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The Three Things You Must Have for Good Health

Part 1 of 2

By Dr. Joe Esposito, DC

Imagine if there was a secret formula to get well and stay well. Would you want to know what it is? Would it be worth \$1,000? \$10,000? \$100,000? Well, here is the formula that has worked for my family, tens of thousands of my patients, and me. And, I'm going to tell you the secret for free!

There are three things we must have in order to obtain and maintain good health. These three things are (1) a normally functioning nervous system, (2) a normally functioning digestive system, and (3) a good nutrition plan.

First, make sure that the nervous system is working. The brain sends messages down the spine, out the nerves to every cell in your body. There are about 80 trillion cells in your body. Every cell is controlled by the nervous system. So, if you have a bone in the spine that is out of place pinching a nerve, a muscle spasm, your hips are uneven, or your spine is twisted, that could mean that you're blocking the messages from getting from the brain to the body. It is important to make sure that your nervous system is working properly.

Some simple tests can determine if you have nerve interference. The easiest test is "do you have back or neck pain?" If you do, you have an irritated nerve. The best thing for this condition is to find out what is irritating the nerve and fix it. By far, the most common cause of back pain is a bone in the spine that has moved out of alignment. However, about 80% of your nerves don't feel pain. For example, there is a nerve that goes to your pancreas, but you don't feel your pancreas working. There are nerves that go to your heart, lungs, liver, spleen, colon, gallbladder, and toenails. Since you don't feel those organs (as well as many others) working, you are also not aware when they are not working. (Well, initially, you might not be aware that they are not working, but eventually you will feel some symptoms. However, that is not until the later stages of malfunction.) A qualified practitioner can test the nerves that don't feel pain. Another test you can do is just look in the mirror. Is one ear, shoulder, or hip higher than the other? This can be an indication that there is an imbalance that can be putting pressure on nerves.

The second thing we must have in order to obtain and maintain good health is a normally functioning digestive system. This is a complicated system, but we will discuss the basic needs of your gut. One thing the gut needs is plain old water. Let's look at a child to learn how to fulfill our needs for water. When we were children, a part of our brain controlled hunger and a part of our brain controlled thirst. Does anybody here have kids? What does a kid always want? Water. "I want a drink." "I want a drink." You can't go anywhere

without a little water cup for the kid. Most of us older folks don't drink enough water. Why? Because as we get older, the hunger center and thirst center of our brain, that were once separate, grow together. As the thirst center and hunger center grow together, we think we're hungry, but we're really thirsty. So, you're not thirsty anymore. You don't drink the water. I have patients that come in saying: "I haven't had water in years, doc." How do they survive? So if we start out the day with 24 ounces, it's going to give us three glasses of water to start with. A great way to start your day! You're going to feel so much better.

If you're a coffee drinker, you're going to find that you don't need as much caffeine, as much stimulant, because many times when you're tired, you're dehydrated. Now, back to the digestive system. The pancreas needs water to produce the bicarbonate to neutralize the acid food coming from your stomach and passing into your small intestine. If you're dehydrated, you don't produce enough bicarbonate, so the food stays in the stomach. If food stays too long in the stomach, it will essentially rot. It will give off gasses as it rots and these gases can cause bloating, flatulence, and belching.

If your digestive system isn't working properly, you're not absorbing your nutrients and you are not passing out your waste products. This means you can't produce many necessary components of life or excrete poisons and toxins that can be damaging to the body. One of the many things that we can't produce properly is serotonin. Serotonin is a mood stabilizer. It makes you happy. It makes you calm. It makes you focus. If you or someone you know has ever had an emotional issue, in most cases, medication will be prescribed to affect the serotonin in the brain, so that it is better absorbed. If you're not producing enough, you have to try to absorb what little you have. Why don't we do it the other way and simply produce more serotonin to begin with? We can do that by getting the digestive system working. Once you fix this, then the other stuff is easier to work with. You've got to get the body absorbing the nutrients in order to produce the chemicals, specifically serotonin, in this case, to get to the brain to make the body work and be happy. How cool is that?

Most people that have emotional problems are also ticklish. What does that have to do with emotional problems? If you poke someone in the sides of the ribs and they are ticklish, they are protecting themselves. They're protecting their digestive system. Stabilize this and their ticklishness improves.

Oftentimes, the main cause of digestive problems is the stomach pushing up against the diaphragm. This can cause the stomach to spasm, or in severe cases,

push up through the diaphragm. If the stomach pushes up through the diaphragm, we call this a hiatal hernia. If the stomach is in spasm, or if it does actually push up through the diaphragm, there is a very simple technique where we massage the stomach and try to pull it back down to its normal position. We essentially pull the stomach back away from the diaphragm and get it to relax. If my arm was in spasm, what would I do? I'd massage it. If you're stomach is in spasm, you massage it. A lot of times you get a bloop, bloop, bloop feeling. Using this technique, the stomach can actually drop down to its normal position, allowing the stomach to return to normal function in many cases.

There are many health conditions that affect the digestive system. Some of the less dramatic symptoms are gas, bloating, diarrhea, and constipation. Some of the more severe ones include irritable bowel syndrome, Chron's disease, colitis, and hiatal hernia. All of these are warning signs telling you something is wrong. Treating the symptoms might give you temporary relief, but treating the cause is what will help you achieve long term healing.

Dr. Joe Esposito is a chiropractor, licensed dietician, author, and the director of Health Plus Chiropractic Center. He is committed to making healthy living commonplace. If you would like more information or would like to speak to him personally, please call him at 770-427-7387. Mention Life Grocery when you call, and get a free exam, consultation, two x-rays, and doctor's report of findings.

Life Grocery's Rewards for Referrals Program

Refer a job seeker who you personally know and would personally recommend to Life Grocery/Caf  Life and if s/he is hired, you will receive a Life Grocery gift certificate for:

\$10 upon their hire
\$15 after they work 45 days
\$25 after they work 90 days

Applicants must

Have a great work ethic, enjoy working with people, have great communication skills, be customer service oriented, be a team player, be eager to work, be self motivated, be punctual, be friendly, be reliable, be hard-working, be the type of employee you would want to assist you at Life Grocery and Caf  Life

- *Experience, interest in natural foods, and flexible availability a plus*
- *Must have reliable transportation*
- *Caf  applicants must also enjoy serving, cooking, and working with food*
- *Commercial kitchen experience a plus for caf  applicants*

**Please advise anyone who you refer that they must put your name and current phone number on the employment application as the person referred by in order for you to be rewarded if they are hired.*

life bits

By Kay Bird

Checking Your Children's Toys for Lead

There is a simple way to check your children's toys for lead using a test kit from leadcheck.com. LeadCheck  Swabs are non-hazardous and provide a quick, effective, and specific test for leachable lead on any solid surface, including paint, ceramics, vinyl lunch boxes, and toys.

An eight swab test kit costs \$18.45; a sixteen swab kit is \$34.95. Order from *leadcheck.com* or call 800-262-5323.

Hybrivet Systems Inc. also manufactures rapid screening test kits for the detection of other toxic metals in the environment, including mercury, chromate, cadmium, and nickel. LeadCheck  Swabs are offered in kits that provide easy methods for detecting lead in drinking water or lead in soil. Each kit is specific for the metal it is designed to detect. The patented swab kits

are easy to use and are recognized for providing accurate, clear results on most surfaces in less than one minute.

The website information states that careful formulation and control at the manufacturing facility ensures maximum sensitivity and shelf life. You will find detailed product and testing information for each test kit. Each product is supported by a team of scientists. If you have questions after reviewing the information on the website, you are invited to contact them directly.

When shopping for new toys, look for unfinished solid wood items. Those made in America and labeled as lead-free are a safer option. For more tips on choosing toys that are kid-safe and planet-safe, check out the *Toy Product Report*, found at *TheGreenGuide.com*. Click on "Product Reports," scroll down the long list of reports and click on "Toys."

All Products Are Not Equal

By Kim Strickland, ND

It is possible to look, feel, and smell great AND use healthy, chemical-free personal care products. The natural personal care products market has grown almost 52% from 1998 until 2006. Why are so many people buying these products? What do they know that you don't know? Chances are that they know what is or isn't in the products they're buying.

Do you really know what's in your shampoo, shaving cream, or toothpaste? There are over 11,000 ingredients used in personal care products and only 11% have been tested for health and safety. The European Union has banned more than 1,100 chemicals from cosmetics alone while the United States has banned only nine! What are the health ramifications of covering your body and ingesting synthetic chemicals on a daily basis? Don't let your body be used as a chemistry lab. Switch to healthy natural products.

The National Institute of Occupational Safety has identified almost 900 personal care chemicals that are toxic. Some are neurotoxins, some are carcinogens, some disrupt hormones, while some cause organ damage. A carcinogen is any substance that facilitates the formation of cancer. Manufacturers are free to put just about anything they want into cosmetics and personal care products. The FDA does not regulate this industry. According to the nonprofit Environmental Working Group (EWG), 1 in 13 women and 1 in 23 men are exposed to known or probable human carcinogens EVERY day. The highest concern product categories are hair color, hair bleach, hair relaxer, nail polish, skin lightener, and nail treatment.

Buyer Beware

Be wary, as not all products are created equal. There are many companies trying to get into the natural personal care product market with false advertising. Read the label to be sure it is natural. There are no legal requirements for the use of terms like natural or organic. In fact, some of the most toxic products on the market have the word natural or organic in their name. Read the label!

Do you think that because you buy an expensive name brand cosmetic that it must be healthier? Think again. The cosmetic industry says it's safe to put chemicals that may cause cancer, infertility, and other health issues into personal care products since the amount in each product is too small to make a difference. How many products do you utilize on a daily basis? Let's see, there's toothpaste, soap, shampoo, conditioner, hair gel or spray, deodorant, shaving cream, skin cream, makeup . . . Some of the most expensive products on the market are the most toxic. Check the safety of the products in your bathroom at www.ewg.org/reports/skindeep.

Are you ready to make the switch for your health? Ready to throw away all of your products that have synthetic chemicals, but not sure where to get safe products? Life Grocery is a terrific place to find natural, safe products. Find companies that have signed the Compact for Safe Cosmetics at www.safecosmetics.org/companies/signers.cfm and that use natural and certified organic ingredients. The following site informs you about known and suspected health effects of chemicals www.scorecard.org.

The items listed in Group A are known or possible carcinogens that are found in personal care products. The items listed in Group B may exhibit carcinogenic properties and/or combine with common substances to create carcinogens.

Group A

- Benzyl Acetate
- Butylated Hydroxyanisole (BHA) and Hydroxytoluene (BHT)
- Butyl Benxylphthalate
- Coal Tar Dyes ("Lakes" dyes)—found in dandruff shampoos, anti-itch creams, and hair dyes.
- Crystalline Silica
- D&C Red Dye Numbers 2,3,4,8,9,10,17,19 and 33
- D&C Green 5
- D&C Orange 17
- FD&C Blue 1 and 2
- FD&C Green 3
- FD&C Red 4 and 40
- FD&C Blue 1, 2 and 4
- Diaminophenol
- Disperse Blue 1
- Disperse Yellow 3
- Diethanolamine (DEA)
- Dioctyl Adipate
- Dormaldehyde
- Ethylacrylate—found in some mascara.
- Glutaral
- Hydroquinone
- Mercury—found in some eye drops, ointments, and deodorants—possible reproductive toxin.
- Methylene Chloride
- Nitrophenylenediamine
- p-Phenylenediamine
- Phenyl-p-phenylenediamine
- Polyvinyl Pyrrolidone
- Pyrocatechol
- Saccharin
- Talc—a naturally occurring carcinogenic mineral, should be avoided especially by women, as it increases the risk of ovarian cancer. Blushes, eye shadows, liquid foundations, and face powders may contain talc.

Group B

- Aluminum—found in deodorants. It may promote dementia and Alzheimer's disease.
- APEs—alkylpehnol ethoxylates found in dandruff shampoos, anti-itch creams, and hair dyes.
- Dibutyl Phthalate—found in some nail polishes, perfumes, and hair sprays—possible human reproductive and developmental toxin, as well as an endocrine disruptor.
- Diethanolamine (DEA)
- Diethyl Phthalate (DEP)
- Dimethyl Phthalate (DMP).
- 1,4-Dioxan—found in oleths, choleth-24, cetareth-3 and nonoxynol.
- Fragrance—contains phthalates, which are known to harm our hormonal and reproductive systems. Linked to birth defects, pregnant women are advised to avoid scented products and perfume. Phthalates are not listed on labels and can only be detected through laboratory analysis. The FDA finished a study on the safety of phthalates in April 2006. Two-thirds of the products analyzed have preliminarily been found to contain phthalates. Fragrance-free means the products has no perceptible odor—it may still contain synthetic ingredients to mask chemical odors.
- Lead Acetate—found in hair dyes and cleansers—known human reproductive and developmental toxin.

- Methylisothiazoline (MIT)—a common shampoo ingredient. In February 2005 the National Institutes of Health found a correlation between MIT and nervous system damage.
- Monoethanolamine (MEA)
- Nonylphenols—found in shaving creams, shampoos, and hair dyes. It is an estrogen-mimicking chemical.
- Octoxynol
- Parabens are preservatives with antibacterial properties and usually are preceded by methyl, ethyl-, butyl-, or propyl-. They can cause allergic responses and contact dermatitis.
- PEG—polyethylene glycol
- Petroleum Distillates—found in some mascaras, perfumes, foundations, lipsticks, and balms.
- Polysorbate 60 and 80
- Propylene Glycol—found in antifreeze and a plethora of personal care products ranging from shampoos to baby wipes to toothpastes—by itself it is required to be discarded of via hazardous waste vats, yet you're brushing your teeth and washing your hair with it! Known to cause contact dermatitis, kidney damage, and abnormal liver conditions, it is listed as a neurotoxin by the US National institute for Occupational Health and Safety.
- Quarternary ammonium compound
- Sodium Lauryl and Laureth Sulfate are known skin irritants that react with other ingredients to form cancer-causing nitrosamines. Sodium lauryl sulfate is a lathering agent while sodium laureth sulfate can be contaminated with 1,4-dioxane, a known carcinogen.
- Titanium Dioxide
- Toluene—a breathing and skin irritant, is found in nail polish and may cause liver damage. Toluene is also a VOC (Volatile Organic Compound) which may cause vomiting, headaches, eye irritation, and memory impairment, as well as liver, kidney, and brain damage, not to mention possible fetal damage. The word organic here means that it is a carbon-based chemical. The US Environmental Protection Agency found that all perfumes contain toluene.
- Triethanolamine (TEA)

Sources:

www.breastcancerfund.org; www.fpinva.org;
www.lesstoxicguide.ca; www.coopamerica.org;
www.safecosmetics.org;
www.seventhgeneration.com
Kim Strickland earned a Doctorate of Natural Health from Clayton College in 2005. She is currently a stay-at-home mother to two sons. Email her at mkstrickland@bellsouth.net or call 770-218-3952. Visit www.naturallivingresource.com for further information..

To receive a daily email with Store Events, Sales, and Café Life Highlights click on "contact us" at www.lifegrocery.com and provide your name, email address, and the words "subscribe to daily email" in the message space. To cancel, type "unsubscribe to daily email" in the message space.



Products

SUPPLEMENTS

COUNTRY LIFE

- Buffer-C Ph Controlled
- In 500 mg and 1000 mg

EMERGEN-C

- Acai Berry

ENZYMATIC THERAPY

- ActivLife COQ10
- Whole Body Yeast Balance Kit

HEALTH FROM THE SUN

- Sprouted Fibro Flax

INFINITY GREENS

- Billy's Infinity Greens

JARROW

- Pain Relief
- Ribose Powder

KAL

- Reacta-C 1000 mg

LIVING HARVEST

- Hemp Oil

MANITOBA HARVEST

- Hemp Seed Oil Capsules

NATURAL BALANCE

- Fast Food Enzymes

NATURE'S LIFE

- Strontium

NATURES PEARL

- Muscadine Grape

NATURE'S PLUS

- Chinese Green Tea
- Ultra Actzyme
- Live Plant Food Universal Enzymes
- Animal Parade Kid's Immune Booster

NEW CHAPTER

- Bone Strength Take Care

RAINBOW LIGHT

- Gummy Omegalicious
- Gummy Vitamin C Slices
- Gummy Bear Essentials
- Gummy Power Sours

SOLARAY

- Wheat Grass Juice Liquid Extract
- Reacta-C 500mg

VITANICA

- Vein Support
- Women's Phase I & II

HBA

ALOE 80 ORGANICS

- Clarifying Facial Scrub

AURA CACIA

- Unscented Massage Lotion

- Tangerine Grapefruit Massage Lotion
- Ginger Mint Massage Lotion
- Sweet Orange Patchouli Massage Lotion
- Lavender Massage Lotion
- Cinnamon Ylang Ylang Massage Lotion
- Tranquility Bubble Bath
- Lavender Harvest Bubble Bath
- Heart Song Bubble Bath
- Soothing Heat Bubble Bath
- Lavender Body Wash
- Patchouli Orange Body Wash
- Ginger Mint Body Wash

NUBIAN HERITAGE

- Raw Shea Butter Body Wash
- African Black Body Wash & Scrub

PURE & BASIC

- Vitamin E Oil
- Cherry Almond Body Wash
- Fresh Fig Body Wash

SUMERU GARDEN HERBALS

- Lavender Rose Body Powder

WELEDA

- Calendula Soap
- Calendula Diaper Cream
- Calendula Baby Cream

life bits

By Kay Bird

It is meaningful and possible to give very simple gifts that make a big difference to struggling people around the world. It feels good to find safe, fun, and educational gifts for those for whom we care. To help you begin your search for the upcoming holiday season, here are two organizations that provide such products and services.

\$3.00 Can Make a Difference

At least a billion people on our planet live on less than \$1 a day, according to the president of *Alternative Gifts International* (AGI). For the price of a stocking stuffer, you can put a friend's or family member's name on a purchase of ten tree seedlings for the deforested mountains of southern Haiti. The recipient will receive a card describing the gift given in his or her name.

Gifts can cost as little as \$3 to buy construction materials for three feet of road in Bolivia. For the cost of a ten piece chicken dinner, you can provide a healthy stove for a needy Haitian family. For the cost of a pedicure, you can send 110 pounds of milled rice to hungry farmers in the Philippines. Select an alternative gift, including food, shelter, trees, water, and medicines, from 34 life-sustaining, worldwide projects.

Bless your holiday gift giving with meaning. Call 800-842-2243 to order an AIG catalog or visit www.altgifts.org.

A Greater Gift is a non-profit catalog that contains hundreds of unique, high quality, handmade

Meaningful and Safe Gifts

gifts by local artisans and farmers from over 35 countries. The prices will please any budget. Some of the sale items are only \$1.00. For children, some of my favorites are the traditional musical instruments. I have always been very pleased with the quality of my purchases.

Cruise around at www.agreatergift.org or call 800-422-5915 and request a catalog. Along with looking at the beautiful items, I enjoy reading the individual stories of the people who make them.

A Greater Gift is a program of SERRV International, a nonprofit alternative trade and development organization. Their mission is to promote the social and economic progress of people in devel-oping regions of the world by marketing their products in a just and direct manner. Their goal is to alleviate poverty and empower low-income people through trade, training, and other forms of capacity building as they work to improve their lives. SERRV has worked to assist artisans and farmers for more than 55 years through the following:

- Marketing their handcrafts and food products in a just and direct manner.
- Educating consumers in the United States about economic justice and other cultures.
- Providing development assistance to low-income craftspeople through their community-based organizations.

SERRV International was one of the first alternative trade organizations in the world and was a founding

member of the International Fair Trade Association (IFAT). They offer their artisan and farmer partners up to 50% advance payment on orders. This advance helps them purchase raw materials and have a more regular income so they can avoid high interest rates from borrowing locally.

The Gift of Friendship

One Christmas, when my step-children were ages 8-12, we initiated a financial support commitment so that two Tibetan refugee children could attend school in India. We picked children who were close in age to ours so they could grow up together. We sent the needed amount of money each year, which included voluntary contributions from our children's allowances. We received pictures of them and we sent pictures of us. They wrote us letters and my children wrote back. We sent small gifts and they sent small gifts that reflected their culture. We learned about their religious and national holidays and they learned about ours. Although my children considered themselves poor, as compared to most of the other children in their school, they learned how well off they really were.

My children now have babies of their own, but each still remembers that special friendship. There are many organizations that offer one-on-one support for children in other countries, but I advise that you research them well before making a choice.

Toxicity, Emotions, and Good Health!

By Dr. Brenda Cobb

We live in a toxic, polluted world. Processed food, tap water, drugs, chemicals, preservatives, and pesticides plague the average American. Genetically modified foods, irradiated foods, and sprayed foods are part of the typical American diet—part of the reason why more people, including children, are sicker than they have ever been. We are constantly bombarded with electromagnetic stress from using computers, cell phones, and microwaves. We also create toxicity with negative thinking and incredible amounts of stress.

There is no doubt that all of these things contribute to poor health, but negative emotions and negative thoughts actually do more harm than all of these others pollutants combined. Thoughts create and manifest things. Positive thoughts bring in the good and negative thoughts attract less desirable things. When emotions stir up anger and fear, you will feel it in your gut and chest. Have you ever been so stressed, anxious, or nervous that you created loose bowels? This is a prime example of what gut wrenching fear can do to a person.

Since there is so much toxicity in the world, and it's on the increase, what is the message in this for us? Where is the positive side to this negative state? Anytime you have a challenge in your life, it is an opportunity to transform and heal something within you. It is an opportunity to move forward into a higher state of consciousness and well-being. Many times the way we transform ourselves is to go into the eye of the turbulent storm, face our greatest fears, and move through them.

When we have a breakthrough and are able to release the emotional “stuff” we’ve buried deep inside, we are able to transform, heal, and reach our true potential.

To heal emotional stuff, we must first recognize and acknowledge that we have these issues. This in itself can be very challenging because many times we’ve buried these emotions so deeply that we’re not consciously aware they are causing us problems. Many people can’t think clearly or acknowledge there is a problem because they are so toxic from eating a mostly cooked food diet filled with processed and junk foods. Changing your diet can be of a huge benefit to clearing out the garbage so you can begin to think clearer and recognize the things that are causing you stress.

When you’re ready to detoxify and heal, a diet of organic raw and living foods is a great place to start. These foods help to pull the toxins out of the tissues and as a result, the toxic emotions are able to come up to the surface and be cleared. Cleansing the colon is important in this process, as well. Ridding the body of old, impacted waste, mucoid plaque, and parasites will not only make you feel lighter, it will lighten your emotional load, too.

Staying positive and expecting wonderful things to happen every moment of your life sets up the environment for you to attract what you really want. Giving thanks for the opportunity to learn and grow, as well as realizing that life is magnificent if you make it so, are two of the greatest gifts you can give yourself!

Eating good, nutritious, organic, raw, and living foods will help your state of mind and your health. Only you are responsible for your state of health and well-being. When you take responsibility for your actions and make good choices with your diet and lifestyle habits, you will experience the rewards. It may take a lot of effort to do the right thing, but you’re worth it!

Brenda Cobb is author of The Living Foods Lifestyle®, available at Life Grocery at a 20% discount. She is Founder of the Living Foods Institute, featuring a 10-Day program to help people detoxify and rebuild their bodies naturally with organic raw and living foods and heal the emotions and stress behind all illnesses and symptoms. There will be a FREE banquet feast and the testimonies from the students who have completed the 10-Day Healthy Lifestyle Course on Sunday, October 14 and November 11, at 3:30 pm. There will be a FREE educational seminar on Monday, October 15 and November 12 at 7:00 pm. There will be a Healthy Holiday Recipe Workshop on Nov. 18. Mention Life Grocery and get half price on your tuition and bring a friend for free! Scholarship assistance is available for the 10-Day Course. Please visit the website at www.livingfoodsinstitute.com or call 404-524-4488.

Quick & Easy Recipes for Better Health

By Dr. Brenda Cobb

Remember to always use ORGANIC ingredients!

Italian Cucumber Arugula Salad

2 c arugula greens
¼ c fresh basil leaves
¼ c fresh oregano leaves
1 c cucumbers
¼ c lemon juice
2 T cold pressed olive oil

- Peel the cucumbers and chop into cubes.
- Blend oregano, basil, olive oil, lemon juice, sea salt in Vita-Mix until creamy.
- Toss the cucumbers and arugula with the dressing and feast!

Cucumber Green Smoothie

½ apple, seeded
1 cucumber, peeled
½ c fresh dill
1 handful sunflower sprouts
½ avocado
2 cups assorted baby greens
1 t powdered kelp
4 c water

- Blend all ingredients in Vita-Mix until creamy.

Raw Vegetable Soup

Soup Base
1 red, yellow, or orange bell pepper
6 very ripe roma tomatoes
1 stalk celery
1 c water
1 t Celtic sea salt
2 t dried oregano
pinch cayenne pepper

- Blend all the ingredients in the Vita-Mix until creamy.
- Remove and put in a bowl.

Chunky Vegetables

2 roma tomatoes, chopped
½ c celery, chopped
½ c red pepper, chopped
½ c zucchini or yellow squash, chopped

- Chop the vegetables into small bite-size pieces.
- Combine the chopped vegetables with the soup base and enjoy.

Winter Life Fest

Saturday

12/8/07

12-4 pm

*members
receive*

10% off

*all in-stock
purchases*

*all day
9 am-8 pm*

I Dreamed of Organic Gardening

By Betty Bearden

Lazy summer days make it tough for some of us to grow and maintain an organic garden. Finding the time and energy to keep those pesky insects from attacking our tender veggies without the use of harmful pesticides may seem a daunting task for some, I know it certainly is for me. But why would you want to approach it any other way? I love having fresh veggies, especially tomatoes. There is nothing quite like a fresh, home-grown tomato.

I would like to share with you some helpful hints without getting too technical or boring on the wonderful subject of organic gardening. A major hint for growing an organic garden and enjoying the fruits of your labor year round will be revealed to you at the end of this article. Don't cheat! But for now, it's been a long day, and I am exhausted from working in the garden, for the most part of it. Sleep would be so good right about now, but I will try not to drift off before finishing this article. As I was saying, it is completely possible to grow a beautiful, healthy, organic garden without the use of harmful pesticides, and with the help of a few companions it would be much easier. Friends...

Friends to help me in the garden . . . yes, friends. Oh, if only I weren't so tired! Let's see, where were we? I could have Wally tilling up the soil, Linda blasting the pesky insects with a water hose, Steven building a moat around the raised bed castle, and Brenda floating down upon a dragonfly, spreading the lime like stardust...

Evening has fallen and someone is threatening our tomatoes. It's the lowly Baron Nematode, the root-knotter! Baron Nematode, that wiggly little worm, is trying to get to the root of our luscious tomatoes, and will surely wreak havoc upon the harmony within our organic kingdom.

Galloping quickly toward him is the evil Lord Sevin who has come to swiftly cut him down with his poison. Lord Sevin will kill Baron Nematode, but he will also make us sick, as well. He can pollute the water in the moat around the raised bed castle, making all the birds that drink from it, as well as all the good insects in the kingdom, very sick. Not to mention the precious dogs that live within our kingdom who graze on the grass around the moat.

Raising his hand, Lord Sevin takes aim to spread his pollution as the tomatoes shiver with fright and rattle their gilded cages. "Save us, please-someone save us. We had rather be limed than slimed!"

Out of nowhere, Queen Marigold and King Nasturtium show up and plant themselves firmly into the soil. "Eat my dust, Sevin!" cried King Nasturtium, "You are not welcome here! Be gone from this place."

Crying out from beneath the soil, Baron Nematode begs Queen Marigold to spare his life. "I am here to protect my subjects from you, you little parasite. No mercy for you! Be gone!" she cried.

Every root-knotter nematode within the territory ran for the hills, because they knew they could not do battle against the powerful root protecting properties Queen Marigold and King Nasturtium held within themselves.

Rushing in to assist the King and Queen was Princess Dawn and her constant companions Garlic and Hot Red Pepper. "We got together and mixed it up to protect all the subjects who dwell above the soil," she said. "By spritzing our contents, in a very lady-like manner, of course, on all the little veggies, no pesky bug, slug, or thug will stand a chance! Especially due to the odiferous nature of Miss Garlic, here." Garlic reared her platinum head and shot Princess Dawn a rather nasty look. "You know I don't mean any disrespect to you Miss Garlic, but after all, you *do* smell, cute as you are, and Red Pepper, well, not too many will give you a second chance after they have one big bite of you!" said Princess Dawn. "So I say, let's celebrate, the

subjects are safe, and will be organically sound to be eaten when the time comes." Looking around, she heard the sound of a cage rattling in the background. "Oh dear," she said, "Oh dear, *dear*." And with a spritz, she was off...

Yes? Oh, my goodness, I must have temporarily dozed off. Sorry! Back to the discussion at hand. Companion planting and using plants that naturally deter pests is the way to go. Also helpful is mixing up a concoction of detergent, hot pepper, and garlic and spraying it on your veggies. Most pests will not like this at all! Anyway, if you will go back and find the first letter of each paragraph of this article, you will have found the hint for the best place to find not only fresh, organic vegetables and fruits year round, but also a wealth of written information on the subject of how you can grow your own organic garden. Sweet dreams!

Tofu Joes with Brown Rice

1 container of extra-firm tofu

1 large onion, diced

1 can of your favorite canned Sloppy Joe sauce

1 can of diced tomatoes, 14.5 oz.

- Open tofu and drain in colander for about 10 minutes.
- Cut the tofu into bite-sized cubes and sauté in oil until golden brown for about 5 minutes.
- Add onion to tofu and sauté for about 3-4 minutes longer.
- Carefully add Sloppy Joe sauce and canned tomatoes. Turn flame to medium setting.
- Simmer for about 20 minutes, stirring frequently. This will allow the sugars in the tomatoes to caramelize and slightly thicken.

Now, how easy is that?

Brown Rice

1 c of brown rice

2¼ c of water or vegetable broth/stock

- Place water or vegetable broth/stock into heavy stock pan and bring to boil.
- Add rice and stir.
- Turn flame to lowest setting and cover the rice.
- Simmer undisturbed for 40 minutes. Remove from burner and let sit undisturbed for five more minutes.

Now, that is how to cook perfect rice every single time!

Serve by slathering mayonnaise on a whole wheat bun, top with a generous heaping of rice, an equally generous helping of Sloppy Joes, and there you have it. There is nothing sloppy about these Joes!

Betty Bearden is a writer and author of a self-published cookbook, *Normal People, Eat Tofu, Too*. She has worked as a volunteer chef, a cooking instructor, and a reporter for *The Paulding Neighbor Newspaper*. You can reach her at bbearden@joimail.com.

Life Grocery and Café Life are seeking inspired and dynamic individuals who have a passion for working with the public and providing excellent customer service. Retail or restaurant experience and a knowledge of natural and organic foods is preferred. Team players with strong communication skills required. Must be dependable, punctual, and reliable. Retail hours include days, early mornings, evenings, and weekends. Applications are available at Customer Service.

Classifieds

PART-TIME HELP WANTED AT LIFE GROCERY AND CAFÉ LIFE. Applications being accepted for customer-service oriented individuals. Shifts include days, nights, and weekends. Reliable transportation required. Experience and flexible availability a plus. Apply at Life Grocery or call **770-977-9583, ext. 216**.

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

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Wholesome
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11:00 am to 7:30 pm**

hot bar closes at 7 pm

**Sunday
12:00-5:00 pm**

October 1, 2007

Remember the due date
for submissions to the
Nov/Dec issue of
The Life Line.

October is Celiac Awareness Month

By Nisla C. Whetstone, L.M.T., Gluten Free Lifestyle Coach, and Amateur Chef

If you or someone you know is dealing with Celiac Disease or Gluten Intolerance, and you would like to do something to help spread the word, October is the perfect month to do something about it! Celiac is not a dirty word or nasty disease of which to be ashamed. As long as we have access to multiple choices for safe gluten free (and good tasting) food, most of us end up being healthier than the general population. Thank goodness for Life Grocery for providing such an extensive (and growing) selection of great gluten free food choices.

What is Celiac Disease? Celiac is an autoimmune-based digestive disorder. It can appear at any age from infancy to the late eighties or so. The symptoms vary in individuals and no two people ever manifest with the exact same symptoms. This makes Celiac disease very difficult to diagnose (if you are held to Traditional Western Medical Standards). When a person affected by Celiac eats food containing gluten, a common protein found in certain cereal grains, antibodies that are normally used by the body to fight disease, attack the lining of the small intestine and cause damage. This causes the inability of the body to absorb vitamins and nutrients and thus causes malnutrition. As I said before, symptoms vary and can often be misdiagnosed as numerous other ailments.

How to Diagnose Celiac Disease

If you suspect you or someone you love may have Celiac, you could go see a gastroenterologist and have very specific blood tests for Celiac done. These specific tests are Anti-Gliadin (AGA) IgA, Anti-Gliadin (AGA) IgG, Anti-Endomysial (EMA) IgA, AntiTissueTransglutaminase (tTG) IgA, and Total Serum IgA. Depending on the lab that reads the results, as well as many other factors, the blood tests can yield a false negative, but never ever a false positive. So, simply put, if it's positive, it's definitely positive, but if it's negative, it doesn't necessarily mean that it's really negative. If your doctor suspects you have Celiac, he or she may send you off to have a biopsy of the villi of the small intestine. This was (and still is by many) considered to be the Gold Standard of diagnosis. Unfortunately, there is also a chance of a false negative result if the doctor doesn't take enough samples or if the villi are only in the beginning stages of showing damage.

So, if those very specific tests can yield false negative results what else can you do? If you still suspect

that you have Celiac, you can simply remove ALL gluten from your diet for several weeks and monitor your symptoms to see if they improve. After a while, if you want, you can slowly reintroduce gluten into your diet, one food at a time, and see if you have any reactions.

If you are gluten intolerant, you should start to see improvement in your symptoms on a gluten free diet within several weeks, but if the damage is severe, it may take several years on a gluten free diet to truly get your health back. I suggest that if you are considering changing your diet without a firm diagnosis, at least consult with a registered dietitian to make sure you are getting all the nutrition your body needs to heal.

How can we spread awareness for Celiac? There are many ways. Call food manufacturers and ask them about the gluten free status of their products. Call restaurants and ask them if they provide a gluten free menu. If they don't, offer to put them in contact with the local Celiac Support Groups in order to work toward providing safe menu choices for gluten intolerant individuals. There are so many ways to spread awareness to ensure that Celiac is no longer considered to be rare and that there are more safe food options out there. I'm doing my part by writing these articles; what can you do to raise awareness for Celiac?

Artichoke Salsa

A unique twist on traditional salsa

1 6.5 ounce jar of marinated mushrooms, drained and chopped
3 fresh tomatoes, chopped
2 T red onions, chopped
¼ c black olives, chopped
1 T fresh garlic, chopped
2 T fresh basil, chopped
salt and pepper to taste

- In a medium bowl, mix the artichoke hearts, tomatoes, onion, olives, garlic, salt, and pepper.
- Serve chilled or at room temperature with tortilla chips.

Baked Chicken Supreme

1 frying chicken (about 1½ lbs), skinned
1 green pepper, cut into strips
1 clove garlic, pressed
¼ c scallions, chopped

1 c gluten free chicken stock
1 t tarragon
½ c margarine or butter
2 tomatoes, cut into wedges
1 t paprika
1 t salt

- In ¼ cup of butter, brown chicken on both sides with garlic and paprika. Remove from pan.
- Add rest of butter and sauté mushrooms, onions, and green peppers.
- Return chicken to pan. Add chicken stock, tarragon, tomatoes, and salt.
- Simmer for one hour or until chicken is tender.
- Serve over rice.

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.

Cafe Life Caters

Birthdays (for kids and adults), anniversaries, weddings, luncheons, dinners, and special events in our space or yours.

From 2-200 people vegetarian, cooked, or living food; formal, buffet, or plated dinners; cakes, & desserts.

Call Chef Mike at 770-977-9583 x 248 We'll work with your special dietary needs, including gluten free, and preferences in mind when planning your event.

Save Money with a Life Grocery Membership Only \$5 per year per adult!

Seniors (62 and over with appropriate ID) and College Students (with appropriate ID) receive 10% off all Store and Café purchases on Mondays, Tuesdays, and Wednesdays.

All members receive 5% off all Store and Café purchases on Thursdays and Fridays.

Almond Update

The new federal regulation requiring all almonds grown in California to be sterilized with various "pasteurization" techniques, went into effect on September 1, 2007. The rule requires all almonds to undergo a sterilization process that includes chemical and/or high-temperature treatments. The only exemption to these new regulations will be organic "raw" almonds that will not be fumigated, but will undergo the steam-heat treatment. The new rule also creates deceptive labeling. Almonds that have been roasted or blanched will be labeled "raw," despite having undergone sterilization treatments. Consumers who purchase "raw" almonds may think that those almonds are natural and unprocessed.

Be assured that Life Grocery will not label almonds that have been exposed to heat as "raw." We have identified new sources outside of California that will supply us with raw almonds that have not been treated with steam, heat, or chemicals.

Café Revitalization

We are in the process of revitalizing our café and would love your input as to what would increase your enjoyment of our food and patronage of the café.

Please take a few moments to fill out the questionnaire that is available in the store and café. To show our appreciation, when you return the completed questionnaire to customer service (in the store), you will receive a \$3.00 coupon that can be used towards any café purchase. (Limited to one per customer.)

We are committed to making our customer experience better and will carefully review and consider all the information and feedback you are willing to give us. THANKS!

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Products**

15% off

A Season for Sharing in Safety

By Ashley Thomas, Insurance Representative, Liberty Mutual Group

Each year, fires that occur during the holiday season injure 2,600 individuals and cause over \$930 million in damage. To ensure a safe and happy holiday season, follow the safety tips outlined below.

Trees

- Select a fresh cut tree for the holiday. Old trees can be identified by bouncing the tree on the ground. If many needles fall off, the tree has been cut too long ago and has probably dried out; it is a fire hazard.
- Do not place your tree too close to a heat source.
- Do not leave your live tree up longer than two weeks. Keep the tree stand filled with water at all times.
- If you display an artificial or metallic tree, make sure it is flame retardant.
- After the holiday season, be sure to recycle your tree.

Holiday Lights

- Inspect holiday lights each year for frayed wires and other defects.
- Do not overload electrical outlets or leave your holiday lights on unattended.

Holiday Decorations

- Use only nonflammable decorations.
- Never throw wrapping paper in a fireplace.
- Avoid using lit candles. If you do use them, make sure they are in stable holders. Place them where they cannot be easily knocked over. Never leave lit candles unattended!

Are you going away for the holidays?

If so, be sure to secure your home with a Neighborhood Watch. When you're away, home security depends on a helping hand (and extra eyes). It's much easier to relax, while vacationing over the holidays, if you know trusted neighbors are watching your home. Before you leave town, be sure to leave them a spare key, instructions and codes for your security system, and information about how to reach you. Arrange for them to do the following—and don't forget to return the favor when they take a trip:

- Collect any deliveries. Even if you have mail and newspaper delivery stopped, neighbors should watch for packages.
- Park their car in your driveway occasionally (or move your car) so it looks like someone is home.
- Set out your garbage can [with some of their trash to make it more realistic] for normal pickup and put it away afterward.
- Maintain your lawn.
- Keep an eye on your property—and call the police if they see something suspicious.
- Act for you in an emergency.

If You Can't Ask a Neighbor for Help

- If you haven't already done so, install a security system and motion-detector lights.
- Ask a friend or relative to stay at your home while you're gone. If that's not possible, ask someone to stop by your house to check on it once or twice a day.
- Notify local police about your trip. Some communities offer home-watch programs.

- Keep your travel plans quiet.

Before You Go

Complete this checklist to secure your home when you head out of town:

- Arrange to have mail and packages picked up by someone or held at the post office.
- Stop newspaper delivery.
- Move cash, jewelry, and other valuables to a safe-deposit box.
- Set lights, a radio, and a TV on automatic timers to give the illusion that you're home. (Use several for the most realistic effect.)
- Lower the sound of your telephone ringer and answering machine.
- Leave your regular greeting on your voice mail or answering machine. Don't announce that you are away.
- Turn off water to the washing machine so hoses won't burst and flood the house.
- Lock all windows and doors, including side garage and rear doors. Long dead bolts are best. Sliding doors should be equipped with special locks or, in a pinch, place a broom handle or similar item in the door channel.
- Leave curtains, shades, and blinds in their normal position.
- Activate your security system.

Sources:

National Fire Protection Association (NFPA)
U.S. Fire Administration

For more safety tips and insurance knowledge, visit www.libertymutual.com/lm/ashleythomas. Ashley will distribute Child ID kits at the Winter Life Fest from 12-4 pm.

Holidays: Decorations, Family, and ... Carrot Juice?

By Linda Townsend

Here they come again, those seasonal holidays draped with decorations, rich with traditions, and crowded with social gatherings centered round an abundance of edible artwork. I have such fond memories of all the special dishes, extra trimmings, and rare delicious desserts exclusively prepared for the holiday dinners. At this time of year, I feel strong tugs at my heartstrings to relive those precious memories, but it is also this time of year that I am reminded how many of the members of my family could have avoided their illnesses or at least prolonged their health had they changed the way they eat.

Although today's society has become more accommodating of individual differences and preferences, one can still quickly be ostracized because one refuses food offered, particularly food taking hours of loving preparation by the one offering, who no doubt expects a bit of gratitude in return. (Let's face it, nothing can place a guilt-trip as artfully as a mother's look!)

Although the art of etiquette has changed over the years, it is still often expected at these holiday gatherings. It is not just a code of polite behavior, but a demonstration of respect. So, how does one keep decorum and hold to one's convictions in regards to the one thing that is presented at nearly every social event: food? Mmmm, hold that thought.

On the other side of the fence, I have noticed that people, who know we eat organic food but don't really know us, tend to act with some measure of uncertainty

around us whenever food is introduced. Some seem to fear that we will be insulted if they offer their food because it is not our "kind of food" or that they will be insulted with an imagined we-only-eat-organic-foods snobbery. Some believe that *everything* we eat is unusual; they expect to see only carrot juice and sprouts—*yummy!* I will never forget the look on the face of a new friend when she saw my daughter eating an organic version of a peanut butter (actually almond butter) and jelly (whole fruit spread) sandwich, as she was surprised that organic foods also could look like "regular food." Her daughter tasted it and was surprised it tasted the same as her own PB&J.

At times, bringing our own food has given us the opportunity to educate people about the benefits of organic foods, as well as where they can buy them. It also gives us a chance to create awareness of other preventative techniques previously unknown to them. If done properly, in the spirit of love and with the heart of a teacher, people will relax and may learn beneficial information. (However, it has been my experience that family members are typically not as open to other family members diverting from how they were raised, unless they are particularly health minded.)

Back to that pending question, I don't know that I have the answer of how to correctly handle every situation. It would be quite different if the food being offered caused an allergic reaction, so we are understandably excused,

but for us, it is a matter of preference. So, I make organic dishes to share, or bring my own food when it is polite to do so. On the rare occasions when neither are an option, out of respect for my host and the comfort of new acquaintances, I take advantage of a rare opportunity to enjoy other people's diversity. After all, these are rare occurrences and the holidays are about enjoying each other in the spirit of love! (I also set aside time in January to do a detoxifying cleanse and/or a fast.)

Enjoy each other in love for the holidays.

Linda Townsend of BioHarmonics Research can be contacted at ceisa@bellsouth.net.

HELP WANTED NOW HIRING!

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for the **supplement department,**
front end, and Café.

See page 3 for details on our
Rewards for Referrals program.

Protection Against the Unnatural Norm

By Don Bennett, DAS

Animals in Nature don't need an instruction book to know how to live so that they can be vibrantly healthy. Their health is a product of their environment, and since they don't have free-will, their instincts will guide them accordingly. So as long as they remain in their biological "eco-niche" and get enough to eat without being eaten, barring accidents (and human intervention), they'll most likely live out their longevity potentials in reasonably robust health.

However, when you take an animal out of its natural environment and place it in an unnatural environment, all bets are off; his hardwired instincts will be of little help. Look at what happens when other animal species live in our society. They no longer get to eat what they would in Nature. Very often, their ability to be physically active is hampered and there may be some stress associated with not being able to roam as they would in their natural habitat. The end result is, they're not as healthy as they could be. One only needs to look at the abundance of animal hospitals, veterinarians, and services (one that automatically mails your pet's medications to you on a monthly basis), to see that domesticated animals suffer from many of the same diseases we do . . . diseases they would not suffer from in the wild.

One day, while endeavoring to get as far back to Nature as I could, I happened upon this sign posted in Red Top Mountain State Park here in Georgia, "*Please do not feed the deer. They are wild animals, not pets or domestic animals, and they experience problems when they are given foods that they would not encounter in nature.*" In a sense, today's human beings are not unlike the domesticated animals we live with; we no longer roam the great outdoors, finding our food where it grows, and getting plenty of physical activity, fresh air, clean water, and sunshine in the process. But,

that's what we're designed to do! So unless we find a way to approximate that behavior in our current culture, "bio-logic" dictates that our health will suffer accordingly. And, the consequence of our living in an unnatural environment is evidenced by today's ever increasing ill-health (despite what you might hear to the contrary).

Humans are a very programmable species. Unlike other animals, we don't come into this world knowing what we need to do to survive. If our parents abandoned us at birth, and we were left to fend for ourselves, we'd be goners. We need to be raised; to be patterned. We learn by observing the actions of others and mimicking what we observe. This serves us well when what we experience is health-enhancing behavior. But if the programming we receive from our parents, peers, and the media cultivates habits within us that erode the vibrant health we were born with and promote ill-health as we age, then we truly need a "maintenance manual" if we want to be able to take advantage of our health potential.

What we really need to be healthy is a healthy dose of reality. Just keep in mind that it may be hard to swallow because of how you've been conditioned. Life Grocery's book department is filled with many genuine gems of information, books that you're not likely to find in mainstream retail bookstores. Just as you would partake of the health-enhancing organic fruits and vegetables in their produce department, so too should you avail yourself of the enlightening material those bookshelves have to offer.

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 in the book department at Life Grocery at a 20% discount. Visit health101.org/book for details.

General vs. Specific Physical Fitness

By Brian Murray, Founder of mPower

If you want to be a good marathoner, you must train by running. If you want to swim the 50-meter freestyle well, you must train by swimming. This is true for any activity you wish to perform well. However, displaying a high level of physical fitness as a marathoner will not ensure a high level of physical fitness as a 50-meter freestyle swimmer or vice versa. Research has repeatedly shown that adaptations to a particular activity are specific to that activity and do not transfer well to other activities. This has important implications for your general physical fitness.

Physical fitness means that your body is adapted, adjusted, or qualified for a particular purpose, function, or situation. Each day your body must function in a variety of situations, serving various purposes. This means a certain degree of physical fitness is required to do everything from getting out of bed to carrying grocery bags up a flight of stairs.

The common denominator of each day is movement. Your body must move in order for you to accomplish your daily tasks. If your body could not move, you wouldn't be physically fit to do anything. Muscles are responsible for every movement you make. Therefore, the strength of your muscles determines your physical fitness for everything you do.

Exercise recommendations place heavy emphasis on cardiovascular fitness. This has lead many people to make walking, running, swimming, and biking the cornerstone of their fitness program. These activities will provide a limited degree of strength improvement that is specific to the particular activity. This strength


will not transfer well, for example, to unscrewing the lid off a new jar of peanut butter, rearranging the living room furniture, or picking up your grandchild. In other words, a daily 4-mile run improves physical fitness specifically for running four miles.

Less emphasis is placed on developing muscular strength. Remember that muscles are responsible for all movement. A stronger muscle improves movement capability. Strong muscles can be applied to every movement you make and will make every movement easier, even movement during walking, running, swimming, and biking. By improving total-body muscle strength, your body immediately becomes more qualified to function in any situation. Therefore, general, as well as specific, physical fitness is improved.

Brian Murray is the founder of mPower, home of the once-a-week no sweat, brief workout that will change your life. To learn more please visit www.strengthforlife.net, then call 404.459.0270 to reserve your consultation appointment.

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The Life Line
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11 am-6 pm

Café

11 am-7:30 pm
12-5 pm

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

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

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: Betty Bearden, Don Bennett, Kay Bird, Dr. Brenda Cobb, Dr. Joe Esposito, Jenya Hampton, Ronnie B. Hudson, Jewlie Kinnan, Brian Murray, Kim Strickland, Ashley Thomas, 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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The Three Things You Must Have for Good Health

Part 2 of 2

By Dr. Joe Esposito, DC

So far in this series, we have discussed the importance of a normally functioning nervous system and a normally functioning digestive system. The last part of our “trilogy of health” is good nutrition. When it comes to nutrition, it is just as important to avoid certain things as it is to eat certain things. The *Seven Deadly Sins of Nutrition* (the foods to limit, or, better yet, avoid all together) are alcohol, meat, sugar, dairy, coffee, soda, and artificial sweeteners. The following is a VERY brief reasoning as to why these are so bad. There are several “evil runner ups,” such as gluten, food additives, dyes, chemicals, and a host of others, but in order to keep this simple, we will cover the big seven.

Alcohol destroys brain cells. Your brain controls everything. Destroy even one brain cell and your body cannot function at its peak ability. There are also additives to certain alcohols, such as sulfites in wine and formaldehyde in some beers that have other damaging effects. Alcohol is also a diuretic, which will dehydrate you. (See Part 1 of this article in the September/October issue of *The Life Line* for more information on dehydration.)

Meat is very difficult to digest and uses up large amounts of energy to try to break it down. The older we get, the harder it is to even partially break down meat. This includes chicken and fish. (Yes, chicken is meat...Have you ever seen a chicken tree?) Most commercial meats are loaded with steroids, chemicals, hormones, antibiotics, pesticides, herbicides, and tranquilizers, all of which have adverse health side effects. Meat is also a strong acid, and your body will use up its calcium stores, along with other alkaline minerals, to neutralize the acids from meat. We need

calcium for normal nerve and muscle function, as well as strong bones and teeth. If you are going to eat meat, be sure to eat organic meat.

Processed sugar will weaken the immune system, rob the body of vital nutrients, give you unnecessary calories, lead to weight gain, rot your teeth, create an abnormal reaction in certain chemicals in your brain (that's why we crave sugar), stress your pancreas and adrenal glands, and affect your blood flow. Do you get the idea that sugar is not good for you?

Coffee is loaded with caffeine, which speeds up your nervous system and will eventually cause the nervous system to wear out. Your nervous system controls everything, so if it is not working properly, you cannot experience normal health. Coffee has other chemicals similar to caffeine which act similarly to caffeine. It is a strong acid and will rob your body of calcium and other alkalizing minerals in order to neutralize the acid. One cup of regular commercial coffee will give you more synthetic pesticides than if you ate non-organic fruits and vegetables for an entire year!

Soda is loaded with sugar (see above) or artificial sweetener (see below). There is about one teaspoon of sugar in one ounce of soda! Cola sodas have an additional ingredient called phosphoric acid, which is a very strong acid that will rob your body of calcium and other alkalizing minerals. In fact, cola sodas are so strong that they can eat through car paint. (Don't try this on your car; trust me on this!)

Artificial sweeteners are the worst of all the seven deadly sins of nutrition. There are 92 official, recognized side effects of artificial sweeteners, especially

aspartame (the blue packet). From headaches to death, all of the side effects are not fun. Studies suggest that aspartame will lower your serotonin levels. Serotonin, as you might recall from the first part of this article, is a mood enhancer... it makes you feel good. Other studies link it to brain tumors. Sucralose (the yellow packet) has been linked to affecting your estrogen levels. Just because it is made from sugar, does not mean it is any healthier than artificial sweeteners and, in fact, it is a whole lot worse than regular sugar. For more information on artificial sweeteners, especially aspartame, go to dorway.com. [This website offers about 800 web pages of solid, time-tested documentation about aspartame.]

So, now you know what it takes to get well and stay well. There are many other factors that play into your health as well, such as exercise (which is good if all the bones are straight, but can cause problems if the bones are out of alignment), genetics, environment, and happiness level. Although there are several other factors, for now I wanted to give you the nuts and bolts that you need to start to get well and stay well.

Dr. Joe Esposito is a chiropractor, licensed dietician, author, and the director of Health Plus Chiropractic Center. He is committed to making healthy living commonplace. If you would like more information or would like to speak to him personally, please call me at 770-427-7387. Mention Life Grocery when you call, and get a free exam, consultation, two x-rays, and doctor's report of findings.

life bits

By Kay Bird

Free Water Saving Devices and Tips

Cobb Water System is offering a free 10-piece retro fitting kit (contains a low-flow shower head, a kitchen faucet aerator, two bath faucet aerators, two toilet water displacement devices, and leak detection devices). Combined with other water-saving tips, the Water Efficiency Program is resulting in a decrease of household water usage by about 30%.

If you are not a customer of the Cobb Water System, call the customer service number on your water bill and ask if they offer the free retro fitting kit. If not, request that they begin the program, which is subsidized and made available to all Georgia water providers.

In the meantime, increase your water awareness and reduce your water consumption:

- At restaurants, tell your server not to give you water, unless you want it.
- Install your own low-flow faucet aerators and shower heads. These are inexpensive and can save as much as 15-20% of indoor water. At www.realgoods.com do a search for *Lowest Flow Showerhead* (item #46104, \$12), which delivers a vigorous spray pattern for a truly satisfying shower. It has a built in soap-up valve that allows you to temporarily shut off the water and keep the same temperature balance. Maximum flow is 2.25 gpm (gallons per minute) at 80 psi (pounds per square inch), 1.3 gpm is about average for most folks. *Lowest Flow Showerhead* cuts water use by 50% to 70%. It's o-ringed and threaded together for easy cleaning of the stainless steel diffuser when the spray pattern gets erratic and fits a standard 1/2" pipe thread. There is a 10-year manufacturer's guarantee.
- Cut your showering time in half. This can save a substantial amount of water.

- Put a couple of buckets in your shower to catch both the pre-heated water and your bathing water, using a non-toxic soap. Use the water on plants or to flush the toilet by quickly pouring a whole bucket full into the toilet bowl.
- Turn the water off when doing simple things, such as brushing teeth, shaving, and washing your face.
- Instead of running the faucet waiting for your drinking water to get cool, keep a pitcher of water in the refrigerator.
- When using the dishwasher or washing machine, make sure you have a full load.
- If washing dishes by hand, do it the old-fashioned way and use a dishpan for washing and another dishpan for rinsing. Use a natural, biodegradable soap, so you can use the dishwater on plants.
- Fill a half-gallon jug with water and place it in your toilet tank, making sure your flapper can clear the jug. This saves with every flush.
- Check for leaks, and if detected, fix them quickly. Even a small leak can waste thousands of gallons of water. To check toilets, place a few drops of food coloring in the toilet tank; wait 10-15 minutes without flushing. Check the bowl, and if any color is in the bowl, you have a leak. Most toilet leaks are from faulty flappers. Visit www.toiletflapper.org for information on replacement flappers and tips on repairs.

Next time, I will share with you my awareness of my own bad habits of excessive water use and what I do differently. If you have discovered a unique way to save water, please email me at KayLBird@msn.com and put “water tip” in the subject line.

Life Grocery's Rewards for Referrals Program

Refer a job seeker who you personally know and would personally recommend to Life Grocery/Café Life and if s/he is hired, you will receive a Life Grocery gift certificate for:

\$10 upon their hire
\$15 after they work 45 days
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Applicants must

Have a great work ethic, enjoy working with people, have great communication skills, be customer service oriented, be a team player, be eager to work, be self motivated, be punctual, be friendly, be reliable, be hard-working, be the type of employee you would want to assist you at Life Grocery and Café Life.

- Experience, interest in natural foods, and flexible availability a plus.
- Must have reliable transportation.
- Café applicants must also enjoy serving, cooking, and working with food.
- Commercial kitchen experience a plus for Café applicants.

*Please advise anyone who you refer that they must put your name and current phone number on the employment application, as the person referred by, in order for you to be rewarded if they are hired.

Aromatherapy

By Kim Strickland, ND

Did you ever wonder what aromatherapy is and how to use it? Aromatherapy is the use of selected fragrant substances in lotions and inhalants in an effort to affect mood and promote health. Aromatherapy acts in harmony with the patient by awakening and strengthening vital energies and the self-healing capacities inherent within each cell. They can affect the brain directly, thus explaining why they have been used effectively to help with depression, stress, insomnia, anxiety, and moods. It works well in conjunction with other therapies, such as Bach Flower therapy, massage, and chemotherapy. Do not, however, use while using homeopathics, as they tend to cancel each other out.

The human nose can detect a fragrance that is diluted to one molecule per ten thousand billion air molecules! Penetrating through the skin, essential oils circulate to the organs. The lungs and kidneys excrete the oils. When properly administered, essential oils have no harmful side effects. Let this be an invitation to delight your senses, lighten your heart, and become aware of the beauty that is all around you, from roses to orange blossoms to cinnamon, honeysuckle, and rosemary. The essential oils and diffusers are located outside the supplement department at Life Grocery.

A great quantity of original plant material is necessary to produce a little essential oil or the “soul of the plant.” They are not true oils, as they are volatile, meaning they evaporate without leaving a mark. With various instruments, the high frequency of the energy field can be measured. Essential oils within plants attract beneficial insects, scare away harmful ones, and provide protection from fungus and extreme temperatures. They are found on the flower, leaves, roots, resin, bark, skin, and in the seeds.

The olfactory epithelium, located inside the nose, consists of about 10 million nerve cells, which are regenerated about once a month. It is here, and only here, that the central nervous system comes in direct contact with the environment. The sense of smell, one of our earliest senses, belongs to the limbic system. Neurotransmitters, such as endorphins and serotonin, are released due to stimuli from odors. We all know how quickly a particular smell can engender strong emotions and feelings . . . apple pie baking at Grandma’s, fresh cut grass, sour milk, vine ripened tomatoes.

Aromatherapy has been around for at least 6000 years. Many ancient cultures, such as the Chinese, Romans, Greeks, and Egyptians, used oils for ceremonies, baths, and embalming. It is thought that the Egyptians coined the term *perfume*, from the Latin *per fumum* which translates as “through the smoke.” A major event for the distillation of essential oils came with the invention of a coiled cooling pipe in the 11th century. A Persian invented a coiled pipe, which allowed the plant vapor and steam to cool down more effectively than previous distillers that used a straight cooling pipe.

The modern era of aromatherapy was birthed in 1937, when Gattefossé wrote a book called *Aromathérapie: Les Huiles essentielles hormones végétales* that was later translated into English and named Gattefossé’s Aromatherapy. He was fascinated by the benefits of lavender oil in healing his burned hand without leaving any scars. During WWII, the French army surgeon Dr. Jean Valnet used essential oils as antiseptics. Madam Marguerite Maury, a biochemist, avidly studied, practiced, and taught the use of aromatherapy and is credited with the modern use of combining essential oils with massage. Robert B. Tisserand, an English aromatherapist, is responsible for being one of the first individuals to bring knowledge and education of aromatherapy to English speaking nations.

The beauty of aromatherapy is how simple it is to use. There is no great skill required to begin. Choose a fragrance you like and add it to a bath, massage oil, or in a burning candle. You will most likely notice a change in how you feel within a few minutes. Applications and a therapeutic index are listed below.

Application Index

- Air freshener spray: Dilute 20 drops per ½ c of water.
- Aroma lamps: These can be purchased and come in many forms, such as plug-ins or ceramic rings. They produce a subtle aroma.
- Gargle/mouthwash: Dilute 1-4 drops per ½ c of water.
- Humidifiers: This is particularly wonderful during a healing crisis, such as a cold. Try using eucalyptus, thyme, lavender, or tea tree oil.
- Steam baths: Add 3-5 drops into a large bowl of hot water. Cover your head with a towel, close your eyes, and breathe deeply for about 5 minutes.
- Compresses: Immerse a towel into hot water that has a few drops of essential oil added. Apply to the body. Do not use with open skin or broken vessels.
- Baths: Place a few drops on sea salt and add to bath water to detoxify the body. To cleanse and soften the body, mix oatmeal with a fragrance.
- Massage oils: Combine a few drops of essential oils in a fatty oil such as almond, jojoba, coconut, or olive oil.

Therapeutic Index

- Allergies: Chamomile, balm, rose
- Anorexia: Bergamot, grapefruit, vetiver
- Anxiety: Angelica, bergamot, jasmine, sandalwood, ylang-ylang, cedar, basil, cinnamon
- Asthma: Eucalyptus, lavender, rosemary, hyssop, lemon
- Cough: Thyme, hyssop, aniseed, fennel
- Depression – Chamomile, clary sage, lavender, ylang-ylang
- Diarrhea: Neroli, sandalwood, cypress, clover
- Digestion: Angelica, mint, orange, peppermint, tarragon
- Fatigue: Geranium, juniper, lavender, neroli, rosemary
- Gastritis: Chamomile, sandalwood, yarrow
- Headache: Lavender, balm, ginger, clary, peppermint, yarrow
- Insomnia: Rose, lavender, rosewood
- Kidney:
Infections: Eucalyptus, yarrow
Strengthening: Orange, juniper, sandalwood, yarrow
- Liver:
Stagnation: Balm mint, rosemary
Hepatitis: Lavender

Weakness: Balm, mint

- Menopause: Sage, balm, clary sage, cypress, geranium
- Menstruation:
Missed periods: Clary sage, basil, oregano, thyme, vanilla, cinnamon
Heavy: Cypress, fennel, nutmeg
Painful: Bergamot, clary, coriander, cinnamon, yarrow
Irregular: Balm, rose, tarragon, fennel, oregano
- Muscles: Rosemary, Swiss pine, birch, ginger, nutmeg, eucalyptus
- Room disinfectant: Eucalyptus, lemon, tea tree, thyme
- Shock: Mint, camphor, coriander
- Sinusitis: Angelica, sandalwood, Swiss pine, frankincense
- Stress: Clary sage, jasmine, lavender, marigold, neroli, vetiver
- Throat pain: Bergamot, niaouli, cajeput, lemon
- Varicose veins: Yarrow, cypress, lemon, juniper
- Vomiting: Mint, dill, angelica

Essential oils and diffusers are available at Life Grocery. Look for labels that say 100% pure essential. Many products on the market that say aromatherapy are made with artificial fragrances, so be sure to read the labels.

Resources:

Fischer-Rizzi, Susanne. *Complete Aromatherapy Handbook*. 1990, Sterling Publishing Co.
Gursche, Siegfried, MH. Rona, Zoltan, MD, MSc. *Encyclopedia of Natural Healing*. 1998, Natural Life Publishing, Inc.
www.holisticonline.com
www.aromaweb.com

Kim Strickland earned a Doctorate of Natural Health from Clayton College in 2005. She is currently a stay-at-home mother to her two sons. Email her at mkstrickland@bellsouth.net or call 770-218-3952. For further information visit www.naturallivingresource.com.

To receive a daily email with Store Events, Sales, and Café Life Highlights, click on “contact us” at www.lifegrocery.com and provide your name, email address, and the words “subscribe to daily email” in the message space.

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Cell-Nique

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- Evolve Tropical Fruit Drink

Country Life

- Go Less For Men and Women
- Estro-G Balance For Women
- Varico Vein For Men and Women

Greens Plus

- Omega Chia Seed Powder

Lifetime

- UriActive 32 oz
- Resveratol 32 oz

Maca Magic

- Maca Powder 200GM

Natural Factors

- PGX Slimstyles
- Stress & Relax Sensoril
- Pharma Gaba

Nature's Pearl

- Muscadine White Grape Juice
- Muscadine Red Grape Juice

Nature's Plus

- Triple Strength Glucosamine Chondroitin MSM
- Animal Parade Child Fruit & Veggie Chews

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New Chapter

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Solaray

- Wheat Grass 2 oz Liquid
- Wheat Grass Juice Liquid Extract

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- Kids Hand Wash
- Kids Body Wash
- Kids Shampoo
- Kids Bubble Bath

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- Himalayan Salt Lamp

Aroma Land

- Aromatherapy Diffuser Kits

Aroma Naturals

- Pillar Candles
- Large Tin Soy Candles

Aura Cacia

- Renewing Rose Gift Set
- Relaxing Lavender Gift Set

Blue Trumpet

- Natural Shell Tea Light Holders

Burt's Bees

- Suds & Softening Caddy Gift Set
- Too Cute to Bear
- Overnight Bee-uty Bag

Himalayan Salt Dreams

- Tea Light Holder

Jason

- Apple Spice Gift Set
- Orange Cranberry Gift Set
- Cinnamon & Honey Gift Set

Enjoying Winter in the Raw

By Chef Jenya Hampton

The leaves outside are turning from lush green to beautiful jewel tones. The constant droning of the air conditioner has been replaced by the opened windows that let in the fresh autumnal air. The excitement of the upcoming holiday season is in the air. I love this time of year, however, this is also the time of year most often cited as the reason people give up on their raw food lifestyle. The weather is colder, the nights are longer, and we tend to gravitate to warm, richly satisfying comfort foods instead of cold salads and a few still available seasonal fruits. Additionally, that wonderful weight loss that accompanies the raw food diet makes it harder to stay warm. So how does one continue with a healthy way of eating that is raw and at the same time not feel compromised? It's really not difficult once you know how.

Raw food means unprocessed, unrefined whole food, the way nature intended it; it does not, however, mean cold food. The micronutrients, such as water-soluble vitamins and minerals, are destroyed at temperatures above 125°; the macronutrients are destroyed or damaged at temperatures of 135° to 140°. The most sensitive of all the micronutrients are the enzymes, which help us with every function in the body including digestion; they are destroyed at temperatures of 115°. Our body temperature is 98.6°. So, it stands to reason that anything above this temperature will feel warm to us. Think about it, when was the last time you drank or ate something piping hot without first cooling it off either by blowing on it or letting it stand for a few minutes? We cannot consume boiling hot food, so food that is 105° to 110° is plenty warm and satisfying. Fortunately, there are many ways to warm your raw food without destroying or damaging the nutritional benefits.

If you have a dehydrator, 20 minutes at 115° will warm most of your dishes nicely. If you do not have a dehydrator, you can warm your food on top of the stove

on the lowest heat setting until it is warm to the touch. If you do not trust your fingers, buy an inexpensive thermometer. You may also use the oven, once it has been warmed on a preheat setting and turned off. Place your dish in the oven and let stand for 15–30 minutes. Soups can be warmed on the stove or in a high speed blender by processing them until warm to the touch. Warming your soups through the methods described above, in addition to adding warming spices such as cinnamon, allspice, cayenne, nutmeg, cardamom, and pepper, when possible, will give the sensation of warmth to the body.

Another way to stay warm is to consume more warm liquids. Warm drinks that are heated to 115° will retain the nutritional benefits while satisfying the craving for warmth. If you like Chai Tea, try Celestial Seasonings Bengal Spice, which is one of my favorites. Drink it straight or add it to some warm almond milk with just a touch of agave; you may never want a commercially produced version again.

Delicious spicy hot chocolate combines warming spices and amazing beneficial qualities of raw chocolate, along with a great satisfying taste.

Spicy Hot Chocolate

Makes 2-4 servings

4 tablespoons of raw cacao powder
2 tablespoons of raw agave nectar
¼ teaspoon of cayenne pepper
pinch of nutmeg and cinnamon
2 cups of raw almond milk

- Place all ingredients in high speed blender and process until warm and frothy.

If you don't like spicy, just eliminate the cayenne pepper. If you don't have a high speed blender, warm the mixture in a pan and whisk until it is warm to the touch or warm and then process in a regular blender.

Preplan your menu a day in advance. This will allow you to take the produce for your recipes out of the refrigerator the night before and bring them to room temperature. You can do this with salads and all vegetable side dishes that do not require blending. If you are unable to preplan the night before, then take the ingredients out of the refrigerator at least an hour before you prepare them. This will bring them to room temperature, reducing the cold shock to the body's system.

During the colder months our bodies use more calories to keep us warm and energized. Therefore, our caloric intake should go up too, either by increasing the quantity of the food we are consuming or by increasing the caloric density by eating foods with higher fat content such as nuts, avocados, and omega rich oils added to salads and soups. And, yes, this is the time of year to keep a few tasty goodies on hand like decadently rich chocolate mousse, pumpkin or apple pie, and rich crumbly brownies. Familiar desserts will not only satisfy the sweet tooth, they will also satisfy you on an emotional level, as well as increase the caloric intake in a healthy nutritious way. If you are concerned about weight gain, focus on balancing the increase of consumed calories from more frequent low fat sources such as smoothies, soups, and salads with the more calorie dense dishes. Keep a steady supply of nut butters, raw nut cheeses, raw crackers, and cut up vegetables on hand as snacks to fill in the hunger pangs between the meals, as well as to keep you warm and your energy high.

And last but not least, make sure to get in some vigorous exercise. It is proven to be one of the best ways to stay warm. Have a warm, healthy, and delicious holiday season!

For more tips, recipes, and a schedule of upcoming classes from Chef Jenya, visit her website at www.essentialenergycuisine.com. You may subscribe to her newsletter at her website as well.

Raw and Living Food for the Holidays

By Dr. Brenda Cobb

When planning your holiday parties, include some delicious and nutritious raw and living food recipes using healthy organic fruits, vegetables, nuts, and seeds. You won't need a stove or an oven because none of your recipes need to be cooked. How much easier can it get?

A veggie tray with a creamy dip, a yummy warm soup blended in the Vita-Mix, and chewy cookies will bring great taste to any gathering. Raw and living food recipes will nourish you at a cellular level so you'll be eating delicious tasting food with none of the guilt.

Dehydrate cookies at 95° and you'll preserve all the enzymes, vitamins, and minerals to satisfy your body's requirements. Your family will be begging for more when they taste your no bake cookies. Raw

desserts never fail to wow even the most discriminating of tastes. When you go to other people's parties, look for the raw dishes and eat them first. Many buffets will have salads, raw veggies, and fresh fruit. When you're eating something cooked, eat something raw with it.

Don't overeat! Whether raw or cooked, if you eat too much food you will feel tired and bloated. Moderation is the key. You can enjoy most any of your favorite foods if you just have a bite or two. Start wherever you are and do the best you can. Any raw and living food that you add into your diet will benefit you. If you do eat something that you know isn't particularly good for you, don't beat up on yourself. Just get right back on track the next day. Most of all enjoy the holidays and enjoy your healthy food! You'll be so glad you made wise

food choices when after the holidays are over you don't have five extra pounds to get rid of. Make this holiday season a healthy and delicious one!

Brenda Cobb is founder of The Living Foods Institute and author of "The Living Foods Lifestyle®" and "101 Raw and Living Food Recipes." She teaches a 10-Day Healthy Lifestyle Raw and Living Food Course at Living Foods Institute. To receive a scholarship for 1/2 your tuition for any of the 2008 classes, contact her center by December 31, 2007 and mention Life Grocery. Call 404-524-4488 or 800-844-9876 or visit www.livingfoodsinstitute.com.

Quick & Easy Holiday Recipes for Better Health

By Dr. Brenda Cobb

Remember to always use ORGANIC ingredients!

Figgy Apple Nut Cookies

2 c black mission dried figs
2 c medjool dates
2 c almond
1 t cinnamon
4 apples

- Pit the dates and soak them overnight with the figs in a glass jar with 6 cups filtered water.
- Soak almonds in a separate glass jar in 5 cups filtered water overnight.
- Core and seed the apples. Put into the food processor and chop into bite size pieces. Take out and put in a bowl.
- Drain the almonds. Chop them in the processor and set to the side.
- Drain the dates and figs. Combine them in the processor and blend into a creamy pudding.
- Combine the pudding with the other ingredients.
- Place 1 tablespoon of mixture for each cookie on the dehydrator sheet. Pat into a cookie shape.
- Dehydrate at 95° overnight. The longer you dehydrate them, the firmer the cookies will become.

Red Pepper Cheese Dip

2 c raw cashews
3 cloves garlic
1 T fresh lemon juice
1 T chickpea miso
1 T raw tahini

1 c red bell pepper
pinch cayenne pepper

- Soak cashews overnight in a large container filled to the top with water. Drain.
- Put the garlic in the food processor first and chop.
- Add the rest of the ingredients and blend. Continue blending until it is really creamy with no lumps.
- Serve with raw vegetables.

Spicy Sweet Potato Soup

4 c sweet potatoes
1 c celery
1 t garlic
1 t fresh lemon juice
1/2 t Celtic sea salt
pinch cayenne pepper
1/4 t cinnamon
4 pitted medjool dates
3-4 c of filtered water

- Put all the ingredients in a Vita-Mix Blender and blend until creamy. (With a Vita-Mix, you can continue to blend until the soup is warm. As long as you can hold your index finger in the mixture for 30 seconds without burning, you have not heated so high as to destroy the enzymes.)
- If you do not want a spicy soup, just leave out the pepper and cut down on the garlic.

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Beans, Beans, Good for Your Heart . . .

By Betty Bearden

Now that I have your undivided attention. . .

Beans, glorious beans! Ah yes, the musical, magical fruit, but did you know they are actually a nutritional fruit? The cowboys had the right idea, although imagine being around that chuck wagon campfire after dinnertime. No thank you!

Beans, also known as legumes, contain the following: potassium, folate, iron, magnesium, and protein. True, the protein found in beans is incomplete, but when combined with certain grains such as rice, you have a super food on your hands and in your stomach!

In fact, when beans are paired with rice, this creates a thread of nine essential amino acids: (isoleucine, leucine, lysine, threonine, tryptophan, methionine, histidine, valine, and phenylalanine). Proteins found in beans and grains have opposite strengths and weaknesses, so when combined, they complete each other. Pretty cool, huh?

Being vegetarian has its challenges when it comes to eating a healthy, balanced diet, but when beans and rice are consumed within the same day, your body receives the complete protein and complex carbohydrates it needs without receiving cholesterol or saturated fat. In fact, consuming beans on a regular basis actually helps to lower your LDL (bad) cholesterol because of all that great fiber. So it really is true, beans *are* good for your heart. For my money, this equates to: beans+rice=who needs the stinking meat?

Yes, there is one small problem with beans, and we all know what that is, but when beans are introduced to our diets on a regular basis, our digestive systems become accustomed and will adjust. I wouldn't advise eating two cups a day at first; slowly adding them to your diet is certainly best.

Soaking beans overnight can help. After they have had a good soak, discard the water, rinse them, add fresh water, and cook according to package directions. There are also products available at Life Grocery you can purchase such as *Say Yes to Beans*, which will definitely help. Check out Life Grocery's bulk food section, and you will find a wealth of just about any bean imaginable and grains to boot!

On the other hand, if you are trying to ante up on your protein, there *is* one perfect food out there just waiting for you. As a regular reader of *The Life Line* (and if you aren't, shame on you) you had to see this coming! Of course, that perfect food is tofu.

Around my house, I am known as "The Tofu Queen," which is the "darling" little title that my husband, Steven, affectionately gave me years ago. Don't laugh! "I might not be a smart person, Jen-NAY, but I do know what tofu is."

For one thing, tofu is made from the soybean. The soybean contains *complete* protein. It is the only bean that does. Do you understand what that means to vegetarians or to people who simply want to cut back on the amount of red meat or poultry that they eat each day?

It is complete protein, but better protein than that of meat, dairy products, or poultry. Better because, just as with ordinary beans, tofu does not contain cholesterol or saturated fat, as meat and dairy products can. The reason I point this out to you is that I realize many of you will never give tofu a fair chance, but practically all of us eat beans. However, tofu is much easier to digest than regular beans, due to the way in which it is processed, so this is definitely something to keep in mind while trying to decide.

So now that you have learned how to incorporate a little more complete protein into your diet each day, I hope you will want to learn more about tofu. You will find a delicious and easy way to get started with the recipe that follows.

Remember, whether you pair tofu with rice; beans with rice; beans with whole grain bread; peanut butter and whole grain toast; or tofu stir-fry served over rice, you can't go wrong with the balanced nutritional content from these pairings.

Enjoy the chili recipe, as it will leave you happy, warm, and nourished during these cold days of winter. Have a happy and safe holiday season!

Easy Chili With Tofu (and or Beans)

3 T extra virgin olive oil
1 15.5 oz can black beans, drained and rinsed
1 28 oz can diced stewed tomatoes, undrained
2 cans vegetable broth
1 container of extra-firm tofu, cut into small cubes
1 large onion, sliced
2 cloves garlic, minced
1 large bell pepper—any color, diced
1 t crushed red pepper
1 T chili powder
1 T red wine vinegar
1 T cumin
1 T cilantro
¼ c honey
1 T tomato paste
1 c water

- Place olive oil in a large pot and sauté tofu, onions, and bell pepper on medium-high heat for about 7 minutes.
- Add garlic and sauté for about 3 minutes longer, careful not to burn garlic.
- Add all remaining ingredients and simmer for about one hour.
- To serve: Drop a heaping teaspoon of sour cream on top and sprinkle with cheddar cheese. To balance this protein packed meal, serve with whole grain crackers.

If you choose not to use tofu, just add an extra can of beans, but if you do, then please remember to take your Say Yes to Beans! Dig in and enjoy!

Resources:

The Book of Tofu, Ballantine Books; William Shurtleff and Akiko Aoyagi
<http://www.hsph.harvard.edu/nutritionsource/protein.html>

Betty Bearden is a writer and author of a self-published cookbook, Normal People, Eat Tofu, Too. She has worked as a volunteer chef, a cooking instructor and a reporter for The Paulding Neighbor Newspaper. You can reach her at bbearden@joimail.com.

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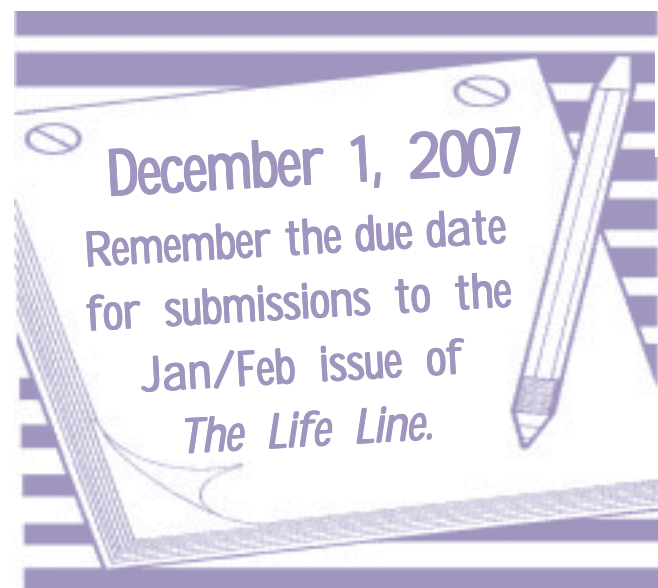
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Everyone Needs a Mentor

By Nisla C. Whetstone, L.M.T., Gluten Free Lifestyle Coach, and Amateur Chef

I really struggled with what to write about this month, as I’ve talked about most of the important issues of living with Celiac Disease and the Gluten Free Diet already. Sure, I can always revisit old articles and rewrite them with new information. But, I kept coming back to this theme. . . mentors. When it comes to living—and I mean truly living—the gluten free lifestyle, we can’t do this alone. We all need mentors. I’m sure many of you are familiar with my mentor, Dr. Joe Esposito. I truly believe this man helped save my life. At the very least, he saved my sanity by showing me what I can eat and teaching me to focus on that, not on what I can’t eat.

I first met Dr. Joe Esposito at Life Grocery, right after I was diagnosed with Celiac Disease. After crying my eye out to Ellen, your lovely grocery manager, she showed me a few great gluten free products I could have and gave me a cookie to eat. Then, she turned me over to Dr. Joe, who just happened to be in the store shopping at that moment. I cried to Dr. Joe and said my life was over since I could no longer eat the foods that I craved. He calmly reassured me that all was not lost and that I could still enjoy delicious foods and eat healthy. If you haven’t read his book, *Eating Right, For the Health of It*, you really should. It’s available in the book section at Life Grocery.

It’s funny because at the time I was working for another chiropractor and I really thought that I was doing everything I could, but without a mentor, I wasn’t doing so well. I started spending a lot more time in Life Grocery, learning how to read labels and learning about different products and alternative grains to gluten. Fortune was smiling on me, as Dr. Joe likes to spend his lunch hours here, as well, and I started running into him on a regular basis. I took the opportunity to pick his brain and learn everything I possibly could. Eventually he asked me to come to work with him! How’s that for fate?

Now, why do you need a mentor? We all need mentors. We can’t do this by ourselves. Well, we probably could, but it’s so much easier when you have the support of someone knowledgeable on your side to help you through the tough times. I’m trying to “pay it forward” by helping all of you through these articles. I am available to provide personal coaching services as well. Please contact me for details. I would also like to recommend that if you have not already met Dr. Joe, please consider calling his office for an appointment and please tell them that I sent you!

I would like to share a few of my favorite recipes from Dr. Joe’s book. (Thank you Dr. Joe!)

Sun Dried Tomato Pesto
(This is my absolute favorite; I’m addicted to it!)
1/3 c pine nuts
1 T garlic, chopped
1/3 c fresh cilantro, packed leaves, chopped
1/3 c fresh basil, packed leaves, chopped
1 T lemon juice
1 c tomatoes, chopped
or ½ cup sun dried tomatoes in oil
½ t sea salt
½ c olive oil (preferably extra virgin, optional)
12-16 oz wheat free pasta (my favorites are Tinkyada and Dr. Schaar’s)

- Prepare pasta as directed on the box.
- Put all of the ingredients, except the tomatoes, into a food processor, and pulse chop several times. Stop to scrape down the sides and repeat.
- Add the tomatoes and continue to pulse chop until just blended.
- Keep a texture to the pesto, it should not be a puree. Chill or serve over rice or pasta, or use as a vegetable dip.

Note: Light or medium toasting of the pine nuts will add much flavor.

Sautéed Spinach and Shiitake Mushrooms Over Rice or Pasta *(I make this quite frequently)*
3 T olive oil
2 cloves garlic, minced
¼ lb shiitake mushrooms, thinly sliced
1 10 oz bag fresh spinach, tough stems removed
salt and black pepper to taste
2 c rice or ½ lb wheat free pasta

- Prepare rice or pasta as directed on the box.
- Heat the oil in a large skillet over low heat.
- Add mushrooms and garlic, cover and cook for about 5 minutes, stirring frequently, until the mushrooms are barely tender.
- Add the spinach and sprinkle lightly with salt and pepper. Cover and

- continue cooking for 5 to 7 minutes, stirring frequently, until the spinach is tender.
- Remove from the heat.
- Spoon over rice or pasta, or just eat it by itself.

Home Made Ice Cream *(This is a lot of fun to do with kids!)*
Strawberries, peaches, apricots, or any fruits or berries

- Freeze berries or fruit of choice.
- Put them into a food processor or blender.
- Blend until smooth, adding enough juice to blend.
- Serve immediately or freeze 1 hour to firm up your fresh fruit dessert before serving it.

A great big thank you to my mentor for these great recipes. I hope you enjoy them as much as I have.

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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Café Life Revitalization Update

We would like to thank everyone who took the time to participate in our recent survey. It was so gratifying to have your input and participation. It appears that, in general, we are all on the same page.

You may have already noticed some changes in the café and you will continue to see more in the upcoming months. Based, in part, on the feedback from the survey, we have already made the following improvements:

- expanded grab and go selections
- set up a self-serve coffee, tea, and tecchino bar
- installed a new paper towel dispenser in the bathroom; move your hands and out comes the paper—it’s like magic
- replaced the exhaust fan in the bathroom
- more attention being given to overall cleanliness
- painted the restroom

- created new food bar labels with additional information
- moved condiments away from the dirty dishes and trash can

Other improvements already in the works:

- recipes are being standardized to assure greater consistency in the quality of food
- new menu is being developed and will soon be unveiled
- new menu will include some of your old and current favorites, in addition to soon to be new favorites
- additional equipment will be purchased to accommodate the expanded grab and go selections.

We are committed to customer satisfaction and want you to know that we take your input seriously!

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