

Hunger Free Forever: The New Science of Appetite Control

By Michael T. Murray, N.D. and Michael R. Lyon, M.D.

There are more diets on the market than you can shake a fork at, and most fail in the long-run because they are based on food deprivation that leaves the dieter feeling hungry. Now, two leading experts in natural medicine have discovered a breakthrough fiber blend called PolyGlycoPleX (PGX®). Originally developed by the same research team that came up with the now famous Glycemic Index, PGX not only reduces the Glycemic Index of any food or meal by 50-70%, it makes you feel fuller sooner and, thus, allows you to consume fewer calories.

In *Hunger Free Forever: The New Science of Appetite Control* (available at Life Grocery at a 20% discount), Michael T. Murray, N.D. and Michael R. Lyon, M.D. reveal their scientifically proven methods for losing weight without feeling hungry and fail-proof strategies for maintaining a lifestyle of health and well being.

“The *Hunger Free Forever Program* provides a near effortless system for safe, effective, and lifelong weight control that has evolved from major scientific discoveries we have made in the field of appetite regulation,” explain the authors. “Our discoveries have been effectively applied in community weight loss programs conducted over the past few years on hundreds of people.”

Based on documented clinical research, the *Hunger Free Forever Program* includes the following simple, easy to follow principles:

- Using the highly viscous soluble fiber PGX®, with or before each meal, to reduce the appetite and improve blood sugar control.
- Preparing foods and recipes that promote satiety (i.e., the state of being full or gratified to the point of satisfaction) and reduce calorie intake.

Diet Types

By Kimberly Strickland, N.D.

What should you eat? There is no easy answer to this question, no right way, no one way for everyone. What is best for one person may not be for another person. Each of us has to find our own way. What is optimum for you today, may not be optimum in five years. You need to consider how you feel and what needs your body has. Diet is one of many factors that contribute to your health. It happens to be the one you can control entirely by what you do or do not put in your mouth.

Some basic tenets of a good diet should include listening to your body, paying attention to when you eat, learning to enjoy simple fresh foods, eating a wide variety and balance of foods, and eating less rather than more. Questions to consider when looking at a diet should include:

- *Why am I doing this?*
- *Will this work for the rest of my life?*
- *Do I want to do this my whole life?*

Below I will define several different diets and ways of eating. I hope you find what works best for you and enables you to feel vital and energetic. Happy eating!

- **Ayurvedic**—Food choices are based on three mind-body types, Vata, Kapha, and Pitta.
- **Blood Type Diet**—Based on research conducted by Peter D’Adamo, ND, food choices are determined by an individual’s blood type (A, B, AB, and O).

- Enjoying foods that promote lean body mass, improve blood sugar control, provide the right type of fats, and reduce inflammation.
- Building lean muscle through exercise, diet, and nutritional supplements.
- Programming and conditioning the mind to achieve success.

In addition to testing the program on patients, Dr. Murray used himself as a human guinea pig in order to determine its efficacy. At 6’1, he went from 206 pounds to 188, his lowest weight in 15 years, in just four weeks. “I would normally tell people that amount of weight loss is not wise because it is usually associated with loss of muscle mass,” Dr. Murray says, “but I learned that my body fat decreased from 22.3 percent to 17.8 percent.” With continued use of the program for more than three years now, Dr. Murray’s weight has stabilized at 195 pounds, but his body fat percentage is now at an all time low of 11%.

The *Hunger Free Forever Program* also includes:

- Five key habits critical to support a lifetime of healthy weight.
- How to restore blood sugar stability.
- Eating tips for feeling satiety sooner and with fewer calories.
- How to break bad habits and transform your life.
- Ways to rev up your metabolism, tone your muscles, and train your heart.
- Recipes and food plans for healthful and satisfying breakfasts, lunches, dinners, and snacks.
- How to program yourself for success.

- **Casein Free (CF) Diet**—Casein, which is a protein found in milk products and some veggie cheeses (read the labels carefully), is excluded in this diet. The CF diet, along with a gluten free diet, has had positive results in some autistic children.
- **Food Combining**—A system of eating, developed by Dr. William Howard Hay, which encourages separating specific foods, eating certain ones together and only in specified meals. It’s based on the theory that different food groups require different digestion times and different enzymes.
- **Gluten Free (GF) Diet**—Gluten is a protein in barley, oats, rye, and wheat. A diet that is gluten free excludes all of these grains. Care must be taken when choosing foods, as gluten is hidden in many processed foods, such as soy sauce, beer, and salad dressings. People diagnosed with celiac sprue disease are gluten intolerant.
- **High Protein Diet**—Just as the name suggests, protein is eaten in large quantities, while carbohydrates are minimally consumed. Usually there is quick weight loss associated with this diet. Diuresis, a loss of water from the body, is responsible for this weight loss. The kidneys must work very hard to get rid of the excess urea, which creates a stress on the entire system. High protein intake causes a diuretic effect that leaches minerals, including calcium, out of the body.
- **Macrobiotic**—The forces of yin and yang must be kept in balance to achieve good health. Grains and vegetables are emphasized. Macrobiotic

The authors write: “If you have struggled to achieve your ideal body weight, if you have tried various diets only to end up weighing more than when you started, if you feel that if you simply look at food it magically winds up on your thighs, or if you always feel like you are hungry and never satisfied, the *Hunger Free Forever Program* is for you.

Dr. Michael T. Murray is one of the world’s leading authorities on natural medicine. He has published nearly 30 books, including the best-selling Encyclopedia of Healing Foods and The Pill Book Guide to Natural Medicine. He is chairman of Dr. Murray Natural Living, Inc. and director of product development at Natural Factors, which produces a line of vitamins and supplements. He is a graduate and faculty member of Bastyr University in Seattle, Washington.

Dr. Michael R. Lyon conducts clinical research in the fields of obesity, diabetes, and appetite regulation at the Canadian Center for Functional Medicine and in collaboration with several leading universities. In addition to publishing medical literature, he is the author of Healing the Hyperactive Brain through the New Science of Functional Medicine and Is your Child’s Brain Starving? and the co-author of How to Prevent and Treat Diabetes with Natural Medicine, and Beat Diabetes Naturally. He has also authored two chapters in the latest edition of the Textbook of Natural Medicine and one chapter in the Textbook of Functional Medicine. Additionally, Dr. Lyon teaches at the University of Toronto and the University of British Columbia and is considered one of Canada’s foremost authorities on natural medicine.

principles also govern food preparation and the manner in which food is eaten. It is recommended that you: avoid using a microwave oven to prepare food; cook rice in a pressure cooker; eat only when hungry; chew food completely; eat in an orderly, relaxed manner using good posture; and keep the home in good order, especially where food is prepared.

- **Raw Food**—A diet that consists of fresh fruits, vegetables, nuts, and seeds, and for some, sproutable grains, all of which are eaten raw, sprouted, dehydrated, or otherwise heated, as long as the temperature is below 105° F.
- **Rotation Diet**—Food is rotated on a four to five day schedule to minimize sensitization or allergy responses.
- **Vegan**—A diet that doesn’t contain animal products such as honey, gelatin, or dairy products.
- **Vegetarian** (also lacto-ovo vegetarian)—A diet that doesn’t contain meat, but does include dairy products.

References:

www.pccnaturals.com
www.glutenfree.com
www.csaceliacs.org

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Which is Better?

By Don Bennett, DAS

Recently, there was concern that the USDA was intending to pasteurize all green leafy vegetables in an effort to prevent them from reaching the marketplace contaminated with nasty bugs such as E. coli, which occurred in bagged spinach not too long ago. Turns out, the USDA's intentions were misunderstood. What they really wanted to do was to impose on growers of all fresh leafy green vegetables growing practices that would, in an effort to keep E. coli from our plates, end up discouraging biodiversity and sustainable/organic farming practices, deplete soil fertility, and create "sterile field" methods that have not been scientifically proven to actually reduce E. coli bacteria, but are certain to reduce biodiversity, harm wildlife, and burden family-scale farms. More on this issue can be found at <http://tinyurl.com/3cha7k>.

But the "cold pasteurization" (irradiation) scare did evoke a number of questions. While viewing a raw food website's discussion group, I spotted a question from one of the participants: "Which is better: (a) tomatoes sprayed with pesticides and grown with chemical fertilizers or (b) organically grown tomatoes irrigated by an open sewer line."

Well, both are hardly ideal, but regardless of how strong your immune system is, pesticides cause cancerous cells to form. Food grown in soil that is fertilized conventionally, tends not to be as nutritious as it could/should be, therefore, your immune system won't be in top notch shape, making you more susceptible to "cancer" as we know it today. But, if you care about your health, and are paying attention to all the requisites of superb health, then you're probably eating organically grown food. And, if that food has some "bad" bacteria on it

from contaminated irrigation or soil, your relatively healthier body can better handle these nasties than it can synthetic pesticides, which it was never designed to deal with. So, if I had to choose, I'd pick "b."

The public needs to know that in those rare instances when people get sick or die from E. coli on leafy greens (three cases), a contributing factor is an immune system that is not as healthy as it could be. We all have some E. coli in our bodies. It becomes problematic when one experiences a bad combination of too little immune system function and too much E. coli. So while the USDA wrestles with what they can do about it from the supply end, we can do something about it, too: endeavor to be the healthiest person you can be. This requires that you give equal attention to all the "basics of health," which includes eating nutritious, healthy food. To help insure that you don't consume toxic pesticides, eat organically grown food, which, as I said earlier, tends to be more nutritious than conventionally grown food.

I'd be remiss if I didn't mention that the root cause of the E. coli contamination of leafy greens is cattle farming. Not raising/manufacturing animals to eat would be one solution to this problem. Since humans tend to do a lot better, health-wise, when we avoid eating animals, maybe this is a solution that's a win-win . . . for both the animals and us.

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](http://www.health101.org/book) is now available in our book department. Visit [health101.org/book](http://www.health101.org/book) for details.

Get the Fat Off Forever!

By Brian Murray, Founder of mPower

It's that time of year again. It's time to get the fat off your body.

The first step toward success is ditching the goal to lose weight. You may not realize it, but you really don't care how much you weigh, nor do you really want to lose weight. If you think about it, how many times have you ever looked at someone who is in great shape and said "Wow, she has nice *weight*"? Never.

The truth is you want to look better. No woman would care if she weighed 300 pounds if she was a firm and shapely size two. No man would care if he weighed 300 pounds if he had a 29-inch waist and 10% body fat. So, *body weight* is not the issue.

There are three factors that determine your shape: bone structure, muscle, and fat. You cannot change your bones, but you can change the amount of muscle and fat you have. Most undesirable shapes on your body can be attributed to formless fat; desirable shapes can be attributed to muscle. By changing the quantity of these tissues, your body appearance can change dramatically without a large change in your body weight. The real issue is that you have too much fat and not enough muscle.

What you really want to lose is *fat*. And, the secret to losing fat, and keeping it off forever, is building more muscle.

Standard operating protocol this time of year is to eat less and exercise more. This approach usually produces a loss of body weight. Sadly, the exercise is not intense enough to build muscle, and most of the weight loss comes from water, muscle, and organ tissue rather than fat stores. The trick is to lose fat but keep the vital tissues and water.

The only way to guarantee that weight loss is 100% fat is to combine a moderately reduced calorie diet with high intensity strength training. To gain more muscle, you have to lift weights and keep making them heavier and heavier each time you workout.

So how does more muscle keep the fat off? Stronger muscles burn more calories naturally, even while you sleep. This means your basal metabolic rate is elevated all the time, so a few extra calories consumed every once in a while do not turn into extra pounds on the hips.

Again, your body weight does not matter. Your muscle/fat ratio does. And, the higher you can get your ratio, the better your chances of enjoying a healthy body-fat level all year long.

It's a principle that is largely ignored, but it is the single most important factor in achieving permanent body fat control—building muscle for losing fat. Try it.

Brian Murray is the founder of mPower, home of the once a week, no cardio, no sweat, workout that will change your life. To learn more about mPower and the mBody six week fat loss plan, please visit www.strengthforlife.net, then call 404.459.0270 to schedule your consultation.

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*The Life Line
is a bi-monthly
publication of*



Hours: Monday-Saturday 9 am-8 pm Sunday 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:

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

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Got Milk? I Hope Not!

By Dr. Joe Esposito, DC

We all know that advertisers would have us believe that milk is a great source of calcium. We also know that we need calcium for strong bones. It would then seem logical that we need milk in order to have strong bones. Let's look a little deeper than the superficial marketing ploys and find out if this is true. If we just look at basic nutrition and chemistry, it is a well-accepted fact that in order to absorb calcium to its fullest, we need magnesium. Milk is essentially devoid of magnesium. Granted, milk is very high in calcium, however, it does not matter how much calcium we ingest, if we cannot absorb it, it is of little use.

Studies have shown that the higher the intake of dairy in a society, the greater the risk of osteoporosis. You would think that the opposite would be true, but, it is not. One explanation might be that animal proteins, including milk, contain amino acids methionine and cystine. These amino acids attract calcium and bind to it, making it unavailable for absorption. If there is not enough calcium floating around, the body is forced to give up calcium from the bones in order to satisfy the needs.

The gut must be slightly acidic in order for calcium to be absorbed. This creates a problem if you plan to get your calcium from antacid pills. The antacid pills neutralize stomach acid, which is what they are intended to do, but in the process your "acid gut" is no longer acid, so it makes calcium absorption very difficult. A side note to this is the fact that if you neutralize stomach acid, your body tries to make more stomach acid in order to help digest your food, which makes the problem worse. Now you take more antacid and the cycle starts all over again. (Often times, acid indigestion is caused by a hiatal hernia. A trained chiropractor or other health care professional should be able to correct that problem with what is called a soft tissue adjustment.)

All nutrients, including calcium, must be in a chemical form called "cis" molecules. If a nutrient is artificially manufactured or heated above 118° F it will most likely be in a "trans" form, which is the opposite of "cis." It looks just like the "cis" form, only it is backwards in its

shape. The body can only use "cis" molecules, "trans" molecules can clog up the places in your intestine where the nutrients are absorbed and prevent the good "cis" molecules from getting in. Most calcium supplements, as well as milk and other dairy products, such as cheese, are heated, rendering much of the calcium and other nutrients useless. Milk is heated, or pasteurized, in order to kill off the bad bacteria and other harmful substances. In the process, much of the good bacteria and nutrients are also destroyed. In fact, if you were to feed a baby cow pasteurized cow's milk, it would die in two weeks. This animal is designed to drink its mother's milk. When the heating occurs, it makes the milk a toxin, even to a baby cow.

Cow's milk also contains other problematic components, such as lactose and casein. In order to digest lactose, you need an enzyme called lactase. As humans, especially past the age of three, we do not produce lactase; thus, we cannot digest lactose. Some experts argue that below the age of three we do produce lactase, but few believe that after the age of three, anyone produces lactase. In regards to casein, we need an enzyme called rennin to digest this protein. We do not produce rennin; thus, we cannot digest casein properly. Some obvious symptoms of undigested lactose and rennin are gas, loose stools, sinus problems, fatigue, bloating, and weight gain. The American Pediatric Association now states that we should never give cow's milk to a child under the age of one; their digestive system cannot handle it.

Still another issue is the hormones found in dairy, both naturally occurring and injected by the dairy farmers. The one hormone that stands out is bovine growth hormone. This hormone is designed to help baby cows grow into adult cows. The problem is we are not cows! The bovine growth hormone causes the cow to produce another hormone called insulin-like growth factor. Interestingly enough, this is the only hormone ever discovered that is identical in every way in two species, cows and humans. Which means it will work exactly the same way in cows and humans. When you consume dairy

products, you ingest insulin-like growth factor, which causes increased growth of cells, especially the cells in the mammary glands. The research now strongly suggests that this increase in growth of mammary gland cells is a major contributing factor in breast cancer.

All this and we have not even mentioned the mucus that dairy produces, which will clog up your lungs, colon, sinuses, and if you are of the female persuasion, even your reproductive organs. It is loaded with saturated fat. Don't even think of replacing butter with margarine, as it is loaded with hydrogenated oil that is one of the leading causes of heart disease, even worse than the butter.

Now that you understand that there is essentially no benefit to consuming dairy, you ask "So, what can I eat?" The choices of non-dairy foods are actually almost as varied as dairy choices. There is rice milk, soy milk, almond milk, oat milk, sesame milk; rice and soy cheeses; rice and soy frozen desserts, soy yogurt, butter replacements, that are not made with hydrogenated oils, tofu sour cream, and the list goes on. One word of warning is to be careful with some non-dairy cheeses; many contain casein, which is a dairy product. Many regular cheeses, as well as non-dairy cheeses, contain rennet. Rennet is used to coagulate milk into cheese, and it is obtained from scraping the stomachs of baby calves. Look for the word "vegan" on the package, which means it contains no animal products. In my book, I have numerous recipes showing you how to make your own milks at home, as well as some great ideas for cheese replacement recipes. With very little effort you can easily eliminate dairy from your diet and add years of quality to your life. Moooove over milk!

Dr. Joe Esposito, chiropractor, licensed dietician, author, and the director of Health Plus Chiropractic Center, is committed to making healthy living commonplace. For more information or to speak to him personally, call him at 770-427-7387. Mention Life Grocery when you call, for a free exam, consultation, x-rays, and doctor's report of findings. His book, Eating Right . . . For the Health Of It! is available at Life Grocery at a 20% discount.

Are You an Organics Newbie?

By Linda Townsend

So, you have made a resolution to eat healthier. That's great! But, do you have a *plan*? Maybe you just walked into Life Grocery for the first time. You're pushing your conventional grocery cart with high hopes, but realize that you are standing in a market with a completely unfamiliar culture than the one you have known outside those automatic doors—those same doors of which you are now seriously contemplating running out, back to your familiar world.

But don't give up now, you just need a plan. The most common excuse against eating organics is the cost, so let's take a look at that.

1. Make a budget and stick to it.

Be very honest about what you are willing to spend. The average middle class family spends 15 to 20 percent of their net income on food, which includes eating out, but much depends on the number of family members, including the furry ones. That percentage can even include supplements, personal items, paper products, and cleaning supplies if you are frugal and cut down on eating out. By using a budget, you will find that necessities to make complete meals take priority over common snack items. Paying with cash is a wonderful deterrent from overspending; there is absolutely no shame in using a calculator to avoid embarrassment at the check out stand.

2. Make a pricing notebook of your favorite items.

Unless you are blessed with a phenomenal memory (and are never distracted by your child asking what couscous is), a pricing notebook can be the best investment you make. List your staple items, the ones you want to have on hand all the time. You will probably need to buy them even when they are not on sale, particularly the raw produce. Brand loyalty is admirable, but not when it means that you might be searching amidst the remaining crumbs in your

cupboard before your next shopping day. If the quality is comparable, buy the cheaper one, even if it is not the one on sale. Consider variety a good thing. Also, use the information in your pricing notebook to calculate if the larger size is really a better value.

3. Track sales in your pricing notebook.

You will notice that some of your favorite items periodically go on sale. Many sales have a rhythm—that is, certain items may go on sale every three or four months. Write down the dates your favorites go on sale to see if there is a pattern. Then you can plan better on how to spend your budget.

4. Stock up your pantry and freezer when items are on sale.

Now, here is the part where you really save on organics. Buy as much as you can within your budget of sale items, but be sure they are items you will actually use. Also, notice how long the items will be on sale (pssst—it's on the sale tags), but keep in mind quantities might not be available on your next visit. Remember that the freezer is not just for making ice cubes! When it comes to pantry and freezer items, think beyond this week and stock up for several weeks or months (until the next sale), if you can. You might buy several jars of nut butter and no jelly this month and next month load up on jelly to go with the nut butter sitting in your pantry from the last sale.

5. Use coupons and discounts.

Life Grocery simply cannot make it much more convenient for you—well, other than cutting out the coupons for you. (And actually, they have been known to cut out coupons on occasion, as well!) Each item, for which there is a coupon, is tagged in the aisles! Look through these coupon books before you start shopping. Sometimes there are coupons for items on sale for even greater savings. Many organic

food companies offer coupons in regular newsletters or on their websites. Also, you can shop on days when members' discounts are offered on your entire purchase, including sales items!

6. You don't have to spend your entire budget each week.

If your plan includes building up stock in your pantry and freezer, you are probably going to use every cent of your budget, but having more food than you will use in a week can be beneficial. When your favorites are not on sale and you have plenty at home, or you can do without by altering your meal plans, you can hold on to that extra money until the next time. Many sales start on the beginning of the month and last a couple of weeks or the entire month. If, at the last week of the month, you have all you need of your favorites on sale, you might want to hold on to that extra cash until the new sale begins.

7. Buy in bulk.

When feasible, and if you have the storage space, inquire about buying some items in bulk. (Are you still with me? It does not sound too difficult, right? You now have created a budget and have a plan for purchasing the food, so now you just need to consider meal planning.)

8. Organic produce in season generally costs less.

Plan your meals according to what is in season, as much as possible. Also, it is just a fact of life that all produce spoils if you don't use it. Good meal planning and weekly shopping can reduce loss and keep fresh food on hand.

9. Plan your meals around what you bought on sale.

Most expert shoppers advise planning meals for the week and only getting the items you need. There are

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Losing Weight In 2008 ...

Is That YOUR Resolution for This Year?

By Jesse Andersen

Ah, it's New Year's Resolution Time. Most everybody has at least one. What's yours? I'll tell you mine, if you'll tell me yours, but first, let me tell you a story.

My name is Jesse Andersen, and I'm a Raw Foodist. (I suddenly feel as though I'm standing at an AA meeting. < Smile >) O.K., if you're a meat eater or love your dairy, please don't leave—hear me out, because for 45 years I ate lots of meat and loved my dairy, as well. But, something happened; in the beautiful light of the New Year, with everything fresh, new beginnings, new chances and choices, feeling grand, I feel compelled to share with you my weight loss tale, in the hopes that it may benefit you.

Just four years ago, I was loving life, eating anything I wanted, when I wanted, enjoying all the preparations for a beautiful wedding (my daughter Valiant was getting married) when suddenly it occurred to me . . . THE WEDDING PHOTOS! It was like the needle of the record player screeched across the record and everything in the room stopped. I'm not really narcissistic, but this was my only child, my only daughter's wedding . . . and I weighed 272 pounds! For the rest of everybody's life AND beyond, my family and friends would see BIG Jesse in the wedding photos. I know, it shouldn't matter so much, but how would you feel?

Fast forward several months . . . and my wonderful husband Steve tells me he's been having numbness in his left arm and a hard time breathing. I've always heard that if your left arm is going numb and you're having a hard time breathing, it may be symptoms of an upcoming heart attack or stroke. Yikes, better get Steve to the doctor quick! The doctor checks a number of things, including Steve's cholesterol. The test results come back, and Steve's cholesterol is 510! What! Even the doctor looked at that number and said, "That can't be right, test him again." Test comes back: 510! Even though we are not big on taking prescription medication, we saw no other choice. The doctor prescribes Lipatore for him and proceeds to tell him that he better watch his blood pressure and take it easy until the medication has a chance to work. Steve takes ONE Lipatore and it knocks him flat out on the couch! What are we going to do? He refuses to take the Lipatore again after that reaction, and we don't know what to do. So, I jump on the internet and start searching.

After several days of searching and looking at MANY alternatives, I find information about raw foods and a place called the Hippocrates Institute in Florida. They claim that people can heal themselves of any ailment or disease by eating Raw and Living Foods. In fact, they even mention high cholesterol. What are raw and living foods and how can that work? Something resonated with me—truth always does, you know—so I called.

At the time the Institute was on hiatus, but Pete, their raw food chef, answered the phone when I called. He answered my many questions. Most importantly, he said, yes, raw foods could lower my husband's cholesterol. In fact, it had been known to lower cholesterol quite rapidly. Ok, so how do I learn how to prepare raw foods? Hippocrates would be closed for several weeks. Pete remembered hearing of a woman in Atlanta who taught

classes on raw foods. I found her, called her, and took her class. And, Steve and I started eating raw foods overnight.

Many positive things started happening with our bodies and our minds within days. In less than two weeks, we would both wake up every morning around 4:30 or 5:00 with no alarm clock! We had never done that! Weight was falling off, leg cramps went away, brain fog lifted, skin was smoother, mind was clearer, breathing was better, felt better, more awareness, and on and on. WOW, all this from eating fresh, organic fruits, vegetables, greens, nuts, and seeds . . . no dairy, no meat, and no cooking. How could this be? How come no one ever told me about this before? Let the investigation begin.

I started buying raw food books: preparation books, research books, topical books, anything and everything I could get my hands on. I jumped on the internet and started "googling." I called anyone I could find a number for; I emailed some, visited some, and started discovering the beautiful, wonderful, healing world of raw foods.

Steve's cholesterol went down. He stuck to the diet pretty well, felt great and started looking quite handsome along the way; so healthy and fresh looking (for 50 something). As for me, well, I tend to be "obsessive compulsive," either all the way one way or all the way the other. I was on the raw foods diet for two weeks, then back to Pizza Hut, McDonalds, and Taco Bell (where they knew my order by heart. How sad is that?).

At age 46, I was in pretty good health, other than my morbid obesity, of course. But, over the last two years, little things started creeping in. (Many of you are shaking your heads in agreement with me, as you know what I'm talking about—it hits most of us by our mid forties—things start falling apart, shutting down, or packing their bags to MOVE OUT.)

Before the raw food diet, my eyesight was getting worse, I had carpal tunnel and arthritis, brain fog, constant leg cramps, but most frightening of all was the increasingly worsening pain in my gall bladder. It used to be that every year it would feel a little bit worse, but now, every week it was giving me from moderate to serious to severe pain.

One night, I was bent over in pain. My husband said: "that's it . . . I'm taking you to the hospital." I said: "NO WAY, I've got all my parts and I intend on keeping them." I just KNEW if I went to the hospital, they would take out my gallbladder. I was scared to death of surgery and really didn't want to lose an entire organ! I always thought that if God gave it to you, it must have a purpose. I wasn't letting mine go without a fight. So, I decided, out of desperation, fright, and pain, that I was going to start 100% raw foods the next morning and I was going to heal myself. That is if I could make it through the night. I was scared, but I was determined.

The next morning, May 1, 2006, Day ONE, I cancelled my membership cards at Pizza Hut, McDonalds, and Taco Bell. I made it through the first day, then the second. As each day passed, my hope and determination grew stronger. I weighed myself every Monday morning and the weight just FELL OFF! On Day ONE, I weighed in at 272.5 pounds. Six months and three weeks later, I weighed in at 192 pounds! I had lost 80.5 pounds, and I felt GREAT! But it wasn't JUST the WEIGHT. My carpal tunnel and

arthritis were gone, my skin was smoother, my cellulite was gone, my hair and nails were thicker and stronger. I could think so much clearer, my energy level was reminiscent of high school, my leg cramps were gone and on and on, but most of all, no more gall bladder pain! It was gone . . . absolutely gone!

After all the books I had read, all of the people I had spoken with over the last two years who told me they healed themselves of fibromyalgia, diabetes, thyroid, lupus, arthritis, and even cancer, just by changing their diet to raw foods, now I could add my name to that list. No more gall bladder problems! And, I went from a size 26/28 to a size 14/16, in just 6 months! Now, it's a year and a half later, and I've lost another 18 pounds. My health continues to escalate. I'm 50 years old and I feel like I'm 20. My energy is huge; my body feels healthy, my mind is clearer, even my spirit seems so much more open and sensitive. Life looks and feels really quite beautiful.

I KNEW, after that first six months at 100% raw, that I would need to teach others how to do "this." It had taken me months of extensive study to figure out how to make this diet and lifestyle work. I KNEW that with the knowledge I had acquired, I could teach others the basics that could start them quickly and easily. I KNEW instinctively that my situation was unique in that I approached the diet in a variety of different ways, after I had studied, read, and spoken to so many different people, who all had a variety of experiences. I KNEW that I could show people how to do what I did, simply and effectively.

Raise your hand if you believe you can do it. I see your hands and I know and believe that you can do it, too. I can show you how. You don't have to go 100% raw to enjoy great benefits. You can eat just one or two raw food meals a day, then a sensible dinner. The amount of benefit you want to enjoy is really up to you. Don't worry about the details. I can show you how.

My sentiments are reflected in this inspiring quote that I love: "*The body becomes what the foods are, as the spirit becomes what the thoughts are.*" (Khemetic saying—*Temt Tchaas: Egyptian Proverb*)

I promised earlier that I would tell you my New Year's Resolution, if you would tell me yours. Well, my New Year's Resolution is to FEEL Healthy, Happy, and Grateful every day; to ENJOY the beautiful food that God gave us; to THINK wonderful, positive, joyous thoughts; and to FIND you, TEACH you, and SHOW you that this level of health is absolutely possible.

I don't plan on ever going back to the way I used to eat, eating the Standard American Diet. But sometimes I can't help but wonder if the good folks at Taco Bell still remember my order. < Smile >

Jesse is the Director of the Raw Food Resource Center, and teaches the "Raw Food Health & Nutrition Seminar" at Life Grocery. Her next class will be held on Saturday, February 16, 2008, from 9:00 am to 7:00 pm. For more information on her class, or if you would like Jesse to email you her "before and after" weight loss photos, you can email her at: RawFoodResourceCenter@gmail.com.

continued from page 3, Are You an Organics Newbie?

times when this is the way to go, particularly when preparing special dinners with uncommon ingredients, but I have found by stocking up on sale items, I save more if I plan around what I have on hand for our everyday meals. You can view the specials in the store, in *The Life Line*, or online at lifegrocery.com in the convenience of your home while planning meals, even before you go shopping.

10. Make more meals from scratch.

Here it is . . . the one you dreaded. Sorry, but the truth is the more convenient (processed and packaged) the food is for you to prepare, the more it is going to eat up your budget! Besides, fresh food is better for

your family, and isn't that one of the reasons you wanted to go with organics? Remember that the freezer is your friend! It really takes no more time to make two or three meals of chili than it does to make one, and it usually saves on your energy bills, too. Freeze the portion you will not be using, and presto, you have the convenience of just heating it up the next time around. This does not mean that you should forget buying all convenience foods, but you will need to consider balancing convenience and budget.

Now what? Well, you are ready to begin a healthy organic lifestyle with an affordable budget and a workable plan encouraged by the savings you see at the bottom of

your sales receipt . . . (take a breath) and keep a New Year's resolution that will benefit your family for many "new years" to come.

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

**Check Out *Life to Go*
Healthy & Delicious
Meal Solutions
available at Life Grocery**

Nature's Finest Source of Full-Spectrum Flora *in a Tasty Package*

By Traci and Kal Sellers, MH

If you are looking for a probiotic flora supplement today, you will rarely find a supplement containing more than ten different varieties of flora. In a healthy gut, there are over 300 different varieties of flora—all in delicate balance.

We would like to tell you about how to replenish all your friendly flora—already in balance—in a tasty, healthy way that is so inexpensive it is almost free, and can be made from whole organic grains found in the bulk department at Life Grocery.

First, though, let's just talk a little about why you should want to know about friendly flora.

What It Does

Flora exists symbiotically with us on planet Earth. When we eat, some of what we eat is not digestible by us, but is digestible by our flora. It is estimated that we can actually get up to 20% of the available calories from the indigestible plant fiber in our diets via our flora. They break it down and feed it directly into our bloodstreams.

In addition to calories, our flora produces vitamins (including B-12 and K, the clotting vitamin), enzymes, markers for blood chemistry, immune medicines, and bowel medicines. Our flora also creates a safety barrier in our guts against foreign invaders. It is the first line of defense for the immune system in the digestive tract.

This barrier helps prevent infection, but it also helps prevent irritable bowel syndrome and constipation.

Thus, we see that a healthy flora is very important to our overall health. Who knows how many diseases are traceable to flora imbalances or to the absence of flora?

The Modern Challenge

The modern challenge regarding flora has not emerged solely because of antibiotics. Certainly, antibiotics will kill the bacterial component of our flora, leaving the yeasts and fungi to overgrow, meanwhile leaving us devoid of the benefits of balanced friendly flora. In today's culture, however, we are facing other more hidden and subtle threats.

- Threat #1: Chlorine, fluoride, and other chemicals in our water. These chemicals are disruptive to flora, or, as in the case of chlorine, are specifically designed to kill microorganisms. A regular dose of this, even in our shower water, will disrupt healthy flora balance.
- Threat #2: Dairy products that come from any conventional source have antibiotics added to increase shelf life. All other debates aside, this certainly is not going to do our flora any good.

- Threat #3: A diet low in raw cellulose leads to a problem of starving some of our flora. This allows some to overgrow while others die off. Thus, it is important to have plenty of high quality food for our flora. Raw plant fiber (cellulose), indigestible to us, is that perfect food for our flora.
- Threat #4: Constipation is something that few people talk about in connection with flora, but it is very important to understand. When a bowel does not move well, the conditions in the large intestine deteriorate to anaerobic (oxygen deprived) conditions. Healthy friendly flora is aerobic (dependent on oxygen). Thus, it becomes important to cleanse the bowels, eat plenty of raw plant food, and exercise to keep the bowels moving properly.

In Traci's *Transformational Kitchen Live Classes*, in the section on cleansing, Kal recommends two guidelines for bowel health: first, that food takes 18-24 hours to get from the mouth to the toilet; second, that about 20 minutes after every major meal comes a bowel movement that is slightly loose and easy to move.

Now that we understand the challenge, one of the answers that we recommend is to regularly replace the whole spectrum of friendly flora in a context that supports its survival and vitality in the gut.

To get the full spectrum of flora, we are going to use rejuvelac. Rejuvelac is water that is full of cultured flora. This flora is grown on viable grain that sprouts and uses its own regulating mechanisms to create a perfectly balanced, full-spectrum flora.

This water has one drawback—the smell. Some people actually throw up after drinking it. [Editor: And others actually love the taste!] What we need is to provide it in a tasty way that also supports its transport into the large intestine, where it belongs. The way we do this is through putting Ann Wigmore's Rejuvelac into an all-fruit smoothie.

We recommend the use of the following recipe every morning for two weeks straight the first time and then every month it can be repeated for three days. It is important to have this in the morning on an empty stomach so that high stomach acid does not destroy all the flora you are trying to re-seed.

Rejuvelac:

We like millet rejuvelac since it seems to taste the best, is gluten free, and has anti-aging properties. However, you can use any true grain, which is a grain that grows on grass, rather than a leafy plant like quinoa, amaranth and buckwheat).

- Fill a jar 1/5 full of the chosen sprout-able dry grain (only works if the grain is viable).
- Fill the jar up with distilled water and let sit out for 12 hours. We do this at night so that the following morning we can start our first 24-hour cycle of growing rejuvelac.
- After 12 hours, pour off and discard the water from the grain (or use it to water a plant). Refill the container with distilled water and let sit on the grain for 24 hours.
- This liquid is finished rejuvelac. Pour it into a container. It's ready to use.
- You can pour new water on your grain, after straining off the first rejuvelac water, to re-use for tomorrow. Reuse your grain 3-5 times (meaning 3-5 days in a row) and discard when it starts to fall apart. To maintain two weeks of rejuvelac use, start making the next batch of rejuvelac on the night of the 3rd day of the previous batch, at the latest. This will insure that you have an unbroken string of rejuvelac for the recipe below.
- The flora growing in the water will make it cloudy and slightly bubbly. It should be relatively tasteless and smell sour. If the smell or taste is objectionable, plug your nose while you sip it or use the following rejuvelac recipe:

Rejuvelac Smoothie

1 c rejuvelac
2 c frozen fruit (your choice, I like to do strawberries and bananas)

1-2 T sweetener, optional (raw honey, 100% maple syrup, agave)

- Place all ingredients in blender and blend briefly until blender seems "stuck" about 10-15 seconds.
- Let mixture sit for about one minute to allow fruit to thaw. Then blend until very thick and smooth. During blending, you may need to stop the blender occasionally and stir fruit pieces around with a spoon.
- If you prefer a thinner smoothie, use less fruit or more liquid.

Traci and Kal Sellers MH, authors of *Traci's Transformational Health Principles* and *Traci's Transformational Kitchen Cookbook* (available at www.BestFoodist.com), run a school for Holistic Health and Herbal Medicine Mastery in Powder Springs. Kal is available for consultations and health-related therapies. For further info, visit www.KalsSchool.com or contact Kal at 706.473.4375.



Products

SUPPLEMENTS

Dr. Joe's

- Super Greens with Rice Bran
- Immune Booster
- Cold & Flu Tonic
- Intestinal Cleanser

Emergen-C

- Pink Lemonade Flavor

Enzymatic Therapy

- Whole Body Cleansing Multivitamin
- Complete Metal Cleanse

Jarrow

- Alpha GPL 300
- CLA
- D3 1000 IU

Nature's Plus

- Bruise Free
- Ultra Skinny Mini Caffeine Free
- Animal Parade Children's Fruit & Veggies

Organic India

- Organic Psyllium Whole Husks

Pure Essence

- Two'n'Only PreNatal

Silver Bullet

- Indiumease

Traditional Medicinal

- Smooth Move Capsules

Vibrant Health

- Vibrant Cleanse (Organic Master Cleanse Mix)

HEALTH & BEAUTY AIDS

Aubrey

- Men's Stock Cleansing Bar

Aura Cacia

- Kid's Hand Wash
- Kid's Shampoo
- Kid's Bubble Bath

California Baby

- Calendula Cream

Derma E

- 12000 IU E Creme

Earth Solutions

- Celtic Cross Scent Chamber Pendant
- Fairy Scent Chamber Pendant

Larenim (Mineral Make Up)

- Foundation
- Concealer
- Blush
- Lipstick

Not The Same

- Seaweed Mask for Face and Body
- Seaweed Bath
- Calistoga Mud Mask for Face and Body
- Calistoga Mud Bath

Patch It

- Detox Foot Patch in 6 pc and 20 pc

Reviva

- TGF Beta-1 Cream

Toms of Maine

- Unscented Deodorant Stick
- Lavender Deodorant Stick
- Lemongrass Deodorant Stick
- Apricot Deodorant Stick

Twin Lab

- Na-PCA with Aloe Moisturizer

Warm Up to Living Foods

By Dr. Brenda Cobb

Are you concerned that when you eat a raw and living foods diet you will be too cold, especially in the winter? You can warm your body in many ways using particular foods and methods of preparation. Organic raw and living foods are the most optimum nutritionally, but if you're used to eating cooked foods you may miss the warmth of heated foods. When you heat food to over 105°, you destroy all of the enzymes and most of the nutritional value.

Sometimes people feel cold when they begin a raw and living foods diet because the blood thickens during the detoxification process, which decreases blood circulation. More blood flow is going to the internal organs to help them heal, so there is less blood flow to the extremities.

If you eat hot food all the time, it can actually decrease your resistance to cold weather. This is the same as taking a hot shower in the cold of winter. A cold shower will increase your resistance to cold weather, and raw and living foods will increase your resistance to cold. Cold refrigerated food will cool the body, so let your food warm up to room temperature before you eat it.

Warm up your blended soups in the Vitamix blender by letting it run until the chill is off. A good way to make sure you aren't heating your food too much is to hold your finger in the warmed food for five seconds or so with no discomfort. You can even lightly warm foods in an electric skillet by turning the temperature dial to 100 degrees. This will take the chill off and not kill the enzymes. You can dehydrate food at 100 degrees and warm it up. You can even put your bowl or plate in the dehydrator and warm it up, too. Dehydrate nut and seed

loaves and burgers and serve warm. Make cookies in the dehydrator and serve them warm. They're so yummy!

Fats warm the body, so add more avocados, young coconuts, olives, nuts, seeds, and oils to your cold weather menu. Foods that are rich in potassium are warming to the body. Sunflower seeds, macadamia nuts, avocados, dates, durians, persimmons, prunes, pumpkins, raisins, bananas, and apricots are all high in potassium. Eat plenty of them during the cooler months.

Sulfur-residue foods like garlic and onions will also warm the body. Within about 45 minutes of eating a meal that is high in fats, potassium, and/or sulfur, as the food digests, you will feel warm. You will feel this more the longer you continue to eat and purify your body with a raw and living foods diet.

Cayenne and other hot peppers will warm the body, as will curry and other hot spices. Experiment with the many delicious raw and living foods available to you, and continue to live in health and well-being. Stay warm, vibrant, and alive with raw and living foods!

Spicy Carrot Soup

Always use 100% Organic Ingredients!

3 c carrots
1 c celery
1 t garlic
1 t lemon juice
½ t Celtic sea salt or Nama Shoyu
½ t cayenne pepper
½ t curry powder
¼ t cinnamon
filtered water

1. Put all the ingredients in a Vita-Mix Blender.
2. Add the amount of water you want for the desired consistency.
3. Blend until creamy.

If you do not want a spicy soup, just leave out the pepper and cut down on the garlic.

NOTE: 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 without burning, you have not heated so high as to destroy the enzymes.

Sweet Hot Salsa

2 c fresh tomatoes
1 c fresh cilantro
¼ t cayenne pepper
2 T fresh lime juice
¾ c chopped green onions
1 T fresh garlic
1 c chopped pitted medjool dates
1 t Celtic sea salt.

1. Chop the tomatoes, onions, dates, cilantro and garlic.
2. Combine with the rest of the ingredients.

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 and 12 Day Healthy Lifestyle Raw and Living Food Course at Living Foods Institute. For further information, call 404-524-4488 or 800-844-9876 or visit www.livingfoodsinstitute.com.

Resolve to Recycle: Recycling 101

By Summer Hennessy, Pink & Green Magazine

We are surrounded by toxic water, air, and soil pollution that are dangerous chemical byproducts of production. These byproducts leak into every part of our lives . . . from the eggs we eat at breakfast to the air we breathe on our way to work. **However, every year the use of recycled materials reduces carbon emissions equal to that of removing 36 million cars from the road! Wait, did you read that? It said: 36 MILLION CARS!** You can make a difference and, yes, it is as simple as "Reduce, Reuse, Recycle."

5 Easy Steps You Can Do To Make a Difference

1. **Recycle Aluminum and Steel:** Aluminum cans are the best place to start recycling. Recycling one aluminum can generates enough energy savings to run your computer for three hours. Not only that, it saves 95% of the energy required to make the same can from a virgin ore. Steel takes 100 years to breakdown naturally. However, recycling steel makes it possible to produce new batches at only a fraction of the energy costs, not to mention the reduced impact of mining operations and landfill waste on our air, water, and solid waste pollution.
2. **Recycle Glass and Plastic:** Glass is an easy and extremely worthwhile item to recycle. It takes more than one million years for glass to decompose in our landfills. But recycling glass reduces related water pollution by 50%. Manufacturing plastic is a highly toxic and straining process on us and our environment. Recycling plastic is so important because it has a net energy saving of almost 90% over manufacturing it from virgin oil. Also, the manner in which it is recycled uses shredding and heating and very few chemicals, none of which are hazardous. However, not all plastics are easily

recycled. Avoid buying plastic products that have a 3 or a 7 inside the recycle triangle. These are virtually impossible to reuse.

3. **Recycle Paper and Organic Waste:** Recycling paper goods is so easy and the results are astounding. If only 10% of the copier paper bought in America switched to a 30% recycled-content paper, it would save 2.5 million trees from being cut down and the 80,000 tons of carbon they absorb. If everyone in America recycled just their Sunday paper, it would save half a million trees a week. Also, don't forget about organic waste when thinking of recycling (like lawn and yard wastes, and food). Organic waste makes up about 20% of our landfills, which are a leading source of greenhouse gases, second only to fossil-fuels. Simply leaving grass clippings on your lawn, composting, and recycling your paper can significantly lower the effect on greenhouse gases.
4. **Recycle Specialty Items:** There are items we all have that perhaps we just don't know what to do with. Here are some alternatives to just throwing them away. Americans purchase 3 billion batteries a year which contain high concentrations of metals that seep into the ground when not disposed of correctly. Go to www.batteryrecycling.com to find out where to send your used batteries. Sunglasses, prescription glasses, hearing aids, all forms of jewelry, and silverware can all be given to www.neweyesfortheneedy.org who recycle your donations and send them to those in need. Instead of throwing out your non-stick cookware, have it affordably refinished by www.frypanman.com. When disposing of large appliances, car batteries or tires, or anything you're

just not sure about, go to www.earth911.org to find out more information about those items and where you can take them locally.

5. **Donate, Freecycle, Use Less:** Let's not forget recycling to those in our community. Donate clothing, printers and computers, appliances, books, and all household or office items to local charities, schools, or shelters. Donate your old cell phones to people in need. Go to www.wirelessrecycling.com for more details.

Freecycle is a fantastic grassroots mission that is spreading through communities throughout the world. It offers people the opportunity to partake in a free exchange of goods. Go to www.freecycle.org to learn more about how you can get involved.

Most importantly, we all need to learn to consume less and reuse what we have. Reuse jars, envelopes, wrapping paper, and grocery bags. Use mugs at work and for to-go beverages. Avoid purchases with excess packaging and harmful plastics. Use rechargeable batteries. Junk mail is responsible for the cutting down of 100 million trees a year in America. Receive less junk mail by calling 1-888-5-OPTOUT and by visiting www.dmachoice.org to get your name removed from lists. Last but not least, buy recycled goods. Educate yourself, spread the word, and keep the circle going.

Summer Hennessy is the Executive Director of Pink & Green Publishing and the Editor-in-Chief of Pink & Green Magazine, the first magazine dedicated to ending Breast Cancer naturally. Visit www.pinkandgreenpublishing.org.

In Search of Tofu

Have you ever had a craving for tofu? Well—not to worry—most people haven't. But for now, let's just say that you *might* have a craving for it every now and then. Tofu is so readily available in just about any marketplace in the metro Atlanta area, yet it's still not exactly a hot-commodity in most restaurants.

Imagine if you will, my husband, Steven, and I driving down Buford Highway, into the Chamblee/Doraville Asian District, in search of tofu—in separate cars—Nextel's in hand.

"Tango Omega Foxtrot Unicorn, to Dark Side of the Moon . . . come on."

"This is D-S-O-T-M . . . come back, T-O-F-U."

"Spotted anything yet?"

"Not yet . . . Wait! There's a Korean Restaurant with 'tofu' in its name!"

"You game? Come back . . ."

"Let's do it! Come on . . ."

Standing there upon the threshold of yet another new dining experience, we had no idea what to expect. All I knew is that the name of the restaurant held the promise of what could literally turn out to be tofu bliss!

Upon entering the restaurant, and apparently acting totally clueless, the place went deathly silent. The servers told us to "sit anywhere" as they shot a certain "all-knowing" look at each other. One of them grabbed the menus and headed to our table with the look of "I'm goin' in," written all over her face.

The six-page menu was loaded with delectable items such as Braised Beef Tips with Tofu; Pork Tenderloin smothered with Timchi, rubbed with medium spicy *Doinjang-jjigae* paste (made of soybeans); BBQ Beef with soft Tofu, (which was probably wrapped in bacon). We looked at each item and read the ingredients very carefully; 15 minutes later, we placed our menus on the table. Our server approached, and Steven explained to her that it was our first time visiting their establishment and asked if she could offer any suggestions as far as vegetarian items on the menu.

She started speaking quickly, with broken-stabbing English and said, "We do have a soup with spring onions, soft tofu, and vegetables. You want that? You want soup?" When asked if we could have tofu prepared as a side dish, with rice and veggies, she went on to explain that the option was not available. They only served soft tofu, and it could not be deep-fried or sautéed as we had requested. Actually, she looked quite appalled at the notion and said, "No! It will fall apart! You want the soup?"

We decided the soup would be fine, but not quite enough to eat, and asked what else might be a good choice. There was rice on the menu. How about having rice with vegetables? She told us the bowl of rice came with sides of vegetables. We could also have an egg in the rice. So we agreed each of us would have the soup, and two rice bowls with the side vegetables.

Well, let me tell you—I was not prepared for what we were about to receive. The soup came out first, bubbling in a hot bowl which made me immediately think of the vapor trail put off by dry ice packed around a witch's cauldron at Halloween. I mean this was literally in the state of fusion. Bubbling-hot-liquid magma, in a black stone cauldron!

Next, six separate bowls were placed in front of us. Each held a different vegetable starting with: Kimchi, spicy cucumbers, steamed bean sprouts, sweet boiled potatoes, seaweed salad, and in one of them was something that didn't look "real." When asked, we were told it was whole fried anchovies. (Euuuwww!)

Our soup had cooled a bit, so we started placing the veggie items in it. Had we put them in sooner, they would

By Betty Bearden

have disintegrated for sure. I had never tried kimchi before; I won't try it again. Other than that, the soup was delicious. The soft tofu and steamed veggies were perfect. Halfway into our soup, and feeling great about our accomplishment, two servers brought out the rest of the order. I suddenly got that same feeling I did a long time ago while watching "Close Encounters of the Third Kind," when the Mother-Ship finally appeared and the windows were blown out of the Central Control station. . . Dah, Dah, Dah, Dah, DAAAAAHHHHHH!

If I could have crawled under the table, I would have, but there were barbecue pits in the middle of each table, which barely left enough room to even slide up to the table and get your legs under it.

Placed before us were two of the largest bowls of steaming rice I had ever seen in my life! On top of the rice was a raw egg. The bowls were actually called stone crocks, and they were as big as your head!

We sat and stared at the steaming crocks (cauldrons!) of rice with the raw egg on top, not knowing what to do for what seemed an eternity, when out of nowhere our server appeared, speaking in that quick, stabbing English again, "You must stir rice. . . will cook egg. If you don't stir rice, bowl is hot, will stick to bottom of bowl and burn! You stir rice!" And then she was gone.

I felt like I had just been spanked. We quickly stirred the rice and mixed in some more veggies. A Teflon-coated tongue and esophagus would have come in handy, but after a while, the rice stopped steaming enough to actually eat it. It was delicious. Not only was it delicious, it occurred to me how healthy the food was. So, all-in-all—mission accomplished!

It's not everyday that we sit down at the table and dine on kimchi, seaweed salad, steamed bean sprouts, and other surprises. I encourage you all to venture out of the "norm" and try something different. I gained a lot of respect for the Korean culture that afternoon, because they are not so different from us when it comes to eating healthy foods.

It added adventure to our life, and speaking of life, there is one place I love to go where I know the people will always be friendly, the food will always be fresh, and vegetarian (with no surprises!) not to mention absolutely delicious—Café Life at Life Grocery, of course.

See ya there, and remember—spring is just around the corner!

Betty Bearden is a published writer and the 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 or visit her website at www.creativewrites.net.

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

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Enjoy Life . . .

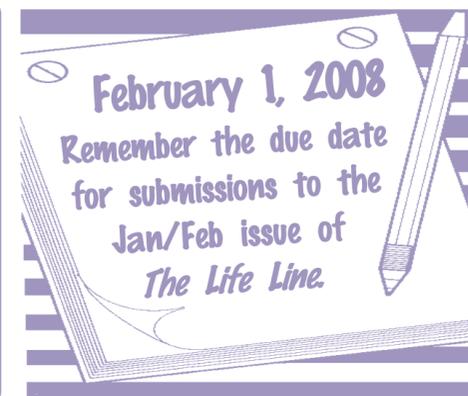
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kitchen & juice bar closes at 7 pm

Sunday
12:00-5:00 pm



Don't Diet

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

As the New Year rolls around, people everywhere are making resolutions to lose weight. I'm sure you hear about all the latest fad diets more often this time of year. I'm here to tell you, though, that diet's do not work. Believe me, I used to be big . . . oh, not just big, I was "fluffy." I tried every fad diet that came around and nothing worked, at least not until the real reason I couldn't lose weight was diagnosed. So what was the real reason, you ask? Almost five years ago, I was diagnosed with Celiac Disease, an autoimmune disorder that was being aggravated by the high gluten content of my diet. Gluten is the protein found in grains such as wheat, barley, rye, and spelt. Five years later, I have lost 115 pounds. I did not "diet," rather, I changed my lifestyle to accommodate my gluten intolerance and lost weight without even trying.

I have a theory that gluten intolerance is behind the epidemic of obesity in this country. The vast majority of our processed foods are extremely high in gluten, and gluten is hidden in just about everything from sauces to natural flavorings. If you were to remove all gluten from the average American diet, I bet that most people would begin to lose weight. Now, not all people will lose weight simply by eliminating gluten. You have to change your lifestyle, as well. I made a few adjustments in my lifestyle aside from just cutting out all gluten.

First, I cut way back on the amount of processed food that I was eating. Even though there are quite a few choices of gluten free processed foods, I tend to avoid these like the plague. Second, I serve my meals on a small salad plate instead of a large dinner plate. This is a simple trick to fool the brain into thinking that you are eating more than you are. Third, I eat as many servings of fruits and vegetables as I want. Fourth, so that I do not feel deprived, I allow myself small gluten free treats to satisfy the taste craving. I believe that these simple changes have been key to helping me lose weight without feeling hungry and without even trying.

So, don't diet. Change your habits and change your life. Gluten is not the only culprit that keeps people from being able to lose weight. Avoid white sugar, diet sodas, and excess sodium, as well. Make sure you are drinking plenty of water every day. I hardly ever drink anything but water. It's not the same thing to drink other liquids, like juices or teas; it has to be water. Your body craves it, a lot of the time if you are feeling hungry, it's because your body wants water.

For your enjoyment, here are a few "non diet" recipes. Enjoy!

Salmon Patties (my mom's recipe)

1 can Alaskan Salmon
3 eggs
1 c gluten free bread crumbs (I used Kinnickinick Italian White Tapioca Rice Loaf crumbled in my food processor)
¼ c diced onion or ½ teaspoon onion powder
¼ t garlic powder (or more to your taste)
¼ t salt
¼ t pepper

1. Mix ingredients well with a fork.
2. In a skillet heat olive or canola oil over a medium low to medium heat.
3. Form small patties and cook 5-7 minutes on each side until cooked through.

Roasted Vegetable Pasta

1 medium zucchini, diced
1 red or yellow bell pepper, diced
1 large onion, thinly sliced
1 T olive oil
salt and fresh ground pepper to taste
2 large tomatoes, chopped
¼ c fresh basil, chopped
2 cloves garlic, minced
8 oz gluten free spaghetti or linguine
½ c parmesan cheese

1. Preheat oven to 450° F.
2. Put a large pot of water on to boil.
3. In a large roasting pan or a large baking sheet with sides, toss zucchini, bell pepper, and onion with 1 T oil. Season with salt and pepper.
4. Roast vegetables, stirring every 5 minutes, until tender and browned, about 5 or 10 minutes.
5. Meanwhile, in a large bowl, combine tomatoes, basil, and garlic. Season with salt and pepper.
6. Cook pasta in boiling water until al dente.
7. Drain and transfer to the bowl with the tomatoes.
8. Add roasted vegetables and toss well. Add additional salt and pepper if desired. Sprinkle with parmesan cheese.

Quick Applesauce Muffins makes 12 muffins

Muffin
2 c of The Gluten Free Pantry's Quick Mix
¼ c organic cane sugar
1 t cinnamon
1 c organic applesauce
¼ c milk or non dairy substitute
1 egg (or equivalent egg replacer)
2 T cooking oil

Topping

¼ c organic cane sugar
¼ t cinnamon
2 T butter (or equivalent non dairy spread), melted

1. Preheat oven to 350° F.
2. Combine Quick Mix, ¼ c sugar, and 1 t cinnamon.
3. Add applesauce, milk, eggs, and oil and beat vigorously for 30 seconds or just until blended.

4. Fill greased muffin pans 2/3 full and bake 12-15 minutes or until lightly brown on top and firm to touch.
5. Cool slightly and remove from pans.
6. Mix remaining sugar and cinnamon.
7. Dip tops of muffins in melted butter, then in sugar-cinnamon.

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

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life bits

By Kay Bird

Where Have the Bees Gone?

Our food supply depends on the honeybee to pollinate about 100 crops, including apples, nuts, asparagus, citrus fruits, and cantaloupe. These crops are potentially in jeopardy because tens of billions of bees are dying in a phenomenon called Colony Collapse Disorder (CCD).

Large commercial beekeepers are hurt worst, some losing 70% of their hives. Scientists are puzzled by the fact that adult worker bees vanish from the hives, leaving behind the queen and baby bees. They have also noticed that while bees instinctively rob honey from other hives, healthy bees are avoiding CCD-affected hives.

No one yet knows the cause of CCD or how to stop it. Academics point to poor nutrition, pathogens, pesticides, and genetically modified crops as potential causes. Some beekeepers are concerned that highly sensitive honeybees are reacting to negative environmental changes that have yet to be identified.

While CCD is being studied, there's a lot you can do right now to help honeybees.

1. **Buy local honey and eat more of it.** Not only does it taste better, doing so supports small beekeepers.
2. **Eat and grow pesticide-free foods.** It's no secret that organically grown food protects all of life.
3. **Plant wildflowers.** Bee-friendly plants promote local pollination.
4. **Raise honeybees.** Enjoy this new adventure and involve the children in your family and neighborhood. Find out what it's like to have a close working relationship with honeybees.
5. **Find out more.** Watch the video on the bee crisis at realgoods.com/community/bees.

To help us help the bees, www.realgoodscatalog.com offers products for the beginner:

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- **The Backyard Beekeeper: An Absolute Beginner's Guide to Keeping Bees in Your Yard and Garden.** Learn how to create a healthy bee colony in your own backyard from set-up, to maintenance, to harvesting delicious organic honey. This is a part-instructional and part-recipe resource book written by an author with 20 years of writing about bees. 176 pages of fun facts and hundreds of honey-infused medicinal, culinary, and cosmetic recipes. (item 21-0411, \$20)

- **Wildflower Seedballz.** With better results than broadcasting dry seeds, you can create a colorful wildflower habitat and promote local bee pollination. Seedballz are made of seeds, soil, fertilizers, and clay. Place in a sunny spot (hillside, patio container) and keep them moist. As the balls melt, the seeds sprout. It contains 25 types of annuals, biennials, and perennials. 16 balls for \$16. Hand-rolled by people with disabilities. (item 14-9722)

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That Precious “Organic” Label: Is it Hot or What?

By Linda Townsend

I am not a regular shopper of conventional grocery stores. I live a good distance from Life Grocery and, from time to time, I have needed an item or two that I did not have on hand. I used to have such mixed feelings when I walked into a nearby grocery store, ranging from an old feeling of familiarity to outright disgust. However, I now view it as an educational field trip; it is rather interesting to look at the foods so common in the American culture and, yet, have now become so foreign to me personally.

In recent years, many conventional grocery stores have made a small space for organic and natural food, precious space for which food manufacturers so highly compete. In fact, as some people walk past the organic foods, making light of their real value, more conventional food manufacturers are clambering to find ingenious ways to attract those who don't—even to the point of being nearly ridiculous! Did you know that a California company is now marketing a brand of certified organic cotton candy? Well, it is a nice novelty, but, really . . . how many times does one eat cotton candy? Isn't that something special we do at an amusement park or fair as just part of the experience? Someone please tell me that this is not a typical snack food in the American diet!

Popular snack food manufacturers are the ones that really get me. I visited one website of a very popular, well-known food manufacturer of hundreds of varieties of chips and other snacks. On the site menu was a category “Natural and Organic Snacks.” I clicked on that and I was taken to a list of “Natural” snacks. They have devoted themselves to making eleven . . . yes, merely eleven, products and not one of the eleven products listed was “Organic.” I looked further at the list of ingredients: four of the eleven had *some* organic ingredients and of those only two qualified to have the label read: “Made with certified organic corn,” which was in large print in its own banner under the product name, of course.

Let's take a look at the labeling laws for organic foods. According to the USDA website, certain labels have specific meanings.

- **100% Organic** - Products with this label must be exactly that: every single

ingredient is wholly certified as organic, with restrictions on processing, as well.

- **Organic** - Products must contain by weight, excluding water and salt, at least 95 percent organically produced raw or processed agricultural product. There are also restrictions on ingredients and processing. For instance, ionizing radiation disqualifies the product for this label.
- **Made with Organic Ingredients** - These products are multiple ingredient products, containing, by weight or fluid volume, between 70 and 95 percent organically produced raw or processed agricultural product excluding water and salt, with restrictions on processing. Up to three organically produced ingredients or food groups man made must be named in this phrase.
- **Products with less than 70 percent** - Products in this category are limited to listing organic ingredients on the information panel *only* and are not allowed to place any mention of organic ingredients on the front of the packaging.
- **Natural** - Products containing no artificial ingredients or added color and are only minimally processed, which would not fundamentally alter the product, may be labeled “natural” and the label must explain the use of the term, such as, no artificial ingredients or added coloring.

The last one really confuses my sensibilities. The term “natural” is a powerful word to me. It makes me think of feeling warmth of the sun or the cooling of a breeze on my skin, drinking pure water from a spring, picking an apple fresh from the tree that has been grown naturally far away from any pesticides or synthetic fertilizers, and so on. I think it might have the same

meaning to most other folks, as well, but the “natural” label on food has nothing to do with the product being truly natural; that is “organic.” Probably the majority of people, who regularly shop at conventional grocery stores, think that the term “natural” means better. (I suppose it is a small step in a better direction when compared to a store shelves full of food that is highly processed with preservatives and artificial coloring and flavors.)

Now let's take another look at those popular snack food products on that website. Of the eleven listed under the menu label of “Natural and Organic Snacks,” all eleven had “NATURAL” written in very large letters predominately *above* the product name—a real eye catcher!—with the addition of: No Preservatives - No Artificial Flavors - No Artificial Colors. Remember though, of all those “natural” products, only four had at least one organic ingredient and, of those four, only two had at least 70 percent organic ingredients.

I am thankful that more grocery stores are making a place for organic foods, but I cannot help but wonder why some of these companies with so many products being bought by the general public even bother to market a few products to those of us who value healthier and organic foods. Perhaps they are changing over to make truly healthier foods, or perhaps they place a few items in the stores so that organic shoppers will begin to buy their other products as well. Whatever the reason behind this marketing strategy, educating their customers about the difference between “organic” and “natural” labels at this time would not be in the best interest of conventional grocery stores or the food manufacturers.

While the occasional excursion to the big, conventional grocery store is interesting, I prefer the smaller, more personal Life Grocery, with its dedication to offering organic foods and its devotion to really educating its customers about diet and health. Oh, just one last thing, it is always a good idea to take time to really read the labels and the list of ingredients.

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

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When is Normal Cholesterol Not Normal?

By Don Bennett, DAS

For such a popular issue, there is a lot that people don't know about the subject of cholesterol. And, as I'm fond of saying, "It's what you don't know that can hurt you." That TV commercial for a cholesterol-lowering drug would have you believe that cholesterol "comes from two sources . . . your Grandma Maggie and Grandma Maggie's meatloaf," inferring that your genetics affect your cholesterol level and not just your diet. They'd like you to believe that the reason your dietary modifications didn't significantly lower your cholesterol level is because of your genetic predisposition to "high" cholesterol and that their drug addresses this. But, the reason most people's high cholesterol isn't reduced to a safe level is not the fault of their genetics or because of a deficiency in cholesterol lowering meds; it's due to insufficient dietary changes.

The drug company's suggestion of "When diet's not enough, talk to your doctor about Vytorin" can certainly appeal to those with high cholesterol who'd rather have it managed by popping a pill than by changing their diet. And, if it was a case of six-of-one, half-dozen-of-the-other, then there would be no need for this article. But, there's some important information that you need to know, that you're not going to hear from the folks who brought you Vytorin.

Results from a study were recently released that showed that, although Vytorin did lower cholesterol, it did *not* reduce the clogging of your arteries, which is the real risk factor for heart attack and stroke! Many people were shocked by this finding, for it had long been thought that having normal cholesterol reduced ones risk of coronary artery disease, and now this major risk factor (clogged arteries) was found not to be helped by this drug. I was shocked, too, but not by these findings. What startled me was that the study, which was done by the makers of Vytorin, was completed two years ago, yet was only just now becoming public knowledge! As a result of these findings becoming public, Vytorin's manufacturer stopped advertising this product. No more will we see those cute comparisons of food and family . . . the "two sources of cholesterol." But since it *is* true that a normal cholesterol level is directly correlated with a lower risk of coronary artery disease and stroke, why do these findings seem to dispute this? It's because using a drug to create a "normal" cholesterol level is not the same as giving you a normal cholesterol level the natural way.

Let's do something that people with vested interests in drug sales don't do; let's look at the big picture and put things in perspective. There are not two, but *three* issues that have to do with cholesterol. Yes, your body does manufacture it, and yes that production, relative to someone elses, can be affected by your heredity, but this issue is tiny when compared to the other issues. The makers of Vytorin are fond of mentioning, "You've heard it said: cholesterol comes from food. What you may not have heard is that your cholesterol also has a lot to do with your family history." But since high cholesterol has a lot *more* to do with food than with genetics, this clever wording could be deemed by some to be misleading.

The second part to this is diet. Humans are not designed to intake foods that contain cholesterol, so when we do, it's not too hard to understand that this practice can raise our cholesterol levels. And, it is significantly reducing or eliminating this source of cholesterol that

can have a truly positive impact on our health. True, you can artificially lower your cholesterol level with a pill, but if you're still *consuming* cholesterol, you're also consuming some other artery-clogging substances that the cholesterol lowering meds don't address. Is this fact lost on those who were shocked by that study's findings? Do they think that lowering cholesterol, whether by a drug or by meaningful dietary modifications, would yield the same results health-wise? If the makers of Vytorin, along with all those who were shocked by that study (like the FDA) really are this clueless, it just goes to show how much less is known about truly effective healthful practices the further away we as a society stray from our true nature.

Another aspect of this subject revolves around one of cholesterol's jobs. The body uses cholesterol to repair damage to the inner walls of your arteries (the dreaded "plaque" we hear so much about). The more damage done, the more repair needed, and the more cholesterol used (and the more cholesterol produced). The good news is that not only is your cholesterol level lowered by eating healthier (foods that contain no cholesterol), less damage is done to your arteries (and your body in general) when you significantly improve your lifestyle practices, diet being one of them.

So don't let anyone convince you that your genetics is just as significant a factor as your diet when it comes to your cholesterol level; the two are as different, effective, as night and day. And don't let anyone persuade you into believing that lowering your cholesterol via artificial means (a pill) is no different than getting those same results through effective dietary modifications. The more fruits and green leafy vegetables you eat, and the less cholesterol-containing food you consume, the healthier you can be (in addition to heart health, this includes lowering risks of cancer, diabetes, osteoporosis, Alzheimers, etc). Real health comes from healthful living and not from a pill. And, truly effective health information comes from unbiased knowledgeable sources and not from clever TV advertising.

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 Life Grocery book department. Visit health101.org/book for details.

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

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

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Life Line Logo Design: Heathere Wilmoth
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Vitamin A and the Vegan Diet (and Other Supplement Questions Answered)

By Dr. Joe Esposito, DC

Recently, someone read an article on the importance of Vitamin A. He asked me to read it and give my opinion. The article stated that the best sources of Vitamin A were from animal products such as fish and milk. I get questions like this a lot. When someone reads a news story about a vitamin or supplement that they don't use, they feel that it could be the end of the world.

Now, we all have health issues, yet most times we rely on doctors who might have less knowledge about health than we have. Most doctors (not all, so don't send me nasty e-mails), are experts on dealing with sickness. When it comes to dealing with health, be sure to find someone who is an expert in getting well and staying well, not someone who is an expert in just covering up the symptoms.

My friend asked for my opinion on the Vitamin A article and how it relates to vegans. I agree that good sources of Vitamin A are the animal sources listed in the article. However, this is a very narrow approach to nutrition. A good source of one supplement might have many other adverse effects that must be considered. We cannot look at any biological function in a test tube; we must look at the big picture.

The animal sources listed are potentially toxic or are not practical. For example, the article suggests raw milk as one source of Vitamin A. It is illegal to purchase raw milk for human consumption in the state of Georgia. There is also the risk of dangerous pathogens (viruses, germs, bacteria, and/or fungi). Milk, even raw organic milk, will contain some steroids, chemicals, and hormones that are not compatible with good human

health. If you have non-organic milk, you can add antibiotics, pesticides, and herbicides to the list of unwanted components. There is also the risk from saturated fats, allergic reactions, mucus production, and pus cells in your milk (no more than 750,000 pus and/or red blood cells in about 8 drops of milk, according to the FDA regulations). If you would like more information on all dairy products, go to my website, drjoesposito.com and click on "articles" or "Dr Joe's Radio show" and look up the title "Got Milk? I hope not!" and listen or read.

Fish products are always a risk due to heavy metals, like mercury and lead, as well as other chemicals the fish have been exposed to such as PVC's, a known carcinogenic. The more fat a fish has and the bigger and older it is, the more potential exposure it has had to these and other toxins. If you are going to supplement with fish oil, make sure it is certified by European standards, which are much more stringent than US standards. Nordic Naturals is one brand that is pretty good and is available at Life Grocery.

Getting your Vitamin A from plant sources is not a bad idea, assuming you have a good diet and a good digestive system. The article states that the plant source of Vitamin A is beta carotene and that it must be converted to the biologically available form in the small intestine. If you have a healthy digestive system, this is an easy task. If you are eating a good diet, which will contain lots of fruits, veggies, certain grains, nuts and seeds, you are getting more than enough beta carotene to convert to Vitamin A. The goal should be to have a

good diet and a good digestive system so you can absorb your nutrients. In order to have good health, you must have a normally functioning nervous system, which controls everything else. You must also have a normally functioning digestive system so you can absorb your nutrients and pass out your waste products. Of course you must have a good diet. It is cheaper and easier to eat well than it is to eat poorly. For more information on how to obtain and maintain good health, tune in to my radio show on Saturdays at 9:00 am on WNIV 970 AM, on Saturdays at 10:00 am on WGUN 1010 AM, and on Sundays at 7:00 am on WGKA 920 AM. You can visit my website and access about 250 shows that you can listen to at any time, absolutely free.

The concept that one supplement is going to solve a problem is a very narrow way of looking at things. All nutrients must work in conjunction with other nutrients in order to have the body function properly; nothing works on its own. This is why a healthy lifestyle is what gets the best results, and that includes quality supplements, a good diet, a properly functioning digestive system, and a properly functioning nervous system.

I could go on for hours, but I think you get the idea.

Dr. Joe Esposito is a chiropractor, licensed dietitian, author, syndicated radio show host of HEALTH TALK ATLANTA, and the director of Health Plus Chiropractic Center. For more information or to speak to him personally, call 770-427-7387. Mention Life Grocery and get an exam, consultation, x-rays, and doctor's report of findings for only \$50!

Breast Health

By Marcia Jones

The statistics are grim. In 2003, according to the American Cancer Society, 200,000 women will be diagnosed with breast cancer and approximately 46,000 women will die from it. In 1974, when Nixon declared war on cancer, a woman's lifetime chance of getting breast cancer was 1-in-20; today it's 1-in-4.

The statistics are staggering considering the hundreds of millions of dollars spent fighting the disease. In fact, since the "war" was declared, more women have died of breast cancer in the United States than the total number of American military members who lost their lives in World Wars I and II, the Korean conflict, and the war in Vietnam combined. Clearly, the allopathic community is losing the "war."

The facts, however, are much more encouraging and, as always, education is our best defense. Did you know that only 5% of all breast cancers are genetic? The good news is that even genetic predisposition does not mean that you will develop breast cancer. Most of us have precancerous cells in our bodies, but a healthy immune system will get rid of them. Ninety-five percent of the cancers are promoted environmentally and, thus, most risk factors are within a woman's control. Current theory is that cancer cells develop from these "promotions."

Take control. Get to know your body and your breasts by forming a friendship with them. Initially, examine them daily until you become totally familiar with them. Pay attention to the way the skin and tissue underneath feels and notice the subtle changes in your breasts throughout the month. Between ovulation and menstruation, many women find that the size of their breasts change as much as a cup size as hormone levels rise. Some find that their nipples become more sensitive. Moderate changes are normal, but for instance, if nipple sensitivity reaches the painful level, estrogen dominance is indicated. Perhaps your body is not processing

estrogen properly. Once you are familiar with your breasts, examine them once a month, sometime between ovulation and the beginning of menstruation.

This will dispel many fears you may have. Fear is the opposite of what is needed to create and maintain health. We've all heard, "You are what you eat." In much the same way, "You are what you think." Think health. You have ultimate control over most factors associated with how long and how well you'll live.

One of the first things you can do is reach for cruciferous vegetables—broccoli, kale, cabbage, Brussels sprouts. These wonderful veggies contain a phyto-chemical, known as indole-3-carbinol, that changes the way your body metabolizes estrogen to prevent cancers. Next, reach for soy products. Soy is a phyto-estrogen that actually binds to estrogen receptor sites, thus, preventing carcinogenic estrogen from entering cells. It also contains five anti-cancer agents.

Cultures with diets high in soy products tend to have a much lower incidence of breast cancer. However, these same cultures show an increased incidence of endometriosis and fibroids due to increased estrogen levels. Although the estrogen in these cultures is derived from soy products, it still impacts negatively when overdone. So be sensible in your use of soy: some is good, but more is not better.

Regular exercise also changes estrogen processing, serotonin and dopamine levels, and self-concept. Exercise works for you on several important levels. Most are aware that women athletes often lose their periods. That, of course, is not desirable or healthy. The point is that exercise can be one of your greatest tools in lowering high estrogen levels.

Next, ease up on sweets. Studies show a link between high sugar consumption and breast cancer. (S. Seely, "Diet and Breast Cancer: The Possible Connection with Sugar Consumption," Medical Hypothesis, 1983; M. Lender et al., "Diabetes and Breast Cancer," Lancet Journal, May 21, 1977.) As an added bonus, you'll lose unwanted weight and cut your risk of developing Type-II diabetes.

Two of the most important lifestyle components are well known to members of Life:

(1) Consume certified organic produce when possible.

(2) Eliminate or limit consumption of commercial animal protein. Commercial husbanders routinely implant estradiol pellets (one of the most carcinogenic of the three estrogens) under the animal's skin. This brings them to market weight faster, with less care and feed, thus, increasing profits. (For this same reason, be wary of hormone replacement prescribed by many doctors.) To increase profits, commercial farmers also spray crops with pesticides, which tend to act as estrogens in the body and concentrate in breast (and other) tissues.

Nutritional supplements can further decrease risks of all cancers. RDA's can be compared to minimum wage. Nobody envisions minimum health as their pinnacle of success or their goal, so be good to yourself with vitamins, minerals, and anti-oxidants. In this world, we need them for a good life and optimum health.

No article on breast health would be complete without addressing mammograms. Many experts recommend them periodically in an effort to detect abnormalities; other experts think that the radiographics and compression required for successful mammograms are invasive and potentially harmful to the breast. Each woman must make an informed decision based on available information and the recommendation of her health care practitioner. *How to Prevent Breast Cancer and Its Recurrence*, by Ross Pelton, Taffy Clarke Pelton, and Vinton C. Vint, and *The Estrogen Alternative*, by Raquel Martin and Judi Gerstung, D.C., will provide the necessary information in making this decision.

Marcia Jones, National Director of the Dixie PMS and Menopause Center, networks with holistic healthcare providers across the country and internationally. E-mail jones@tidesoflife.com for info.

Five Keys to Success with Raw Food

By Chef Jenya Hampton

Six years ago, when I first came across the raw food diet, there weren't too many resources available. One really had to be very diligent in searching out the information and the supplies.

Fast forward to six years later, and there seems to be a plethora of information and products. New raw food books seem to appear on store shelves daily. There are You-Tube videos on nutrition and preparation of raw food. There are raw food blogs and newsletters, retreats, restaurants, and DVD's. Oprah, Good Morning America, and many other popular mainstream programs have featured the benefits of raw food. The raw food awareness is growing in leaps and bounds; this is a wonderful evolution in health, wellness, and spirituality. However, this evolution is bringing with it a myriad of raw food experts and gurus eager to get out their own information, good information—unfortunately, often conflicting information.

Lately, what I've noticed is people new to raw food are excited to get started. Then they start reading and researching and end up throwing in the towel, because they don't know what the best way is to proceed. They literally get frozen, and that is what I want to address here.

Every expert who writes a book, or offers a new program, seems to have arrived at their own conclusions for the right way and the wrong way to eat raw. The new information is good, but, to a beginner, it can be very overwhelming. The questions I have been hearing lately from people new to raw food are: *How do I proceed? Where do I start? Who do I listen to? Do you drink water only or juices only? Which is better, juices or smoothies? Should I eat only fruit or no fruit at all? What about alkalinity? Are nightshade foods safe to eat? What about mono meals? Should I eat raw meat and fish? Do I need protein*

supplementation? What about eating a low glycemic diet? Should I incorporate dehydrated foods or eliminate eating dehydrated foods? Does raw chocolate have caffeine and should I eat it? Do I need algae? Which minerals do I need and how much? How do I make food combining work? Should I get my probiotics from food or supplements? Is 80% raw better than 100%? Etc, etc, etc. There is just so much confusion.

Now I don't pretend to be an expert. I can only offer what I have personally experienced and/or have seen from the people I have worked with who have experienced success with transitioning and remaining on raw food while maintaining a busy lifestyle.

The following is a list of five keys to your success:

1. Raw food is not a religion. Don't worry about messing up, like missing a day or pigging out on all the wrong foods. Forgive yourself, then recommit to doing better, and move on.
2. It's not an all or nothing. Anything you do to increase the amount of fresh organic fruits and veggies in your diet is a step in the right direction.
3. Raw food is not a diet, it is a lifestyle. That means it is just one part of a whole. It is a large part, but still just a part. If you are stressed about work, relationships, or your diet, this stress will tend to negate all of the benefits of eating well. You will experience weight gain, lack of energy, and all the ills that stress brings on. So relax and take the time to learn and develop techniques to manage stress.
4. Don't wait until everything is perfect, just start with baby steps. Learn a few recipes, and become proficient at preparing them with ease

and consistency. Then add to your repertoire. Your success will largely depend on the ease and proficiency with which you are able to continue this lifestyle.

5. Make time to preplan and organize your week with menus and shopping so that you have enough good food at your fingertips to make it easy to stay on track. You are worth it!

At the end of the day, remember the most important key to success is that there is no one right diet for everyone; you need to pay attention to your own body. The most amazing thing is as you continue eating raw, organic, maximally nutritious whole food, your body will speak louder and louder as to what it wants. You will literally FEEL the effects of what it does not want.

Commit to incorporate the above five simple steps to success with raw food into your daily routine for at least twenty-one days. Studies show that it takes twenty one to forty eight days to develop a new habit or break an old one. So go easy on yourself and just do it! Once you are proficient for twenty-one days, you can start to expand your knowledge and incorporate new information.

Here's to your success!

Chef Jenya offers a wide variety of raw food specialty classes. To learn more about her classes, free recipes, and other services visit www.essentialenergycuisine.com or call 404-925-3428.

Stop Trying to Lose Weight!

By Brian Murray

So you lost 10 pounds. Big deal. Most likely, you just made yourself fatter. Here's why.

The conventional method for losing weight is to eat fewer calories. This is good. Without a calorie deficit your fat cells won't shrink. This practice is usually combined with the standard 60 minutes of "cardio" activity or no exercise at all. This is where the problem lies.

In the absence of significant stress on your muscles (read: high intensity strength training with VERY heavy weight), most of the body weight lost in the initial stages of a weight loss plan will be from water and lean tissue—two valuable components of a healthy, fit body—while very little will come from fat stores. (Fat doesn't have a high energy demand. Muscle does. Your body is a master of economics. If the muscle isn't serving a purpose, it goes first.)

When the weight of the lean tissue component of your body composition goes down and the weight of the body fat component doesn't change much at all, your body fat percentage goes UP! So, even though your jeans fit looser, you effectively make yourself a fatter, softer, weaker, and more injury-prone person. I would now classify you as *skinny-fat*. But the worst is yet to come.

Sadly, you are now heading for a ride on the weight loss/fat gain roller coaster. Do you remember the *Atkins*

Diet craze? Is anyone still on that diet? How many of the people who tried it kept their weight off? I would bet none. Sooner or later, you are going to go off your diet and when you do the weight is coming back. What comes back is all FAT. Your body fat percentage goes even HIGHER. Yikes! So the next time you want to lose weight, your battle is going to be tougher. And, that is the story of millions of Americans.

Let's do things a different way.

The goal now is to lose FAT. You are still going to eat less and lift weights that seriously challenge your muscles. Now your body has a reason to keep the muscle. Oh no, you get on the scale and you have gained two pounds. Don't freak out. The gain is from lean tissue. This is GOOD weight gain. You just permanently raised your metabolism, reshaped your body, and gave your energy level a turbo boost.

A few weeks later, you notice that the pounds of body fat you lost exceeds the pounds of body weight you lost. How did that happen? You gained lean tissue. Its calorie burning power helped vaporize the excess fat. So, you lost 10 pounds, but you look like you lost 20. Your muscle/fat ratio has now gone UP and your body fat percentage has gone down significantly. The body weight you did lose was 100% FAT.

Doesn't that sound like a better way?

Stop trying to lose weight. The process only makes

you fatter. Keep the muscle, lose the fat, and you will be thrilled.

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

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A Practical Buzzword for Real People—Best Foodism

By Traci and Kal Sellers, MH

We, Traci and Kal Sellers, MH, coined the phrase “Best Foodist” when we wrote *Traci’s Transformational Health Principles* and *Traci’s Transformational Kitchen Cookbook*. The need arose when we became well-known enough that we started teaching classes and consulting with people struggling with health problems. There was not a word that described what we teach, so the idea of Best Foodism appeared.

Let us introduce you to the Best Foodism philosophy: Best Foodists believe in making the best possible choices in a given situation. They consider the following:

- The ideal diet plan
- Social situation and the value of social health
- Spiritual values
- Consciousness of the moment
- Available fare
- Cost
- Personal readiness
- Ability to relax and enjoy the food
- Health needs and goals
- Personal situation (i.e. food reactions, conditions, activity level, etc.)

Best Foodists enjoy several key benefits of this philosophy:

- Best Foodists don’t fall off the wagon, because they understand that they are just having a less conscious moment and that they are always doing their best.
- Best Foodists don’t have guilt! That is right, no guilt is necessary. First, this is because choosing guilt is not the best thing to do to yourself. Second, this is because they understand that they are doing the best they can in any given moment, which might mean being a complete raw foodist or it might mean eating a corn dog.
- Best Foodists live in a real world. Not that complete raw foodism, breatharianism, an hour of meditation per day, or nothing but smiles for every situation and person cannot be real. Indeed, Best Foodists are looking for that kind of life and consciousness in themselves. It is just that between now and then, most people need a range to operate in, rather than an absolute.
- Best Foodists see health objectively, understanding that there is a range that gradually moves down from ideal foods, thinking, and living—much of which is very positive and beneficial. Divergence from the ideal does not equate harm or injury. Often, rigidity to the ideal does mean harm or injury,

depending on the consciousness of the moment.

- Best Foodists can enjoy any setting because they understand the art and science of choosing the Best Foods in any setting. They factor in social values, spiritual values, personal stress, current level of consciousness (we all have moments that are less than our best), state of mind, and symbolism of their choices when choosing what foods to eat or not eat.
- Best Foodists understand what choices are really harmful and which standards are really important, so that they can indulge in a moment of weakness without devastating consequences. Consequently, they entertain great recipes for raw and live plant foods, as well as whole, natural treat foods and comfort foods that are sweet, savory, and cooked (basically whole and the least toxic possible for the situation).
- Best Foodists are keen observers of Nature and watch what nature says about foods. They turn to science to understand nature better, never to decide if nature is right or wrong. (How weird would that be?)
- Best Foodists are well read and study science often. They believe whatever is discovered that matches what they observe in nature.
- Best Foodists are supple in the sense that they are always learning and never so attached to any one idea or belief that they cannot learn a better one.
- Best Foodists believe that the ideal diet is raw plant food that grows in the sun. They are not given to speculation (based on human science) about elitism among foods, but believe that a healthy plant cell makes a healthy human cell.
- Best Foodists believe strongly in healing one’s life as part of changing one’s diet.
- Best Foodists are interested in what Nature teaches or suggests that a naturally living human should do.
- Finally, Best Foodists are interested in the best choices they can make at a given time. They are also working toward the ideal choices as much as possible. Best Foodists make the best of what Nature provides and enjoy the best things with gratitude and peace.

We have been teaching people how to make the best choices in food, supplements, condiments, and seasonings for seven years. We hope you enjoy the fruits of our labors. Following, we have included a completely

raw (depending on the sweetener you use), sprouted recipe from *Traci’s Transformational Kitchen Cookbook*.

Raw and Sprouted Buckwheat ‘Groat’-Meal

This cereal reminds me a lot of the little packages of cinnamon and spice instant oatmeal I used to eat as a kid. My kids think it is great. Because it is only warmed, not cooked, it is considered a raw cereal.

2 c sprouted buckwheat
6 T maple syrup or agave nectar
4 T light olive oil
¼ c water to blend
1 t cinnamon (optional)
¼ t sea salt (optional)

1. Soak and minimally sprout buckwheat (very short tails on the grain—see “Instructions for Sprouting” in *Traci’s Transformational Health Principles Book*—available for free as a download from www.bestfoodist.com).
2. Measure out 2 cups of the sprouted grain.
3. Combine all ingredients in a food processor or blender and process briefly, just to break up grains. Mixture should be fairly lumpy.
4. Scrape mixture into a saucepan and just warm it to serving temperature, *do not cook, or cereal will clump into a solid*. Add additional water to prevent sticking as necessary.
5. Serve immediately.

Variations: Omit the cinnamon and swirl in fresh, frozen, or dried fruits at the table. Some complimentary flavors we like are: blueberries, raspberries, elderberries, dried strawberries, dried peaches and nutmeg; dried apples and cinnamon; or raisins and cinnamon.

*Traci and Kal Sellers, MH, run a school for Holistic Healing and Herbal Medicine in Powder Springs, Georgia. Kal is a Master Herbalist available for consultations and health-related therapies. Traci and Kal have written two books, *Traci’s Transformational Health Principles* and *Traci’s Transformational Kitchen Cookbook*. Further information is available at www.BestFoodist.com. Kal also offers training materials, free info, and free educational newsletters through www.KalsSchool.com. Contact him directly at 706-473-4375 or by email through www.KalsSchool.com.*

Healthy You!

By Dr. Kim Strickland, ND

I hope this newsletter finds you healthy and well. If you are not, I’ve got some tips to help you on your way to health. Many people find themselves sick with colds, the flu, coughs, sinus infections, hayfever, etc. To remove excess mucus from your body, take one half teaspoon of freshly minced horseradish mixed with fresh lemon juice; chew for a minute and then swallow. Repeat this twice a day until you no longer have a burning sensation. The burning sensation is the horseradish reacting with mucus. Depending on how much mucus you have in your sinuses, throat, and digestive tract, you may need to do this for a month or two before you have no burning.

Drinking hot water with lemon juice first thing in the morning will clear out mucus as well. Drink hot teas with

decongestive herbs like peppermint and mullein. Hot broths are nourishing and especially so if they still contain live enzymes. If you have a VitaMix, use it to make soups that are warming with ginger, garlic, and turmeric. Garlic is, of course, a well known aid for winter ailments. Chew one clove of garlic and chase with water to ward off illness. I make garlic lemonade for my small boys. Chop 4-5 cloves of garlic and steep them with boiling water for about 30 minutes. Add the juice of one or two lemons and sweeten with honey or stevia. Drink liberally.

Life Grocery also has tinctures such as echinacea, goldenseal, and mullein that will aid you in returning to health. Remember that Vitamin C helps the body fight infection. The supplement department has many forms

of Vitamin C available from which to choose. Eat lots of grapefruit, as well. Rosehips contain lots of Vitamin C and make a nice tea. Fresh juices such as carrot, carrot/spinach, carrot/beet/cucumber, and pineapple juice restore health and break up mucus. Freshly made organic vegetable and fruit juices are available to order at Café Life. If you’d like to juice at home, purchase your organic produce at Life Grocery. Stock up and be healthy!

Dr. Kim Strickland earned a Doctorate of Natural Health from Clayton College in 2005. Her special interests are maintaining health through proper nutrition and diet and the wellbeing of children. For questions, call 770-218-3952 or email mk_strickland@bellsouth.net.

Positive Changes Equal a Better Life

By Dr. Brenda Cobb

Change is inevitable; it's the way we all evolve and become better. It takes real effort to make positive changes. Think of a time when you were working towards something you really wanted. Didn't it feel great when you achieved your goal? It had meaning and value.

Would you like to have good health, but those same old excuses keep coming up? Do you think you are too busy to eat right and exercise? If you are feeling overwhelmed and procrastinating about taking care of yourself, there is no time like the present to make a change. When you take care of your health, everything in your life improves.

A tired, stressed out body is more illness prone. Unfortunately, Americans are some of the sickest people on earth, plagued with high cholesterol, heart disease, high blood pressure, diabetes, cancer, obesity, clogged arteries, and severe toxicity and deficiency. This relates directly to eating food with little or no nutritional value. Most people eat "bad" food out of habit, but poor nutrition leads to poor health. If you don't have good health, you can't really enjoy life. Your health impacts everything.

Today, you can take the first step to doing better by eating more organic raw vegetables and fruits and living sprouts. Make yourself a big salad for lunch instead of eating pizza. Eat an apple rather than a candy bar. It's the little steps that begin to lead to good results.

To help you on your quest for a better life, it is important to have support and to become educated about what foods are best for you. Become involved with others who have similar goals. Get a buddy and encourage each other to do better each day. It's more fun when you can do things with other people. Many times having another person watching your progress will help you to stay on track.

Eat organic. It's the only way to go. Give yourself the optimum nutrition when you eat fresh fruits and vegetables that are free of chemical fertilizers and pesticides. Eat at least 80% of your food uncooked. Fresh raw vegetables and fruits have living enzymes, vitamins, and minerals. Eat lots of sprouts, the living foods. Sunflower sprouts, buckwheat sprouts, and broccoli sprouts are supercharged with nutrition and will help you create or maintain great health.

If you haven't been eating nutritious food in the past, just remember an old habit can be broken and a new one put in its place if you're really motivated. Set your goals. Make a plan. Become educated and act responsibly. If you don't care about your health, who will? Don't wait until you are diagnosed with a serious disease to make changes. Do something good for yourself today. It's all up to you, and you are definitely worth it!

Cinnamon Applesauce

6 apples, peeled and cored
½ c medjool dates
½ c raisins
1 t cinnamon

- Put the dates, cinnamon, and apples in the food processor and blend until smooth.
- Fold in the raisins.

It's quick and easy and oh so good.

Chunky Guacamole

3 ripe avocados
1 roma tomato
3 green onions, including the tops
1 large clove garlic
½ t. cumin powder
1 c fresh cilantro

1 T fresh lime juice
½ t Celtic sea salt

- Cut avocados in half and remove the seed.
- Peel the skin off the flesh or scoop the avocado flesh out with a spoon. Put flesh into a bowl.
- Mash the avocado with a fork until mushy and creamy. It's okay to have some small chunks in this. It doesn't have to be completely smooth.
- Chop the tomatoes, green onions, cilantro, and garlic by hand and combine with the avocado.
- Add the lime juice, cumin powder, and sea salt. Mix all together.

Enjoy your yummy creation.

Cilantro Lime Salad

1 bunch fresh cilantro
2 c mixed baby greens
3 T fresh lime juice
2 T flax seed oil
1 clove garlic
1 t powdered kelp

- Chop the cilantro leaves and stems and the garlic by hand into minced small pieces.
- Combine all the rest of the ingredients and toss until well coated.

Feast away.

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 and 12 Day Healthy Lifestyle Raw and Living Food Course at Living Foods Institute, 1530 Dekalb Avenue, Atlanta, Ga. 30307. For further information on classes and free seminars, call 404-524-4488 or visit www.livingfoodsinstitute.com.

Building a Culture of Excellence

By Michael A. Scimeca, D.C.

People just don't care. That is what high school children are saying about their peers. Whether we are talking about academics, sports, music, or the arts, we have numbed ourselves as a culture such that our up and coming leaders are graduating from the class of mediocrity. As a society, we are becoming more and more apathetic about tapping our full potential, being extraordinary, and achieving excellence. Perhaps this is a wake-up call.

To address the severity of what we are facing as a culture demands honesty. In practical terms, we must instantly raise our standards regarding how we treat each other and what we expect from ourselves. The key to raising the bar involves a little known art form called visionary leadership. Instead of handing down a bunch of rules to be broken, we instantly implement a system where people receive quick, concise, honest feedback regarding their use of choice. By making this immediate and conscious connection between action and result, we highlight the power we all have to steer the course of success. Unfortunately, an apathetic attitude is the antithesis to having such a valuable feedback system in place.

Taking the role as visionary leader requires a belief in one's ability to elevate his or her own life. The aptitude to live as a leader simply insists that we live as role models, that we demonstrate integrity in how we raise ourselves. The fundamental thought-provoking probe then becomes: Are we accepting mediocrity for ourselves? Mediocrity runs rampant throughout many businesses. The size of a company has relatively little to do with the functionality or production of an organization to succeed in meeting specific goals and objectives. To combat mediocrity, however, we need not go beyond ourselves and our home lives.

What does success look like? What does success feel like? These are questions we need to ask ourselves far more often than we currently do as a family and as a culture. In simply recognizing excellence, we instantly raise the bar. In fact, by having a vision of success, we also have access to the road map that helps us find our way to success. Without having this vision, we have nothing of value to share with our loved ones, nothing of significance to exchange with our partners in life. When we see that the mediocrity we are foolishly accepting from ourselves is nothing but the result of having a lack of vision, we can begin to take back our power. More importantly, we take our rightful places as leaders and begin to share something of great value, the look and feel of success.

So the next time we hear or feel, "People just don't care," we can instantly demand more from ourselves. We can set up a support system of success where the people closest to us become part of an organizational success network. We do not silently and foolishly expect perfection from ourselves and others. We, instead, expect that we be present to the feedback we receive from life to elevate that life, to elevate the bar that makes us great.

Dr. Michael A. Scimeca is a chiropractor, life coach, motivational speaker, and a passionate advocate for wellness, who works with individuals, couples, and children. To learn more about Dr. Scimeca and what he can do for you or your business, call 770-912-9197 or visit www.scimeca.com.

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How to Build a Raised-Bed Garden and Survive the Process

By Betsy Bearden

Springtime! Time to focus on emerging flowers, blossoming trees, the migration of birds from the South; the world around you is blooming in Technicolor and it's also time to focus on the ol' vegetable garden.

This is generally an easy thing for most people, but when you are married to a man such as my husband, Steven, not just any garden will do. No—it has to be a spectacular, extraordinary, get out the slide rule, compass, protractor, level, kind of thing. And, not just a flat area of 20 square yards of Georgia Red Clay all tilled up with organic compost blended in. Nope, it has to be a grandiose raised-bed garden kind of thing, or nothing. So, for ten years, we had no garden.

In Steven's defense, it would be a moderately expensive project, and a time-consuming one at that. As luck would have it, while we were taking a walk one day, we happened across a pile of landscape timbers lying in a heap at a utility trailer business. The timbers were eight-by-eight's, in good shape, but were riddled with two-foot long rods of rebar. After asking the store manager about them, he told us that the timbers had been abandoned by someone whose trailer had been involved in an accident. We gave him our phone number and asked him to give us a call if no one came back to claim them. A few weeks later, he told us to come get the timbers. Free of charge. Pretty cool, huh? We brought the timbers home.

Steven rigged up a skill saw with an abrasive cutting wheel, cut the rebar from one side of the timber, and used a stainless steel rod to hammer out the remaining rebar. Next, we leveled out an area where the timbers would be placed by digging and flattening out a trench. The timbers were stacked on top of each other, three rows high, and brackets were placed on the inside of each corner and screwed in to secure them. The outside corners were enclosed with wood planks, which made a small seating area, until we topped each corner with decorative wooden post caps.

"Are we done yet?" I had to ask that, especially since 2007 was one of the hottest summers we had experienced in many years. After we cleaned and stained the timbers, the raised-bed was transformed into a beautiful piece of garden art. I wanted to bring it into the house! We stood back and admired our creation. Now we needed to fill it with dirt—a lot of dirt.

After pricing bags of soil at home improvement stores over the Internet and checking with a few contractors on their prices, we wondered whatever happened to the old saying, "dirt-cheap." We decided to try a popular website where you can find just about anything in the world you want. After weeding through the prospects, Steven decided on the least expensive small company and gave them a call.

He described our raised-bed garden to the company representative and asked if he could back a truck up to it and dump the dirt in without causing damage to the raised-bed garden. We e-mailed him a picture and pointed out that our backyard was slightly sloped. "No problem," he assured us.

"Great!" we said. "When can we expect you?"

He told us he would call back after he had "found" some dirt.

After a few days, someone from his company called and said they were on their way over with the dirt. I dare call it a company; it was one guy and a few of his cousins, who looked liked they had just come from a hunting club. They showed up in a huge, old Chevy Crew Cab pickup truck, pulling a 20 foot dump-trailer behind it. I am convinced they learned how to drive this monstrosity in route!

They backed the truck into our yard, toward the gate. The next thing I saw was Steven, driving his van with a chain wrapped around the back bumper that was

attached to the front bumper of their truck! His tires were squealing and whirring in the driveway with smoke coming out from under them, motor revving wildly—pulling their truck back toward the street!

"They got stuck!" Steven laughed. They tried again, but the truck was too heavy, and the slope of the yard would just not cooperate, so we moved on to "Plan B."

We laid tarpaulins on the ground, as close to the gate as we could manage. When they lifted the trailer to dump the dirt, it got tangled in the overhead utility wires. After getting the trailer back down, they tried tilting it again. It wouldn't function, so they wound up shoveling most of the dirt from the bed of the truck. I have to admit, when he told us they had finally "found" some dirt, I think I know from where—the Zoo.

Now, we had not had rain in over six weeks, but once you get four square yards of exposed dirt heaped in a huge honkin' pile in your front yard, this tends to tempt the fate of the gods. Steven had gone to buy more tarpaulin; all we had was *under* the dirt. The sky started getting darker and darker, the low rumble of thunder could be heard in the distance, and the whispering wind taunted, *Mud Fest, 2007*.

One of our neighbors frantically walked over and offered to cover it, but I assured him that Steven would be home very soon. He said he hoped so and would hate to see all that dirt turn to mud. *Me, too!*

Steven and I covered it and drove stakes in the ground to secure the huge, stinky mound of dirt just in time. Buckets of rain fell; the dirt never felt a drop. However, the next day presented yet another obstacle—getting the dirt from point A to point B, which was approximately 50 yards away. After gathering around the ol' dirt pile, we decided the only way was to attach the utility cart to the riding lawnmower, shovel in the dirt, and dump it into the garden. We calculated it would only take about a gazillion round-trips.

My job was to drive the lawn mower, with cart in tow, circle the raised-bed and back up to it. Now, I don't know about you, but I have not had classes on backing up a lawnmower with a utility cart full of dirt behind it. This equates to: Me driving the lawn mower + backing it and the trailer up to the raised-bed = it might take me a few shots before I get it.

We shoveled dirt, and removed the rocks, tree limbs, and debris from it. With the help of our dear friend, Wally, we managed to get the job done and were able to plant a fall crop of Romaine, Brussels sprouts, collards, and kale. A few days after we planted, Cobb County was placed under Level 4 Draught Conditions.

I hope this story has not deterred you from building your own raised-bed garden, but if you do decide to build one, I'm sure you won't encounter the same problems we encountered. Maybe this year the much needed rain will come and we can all have a nice crop. Who knows? But one thing I do know—if we can't have a garden, at least we have Life Grocery, where the produce is always abundant, fresh, organic, delicious, and just waiting for us, anytime we want it. And, it certainly is much easier!

[Editor: If you do want to plant a garden, be sure to check out Life Grocery's wide variety of organic seeds. You can have the best of both worlds.]

Happy Spring! Get out and enjoy life!

Betsy Bearden is a published writer and the author of a self-published cookbook, *Normal People Eat Tofu, Too*. She has worked as a volunteer chef and cooking instructor, as well as a reporter for *The Paulding Neighbor Newspaper*. You can reach her at bbearden@joimail.com or visit her website at www.creativewrites.net. If you would like to see the raised-bed garden she created, you can view it on her website.

Classifieds

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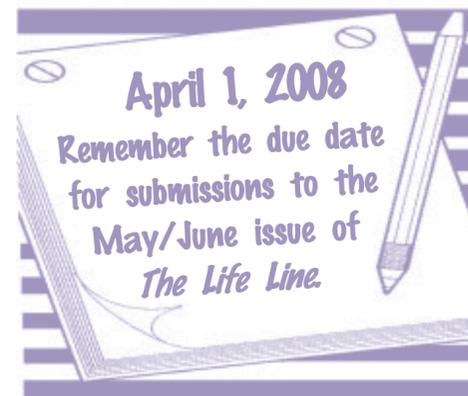
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The Tide is Turning

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

Have you heard about Celiac Disease and the Gluten Free Diet that so many people are talking about? Have you noticed the increase in stories on the news about people living with Celiac or the Gluten Free Diet? What about the increase in products that contain the label *Gluten Free* on them? It's EVERYWHERE! So many people are talking about this now and you may be wondering, "What is this all about?" It is not a fad diet or a diet to lose weight (although many people who are overweight would probably lose weight on a gluten free diet). The gluten free diet is here to stay, as it improves the health of those who suffer from gluten intolerance.

"The tide is turning against gluten as more people ditch the protein" found in wheat, barley, and rye from their diets, according to a recent article by the *Chicago Tribune*. More people are being diagnosed with Celiac Disease everyday, as awareness for this condition spreads among the medical community and health-savvy individuals. Many people are finding that, even without a diagnosis, by eliminating gluten from their diet, they are feeling better. How amazing is that? What is even more amazing is the amount of mainstream companies that are recognizing the importance of providing gluten free products and labeling for products that are naturally free of gluten. For many years, the choices and availability of gluten free products have been very limited and mostly tasteless. The running joke was that you didn't know whether to eat the gluten free product or the box it came in, as they both tasted the same.

Years ago, health food stores only had a few bland gluten free products on a back shelf somewhere. Just look at the size of Life Grocery's Gluten Free section now; an entire aisle dedicated to gluten free products, as well as an abundance of naturally gluten free products found throughout the entire store. My favorite companies are Pamela's (baking mixes and cookies), Tinkyada (rice pasta), Kinnikinick (breads, cookies, mixes, pizza crusts, and on and on!), and Ian's (with their allergen-free line of frozen products). Ah, the gluten free life is good!

Many restaurants are beginning to offer gluten free menus, so dining out is no longer a minefield of stress. And the wonderful Cafe Life has many fantastic gluten free options. Any of you who know me, know that I am addicted to their gluten free Oreo (vegan) cheesecake made with a gluten free version of the Oreo cookie. Even if you don't have to be on the gluten free diet, this stuff is good!

I truly believe that everyone would benefit from less gluten in their diet, and I'm not the only one who feels this way. More and more people are starting to figure out the benefits of cutting out gluten. For starters, it forces you to eat healthier, as so much of the junk food out there is absolutely chock full of gluten. Even if you don't have to be gluten free, try it, you just might like it! And, you just might notice you feel better too!

Easy Asian Stir-Fry

This recipe is so easy and you can vary the ingredients to your personal taste. The variety of vegetables and amounts you use will vary, depending on how many people you are cooking for and your personal preferences.

½ onion, chopped
5 medium mushrooms, chopped
broccoli, chopped
snow peas, chopped
carrots, chopped
purple cabbage, chopped
bean sprouts, chopped
canola oil

- Heat a small amount of canola oil in a hot wok.
- Toss in onions and cook until they start to become translucent.
- Add the mushrooms and cook them for an additional couple of minutes.
- Toss in all of your vegetables and keep stir-frying them until they get to your desired level of doneness. I like my vegetables crisp.
- Toss with Asian Stir Fry Sauce (see below) and serve over steamed rice. Brown Basmati is particularly delicious with this recipe.

Asian Stir-Fry Sauce

Measurements of the following ingredients depend on how much sauce you want.

honey

San J Light Wheat Free Tamari

¼-½ t powdered ginger

¼-½ t powdered garlic

- Mix equal parts of honey and wheat free tamari together.
- Add ginger and garlic.
- Stir until well incorporated.
- Pour over stir-fry at the very end.

Chocolate Chip Muffins

2 c Kinnikinick All Purpose Baking Mix

2 eggs

½ c oil

½ c hot water

¼ c organic cane sugar

2 t vanilla extract

½ c Enjoy Life Chocolate Chips

- Preheat oven to 375°.
- Line muffin tins with paper muffin cups.
- Mix the first six ingredients together.
- Add the chocolate chips.
- Pour batter into prepared muffin cups.
- Bake at 375° for approximately 13-15 minutes or until tops are beginning to brown.

For more information about Celiac Disease, please visit <http://www.csaceliacs.org/> or <http://www.geocities.com/HotSprings/Oasis/3820/index.html>.

Nisla Whetstone is a Licensed Massage Therapist and Gluten Free Lifestyle Coach in Private Practice in conjunction with Dr. Joe Esposito. Contact her at 770-653-6017 or magickhand@gmail.com.

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ATTENTION Health Care Practitioners

If you would like to be included in the Life Grocery Health Care Directory please submit a business card at the customer service desk.

If you would like to present a lecture or class, or be a part of an upcoming Life Fest, call Jesse Andersen at 770-977-9583 ext. 215.

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The Wonders of Himalayan Crystal Salt

By Dean Martens, C.H.

Himalayan Crystal Salt is the most beneficial, purest salt available on our planet. It is totally unpolluted, without any environmental impact. It was formed at a time when the earth was pristine, some 250 million years ago. When the sun dried up the ancient primal sea, it left this pristine salt. It contains every mineral element found within the human body.

This is one of the most profound re-discoveries of our time. For centuries, the energy and information content found within these 84 crystalline mineral elements were used by doctors for treating most every disorder known to humans with great success. This ancient knowledge was again discovered by biophysicists Peter Ferreira and Dr. Barbara Hendel in their critically acclaimed and highly recommended book, *Water and Salt, The Essence of Life*.

Himalayan Crystal Salt vs. Table and Other Salts

Dr. Suzanne Oparil, past president of the American Heart Association, said that the government may have been too quick to recommend the public cut back so dramatically on their table salt intake. An eight-year study in the New York City hypertensive population showed that those on low-salt diets had more than four times as many heart attacks as those on normal "table salt" sodium diets. This is exactly opposite of what the "salt hypothesis" would have predicted in 1995.

It is understood that table salt is quite toxic. It can keep us from an ideal fluid balance and can overburden our elimination systems. When table salt is "chemically cleaned" thru a heating process using 1,200° F. It divides and isolates the sodium and chloride bond, which is then a foreign substance to the body. This, along with potentially toxic iodine and fluoride, adds to the foreign chemicals the body defends itself from and has to excrete. This can create the potential for rheumatism, gout, kidney and gall bladder stones, unattractive cellulite, and hypertensive blood pressure effects.

Sea Salt or Celtic Salt has taken a big reduction in efficacy since our oceans are now the main dumping grounds for harmful toxic poisons like mercury, PCBs, dioxin, oil spills, etc. Almost 90% of all sea salt producers now refine their salt. What a shame for Mother Earth.

Health and Himalayan Crystal Salt

Salt is one of the world's finest bactericides. It has been used by the Native American Indians for bacterial proliferation in preserving their meat, etc. Many of our theological doctrines say to go into the sea for healing. This, along with studying how salt has assisted people greatly with Lyme Disease, allows us to know that ingredients in nature are truly our best medicines. (For further information and assistance on Lyme disease, go to www.fettnet.com/lymestrategies/welcome.htm.)

Table salt has two to four elemental minerals. Himalayan Crystal Salt has all 84 elemental minerals. Having every mineral element, it is the ultimate source of mineral chemistry for energy, strength, balance, and ultimately maintaining health. The respected Frezenius Institute in Europe analyzed Himalayan Crystal Salt and proved that it has an amazing array of important trace minerals and elements including potassium, calcium, and magnesium that help maintain fluids and replenish our supply of electrolytes. It is an excellent bactericide, especially for Lyme's disease.

It assists with:

- Bacteria "die-off"
- Healthy PH
- Regulating and balancing water
- Increasing cellular energy
- Reducing aging signs
- Sinus health
- Reducing muscle cramps
- Supporting libido
- Regulating blood pressure
- Vascular health

It promotes:

- Bone density
- Blood sugar health
- Respiratory health
- Sleep

Himalayan Crystal Salt's crystalline structure stores vibrational energy, while its minerals and trace elements are in colloidal form. This allows for easy cellular

absorption. It is also difficult for the cells to absorb too much Himalayan Crystal Salt since the body has powerful and effective feedback loops that regulate this process. It always promotes balance and does not contribute to high blood pressure that is typical of table salt. Herxheimer reaction of bacterial "die-off" will occur, which is especially felt from the kidneys, when larger doses are taken. It is essential that the body is kept hydrated to assist the kidneys with this reaction.

Himalayan Crystal Salt is available in capsule and crystal form at Life Grocery.

Dosage: One capsule up to three times a day with meals, 6 days a week. For assistance with Lyme Disease, use the above link. A minimum of 64 ounces or more of water MUST be ingested every day for hydration. Note: Should not be used if pregnant. This salt does not contain any iodine. Assorted seaweeds assist us in obtaining this natural chemical.

Dean Martens, respected columnist, national lecturer, and television and radio personality, is a Clinical Herbalist/Herbologist and President and Founder of Herbs of Light, Inc. Don't miss Dean's free lecture on the many benefits of Himalayan Crystal Salt in July. E-mail your questions to Dean at DMARTENS@herbsoflight.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.

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Which Health Care System is Best?

By Don Bennett, DAS

In this election year, we're hearing a lot about the issue of health care. Which is best? Universal health care, single payer health care, or free market health care? What's amazing is that we talk and talk about health care of every stripe and kind, except the one type of health care that truly cares for our health; the one kind of health care that costs the least, allows for the least pain and suffering, results in the lowest occurrence of premature death, and provides for the least amount of treatment, medication, and hospital visits. When you consider that what most people think of as "health care" is actually "sick care," you begin to realize that the best form of health care is self-care; caring for yourself so that you don't get sick in the first place.

In my lectures, I ask a few survey questions of my audience. One of them is, "If you had a choice, what would you rather die of: (a) an accident (b) degenerative disease or (c) natural causes." Everyone naturally chooses "c," but some people instinctively feel that this is a meaningless survey, because they believe they don't have a choice, which is how the question is phrased. Yes, accidents do happen, and sometimes they are fatal, but in reality, you do have a lot of control over whether it's "b" or "c." And here's the interesting point: If you honestly believe that you don't have much control over your health, this becomes a self-fulfilling prophecy. Why? Because you won't be open to hearing things that would suggest otherwise. If you're not open to it, the information can't help you, even though the information itself can be extremely beneficial.

In many aspects of our daily lives, we put ourselves in the hands of professionals to help us with problems that arise because we don't have the expertise to deal with them ourselves. If something goes wrong with your car, and you take it to an honest, knowledgeable mechanic, your problem will likely be handled in your best interest. But what if the mechanic only *thinks* he knows how to deal with your car's issue or if he's trained to focus on the symptom of the problem and not the underlying cause of the problem? For example, if your car's CHECK ENGINE light came on and your mechanic simply unscrewed the bulb, this would appear

to solve the problem, but the actual problem still exists and may very likely get worse. And if you found out that your light bulb was simply turned off, rather than the mechanic getting to the root of the problem and dealing with it, you'd be understandably displeased.

If people only knew just how much our present day system of health care deals with managing symptoms and not resolving the underlying problems that cause those symptoms, they'd be displeased, to say the least. Even better, how about educating the public on just how to avoid getting those problems in the first place! And, that education starts with getting the notion across to people that there's a lot they can do to avoid the serious chronic degenerative diseases that are plaguing all segments of our population today. Once fully informed, the amount of preventative action people take will depend on how important vibrant health is to them.

Once people realize that there's a big difference between dealing with diabetes by daily blood sugar monitoring and injections, and living in such a way that you don't get diabetes in the first place, there will be an awakening the likes of which civilization has never seen before. But when you see TV ads for a pharmaceutical drug that says, "There is nothing that can reduce COPD" (Chronic Obstructive Pulmonary Disease) and then someone, who has no letters after their name and no degrees other than from high school, tells you that this may not necessarily be true, who are most people going to believe? Which way you lean can make the difference between taking a reactionary approach and having your health managed by some form of "sick care" or taking a "pre-actionary" approach and achieving your health potential by following a system that truly cares for your health. Visit health101.org/health.htm for a description of just such a system.

Don Bennett is a Disease Avoidance Specialist, author, lecturer, and the Director of the Health 101 Institute. Don's book, [How to Have the BEST Odds of Avoiding Degenerative Disease](#) is available in the Life Grocery book department. Visit health101.org/book for details.

Should Exercise Be Fun?

By Brian Murray, Founder of mPower

Exercise should NOT be fun. If it is, you can be certain that you are not getting the benefits that real exercise can truly provide. Yes, being active is much better than being inactive. It certainly makes you feel alive, and it keeps you from eating for a few more minutes out of your day. However, the notion that exercise should be fun has been a major disservice. If what you are doing is enjoyable and you actually look forward to doing it, what you really have is a recreational activity. And recreation is typically not challenging enough to get your body to become younger and stronger.

What the fitness industry and all the major health organizations should promote is that exercise should be intense and challenging. But why would anyone in their right mind stick with something like that? Because the results are fantastic. This is what motivates.

Recently I congratulated a 54-year-old woman on her seven-year anniversary with mPower. That's seven years of one very challenging workout each week. She stated, like so many others, that she never stuck with

any exercise program as long as she did with mPower. Consequently, she looks, feels, and performs like someone much younger.

A sense of dread going into your workout is a good thing. It means you are actually challenging yourself at a level necessary to effect permanent positive change in your body. But believe me, the initial dread will turn to exhilaration once you are finished. And nothing makes it all worthwhile more than looking and feeling younger.

Make your exercise harder. Make it more uncomfortable. Do exactly the opposite of what everyone else is doing and you will get the opposite of what everyone gets . . . great results!

Brian Murray is the founder of mPower—home of the once-a-week, no-cardio, no-sweat workout that will change your life. To learn more about mPower and the mBody six-week fat loss plan, please visit www.strengthforlife.net, then call 404-459-0270 to schedule your consultation.

The Life Line
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publication of



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

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

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Life Line Logo Design: Heathere Wilmoth

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Excitotoxins . . . A Word You Need to Know

By Dr. Joe Esposito

Excitotoxins are chemicals that are found or added to food that cause an overstimulation of the nervous system, which can cause the nerve cells to be destroyed. These chemicals are found in almost all processed foods. The most common excitotoxins are aspartame (an artificial sweetener) and monosodium glutamate (commonly known as MSG). These chemicals stimulate glutamate receptors, part of the nerve complex that is stimulated by glutamate, an amino acid, and aspartic acid, which is found in aspartame. If these receptors get overexcited, the nerve cells can virtually excite themselves to death. These receptors are found abundantly in the brain, but are also found throughout the body. Glutamate is one of the most abundant neurotransmitters (chemicals that make nerves function) in the brain; it is used to keep the brain alert. The glutamate receptors play a role in learning, memory, endocrine system control, and emotions. When we get too much of it, the nerves become overexcited and can start to malfunction.

One argument I have heard is that excitotoxins are not dangerous to humans, as the tests were done on rats or monkeys. The problem with that line of thinking is that humans are exponentially more sensitive to excitotoxins than monkeys or rats. The amount of excitotoxins needed to cause an adverse reaction in monkeys or rats is much more than the amount it takes to cause an adverse reaction in humans. In addition to this fun fact, humans may eat excitotoxins on a regular basis and the effects are cumulative. That diet soda or

Chinese food you ate years ago may still be having an adverse effect on your health today. The effects on a fetus, infant, or small child can be worse, as they are four times more sensitive than adults to excitotoxins.

If you combine MSG with aspartame, the negative effects are staggering. Let's say you eat MSG-containing foods, like certain chips, a frozen dinner, or commercial soups. Your blood glutamate will go way up. A 20-fold increase is not unusual. Then you add a diet soda, and your blood glutamate can go up 40 fold, or a 4,000% increase! Almost all processed food has at least one excitotoxin, many have two or three, so effects get worse as you combine the toxins.

When reading the ingredients, look for some innocent sounding terms, such as hydrolyzed yeast, autolyzed vegetable protein, soy protein isolate, soy protein concentrate, whey protein, spices, enzymes, stock, broth, carrageenan, and even the term natural flavors. Any of these terms can (and usually do) mean that the product contains excessive levels of glutamate. If the food is considered a "diet" food, look for aspartame in the ingredient list.

Different people will have differing reactions to excitotoxins. Some "lucky" folks have the ability to detoxify them from the body and see little or no reaction. I find that most people will see some reaction, so keep on the look out for how you feel and what you eat. Very high intake of any excitotoxin can lead to abnormal learning, addictive behaviors, behavioral and emotional issues, and even affect the endocrine system in children.

When animals are fed MSG early in life, they can develop short stature, small endocrine organs (pituitary, adrenals, thyroid, ovaries, testes, and pancreas), and a high risk of seizures. Some of these effects are reversible; some are permanent.

It's just a smart move to limit, or better yet, eliminate all excitotoxins from your diet. The two main excitotoxins are MSG and aspartame. They have been suspected to be the cause, or at least a contributing factor, in cardiac arrest, seizures, Alzheimer's disease, Parkinson's disease, certain cancers, fatigue, learning disabilities, obesity, and a host of other health problems. If you are eating out at an Asian restaurant, always order your meal with "no MSG and no chicken broth." In a Thai restaurant, be sure to order "no fish sauce," as it will most likely contain MSG. Never eat any food or drinks sweetened with artificial sweetener. Sucralose is another popular artificial sweetener, which is also very bad, but for different reasons. Make it a habit to shop regularly at Life Grocery, where you can always find healthy options that do not contain these additives.

Dr. Joe Esposito is a chiropractor, licensed dietician, author, syndicated radio show host of HEALTH TALK ATLANTA, and the director of Health Plus Chiropractic Center. Check the Life Grocery calendar for his upcoming lectures. For more info or to speak to him personally, call 770-427-7387. Mention Life Grocery and get an exam, consultation, x-rays, and doctor's report of findings for only \$50!

The whole world is our backyard, and no effort is too small. Our future depends on all our efforts to live in harmony with nature. Keep recycling—it works!

Which Illnesses are You Living Towards?

By Linda Townsend

It is a very strange question, but one that I have been asking myself quite often lately. If you could pick which illnesses you are willing to have, which ones would you pick? *Probably none of them, right?* (That's my answer!)

It is quite impossible to avoid all illnesses, but it is also quite possible to *live* one's way toward illness. We all have a genetic disposition towards certain illnesses; however, those family illnesses are typically known, so we can do some things to reduce our risk. For instance, in my family some of the common illnesses are closely associated with obesity; however, all my efforts to maintain a healthy weight and exercise alone may not be enough to completely avoid those same illnesses. If I cannot avoid them completely, I do hope they can be held off for as long as possible, but I also realize that there is no perfect formula that will ensure such results, particularly as I age.

Still, I wonder: If we modify our lifestyle to avoid certain illnesses, that is, if we try to prevent only what we fear most, perhaps we end up ignoring or being ignorant of other ones we end up causing. In essence, we lose the sense of balance between the two, even when some of these results are obvious. For instance, a person may run several days a week to avoid heart disease and yet ignore his ankle which is hurting more and more; then it is likely that while running is generally considered a healthy exercise for the whole body, his ankle is being over stressed to an unhealthy level. Perhaps the man loves the lifestyle and believes the benefits of running outweigh the injury to his ankle. On the other hand, the man may fear heart disease more than crippling his ankle.

Narrowly focusing on the avoidance of certain conditions can be just as detrimental as ignoring them altogether. While "M" believes strongly in the benefits of vegetarianism, including the concept that vegetarians are typically leaner than meat-eaters and it may help her avoid Adult Onset Diabetes (Type 2), a common illness in her family, her diet was not well balanced. She ate lots of pasta meals high in carbohydrates and did not use food combinations or limit amounts to help control her weight. The result is that "M" has been 100 pounds over her healthy weight for some years and is now beginning to experience complications resulting from her lifestyle. She may be in the process of developing diabetes, which she hoped to avoid. Her weight condition is obvious, but, as we all know, there are many other conditions that can begin developing without being obvious and without our knowledge.

Another woman, "B" was narrowly focusing on ridding her body of parasites, which she believes is the underlying cause of her illness. For nearly a year, she had been overlapping two and three parasite cleansing treatments simultaneously! "B" was not following a specific protocol, but doing combinations of her own making. (I am no expert about such things, but I have always believed that such treatments are quite demanding on the body and should be done one at a time with rest periods in between, so that the body has time to recuperate and the person has time to evaluate the results.) Of course, "B" had an unhealthy appearance, which may have been because she had been so ill for so long or perhaps because of the intensity of the treatments . . .? I sympathize with her desire to

ridding her body of all parasites, but I found myself questioning the method she was using. How would "B" know when she had achieved her goal when she was continuously taxing her body with these intense cleanses? Were other unknown health issues being caused by these intense treatments?

Most of the people I know who are advocates for alternative and complementary health, have certain areas of interest. This is a good thing because we can share knowledge and experience with each other, both the positive and the negative. We can broaden our knowledge and, perhaps, learn to step back from time to time for a reality check. It may be difficult to admit, but with the exception of absolute necessity, fear is a very strong factor in motivating us to seek healthy lifestyles. Yet, every so often, we need to reevaluate what we are doing and the results we are getting. We need to continue learning and seek a balance beyond our fear to avoid an illness, so that we are not unintentionally living *towards* an illness.

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

Check Out
Life to Go
Healthy & Delicious
Meal Options
available at
Life Grocery

The Truth Shall Set You Free

By Jesse Andersen

His mother and a stranger changed the direction of Craig Sommers' life forever.

Recently, Dr. Craig B. Sommers visited Life Grocery and Café, enlightening the customers and staff with a free lecture on *The Secrets of Longevity and Vibrant Health*.

A gentle, quiet man with a heart the size of Chicago, Dr. Sommers is impressive from the standpoint of sincere research and determination to find the best that life has to offer, with particular interest in the Raw Food Lifestyle. Craig shared how the thought of a raw foods lifestyle was introduced by telling us a very personal story regarding his mother.

In the early 1990's, Craig was visiting his mother in the hospital after she had angioplasty surgery to clean out her clogged arteries. A man walked into her room and said, "Hi, I teach people how to heal themselves through simple diet and lifestyle changes." He handed them a business card and said to give him a call if they wanted more information.

Craig's mother was not impressed, thought the stranger was a charlatan, and tossed his business card in the garbage can. But the words that man spoke resonated with Craig. He began thinking of the cholesterol-laden, fatty garbage food that they were feeding his mother in the hospital, while she was there having her clogged arteries cleaned. He said, "In that moment, a seed was planted in my consciousness that was soon to blossom and consume my entire life. I set out to find the "truth," and the "truth" I did find!"

Lectures, cassettes, and programs on video tapes began his journey. He knew that there was good logic in what the man who walked into their hospital room that day had said, and the truth began to unfold.

You've most likely heard the old saying, "When the

student is ready, the teacher appears." Craig told the audience at Life Grocery, that wonderful teachers started appearing quite quickly. Very shortly after each angioplasty surgery, his mother was diagnosed with clogged arteries AGAIN. After THREE such surgeries, her doctors told her that she needed bypass surgery. Her son stepped in, and with a very limited amount of information on his newfound "truths," got her off all of the "artery-clogging animal fats and processed foods" and had her begin to eat a lot more fresh salads, along with some high quality nutritional supplements.

Within just one year, Craig's mother, who had previously been told that she needed blood pressure lowering drugs, hormone deficiency drugs, cholesterol lowering drugs, and blood thinning medication, needed none of those drugs anymore, as all of her lab reports indicated that she no longer needed the medication. By the way, she never did have that bypass surgery.

Even though the "clogged arteries" were put to rest, her doctor next diagnosed osteoporosis. She was told to supplement her diet with TUMS®, an over the counter calcium carbonate supplement. She added these to her dietary routine and found out, after being tested again two years later, that the osteoporosis had gotten worse. Her doctor had a list of drugs to add now. She was well aware of the side effects of these drugs, and, instead, chose to let her son help her. What did he suggest? Dark, leafy green vegetables.

Every morning, on an empty stomach, she would drink the juice of a variety of dark green leafy vegetables. Craig sent a sample of her hair to a laboratory for a hair-mineral analysis, and the report showed her to be deficient in magnesium, but fairly high in calcium; he had her cut back on the calcium supplements and start taking more of the high quality magnesium, along with

some trace minerals, like boron.

Every year, Craig had the hair-mineral analysis performed to keep up on her progress, which steadily improved. It was eight years before she had her next bone density test and the results were fantastic! She had perfect bone density . . . and she was now in her early seventies!

You'll find more great stories and wonderful research in Dr. Sommers' book, *Raw Food Bible*. He states that the name of his book would imply that it is strictly about food. It is not. He believes that there are many factors that contribute to health and disease. His book covers three main categories: nutrition, lifestyle, and the mind/body connection. He presents ancient wisdom, along with scientific documentation for, in my opinion, an essential read for anyone searching for keys to great health.

From a plumber, to an electrician, to a mechanic, Craig evolved to a certified nutritionist, naturopathic doctor, and seeker of truth. I have always believed that really, "the truth will set you free." How lucky we are to have people like Dr. Craig Sommers to enlighten our lives.

Jesse Andersen, director of the Raw Food Resource Center, presents free lectures and all day seminars several times monthly at Life Grocery. For more information or to see her "before & after" weight loss photos (she lost 80 pounds in 6 months!), contact her at 770-606-0353 or RawFoodResourceCenter@gmail.com. Mention Life Grocery and receive a free \$50 coupon towards Jesse's all day seminar Raw Food Nutrition for Health & Weight Loss.

Overwhelmed by Global Warming?

By Kay Bird

Are you tired of hearing about it yet? Do you wish you had unlimited time and money to save the world? Are you frustrated that you forget to take your canvas bags shopping with you? Do you feel like all those little things would make very little difference; any difference? Me, too, after all, I'm only one person out of billions.

I felt like I was spinning my wheels trying to figure out how to do my part. My awareness of how I have lived in environmental disregard made me very sad. I eventually realized that those feelings were of no help, because they were slowing down my ability to think clearly and act in a conscious, relaxed way. They also kept me from acknowledging the contributions I was already making, such as eating organically grown food.

Boom! Like a compact florescent light turned on in the middle of my darkness, someone wrote a little article, not telling me to use canvas bags, or save my bath water for the flowers, or any of those same things that are showing up in every magazine and online home page, but reminding me that there is an easy, playful, maybe even joyful way to make all those changes. That is, develop a new habit, one month at a time!

Here's how: Pick out one thing that you would like to change or get better at, and concentrate on that one action for one month, allowing yourself to be forgetful at times. There is more to solving a problem than just deciding to do it, so prepare for some twists and turns. Engage willing family members and friends in your research and actions, and ask for their suggestions for accomplishing your goal. People like to be consulted for their ideas, and your request may inspire them to

join your project. If at the end of the month, you feel like that action has become routine, go on to the next. Twelve new environmental habits in a year—yahoo!

As I became more conscious of how I was wasting things, even the way I ran the water full force to rinse a dish or wash some fruit (when a fourth to a half of the water flow worked just as well)—I realized that my new practices were increasing my awareness of my connection to life and how much life gives to me. Even though I live fairly simply, I had to acknowledge the many ways I operated with the good ole American attitude that if it was available for me to buy or use, it was my privilege to use it. If I had a choice to use non-recyclable plastic, because I didn't want to take the time to wash the dishes after the party, then so be it. After all, I had the money to do whatever I wanted. But, I still wanted to do what was right, so I kept working at what I believed were the right choices for a healthy environment.

One morning, I woke up with the realization that recycling and conserving are actually acts of gratitude; they had become part of my spiritual practice and I hadn't even noticed. (Are they also the right thing to do? I hope so, but my grandchildren will be the judge of that.)

As I contemplated the spiritual connection to conserving and recycling, I began to notice that I was experiencing less need to possess things. I am enjoying the attitude of Mother Theresa, who said, "It's all so very beautiful and I'm so glad I don't need any of it."

I am also spending more time making decisions about what I do buy, evaluating my real needs and whether I

can recycle all the parts that make it desirable or convenient for me to have. I am discovering that doing things like making my own dinner, rather than going out, actually costs me less time when I calculate the time to drive there and back, the wait to get the food, the time to eat it, and then the wait to pay for it. Somewhere along the line, I became convinced eating out was saving me time. And, if I calculate the hourly rate of eating out versus eating at home, I am making a good, non-taxed rate of pay. Rather than being routine, I have made eating out as a treasured treat I give myself once a month with a friend. "Once a month?" you say in surprise. I decided to go back to my childhood, when we got a Dairy Queen ice cream cone once a month when a treat was really a treat, not an expectation.

But, back to the spiritual part. The greatest gift from this new understanding is that I can let go of my anger about how others waste and throw away the things that I conserve, reuse, or recycle. I used to become very frustrated by Life Café customers, whom I expected to be more aware, when they would walk past the washable dishes and utensils, get a "to go" container, sit down and eat their food right there, and throw away the container. But, since I have grown in gratitude, I instead remind myself that I am grateful they are choosing to eat organic food, which serves the health of our environment in a very provable way. Since this is my practice of gratitude, not anyone else's, and I believe in freedom of choice, I can let everyone else figure what inspires their gratitude. What a relief!

Five Health Horrors that are Easy and Inexpensive to Avoid

By Traci and Kal Sellers, MH

It is by no means healthy to be frightened or to pass fear on to others. There is no situation so bad that it cannot be made a little worse by adding extra fears about the situation! Even so, some things we bring into our homes are scary in what they are capable of doing to our health. Five of these are on my hit list right now. I have provided options you might try for removing the toxic levels, if you have them.

Toxin 1

This is one we cavalierly carry about with us, bring into our homes, and then brag to our neighbors about the great system we have that is so convenient. This one is microwave pollutants. Microwaves come from several devices in our lives, not just our microwave ovens.

On the subject of microwave ovens; in general we know they are quite hazardous. Microwaves work because they are exactly the frequency needed to disrupt the bond between hydrogen and oxygen in water. As such, there is no living tissue on this planet that is not greatly disturbed by them; all water is changed at a physical and a chemical level by them. Microwaved water appears to kill plants watered with it!

Irradiation, a controversial technology that many are discussing today, comes from microwave radiation. Irradiated wheat is known to cause polyploidy in children. We know it also disrupts some enzymes and other nutrients in foods and herbs that are irradiated.

The biggest problem, however, does not appear to be these sources of microwave pollution. Rather, the biggest problem is (as is almost always the case) one that we have complete control over. It is that of wireless technology—cell phones and wireless devices (including the internet).

The use of a cell phone for a conversation is minimally harmful, but carrying it on your person, if it is on, is a bigger issue. Weak cells in your body that are not as resistant as healthy cells might be damaged by this microwave frequency.

If you have wireless internet or other devices in your home, my only advice is to put everything on a wire and get rid of your wireless router or modem. It will affect a variety of issues, depending on your weakness. It is no gift to you; it is no gift to children. Get this extreme toxin out of your life.

When we removed wireless internet from our home, we all immediately noticed we were dreaming more and more vividly. We noticed an increased sense of well-being.

Juicing greens, carrots, beets, and asparagus will help rebuild normal blood. Dr. Richard Schulze's Heart Formula will help repair heart damage. You can also take large amounts of kelp and eat apples which should help eliminate radiation poisoning still in your body. Other systems may need to be taken to a health and healing professional. You can call or email me if you want.

Toxin 2

I never spent any time worrying about xenoestrogens, but I began getting questions about them as I became more widely published on NaturalNews.com and Aquarius News. I was not very educated about xenoestrogens. Rather, I offered my favorite solution to hormonal disturbances in general, which is to avoid hormone-infested meats, dairy, and eggs, and to eat sprouted Fava Bean Soup (this recipe can be found in the latest edition of Traci's recipe book, available through www.bestfoodist.com).

Then I ran into a situation that can only be called xenoestrogen poisoning. Xenoestrogens are foreign estrogens. They are only found in synthetics and in highly processed estrogen sources in the plant kingdom (such as what happens when making soybean oil and soy protein isolate from soy). The plant sources are not nearly the issue that the synthetics are.

Theoretically, xenoestrogens could be picked up from frozen or heated plastics, including plastic wrap, plastic bags, and any plastic with a number on the bottom under seven. Supposedly, the closer it gets to seven from one, the more unstable the plastic gets, though there is some debate about this. However, conventional wisdom is that plastic in your food and water is not a good idea.

The case of xenoestrogen poisoning that I encountered came from distilled water in soft plastic jugs. A much better option is to drink distilled water that is stored in better jugs

that has been recently filled, that is kept out of the sun, and that is maintained at room temperature. You may even get it delivered by local companies. I believe distilled water to be the healthiest option you can have, but not if laced with xenoestrogens!

Generally, to reach a hazardous level of xenoestrogens, one must have regular exposure. Although they eliminate fine, they weaken all organs and systems they encounter. They also may promote estrogen dependent growths. Do not store drinking water in poor quality plastic. Avoid freezing or heating anything in plastic wraps or poor quality plastics.

While xenoestrogens are in the air, on almost everything, those ambient xenoestrogens are not so much an issue most of the time for most people. The concentrated sources, in addition to the frequency of exposure, are the real problem. Generally, just eliminating the concentrated sources of xenoestrogens will fix the problem in a few weeks.

If something more is needed, both the consumption of healthy estrogens, such as in Fava Bean Soup, as well as absorptive substances, such as zeolite (ask for it in the supplement department at Life Grocery) and/or Richard Schulze's Intestinal Formula #2, seem to be very helpful. One might also want to tone up the bowel, the gall bladder, the urinary bladder, as well as any other smooth muscle organs that might be hard hit by the weakening effect of xenoestrogens. This can be done with organ specific herbs and with vigorous exercise.

Toxin 3

Fluoride and chlorine are found in our water. Chlorine will cause a wide variety of problems and is absorbed directly through the skin. Regular internal cleansing will get it out, but prevention is a better plan. We can easily get most of the chlorine out of our water by installing a \$60 whole house filter (available from Home Depot). I bought and installed my own in about three hours one afternoon. (I am just as good as the next guy at home improvement projects.)

Occasional swimming in chlorinated water is not an issue, but if you swim regularly, you should probably cleanse regularly and drink plenty of fresh juices to eliminate the chlorine as fast as possible. Drinking distilled water helps eliminate the chlorine far more rapidly.

Fluoride is a much more nasty customer and a good deal harder to eliminate. Dr. Richard Schulze's Intestinal Formula #2 will pull it out, as will apple pectin. Herbal chelation combinations (such as those containing burdock, yellow dock, sheep sorrel, kelp, red clover, watercress, marshmallow, etc.) will pull it out as well. Check the supplement department at Life Grocery for other formulas.

Fluoride websites exist that explore a wide variety of toxic effects on children and adults. Fluoride is not readily absorbed through the skin; rather, it gets into us from drinking it. It is a little crazy to give it to children internally. Fluoride only has hope of helping the teeth if it is rubbed into them to fill holes.

Generally fluoride is from aluminum waste, but I understand that some fluorides exist naturally that are also toxic. Fluoride is a chemical name for the second half of a compound containing a certain number of fluorine atoms and may exist naturally in a harmless form. Sulfuryl fluoride is the stuff that generally poisons us; the stuff that is added to our water supplies and sold in tablets for kids. The medical term for fluoride poisoning is fluorosis.

The only option here is an extreme filtration system such as reverse osmosis. You may get most of it out through double filtering through carbon (as we do through our ice maker in our fridge). Our refrigerator has a filter and the house has one that we change every couple months. This seems to keep our water tasting pure; it makes good ice, as well.

Toxin 4

The safety and effectiveness of vaccinations are controversial. They are comprised of extreme toxins, heavy metals, and toxic pathogens that our body did not encounter in a natural way. As a result, our body experiences shock from the vaccine ingredients.

There are great books on the subject. Alive Books has one called *Natural Alternatives to Vaccinations*. My favorite

is Neil Miller's *Vaccines: Are they Really Safe and Effective*, which sources medical journals for its information. I also like Dr. Mendelsohn's book, *How to Raise a Healthy Child in Spite of Your Doctor*.

Simply put, the toxins injected into us are not dealt with by our bodies like toxins encountered from a sting, an injury, or a bite, which the body is immediately aware of. Rather, the toxins often shock the body and do not get easily removed. They will tend to stay and sit somewhere that is too weak to throw them off. Herbal chelation formulas are helpful to detox them.

Toxin

Non-stick cooking surfaces are something we seem happy to go out and buy. They are considered far more convenient, enabling us to use little or no oil in our cooking. It is no secret that, if overheated, they will emit extremely lethal toxins into the air. What is less known, however, is that a little of the toxic material they are made of gets into your food every time you use them. Eventually you will see evidence of this in the form of holes and peeling on the surface of the cookware. This, coupled with the aluminum that leeches out after the coating goes bad, makes for a bad situation that rapidly gets worse.

In our house, we use cast iron cookware with olive oil, which is one of the most stable of the natural and unrefined oils. I am not happy at the thought of getting oxidized iron into my diet, but this only happens when you initially use them. Once the pots are well seasoned, there is little or no leeching. It takes some time to get used to, but when used with a stainless steel spatula, they function much like non-stick cookware. They do not wear out; they only get better and better with additional use. The good news is that they don't emit toxins into the air.

Conclusions:

Our lives are filled with options where a non-toxic choice would work fine. There are toxins (such as general electromagnetic pollution from electrical wires and radiation from computers and televisions) that can be minimized, but probably not entirely avoided. Many things (like chemical perfumes in our laundry) could be easily avoided and make our lives healthier immediately. Other options should be carefully considered for products we put on our skin and spray in our houses (or just clean with in our houses) if they are toxic or potentially harmful.

The following healthy and delicious onion soup recipes (one is raw, the other is cooked) are from *Traci's Transformational Kitchen Recipe Collection*, now available as a new, updated edition, with a reduced cover price, at www.bestfoodist.com. All recipes are meat-, dairy-, gluten-, and wheat-free; some are soy-free.

Raw Onion Soup

By Traci Sellers

¼ c Nama Shoyu (unpasteurized soy sauce)

¼ c water

1 medium onion, sliced thinly

4 c red miso broth (made from 3T unpasteurized

red miso and 4 c water)

4 T extra virgin olive oil

dehydrated crackers (page 85) and raw almond parmesan

(page 100) in *Traci's Transformational Kitchen Recipe*

Collection)

- Stir together Nama Shoyu and water in a medium, non-metal mixing bowl.
- Add onions and marinate ½ to 1 hour.
- Remove onions and reserve marinade.
- Dehydrate onions at 115° F until pliable (may take several hours).
- Blend reserved marinade, miso broth, and oil in blender until well combined.
- Place broth mixture and onions in a sauce pan and warm on stovetop to 115° (you should be able to hold your finger in it without discomfort).

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Sprouts & Raw Food Will Supercharge You

By Dr. Brenda Cobb

The life energy in raw food and fresh living sprouts stimulate the body's inherent self-cleansing and self-healing abilities. These foods help the body's immune response and its ability to fight off illness. The toxicity level of the blood, which is usually high in illnesses, such as cancer, is reduced when you eat raw and living sprouts.

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

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

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

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

Sprouts are not only good for you, they are relatively inexpensive. For an economical and nutritious food source, eat more sprouts. Keep sprouts on hand to munch on. Add them to your smoothies and drink your enzymes. Sprouts are healthy, economical, and a key to your good health. Maximize your health and your vitality by eating them regularly.

A wonderful way to get your sprouts and raw food everyday in a highly absorbable form is to blend them into delicious, nutritious smoothies. Get creative with fruits and vegetables by blending some of your favorites along with at least one cup of sprouts. Sunflower, buckwheat, and broccoli sprouts are some of the most nutritious; they are high in vitamins, minerals, chlorophyll, and fiber. Adding one to two cups of sprouts to your smoothies insures that you are getting true living foods.

Sprouted Smoothies

Be sure to use 100% organic ingredients. Put all the ingredients in the Vita-Mix or other high speed blender. Use the amount of pure, filtered water to achieve the thickness of smoothie you want. Blend for 30 seconds.

Sunny Sprout Smoothie

1 c sunflower sprouts
1 c broccoli sprouts
1 apple
1-2 c water

Green Goodness Smoothie

1 c kale
1 c buckwheat sprouts
1 avocado
1 t dulce flakes
1 Granny Smith apple
½-1 c water

Lemon Sprout Smoothie

2 apples
1 T fresh squeezed lemon juice
2 stalks celery
1 c sunflower sprouts
½ -1 c water

Carrot Greens Smoothie

3 large carrots cut into pieces
3 c of mixed baby greens
2 T fresh cilantro
4 c water

Celery Cilantro Lemon Smoothie

6 stalks celery
½ c fresh cilantro
squeeze lemon juice
4 c water

Apple Greens Ginger Smoothie

4 apples
3 c baby greens
1 T fresh ginger
4 c water

Brenda Cobb, founder of The Living Foods Institute and author of [The Living Foods Lifestyle@ 101 Raw and Living Food Recipes](#), and six other books on health and healing naturally with organic raw and living foods, teaches 10- and 12- Day Healthy Lifestyle Raw and Living Food courses at Living Foods Institute, in Atlanta, Ga. There is a free seminar and recipe demo on Monday, June 23 at 7:00 pm and a free banquet feast and graduation party on Sunday, June 22, at 3:30 pm at the Living Foods Institute. For further information, call 404-524-4488 or visit www.livingfoodsinstitute.com.

and visions using Inspiration Boards as a tool. See www.inspirationboards.com for more information. She can be contacted at 770-218-3952 or kim@inspirationboards.com.

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- Serve in individual bowls topped with crackers and parmesan.

Caramelized Onion Soup

By Traci Sellers

This is my version of French Onion Soup. I don't call it that since the name implies that cheese is involved, but none is. Achieving a 'beefy' broth with no meat was a great success. This soup has a deep and rich flavor that comes partially from the caramelizing of the onions. Serve this with slices of grilled sprouted grain baguette or Grilled Cheeze Toast Triangles, and a mesclun salad. YUM!

1 T olive oil
2 large or 4 small onions, halved and thinly sliced
5 c water
2 T arrowroot
3 T red miso
6 T Nama Shoyu
1 t fresh cut or ¼ t powdered thyme
½ t ground rosemary
¼ c nutritional yeast flakes
1 bay leaf
fresh ground black pepper to taste

- Sauté onions in oil in a large covered pot, over medium high heat. Stir occasionally until

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Detox?

By Dr. Kimberly Strickland

Recently, on the Oprah show, I saw Dr. Oz do an experiment to determine if doing a detox program or diet for a week actually reduces the amount of toxins within the body's tissues. Does the liver release extra toxins when you are not consuming preservatives and while you are drinking raw juices and eating only raw foods for a week? What he found out was that the people had the same amount of toxins after a week. What does that mean? Does that mean that detox diets don't work?

What it means is that doing a detox program for a week is not enough to rid the body of toxins that it has accumulated over a lifetime. A detox program should be looked at as a way to jump start the body—the taste buds, your sense of smell, your digestive tract, your elimination, etc. Life Grocery has a wide variety of detox programs in the nutrition section for you to chose from. Using one can be a great way to get your body working, especially if it has become sluggish. If you remove all sugars, salt, processed foods, and preservatives from your diet for a week, your taste buds will begin to reset so that you can appreciate the sweetness in a carrot as compared with a donut or a granola bar.

Doing a detox program once every three months to balance out unhealthy eating habits and lifestyle choices will, however, not be very effective for overall reduction of toxins. It requires that you choose healthy foods on a regular basis and take care of your body through exercise. Exercise is a great way to stimulate the body's organs and systems.

Nature has provided us with everything we need to enjoy radiant health within our bodies. Our bodies crave vitamins, minerals, and essential nutrients found in organic, natural foods such as fruits, vegetables, nuts, seeds, whole grains, fish, and meats. Did you know that it is recommended that we eat three to five fruits every day? And the wider the variety of fruits, the better for the body. So rather than eating two bananas, two apples, and an orange every day, consider choosing pears, grapes, blueberries, strawberries, cranberries, blackberries, pineapples, etc. There are super fruits such as acai, noni, and mangosteen that pack even more power than the fruits listed above. Look for these in nutritional beverages and supplements. Phytonutrients and antioxidants are found in all fruits and our bodies need them to stay healthy. The next time you go shopping, consider how much fruit to buy for a week.

Here's a recipe for a nutritious spring smoothie.

Fresh Fruit Smoothie

2 c frozen or fresh blueberries or mixed berries
1 c fresh pineapple
1 peeled green apple
1 orange
1 T ground flaxseed
1 handful of sunflower seeds
honey to taste (optional)
water or apple juice (enough to blend)

- Blend all ingredients in blender until smooth.

Dr. Kimberly Strickland is a graduate of Clayton College, with a doctorate in Natural Health. She leads workshops for groups on setting and achieving goals

Summertime

Summertime and the tofu is grillin'—so hush little baby, don't you . . .

I know what you're thinking, but yes, vegetarians have cookouts. I can flat-out grill some tofu, especially during summer. Ah, summertime. catfish are jumpin'—birds are singin'—people are walking around asking, "Hot enough for ya?"

And it's the perfect time for cleaning up the outdoor grill for a little BBQ action. If you're like me, you're all excited about the prospect of grilling tofu, but try to calm yourself for just a minute and read on, because it's really important. Words of wisdom: A big slab of fresh tofu + an ungreased grill = one big honkin' mess!

Before you crank up the heat, spray the grill with cooking oil or liberally grease it with a paper towel soaked in vegetable oil. You will be glad you did. It is also my recommendation, but not totally necessary, to freeze the tofu ahead of time. Just remove it from the little white tub, and drain the water from it. You can either place the whole slab in a storage bag, or cut it into five slices (kind of like slicing Spam).

If you want to seal the tofu in a marinade before you freeze it, that would be all right, but I recommend waiting until after you have frozen and thawed the tofu. It will still drain a lot, even after it has been frozen. Also, freezing changes the texture of tofu by making it a little more "chewy" and more resilient. Freezing may also change the color of tofu, which is perfectly normal, unless it turns purple; then you really have a problem. But seriously, it will turn amber or maybe a little brown, and this is perfectly normal.

So, either way, fresh or frozen, you have a lot of exciting options. You can also cube the tofu, place it on skewers along with some bell peppers, onions, mushrooms, and pineapple chunks. Then grill it.

When grilling, it is always best to use extra firm tofu, and freeze it first. But it will work just fine fresh from the tub. Just be sure to let it drain. A quick and easy method I use to drain or thaw fresh tofu, is to remove it from the package, place it in a colander and cover it with a salad plate. Then I place my mortar and pestle on the salad plate and place it all in the sink to drain for about thirty minutes. This works quite well to express the water from the tofu. A heavy can of beans will also work in place of the mortar and pestle.

One of my favorite marinades for tofu is ¼ cup honey, one teaspoon crushed red pepper, ¼ cup extra virgin olive oil, and ¼ cup Teriyaki sauce. Just place this all in a gallon size baggie and add the sliced or cubed tofu. It's best to let it marinate overnight, but a few hours will do in a pinch. Just remove it from the baggie and slap it on the grill.

OK! Are you ready to put the spurs to it? Let's get grillin'!

BBQ Tofu

1 to 2 containers of extra firm tofu (there are usually five servings per container of tofu) barbecue sauce or my favorite marinade (above)

- Slice tofu into 4-5 slices per block.
- Coat grill with non-stick oil prior to lighting the fire or turning on the gas. Place tofu on a grill.
- Brush with barbecue sauce or marinade and cook 15 minutes.
- Turn once and coat other side. Continue cooking for an additional 15 minutes, depending on whether you want it rare, medium, or well done.
- Just let it cook, as it's best to let it caramelize before turning. It's not a good idea to over-flip tofu.

By Betsy Bearden

As long as we're grilling, how about some side dishes?

Grilled Okra Pods

You won't believe how delicious this is!

20 whole okra pods
vegetable oil
kosher salt

- Place pods on skewers or individually on the grill.
- Brush with vegetable oil and dust with salt.
- Grill them until the juices start bubbling from them, about 10-15 minutes. Rotate so they will cook evenly.
- Remove from skewers and serve whole.

Strawberry Vinaigrette

1 lb frozen strawberries, thawed
¼ c honey
2 T balsamic vinegar
½ c olive oil
¼ c Vidalia, Texas Sweet, or sweet onion
1 clove garlic

- Place all ingredients into a blender and place setting on "liquefy" for about 30 seconds.
- Pour over fresh, crunchy Romaine lettuce or any lettuce you desire.

This compliments any salad. If you want to make this even more special, you can sauté two tablespoons chopped walnuts in butter and sprinkle on top of the salad and serve with crispy baguette slices. Another tip for serving this salad in the summertime is to put the strawberries in the blender semi-thawed. When you pour the dressing over the lettuce, it will crisp it up something fierce and cool you down on a hot day!

So who says vegetarians can't be grill masters to be reckoned with? *We don't need no stinking meat*; we have veggies and tofu, and an abundance of fresh, organic supplies whenever we need them, at Life Grocery! Happy summer!

Betsy Bearden is a published writer, and author of a self-published cookbook, Normal People Eat Tofu, Too. She has worked as a volunteer chef, cooking class instructor, and reporter for The Paulding Neighbor Newspaper. You can reach her at betsybearden@bellsouth.net or visit her website at www.creativewrites.net

continued from page 6

the onions are very tender and browned (caramelized). Expect this to take at least 30 plus minutes to achieve the desired result.

- Meanwhile, in a blender, combine water, arrowroot, miso, shoyu, thyme, rosemary, and yeast. Blend until well combined.
- Add liquid mixture to onions when browned. Stir. Add bay leaf and bring to a simmer, stirring occasionally. Cover. Simmer for five minutes.
- Turn off heat and allow to sit covered for an additional five minutes.
- Season with black pepper when soup has cooled to serving temperature.

Kal and Traci Sellers team teach eight healing and "cooking" classes that are a compliment to their co-authored books: Traci's Transformational Health Principles and Traci's Transformational Kitchen Recipe Collection. Check the Life Grocery calendar for their upcoming classes and lectures, or contact them at www.bestfoodist.com, or 706-473-4375.

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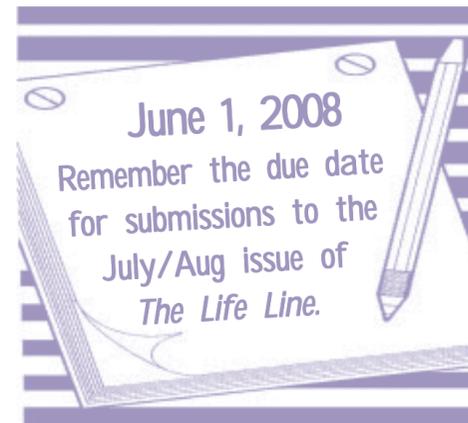
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Gluten Free is NOT a Fad Diet

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

No, the Gluten Free diet is not a fad diet; it is a lifelong dietary change required for individuals with Celiac Disease, gluten intolerance, or gluten sensitivities. It, along with a casein-free diet, is also beneficial for children with Autism Spectrum Disorders. Many others are also discovering that as they eliminate gluten from their diet, many of their persistent health concerns improve or go away completely. Currently, one in 133 Americans is estimated to have Celiac Disease (a genetic condition that causes the body to suffer from malnutrition, which then causes a multitude of health problems), but only about 10% of those are actually diagnosed. As awareness increases and more people discover that they too need to be on a gluten free diet, you will find that gluten free is here to stay.

I am offended when I hear people say that gluten free is just a fad, and people will forget about it soon enough. Not true. At least it better not be true, since I have Celiac Disease and my daughter is also gluten intolerant; we have to be on this diet for the rest of our lives. We cannot cheat even if we want to, because to do so would make us very ill. Even if we weren't to have immediate noticeable symptoms from cheating, we would still be damaging those tiny villi in our intestines where our body absorbs the nutrients from food. So, if my villi become damaged and I can't absorb my nutrients from my food, eventually I would become very ill from malnutrition. I've already been there, done that, and bought the t-shirt, so to speak. I'm not willingly ever going back there.

Some people do lose weight on the gluten free diet. I did. But you aren't going to lose weight on a gluten free diet if you aren't gluten intolerant. It's not one of THOSE kinds of diets. This is a complete lifestyle change that requires commitment, vigilance, and lots of support from the people around you. It's not always easy. It's getting easier though, thanks to awareness campaigns by groups such as the National Foundation for Celiac Awareness, as well as the appearance of the "gluten free" label on many more of the products we find on store shelves. We aren't just talking specialty gluten free companies here; mainstream food manufacturers like General Mills, Frito Lay, and even Wal Mart's own Great Value Brand, are beginning to label their products that just happen to be naturally gluten free. Some of them are even changing the formulas of popular products so that they will be gluten free. See, gluten is a cheap filler and, in most cases, really doesn't need to even be in a lot of these products. With all of these companies making these changes, I think this really shows you that gluten free is definitely here to stay and is not a fad diet by any stretch of the imagination.

This is where stores like Life Grocery are on the cutting edge. Some years ago, they recognized that the demand for gluten free products was increasing and was not just a passing fad; they created an amazing gluten free section in the store. I want to say a big "THANK YOU" to Life Grocery for providing such a wonderful selection of gluten free products, so that those of us who have to be on this diet for the rest of our lives do not have to feel deprived. Yes, we can even have most of our comfort foods, just in a gluten free version!

Years ago, before I became extremely ill from Celiac Disease, I used to love to eat those greasy egg sandwiches on a muffin from a certain fast food giant. Well, I've created my own, very simply, and I want to share it with you!

Egg Muffin

1 *Glutino* English Muffin (in the freezer section) thawed, sliced in half like a bun, then toasted
1 egg, fried or scrambled in a pan

1 slice of American Cheese, *Horizon Organics* melted on top of the egg
optional: *Applegate Farms* sliced ham, alfalfa sprouts, or sliced mushrooms

- Assemble your egg, muffin, and toppings like a sandwich and enjoy!

Chocolate Chip Cookies (like Tollhouse)

1 c plus 2 T potato starch
½ t baking soda
½ t salt
10 T butter, softened
6 T cane sugar
6 T firmly-packed organic dark brown sugar
½ t *Flavorganics* vanilla extract
1 egg
6-oz pkg. (1 c) *Enjoy Life* semi-sweet chocolate morsels
½ c chopped nuts

- Preheat oven to 375 F°.
- In small bowl, combine potato starch, baking soda, and salt; set aside.
- In large bowl, combine butter, sugar, dark brown sugar, and vanilla extract; beat until creamy. Add egg and beat.
- Gradually add potato starch mixture.
- Stir in *Enjoy Life* semi-sweet chocolate morsels and nuts.
- Drop by rounded measuring teaspoonfuls onto ungreased cookie sheets.
- Bake at 375 F° for 8 to 10 minutes.

Pamela's Sugar Cookies

1 bag *Pamela's Classic Vanilla Cake Mix*
1 cube (8 T) unsalted butter
4 T water

- Preheat oven to 325°.
- With a heavy duty mixer, cream butter. Add cake mix and water.
- Blend on medium for 1 minute. Dough will seem dry but will come together at the end. (If dough does not come together, add additional water, one teaspoon at a time.)
- Food coloring can be added to change dough color. Add the food coloring as part of the 4 T of water.
- Roll out and bake on parchment paper or greased pan for 18 to 20 minutes.
- Cookies should have light brown edges. If using an greased baking sheet, to prevent sticking, run a metal spatula under the cookies immediately when finished baking, while hot.
- Dough can be rolled out and cut out with cookie cutters (parchment paper is suggested for rolling out cookies and baking them). You can also refrigerate or freeze the dough in a log form, then slice and bake.

You can also make chocolate cookies by using *Pamela's Chocolate Cake Mix* instead. *Pamela's Frosting Mixes* make a great topping for these cookies, and *Let's Do Organic* makes gluten free candy sprinkles that you can decorate with, as well.

Nisla Whetstone is a Licensed Massage Therapist and Gluten Free Lifestyle Coach in Private Practice in conjunction with Dr. Joe Esposito. Check the Life Grocery calendar for her upcoming lectures and classes. Contact her at 770-653-6017 or magickhand@gmail.com.

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Nutrition from A to Z

By Dr. Joe Esposito, DC, LD, BS, DABCO, DAAPM

Let's talk about eating right, from A to Z. I have seen over 30,000 patients during my 24-year career as a chiropractor and nutritionist. My patients understand the importance of a normally functioning nervous system. They understand the importance of a properly functioning digestive system. They even understand the importance of proper nutrition. They get the idea that they shouldn't be eating what I call the seven deadly sins of nutrition—alcohol, meat, sugar, dairy, coffee, soda, and artificial sweeteners. But many of them get stuck there. They say, "Okay, Dr. Joe, what CAN I eat?" There are over 120,000 good, nutritious, Dr. Joe-approved foods out there. I'm will cover about 26 of them in upcoming issues of *The Life Line*.

I'm a realist. I teach nutrition for reality. I understand that most people aren't going to change their diets overnight. They're not going to give up all of the seven deadly sins. And that's fine. I'm okay with that. I'm just asking you to make some small, simple adjustments, because in the long run, the small, simple adjustments stick much better than the quick, sudden adjustments do.

If I were to ask you to write down everything that you ate for an entire year (of course I'm not asking you to do that; this is purely hypothetical), you would see a pattern develop, if you're the average person. You would notice that you eat about the same six things over and over again. It could be chicken and rice, pasta and meatballs, steak and potatoes, you get the idea. There would be about six foods or meals that you eat on a recurring basis. What if you take those six foods and replace them with healthy, less expensive, simpler, and more delicious foods? Why aren't you doing that now? I know why. The reason why you are not eating simpler, healthier, cheaper, and better-tasting foods is because no one has taught you how. Over the years, you've learned to eat easy, quick, conventional, cheap, and junk-filled foods. You simply don't know any better.

If someone taught you how to offer your body a plethora, a cornucopia, of healthy foods that are simple, delicious, and inexpensive, would you do it? Typically, people go for foods that are easily available to them. If you're hungry and a donut is on the kitchen counter, you'll go for the donut. If you're hungry and a loaf of white bread is on the counter, you'll go for the loaf of white bread. Chances are, you'll go for those foods that

are on the kitchen counter because they're in plain view and easily accessible. How about if fruit or mixed nuts are on your counter? Do you think you would reach for those foods when you're hungry? Absolutely! See how easy that is? We haven't even gotten into the heart of A-Z nutrition yet and I've already taught you how you can change your eating habits in a simple and effective way. I'm here to help you make some more simple, easy, and lasting changes that will vastly improve the quality of your life.

What are some things that you CAN eat? Everyone agrees that the foods that are good for you are fruits, vegetables, some grains, nuts, and seeds. No one argues that point. No one! Vegetarians, meat eaters, medical doctors, chiropractors, holistic practitioners, plastic surgeons, cardiologists—everyone agrees that fruits, vegetables, certain grains, nuts, and seeds are the healthiest foods that you could possibly eat. Now, I know what some of you are thinking already. "Dr. Joe, that's boring. I'm going to be eating rabbit food if those are my options and I'm constantly going to be hungry!" Folks, there are over 120,000 different foods that fall into the category of fruits, vegetables, certain grains, nuts, and seeds. If you had a new food every meal of every day, you would die before you tried them all. Not only that, you can make them fun and appetizing for everyone.

So, let's get started on the road to good health and proper nutrition. Let's begin talking about eating right from A to Z. A stands for artichokes. Artichokes are a great healthy food. They are overlooked sometimes, as they are not something we eat or even know how to eat. One artichoke contains about forty calories and five grams of fiber. The American Dietetic Association says you need about 25 grams of fiber a day. One artichoke alone contains about a fifth of your daily requirement for fiber. Fiber is an absolute necessity for your diet. Fiber wraps around sugar while it's in your system and brings the sugar through your digestive system slowly. That way, you get a slow release of sugar into your system. Your blood sugar won't spike, and you won't get that sugar high, which is inevitably followed by a sugar crash.

Fiber also wraps around cholesterol. By wrapping around the cholesterol, it helps to remove it from your digestive system. If cholesterol doesn't have fiber to

help push it through your system, the cholesterol has no choice but to sit in your colon and continually get re-absorbed. Eventually, that cholesterol sticks to the walls of your arteries and you end up with clogged arteries, heart disease, cancer, and heart attacks. By adding something like artichokes to your diet, you're getting that fiber that's so crucial for keeping your cholesterol low and your arteries clean.

Artichokes are also loaded with vitamins and minerals. They're loaded with potassium, folate, and magnesium. Now, I don't recommend you eat dairy. I'm strongly against ALL dairy products. But if you do eat dairy, don't! But if you do, don't! But if you do and you want to absorb the calcium in dairy, you absolutely must have magnesium in your diet. I bet you didn't know that! You need magnesium in order to properly absorb calcium. So if you aren't ready to give up your dairy products yet, adding artichokes to your diet will help you get that needed magnesium for calcium absorption.

There are several things you can do with artichokes when it comes to eating them. Most folks will get artichoke hearts in a jar, called marinated artichokes. You can also get them in a can. They go great in salads. Of course, organic is always best because then you know you aren't ingesting any harmful pesticides. In my book, *Eating Right for the Health of It*, which is available at Life Grocery at a 20% discount, I have the best artichoke recipe for cooking whole, organic artichokes. It is Grandma Esposito's secret recipe. Once you try these, you'll snub your nose at all other artichokes!

Dr. Joe Esposito is a chiropractor, licensed dietician, author, syndicated radio show host of HEALTH TALK ATLANTA, 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 770-427-7387. Mention Life Grocery when you call, and get an exam, consultation, x-rays and doctor's report of findings for only \$50!

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Do Your Priorities Favor Your Health?

By Don Bennett, DAS

Priorities; there are the ones you consciously make and the ones that have developed over the course of your life that you may not even be aware of. But are your priorities allowing you to live to your health potential, or are they getting in the way of your body's efforts to keep you well? We all have an internal list of priorities that are made up of both types mentioned above; they play a major role in our decision-making and actions. If our priorities are in line with what's really important to us, we'll tend to make good decisions. If these good decisions have to do with our health, we'll be the better for it.

But sometimes we lose sight of just what is really important to us. When that happens, certain things can receive a higher priority in our life than we would otherwise want them to have. I've observed that many people place more of an importance on not running out of paper towels than they do on not developing a serious disease. This is partly because it's obvious when we're running out of paper towels, but not so obvious when we're running out of health. This is compounded by the assumption that as we age, illness is just a fact of life. But this is an incorrect assumption; serious illness is not as likely to affect those who practice healthy lifestyle habits as it is those who don't. Often what ends up happening is we reshuffle our priorities to move "health" way up in the list only *after* losing our health. If this happens, there'll be more important things on your mind than running out of paper towels, I assure you.

Generally speaking, if your health is higher on your subconscious list of priorities than self-indulgent-pleasure-seeking-behavior, you'll keep an eye open as to how your habits might affect your health and you'll try to make decisions that are in your best interest health-wise. Most importantly, when presented with information that shows that a habit of yours turns out to be health damaging, you'll look into it and make the appropriate adjustments if it turns out to be true. If however, self-

indulgent-pleasure-seeking-behavior is more important to you than your health, then you'll likely dismiss the information, saying that it's nonsense.

How you react to health information that initially rocks your boat of beliefs depends on the importance you place on your health—your present health and most importantly your future health. No one would disagree that investing for your financial future is a good idea, but what about the concept of investing now for your future health? Part of a good health investment strategy is taking a look at your present list of priorities and seeing where "health" ranks. If it's number one (or if not number one, at least there's no unhealthy practices above it) then your chances of being vibrantly healthy are good, as with what's becoming public knowledge today, you're likely to run into some potentially health-enhancing information. With health being at the top of your list of priorities, you'll investigate this information and very likely end up embracing these newly discovered health-building practices. But if "health" is far down on your list, and there are health-robbing things above it, you won't fare as well, even if you weren't aware that some of those things that are high up on your list are leading you down a path to serious illness.

The expression "caveat emptor" (let the buyer beware) also pertains to what lifestyle practices you've bought into. So now may be a good time to give some thought to some of those practices to see whether they should remain on your list or whether they have no place in your life after all.

*Don Bennett is a Disease Avoidance Specialist, author, lecturer, and the Director of the Health 101 Institute. Don's book, **How to Have the BEST Odds of Avoiding Degenerative Disease** is available in the Life Grocery book department. For some potentially health-enhancing information or to order his book, visit health101.org.*

Do The Opposite

Is it possible that nearly everything you think you know about exercise is wrong? The "experts" have certainly filled you with information based on myth. They have catered to your desire for a "fantasy" and told you what you want to hear rather than what you need to hear. This has compromised the results you could or should have. I will change that for you right now with a real life example.

Every person who goes through our fat loss program is told, "You are going to do exactly the opposite of everything you have ever been told about exercise and you will have better results for it." I tell people that they will exercise MUCH less (10 minutes or less each week), the only exercise they will do is high intensity strength training (absolutely NO cardio), they will sleep more, take more naps, relax more, and have more fun.

Sounds impossible, right? Well it's not. And, these recommendations will beat anything else, hands down, every time.

One woman who just completed the mBody plan commented that in the beginning of the plan she felt like she wasn't doing enough; that it was just too easy. She felt guilty for not exercising more and felt like a cheater for taking naps and resting more. In just six weeks, she lost 11 pounds of fat while increasing her Lean Body Mass (LBM) by 2%. She lost 4" off her waist, 3" off her hips, and 3" off her thighs. All this, with only 83 minutes of exercise in the six-week period.

Conventional methods rarely produce these kinds of results in such a short amount of time. They also fail

By Brian Murray, Founder of mPower

to increase LBM percent while only body fat is lost and certainly do not allow you to melt away inches while you rest more—because you are exercising everyday! The point I want you to take from this article is that it is possible, and in fact, better for you, to rest your way to success. Why?

Conventional methods are extreme and place too much stress on the body. In order to lose fat efficiently your body needs LESS stress. The more comfortable it is, the greater the chances it will allow fat to be lost. If it is constantly under stress, it will preserve, and possibly increase, fat stores to meet future energy demands.

Basically, you have to trick your body into thinking everything is alright. The secret to better results in less time is maximizing the healing power of your body. You do this by getting the right kind of exercise, in small amounts, and resting to allow the restorative mechanisms to work efficiently. In other words, you do the exact opposite of everything you think you should do.

Lift weights and skip the cardio. Exercise harder, less frequently, and relax more. Your results will be better and the only thing you will regret is that you didn't do it sooner.

Brian Murray is the founder of mPower—home of the once-a-week, no-cardio no-sweat workout that will change your life. To learn more about mPower and the mBody six week fat loss plan, please visit www.strengthforlife.net. Then call 404.459.0270 to schedule your consultation.

The Life Line
is a bi-monthly
publication of



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

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Life Grocery Store, Inc.

Mission Statement

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

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The Revitalizing Breath

By David Jockers

“Breathing is the FIRST place, not the LAST place, one should investigate when any disordered energy presents itself.”

Sheldon Saul Hendler, MD Ph.D.,
The Oxygen Breakthrough

Arguably, the most important aspect of mental and physical health and well-being is the respiratory process. This has been known throughout the history of mankind. Consider that during the course of your life you are “inspired” by ideas, “aspire” toward your goals and dreams, and finally “expire” at the end of your life. Many of the ancients developed lifestyles and physical exercises such as yoga and qui-gong that are based around the patterns of breathing and respiratory cycles. So why is breathing so important? It has been suggested that the average individual can survive: *40 days without food; 4 days without water; 4 minutes without oxygen.*

OXYGEN AND LIFE FUNCTION

It is true that oxygen is absolutely essential for all human function. In fact, the primary homeostatic mechanism in the human body is designed around necessitating appropriate cellular oxygenation. The respiratory and cardiovascular systems provide and properly distribute oxygen to the cellular mitochondria where it serves as the terminal electron acceptor in the oxidative phosphorylation process and the formation of cellular ATP. *All human performance, energy, and function is based on appropriate tissue oxygenation.*

Endurance, the ability to sustain vigorous effort, is substantiated by the ability of the heart and lungs to supply oxygen to the working muscles.⁽¹⁾ Although many factors have an impact, endurance and human working capacity end when the cardiovascular and pulmonary systems can no longer keep up with the demands for oxygen. In addition, the structural and functional integrity of brain and viscera are profoundly dependent on regular oxygen supply. Any disturbance of this supply can be life threatening.

OXYGEN AND DISEASE

The world famous Dr. Arthur Guyton theorized that all chronic pain, suffering, and diseases are caused from a lack of oxygen at the cellular level.⁽²⁾ Lack of cellular oxygen is termed hypoxia. Hypoxia has been implicated in central nervous system pathology in a number of disorders including cancer, heart disease, stroke, and various other neurodegenerative diseases.⁽³⁾ Among other diseases, regions of low oxygen tension are commonly found in malignant tumors and are associated with increased frequency of tumor invasion and metastasis.⁽³⁾

Consider that the average human being breathes between 12–18 breaths a minute. That equates to 18,000 to 26,000 breaths every 24 hours. It has been suggested that at rest we should consume six breaths in a minute to supply our needs. The extra activity involved in our short, shallow breathing habits is robbing us of precious energy, producing toxic waste products, and promoting disease in our bodies.

PREDICTING DEATH RATES

In a long-term study, Dr. Schunemann actually found that lung function predicts mortality rates. He explains:

The lung is a primary defense organism against environmental toxins. It could be that impaired pulmonary function could lead to decreased tolerance against these toxins. Researchers also have speculated that decreased pulmonary function could underlie an increase in oxidative stress from free radicals; we know that oxidative stress plays a role in the development of many diseases.⁽⁴⁾

Dr. Wendell Hendricks, two-time Nobel Laureate, winner of the Nobel Prize for Cancer Research, Hendricks Research Foundation, said the following:

Cancer is a condition within the body where the oxidation has become so depleted that the body cells have degenerated beyond physiological control. Similarly, the true cause of allergy is lowered oxidation process within the body, causing the affected individual to be sensitive to foreign substances entering the body. Only when the oxidation mechanism is restored to its original high state of efficiency can the sensitivity be eliminated.⁽⁵⁾

CHEST VS. ABDOMINAL BREATHING

Effective and efficient oxygenation of the cells, tissues, and organs of our body is an absolute energy necessity. Our respiration cycles are governed by the autonomic nervous system. When your body is under stress you tend to take short, shallow breaths. Because these breaths only penetrate into the upper portion of the chest and lungs they are called “chest breaths.” This reduces your bodies’ ability to effectively oxygenate. This is appropriate in order to increase respiratory rate when you are under truly stressful situations, like being chased by a lion or sprinting on a track. However, when it continues for an extended period of time, it sets up the pathological processes described earlier.⁽⁶⁾

Several studies have shown that heart disease, depression, anxiety, and chronic pain patients have an intimate relationship with persistent shallow, chest breathing behaviors. Several researchers have suggested maintenance of posture and breathing habits to be the most important factor in health and energy promotion.⁽⁷⁾⁽⁸⁾

HEART FUNCTION

Diaphragmatic or abdominal breathing is the proper way to respire. Taking deep, diaphragmatic breaths is necessary to get the oxygen-rich air deep into the base of the lungs, where three times as many blood vessels are available for respiratory exchange compared to the upper lung region.⁽⁹⁾ Amazingly, when we are taking deep breaths, our diaphragm, which is attached to the heart, is able to pull the heart down and massage it with each breath. This process optimizes the body’s natural ability to pump fluid and nutrients into the heart vasculature and suck out the wastes. In the absence of diaphragmatic breathing, the body is unable to adequately deliver nutrients and eliminate wastes from the heart.

Dr. Guy Hendricks says:

Healthy breathing should be the first thing taught to a heart patient. A Dutch Study conducted by a Dr. Dixhoorn, compared two groups of heart attack patients. The first group was taught simple diaphragmatic breathing, while the second group was given no training in breathing. The breathing group had no further heart attacks, while 7 of the 12 members of the second group had second heart attacks over the next 2 years.⁽⁵⁾

CHRONIC PAIN AND DEPRESSION

The diaphragm is also attached to the lumbar spine and produces a natural rhythm of movement that stretches the back and pumps fluid and essential nutrients into the avascular soft tissue structures like the intervertebral disc and ligaments preventing and possibly correcting spinal degeneration and chronic pain syndromes. The effects continue in that proper diaphragmatic movement pumps cerebrospinal fluid (the fluid around the spinal cord), which results in an increase in brain metabolism and the resulting feelings of physical and mental well-being and enhanced mental alertness.⁽⁸⁾

It is essential to focus on your breathing throughout the day. Take pauses in your activities to correct your posture and take long, deep breaths from the belly. The body responds to this stimulus by relaxing, understanding that it is not in a life-threatening situation. (Obviously if you are breathing long, slow, deep breaths you are not

being chased by a lion.) The parasympathetic nervous system is activated, calming stress hormones and decreasing heart rate and blood pressure. As you consume more oxygen and release metabolic waste products like carbon dioxide, you will improve your mood and energy levels.

Steps to Transform Your Breathing Habits:*

1. Be awareness of your breath.
2. Roll your shoulders back and slightly tip your head back.
3. Put your hand about an inch away from your navel.
4. As you take a deep inhalation, your navel should expand out and hit your hand.
5. As you exhale, your abdomen should sink back in.

*If you notice your chest moving a lot as you breathe—you guessed it—you’re a chest breather. The good news is that you can change that today and experience a new life of energy and “inspiration.”

To Optimize Breathing Habits for Life

1. Continual awareness and practice of correct breathing mechanics
2. Chiropractic care and specific posture and neurological rehabilitation exercises.
3. Regular practice of yoga, pilates, and spinal hygiene exercise program.
4. Regular aerobic exercise program.

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David is an exercise/lifestyle specialist and a Maximized Living mentor. He holds a Masters Degree in Exercise Science and advanced certifications in nutrition & wellness and is in the process of completing his Doctor of Chiropractic degree at Life University. He currently conducts self-empowerment workshops in nutrition, functional fitness, time management and various other topics in and around the local community. You can contact David for more information on various workshops and his free health newsletter at djockers@gmail.com.

Peace, Love, and Watermelon

By Jesse Andersen

Well, here we are in July and August, the two HOTTEST months of the year. And I'm not talking "hot," like Paris Hilton says HOT. I'm talkin' HOT, as in sweat, heat, perspiration, underarm deodorant not cutting it, bare feet burning on the pavement, butt cheeks burning on the seat of the car, air so thick it's harder to breathe, and men who would never wear lotion—putting sunblock on their bald spots so they don't blister, HOT.

So, why do we look forward to the middle of summer? One word: WATERMELON. Beautiful, sweet, delicious, delectable, melt-in-your-mouth, watermelon. Well O.K., that's not the ONLY reason we look forward to summer, but I'll bet that it's high on your list too. I remember as a kid, we would sit outside on the picnic table, and my Mom would bring out the watermelon. By the time we were done, there were seeds (yes, seeds), juice, and rinds all over the table and all over us. But, the telltale smile was evidence of one of nature's true delights.

Then the watermelon kicked in. You know how it works. Within 15 minutes, that wonderful watermelon works its way through. And when ya gotta go, ya gotta go. If you and the neighborhood kids were playing freeze tag, battle ball, or jump rope . . . everything stopped, for just a few minutes.

Fast forward to 2008. Where do you buy your watermelons today? Are they organic? Do they have seeds in them? Or do you buy the seedless kind? I want to share a few things with you about seeded and seedless watermelon; really seeded and seedless anything.

Many of you know that I have been a raw vegan since May of 2006. And, on my journey to eat the best food that Mother Earth has to offer, I have often wondered about seedless fruits and vegetables. When I was a kid back in 1958, the only watermelon you could buy had seeds. But, oh boy, aren't we fancy today? We have figured out how to get our watermelons not to produce seeds. In fact, we've figured out how to get most all of our fruits and vegetables not to produce seeds. (Just as a side note: if we de-seed all of our fruits and vegetables, how can we grow more fruits

and vegetables if we don't have any seeds? I just hope somebody is paying attention.)

Instead of me standing on my proverbial soapbox, I've decided to give you an excerpt from one of my favorite raw food authors, Victoria Boutenko. Her book *Greens for Life* (available at Life Grocery), is not only packed full of fabulous research and stories about greens, but in chapter 15, "The Wisdom of Plants," Victoria explains beautifully WHY seedless fruits and veggies are probably not our best choice.

Here's what she has to say:

. . . *the goal of all plants is the continuation of their species and providing adequate living conditions for them. . . for the very same reason plants have learned to make their fruit colorful, palatable, and nutritious to ensure that its consumers not only eat one fruit but continue to return for more. This strategy works very well and all fruit gets eaten. Have you ever noticed how thoroughly birds "clean" cherry trees or how squirrels keep working on an oak tree until there are no more acorns left? What happens next? The "eaters" digest their food and leave bowel movements far away from the mother plant and the seeds are covered with nice "organic fertilizer." The seeds get a perfect start. Inside the fruit, the seeds are wisely protected from being digested with hardy shells and inhibitors. Note that the plant keeps its fruit extremely un-tasteful, colorless, and without attractive fragrance all the way until the seeds are ripe, so that nobody wastes them before the seeds have matured. . . . when a plant is genetically altered, it does not produce seeds on purpose. Such a plant makes itself infertile to prevent future unhealthy generations. Seedless watermelons are usually odorless and tasteless, because an upset plant has no motivation to make its fruit sweet, fragrant, or attractive in any other way. I am sure that it is not healthy to eat seedless plants,*

because their entire chemistry, electromagnetic charge, and who knows what else has been altered. In my own life, I prefer to pay double for an organic seeded watermelon or tomato.

Hmmmmmm . . . gives you a lot to think about doesn't it?

Now many of you are looking at the price of a seeded, organic watermelon and saying to yourself, "They're a little on the pricey side." However, before I was a raw vegan, back when I was still eating the "standard American diet," I wouldn't think twice about an occasional Flo's filet from Longhorn Steakhouse, which would cost you just about the same amount.

Do yourself a favor. While they are in the prime of their season, go ahead and enjoy . . . I mean REALLY enjoy, a beautiful, sweet, delicious, delectable, melt in your mouth, organic watermelon. (Life Grocery has those, too!)

I must end by telling you something very interesting, as it relates to the hot, hot summers in Georgia. Ever since becoming a 100% raw vegan in May of 2006, the HOT in Georgia doesn't bother me, really. I used to RUN from my house to the air-conditioned car, and from my car to the air-conditioned house every summer since moving to Atlanta. Tolerance to heat is just another of the many benefits waiting for those who wish to explore the abundance and joy of a raw vegan diet. O.K . . . gotta run, as there is a watermelon waiting with my name on it!

Jesse Andersen, director of the Raw Food Resource Center, presents free lectures and all day seminars several times monthly at Life Grocery. For more information or to see her "before & after" weight loss photos (she lost 80 pounds in six months!), contact her at 770-606-0353 or RawFoodResourceCenter@gmail.com. Check the Life Grocery calendar for Jesse's lectures and all day seminar, Raw Food Nutrition for Health & Weight Loss.

The Frightening Phenomenon

By Linda Townsend

While watching the movie *Phenomenon* some years ago, I was gripped by a tender moment when one character, George Malley, philosophically explained his impending death to two children. He took an apple and said, ". . . if we take a bite of it like this . . . it becomes part of us forever. . . ."

The philosophy of an eaten apple becoming part of us is both wondrous and quite frightening. In reality, the apple gets digested, so the body will use it for fuel and to heal at the cellular level. Some of the less digestible parts will pass out of the body. This is the natural process for all foods we eat. The question is whether the food works with or against this natural process.

Tampering with Nature's Blueprint

There are several impressive scientific names involved: genetically modified (GM), genetically modified organism (GMO), genetically engineered (GE), green biotechnology, agricultural biotechnology, transgenic crop plants, and, my personal favorite, although not one of the scientific names, frankenfood. I have heard about all these things for years, but it just seemed too much like science fiction than real science. However, recently I watched a documentary on how they do this slicing of DNA and use a machine that acts like a "gene gun" to literally shoot DNA fragments into the cell nucleus. These fragments can combine with the plant's own genome with the use of "promoters" that some argue could also promote undesirable dormant genes. (This is no longer sci-fi; this is reality!)

The really disturbing part, well, there are two things, actually, that are equally disturbing. First, the DNA fragment selected may not be of a similar plant or even any plant. It seems that scientists can use any DNA fragment from any source producing recombinant DNA. Think about that for a moment. Vegans could be eating plants altered with animal DNA. Those who follow religious dietary laws could be eating DNA fragments of prohibited foods. We could be eating foods that have even been altered with human DNA one day!

Second, the enthusiastic scientist interviewed on the documentary believed that she could isolate DNA fragments, add them to a plant, and get the precise results she wanted without any concerns about potential side effects in the short or long term!

Does this sound incredibly presumptuous or is it just me? If there is anything we have learned in the recent years, with FDA recalls of medications, it is that long term side effects on human beings never really seem to be discovered in the confines of medical science labs. The real test for long-term side effects occur when they have been released to the general public and have been in use for at least a few years; even then, specific medical problems may not be linked to the source for many more years or decades.

Science Reining Nature?

Scientists in favor of genetic engineering claim it is a "natural extension of traditional breeding," the main difference being that it allows access to a broader range

of genes even from unlike organisms to produce desirable results. The skeptics argue that extracting the specific gene is highly precise, but the insertion of the gene is uncontrolled and highly unpredictable. Should the desired result be achieved, we still don't know what affects it will have on the animals and humans eating the foods. In addition, inserted genetic material is still subject to genetic nature, such as the natural occurring genetic drift, evident in each generation that is also rather unpredictable.

You may have heard of the StarLink corn controversy eight years ago. StarLink corn was genetically engineered with a particular strain of Bt pesticide, called the Cry9C protein. It was produced and purified from a bacterial host in hopes that the corn plant would be resistant to the European corn borer, a very destructive pest. Although the FDA banned StarLink for direct human consumption, Cry9C was approved for livestock feed. However, in the year 2000, Cry9C was also found in taco shells by an independent laboratory. Although recalled, even today some measure of Cry9C is still found in corn products made for human consumption. Corn readily cross-pollinates, as do some other plants. This may be why organic farmers continue to report problems with "genetic trespass" from genetically modified crops—a poignant reminder that *nature will not be contained or restrained!*

continued on page 6

The Symbolology of Food

By Traci and Kal Sellers, MH

The idea that something might have a symbolic message is not new. In fact, the use of symbols to empower the mind is at least as old as Egyptian tombs and pyramids; even the language of the ancient Egyptians itself is rich with symbolism that goes beyond mere communication.

This idea cannot have possibly escaped the note of even the most casual and uninterested observer. Our own country has symbolism from end to end, full of the symbolism of timelessness, liberty, judgment, and (later) ruling, dominating elitist control of wealth.

One would surely be blind not to see the symbolic gestures we give to each other that communicate more than our words do. We call this non-verbal communication, including tonality that we share with each other in our interactions. These provide the essence (positive or negative) or lack thereof in every interaction with another person. These are symbols of closeness, sensitivity, consideration, peace, strength, beauty, etc.

The fact that we can apply this symbolism to food should therefore come as no great shock.

Today, when I was listening to David Wolfe on tape, he was quoting a colleague who explained that cooked food is somehow in the past, while raw food is in the present and that eating either will tend to bring the consciousness into the corresponding state. In other words, a raw food eater will tend to cling to the moment, while the cooked food eater will always be dragging the past into the present and will make judgments about the present, based on the experience of the past. Past energy and choices will dictate the present and the future for the cooked food eater.

This is simply an example of symbolism, nothing more. The raw plant food is alive in the moment you eat it, thus suggesting to the mind an interest and focus on what is, right now.

Cooked and dead food is, contrariwise, something that *used to be* alive, but is not now. Its life energy existed in the past and does not exist in the present.

The eater of it correspondingly gets the suggestion, from the symbolism that their interest is in what used to be, not in what is now.

For humans, there is another dimension to this symbolism that can be discussed. That symbolism comes from the attitude we put on our food by our thoughts and beliefs.

This has been highlighted recently by Masaru Emoto's work and his book *Hidden Messages in Water*. What might be considered a very ethereal, energetic, and non-substantial impact on our environment has been reduced to human visual capacity and measurable physical change.

In Dr. Emoto's book, he takes real photographs of crystallized water (ice) to determine if it has any ability to form hexagonal crystals and how perfectly. He has shown real changes that occur due to attitude and thought from the nearby people. For him and those who read his book, prayer and spiritual supplication for food and drink (and even for large bodies of water) are a measurable, photographable physical phenomena.

In the Hindu belief system, all food is graciously consecrated to God. If it is not, it is believed that any food, no matter how high quality, is poison to the consumer.

For the person who offers his/her food to God with gratitude, digestion is easier, the food tastes better, and health is supported/created. Positive attitudes, meditation, gratitude, love, and good company around food certainly affect the food in a healing way, as well.

This all has to do with symbolism. In the case of Dr. Emoto's work, that symbolism, which is microscopic when the actual change takes place, is not visible, but it is nevertheless real and, presumably, measurable by our body's innate intelligence.

When we eat, the symbolism of that food is pivotal to our experiencing either a healthy or a pathological relationship to that food. Regardless of food quality, attitude can determine the ultimate relationship to food.

Of course, I am not recommending that you just develop a good relationship with fast food. Indeed, I am suggesting that the symbolism of our food is profound and that anything we do to enrich that symbolism with as pure of energy as possible will pay off immediately. Eating food that is alive (which also suggests gratitude for what nature offers) and unaltered when you eat it is profoundly important, especially if you have basically lost the ability to have a healthy relationship with food from the inside out. Then you really need raw, live plant food that grows in the sun.

Gratitude Salad

1 pt grape tomatoes, halved
1 orange or yellow bell pepper, diced
2 avocados, diced
¼ c finely diced red onion
4 oz baby spinach, finely chopped
½ c coarsely chopped sunflower sprouts
juice of one lemon
2 T raw red wine vinegar (Eden brand)
2 T raw agave nectar or honey
2 T olive oil
1 t poppy seeds
pinch of sea salt (optional, if desired)

- Mix everything in a large bowl (wooden or ceramic is best).
- Let sit a few minutes to allow flavors to mingle.
- Eat with gratitude.

Kal and Traci Sellers team teach eight healing and "cooking" classes that are a compliment to their co-authored books: [Traci's Transformational Health Principles](#) and [Traci's Transformational Kitchen Recipe Collection](#). Check the [Life Grocery calendar](#) for their upcoming classes and lectures, or contact them at www.bestfoodist.com, or 706-473-4375.

Ask Dr. Susan: Sweet Summer Snackin'

By Dr. Susan Esposito

Dear Dr. Susan,

What do you recommend I give my children for snacks instead of all the ice cream and candy that they like to eat in the summer? I know that fruit is a good option, but I'm worried about all the pesticides that I hear are sprayed on them. - Kim

Dear Kim,

As a mother of three growing children, I too, struggle with providing them with healthy snacks. If it's sweets they crave, you are correct in choosing fruit as a healthier substitute.

The natural forms of sugars that are present in fruit are converted to energy in your child's body in an efficient manner. The fiber that is contained in the fruit allows for a slow absorption of the fruit sugars from the gut into the bloodstream. This slow absorption prevents the spike of blood sugar that we see when consuming the refined sugars found in ice cream and candy. This spike is then inevitably followed by a crash in blood sugar. As you can imagine, the roller coaster ride of sugar levels in your child's system creates mental, emotional, and physical instability, as well as decreased immunity for several hours after the sugar's ingestion.

You are also correct that there are many chemicals and pesticides sprayed on conventionally grown fruit, not only here in the US, but all over the world. We get a lot of fruit imported from other countries that do not have laws regulating the spraying of pesticides, so it can be a little scary handing your child a "healthy" piece of fresh

fruit, not knowing what kinds of toxins and poisons (because that's what these pesticides really are) have been sprayed on it.

So here are some suggestions to ease your mind:

- Buy organic fruit from a vendor, such as Life Grocery, that you can trust. Some vendors advertise produce as organic, however when it was tested in an independent lab, the produce was found to not be organic after all.
- Make sure you wash all produce off with water and soap. You can use those products that are marketed for cleaning pesticides off produce, but good old soap and water has been found to work as well. Unfortunately, just washing the skin of a piece of non-organic fruit doesn't protect you from ingesting all the chemicals, if the fruit is not organic, because the chemicals are frequently absorbed through the skin of the fruit into the flesh.
- If you're going to eat some non-organic fruit, stay away from "the Dirty Dozen." Eating the top 12 most contaminated fruits and vegetables will expose you, on average, to 14 different pesticides per day. Of the top 12 most contaminated produce, 7 are fruits and 5 are vegetables. In order of contamination, the most highly contaminated fruits are peaches, which are the most likely to have multiple pesticides on any single piece of fruit.

Next in order of most highly contaminated are apples. Peaches and apples are found to have up to 9 different pesticides on a single piece of fruit. They are followed by strawberries, which have up to 8 different pesticides on a single sample. These are followed by nectarines, cherries, imported grapes, and pears. Just in case you're wondering, the vegetables that are most highly contaminated by pesticides are: sweet bell peppers and celery, which have the highest likelihood of multiple pesticides found on a single sample, followed by lettuce, spinach, and potatoes.

Fruit is such a sweet, easy to prepare, and yummy snack. Take advantage of this summer season, when fresh fruit is most plentiful, to indulge in all your favorites and remember to expose your children to some of the more exotic fruits. Studies have shown that children, who are exposed to a wider variety of foods at an early age, will have a more greatly diversified diet when they are older and will be more inclined to try new foods later on. Just remember to try to purchase fruit that is organic, especially if it's one of the fruit included in the "dirty dozen" mentioned above.

Dr. Susan Esposito is a nutritional advisor, chiropractor, and vegan mother of three children. E-mail her at susanesposito@gmail.com for questions you would like her to answer in [The Life Line](#). She will respond to questions as space permits.

The Incredible Raw Avocado

By Dr. Brenda Cobb

Avocados have an image problem. Everybody knows they taste good, but most weight-conscious people say, “No thanks” to the avocado because they have a lot of calories and fat. They are not as bad as you might think, as you can get a lot of nutrition for those calories. A one-pound avocado supplies 70% of an average adult’s daily needs for vitamin C; a fifth of needed vitamins A, B1, B2; a third of the daily vitamin B3 requirements; and generous portions of such minerals as phosphorus and magnesium.

The avocado’s makeup, which is about 12% fat and 8% carbohydrate, is more like a nut than a fruit. However, as far as food goes, the calories of avocados are relatively “clean.” The fats occur in simple, easily assimilated molecules that are cholesterol free and low in sodium—beneficial factors for persons with circulatory problems.

Avocados are among the most ideal between-meal snacks for dieters, because most people eat them fresh and raw. The essential fatty acids in the avocado remain unrefined. They retain the nitrogen compounds that act as chemical tags to let the liver know how to break them down and use them. The fats in avocados will not be turned into bulge. They become energy reserves and help form the lining of the membranes for the nerves.

The same goes for the carbohydrates in the avocado. These are complex carbohydrates, the type that everybody needs. The body knows what to do with them. Avocados have a perfectly balanced pH so they are easily digested and very rich in mineral elements which regulate body functions and stimulate growth.

Especially noteworthy is the iron and copper content, which aides in red blood regeneration and the prevention of nutritional anemia. Avocados are one of the most

valuable sources of organic fat and protein. They improve hair and skin quality as well as soothe the digestive tract. Avocados are an ideal food for most everyone because they are a completely nutritious food.

Chunky Guacamole

3 ripe large avocados
3 Roma tomatoes
3 green onions, including the tops
1 large clove garlic
1 t cumin powder
1 c fresh cilantro
2 T fresh lime juice
1 t Celtic or Himalayan salt

- Cut avocados in half and remove the seed.
- Scoop the avocado out with a spoon and mash with a fork until creamy.
- Chop the tomatoes, green onions, cilantro, and garlic. Combine with the lime juice, cumin powder, and salt.
- Serve with fresh raw vegetables like celery, carrots, and zucchini.

Avocado Applesauce

3 apples, peeled and cored
1 avocado
½ c raisins (soaked 1 hour)
½ t cinnamon (optional)

- Put the apples and avocado in the food processor and blend until creamy.
- Stir in the raisins and cinnamon and enjoy a great treat.

Avocado Tomato Dressing

1 avocado
2 c tomato
2 stalks celery
2 t cumin
pinch sea salt
½ c water

- Blend all ingredients in the Vita-Mix.
- Add more water as needed to make a creamy, easy to pour dressing.

Carob Mousse With Strawberries

4 avocados, very ripe
2 c medjool dates, pitted (DON’T soak the dates)
1 t vanilla extract
¼ c raw carob powder
strawberries, for dipping

- Blend all ingredients in the food processor until creamy.
- Dip fresh strawberries in the mousse and indulge.

*Brenda Cobb, founder of The Living Foods Institute and author of **The Living Foods Lifestyle®**, **101 Raw and Living Food Recipes**, and six other books on health and healing naturally with organic raw and living foods, teaches a Healthy Lifestyle Raw and Living Food Course at Living Foods Institute, 1530 Dekalb Avenue, Atlanta, Georgia. Join her for free seminars, recipe demos, banquet feasts, and graduation parties at Living Foods Institute nine times a year. For exact dates visit www.livingfoodsinstitute.com or call 404-524-4488.*

Adrenals

By Dr. Kimberly Strickland

What do women on a North Georgia homebirther email group and a 41-year-old male runner who qualified to compete at the Olympic Trials have in common? If you guessed low functioning adrenals, you are correct. While most of us can appreciate the effort an athlete must make at the Olympic level, how often do we consider the strain of everyday life? Several recent posts from the homebirth moms discussed adrenal insufficiency and its impact on their health and ability to “go for the gold” for all they do. I am a stay-at-home mother who also works part-time in the evenings and volunteers quite a bit locally. I can tell you it takes a vast amount of energy to raise my children and fulfill the vast array of other jobs I have taken on. I also live with a man who has pushed himself athletically for most of his life.

My husband, Michael, was privileged to compete in an exhibition race at the Olympic Trials on July 3rd in Eugene, Oregon. He qualified as the 9th seeded time in the country for a 3k. Sixteen athletes were invited to compete. Michael worked with a coach and trained in the weeks leading up to the event. He was excited and nervous about competing in the biggest, most prestigious event of his life thus far. If you are a runner, you will also know that Eugene, Oregon is the Mecca of running.

All the training, proper eating, and visualization Michael did prior to the event left him unprepared for and disappointed in his performance. I looked on the internet at 2 am on July 4th and saw he had finished 15th with a time of 9:33 which was 33 seconds slower than his seeded time. When he called, his message sounded so sad. I wondered what had happened. He said, “I had nothing. Almost from the beginning of the race, I knew I had nothing in reserve. I did the best I could and didn’t know what was going on.” When he told his coach, he

immediately suggested Michael get his blood checked. He went for a biofeedback session and learned that he was anemic and suffered from low adrenal function.

Adrenal insufficiency is rising every year, mainly due to nutritional deficiencies from over-processed foods and chronic mental and emotional strain. The adrenal glands sit on top of the kidneys and are our primary organs for combating stress. Emotional stress, particularly anger, causes significant disruption of adrenal function. Almost all people with adrenal insufficiency suffer from allergies. It’s also associated with hypoglycemia and diabetes. Other symptoms include fatigue, loss of energy, mental depression and anxiety, a decrease in hydrochloric acid production and other digestive symptoms, loss of appetite, nausea, vomiting, diarrhea, abdominal pain, weight loss, muscle weakness, dizziness when standing, dehydration, and the heels are usually cracked and extremely dry.

Adrenal steroid synthesis requires a variety of nutrients including essential fatty acids, amino acids, vitamins A, B (in particular pantothenic acid, which is B-5), C with bioflavonoids, E, zinc, selenium, potassium, manganese, chromium, and magnesium. There are also products that contain glandulars from animals that can be helpful. There are many herbs that also aid the adrenals in their function. Life Grocery has several products specifically for adrenal support in the supplement department. With improved nutrition and a reduction of stress, the adrenals can regenerate and return to normal functioning.

Pay attention to the signs your body is giving you. If diet, supplements, and stressors are ignored the adrenal glands can shrink and atrophy. If you think you are suffering from adrenal insufficiency, consider seeing a health care provider to check for this.

Resources:

Haas, Elson M, M.D. [Staying Healthy with Nutrition](#). Celestial Arts, 1992.

Page, Linda Rector, N.D., Ph.D. [Healthy Healing](#). Healthy Healing Publications, 1998.

Dr. Kimberly Strickland earned a doctorate in natural health from Clayton College of Natural Health in 2005. She started [Inspired Living with a partner](#). Together they created www.naturallivingresources.com and www.inspirationboards.com, as a way to help people live healthy physical and mental lives. She is also a stay-at-home mother to two boys. She has been a volunteer at Life Grocery for 11 years.

continued from page 4

The Frightening Phenomenon

Going Where No Gene Slice Has Gone Before

In our enthusiasm to improve one thing “for the good of mankind,” science and technology often take a great leap forward into a new frontier, but it often costs us in ways we cannot foresee. About 100 years ago, a seemingly innocent process for altering natural vegetable oils was thought to be harmless, but now we know that trans fats build up contributing to arterial plague and heart disease—they become part of us. People once thought that pesticides were harmless and, at first, farmers did not even wear any protective gear during application, but now we know that these chemicals cause a wide range of diseases, including cancer—pesticides become part of us.

Presently, we are on that familiar threshold of another technology, one that we may be even more helpless to hold in check, beckoned for its promises in food production improvements. How can we possibly foresee what we are risking *before* transgenetic foods become a part of us?

Contact Linda Townsend of BioHarmonics at ceisa@bellsouth.net for further information.

The Other Side of Vegetarianism

By Betsy Bearden

Do you remember what prompted you to take on a vegetarian lifestyle (if you are a vegetarian, that is) and then face the family with the news? I do. It's the kind of moment when everyone is sitting at the dinner table, and you are looking at the huge platter of beef liver smothered in onions thinking, "I just can't do this anymore." As the plate is being passed to you, you finally find the courage and blurt it out, "I can't eat that anymore. I've decided to become a vegetarian!" At that moment someone gasps and snorts milk out their nose, a fork drops and bounces off the floor, and the room gets totally silent for what seems an eternity—then all heck breaks loose.

It was way back in the '70s for me, when I visited a cattle farm. I was about 12 or so. (Ok, those of you who know me can add a few more years to that.) Given the fact that vegetarianism has been around since the beginning of time, even in the '70s it was still a little hard to come forth with it.

Siblings turn their backs on you, and your mother starts walking around, wringing her hands and asking, "What are we going to do? What did I ever do to deserve this?" Your father blames it on the "Hippie Movement," and your grandparents are convinced it is just some passing phase: "She will come to her senses and grow out of it." But then someone asks the big question, "You want to be a vegetarian? Just what are you going to eat?"

That is so funny! I can't believe how many times throughout the years I have been asked that question: *What do vegetarians eat?* Oh ... we eat vinyl, rocks, socks—hemp. What do people *think* vegetarians eat? I guess that is a legitimate question. See, vegetarians have a network of inside information that non-vegetarians are not privy to. We know stuff—stuff like tofu, TVP, tempeh, and how to grill a mean slab of tofu and make it taste like a pork chop ... well, almost. Yes, our society has come so far since 1971. It is more widely acceptable to be a vegetarian these days; or is it?

Let's fast forward to 2008. My friend's daughter recently turned 18, and she dropped the "V" bomb on her mother the other day. Same scenario at the dinner table I have described above, but with a different focus. The focus is not that of embarrassment and what will we tell the family, but more on how will you get the proper nutrition you need, such as the proper amount of protein from a vegetarian diet.

We have become as a nation, more health conscious than ever, yet we the people of the United States of America are among the most obese people due to sedentary and fast-food-based lifestyles. Not to mention that many prepared foods contain high fructose corn syrup. What's up with that? There are healthy alternatives and safer alternatives. My friend's daughter chose to become vegetarian because all the meat and poultry recalls of late are frightening. She is also appalled with the inhumane way in which the animals are treated. But that's enough about that.

So now that we've come clean with it, where does that leave the *other side*? We have made the decision to change our lifestyle, but how does that affect the people around us? A main staple of my diet is soy and tofu is a great source of protein. I have a nephew (who shall remain nameless, but you know who you are!) who is terrified of tofu. I honestly believe he thinks if he ingests ½ an ounce of tofu, that he will turn green and begin speaking in tongues or something. I am not kidding, he is mortally afraid of it!

And then we have my brothers ... bless their hearts. One of them has stated that he had rather eat toe-gum than to-fu. So there you have it. I am practically banned

from bringing a covered dish to any special occasion. "That looks good, but what's in it?"

Once people work through the acronym SARA, (shock, anger, rejection, acceptance) things settle down. Both my mother and mother-in-law send me vegetarian recipes they clip from magazines. They have catered to our needs with delicious casseroles and veggie side dishes, and in the interim, they have acquired a healthier diet themselves.

It's funny—I have found that there are two types of people: Those who will accept that you are vegetarian and those who won't. When I was working as a reporter in a small town, the owner of a local sporting goods store was standing in line behind me at a popular diner. While I was placing my order, he realized I didn't eat meat. His reaction was extremely interesting, as if I was on some covert operation and would be bringing in the PETA militia to shut his store down because he was pro-meat and definitely anti-vegetarian!

On the other hand, I have an elderly neighbor who asked for a copy of my vegetarian cookbook. She was so sweet and sincere when she looked me straight in the eyes and said, "You know, I don't eat a lot of meat anymore because I know it's not good for you. I have practically become a 'vastatarian' myself." I love it!

My mother and one of my nieces, Michelle, have "converted" but you will have to overlook the bacon and pepperoni pizza in Mama's freezer. She's 84, so I guess there are some things a person just won't give up. But it really must be challenging for the die-hard, non-converts who invite us to dinner, because they really don't know what vegetarians eat or what to feed us. Throughout the years, Steven and I have never walked away from any of our family or friends table unsatisfied, even if we just ate a potato salad sandwich and potato chips.

So please don't apologize if you sit across the table from us enjoying your burgers, ham, or turkey. We honestly don't care. But just as my friend worries about her daughter's nutrition, our friends and relatives worry about us. There *is* the issue of proper nutrition, and getting the proper nutrition is certainly an area of concern.

A 4 oz. hamburger patty has 200 calories, 13.5 g fat, 70 mg. cholesterol, and 22 g protein. Firm tofu at 4 oz. has 88 calories, 5.3 g fat, and 10 g protein. When you combine the tofu with 4 oz. of brown rice, you are not only getting "complete" protein, but you have bumped it up to 13 g protein. And just to take this a step further, if you add cheese to the tofu and rice combination, you have boosted your protein intake to almost 20-25 grams! And if you really want to get serious, 4 oz. of tofu is not really that much, so you can double that portion and still come out better than you would have with the hamburger! I hate to say this, but it's really not rocket science.

It is very easy to get the proper amount of protein from a vegetarian diet. Just drop a handful of edamame into a spinach salad, and top it off with chopped walnuts, or chop up an egg and add that to the salad. *Any* bean and rice combination will do. A glass of soy milk with a peanut butter and jelly sandwich hits the spot every time. And there is always cheese! The possibilities are endless, so I say: An abundance of great vegetarian cookbooks+ fresh organic veggies+ endless sources of vegetarian protein=Life Grocery.

Betsy Bearden is a published writer, and author of a self-published cookbook, Normal People Eat Tofu, Too. She has worked as a volunteer chef, cooking class instructor, and reporter for The Paulding Neighbor Newspaper. You can reach her at betsybearden@bellsouth.net or visit her website at www.creativewrites.net.

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Life Bits: Want to Keep Interiors Cooler?

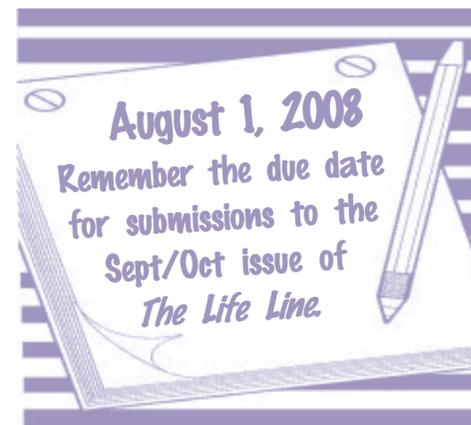
By Kay Byrd

Blocking the sun from shining directly into your house or car can substantially reduce the demand on your AC, thus reducing energy and gasoline usage.

Simply closing your curtains or blinds during the day, especially when not at home, can noticeably reduce interior heat. Test it out by leaving them closed during the time of most intense sun exposure, then slide your hand behind the curtains or blinds and feel the extra heat.

Using window tint/sun block film on your windows reflects away even more heat. It can be purchased and applied yourself. A product and research website to begin with is www.windowtint.com. If you are serious about doing it right and making it look good, for either home or car, they have video guides, a state by state guide to car window tinting regulations, and a large variety of products. Prices for a 25" roll for residential use begin around \$100.

OR ... you can go the really cheap route, like me. Go to a camping or military surplus store and get those little silver emergency heat-reflecting blankets to hang up over your windows during the day. Are they pretty? NO. ...but they do the job and one measuring about 4 ft. by 6½" usually costs less than \$3.00. They can be cut to any size and draped over an adjustable tension curtain rod or shower rod. And, as opposed to curtains and blinds, you can see out, but no one can see in during the day, much like the silver lens sun glasses.



Gluten Free Summer Fare

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

It's hot outside and summer activities are in full swing. Whether you are at a cookout, picnic, or are looking for easy cool snacks to go along with outings to the park, lake, or beach, there are a multitude of gluten free choices available. You don't need to be concerned with what everyone else is eating, With a little bit of planning, you will find so many summer foods that are naturally gluten free like watermelon, homemade potato salad, and cole slaw (again, please verify all ingredients).

You can easily make fresh homemade gluten free ice creams, with or without an ice cream maker. Simply mix your favorite blends of creams, milks, and flavorings together and follow the directions that come with your ice cream maker. For those without an ice cream maker, take one quart sized heavy-duty freezer bag and put your mixture inside and seal tightly. Then, put the bag inside a heavy-duty gallon-sized freezer bag with a 50-50 mixture of ice and rock salt. Next, seal the gallon bag tightly and shake vigorously until the ice cream mixture inside begins to freeze. This is tons of fun for kids and grown-ups alike. You can eat your fresh ice cream right out of the bag too!

Traditional fare for cookouts like hot dogs, grilled chicken, hamburgers, or veggie burgers can be easily converted to a safe gluten free meal by going without a bun or by making a gluten free one. You can either make homemade gluten free buns using *The Gluten Free Pantry's Delicious Slicing Bread Mix* and bun molds made out of aluminum foil or use *Kimmikinick* or *Ener-G's* gluten free hot dog buns. Both are delicious.

For a safe hot dog, Applegate Farms claims that all of their meat products are gluten free; we really like their chicken hot dogs. Oscar Meyer Hot Dogs are gluten free as well, but always read all ingredient statements, as ingredients can change. Be careful with vegetarian versions of hot dogs and hamburgers, most of them do contain gluten.

Another fun thing to do is grill fresh sliced organic vegetables such as zucchini, yellow squash, carrots, bell peppers, Vidalia onions, or any other vegetable that you can think of. Simply lay vegetables out on a sheet of aluminum foil, brush with olive oil, sprinkle on some of your favorite gluten free seasonings, fold foil over to make a "packet," and grill over a medium heat for approximately 10 minutes or until done.

Below are some summer recipes for you to enjoy:

Gluten Free Burger & Hot Dog Buns

Delicious Slicing Bread by *The Gluten Free Pantry*, entire bag

2 t active dry yeast (*Red Star*)

Combine:

1 1/3 c lukewarm water

3 T melted butter or vegetable oil

1 large egg and 1 egg white (or equivalent substitute)

- Preheat oven to 375° F.
- Lightly oil a metal mixing bowl or loaf pan.
- Pour mix and yeast into another large bowl. Add liquids and beat three minutes on medium speed.
- Scrape dough into pan and cover with plastic wrap.
- Let sit in a warm place for approximately 30 minutes.
- Make bread molds by folding a foot long sheet of aluminum foil into a 1' x 1" strip, then shape into a circle or oval for buns.
- Place molds on cookie sheet and lightly spray them with gluten free cooking oil.
- Shape dough into buns, place in molds, and cover with plastic wrap again and continue to let rise for 45 minutes to an hour.
- Bake 20-30 minutes or until brown and hollow sounding when bread is tapped.

Note: Basic dough directions are on bag of mix.

Fruit Salad

assorted fresh organic fruits such as oranges, grapes, pineapple, watermelon, honeydew melon, apples, bananas; cubed or sliced, as desired

¼ c fresh orange juice

1-2 c organic raisins

½ c shredded coconut

sliced almonds

- Place fruit in large bowl.
- Squeeze lemon over fruit.
- Add raisins, coconut, and almonds, if desired.
- Mix thoroughly and cover.
- Refrigerate for at least one hour before serving.

Smoothies

You can get really creative with these wonderful treats for a hot day. Here are a few suggestions:

- Fill blender with 2 cups ice and 1 cup fresh apple juice.
- Add 1 fresh peeled banana, 2 tablespoons Stonyfield Farms vanilla yogurt, 1 cup strawberries and ¼ cup honey.
- Blend until smooth.
- Fill blender with 2 cups ice, ½ cup fresh orange juice, ½ cup fresh apple juice, 2 peeled bananas, 2 tablespoons of Stonyfield Farms vanilla yogurt, ½ cup strawberries, ½ cup blueberries, and ¼ cup honey.
- Blend until smooth.

Balsamic Stuffed Round Zucchini

This recipe uses one round zucchini, but the recipe multiplies easily. You can also use the mixture to stuff narrow or thin zucchini.

8 cherry tomatoes, quartered

1 large mushroom, chopped into small chunks

1 small garlic clove, crushed

1 T white onions, finely diced

1 T dried oregano

4 t balsamic vinegar

1 T olive oil

2 T parmesan cheese, finely grated

salt and pepper, as desired

1 zucchini, round (about the size of a softball)

- Heat the oven to 180° F.
- Put the tomatoes, chopped mushroom, garlic, onion, and oregano into a bowl.
- Add the balsamic vinegar, mixing until well combined.
- Let stand for 30 minutes.
- Cut zucchini in half, length ways. Using a teaspoon, scoop out and discard pulp.
- Heap the tomato mixture into the scooped out zucchini shells.
- Sprinkle with salt and pepper to taste,
- Drizzle with the olive oil and top with the parmesan cheese.
- Bake for 45 minutes or until the shell just starts to go soft.

Carrot Raisin Salad

2 c shredded carrot

1 c canned crushed pineapple in juice, drained

½ c raisins

1-8-oz carton plain nonfat yogurt

- Combine carrots, pineapple, and raisins.
- Stir in yogurt until well mixed.

Use these ideas as a "jumping off" point for your creative ideas! Have fun, eat well, and stay cool!

Nisla Whetstone is a Licensed Massage Therapist and Gluten Free Lifestyle Coach in Private Practice in conjunction with Dr. Joe Esposito. Contact her at 770-653-6017 or magickhand@gmail.com.

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Almond Growers and Handlers File Federal Lawsuit Seeking to End "Adulteration" of Raw Nuts: Lawsuit Would Halt Treatment of Almonds with Toxic Fumigant or Steam Heat

By Will Farrell

WASHINGTON, D.C. A group of fifteen American almond growers and wholesale nut handlers filed a lawsuit in the Washington, D.C. federal court on Tuesday, September 9, seeking to repeal a controversial USDA-mandated treatment program for California-grown raw almonds.

The almond farmers and handlers contend that their businesses have been seriously damaged and their futures jeopardized by a requirement that raw almonds be treated with propylene oxide (a toxic fumigant recognized as a carcinogen by the EPA) or steam-heated before they can be sold to American consumers. Foreign-grown almonds are exempt from the treatment scheme and are rapidly displacing raw domestic nuts in the marketplace.

Tens of thousands of angry consumers have contacted the USDA to protest the compulsory almond treatment since the agency's new regulation went into effect one year ago. Some have expressed outrage that even though the nuts have been processed with a fumigant or heat they will still be labeled as 'raw.'

"The USDA's raw almond treatment mandate has been economically devastating to many family-scale and organic almond farmers in California," said Will Fantle, the research director for the Wisconsin-based Cornucopia Institute. Cornucopia has been working with almond farmers and handlers to address the negative impacts of the USDA rule, including the loss of markets to foreign nuts.

The USDA, in consultation with the Almond Board of California, invoked its treatment plan on September 1, 2007, alleging that it was a necessary food safety requirement. Salmonella-tainted almonds twice this decade caused outbreaks of food related illnesses. USDA investigators were never able to determine how salmonella bacteria somehow contaminated the raw almonds that caused the food illnesses but they were able to trace back one of the contaminations, in part, to the country's largest "factory farm," growing almonds and pistachios on over 9000 acres.

Instead of insisting that giant growers reduce risky practices, the USDA invoked a rule that requires the gassing or steam-heating of California raw almonds in a way that many consumers have found unacceptable.

"For those of us who are interested in eating fresh and wholesome food, the USDA's plan to protect the largest corporate agribusinesses against liability, amounts to the adulteration of our food supply," said Jill Richardson, a consumer activist and blogger at: www.lavidalocavore.org.

"This ruling is a financial disaster and has closed a major customer group that we have built up over the years," said Dan Hyman, an almond grower and owner of D&S Ranches in Selma, CA. His almond business relies on direct sales to consumers over the internet. Hyman notes that his customers were never consulted by the USDA or the Almond Board before they were denied "a healthy whole natural raw food that they have eaten with confidence, enjoyment, and benefit for decades."

The lawsuit contends that the USDA exceeded its authority, which is narrowly limited to regulating quality concerns in almonds such as dirt, appearance, and mold. And even if the USDA sought to regulate bacterial contamination, the questionable expansion of its authority demanded a full evidentiary hearing and a producer

referendum, to garner public input" neither of which were undertaken by the USDA.

"The fact that almond growers were not permitted to fully participate in developing and approving this rule undermines its legitimacy," said Ryan Miltner, the attorney representing the almond growers. "Rather than raising the level of income for farmers and providing handlers with orderly marketing conditions," added Miltner, "this particular regulation creates classes of economic winners and losers. That type of discriminatory economic segregation is anathema to the intended purpose of the federal marketing order system."

Retailers of raw almonds have also been expressing their unhappiness, based on feedback from their customers, with the raw almond treatment rule. "We've been distributing almonds grown by family farmers in California for over 30 years and we regard them as the common heritage of the American people," said Dr. Jesse Schwartz, President of Living Tree Community Foods in Berkeley, CA. "We can think of no reply more fitting than to affirm our faith that ultimately the wisdom and good sense of the American people will prevail in this lawsuit."

Barth Anderson, Research and Development Coordinator for The Wedge, a Minneapolis-based grocery cooperative, noted that their mission has always been to support family farmers. "We weren't surprised when Wedge shoppers and members wrote nearly 500 individual letters expressing disapproval of the USDA's mandatory fumigation law for domestic almonds," Anderson said. "Our members especially did not like the idea that fumigated almonds could be called 'raw.'"

According to the USDA, there is no requirement for retailers to alert consumers to the toxic propylene oxide fumigation or steam treatment applied to raw almonds from California.

"This rule is killing the California Organic Almond business," said Steve Koretoff, a plaintiff in the lawsuit and owner of Purity Organics located in Kerman, CA. "Because foreign almonds do not have to be pasteurized their price is going up while our price is going down because of the rule. It makes no sense," Koretoff added.

Two groups of consumers that have been particularly vocal in their opposition to the almond treatment rule are raw food enthusiasts and vegans. These consumers may obtain as much as 30% of their daily protein intake from raw almonds, after grinding them for flour and other uses. Studies exploring nutritional impacts following fumigant and steam treatment have yet to be publicly released. A Cornucopia Institute freedom of information request for the documents is awaiting a response from the USDA.

"We raw vegans believe raw foods, from non-animal sources, contain valuable nutrients " some not yet well-understood by scientists," stated Joan Levin, a retired attorney living in Chicago. "These nutrients can be destroyed by heat, radiation, and toxic chemicals. We support the continued availability of fresh produce free of industrial age tampering," explained Levin.

Cornucopia's Fantle noted that the Washington, D.C. federal district court has already assigned the almond lawsuit a case number, beginning its move through the judicial system. "We believe this is a strong legal case and hope for a favorable decision in time to protect this year's almond harvest," Fantle said.

"This is yet another example of how government, under the guise of 'public health,' is interfering with an individual's fundamental right to consume the foods of their choice," noted attorney David G. Cox of Lane, Alton and Horst LLC in Columbus, OH and a legal advisor to The Cornucopia Institute. "The government's police power does not authorize the USDA to choose for the individual what foods should be in the marketplace."

Mitch Wallis, a San Diego attorney and another member of the Cornucopia legal team, added that "in one fell swoop, the USDA and its agribusiness-dominated California Almond Board, have taken away all consumer access to a truly 'raw' almond. Almonds are, especially in California, perhaps the 'king of nuts.'" If they can get away with destroying the almond, what does this portend for the future of all nuts and ultimately for all raw and natural foods?"

"It goes against all reason for the USDA to require domestic almonds to be pasteurized while allowing unpasteurized almonds to be imported from abroad," observed Eli Penberthy, a Seattle, WA-based food and farming analyst with The Cornucopia Institute. "Small-scale and organic farmers in California have lost sales to retailers and consumers who are instead choosing to buy truly raw almonds from Italy and Spain."

The Cornucopia Institute has been articulating the concerns of family-scale farmers, producing organic, conventional, and local food, about the potential fallout from the industrialization of our food supply. Foodborne illnesses, and the contamination of food from large industrial farming operations, are now motivating regulators to look at "technological fixes" rather than addressing the root cause of the problems and the widespread fecal contamination of the nation's food supply.

"It is ironic that consumers, in increasing numbers, are voting in the marketplace for a higher quality of food from organic and local farmers and producers they trust," stated The Cornucopia Institute's Fantle. "The very growers that stand to lose are the safest and highest quality producers of food in the United States. We will not allow them to be placed at a competitive disadvantage."

Please support the right to truly raw almonds by making a donation for this lawsuit. The Cornucopia Institute is helping underwrite the cost of the almond legal challenge. You can make a secure online, tax-deductible gift. Make sure to indicate in the message box that your donation is for the Almond Lawsuit. You may also mail your donation to The Cornucopia Institute, PO Box 126, Cornucopia, WI 54827.

Your support helps protect the livelihood of small and medium-size family and organic almond growers and the right of consumers to choose authentic and truly fresh food in the marketplace. Visit www.cornucopia.org for further information.

Will Fantle is the research director for the Wisconsin-based Cornucopia Institute. The Cornucopia Institute is dedicated to the fight for economic justice for the family-scale farming community. Through research, advocacy, and economic development, the Institute seeks to empower farmers both politically and through marketplace initiatives.

[As a service to our customers, Life Grocery currently sells truly raw organic almonds exported from Spain.]

The Basics of Health

By Don Bennett, DAS

Any meaningful discussion of health requires being acquainted with some of the maxims of health. A maxim is simply a truism. It doesn't require multiple peer-reviewed, double-blind studies to validate what it says; it simply is so.

Maxim of Health #1: Unless you are paying attention to *all* the Basics of Health, it is physiologically impossible to be as healthy as your body is capable of being.

Maxim of Health #2: Unless you are paying *equal* attention to all the Basics of Health, it is physiologically impossible to be as healthy as your body is capable of being.

Many people focus on one or maybe two Basics of Health and don't pay much attention, if any, to the others. Some concentrate on diet while not being physically active, some diligently get the exercise their body needs but feed it unhealthy food, and some work at keeping their stress levels low but don't get enough sleep. In today's society, diet seems to get a disproportionate amount of attention compared to the other basics, but the others are just as important; they are all part of our everyday lives just like eating. They impact our health, each in their own way. Another thing the Basics of Health have in common is that many of them are tainted with so much misinformation that people can make only ill-informed decisions.

Maxim of Health #3: If you're not abiding by all the Basics of Health, all the therapies in the world aren't going to do you much good.

If you are adhering to all the Basics of Health, you probably wouldn't benefit much from therapies. Also, drugs and therapies can give people a false sense of security and, therefore, might be used in place of truly helpful things that could be of real benefit.

Maxim of Health #4: The more in harmony you live with (your) Nature, the healthier you will be. Simply put, the further away you live from Nature's Basics of Health, the less healthy you can be.

Basics of Health: *Physical activity, diet, water, sunshine, sleep, stress management, toxin avoidance, information.*

Factors in Disease: *Physical activity, diet, water, sunshine, sleep, stress management, toxin avoidance, misinformation.*

As you can see from the two lists above, the same things are involved in both health and disease. For example: In health, enough and appropriate exercise; in disease, not enough and/or worthless exercise (or worse, harmful exercise). In health, enough sunshine; in disease, not enough sunshine. When you think about it, in both health and ill-health, you need the exact same things: enough sleep, enough relaxation, enough water, enough stress management, enough sunshine, enough toxin avoidance, and enough food (which may be none when you're ill). Vibrant health and ill-health are a continuum; they are two sides of the same coin. Just as you can cause ill-health, you can also cause vibrant health. The difference is, today, causing ill-health is as easy as falling off a log, but causing vibrant health requires some conscious effort.

Being healthy is not simply a lack of symptoms. Cancer can take decades to grow to the point where you begin to experience noticeable symptoms. Those folks who succumb to a fatal heart attack usually get no physical warnings of what is about to happen (although their lifestyle practices often suggest the probability). Many people today are quick to accept ill-health as the normal consequence of getting older; if you agree with that contention, it then becomes a self-fulfilling prophecy. If you assume that aches, pains, and symptoms requiring medication are inevitable, then you won't be open to hearing information that suggests otherwise. In today's society vibrant health isn't the norm, but it's what you deserve, and will very likely get when you respect the Basics of Health.

Don Bennett is a Disease Avoidance Specialist, author, lecturer, and the Director of the Health 101 Institute. His book, How to Have the BEST Odds of Avoiding Degenerative Disease, is available in the Life Grocery book department. For some enlightening health information, visit health101.org.

Muscle-to-Fat Ratio

By Brian Murray, Founder of mPower

We are a society obsessed with body weight. However, the number the bathroom scale provides is nearly worthless because it cannot tell us the *quality* of our weight. In other words, it cannot tell us our muscle/fat ratio. Your muscle/fat ratio is a comparison of the number of pounds of muscle on your body to the number of pounds of fat. It is this number you should be very concerned about, not your body weight.

Muscle and fat are responsible for your basic body contours. These tissues are significantly modifiable through diet and exercise; when it comes to figure problems, the issue is excess fat AND inadequate muscle. So changing your muscle/fat ratio is the only way to get the lean, firm, strong, and shapely appearance you want.

For example, let's consider what happens to a women's body as she ages. At age 14, she is at her muscular peak. She weighs approximately 120 pounds; she has 48 pounds of muscle and 20 pounds of fat. Her muscle/fat ratio is 48:20, or 2.4 to 1. This means that she has 2.4 pounds of muscle for every pound of fat. She is lean, firm, and shapely. But, with each year that passes she loses a half pound of muscle and gains 1.5 pounds of fat.

Fast forward to age 50. She has now gained approximately 36 pounds. Her muscle has decreased by 18 pounds and her fat has increased by 54 pounds. Her muscle/fat ratio is now 30:74, or 1 to 2.4, which means that for every pound of muscle, she now has 2.4 pounds of fat. This is a complete reversal, and her body fat percentage has increased by nearly 300%!

Now let us take this overly fat, out-of-shape 50-year-old woman and expose her to proper exercise and diet. In a matter of 10 weeks, she could realistically lose 15 pounds of fat and gain 3 pounds of muscle. Her body weight would go from 156 to 134 pounds. However, her muscle/fat ratio would change dramatically. Her muscle would increase from 30 to 33 pounds and her fat would decrease from 74 to 59 pounds. Her muscle/fat ratio would change from 1 pound of muscle for every 2.4 pounds of fat to 1 pound of muscle for every 1.8 pounds of fat. Not yet ideal, but a great start toward gaining back her youthful appearance in just a few short weeks.

The improved muscle/fat ratio is the reason a small 12-pound drop in body weight can have such a dramatic effect on physical appearance. Even if your weight remains the same, when you gain muscle, you get leaner because your body fat becomes a smaller percentage of your weight and you lose inches. When you lose fat, your muscle becomes a relatively higher percentage of your body weight. When you lose fat AND gain muscle at the same time, the effect on your appearance can be striking. Don't worry about your body weight. Be very concerned about your muscle/fat ratio.

Brian Murray is an Exercise Physiologist and creator of mBody™ – a six-week fat loss plan that will change your life. To learn more about mBody™ please visit www.strengthforlife.net and 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:

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Life Grocery Store, Inc. Mission Statement

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

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Nutrition from A to Z

Dr. Joe Esposito, DC, LD, BS, DABCO, DAAPM

“B” is for beans. Beans are awesome! I’m a huge bean fan. Beans are absolutely spectacular because they’re loaded with nutrients. They’re loaded with fiber, which helps to remove cholesterol and to keep your blood sugar in check. Beans are high in protein. I know a lot of people say that they eat meat because they need the protein. Let’s get real. They’re eating the meat because they’re getting high off of it! Their brain’s pleasure center is being stimulated by the meat and they just aren’t willing to give it up. However, beans have more than enough protein to help you meet your daily protein needs. Plus they don’t have the steroids, chemicals, pesticides, herbicides, hormones, tranquilizers, blood, urine, maggots, and worms that meat has. Obviously, beans are a much better source of protein than meat could ever be. Now you can’t use protein as your excuse for eating meat. Sorry!

Beans are high in good fat. Fat has gotten a bad wrap over the years. Remember that low fat craze everyone went through back in the mid to late 1990’s? Fat is a source of energy. We need fat in our diets every day in order to operate at a high, optimal level of performance. However, it’s the type of fat that we eat that matters. Meat is a bad source of fat because it’s loaded with saturated fats. Saturated fat helps to clog up your arteries, create and store fat cells, cause heart disease, and cause you to gain weight and keep it on. Good fats help to increase your energy and speed up your metabolism. Yes, I said speed up your metabolism. Good fats help to keep your body operating at a high

level by revving up your metabolism. Beans are an excellent source of good fats.

Beans are also a great source of carbohydrates. Now, there are good and bad carbohydrates—simple carbohydrates and complex carbohydrates. Simple carbohydrates are the bad carbohydrates. They’re things like white bread and white rice. Simple carbohydrates help to spike your blood sugar and cause you to get hungry again shortly after eating them. That’s why if you have some Chinese food that has white rice, you’re hungry again after about an hour (MSG also plays a role in this, but that’s for a discussion at another time—just remember that MSG is really, really bad!).

On the flip side, complex carbohydrates are the good carbohydrates. They, like good fats, help to provide your body with energy and sustenance. Instead of spiking your blood sugar, they help to keep it stable and balanced. By eating beans, you’re not going to get a quick sugar rush followed by a quick sugar crash.

Beans not only have good fats, proteins, and carbohydrates, but they are loaded with vitamins and minerals. They’re inexpensive, easy to prepare, and, when in a can, last practically forever. There are all kinds of beans—pinto beans, kidney beans, red beans, black beans, white beans, navy beans—I could go on and on. There are all kinds of ways you can prepare and eat them. You can make a bean salad or soup. Sometimes I’ll take out my crock pot in the morning and throw in some dried beans, celery, onions, carrots, and water. By the time I come home in the evening, the

soup is done. It literally takes about five minutes to prepare bean soup, and it’s extremely yummy. It doesn’t get much simpler than that!

You don’t even need a crock pot to cook beans. You can take a can of organic beans (organic anything is always better than non-organic, because you know it won’t have any harsh chemicals or pesticides in it) and add some carrots, celery, and onions. Put it in a pot with some water and boil it. In about five or ten minutes, you have a simple, easy, nutritious, delicious meal ready. Sometimes, if I’m having a really hectic day, I’ll take a can of beans, add some hot sauce, and eat right out of the can. It’s cheap, nutritious, and a million times healthier than a hamburger from a fast food joint. I can’t sing the praises of beans enough.

This series will be continued in the next edition of The Life Line.

Dr. Joe Esposito, director of Health Plus Chiropractic Center, is a chiropractor, licensed dietician, author, and syndicated radio show host of HEALTH TALK ATLANTA, which broadcasts on WGUN 1010 AM, Saturdays at 10 am; WNIV 970 AM, Saturdays at 9 am; and WGKA 920 AM, Sundays at 7 am. He is committed to making healthy living commonplace. If you would like more information or would like to speak to him personally, please call 770-427-7387. Mention Life Grocery when you call, and get an exam, consultation, x-rays and doctor’s report of findings for only \$50!

Awareness is the Key

By Dr. Michael A. Scimeca

What is the difference between knowledge and awareness? Knowledge involves facts, information going into and out of the mind without actually experiencing it. Awareness, however, involves firsthand experiences. We confirm knowledge by testing the information with our awareness.

With awareness, we can trust the cues we get from our inner environment. Without awareness, we often give away our power to outside authorities. In my life-coaching practice, an important goal is to empower people to rely more on their inner wisdom, that still small voice that represents our ability to know things beyond our cognitive minds. One mantra I use in my practice, as an underlying theme or approach, is the offering that “your experience is valid.” By helping people feel comfortable with the intimate feedback they get from life, I feel as if I am less of an interfering influence and more of a supportive resource.

As awareness truly is the key, the question becomes, “How can I increase my awareness?” To answer that question, I offer the following: Your awareness is pristine. It may be squelched, however, because of outside distractions. When your awareness gets drowned out by noise, you are less likely to access your pristine cues internally. As a result, you rely on external experts to give you answers to your life. The best answers for your life come from within the intimate dominion of your own life. In this way, your experiences are valid.

Thoughts also come from within the dominion of your own life. Thoughts, however, are not of the same

caliber as awareness. Simply having a thought does not make it pristine or accurate or worthy of consideration as awareness. You can be aware of having thoughts, but you cannot confirm the accuracy of the thoughts you are having. You can only confirm the content, the fact that you are having the thoughts you are having. Awareness, however, involves more than thinking and less than thinking. It involves being present to the experiences of life in a non-judgmental sort of way.

We each have a great responsibility to respect our awareness, to sanctify its pristine quality, and to give the mind a rest to become more in touch with it. Meditation offers a great medium for getting more in touch with your awareness. By becoming still, for however long you can, you do your part to acknowledge the presence and pristine quality of awareness. You then get internal cues that go beyond your ability to comprehend them cognitively.

As a practice, I offer Neuro-Meditative Dance as a form of physical meditation, of putting your entire body into the practice of meditation. Your mind and body get to experience the presence and benefits of awareness. Beyond sitting in silence, which is incredibly helpful, Neuro-Meditative Dance gives you the extra-added benefit of embodying awareness, of getting it into the body. Each dance has a specific theme and rhythm, a specific signature that stimulates the awareness of awareness. You can join us or practice it at home.

Here’s all you need to do to start experiencing more awareness between your fullness and your body:

- Choose music/rhythms that correlate to specific themes or objectives.
- Play selected music in a room that allows total freedom of movement.
- Begin moving specific body parts independently to honor the music/theme.
- Increase your participation so that your entire body begins to get lost in the music.
- Experience your inner environment and your outer environment.
- Focus on the movements that are arising from deep within.
- Give yourself some quiet down time to feel the ripple of the dance.

This simple practice makes meditation physical and active and allows you to bridge the awareness you experience to the life you live.

Dr. Michael A. Scimeca is a licensed chiropractor and the developer of Catalyst, a gentle form of bodywork that promotes neurological expansion from within. He is also the author of the self-help book, The Guardian Within. His private practice in Roswell, GA emphasizes life coaching with an emphasis on couples coaching. For more information, visit www.scimeca.com or call 770-912-9197.

Ask Dr. Susan: School Lunch Dilemma

By Dr. Susan Esposito

Dear Dr. Susan,

Our family is vegan. My children are just starting school and I'm faced with the dilemma of either letting them eat the food that's available at school, which I don't believe is always healthy, or packing lunch for them every day. I need ideas for healthy food to pack for them. What do you suggest? —Brooke

Dear Brooke,

You have many options. If your children are in preschool, talk to the nutritionist or food preparer on staff and explain to them your concerns about your child's diet. I did this with all my children and I found that the nutritionists were always happy to accommodate our vegan preferences. If the school was serving something that could be altered in such a way as to make it vegan, they would do so. For example if the school was serving spaghetti and meatballs, they would serve my child plain spaghetti.

One of the schools had so many vegetarian children that they actually served soy chicken nuggets to the vegetarian children on days that the rest of the school was served regular chicken nuggets. They also served soy burgers when the other children were served hamburgers. Your child's school may not stock these foods, however, you can ask if they would allow you to bring in these substitutes for your child. The nutritionist can then heat and serve them at lunchtime.

At the preschool my youngest child now attends, I discuss the meals for the upcoming week with the nutritionist and I supply vegetarian substitutes to the school which they cook for my daughter. Here are some examples of what the school serves and what I bring in to augment the menu for my child:

School serves: Spaghetti and meatballs, beef ravioli, pizza, sloppy Joe's, hamburgers, hotdogs, chicken or fish sticks, chicken and broccoli, grilled cheese sandwiches

I provide: Veggie meatballs (they just add it to their spaghetti), vegan ravioli, soy cheese

pizza, soy beef crumble (which they mix with their sauce), veggie burgers, veggie hotdogs, veggie chicken nuggets or patties, soy chicken strips, vegan cheese

You get the idea. We are very fortunate now that there are so many good frozen options that we can buy to substitute for conventional lunch meals. However, there will be lunches that are difficult to substitute exactly, such as cheese sticks. For these days I just ask the nutritionist to serve my child something entirely different.

These frozen choices offer the parent a convenient option for the child's lunch; however, some parents are concerned about serving their children too much soy. If you don't want your child eating soy every day, here are some other alternatives:

- Peanut butter and jelly sandwiches (although I have to warn you that many preschools will not allow you to send in anything that contains peanuts or peanut butter because some children have severe allergies to them.)
- Bean tacos or burritos
- Hummus and pita bread
- Nachos and bean dip
- Soup and bread
- Bean chili and corn bread
- Stir-fry veggies and brown rice
- Potato pancakes
- Polenta
- Pasta salad
- Veggie sub sandwich
- And, of course, just pack up some leftovers from last night's dinner

If your child is gluten intolerant or has other food allergies, instead of having to pack an entire lunch, you too can talk to the nutritionist and provide the food alternatives that you would like for your child. For example, you can bring in gluten-free bread or buns for the school to give your child instead of the regular wheat

ones. This way your child still eats what the other children are eating, just slightly modified to his/her needs. This also makes it quicker and easier for you in the morning as you try to get everyone to school and yourself to work.

If your children are in older grades, some schools have vegetarian options on their menu. In these big schools, they will be less likely to accommodate food preferences unless they are medically necessary (as documented by a doctor's note, which you can ask your doctor to provide). You may choose to pack your child's lunch for the healthiest option. In this case, you can pack any of the foods that I suggested for a main course and add to it a piece of fruit or container of applesauce and a raw vegetable (cucumber slices, carrots, celery, etc.).

Be sure to check out the healthy lunch options for your child at Life Grocery. In addition to vegetarian and vegan choices they have, there is an abundance of options for those who have gluten intolerance, as well as for those with other food allergies and sensitivities.

Lastly, you'll want to make sure they're getting healthy drinks. Water, of course, is your best choice. Next, I would choose 100% organic juice. Stay away from those vitamin water type products that seduce you into thinking they're healthy for you by their misleading names, when they're really so full of sugar that they rival a bottle of soda for sugar content.

It's always nice to add a little note to your child's lunch to let them know you love them and are thinking about them. If your child isn't yet at the age where you as their parent are totally uncool, you can go and have lunch with them and bring something special that the two of you can share. Happy Lunching!

Dr. Susan Esposito is a nutritional adviser, chiropractor, and vegan mother of three children. Email your questions to Dr. Susan at susan.esposito@gmail.com. Please remember that not all questions can be answered in this newsletter.

Slow Down a Little, Save a Lot

By Kay Bird

Of all the gas-saving advice, which one do you think saves you the most money: keeping your tires properly inflated, removing the extra stuff in your trunk, driving slower, or combining your shopping trips? Especially if you spend a lot of time on the highway, the answer is slowing down.

In a typical family sedan, every 10 miles per hour you drive over 60 is like the price of gasoline going up about 54 cents a gallon. That figure will be even higher for less fuel-efficient vehicles that go fewer miles on a gallon to start with.

When cruising along the highway, your car will be in its highest gear with the engine operating at relatively low rpm's. Your car maintains its speed by overcoming the combined friction of its own moving parts (a regularly tuned up car operates with less friction), the tires on the road surface (under-inflated tires means there is more contact between the rubber and the road, which also causes more friction), and, most of all, the air flowing around, over, and under it.

Pushing air around actually uses up about 40% of a car's energy at highway speeds, according to Roger Clark, a fuel economy engineer for General Motors.

Driving faster makes your car's job even harder. More air builds up in front of the vehicle, and the low pressure "hole" trailing behind gets bigger, too. Together, these create an increasing suction that tends to pull back harder and harder the faster you drive. The increase is actually exponential, meaning wind resistance rises much more steeply between 70 and 80 mph than it does between 50 and 60.

"Every 10 mph faster reduces fuel economy by about 4 miles per gallon, a figure that remains fairly constant regardless of vehicle size," Clark said. (It might seem that a larger vehicle, with more aerodynamic drag, would be impacted more, but larger vehicles also tend to have larger, more powerful engines that can more easily cope with the added load.)

If a car gets 28 mpg at 65 mph, driving it at 75 would drop that to 24 mpg. Estimated at \$3.25 a gallon, fuel costs over 100 miles would increase by \$1.93, or the cost of an additional 0.6 gallons of gas. That would be like paying 54 cents a gallon more for each of the 3.6 gallons used at 65 mph! That per-gallon price difference remains constant over any distance.

Engineers at *Consumer Reports* magazine tested this theory by driving a Toyota Camry sedan and a Mercury Mountaineer SUV at various set cruising speeds on a stretch of flat highway. Driving the Camry at 75 mph instead of 65 dropped fuel economy from 35 mpg to 30. For the Mountaineer, fuel economy dropped from 21 to 18.

Over the course of a 400-mile road trip, the Camry driver would spend about \$6.19 more on gas at the higher speed and the Mountaineer driver would spend an extra \$10.32. Driving even slower, say 55 mph, could save slightly more gas.

Driving 55 is about more than just high gas prices, though. The *Drive 55* law of the 1970's stuck around after the gasoline shortage was over more because of an apparent safety benefit than for fuel saving.

—information from *CNNMoney.com* 4/1/08

Fall
Life Fest &
Annual Meeting
Saturday
12/13/08
Annual
Meeting
10:00 am
Festival
12:00-4:00 pm
members receive
10% off
all in-stock purchases
9 am-8 pm

The Symbology of Food

By Traci and Kal Sellers, MH

The idea that something might have a symbolic message is not new. In fact, the use of symbols to empower the mind is at least as old as Egyptian tombs and pyramids; even the language of the ancient Egyptians itself is rich with symbolism that goes beyond mere communication.

This idea cannot have possibly escaped the note of even the most casual and uninterested observer. Our own country has symbolism from end to end, full of the symbolism of timelessness, liberty, judgment, and (later) ruling, dominating elitist control of wealth.

One would surely be blind not to see the symbolic gestures we give to each other that communicate more than our words do. We call this non-verbal communication, including tonality that we share with each other in our interactions. These provide the essence (positive or negative) or lack thereof in every interaction with another person. These are symbols of closeness, sensitivity, consideration, peace, strength, beauty, etc.

The fact that we can apply this symbolism to food should therefore come as no great shock.

Today, when I was listening to David Wolfe on tape, he was quoting a colleague who explained that cooked food is somehow in the past, while raw food is in the present and that eating either will tend to bring the consciousness into the corresponding state. In other words, a raw food eater will tend to cling to the moment, while the cooked food eater will always be dragging the past into the present and will make judgments about the present, based on the experience of the past. Past energy and choices will dictate the present and the future for the cooked food eater.

This is simply an example of symbolism, nothing more. The raw plant food is alive in the moment you eat it, thus suggesting to the mind an interest and focus on what is, right now.

Cooked and dead food is, contrariwise, something that *used to be* alive, but is not now. Its life energy existed in the past and does not exist in the present.

The eater of it correspondingly gets the suggestion, from the symbolism that their interest is in what used to be, not in what is now.

For humans, there is another dimension to this symbolism that can be discussed. That symbolism comes from the attitude we put on our food by our thoughts and beliefs.

This has been highlighted recently by Masaru Emoto's work and his book *Hidden Messages in Water*. What might be considered a very ethereal, energetic, and non-substantial impact on our environment has been reduced to human visual capacity and measurable physical change.

In Dr. Emoto's book, he takes real photographs of crystallized water (ice) to determine if it has any ability to form hexagonal crystals and how perfectly. He has shown real changes that occur due to attitude and thought from the nearby people. For him and those who read his book, prayer and spiritual supplication for food and drink (and even for large bodies of water) are a measurable, photographable, physical phenomena.

In the Hindu belief system, all food is graciously consecrated to God. If it is not, it is believed that any food, no matter how high quality, is poison to the consumer.

For the person who offers his/her food to God with gratitude, digestion is easier, the food tastes better, and health is supported/created. Positive attitudes, meditation, gratitude, love, and good company around food certainly affect the food in a healing way, as well.

This all has to do with symbolism. In the case of Dr. Emoto's work, that symbolism, which is microscopic when the actual change takes place, is not visible, but it is nevertheless real and, presumably, measurable by our body's innate intelligence.

When we eat, the symbolism of that food is pivotal to our experiencing either a healthy or a pathological relationship to that food. Regardless of food quality, attitude can determine the ultimate relationship to food.

Of course, I am not recommending that you just develop a good relationship with fast food. Indeed, I am suggesting that the symbolism of our food is profound and that anything we do to enrich that symbolism, with as pure of energy as possible, will pay off immediately. Eating food that is alive (which also suggests gratitude for what nature offers) and unaltered when you eat it is profoundly important, especially if you have basically lost the ability to have a healthy relationship with food from the inside out. Then you really need raw, live plant food that grows in the sun.

Gratitude Salad

1 pt grape tomatoes, halved
1 orange or yellow bell pepper, diced
2 avocados, diced
¼ c finely diced red onion
4 oz baby spinach, finely chopped
½ c coarsely chopped sunflower sprouts
juice of one lemon
2 T raw red wine vinegar (Eden brand)
2 T raw agave nectar or honey
2 T olive oil
1 t poppy seeds
pinch of sea salt (optional, if desired)

- Mix everything in a large bowl (wooden or ceramic is best).
- Let sit a few minutes to allow flavors to mingle.
- Eat with gratitude.

Kal and Traci Sellers team teach eight healing and "cooking" classes that are a compliment to their co-authored books: [Traci's Transformational Health Principles](#) and [Traci's Transformational Kitchen Recipe Collection](#). Check the [Life Grocery calendar](#) for their upcoming classes and lectures, or contact them at www.bestfoodist.com, or 706-473-4375.

Invisible Invasions

By Linda Townsend

Can you imagine *not* knowing why people get sick? It seems unthinkable that there ever was a time that people did not even understand how dirty hands could pass disease. It is believed that in the first public bathrooms of ancient Rome, not having toilet paper then, everyone shared—uh, well, you get it. Unsurprisingly, dysentery was very common, but not knowing about germs and how they are passed, how could the people of that time make the connection?

Before germs were discovered, most societies believed that people were stuck down with illnesses randomly or due to displeasing a deity or being attacked by evil spirits. No wonder! It takes very high powered microscopes to reveal the secret realm within our world, so tiny that it is virtually invisible to the naked eye and yet these microscopic armies can overcome even the strongest of the giants as they invade and conquer by prolific procreation.

Just a few weeks ago my husband's mother, a rather hardy woman in her seventies, was feeling just a bit "under the weather," as she would say it. It began after my father-in-law had colon difficulties of a different sort, but made it necessary for him to be hospitalized a few days. She went into the hospital two weeks ago with a rapid heartbeat and the next thing we knew she was unconscious and given only a 15% chance to live because of an infection. We all were in shock.

She may have contracted the problem while visiting her husband in the hospital. According to the CDC, the spread of infection-causing germs in U.S. hospitals is a huge health problem, accounting for an estimated 1.7

million infections and 99,000 deaths each year. My mother-in-law's infection was a rather common bacterium that is commonly found on hospital and nursing home surfaces, as well as in soil. It attacks the intestines. Medical tests finally revealed it, but not before her kidneys and liver ceased to function and her blood pressure dipped to a very dangerous level.

The antibiotics would probably be effective, we were told, even if it was one of the more virulent strains, but the challenge would be in keeping her alive long enough for them to work. Later, it was discovered she also had a kidney infection. At the time I am writing this article, she is now improving and tests show those particular germs are no longer present. Even so, after being hospitalized for over two weeks and she is just now beginning to sit up and walk again. She is expected to spend some time in a rehabilitation home for therapy, as well.

Germs are a fact of life. They are just everywhere! We live in an unseen sea of germs. We are constantly bombarded with germs. It really is a wonder that we are not sick all the time! The body's immune system works every single day against them. Certainly, the very young, the elderly, and those with compromised immune systems are at a greater risk, but that is not to say the average healthy person is immune. Just look at how many and how often people catch a common cold or flu each year. The number of infamous outbreaks of *E. coli* on contaminated food seems to be a regular occurrence now days and even organic produce has not been spared.

Yet, we are so much farther along in preventing the spread of such germs and in treatments than our ancestors, because science has studied these microbes and has given us understanding of how they survive and are passed. There are vaccinations for some germs; however, there is no way to protect oneself against *all* germs without living in a bubble. The best defense we have is what nature provided within our bodies and using some common sense sanitary practices. Wash your hands often. Wash produce. Wash and dress wounds. Clean the places where food is prepared. (I like using hydrogen peroxide, personally.) Keep bathrooms clean. Eat healthy, live foods that enhance your health overall. Take supplements. Exercise regularly. Take precautions or avoid people with contagious illnesses. Laugh often!

I personally don't believe in running to a doctor for every little snuffle, but when you know you are in the higher risk categories, whether you want to admit it or not, and have been feeling under the weather for several days and getting worse, don't put off having a health professional look you over. We almost lost someone very dear to us because of invasive invisible germs.

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

Organic Food is Important for Your Health

By Dr. Brenda Cobb

Organic fruits and vegetables are good for the body. Conventional fruits and vegetables are full of toxins. Organic food may cost more, but it's worth it to spend the extra money to know that you are getting the optimum nutrition for your body. Investing in top quality food will reward you for years to come. If you spend more on good quality organic food and less on drugs, doctors, and hospital visits you'll be better off for it. When you eat organic food, you are not only supporting your own good health but you are also supporting organic farmers and organic food distributors. It is important to support those who are providing us with optimum nutrition.

Chemical toxicity is one of the leading causes of illness; in order to heal, a person must get the toxic chemicals out of the body. But, there are many more reasons to eat organic besides eliminating toxins from the body. Organic foods have a higher mineral and trace mineral content. Organic produce contains more iron, potassium, magnesium, and calcium.

Organic spinach contains up to 78% more vitamin C. Organic cabbage contains up to 91% more vitamin C. Organic foods have a higher food-value content. Organic wheat has twice the calcium, four times the magnesium, five times the manganese, and thirteen times more selenium than conventional wheat. Organic corn has twenty times more calcium and manganese and two to five times more copper, magnesium, selenium, and zinc. Organic potatoes have two or more times the boron, selenium, silicon, sulfur, and 60% more zinc. Organic pears have two to three times more chromium, iodine, manganese, silicon, and zinc. Organic food exceeds

commercially grown crops and has lower quantities of toxic trace elements like aluminum, lead, and mercury.

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

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

Wonderful organic raw and living foods can detoxify the chemicals and pollutants out of the body and at the same time restore and rebuild the body to perform at its optimum. One of the very best things you can do for yourself is to eat more fresh fruits and vegetables that have not been cooked. The enzymes, vitamins, and minerals in fresh raw and living foods are at their peak and these are the very elements that the body must have to thrive.

Make it a part of your life to shop for the best and freshest organic produce available. [Life Grocery offers a large selection of fresh, only organic produce.] Feed this to yourself and your family and enjoy the benefits that only healthy food can bring. It's easy to do the right thing for yourself when you decide that you're worth it.

Buying and eating organics is a great place to start in taking better care of you!

Cilantro Lime Salad

1 bunch fresh cilantro
1 tomato, chopped
2 c mixed baby greens
3 T fresh lime juice
2 T flax seed oil
1 clove garlic
1 t powdered kelp

- Chop the cilantro leaves and stems and the garlic by hand into minced small pieces.
- Combine all the rest of the ingredients and toss until well coated.

Resources:

Sunfood Diet Success System by David Wolfe

Alternative Medicine by Burton Goldberg

The Hippocrates Diet by Dr. Ann Wigmore

Brenda Cobb is founder of The Living Foods Institute and author of "The Living Foods Lifestyle®" and "101 Raw and Living Food Recipes" and several other books on health and healing naturally with organic raw and living foods. She teaches a 10 and 12 Day Healthy Lifestyle Raw and Living Food Course at Living Foods Institute, 1530 Dekalb Avenue, Atlanta, Ga. 30307. For information on free seminars, free recipe demos, free banquet feasts, and graduation parties call 404-524-4488 or visit www.livingfoodsinstitute.com.

Creating What You Want

By Dr. Kimberly Strickland

You may be wondering what manifestation is. It may sound like magic or new age language, but manifestation is the same as "you reap what you sow" or "what comes around goes around." Each of us is responsible for the reality that we create. There are three steps to manifestation: (1) ask for what you desire, (2) release what you desire, and (3) receive what you desire. Let's discuss each of these in detail.

The first step is to ask. You have to ask for what you want. It's okay to ask for what you want. You are not being greedy. We live in an abundant universe. You might be thinking, "I do ask for what I want, but I don't get it." Are you asking for what you want or for what you don't want? There's a difference and it's huge. Read these two statements and see how you feel after each one: "I want to be completely healthy." "I want to be free of excess weight."

What would you think if I said, "Would you mind holding your breath for two minutes so other people can get some air." That seems ridiculous, doesn't it? Air is abundant, as are all the resources in our world. If we all want to be completely healthy . . . that's fine; we can all be healthy. How cool is that?

So ask. Create a clear vision of what you want and commit to that vision. If you don't know what you want, start with how you want an area of your life to feel. For example, you know you want a new job or career, but you don't know exactly what you want to do. Begin with how you want it to feel. How do you want that career to feel . . . exciting, energizing, joyful, etc.?

Here's an exercise for you to do. Pick one area of your life where you would like to see change. How do you want it to feel? Pick two or three feeling words. Now feel it and imagine emitting that energy . . . you just started manifesting!

Think of your life as a restaurant. Would you walk into a restaurant and tell the waiter to just bring you "whatever?" That doesn't sound like a very good idea, because what are you going to get? "Whatever." But so many times that is what we do in life. We tell the universe to bring "whatever." Instead, order what you

want off the menu of life and allow the universe to bring it to you. You can order this experience and that career and that relationship and that vacation and that body. The universe is picking up the tab. And if you want to really kick the manifestation up a notch, see how your vision can serve others. When we give back to others—either through our resources, such as money, talents, or time—the universe gives back to us. You reap what you sow—plant seeds for others to enjoy and there will be fruits for all. What comes around goes around, so be generous because it really raises the vibration of the energy you are putting out there and just feels great.

The next step is to release. Release your need to know how it is going to happen. It is time for you to get out of the way. The universe, or God, knows the fastest and easiest way to bring you what you desire. In our restaurant example, would you follow the waiter into the back and tell them how to cook your meal? Of course not. That is the easiest way to ensure that it won't come out right. Instead, you sit back and wait for your meal while enjoying the ambiance and the company. So don't micromanage God or the universe.

Does that mean that you sit back and wait for a million dollars or perfect health to arrive in your mailbox or to fall into your lap? Of course not. You will take action, without planning out step by step how to get there. Here is a good statement to help you know if you have actually released something. If you answer the statement "I know I can be happy without _____," with a "Yes," then you know you have released it.

Why is it important to release it? If your answer is that you cannot be happy without that relationship or health or whatever, what is the feeling that goes along with that? It's desperation. What is the vibration of desperation? That's right, it's a low vibration. So the energy you are sending out is of a low vibration. It's all about the energy. When you can be happy exactly where you are, in the clothes you're in, in the house you're in, in the body you're in, in the relationships you're in, and be grateful for them, then you'll really be able to release control. So allow the universe to make your desires unfold

in magical ways and it will probably happen in ways that you never imagined.

The third step is to receive. Now you may say, "I am ready to receive. Give me that million dollars." But did you know that nearly 1/3 of the big money lottery winners declare bankruptcy within five years of winning the lottery? Were they really ready to receive? What were their thoughts or feelings about money? Let's be sure we are ready to receive. It's the same with people who diet and lose weight only to put it back on—they weren't ready to receive the body they wanted.

Our first tool is gratitude. What is the vibration of gratitude? That's right, very high. That raises the vibration of the energy and it's all about the energy. Make gratitude a habit. As something good happens, immediately express gratitude. Every day, at the beginning or end of the day . . . or both, write down five things you are grateful for. It is a great way to shift your energy. Always be in an attitude of gratitude.

Next, know that you are worthy and deserving of all you desire. The ego feeds off the negativity. When you think of sailing in the Bahamas and are feeling great, it is the ego that is coming in telling you that it will never happen. What is the vibration of those negative feelings? That's right . . . low . . . it's all about the energy. Take those negative feelings as a signal that some changes may need to be made. Are there shadow beliefs stemming from childhood or experiences telling you that you don't deserve it? Is there forgiveness work that needs to be done? This step may require some work or digging. But imagine what can come your way if you are willing to do it and increase that energy.

Now it is time to act. The universe will bring inspiration and opportunities. But you must move your feet and act in order to show the universe you are serious. Watch for signs and listen to that "small voice." The action may be to change a belief or change your thinking, read a certain book or take a certain course. But as you take action, the universe will bring you more to act on and get you to where you want to be.

continued on page 7

Drink Your Bean

By Betsy Bearden

Coffee. Just saying the word perks you up. We love it so much that the majority of us wake up to its rich, inviting aroma each morning. From the second that hot coffee splashes into your cup, to the minute you feel the warmth of it in the palms of your hands—you take your first sip, and ah . . . it's good.

We love our coffee so much that we take it into the shower; it's with us while we're getting dressed; and we have a special place for our favorite coffee mug in our vehicle just so we can take it along with us wherever we go. There is nothing quite like the kick-start we get each morning from that first cup of coffee—or for that matter—the boost it gives us at any time. How we love coffee, but did you know that coffee loves us?

Coffee, in general, has been found to be the “new health food.” With all the controversy, over the past twenty-years, test after test has shown that coffee is actually good for us!

Most studies show that by drinking coffee on a regular basis throughout the day (and the more the better) the wonderfully roasted bean can actually lower/cut the risks of the following:

- Parkinson's Disease by up to 80%
- Colon Cancer by 25%
- Liver Cirrhosis by 80%
- Type 2 diabetes

Coffee has been found to be America's number one source of antioxidants. *Number one!* And the best news of all is that everyone can benefit from it: Decaffeinated coffee contains the same amount of antioxidants as caffeinated coffee. Antioxidants protect our bodies from toxic free radicals that can set us up for cancer, stroke, diabetes, and heart disease. So, drink your coffee; it's good for you.

Drinking coffee cuts the risk of gallstones. Heavy drinkers have a reduced risk of heart problems and liver disease. It can help manage asthma in the event of an emergency attack; it is mood lifting and can treat headaches; it can lower your risk of cavities due to the compound trigonelline; and it has been shown in studies with children who drink milk in their coffee, that it can even ward off depression!

A single dose of most over-the-counter pain relievers can contain around 120 milligrams of caffeine, which is equivalent to a one-cup serving of your favorite caffeinated coffee.

The evidence is very strong that regular coffee consumption reduces risk of Parkinson's disease and for that, it's directly related to caffeine. In fact, Parkinson's drugs are now being developed that contain derivatives of caffeine based on this evidence.

Coffee Enhances Athletic Performance?

For athletes, coffee has been shown to boost performance so well, that its consumption is monitored by the Olympic Games Committee and has been deemed as a “controlled substance.”

While you may or may not be training to become an Olympic athlete like Michael Phelps, or a Tour de France cyclist like Lance Armstrong, just think of that added thrust you will receive while drinking a totally natural plant-derived, *healthy cup of coffee*. You might be able to work that extra mile in today, or maybe you are training for a 5 or 10K? Coffee can help you build and maintain stamina whether you need it for a short burst of energy or as a pick-me-up during long workouts.

While it's true that the market is saturated with power drinks that are full of chemicals and additives, why would you want to drink one of those when all you need is right there in your coffee pot? You can even carry it along with you in your water bottle for added turbo-power when you need it. Just add some ice, and you're good to go!

Although the gloves do seem to be off regarding the health benefits of coffee, if you find yourself a “Shaky Sam” or “Jittery Jennifer” after too much caffeine, there may be an underlying health issue involved. If you

do have these certain health risks, don't worry, because you can still enjoy the wonderful taste and aroma of coffee. Check out the *Jim's Organic* line of coffee that is available in the bulk foods section at Life Grocery.

There are tons of great flavors to choose from along with delicious-tasting decaffeinated blends for those of you, like me, who can only tolerate *just so much* caffeine. I don't know about you, but two of those big honkin' cups that we drink from these days, full of caffeinated coffee + my favorite French vanilla creamer= big time heebie geebies for me!

Once you choose your favorite flavored coffee that Life has to offer, here are some tips on brewing:

Start by using the freshest, coldest water available. Filtered or bottled water is best; distilled water is not recommended. Brewed coffee is 98% water. Some tap water sources can contain sulfur or metallic-tasting elements and this equates to bad tasting water=bad tasting coffee.

Most coffee manufacturers will recommend a water-to-coffee ratio on their packaging. They have already done the research for the consumer, which takes any guesswork out of making the perfect cup of coffee.

Generally, the standard measurement for a single serving of coffee is one tablespoon of coffee per six ounces of water. However, each person has different tastes, so experiment and have fun with your coffee.

You may want to rethink your coffee storage habits if you have been storing it in the refrigerator or freezer. Coffee will absorb the many aromatic substances in your refrigerator or freezer. Some are pleasant, but most are not—such as onions, left-over pizza, tuna, or egg salad! Another reason not to store it there is that each time you remove your coffee from the freezer or refrigerator and expose it to the warmer air of that in your kitchen or workplace, this can cause moisture to form in what should be a dry, airtight environment for your coffee.

So, now that you know how healthy coffee can be, I'll see you at Life Grocery standing in front of the coffee; just don't sneak up on me—I may be wired!

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Betsy Bearden is a published writer and author of a self-published cookbook, [Normal People Eat Tofu, Too](#). She has worked as a volunteer chef, cooking class instructor, and reporter for [The Paulding Neighbor Newspaper](#). You can reach her at betsybearden@bellsouth.net or visit her website at www.creativewrites.net.

Life Bits: Both Sides of the Story

By Kay Bird

Every piece of paper has two sides.

I pick up the brightly colored *Calendar of Events* for Life Grocery each month. Sometimes they are blank on the back, so I save them and use the backside when I need to write myself a *do-not-forget* note or record information that I want to be sure I don't misplace. Those vibrant colors are quick to find.

That's just one example. My mother saved every piece of paper that had any room on it at all for us kids to color on. Old greeting cards became cut-ups or the new beginning of a home-made card. After my dad died, we enjoyed rediscovering all those homemade cards they treasured so much.

Consider the family I read about who only recycled every piece of paper after it had been used on both sides. Some of their friends told them they were wasting their time, because those things don't do much good. But our kids are watching and they pass on what they learn. That particular Mom got a call from her son's

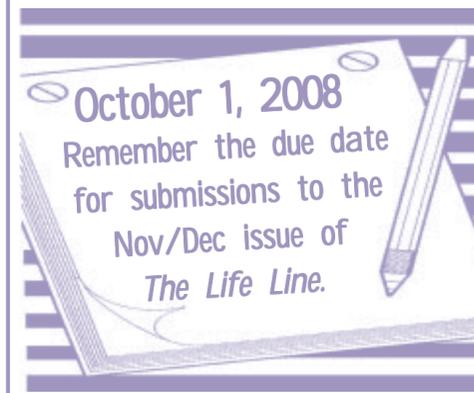
Classifieds

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MOVING SALE: raw food appliances (including Blendtec blender; Samson juicer), *Wellness S-III* water filter, wellness tools, camping equipment, musical instruments, pottery, books, etc. Request list of items and prices. KayLBird@msn.com.

RAW FOOD RESOURCE CENTER. Teaching raw foods seminars and classes each month. Contact [Jesse Andersen](mailto:Jesse.Andersen@RawFoodResourceCenter@gmail.com) at RawFoodResourceCenter@gmail.com.

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Creating What You Want continued from page 6

By walking into Life Grocery, you are taking action to make the health that you desire come into your life. Associate with healthy people. Go to the free lectures offered by Life to learn more. Enjoy the gift that Life Grocery has to offer and use it as a resource to bring what you want into your life.

Dr. Kimberly Strickland earned a doctorate degree in natural health from Clayton College of Natural Health in 2005. In 2007, she started Inspired Living with a partner. They created www.naturallivingresources.com, as well as www.inspirationboards.com, as a way to help people live healthy physical and mental lives. She is a stay-at-home mother to two boys.

teacher about the fact that he asked where to find the “second side paper.” After explaining to the class what his family did, the teacher and students started making sure they used both sides of every piece of paper before it went in the recycling box.

Did that practice spread to the homes of those young students? Good chance of it.

Does every little piece of paper really matter? Ask the trees, the air, the water, and your children's lungs.

[Editor's Note: Many years ago, my sister sent me a letter. I opened it and started to read about things and people who were foreign to me. I couldn't imagine what was going on until I realized that she had written on the backside of a letter that she had received. In light of this humorous lesson, I suggest that you write a big “X” on the original side of the paper to avoid confusion when using the backside.]

Keep it Simple

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

As the lazy days of summer have come to a close and the little ones have gone back to school, we don't want to get caught up in a hectic work/school schedule that leaves us with no time to eat delicious, healthy, gluten free foods. Even if we've spent our summer working our tails off and shuttling little ones around to this camp or that one, it's a good reminder to keep things simple. I've been keeping a stockpile of basic pantry essentials so that I always have things on hand for quick and easy meals to prepare at the last minute. I like to prepare large batches so that I can save leftovers for lunches and fast meals. I know as a celiac and a mom of a celiac kid, if I'm not prepared I run the risk of having a hungry kid (and hungry mom) and resorting to the same old things over and over again which can get boring.

I like to try to keep lots of quick options on hand for light snacking, cool lunches, and quick dinners so that I don't get caught with the dreaded "there is nothing to eat in the house and I'm hungry . . ." Some people say I'm obsessive-compulsive about keeping my pantry well stocked, but I can't help it. I actually caught a Rachel Ray show where she was talking about the same thing I do . . . keeping a stockpile of basic ingredients in your pantry that you continually replenish as you use them, and then just picking up your fresh produce, meats, and dairy as you need them. You'll want to stockpile your freezer with frozen vegetables and fruits, your pantry with things like canned vegetables of all varieties including canned tomatoes, beans, rice, gluten free pastas, dried seasonings, xanthan gum, cocoa powder, sugar, and boxed gluten free cereals. Basically, stockpile the shelf stable items that you use the most often and then add something new. Your variety comes in from how you combine the ingredients and what fresh ingredients you add to it. Don't be afraid of spices and different seasonings. Here are some quick and easy recipes to add to your repertoire. Enjoy!

Bagelwich

1 Kinnikinick sesame seed bagel, sliced and toasted
cream cheese or gluten free/dairy free substitute
avocado slices
bean sprouts

- Assemble bagelwich by putting all ingredients together like a sandwich.

Alicia's Salsa Pronto *(slightly modified by me)*

1 can (approx 14 ½ oz) of stewed tomatoes

¼ c onions, finely chopped

2 T fresh cilantro, chopped

2 t lemon juice

several large garlic cloves, minced

½ fresh jalapeno pepper, finely chopped

¼ t vinegar (I use apple cider or rice vinegar)

- Place tomatoes in blender. Process on low for just a few seconds to chop.
- Combine mixture with remaining ingredients in a mixing bowl.
- Let the salsa marinate for a couple of hours, if possible, before serving to let the flavors blend.
- Serve with tortilla chips. My favorite is Green Mountain Gringo corn strips.

Christina's Guacamole

4 ripe avocados

4-5 sprigs fresh cilantro, coarsely chopped

juice of ½ small lime

1½ t garlic salt

2½ t cumin

1 t chili powder

- Cut the avocado in half and remove pit. Cut in half again, peel, and put the meat in a large bowl.
- Add cilantro and lime juice.
- For smooth guacamole, mash with a potato masher. For a chunkier more hearty texture, mash with your hands.
- Once the avocado is mashed to desired texture and the cilantro is evenly mixed throughout, add

spices and mix with a spoon just until the spices are fully mixed together. Serve immediately.

Salmon Patties *(my mom's recipe)*

1 can Alaskan Salmon

3 eggs or equivalent egg replacer

1 c gluten free bread crumbs (I used Kinnikinick

Italian White Tapioca Rice Loaf crumbled in my food processor)

¼ c diced onion or ½ teaspoon onion powder

¼ t garlic powder (or more to your taste)

¼ t salt

¼ t pepper

olive or canola oil

- In a skillet, heat oil over a medium to medium low heat.
- Mix all ingredients well and form into small patties.
- Cook 5-7 minutes on each side until cooked through.

Roasted Vegetable Pasta

1 medium zucchini, diced

1 red or yellow bell pepper, diced

1 large onion, thinly sliced

1 T olive oil

salt and fresh ground pepper to taste

2 large tomatoes, chopped

¼ c fresh basil, chopped

2 cloves garlic, minced

8 oz gluten free spaghetti or fettuccini (I prefer Tinkyada)

½ c parmesan cheese

- Preheat oven to 450° F.
- Put a large pot of water on to boil.
- In a large roasting pan or baking sheet with sides, toss zucchini, bell pepper, and onion with oil. Season with salt and pepper.
- Roast vegetables, stirring every 5 minutes, until tender and browned, about 5 or 10 minutes.
- Meanwhile, in a large bowl, combine tomatoes, basil, and garlic. Season with salt and pepper.
- Cook pasta in boiling water until al dente.
- Drain and transfer to the bowl with the tomatoes.
- Add roasted vegetables and toss well. Add additional salt and pepper if desired. Sprinkle with Parmesan cheese.

Quick Applesauce Muffins *makes 12 muffins*

2 c of *The Gluten Free Pantry's Quick Mix*

¼ c cane sugar

1 t cinnamon

1 c applesauce

¼ c milk or non dairy substitute

1 egg or equivalent egg replacer

2 t cooking oil

Topping:

¼ c cane sugar

¼ t cinnamon

2 T butter or equivalent non dairy spread, melted

- Preheat oven to 350° F.
- Combine Quick Mix, sugar, and cinnamon.
- Add applesauce, milk, egg, and oil. Beat vigorously until blended, about 30 seconds.
- Fill greased muffin pans 2/3 full and bake 12-15 minutes or until lightly brown on top and firm to the touch.
- Cool slightly and remove from pans.
- Mix remaining sugar and cinnamon.
- Dip tops of muffins in melted butter, then in cinnamon sugar.

Nisla Licensed Massage Therapist and Gluten Free Lifestyle Coach in private practice in conjunction with Dr. Joe Esposito. Contact her at 770-653-6017 or magicckhand@gmail.com.

New Products

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- Vitamin Code Raw 50 + Wiser Men's Multivitamin
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RUTH'S

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- Tushy Derm Diaper Rash Ointment
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- Citress Conditioner
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- Eye Make up Remover

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Probiotic Baby Cereal Brown Rice

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Putting the “Trim” in Holiday Trimmings

By Dr. Susan Esposito

Dear Dr. Susan,

I’ve recently lost several pounds by eating a healthier diet and doing some moderate exercise. I’m concerned that with the upcoming holiday season I will gain back all my hard earned weight loss and maybe even gain more. What can you suggest to help me from backsliding when faced with all those holiday temptations? - Christie

Dear Christie,

Although “Eat, drink, and be merry!” is the typical holiday command, you can actually comply without accumulating excess pounds if you make the right choices.

According to a recent Weight Watchers report, the average American gains about 7-10 pounds during the holiday season. This is due to feasting on fattening food and coping with all the extra stress that people tend to feel during this time. Additionally, much of this weight tends to be maintained, despite our greatest resolutions at New Year’s.

It takes about 3500 excess calories to add a pound to your weight. Although this sounds like a lot, the bad news is that holiday meals are huge and laden with large amounts of hidden calories. For example, the average Thanksgiving meal of turkey, gravy, sweet potato, cornbread stuffing, rolls, vegetables, and pumpkin pie contains approximately 3,500 calories. At this rate you could literally put on a whole pound at one meal! Eat the following meal and consume a whopping 4,905 calories!

Typical Holiday Foods and Beverages with Approximate Cost in Calories

Food/Beverage	Approximate Calories
6 oz mixed meat roasted turkey	350
1 cup stuffing	340
3/4 cup turkey gravy	375
1 cup mashed potato	240
3/4 cup candied sweet potato	365
1 cup green bean casserole	180
1/2 cup cranberry sauce	210
1 roll with butter	120
2 glasses wine, punch, or cider	225
1 slice pumpkin pie with whipped cream	500
1 slice pecan pie	500
1 cup egg nog	400
1 serving (3.5 oz) peanut brittle	485
Lindt chocolate truffle ball	85
2 shots (3 fl oz) liqueur	300
2 small shortbread cookies (1.2 oz)	120
2 small pieces fudge (1.2 oz)	140
TOTAL	4,905

We all love to celebrate and socialize and even splurge a little bit, so here are some suggestions to help you navigate through these seas of temptation.

1. Before you go to a gathering drink plenty of water. This will serve two purposes. First, it helps fill you up so you’ll be less tempted to go for that second piece of pumpkin pie. Second, many times we are dehydrated and our brain thinks that we are hungry instead of just thirsty, so we eat to satisfy our thirst.

2. If you are going to a social gathering, bring a healthy low calorie dish that you can munch on instead of all that highly fattening festive fare. You could invite people over to your home for a gathering and really be in control of what is served. There are so many healthy food options that you can purchase pre-made at health food stores, like Life Grocery, making it easier than you might think to host a party with tasty good-for-you food.
3. If you’re at a party, remember that you are there to enjoy the socialization and the spirit of the season, not just to gorge yourself on all the goodies you see. Just because it’s there, it doesn’t mean you HAVE to eat it! Just take a small plate of a few things you like and then stay away from the buffet table. Either sit on the other side of the room or mingle around giving that table a wide berth. It’s too easy to nibble on all those goodies if they’re right at your finger tips or on your plate.
4. You might find it’s easier to avoid snacking on fattening foods if you have a goal to motivate you not to indulge. For example, you want to fit into a particular dress for New Year’s Eve or there is a particular weight goal you’re trying to achieve. Think about the fact that you will derive a lot more pleasure upon attaining your goal than the fleeting satisfaction of a temporary pleasant taste sensation. This way, psychologically you empower yourself by making a conscious choice rather than feeling deprived.
5. Limit yourself to one helping of food. Sometimes when we’re at the table and we finish eating before others, we tend to take more food, not out of hunger, but out of the need to do something while we are waiting. The food is right in front of us and it tastes good, so we go ahead and take some more. Since you’re really not hungry and don’t need those extra calories, just sit back and enjoy the conversation around the table. Remember, it takes about 20 minutes for your brain to get the signal that your stomach is full; be happy that you are making a good choice for yourself.
6. Avoid putting food on your plate that you don’t really care for, even if it is traditional holiday fare. For example, if you’re not a big fan of cranberry sauce, don’t eat any. Just because people eat it traditionally at a holiday meal doesn’t mean that you have to gain weight because of it.
7. Try to avoid drinking much alcohol. Not only are alcoholic beverages full of calories, but when you drink alcohol, you depress the inhibition center in the frontal lobe of your brain. So now eating all the fattening food you like suddenly doesn’t seem like such a bad idea. (Until the next day when you sober up, feel horrible, and can’t fit in your clothes!)
8. Take the focus off of food during your family holiday projects. Turn candy and cookie making time into non-edible projects like making wreaths, dough art decorations, ornaments for

the tree, or hand made holiday cards and gifts. Get together and play games with friends and family or take a walking tour of decorated homes.

Holiday foods tend to be so calorie laden because they are filled with sugar, fat, and salt. All these certainly enhance flavor, but are devastating to the waistline.

You can wean your taste buds gradually from wanting more sweetness or saltiness, but that takes time. To navigate holiday eating, these tips will help you cut sugar and salt, but still keep flavor appeal high:

- Vanilla and peppermint extracts bring out sweetness.
- Use spices such as ginger, cinnamon, nutmeg, and mint, instead of added sugar, in vegetable dishes, sauces, and baked goods.
- Savory spices, such as oregano, basil, cilantro, rosemary, garlic, and onion, are powerful flavor boosters that lessen the need for adding salt. Use on meats, fish, stuffing, sauces, soups, and vegetables.
- In order to get the strongest flavor from fresh herbs, add them at the end of cooking and use more than you would with dried herbs.
- Highlight the natural taste of sweet potatoes with cinnamon and vanilla. Avoid canned ones that are packed in syrup. There’s no reason to add extra sugar to this favorite holiday dish. If you must have marshmallows on top, use the mini-type, space them apart, and let them bake just briefly before serving.
- Research shows that puréed cannellini beans (white beans) can be used to replace as much as 50 percent of the fat in brownies and dropped cookies while producing a treat that tastes very similar to the original—plus has added fiber and vitamins.
- Puréed fruits, such as pumpkin, applesauce, or bananas, are excellent fat substitutes in baking. Add some puréed pumpkin to cake mix you have mini-muffins with no added egg or oil. They’re very moist and you get the beta-carotene from the pumpkin.

If all else fails and you just simply can’t avoid temptation, employ some preemptive damage control. If you plan on indulging in your typical 3500 calorie holiday meal, you can plan on working off 500 calories a day for the seven days prior to your feast. Effectively losing the weight first and then gaining it with the meal, with a net weight result of zero. If you like to use a treadmill, you can set the elevation on one and do a fast walk or easy run for a distance of five miles. Your approximate calories burned will be 550. Do this for seven days in a row right before the big meal and you’ll be set.

I hope this information is helpful in your quest for staying trim throughout the holiday season. Remember if you do overeat, don’t beat yourself up over it. Guilt is one of the worst things psychologically we can do for our health. Just consider that enjoyment you derived from the food consumed and rededicate yourself to making healthier choices from now on.

Dr. Susan Esposito is a nutritional adviser, chiropractor, and vegan mother of three children. You may e-mail question to her at susanesposito@gmail.com, but she will not be unable to answer all questions in this newsletter.

Biggest Cause of Disease: Education Deficiency

By Don Bennett, DAS

When the human species lived in our natural environment—the one without chemicals, junk food, cigarettes, alcohol, and fire—we thrived. As long as the climate was comfortable and we had enough to eat without being eaten, barring a serious accident, we did well. We had no need for special education other than how to find the best, most delicious food and avoid being preyed upon. Fast forward to today; some things haven't changed. We still need education that will allow us to find the foods that enable us to thrive and be vitally healthy, as well as the knowledge to avoid being preyed upon. Today more than ever, there is so much misleading and misinformation. Because there are so many fellow human beings who would take advantage of us, we need a lot more education. Just because we were born into and have come of age in our present surroundings, it doesn't make them any more natural than the environment of those who inhabit the International Space Station. Our so-called superior intelligence has allowed us to live and eat very un-naturally. This has resulted in very un-natural states of health. So to experience our true health potential, we need to be aware of what we require to achieve this most worthy goal. One of the things we need is correct and truthful information.

Whether we are aware of it or not, everyday we are bombarded with misleading information. "With the economy in the condition it's in, buying organic food may not be as important as saving money and consuming some preservatives. . . ." (from a recent Fox TV evening news broadcast). To those who know that organic food represents a lack of synthetic toxic chemicals and an improved nutritional profile that has nothing to do with preservatives, this piece of incorrect information may simply appear as an innocent mistake. But make no mistake about it, the written words that the news anchor read were carefully crafted. As were these, from a recent TV ad: [Woman to man at table] "Want some of my salad?" [Man eating a burger] "No thanks, I'm a meatarian." "A what?" "A meatarian . . . someone who just eats meat. It's a choice, you've got to commit to it." [Announcer] "Wendy's Baconator . . . what you want." Here Wendy's is attempting to tell us what we want, as in the ad campaign, "Beef: It's What's for Dinner."

Now the above may seem like an obvious attempt at programming us, but to those who it isn't so obvious it can be, and often is, very effective programming. But what about information that tries to educate us about how to eat healthy? Unfortunately, there's plenty of misleading and downright wrong information there, too. For example: "The four important foods in order of importance: (1) greens are the most important food for

health and normal weight; (2) good fats are the second most important food group; (3) protein is the third equally important food group; and (4) carbohydrates do not supply any nutrients that one cannot get from other foods. Contrary to food pyramid advice, they are therefore the least important of all the major foods."

People are not only buying the products sold by the purveyor of this misleading information, they are also buying into the information itself. Don't get me wrong, everyone is entitled to their own opinions, but everyone is NOT entitled to their own facts. (1) Greens are indeed an important part of human nutrition, but they are not *the* most important; (2) For optimal health we do need to consume healthy unadulterated, undamaged, and unprocessed fats that are contained in their natural packaging, but fats are not a "food group" and they are not the *second* most important anything; (3) Again, protein is not a food group, and we'll get all the protein that we need to be healthy and thrive if we consume it as Nature intended: in its natural packaging and in a usable state (undamaged by cooking); (4) Carbohydrates are themselves a nutrient and do not supply any other nutrients. But even if the author meant, "*Foods that are high in carbohydrates* do not supply any nutrients that one cannot get from other foods," this is still a false statement. To say that carbs are the least important of all the caloronsutrients or that high carb foods are the least important of all foods, again demonstrates the author's ignorance of biology and the role of carbs in human nutrition; or, it is simply his desire to sell products that make him boatloads of money by telling people what sells. Either way, consumers who buy into this information are done a disservice and dealt a blow to their own health.

All of the above opinions underscore the importance of being an educated consumer. Many moons ago such *defensive education* wouldn't have been necessary; our natural diet would have been the only thing we could have eaten, and we could have only consumed it as Nature intended. But today, the buyer (of both products and information) needs to beware. This is why the lack of sound, science-based, truthful health information can be the biggest cause of ill-health in our society today. For a more in depth description and perspective of health management, see health101.org/art_hygiene.htm.

Don Bennett is a Disease Avoidance Specialist, author, lecturer, and the Director of the Health 101 Institute. Don's book, How to Have the BEST Odds of Avoiding Degenerative Disease is available in our book department. For enlightening health information visit health101.org.

Equal Exchange Fair Trade Fundraising Program

By Ruthie Oland

Reduce your school's carbon footprint by participating in the Equal Exchange Fair Trade Fundraising and Education Program. Raise valuable funds for important school activities, while at the same time teaching kids about where their food comes from, about sustainable and organic farming practices, and what Fair Trade really means. Equal Exchange has been a Fair Trade co-operative for 22 years, building long-term relationships with small-scale organic farmer cooperatives all around the globe.

The farmers we work with raise shade-grown, organic crops of coffee, tea, cocoa, nuts, and berries that use less carbon than conventional farms because they rely on the hand-care of farmers more than

petroleum based machines and fertilizers. Our farmer partners practice crop diversification that actually sequesters carbon into the soil, acting to cool the planet. As a part of the program, Equal Exchange offers educational tools that include a dynamic curriculum (grades 4-9) about Fair Trade, cooperative economics, and where our food comes from, as well as a Spanish pen pal program and in-school assemblies.

Any Co-op member that mentions this newsletter will receive a free case of chocolate when they start the fundraiser! For information contact Ruthie Oland at 774-776-7384 or fundraiser1@equalexchange.coop. You may request a fundraiser packet at www.equalexchange.coop/fundraiser.

The Life Line
is a bi-monthly
publication of



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

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

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

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Life Grocery Store, Inc. Mission Statement

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

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Nutrition from A to Z

Dr. Joe Esposito, DC, LD, BS, DABCO, DAAPM

If C is for cacao powder, then D is for dark chocolate. Believe it or not, not all chocolate is bad for you. That's very good news! Most chocolates are bad for you because they have dairy and high amounts of processed white sugar. If I had to choose the best chocolate that's out there, organic dark chocolate is absolutely the best that there is. Chocolate has a chemical in it called phenylethylamine. When they get into your brain, phenylethylamines stimulate your brain's pleasure centers, the opiate receptor sites; those centers release pleasure. They make you feel happy and like you're in love. They make you feel good. This is why when we're stressed out, we want chocolate. When we're sad, we want chocolate. We're looking for pleasure. If you're stressed and want to reach out for chocolate, make sure it's organic dark chocolate. Dark chocolate is also high in antioxidants. Antioxidants are compounds that help to fight cancer, heart disease, and neurological diseases. While they're fighting the bad stuff, antioxidants also strengthen the immune system at the same time. Who knew that eating chocolate could actually HELP your body function better?

Now, this doesn't mean that you can go out and eat a ton of chocolate all day, every day. Even a large amount of organic dark chocolate isn't good for you. You don't want to stimulate your opiate receptors TOO much. You can get hooked on the rush of pleasure chemicals, and soon you need more and more chocolate in order to get that release of pleasure-inducing chemicals. All you need is a small amount of chocolate. A small square of organic dark chocolate has about fifty calories. A little square is all that you need to get the phenylethylamines, the opiate receptor site stimulation, and the antioxidants.

There's a right way and a wrong way to eat that square of organic dark chocolate. One way is to eat it quickly while barely chewing it and shoveling it into your mouth and then swallowing it. That's the wrong way. Sorry! That's bad news, I know. You won't get the maximum benefits because your body will have to work extra hard in order to break it down and digest it. The other way to eat it is to take the small square of organic dark chocolate and let it sit on your tongue. Let it melt in your mouth, without chewing it. That's the right way to eat it. This way, your body won't have to work at

digesting it and you'll be able to receive its various benefits. I strongly suggest that you do this when you're not hungry. Otherwise you'll be tempted not only to eat it quickly, but to eat the entire bar, as well. We don't want that! Too much sugar and pleasure stimulation is not a good thing, even if it's organic dark chocolate. But if you have a sweet tooth like I do, a small square a day is very beneficial and will help soothe those cravings. *This series will continue in the next issue of The Life Line.*

Dr. Joe Esposito is a chiropractor, licensed dietician, author, syndicated radio show host of HEALTH TALK ATLANTA 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 770-427-7387. Mention Life Grocery when you call, and get an exam, consultation, x-rays, and doctor's report of findings for only \$50!

Anti-Aging Treatment Discovered

No matter what you do you, are going to get older—chronologically. But does your *metabolic* age have to match your chronological age? Absolutely not! In fact, it is possible for a 70 year old to have the metabolic age of a 30 year old and maintain that as the decades pass by.

A youthful appearance is important to all of us. We look for markers of youth when choosing a mate so we can fulfill our most basic instinct—sex. The search for ways to preserve our youth is as old as mankind. Now there is definitive proof that you can in fact *reverse* the aging process and maintain a youthful physical capacity until the day you die.

In 2007, results of a study looking at the effects of strength training in elderly subjects revealed a partial fountain of youth. Twenty-five elderly subjects, whose average age was 70, went through six months of a rigorous strength training program twice a week. Small biopsies of thigh muscle cells were taken before and after the six-month period. The elderly subjects were compared to 26 young subjects with an average age of 22. What the researchers found was beyond their expectations; the elderly subjects actually changed their genetic fingerprints to more closely match those of younger people.

The researchers tested 596 genes that appeared to be markers of declining function as a result of age. Most of these genes were associated with mitochondrial function. This is important because mitochondria are the cellular engines that make our bodies run. As a result of the strength training intervention, 179 genes were definitively identified to be reversed. The study stated that “the transcriptional signature of aging was markedly reversed back to that of younger levels for most genes that were affected by both age and exercise”.

This study is just one more piece of evidence that our obsession with aerobics actually ages our bodies *faster!* Why? The genes that were identified to be related to aging were genes that were involved in synthesizing enzymes of anaerobic metabolism. Anaerobic metabolism spins off substances that are utilized by aerobic metabolism. If your anaerobic metabolism is not challenged, your aerobic metabolism naturally declines, no matter how much “aerobic exercise” you do. Therefore, all our time and effort spent on working our cardiovascular systems misses the mark when it comes to staying youthful.

The key to maintaining a youthful physical capacity and genetic profile is taxing your anaerobic metabolism.

By Brian Murray, Founder of mPower

This requires challenging your muscles; fatiguing them deeply with resistance. This is the only way to fatigue our Type 2 muscle fibers; our largest and strongest fibers, which, by the way, are the place where the enzymes of anaerobic metabolism predominate. Therefore, it is no accident that the elderly subjects who challenged their muscles showed a reversal of their genetic profile closer to that of a twenty-year-old.

Can you reverse the aging process? YES! You can become younger right now if you are willing to put out the effort. You can feel and act like a kid again. You are only as old as your genes.

Reference:

Melov S, Tarnopolsky MA, Beckman K, Felkey K, Hubbard A (2007) Resistance Exercise Reverses Aging in Human Skeletal Muscle. PLoS ONE 2(5): e465.

Brian Murray is an Exercise Physiologist and creator of mBody™ – a six-week fat loss plan that will change your life. To learn more about mBody™ visit www.strengthforlife.net, then call 404-459-0270 to schedule your consultation.

Touch the Future (ReBoot™)

By Bob Rust

Do you know someone with a disability? Do you or an organization you belong to have computer equipment that you no longer need? If so, you need to know about *Touch the Future, Inc.*, a nonprofit organization serving metropolitan Atlanta and surrounding areas. Our products and services range from low tech to high tech and are tailored to meet the needs of the individual, including:

- Refurbishment of donated computer equipment for use by individuals with disabilities, individuals in disadvantaged communities, or seniors
- Expert personalized assessment of needs and training to match clients' needs with available assistive technology devices

- Certified recycling of outdated computer hardware
- A product store for one-stop assistive technology shopping
- An assistive technology demonstration and loan library with over 1,000 “try-before-you-buy” devices
- Certified and licensed occupational therapists to help healthy seniors and individuals with disabilities remain at home

Touch the Future, Inc. began in 1994 and now provides services to over 200 individuals and groups each month, making it possible for people with disabilities to live independently and productively with their own families and communities. We are a 501-C3 nonprofit

organization, thanks to federal and state grants through the Rehabilitation Services Administration (RSA) and Tools for Life (Georgia's AT Act Program). The majority of our Board of Directors consists of people with disabilities or family members of people with disabilities.

Volunteers are essential to what we do; approximately 50% of our activities are performed by volunteers.

Spread the word about *Touch the Future, Inc.* Increased donations and innovative partnerships will enable us to expand our refurbishment process, distribution network, and assistive technology services, and perhaps enrich the life of someone you know.

Contact *Touch the Future, Inc.* at 770-934-8432 or email info@touchthefuture.us.

Produce of Life

By Dr. Kimberly Strickland

Unsweetened cranberries inhibit bacteria from attaching to the bladder. They are also a good source of vitamin C and calcium. Pumpkin and other winter squashes are high in vitamin A, potassium, sulfur, and calcium. They are also high in carbohydrates and have a high fiber content. There are a wide variety of squashes now in season including delicata, acorn, kabocha, red kuri, butternut, spaghetti, and pumpkin. Try them all!

To cook, cut the squash in half and place face down in a casserole dish, with about ¼ inch of water, and bake for about 30 minutes at 350° F. Delicata squash has a buttery, creamy texture and is extremely sweet unadorned. Run a fork through a spaghetti squash after it has been baked and you've got yourself noodles! For a quick meal, put pasta sauce over them and serve with a salad. Also, try it with vegan margarine and salt and pepper to taste. Try some of the other varieties with a touch of maple syrup and cinnamon.

'Tis the season of sharing and plenty. Are you wanting to make something nutritious and delicious for a special gathering, but don't know what to do with cranberries or squash? Here are some recipes to whet your appetite. The pumpkin bread makes a nice gift.

Pumpkin Cranberry Bread

1¾-2 c pureed pumpkin
¾ c maple syrup
3 T flax seed, ground
¾ c water
½ c canola oil

1½ t baking soda
2 t non-aluminum baking powder
2 t cinnamon
1½ t nutmeg
¼ t sea salt
1¼ c spelt flour

1 c barley flour
½ walnuts, chopped
2 c whole cranberries

- Bake pumpkin and puree enough to yield 1¾-2 cups.
- Mix the first 5 ingredients together in a large bowl.
- Mix the dry ingredients in a large bowl.
- Add the wet ingredients to the dry ingredients and stir until blended.
- Spray a loaf pan with canola spray and pour in batter.
- Bake at 350° F for 45-55 minutes.
- Check the center with a toothpick.
- Let cool in pan for about 5 minutes, then run a knife around the edge and remove bread from pan.
- Completely cool on a cooling rack.

Acorn Jubilee

2 acorn squash
1 large onion, diced
2 garlic cloves, minced
2 leeks, diced
3 stalks of celery, diced
2 small zucchini, diced
1 c frozen green peas
½ c raisins
½ c chopped pecans
2 t ground sage
2 t oregano
1½ t sea salt

- Cut the acorn squash in half and bake face down in ¼ inch of water for 45 minutes at 350° F.
- While the squash is baking, sauté the

vegetables until soft, adding the peas last.

- Mix in the raisins, nuts, and seasoning.
- Keep warm until squash is done baking.
- When the squash is finished baking, remove from the oven and top them with the vegetable mixture.
- Serve immediately.

Spaghetti Squash and Meatballs

Meatballs

1 lb of organic turkey
1 egg
½ c breadcrumbs of your choice
½ t oregano
¼ t garlic powder
salt and pepper to taste

Spaghetti squash – steamed until soft

Sauce

1 small onion, diced
1 T olive oil
1 jar of marinara sauce of your choice
1 c spinach chopped finely

- Combine meatball ingredients and form into balls.
- Broil for about 5-7 minutes per side.
- Sauté onion in oil. Add sauce and heat.
- Add spinach and turn off heat.
- Take a fork and rake it through the spaghetti squash.
- Top it with sauce and meatballs.

Dr. Kimberly Strickland earned a doctorate degree in natural health from Clayton College of Natural Health in 2005. In 2007, she started Inspired Living with a partner. They created www.naturallivingresources.com, as well as www.inspirationboards.com, as a way to help people live healthy physical and mental lives. She is a stay-at-home mother to two boys.

Holiday Merry or Holiday Weary?

Holidays give us a wonderful reason to get together with family and friends. These festivities range from quiet, intimate dinners to joyous parties with music, dancing, and people trying to talk over the noise. While attending these multifarious holiday functions, I have noticed something that always fascinates me about people. There is no other time to so easily observe the keen difference between those who seem to be energized by being with people and those who seem to be drained in the same environment.

Once I met a couple of entertainers who were extremes of these two contrary types. Both were very friendly and talented people. On stage, they both displayed a lot of energy. Off stage was a different story: Both recharged after a performance in extremely opposite ways.

The husband would walk into a crowded room and he was nearly like static electricity! He beamed as he greeted a roomful of people, he walked lively, he tried to talk to everyone. He just could not sit down; he enjoyed the general chaos. Alone, this man was bored and would quickly doze off in a chair.

When the wife entered the same room, she seemed even more tired by greeting the crowd. She tried to get away from the mainstream areas to sit down as soon as she could. I could tell that she would rather have been alone and that her smile was a bit of an effort, but her quiet corner also offered a few people the opportunity to become more acquainted with each other. After a little while, it was obvious that she was getting recharged.

Her eyes sparkled and her smile was genuine. She was obviously stimulated by a good one-on-one conversation.

Holidays are always a time of obligations and even emotional turmoil, but if you know what helps you to recharge, you can use it to your advantage. If you feel overwhelmed at a large party, don't worry so much about social pressures, just find a quieter spot. Most likely you will find a few others who are doing the same and would like to talk to just one or two people at a time.

If you are energized by large parties, go to them and have fun, but remember that not everyone you know will enjoy them on the same level, so let your friends and family members have their space, too. What you see as boring, they may see as the most enjoyable part of the party.

Even if you feel weary and not too merry, you can still be cheery. A simple holiday greeting with a smile can do wonders; people customarily rather enjoy themselves with other people. There will always be something to laugh at or about when you get a group of people together. According to one study, just *expecting* laughter can boost your endorphin levels. (Psst! When you are even expecting to laugh, you are going to be smiling!)

It is suggested that even a forced smile can have the same effect as a genuine smile and everyone knows how contagious smiles can be! You could be cheering up and even energizing someone

By Linda Townsend

with just a smile. You might be surprised to find that someone is you.

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

Holiday Gift Giving Ideas

Chakra Selenite Crystal with Colored Base

..... \$21.99

Himalayan Salt Lamp \$21.99

Manicure & Pedicure Grooming Set

..... \$21.99

Vanilla Sugar Foam Soap \$6.49

Cranberry Spice Foam Soap ... \$6.49

Vanilla Sugar Gift Set \$11.99

Cranberry Spice Gift Set \$11.99

Sugar & Spice Frosted Lip Gloss Set

..... \$6.99

Cinnamon & Honey Gift Set ... \$10.99

Orange & Cranberry Gift Set .. \$10.99

Lotus Flower Gift Set \$8.99

Vanilla Bean Gift Set \$8.99

Many More Ideas

Throughout the Store . . .

Cast YOUR VOTE for Organics this Holiday Season

By Jesse Andersen

By the time you read this article, we'll have already chosen our next President of the United States of America for the next four years.

On my mind lately, and just as important, is what we choose to put on our plate for the next four years. We are what we eat. You know that. Way in the back of my mind, deep in my subconscious, I've known that for many years, although based on my food choices, you'd have thought otherwise. How about you?

Because I teach classes on the Raw and Living Foods Lifestyle and Diet, many people ask me, "What are some simple things I can do to get started eating healthier right away?" My answer is always the same: "Add fresh organic fruits, vegetables, greens, nuts, and seeds to your diet." Now I happen to know that your body loves to receive these foods into it, especially in the raw and uncooked form, but that's another story for another day. For now, let's talk about why those foods should be organic.

Really, it's easy to add organics into your diet. You don't need any special equipment; you don't need a prescription from your doctor. In fact, most grocery stores have a few organic choices mixed in with their regular produce. However, we are so fortunate to have a wonderful Natural Food Co-op like Life Grocery, right in the neighborhood, that has a wide selection of nearly ALL ORGANIC produce available to us. The produce is not 100% organic because some of the items that customers (including myself) desire are not available organically grown through their current distributors. There are other distributors who ship some of these items, such as Thai Young Coconuts, on a limited basis, but they are exhorbitantly expensive. However, as a convenience to their customers, Life Grocery carries some of these items, including Thai Young Coconuts.

The Organic Consumers Association tells us even as economic issues are on our minds, with money being a little tighter, 72% of most people who usually buy organics are continuing to do so, as they are not willing to compromise their family's health. So if the budget is a little tight, how can we "choose wisely" if the dollars

don't stretch far enough to buy all organic produce? Here is some research that the good folks at *FoodNews.org* share with us about which fruits and vegetables have the MOST and LEAST amounts of pesticides sprayed on them.

12 Most Contaminated Produce Items

Highest in Pesticides

- Apples
- Bell Peppers
- Celery
- Cherries
- Grapes (imported)
- Nectarines
- Peaches
- Pears
- Potatoes
- Red Raspberries
- Spinach
- Strawberries

"These 12 popular fresh fruits and vegetables are consistently the most contaminated with pesticides. Buy these organic."

12 Least Contaminated Produce Items

Lowest in Pesticides

- Asparagus
- Avocados
- Bananas
- Broccoli
- Cauliflower
- Corn (sweet)
- Kiwi
- Mangos
- Onions
- Papaya
- Pineapples
- Peas (sweet)

"These 12 popular fresh fruits and vegetables consistently have the lowest levels of pesticides." So, if you have to slip and go non-organic for a bit, these items will be your best bet.

Although organics are the healthiest, if your budget dictates that you have to make a choice, use the above lists to guide you.

Something else worthy of consideration is the difference in the amount of minerals we get from organic vs. conventional produce. In her book *Green for Life*, Victoria Boutenko beautifully and simply lays out for

us, in table form, the astonishing differences in nutritional content. Here is one example:

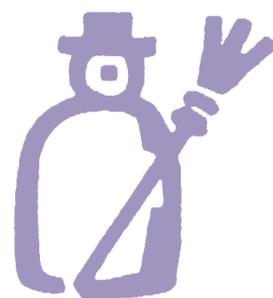
Spinach, when broken down scientifically in trace amount parts per million, dry matter, has 49.0 mg of iron in commercially grown, conventional spinach. In contrast, the iron measurement is 1584.0 mg, if it is organic. WOW, that's HUGE! Based on Victoria's research, someone who is iron deficient should start ingesting wonderful, raw, organic spinach. It's easy to throw on your salad. It not only adds nice flavor and texture, it also adds a huge amount of iron. By the way, Life Grocery carries *Green for Life* at a 20% discount; it's a fascinating read.

Karen Calabrese, a long time raw-food restaurateur in Chicago says, "If you don't take care of this body, where are you going to live?" So cast your vote this holiday season for organics. It's good for your body and it's good for the planet.

Jesse is the Director of the Raw Food Resource Center and teaches two classes at Life Grocery on an ongoing basis: Raw Food Nutrition for Health & Weight Loss and 20 Recipes in 5 Hours-Natures Delicious Raw Food. She also presents free lectures weekly on Thursdays at 6:00 pm. For more information on her classes, or if you would like Jesse to email you her "before and after" weight loss photos, you can email her at: RawFoodResourceCenter@gmail.com.

Email us at

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includes store events, store
sales, and Café Life specials.



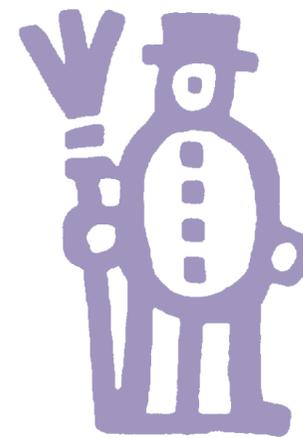
Fall Life Fest & Annual Meeting

Saturday, 12/13/08

Annual Meeting
10:00 am

Festival
12:00-4:00 pm

members receive 10% off
all in-stock purchases
9 am-8 pm



*Electronic Recycling
with Touch the Future
from 12-4 pm.
Recycle your outdated
computer hardware
and help others live
independently and
productively.
Donations are
tax deductible.*

De-Stress with Raw Foods

By Dr. Brenda Cobb

Stress can be brought on by illness, pain, emotional conflicts, death in the family, financial problems, divorce, allergic reactions, poor diet, nutritional deficiencies, substance abuse, or biochemical imbalances. Some stress is normal, but prolonged bouts can lead to exhaustion and serious health problems. Repeated stress interferes with digestion, alters brain chemistry, and increases heart rate and blood pressure, thus affecting metabolic and immune functions. Stress is a killer and, according to statistics, between 70 and 80 percent of all visits to physicians are for stress-related disorders. Chronic stress directly affects the immune system.

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

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

Many times anxiety, depression, allergic-like reactions, food and chemical intolerances, and hyperactivity can be explained by careful examination of diet. Stress impacts negatively on digestion and absorption, thus causing vitamin and mineral deficiencies in many individuals. If you are stressed out, it is wise to avoid caffeine, food additives, preservatives, and chemicals. Stick to fresh, whole foods like vegetables and fruits. Learn about good nutrition and what foods best serve you.

Organic raw and living (sprouted) foods are excellent for combating stress and for restoring the immune system. Cooking food destroys the life-giving properties. Eat more raw vegetables and fruits,

sunflower sprouts, buckwheat sprouts, sprouted mung beans, and sprouted lentils.

The right foods can help you to combat stress. Keep recipes easy, quick and simple and you can certainly reduce your stress. Blended foods in the form of smoothies are easy to prepare and easy to carry with you in a portable cooler. You can drink these on the go and get all the nutrition you need. Add a tablespoon of a good raw food green powder and ramp up the nutrition even more. Blended smoothies are easy-to-digest because they are already broken down into the smallest particles possible.

Lower your stress with organic raw fruits and vegetables and increase your quality of life. Try these easy to prepare recipes in the Vita-Mix or other high speed blender. Place all the ingredients in the Vita-Mix, add some pure, filtered alkaline water, and blend for 30-60 seconds. It can't get much easier than this!

Super Power Cleanser Smoothie

- 3 apples (seeded)
- 2 stalks celery
- 1 c sunflower sprouts
- 1 t raw coconut oil
- 1 t lemon juice
- 1 t fresh ginger
- 2 c filtered alkaline water

Green Clean Smoothie

- 3 stalks celery
- 1 cucumber
- 1 c parsley
- 3 c kale
- 1 t kelp powder or dulse flakes
- ½ lemon, juiced
- 2 apples
- 2 c buckwheat sprouts
- 2-3 c filtered alkaline water

Vitality 10 Smoothie

- 1 tomato
- 1 zucchini

- 1 stalk celery
- 1 cucumber
- 1 c parsley
- 1 carrot
- 1 c sunflower sprouts
- 1 red pepper
- 1 clove garlic
- ½ lemon, juiced
- 2 c filtered alkaline water

Ginger Enzyme Zing Smoothie

- 1 T fresh ginger
- 1 c fresh pineapple
- 1 c papaya
- 2 c sunflower sprouts
- ½ lemon, juiced
- 2-3 c filtered alkaline water

Berries Are Good

- 1 c fresh blueberries
- 1 c fresh raspberries
- 1 c fresh strawberries
- 1 c sunflower sprouts
- ½ lemon, juiced
- 2 c filtered alkaline water

Resources:

Keep Your Cool! What You Should Know About Stress by Sandy Donovan and Jack Desrocher
The Sprouting Book by Ann Wigmore
Alternative Medicine by Burton Goldberg

Brenda Cobb is founder of *The Living Foods Institute* and author of *The Living Foods Lifestyle®* and *101 Raw and Living Food Recipes* and several other books on health and healing naturally with organic raw and living foods. She teaches a 10 and 12 Day Healthy Lifestyle Raw and Living Food Course at Living Foods Institute, 1530 Dekalb Ave., Atlanta, Ga. 30307. Call 404-524-4488 or visit www.livingfoodsinstitute.com for upcoming classes, graduation feasts, seminars and demonstrations.

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ALBA HAWAIIAN

- Coco Butter Dry Repair Shampoo
- Coconut Milk Extra Rich Shampoo
- Coconut Milk Extra Rich Conditioner
- Gardenia Hydration Shampoo
- Gardenia Hydration Conditioner
- Honey Dew Nourishment Shampoo
- Honey Dew Nourishment Conditioner
- Mango Moisturizing Shampoo
- Mango Moisturizing Conditioner
- Plumeria Replenishing Shampoo
- Plumeria Replenishing Conditioner

AUBREY ORGANICS

- Lumessence Lift

BOTANI

- Organic Rosemary Orange Candle
- Organic Patchouli Candle
- Organic Rose Garden Candle
- Organic Chai Spice Candle

HERITAGE

- Colloidal Silver Soap
- Egyptian Oil

HOTTEEZE

- Foot Pads Heat Pads
- Regular Heat Pads

NUBIAN

- Raw Shea Butter Lotion
- Coconut & Papaya Lotion
- Olive & Green Tea Lotion
- Raw Shea Butter Shampoo
- Coconut & Papaya Shampoo

SHIKAI

- Gardenia Hand & Body Lotion

SOUTH OF FRANCE

- Shea Butter Body Wash
- Lime Basil Body Wash
- Acai Pomegranate Body Wash
- Gardenia Body Wash

Fall Life Fest & Annual Meeting Saturday

12/13/08
Annual Meeting

10:00 am
Festival
12:00-4:00 pm
members receive

10% off
all in-stock purchases
9 am-8 pm

Holiday Memories

By Betsy Bearden

"T was the night before Christmas, now what do I do, I have searched the fridge over, but where's the tofu . . ."

The holidays are a time for family gatherings, good food, and packing on the pounds. Then there's shopping, decorating, shopping, eating, shopping, getting the spare room ready for guests and praying Cousin Eddie doesn't park his R.V. in front of your house again this year. "Yep, that there's an Rrrrrr V, Clark, and we'll be taking it with us when we leave here—next month."

Aside from all the magic of the season, one of my favorite things to look forward to is catching up with family and friends and re-telling favorite stories throughout the years. No matter how many times you have heard them, they're worth hearing again. Of course, it seems when it comes to yours truly, most of the stories revolve around food.

Before I became *famous* for my tofu stuff, I was famous for pumpkin pie. Coming from a large family, I usually made between four and six pumpkin pies each Thanksgiving and Christmas, all from scratch, or "scraps" as my son called it when he was around three-years-old. Let me tell you, once you have finished the pies and stand there beaming over them as they sit on the countertop cooling off, it's never good if a sudden nagging feeling hits you—a feeling like, *I think I forgot to put the sugar in the mixture.*

It's too late; it's 1982 and nothing stayed open on any Eve of anything in that day in time. Well, I am sort of resourceful, and came up with the bright idea that I could poke holes in the pies with the tip of a wooden spoon, pour molasses in each hole, and then cover it with whipped cream. If you are thinking that was a pretty good idea—it wasn't. Mistake: Numero-uno.

Fast forward about ten years: Now we are getting into the time that I decided to start sharing healthier eating alternatives and recipes with my family during the holidays. I had a diabetic aunt, Paula, and I wanted to try a pumpkin pie recipe for her that called for silken tofu and a sugar substitute (no, not molasses). I made two of the tofu pies with the new recipe, and the rest with the usual. Paula made such a fuss over how good the pie was so everyone else wanted to try a piece. It was a big hit until someone said, "This is really good, but what's in it?" Dum da dum dum . . .

"Oh, artificial sweetener, cinnamon, nutmeg . . . tofu." Mistake: Numero-dos.

I am banned from bringing pumpkin pies anymore. But that's okay, because now I can bring safe stuff. Safe things like Macaroni and Cheese, Sweet Potato Casserole, Pineapple and Cheese Casserole. You know—safe stuff. "Hey, she can't get tofu in that can she?"

Fast forward another ten years: I finally stopped trying to convince everyone that (Heaven Forbid!) tofu is good for you. Smooth sailing prevailed, but from time to time that illustrious question comes up and someone wants to know, "But what's in it?"

Let's take a look at last year. You know those cute little noodles you can buy around the holidays, with the red, green, orange, and yellow noodles in shapes of Santas, Christmas trees, and bow ties? I wanted to make my safe Macaroni and Cheese a little more festive, so I boiled the noodles and they were so cute. But, once I added them to the casserole dish and baked them in the gooey cheese mixture, they sort of lost their shape. I didn't think about it anymore, but was sort of disappointed when I realized that you couldn't make out the shapes of the noodles anymore.

Once everyone arrived, we found our seats and sat down to enjoy our meals. As the guests began to serve themselves, I noticed that things got uncomfortably quiet. There was a lot of whispering going on and I heard someone say, "I don't know what's in it. Why don't you ask her?" I saw probing forks, poking fingers, raised eyebrows, flared nostrils, and heard a lot more whispering. Mistake: Numero-tres!

Anyway, so much for the cute little noodles. Even though they lost their shape, the colors weren't really so bad, except for the green ones. Why is it the green ones stood out the most, and seemed to glob out more than the other colors? It's a mystery.

But there is no mystery to what my husband and I like to do on New Year's Eve. It has become a tradition for us to shop at Life Grocery during the holidays for something über special—Tofurkey! Yes, Tofurkey with all the trimmings. I highly recommend it; if you have not tried it yet, you will thank me for pointing you in the right direction.

I am sure you won't procrastinate, as I sometimes do, and find yourself on the night before Christmas without all those holiday staples. Just remember that Life Grocery has everything you need for the holiday. You won't want to miss out on all the specials they have

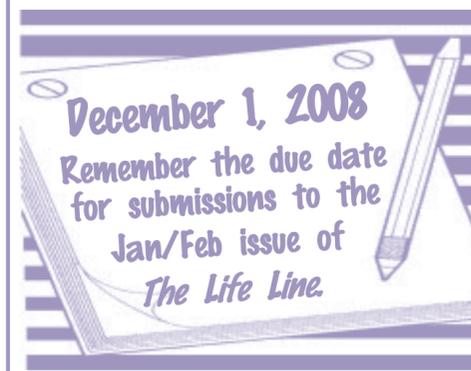
Classifieds

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HOUSE PAINTING: Ask about our "green" house painting products. Call Khalsa Quality Painting 404-245-9600.

RAW FOOD RESOURCE CENTER. Teaching raw foods seminars and classes each month. Contact Jesse Andersen at RawFoodResourceCenter@gmail.com.

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.



throughout the holidays, as well as throughout the year. So dash away, dash away, dash away all, to Life Grocery. Happy Christmas and peace on earth to each and every one of you.

Betsy Bearden is a published writer and author of Normal People Eat Tofu, Too. She has worked as a volunteer chef, cooking class instructor, and as a reporter for The Paulding Neighbor Newspaper. You can reach her at betsybearden@bellsouth.net or visit her website at www.creativewrites.net.

Life Bits: New Light on an Old Subject

By Kay Bird

Compact fluorescent bulbs save money and energy, but what about the mercury content? Recycling is one important solution; you can drop off CFL's for recycling at any HOME DEPOT customer service desk. Thanks a million to Home Depot!

Why should people use CFL bulbs?

If every home in America replaced just one incandescent light bulb with an ENERGY STAR qualified CFL, in one year it would save enough energy to light more than 3 million homes. That would prevent the release of greenhouse gas emissions equal to that of about 800,000 cars.

Lighting accounts for close to 20% of the average home's electric bill. ENERGY STAR qualified CFLs use up to 75% less electricity than incandescent light bulbs, last up to 10 times longer, and cost a bit more up front, while providing a quick return on investment.

What about the mercury?

CFLs contain a very small amount of mercury sealed within the glass tubing, an average of 4 milligrams, about the amount that would cover the tip of a ballpoint pen. By comparison, older thermometers contain about 500 milligrams of mercury, an amount equal to the

mercury in 125 CFLs. Mercury is an essential part of CFLs, allowing the bulb to be an efficient light source. No mercury is released while the bulbs are in use or remain intact (not broken).

Most makers of light bulbs have now reduced mercury in their fluorescent lighting products. Thanks to technology advances and a commitment from members of the National Electrical Manufacturers Association, the average mercury content in CFLs has dropped at least 20% in the past year. Some manufacturers have even made further reductions, dropping mercury content to 1.4–2.5 milligrams per light bulb.

What are the main sources of mercury?

EPA estimates the U.S. is responsible for the release of 104 metric tons of mercury emissions each year. Most of these emissions come from coal-fired electrical power. Mercury released into the air is the main way that mercury gets into water and bio-accumulates in fish. (Eating fish contaminated with mercury is the primary way humans are exposed.)

Most mercury vapor inside fluorescent light bulbs becomes bound to the inside of the light bulb as it is

used. The EPA estimates that the rest of the mercury within a CFL, about 11 percent, is released into the air or water when it is sent to a landfill, assuming the light bulb is broken. Therefore, if all 290 million CFLs sold in 2007 were sent to a landfill (versus recycled), they would add 0.13 metric tons, or 0.1 percent, to U.S. mercury emissions caused by humans.

For clean-up recommendations of a broken CFL, go to www.energystar.gov

Do CFL's result in less mercury pollution?

Yes. Electricity production is the main source of mercury emissions in the U.S. CFLs use less electricity than incandescent lights, meaning CFLs reduce the amount of mercury released into the environment. A 13-watt, 8,000-rated-hour-life CFL (60-watt equivalent) will save 376 kWh over its lifetime, thus avoiding 4.5 mg of mercury.

Because CFL bulbs last longer, other pollutants associated with electricity production are reduced. They are the clear environmental winner when compared to traditional incandescent light bulbs.

—from www.energystar.gov

Holiday Favorites with a Gluten Free and Vegetarian Twist

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

This year all of my traditional family recipes will have to be seriously altered. Not only am I having to make sure that everything is gluten free, but this year I also decided to become a vegetarian. Tricky, tricky this one will be . . . I make a passable tofu turkey, but it almost isn't worth the effort! I'd rather pile my table high with a feast of harvest fresh produce than a substitute meat dish that no one but me is going to eat anyway! So, as I'm planning my holiday menus, I will share with you what I've come up with so far. Mashed potatoes (easy enough, just boil potatoes until tender, then drain, mash, and season however you like) and corn on the cob are always holiday favorites. Of course, plenty of desserts are standard fare that is enjoyed by all. I'll focus on vegetarian sides and main dishes. I hope that you enjoy these suggestions and can incorporate them into your holiday menus.

Cornbread Stuffing

(this is my Grammy's recipe and I bring it out every year!)

3 T butter
1 c finely chopped organic celery
¼ c chopped onion
3 c soft gluten free bread crumbs
3 c crumbled cornbread (The Gluten Free Pantry's Yankee Cornbread is perfect—follow directions on bag)
3 c vegetable broth
1 apple cut up into very small pieces
2 large eggs (or gluten free egg substitute)
1 t gluten free poultry seasoning
1 t salt
½ t ground black pepper
½ t ground sage

- Preheat oven to 350° F.
- Heat butter in a skillet over medium-high heat.
- Add celery and onion; cook, stirring, until tender, about 5 minutes. Remove from heat.
- Combine celery mixture with bread crumbs and cornbread; mix well.
- Add broth, apple, eggs, poultry seasoning, salt, pepper and sage; mix well.
- Spoon into a 13x9-inch baking dish.
- Bake until light brown and crisp around the edges, about 20 minutes, or stuff it into a turkey or chicken for roasting.

Baked Garlic Squash

3 or 4 sliced organic yellow squash and/or zucchini
2-3 t of minced garlic
1 T olive oil
½ c Parmesan cheese, optional

- Preheat oven to 375° F.
- Place squash and/or zucchini in steamer and steam for approximately 3 minutes.
- In a casserole pan combine lightly steamed squash with garlic and optional Parmesan cheese.
- Drizzle olive oil over the top.
- Place in oven and bake at 375° F for approximately 20 minutes.

Harvest Pumpkin Soup

Adapted from *Spirit of the Harvest, North American Indian Cooking*, by Beverly Cox and Martin Jacobs

Pumpkins are one of the oldest harvest crops in the Americas. Serve this Northeastern Woodland Indian

pumpkin soup recipe the traditional way, in a bowl made out of a pumpkin that has had the top cut off and the seeds cleaned out.

(1) 29-ounce can organic pumpkin or 1 small (12 inch) pumpkin
1 to 2 T vegetable oil
1 to 3 T maple syrup or honey
¼ to ½ t ground dried spicebush berry or allspice
3 to 4 c vegetable broth
salt and pepper to taste

- Combine all ingredients except the broth, in a large saucepan, and heat slowly.
- Gradually stir in the broth to reach the desired consistency. Simmer until hot.
- Garnish with nuts, seeds, and scallions.

If using fresh pumpkin:

- Preheat oven to 350° F, place the pumpkin in a baking pan and bake for one hour or until the skin of the pumpkin is easily pierced with a knife.
- Remove the pumpkin from the oven and cool.
- Cut the pumpkin in half and scrape off the seeds. (Save the seeds to make slow roasted pumpkin seeds.)
- Scrape the pumpkin flesh from the shell and mash or puree in a blender.

Candied Yams

(1) 28 oz canned yams
½ to ¾ c maple syrup
4 to 6 T brown sugar
2 to 3 t cinnamon
Earth Balance vegan spread, optional

- Drain the yams. Mix together syrup, sugar, and cinnamon.
- Pour mixture over yams, folding until the yams have a semi-chunky texture.
- Place in casserole dish and dot top with Earth Balance spread, if using, and cover.
- Bake at 325° F for 30 minutes.

Corn Pudding

1 can of corn
1 can of creamed corn
½ c Earth Balance
8 oz Sour Supreme (non-dairy sour cream)
1/3 c sugar
½ c corn meal
½ c gluten free flour

- Mix all ingredients together.
- Pour into a 9" x 9" greased pan.
- Bake at 350° F for one hour.

Slow Roasted Vegetables

Fill your home with the aroma or slow-roasting harvest vegetables that have cooked for hours in a low oven. Anything goes in this recipe; choose vegetables you love and the amount you desire. Choose organic vegetables for the best flavor and nourishment.

root vegetables, such as beets, carrots, parsnips, and sweet potatoes
other vegetables, such as celery, leek, onion, and tomatoes
tart vinaigrette (made with cold pressed olive oil, balsamic vinegar, apple cider vinegar, garlic, salt, and pepper; all mixed to taste)

- Wash, peel, and cut the vegetables.

- Place in a large roasting pan and drizzle with the vinaigrette. Toss.
- Place the pan in a low oven, 250-300° F.
- Cook for approximately three hours, until golden brown.

Nisla Licensed Massage Therapist and Gluten Free Lifestyle Coach in private practice in conjunction with Dr. Joe Esposito. Contact her at 770-653-6017 or magickhand@gmail.com.

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