

Chillax

By Dr. Susan Esposito

Dear Dr. Susan,

My New Years resolution this year is to try to deal more effectively with all the stress I'm under. I feel like I'm always on the go and behind the proverbial eight-ball. I heard that meditation could help. What do you think? – Samantha

Dear Samantha,

Meditation is a wonderful way to calm the mind, body, and spirit. Most of us run around these days under constant stress and pressure. This causes a complete imbalance to our system.

Our bodies are constantly forced into the "fight or flight" mode, which is controlled by our sympathetic nervous system. This system is appropriate and necessary when we are faced with an immediate short-term danger. It gears up our bodies to run on hyper-drive to deal with a potentially life-threatening situation. This response to stress, however, can only be tolerated in our bodies for a short period. Unfortunately, when we are under constant stress, as most of us are these days, the body never gears back down to the "rest and digest" mode, which is controlled by our parasympathetic nervous system. This is the system under which we are supposed to operate for the majority of our lives. It is the mode in which our body creates healing and proper growth and function. When we're not living in this mode, proper healing and function can't occur and we end up with the lengthy list of diseases that are plaguing modern man.

When meditating, our bodies are given the opportunity to shift back into a restorative mode. My kids have an expression that they say to someone who's stressed out – they say "Chillax." This is a combination (as you might have guessed) of the words "chill" and "relax." So, as my kids would say, meditation will help you chillax.

Meditation is also completely FREE! It requires no special equipment and is not complicated to learn. It can be practiced anywhere, at any given moment, and it is not time consuming (15-20 minutes per day is good). Best of all, meditation has NO negative side effects.

Steven Gilman, who has meditated and studied meditation for over twenty years, describes five different types of meditation:

1. Breath watching: Can meditating be as simple as paying attention to your breath for a few minutes? You bet. Relax in whatever position works best for you; close your eyes, and start to pay attention to your breathing. Breathing through your nose gets your diaphragm involved and gets oxygen

all the way to the bottom of your lungs. As your mind wanders, just re-focus your attention on the air going in and out of your nose. Just do this for several minutes, or longer, as you get used to it.

2. An empty mind meditation: Meditating can create a kind of "awareness without object;" an emptying of all thoughts from your mind. The technique for doing this involves sitting still, often in a "full lotus" or cross-legged position, and letting the mind go silent on its own. It can be difficult, particularly since any effort seems to just cause more business in the mind.
3. Walking meditation: This one gets the body involved. It can be done outside or simply as a back and forth pacing in a room. Pay attention to the movement of your legs, your breathing and your body as you walk, as well as to the feeling of your feet contacting the ground. When your mind wanders, just keep bringing it back to the process of walking and breathing. Meditating outside in this way can be difficult because of the distractions. If you do it outside, find a quiet place with level ground.
4. Mindfulness meditation: A practice Buddhists call vipassana or insight meditation, mindfulness is the art of becoming deeply aware of what is here right now. You focus on what's happening in and around you at this very moment and become aware of all the thoughts and feelings that are taking your energy from moment to moment. You can start by watching your breath, and then move your attention to the thoughts going through your mind, the feelings in your body, and even the sounds and sights around you. The key is to watch without judging or analyzing.
5. Simple mantra meditation: Many people find it easier to keep their mind from wandering if they concentrate on something specific. A mantra can help. This is a word or phrase you repeat as you sit in meditation. In some traditions, a mantra is chosen for you by an experienced master. If you are working on this alone, you can use any word or phrase that works for you. You can choose to either repeat it aloud or in your head as you meditate.

There are many more ways to meditate than those already described. Many years ago I studied Transcendental Meditation and have studied many forms since. I find them all effective. If you're interested in getting started there are many yoga and

meditation centers in the Atlanta area or you can just go on YouTube and watch one of the many instructional videos posted there.

Meditation will change your brain waves and your physiology creating a more peaceful and harmonious environment for body and spirit to heal and flourish.

May all your New Year's resolutions come to fruition and above all else remember . . . chillax!

Dr. Susan Esposito is a nutritional adviser, chiropractor, and vegan mother of three children. If you have a question for Dr. Susan, you may e-mail her at susan.esposito@gmail.com. Please she can only answer a limited number of questions in this newsletter.

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Fruit: Friend or Foe?

By Don Bennett, DAS

Many health organizations say we should be eating more fruits and vegetables. It's true; many people don't consume nearly enough of the foods of our natural biological adaptation. So why then do you hear some natural health advocates say that too much fruit is not good for you? They will say that all that sugar is bad for the body; that it causes diabetes and obesity. And, they're right; too much sugar *is* bad for you. But this is a case of insufficient knowledge resulting in incorrect advice.

If you ask people who developed Type 2 diabetes if they ate a lot of fruit prior to getting diabetes, they will usually tell you 'no.' The sugar in fruit does not cause diabetes in much the same way as sugar does not cause cavities. True! Cavities in your teeth are formed by acid eating away at the enamel. You can take a tooth and drop it in a glass of sugar water and nothing will happen to the tooth. But drop a tooth into a glass of diet soda, and watch that tooth disappear. It's the acid in the soda that eats away at the tooth; it's the acidic nature of the waste products of bacteria that live in your mouth that eat away at your teeth (but fear not, on a healthy diet teeth can re-enamel).

So, yes, if there's too much sugar in the blood you can be diagnosed with diabetes, but the sugar is not the villain here. Sure, it's the excessively high sugar level that can do damage, but the million dollar question is *why* is someone's blood sugar too high. Just what is it that interferes with the sugar getting out of the blood and into the cells where it belongs? It's a condition called TMF—Too Much Fat. Seriously, if there's too much fat in the diet—and by “too much,” I mean more than is needed by the body—there will be too much fat circulating in the blood. And it's this excessive fat that messes with your blood sugar regulatory system and can lead to Type 2 diabetes.

At this point I very often hear, “How do we know this?” When someone who was never a big fruit eater develops diabetes, then switches to the diet that they're designed to eat and can eventually eat goodly amounts of sweet, delicious fruit, AND no longer needs insulin to keep their blood sugar stable, that's pretty compelling proof. But there's also science behind this scenario. So what gets in the way of this science becoming public knowledge? If you were to discover just how much money there is in the traditional treatment of diabetes, it's not hard to guess why a healthier, more natural way of resolving the condition (versus managing it) remains a “best kept secret.”

But back to fruit. If you're not eating a *healthy balanced diet* (not to be confused with the “balanced diet” promoted by many mainstream nutritionists), you could experience problems when eating a healthy amount of fruit. If you're eating too much fat and/or not eating enough green leafy vegetation, you can get into trouble. It's rarely, if ever, the sugar in fruit that is the primary cause of someone's health challenges. It's usually the lack of or the overeating of something else that tips your scales away from vibrant health.

And there's also something to be said for the natural sugar in fruit. Obviously, it's nothing like the processed, refined sugars that are found in many items on your supermarket shelves. The sugar in fruit is part of a healthy package; a package manufactured by Nature.

The non-naturally occurring sugars found in bottles, boxes, cans, or other types of packages—those that appear in most processed foods—are the ones to avoid like the plague, because in a sense, they are a plague. To quote from an article in the November 2008 issue of Time Magazine entitled, *The Sorry State of American Health*, “Despite advances in medicine, Americans are less healthy than we used to be, and the next generation may be even worse off.” It has been estimated that if present trends continue, fully 95% of Americans will have some degree of diabetes by 2025. Great news if you're in the pharmaceutical industry; not great news if you're one of those 95%.

As we've seen lately, financial investments can turn out to be a bust. Why not invest in something that has long-term high yields; something that will pay you dividends throughout your entire life, something that you have direct control over. I'm not talking about investing in your financial future; I'm talking about investing in your future health. Regardless of how old you are or how old you get to be, if you're alive, you have a level of health. What do you want your future level of health to be? If you want it to be vibrant you need to start making investments in it today. And fruit, as part of a healthy balanced diet, is one of your best investments . . . and one of your best friends. It's not only a food that you love, it's one that'll love you back!

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 at Life Grocery. For enlightening health information visit health101.org.

Targeted Weight Loss

By Brian Murray, M.Ed.

Would you rather lose 30 pounds of *body weight* or 10 pounds of *body fat*? If you're like most, you would probably choose the larger number, after all, more is better, right? Not quite.

Your body is made up of four basic components: bone, organs, muscle, and fat. When trying to lose weight it is in your best interest to maintain all components except fat—we usually have too much of it. Unfortunately, conventional weight loss practices do just the opposite.

For example, recently I coached a 60 year-old man and a 42 year-old woman through a six week physical transformation plan. The man lost 17 pounds of *body fat* and 17 pounds of *body weight*, while the women lost 14½ pounds of *body fat* and 13½ pounds of *body weight* (she actually gained 1 pound of lean body mass). What is important to glean from this example is that the weight lost by both individuals was 100% FAT. Through body composition monitoring, we saw a maintenance of lean tissues and fluids while fat was lost. The other indicator was that their strength was continuously increasing as they advanced through the program; it's hard to do this when you are losing contractile proteins from your muscles.

When you hear the advertisements that claim “You can lose up to 40 pounds in 8 weeks,” what they don't tell you is that most of the weight loss comes from fluids and lean body mass. Only a small percentage actually comes from fat. This is why you can lose such a large

amount of weight in such a short time. However, this approach makes keeping the weight off next to impossible. So, the key to long term weight control is tricking your body into keeping the lean body mass while shedding only fat through dietary modification. How do you do this?

It has been proven experimentally that muscles will grow larger and stronger even on a starvation diet if the muscles are subjected to high intensity exercise. This makes sense. The ability to move is your most basic means of survival. If you can't move you can't obtain food or shelter and risk death. Since the body is a master survivalist, the presence of high intensity exercise will signal your body to direct resources to strengthening the muscles. Building stronger muscles is a metabolically expensive project that requires a lot of energy. Where is a great place to get that energy? From excess body fat.

So the combination of high intensity strengthening exercise and a descending calorie diet can produce a weight loss that is all *FAT LOSS*. Sure, the bathroom scale will not show a huge drop in body weight, but you can trust that the weight you lose is all fat, and that you maintain all the tissues that keep you energetic, shapely, and fit. The admiring glances will prove it to you.

Brian Murray is an Exercise Physiologist and creator of mBody™—a six-week fat loss plan that will change your life. For more info about visit www.strengthforlife.net then call 404-459-0270 to schedule your consultation.

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

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Nutrition from A to Z

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

E is for escarole. Escarole is awesome! It's a type of leafy vegetable called an endive, which is a member of the daisy family. How cool is that? It's loaded with nutrients. It's got calcium, as well as vitamins A and K. Escarole is loaded with fiber, much more so than Romaine and iceberg lettuce. You can eat it raw or cooked. One of my favorite meals growing up was escarole and beans. Basically, you sauté some garlic and hot pepper with olive oil, chop up some escarole, and throw it in a pot. You cook it until it is boiled down and mushy. Add a can of white beans and some salt to finish it. Escarole is great! I like to slice it really thin and then put it in a salad. There are several different ways you can incorporate escarole into your diet.

F is for flax seeds. I am a huge fan of flax seeds. I cannot sing the praises of them enough. If I were to list the top 10 foods you should be eating, flax seeds would be near the top of the list. You absolutely should consume two tablespoons of flax seeds every single day if you want to improve your health. They are loaded with omega-3 fatty acids. Ideally, we should have a 4:1 ratio; we need less of omega-6's to omega-3 fatty acids in our diet. I would guess that about 99.9% of Americans do not get enough omega-3's in their diet. However, these days, we have about a 20:1 ratio of omega-6 to omega-3 fatty acids in our diets. That's not good!

Medical research shows that high ratios of omega-6's to omega-3's increase the likelihood of certain diseases, including depression, to occur. Excessive omega-6's are associated with heart attacks, strokes, arthritis, osteoporosis, inflammation, mood disorders, and cancer. Omega-3's and 6's must be obtained from food because our body doesn't produce them naturally. Omega-6's are found in palm, soybean, and sunflower oil, which are readily used in the Standard American Diet (also known as S.A.D. Coincidence? I think not!).

Flax seeds are a terrific source of those essential omega-3's. If you have chronic pain, flax seeds are great because omega-3's help to keep inflammation in check. They're very important for the immune system and an absolute must if you suffer from arthritis, lupus, or asthma. Omega-3's can help if you suffer from anxiety or depression. Omega-3's also help to improve blood flow and help to lower the thickness of the carotid arteries. These arteries supply the head and neck with blood. By improving the blood flow of these arteries, you're able to increase blood flow to the brain. Studies have shown that consuming foods high in omega-3's are excellent for brain function. They help to improve memory and concentration. Who wouldn't want that? Do you have a high cholesterol level? Flax seeds help to lower that, too. Flax seeds, with their omega-3 fatty acids and soluble fiber, help to promote superior cardiovascular function. They have so many health benefits that I naturally want to incorporate them into my diet every single day.

So, what do you do with flax seeds? How do you eat them? Flax seeds are available in seed form, oil form, or pill form. Any form is great, but the seeds are the best. Flax oil is the next best. You can use it as a dressing and add it to salads. Just don't cook with flax seed oil because you will lose all of its health benefits through the cooking process. Imagine the health benefits evaporating away as you heat it up and cook with it. The pill form is the least effective. Remember, the more you process the flax seeds, the more nutrients are lost.

As already stated, the best form of flax seeds is in the seed form. Ideally, you want to buy the seed whole. Once it is ground or crushed, the nutrients start to break down. By the time it's shipped and you buy it, most of the benefits are gone. If you buy them whole, they haven't started to break down yet and you can grind

them up as you use them. Life Grocery carries them whole in the supplement department, as well as the bulk section. They're a lot cheaper whole than they are already ground up. If you eat them whole, they will pass right through you, undigested, and you might as well have not eaten them. I take two tablespoons and grind them in my coffee grinder. I don't use the coffee grinder for coffee anyway, since I don't drink coffee (and you shouldn't either!), so I just use it for my flax seeds. It takes literally about ten seconds.

Once you grind them up, there are all kinds of things you can do with the flax seeds. You can add them to salads. You can use them for dessert or as a meal for breakfast. Take some raisins and dried coconut flakes and put them in a small bowl. You can add blueberries, raspberries, and strawberries. Grind up two tablespoons of flax seeds and combine it with the above ingredients. Add some rice, soy, cashew, almond, or hemp milk. Not only is this absolutely packed with nutrients and health-promoting vitamins and minerals, it's absolutely delicious! This meal will give you enough energy to last you for several hours. If you want something really simple, just take your two tablespoons of ground flax seeds and add some soy milk or soy creamer to it. Add some stevia if you want to make it a little sweeter. I strongly encourage you to add flax seeds to your diet as soon as possible. You'll really start to notice a difference in how you feel.

Dr. Joe Esposito, chiropractor, nutritionist, author, syndicated radio show host of HEALTH TALK ATLANTA and director of Health Plus Chiropractic Center, is committed to making healthy living commonplace. For more info, call 770-427-7387. Mention Life Grocery, and get an exam, consultation, x-rays, and doctor's report of findings for only \$50!

A Nutritional Approach to Posture and Movement

By Kal Sellers, MH

To appreciate the importance of this subject, it is important to know that there are a few almost magical ways to approach posture correction and to improve movement. At the head of these is a highly lauded technique known as rolfing.

Of all the techniques to work on posture and improve movement health, none are so profoundly changing as the Rolf Method of Structural Integration (aka rolfing). Yet after eight years of practicing this amazing technique, it became obvious to me that another aspect to posture and movement health is more important. This aspect is the organic health of the body, which, through acu-meridians, reflexes, and physiological responses to protect an out of balance organ or gland, can dramatically modify the posture and muscle tone. This, in turn, changes joint movement (and possibly joint development, if it occurs early enough in life) and can cause pain, as well as wear and tear.

Like chiropractors, rolfers often find that there is spontaneous healing taking place in response to their technique, but sometimes the long-term effect of this technique is totally at the mercy of organic health that needs to be taken care of first. Sometimes, rolfers work with other practitioners, such as acupuncturists, nutritionists, and herbalists, who might help this process.

Just the idea that posture and movement can be healed through nutrition and herbal medicines is very liberating. Indeed, if you have been attempting several different kinds of care to help with chronic pain, this discussion of how nutrition and organic health affects posture and movement might be immediately helpful.

To begin with, there are at least two primary ways that nutrition is directly connected to joint health, movement, and posture:

- First is the acu-meridians, which are associated with each major organ and which

run throughout the body. Stress on a particular organ can lead to stiffness, pain, weakness, or disease in the muscles, joints, and skin along the corresponding meridian.

- Second is blood/fluid quality and its impact on all tissues, but especially any that have been injured or which may be genetically weaker. How we eat and whether or not we cleanse effectively and regularly can make all the difference in the health of our blood, fluids, and subsequently of our joints.

There is no need in this setting to divide these two and treat them separately. Essentially, the following basic program of health treats these both simultaneously.

The first concept is what we call "residue." This has everything to do with what is left behind when a food is digested. This might include particles that are not digested (chemicals, dyes, preservatives, processed food particles, or naturally occurring medicinal chemicals) or that are incompletely digested (always the case with highly processed food). It might include mucus that a food promotes in the body (as comes from dairy and unsprouted wheat). This might include high metabolic by-products that are simply produced when a food is digested, such as with animal protein, which leaves a lot of nitrogenous wastes to be excreted.

Residues tend to be irritating and acidifying. Many people have experienced relief from all types of pain in the body just by switching to a low residue diet. For those who are ready, the best way to do this is totally raw plant food. For those who are not, the clinical essentials and practical principles of making a transitional diet are taught plainly in *Traci's Transformational Health Principles*, available from www.bestfoodist.com or at Life Grocery.

No matter what else a residue does, it increases the load on the lymph, the circulatory system, and all systems

of elimination. If the kidneys and liver are stressed, abnormal alignment, accompanied by low-back and leg pain, will inevitably appear in some form. If the pancreas is stressed by producing more enzymes than really necessary (a function of eating processed food) or by secreting insulin for dealing with sugar residues from processed sweeteners, the posture will very likely slump forward unless fat is pushing back against it.

Generally, regular, seasonal cleansing is encouraged for health maintenance. This cleansing is for the removal of residues, removal of waste that food leaves behind, and just as an opportunity to put the body in a state of heightened healing. In this state (on a juice fast or some such thing), the body can be fed specific herbs which act as liver foods, bowel foods, muscle foods, organ foods, brain foods, or whatever foods are needed; rapid healing can take place during that time. Herbal formulas and wise supplementing can often start the regeneration of the appropriate organ or gland.

Finally, some sense should be made of a person's individual needs. Once the basic dietary principles are embraced, as discussed in *Traci's Transformational Health Principles*, then it is time to notice if a person needs to vary his or her choices to foods that will support the most calm and healthy state. Metabolic typing, blood typing, muscle testing, and humoral medicine (hot, cold, wet, dry considerations etc.), can be wisely instituted to bring a person to feel his or her absolute best. Individualized care from an appropriately trained natural healer can greatly facilitate this process once an individual's diet is in order.

Kal Sellers MH is a Master Herbalist and is available for consultations and health-related therapies. For more info, call 706-473-4375 or visit www.KalsSchool.com for free info, educational newsletters, and training materials.

Revelations

By Dr. Kimberly Strickland

I recently had a revelation that I'd like to share with you because I suspect it may help others. Besides being a naturopath and a homeschooling mother of two boys, I am a math tutor. Prior to having children, I had a career as a public school math teacher. My specialty was Advanced Placement Calculus. In the evenings, I work with high school students in all math subjects to help them reach their goals. The universe has blessed me greatly this year and I realized this month that I will make a surplus over what I had projected and counted on for our family budget. In the past, I have kept the extra money aside for other months when I earn less than our budget requires.

In the fall, I wrote about the power of your thoughts and feelings to create your reality. About a month ago, I realized that by holding back my "extra" money I was telling the universe, or God, to send lean times in the future. It's almost like I was saying, "I can only conceive of and hold this much money in a year, so please do not send me anymore." When I heard it that way it sounded insane and definitely not what I wanted to tell the universe. So, I promptly decided to do something from which I would get lots of enjoyment. Possibilities included getting a hot tub for my new South American hardwood deck from sustainable wood, a trip, or a car

down payment. I'm leaning toward the hot tub. By making this shift, I am also affirming that each of the continuing months and years to come will be filled with more prosperity and I am putting my trust in this faith.

Here is my question to you. What areas of your life are you telling yourself and the universe, or God, that you can only handle a certain amount of good? For many people health is a huge area of concern. The physical problems that we experience in our bodies represent emotional and spiritual issues that need to be looked at, healed, and released. Did you ever tell yourself, "If I eat that, I'll gain weight" or "I can be healthy only if I eat this certain way?" Have you ever wondered how healthy people think about their health? So my challenge to you is for you to think about which areas of your life in which you are limiting your good. Then do the necessary work to change your thinking to allow an unlimited amount of good to come into your life.

Here are some affirmations to consider: *All of the food I choose to eat nourishes every cell of my body. As I shop for food my body is excited by what I will purchase. I am happy with the body and the person I currently am today. Everyone at Life Grocery is so helpful to me. It is easy to find what I need at Life Grocery.*

I'll leave you with a recipe for the New Year.

Black-Eyed Peas and Collard Greens

- 1 onion
- 3 cloves garlic
- 1 bunch collard greens
- 1 can black-eyed peas
- 1 t cumin
- 1 t chili powder
- 1-2 T Braggs Liquid Aminos
- 1 package chicken apple or vegetarian sausage
 - Sauté onion, garlic, and collards in olive oil until tender.
 - Add peas, seasonings, and sausage until sausage is browned.
 - Serve with brown rice and a salad for a complete meal.

Dr. Kimberly Strickland has a doctorate degree in natural health from Clayton College of Natural Health. In 2007, she started Inspired Living with a partner, as a way to help people live healthy physical and mental lives. They created www.naturallivingresources.com, as well as www.inspirationboards.com.

If I Had a Wish

By Linda Townsend

I know. It's supposed to be time for resolutions, not wishes, unless you are blowing out birthday candles. No, it's not my birthday, but we will all have birthdays this year, hopefully. We will all be one year older with one more candle, one more wish, and that brings me to my wish: My wish is that I would not grow old.

It seems like a simple desire twenty years ago, when I could honestly claim I was under 29. I began eating organic foods. I used detoxification methods. I fasted regularly. I exercised. I took supplements. Even though I have done all those things, here I am twenty years older realizing that I cannot completely avoid aging. *Did I really think I could?* Maybe I should say *because* I have done those things, here I am twenty years older. My health is good, in some ways much better than it was twenty years ago, but I must also confess probably not in all ways. Even though I have tried to delay this certainty as much as I can with the knowledge and resources available to me, aging is just unavoidable.

Twenty candles on a birthday cake . . . twenty wishes . . . what a difference twenty years can be!

My mother is about twenty years older than I am. Her kidneys are failing and she has begun dialysis. She began taking insulin for her diabetes around twenty years ago. She has a pacemaker and defibrillator, but her heart condition is worsening. Because of her health in general, surgery is out of the question, so she has been preparing family and friends for the inevitable, as she puts it. Here's the thing, she looks even twenty years older than she is. As I look at her, a thought plagues me in the back of my mind: *Will this be me in just more twenty years?*

Maybe you are too young yet to understand this, maybe you have already lived past this stage, or maybe you are in it right now along with me. Perhaps it is just a mid-life crisis that I am feeling. All I know is that my husband's mother nearly died this summer, his father's heart is weakening, and my mother's health is seriously failing. In my frustration with these family health situations happening simultaneously, I confided that I just did not like this stage in my life to one of the rehabilitation facility employees working where my mother-in-law stayed. She said something that really hit me: "It is coming for us as well." *It* being old age and the health problems associated with it.

It is coming, but the when and how is something that I hope I will be able to influence. I cannot change genetics and I am not going to wish my way out of aging, but perhaps I have delayed, possibly even avoided, some health issues so common with aging in my family. My mother did not really make any effort to discipline herself with her diet until it was a necessity, and then she was limited as to what she could do because of her mediations. Twenty year ago, she was overweight and had diabetes; her heart problems were beginning to manifest. At this time, I still have a wide selection of foods and supplements to use as my natural medicine to optimize and vitalize my health and I am able to exercise. I've read so many wonderful books through the years about what foods to eat, supplements to take, and exercises to do to support health and healing. (Life Grocery has such a good selection of books which are always discounted at 20%!) I am not an expert, but I have read some expert opinions and I think I have been doing some things better for myself because of it.

I have worked at being healthy. I don't have diabetes. I am not overweight—okay, I did gain some weight over the holidays, but I also do a fast and detoxification in January as a kick-start to get back on track. I probably should exercise more and perhaps that will be my resolution for this year. (I think it is a standard one for nearly everyone, isn't it?) Still, I cannot help but wonder what would have happened if I had been raised with this same lifestyle I have adapted? Would I have added a few more years of better health to my life? Would I have been healthier twenty years ago? Well, there is no going back. You can only start where you are. I am glad I started with my daughter before her birth, but I have also seen some surprising healing take place in older people when they change their diet, take supplements, detoxify, and exercise in a sensible manner.

It is time to stop wishing and start doing . . . time to make a working resolution, because you are going to be one year older this year. *It is coming* for you as well.

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

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Live in the Solution

By Michael A. Scimeca, D.C.

As a chiropractor and life coach, I am fortunate to work with people who are serious about making changes that improve their state of health. Most people who initially arrive at the office, believe themselves to have some degree of sickness. This belief, therefore, becomes my first point of focus. If some people view my job as "getting sick people well," my primary adjustment needs to be the mindset. Why? What good is stopping the metaphorical bleeding when the cause of that bleeding continues to impact the body?

Sickness, like everything else in life, presents a call for us to answer. As we truly believe in our ability to implement a positive change, we have the fundamental resource necessary to face all symptoms in life with a gentle confidence; with a soft bring-it-on attitude. We do not go looking outside ourselves for answers. We, instead, engage in some form of conversation to interpret our messages most productively.

Because we live in a world where being accountable for our own state of health is less popular, we have an important choice to make. We can either follow the pack and listen to our society's "professional experts" or go against traditional thinking and address our "professional problems" with solution resolve. Without being accountable for our own behavior, seeking the services of a chiropractor, medical doctor, life coach, or other professional is similar to putting a Band-Aid on a wound while being injured presently. What we need, instead, goes way beyond having a good solution. It involves living with a solution mindset.

What's the difference between a solution mindset and our more common cultural

approaches? When you live in the solution, you continue to learn from the depths of yourself. You become more honest in how you view the world, interpret events, and handle life. For example, instead of simply putting ice on your swollen ankle, you become more careful in how you walk. Instead of treating any symptom of life, you learn from it to develop yourself as a more honest, fully accountable human being.

Because there is no ceiling in relationship to quality of life improvements and because we can always go deeper in learning from our own personal integrity, we can continue to grow through honesty. Moment by moment, we can participate more healthfully in life. This phenomenon encourages us to grow through awareness, though our experience of life. How much we benefit from life's experiences has much to do with our attitude and little to do with luck.

To enhance your attitude and live in the solution, consider the following suggestions:

1. Embrace all feedback and symptoms as beneficial.
2. Accept that problems never go away, even when you are successful. You simply face newer challenges.
3. Focus on the solution. See the productive results with your mind's eye first.
4. Be negotiable so you can implement the types of changes necessary that bring about impressive improvements.
5. Hold yourself accountable through your experience *and* your performance. Give yourself specific parameters, timelines, etc., so that you can accurately monitor and measure your success.

6. Celebrate each little victory while also keeping your sights on your greater success.

Attitudinally, we will all do well by following the above considerations. If they resonate with you as strongly as they do for me, write the list down on multiple pieces of paper. Place them in strategic locations where you will more likely run into them. Allow these suggestions to act as friendly reminders of what you are capable of doing in making the kinds of changes that bring about great rewards!

Michael A. Scimeca is a licensed chiropractor and life coach. He is the Founder and Developer of Catalyst, a bodywork approach for neurological expansion. His office is in Roswell, and he can be reached at 770-912-9197 or at www.scimeca.com.

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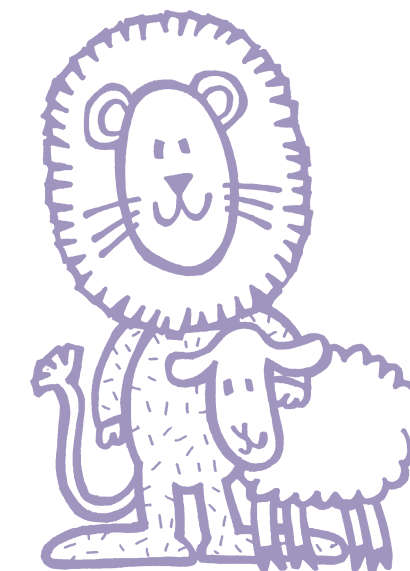
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Healthy Resolutions

Dr. David Jockers

There is nothing like the transition into a New Year to set some personal goals to improve your waistline, your energy levels, and your overall health and wellness. Here is my list of key nutritional initiatives that I suggest you take to radically improve the quality of your life. Let's Make 2009 Your Best Year Ever!

The 3 Irreducible Health Minimums

Stabilize Your Blood Sugar: It is essential to avoid processed sugar intake; keep grains, and even high-sugar fruits, to a minimum. All these foods cause a massive increase in circulating insulin levels. Insulin is the FAT STORAGE hormone that won't allow you to lose weight no matter how much you exercise and how little you eat.

- Build your meals around vegetables and proper protein/fat sources.
- Try using stevia instead of sugar, honey, or any artificial sweetener.
- Eat fruit and/or grains in small portions to minimize glycemic load.

Change the Meat You Eat: Your typical industry-based meat products are entirely different in nutritional composition to your all-natural grass-fed, free-range products. When animals are fed grains:

- They have high circulating insulin levels leading to obesity and high levels of long-chain saturated fats.
- They have skewed fatty acid ratios with a disproportionate ratio of Omega 6:3, thus causing

decreased immunity, massive inflammation, tumor growth, disease, and early death.

- Eventually they die young with lifestyle-based disease such as cancer, heart disease, etc. In fact, often the butcher cuts out the tumor and then turns the rest into meat for sale... sounds yummy right!

Maximize Fats that Heal and Minimize Fats that Kill*:

- **Fats that Heal:** Coconut oil, milk, butter, olive oil, avocado, walnuts, flax seeds, hemp seeds, chia seeds, macadamia, Brazil nuts, almonds, fish oil, evening primrose oil, borage oil, grass-fed meats, and free-range eggs.
- **Fats that Kill:** Corn, canola, cottonseed, peanut, soy, safflower, sunflower, grain-fed meat products. These skew our fatty acid ratios causing inflammation, hormonal irregularities, lowered immunity, damage to brain centers, and heart problems among other things.

**Read Labels: Fats that Kill are cheap and easy to get—therefore manufacturers have found out how to put them in everything*

Recommended Supplements

Omega 3 Fish Oil: Stabilizing your fatty acid ratios is one of the most important things you can do to improve your health. Make sure it is third party tested and molecularly distilled. Also, look at the EPA/DHA ratio. Ideally, it should be about 3:2. Studies have shown this

ratio is best for reducing inflammation associated with degenerative disease and improving brain function.

Quick Tip: You pay nearly twice as much for capsules than you do for the oil. Save money and try the oil—put it in a smoothie with berries, coconut milk, and stevia for additional sweetener.

Super Greens Powder: Many people are currently consuming synthetic multi-vitamins with the thought they are getting their required nutrients. Unfortunately, if they observe the color of the water in their toilet bowl an hour later, they'll realize where those nutrients are going. Our body recognizes whole food sources rather than the synthetic laboratory derived alternatives. For example, the human body never once encountered isolated vitamin C until recent years. However, it has thousands of years of experience eating broccoli and knows exactly what to do with it. A super greens powder is a highly alkalizing supply of all your vitamins, minerals, anti-oxidants, and phytonutrients along with live enzymes to facilitate digestion and absorption. The net result is:

- Less money spent on wasted supplements
- More energy and vitality
- No more neon yellow toilet bowl flushes.

Probiotics: A healthy gut flora is essential to health and wellness. In fact, a healthy gut will allow your body to absorb more nutrients from the food you eat, leaving less cravings, as well as less desire to eat more. The inevitable result of this is:

- Healthy weight loss
- Improved digestive function
- Better detoxification and immune system function
- Lower grocery bills

Look for a probiotic with at least 10 billion organisms and no magnesium stearate or titanium dioxide fillers.

Dr. David Jockers owns and operates Exodus Health Center in Kennesaw Ga. He is a chiropractor, exercise physiologist, lifestyle and weight management specialist, and a certified Maximized Living mentor serving the greater Atlanta area with lectures, workshops, and health screenings. For a complimentary consultation or more info on upcoming events visit www.exodushc.com or call 706-969-9813.



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A Brand New Year

By Betsy Bearden

It's the beginning of a brand new year—a clean slate with an empty agenda. It's almost as if we have this one chance each year to hit the control/alt/delete buttons and start anew. Well, almost. Speaking for myself, I have learned some valuable lessons from some of the really stupid things I did last year, like buying a brand new pair of running shoes the afternoon before the Peachtree Road Race. I can attest that the recommended break-in period for all new running shoes that I have always heard about, is definitely not a myth! There will be blisters. Oh, yes . . . there will be blisters.

Among the many New Year's resolutions made this year, two of them I intend on keeping will be to get in shape, and to stay in shape. The other is to become a better listener. Okay, for those of you who know me, this could be a stretch. Did my husband, Steven, try to tell me not to buy the new shoes the day before the race? Yes. Did the shoe salesman flinch when I told him I intended to wear the new shoes the next day in the race when he sort of mumbled, "I don't think that's a very good idea." Yes. Did I listen? No.

This will be the fourth year that I will have to push myself to get into shape by July because I don't stay in shape after July is over! Each year I am gung ho about my goal of being able to run (okay, I do tend to walk most of the way) 6.2 miles under two hours. At my age of . . . well, at my age of somewhere between 45 and 55, it does not get any easier and regular, year round training is the key to it all.

About two years ago, I was walking up Kennesaw Mountain on a frequent basis. There are always many people of all ages and sizes walking and running the mountain. Most of the time we nod, smile, sigh, or grunt at each other in acknowledgement that we are cool, because we are doing something good for our bodies.

But this one particular day, a young man was hiking with his little daughter. I would say he was around 25 or so. They passed me on his way down

as I approached the top. He stopped me and said, "Wow! Did you just walk up the mountain?" I told him that I had walked up the mountain, half way back down, and back up again. He grabbed his chest and said "No Way! I am going home and tell my mother-in-law about you!" I thought I was going to have to administer CPR to the guy right on the spot. Kennesaw Mountain is no big deal. It's only about a mile and a half up—straight up! My gosh. Does the age of somewhere between 45 and 55 really look that old to someone that young? Just because I was sweating profusely, red faced, and out of breath, I can't imagine his reaction. Geez, Buddy, thanks.

So, back to the listening thing: Steven also tells me that we need to commit ourselves to participating in 5Ks throughout the year, you know, to stay motivated. I have to admit that come January first, after all that Tofurkey and dressing+cakes, pies, and cookies+ yeast rolls and butter—I ain't fittin' into those skinny jeans I wore up until July of last year!

I am committing myself right here and now to get in shape and stay in shape. What better way than by visiting Life Grocery on a regular basis? It is a win-win situation. We are very lucky to have this little gem of a co-op so geographically close to the metro Atlanta area. With the economy the way it is these days, we need to support the local organizations and co-ops. Life Grocery always has the freshest, organically grown fruits and veggies, as well as a large array of non GMO foods. They cater to locally grown veggies and herbs whenever possible and this is exactly what we need to support. That says a lot. If we would swap out just one day a week of eating fast foods, and visit Café Life's fresh living food bar, along with the many other delicious and healthy choices they have to offer, we would all be better off for it in the long run, and so would Life Grocery. Become a member and save a few bucks, too. Who needs a big honkin' grocery bill, anyway?

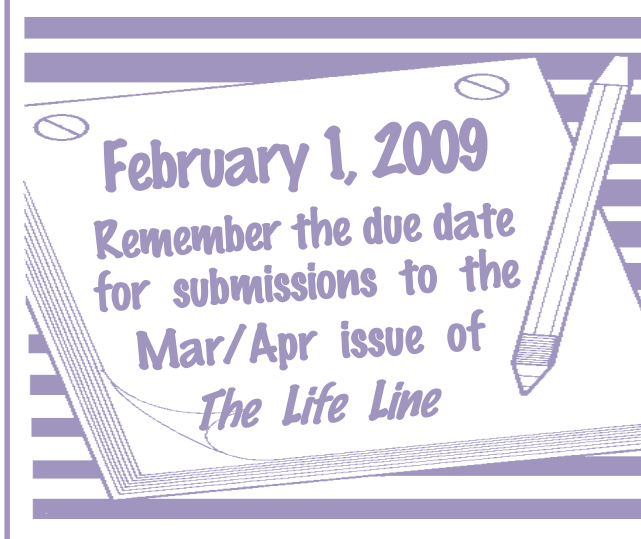
Okay, the heat is on. The Peachtree will be here again before I know it, and my best time so far is one hour and forty-four minutes. I am planning on making it one hour thirty-minutes this year! That is my

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goal, so please—if you see me at the sporting goods store buying a new pair of shoes on the day before the race, promptly take me by the hand and tell me to go home! I promise I will listen.

Happy New Year and may we all be blessed with peace and prosperity.

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: Bringing Back Cloth Napkins

By Kay Bird

As a child, I loved folding the cloth table napkins my mother had made and placing them "just so" under the forks. Looking back, it was a time of meditation, long before I knew what meditation was. And they felt so much softer to my hands and face than the ones we got at the burger joints.

Fifty years later, I read that Americans, on average, each use a staggering 2,200 paper napkins a year, none of which can be recycled. I wonder how many trees that is.

My sister has continued the tradition of cloth napkins for every meal. I realized what a treat it is when I had dinner at her house. After dinner, we sat and folded the clean laundry and napkins, while watching TV.

I became inspired to restart the tradition and found some wonderful cloth napkins at a thrift store. I find I can often use the same napkin for a few days. If you have a family to feed, you can prevent a sudden increase in laundry by having each member of the family pick a unique napkin ring or their favorite color napkin. Everyone holds onto their gently used napkin for about a week—unless, of course, spaghetti is served.

Bring in the new year with the old-fashioned elegance and grace of cloth napkins and say a prayer of thanks for all the trees, because they do so many other things for us, such as cleaning the air of pollutants, some of which are created in the process of making disposable household paper products.

Café Life is Changing in 2009!

In an effort to finally become profitable in Café Life, we have decided to try a new approach. Beginning in February, the operations of the café will move into the store. Both the hot bar and the new salad bar will be located there.

All Café selections will need to be checked out at the store registers prior to consuming them, but seating will continue to be available in the café.

Our pricing structure will be adjusted to reflect increasing costs.

We are committed to remaining open to serve our loyal customers and support their desire for healthy, delicious, nutritious, organic food. We ask for your patience, understanding, support, and cooperation in this endeavor.

Have a Party . . . Just Not a Pity Party

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

I think we all do it sometimes. We all give in to those little pity parties where we are mourning the loss of our beloved gluten filled goodies, regardless of the fact that we know they were making us extremely ill. I find myself getting frustrated sometimes that I can't just order a pizza for delivery or stop off at any number of fast food joints along my route home. But the reality is, by living a gluten free life, I am making much healthier eating choices than that. Still, I can't help it. This "food" thing has become part of our reality and like it or not, those of us who have to be gluten free, still have to deal with people around us who are eating anything they want to.

Just getting through daily life is hard enough, then throw in holidays, parties, business lunches, traveling, you name it. It's enough to drive you batty. These things shouldn't fill us with a sense of "I don't want to go" or "I'm dreading this event" just because we can't eat like everyone else. Look at the growing awareness of the gluten free diet. It really is surprising when you sometimes find people who understand or better yet, you find fantastic gluten free offerings. Did you know that most cruise lines can very easily cater to a gluten free diet? Theme parks? Restaurants? Yes! I just hope that the trend continues, as it is not only needed, but much appreciated by those of us who have to be gluten free.

So what do we do when we get down in the dumps about being gluten free? How do we pull ourselves out of our little pity parties? For me this means creating new traditions at the holidays, finding those restaurants that CAN spoil me silly, or just getting in the kitchen and baking something gluten free and delicious, with my daughter. You could host a dinner party and invite non gluten free people and feed them a meal of naturally gluten free dishes and not tell them that it's gluten free. Don't make

a big deal out of the food! Have fun with your guests and enjoy their company, even if you are the only one who knows that the meal you prepared is gluten free! If your guests want to bring a dish, you have a choice. You can let them and tell them it has to be gluten free, or tell them you've got it covered and they don't need to bring anything.

If you don't want to do that, find other ways to deal with the gluten free blues. You could journal about your feelings. (I write these articles, that always helps me!) Do something creative [Hmmm, knitting, perhaps?], bake something, make a big bowl of popcorn, and watch an old movie. You can do anything, just don't feel like you don't have options. It's okay to allow yourself a moment or two of feeling sorry for yourself, but it does no good to stay in that place.

Enjoy these yummy recipes, and spoil yourself! You deserve it!

Asian Lettuce Wraps

frozen or fresh veggies of your choice
onions
garlic
vegetable oil
Thai Kitchen rice noodles
honey
gluten free soy sauce
fresh grated or powdered ginger
Romaine lettuce leaves (washed and set aside)

- Precook rice noodles, drain, and set aside.
- In skillet or large wok, sauté onions and garlic until onions are almost translucent.
- Add frozen or fresh veggies and cook until tender.
- In a separate bowl, mix equal parts of soy sauce and honey; stir in about ¼ - ½ teaspoon of ginger.
- Pour over veggies.

- Mix in precooked noodles.
- Spoon into lettuce leave, roll up, and eat!

Kinda Like KFC Fried Chicken

1½ c rice flour
1½ t salt
¼ t paprika
1½ t garlic powder
1½ t onion powder
1½ t coarse ground black pepper
1 egg
2 c buttermilk
½ c barbeque sauce
1 T Worcestershire sauce
1 package of chicken breasts cut into strips OR
½ a whole chicken broken into pieces
2 c oil for frying

- In a large shallow dish, mix together flour, salt, paprika, garlic powder, onion powder, and black pepper.
- In a separate bowl, beat egg, then whisk in buttermilk, barbecue sauce, and Worcestershire sauce.
- Dredge chicken in milk mixture, then in seasoned flour, alternating in each at least twice.
- Heat oil in a large, deep-sided skillet to 375° F (190° C).
Cook chicken in hot oil until golden brown on both sides, about 10 minutes each side.

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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Life Bits: A Wedding on the Horizon

By Kay Bird

Eco weddings are now chic and there are books and websites to guide the bride and groom on how to have a green wedding. But, before all those plans are made, the rings are usually chosen.

I recently discovered the *Brilliant Earth* website, which offers fine jewelry from ethical sources. Their home page says they carry the highest quality Canadian, conflict-free diamond jewelry made with renewed gold and platinum.

I am only providing a lead on information, which is not based on personal experience. However, they carry the seal of approval from one of my favorite organizations, *Co-op America—Approved for People and Planet*; they are also a member of the *BBBOnLine Reliability Program*.

Brilliant Earth also donates 5% of their profits to African communities.

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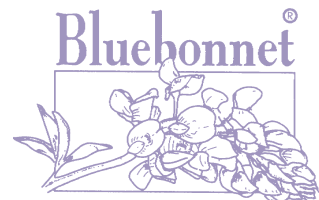
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Walk the Plank for Excellent Health

By Jesse Andersen

What would it take for you to WALK THE PLANK? When you think about “walking the plank,” images of pirates, the sound of “arrrrrrr,” and sharks swirling in the ocean deep come to mind, don’t they? But today, I want to talk about how it relates to your health. Stay with me, I promise it will all begin to make sense.

Several years back, when my work life existed in the corporate world, I was very fortunate to be invited to attend Stephen Covey’s “7 Habits of Highly Effective People” training. I had read the book and was quite excited to attend the week-long program. One of the things we talked about was what we were willing to “walk the plank” for.

Here’s how the scenario was laid out: Imagine a 25 foot long, 12 inches wide, and 2 inches thick solid wood plank. Imagine that the plank is laying flat on the ground; you are standing at one end, and at the other end is a twenty dollar bill. Will you walk the plank for the prize? Of course you would. No big deal. Now imagine that the plank is lifted up 8 feet into the air, supported by stacked concrete on both ends. You are at one end and there is a \$100 dollar bill at the other end. Would you “walk the plank?” I’m going to. Not too tough. Even though you notice this time that the board sags a little as you get towards the middle and it springs up and down, you walk carefully across the 25-foot length to the other side.

With \$120 bucks in your pocket, the 25 foot long, 12 inches wide, and 2 inches thick solid wood plank, is raised up and anchored between 2 buildings. The buildings are 25 stories tall, 300 feet in the air, and your “plank” is suspended between the two penthouse balconies. You are standing at one end, and there is \$1,000 dollars for you, for free, at the other end. You going? Nope, not me either. Now there is \$100,000 dollars. You look down and cars are the size of ladybugs. There is a slight breeze blowing your hair, and as you consider it, the pile of money increases to a million dollars. Your heart is beating so fast, you want to do it, but the risk is too great. Now you look up, and your two-year old daughter has crawled out about 4 feet onto the plank at the other end. I know, I’m going too.

So back to my question: What will you “walk the plank” for? And for our discussion today, more importantly, what will you walk the plank for in regards to your health? Really folks, what’s it going to take? I know I went the “long way” to get you here, but I wanted you to really FEEL what I’m talking about, even though what I’m presenting may seem simple, with an “I’ve heard it all before,” aura.

At 50 years of age, I’m on the tail end of the “baby boomers” generation. We’ve already “sown our wild

oats,” backpacked in Europe, and sold our lava lamps at our last yard sale. One thing I can also tell you about our generation is that we are becoming sick and tired of being sick and tired. Many of us are searching for the “Holy Grail” answer to solve all of our increasing health problems, and many of us gave up a long time ago on the Holy Grail thing and started getting real. ‘Real’ meaning, we started taking a REALLY hard look at our mortality and what REALLY makes us FEEL better and healthier. We have grown children and some of us have grandchildren. (I do, ask me anytime, I’m always glad to show photos!) Many of us have lost our gallbladder. (Well, we didn’t “lose” it. Because of the choices we made in our diet, our gallbladder decided to leave.) Many of us deal daily with thyroid issues, diabetes, fibromyalgia, and aches and pains we didn’t have just five or ten years ago. Raise your hand if this resonates with you. Some of us have even more serious health issues on our plate.

O.K., so back to my original question, “What will you walk the plank for, in regards to your health.” You do have some choices. I’ve researched and experimented with a lot of those choices. How about you? Over the years, my family has always been quick to say, “Well, Jesse’s on another kick. This time she’s a vegetarian, she’s on Weight Watchers, the macrobiotic diet, now she’s experimenting with the blood type diet, Jenny Craig, etc.”

Well, I started a new “kick” back in May of 2006. This time it stuck. This time it worked. I started eating a raw vegan diet in May of 2006 at 272.5 pounds. Just six short months later, in November of 2006, I weighed only 192 pounds! I had lost 80.5 pounds in only six months! Because of the strong nutritional support provided in a raw vegan diet, I experienced some “wonderful side effects.” My gall bladder healed, my carpal tunnel and arthritis went away, and most recently, I stopped wearing my glasses which I wore for over 13 years. I have an abundance of energy, clearness of thought, and sleep only 5-6 hours each night. I’m 50 years old and I feel like I’m 20! These are just a few of the wonderful benefits I’ve experienced from eating a raw vegan diet. I have since lost even more weight and gained even more health benefits.

The weight loss is great, but it’s REALLY about the health. We really “are what we eat.” We’ve heard that saying for years. Guess what. It’s true. Start thinking about what you eat. I know, you’ve heard that before, too. But really, let it sit with you for awhile. When you start adding raw and living foods to your diet, the cells of your body start to become satiated with good nutrition. The raw vegan diet that I enjoy consists of fresh, organic fruits, vegetables,

greens, nuts, and seeds. No meat, no dairy, and I don’t cook my foods about 105 degrees. You need enzymes. That’s a BIG topic for another day, but what I want to share with you is that science has known for over 100 years that if we cook our food above 105 degrees, it will kill most of the living enzymes in the food, therefore also affecting the amount of vitamins and minerals available as well. They just didn’t think we needed the enzymes. Now they are starting to discover that we do.

If you want to learn more, there are some great books out there. Here’s a few, all normally available at your friendly, local co-op, Life Grocery. *12 Steps to Raw and Green for Life* by Victoria Boutenko, *The Sunfood Diet Success System* by David Wolfe, and *Rainbow Green Live Cuisine* by Dr. Gabriel Cousins, just to mention a few. (Life Grocery sells all books at a 20% discount.) I also offer a free one-hour lecture on the topic at Life Grocery every Thursday night at 6:30 pm in Café Life. Following the lecture, I conduct a store tour featuring products that support this lifestyle. Come join us.

Whatever you do, start walking in the right direction. Stop eating processed foods. Stop eating white sugar and white flour. Or, start by eliminating soda pop and coffee from your diet. Maybe today you could add a nice salad to your dinner, with some raw, organic sunflower sprouts and baby spinach. Or maybe, you could eat a fresh, juicy, organic Fuji apple for breakfast instead of your usual coffee.

Lao Tzu says, “The journey of a thousand miles starts with a single step.” You remember the line from the Johnny Cash song: “Because you’re mine ... I walk the line.” Well, because I want health, I’ll “walk the plank,” towards excellent health. I hope you will too. You’ll look better AND feel better. And remember those grandbabies I mentioned earlier? The odds of me being around to see them get married and have children have just increased in my favor. I know you want that too. Well you can have it. Follow your heart, the truth is almost always nearby. I’ll see you at the other end of the plank.

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 6 Hours—Natures Delicious Raw Food. She also presents free lectures weekly on Thursdays at 6:30 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.

Be Well, Stay Well

Our current economic landscape has become a breeding ground for fear. Protect yourself. The negative effects of fear on your health are real and pose a greater concern. As a chiropractor, I have had to make peace with being a wellness educator; a life coach who helps people enjoy a greater quality of life.

In response to the onslaught of doom-and-gloom reporting to which we are all targets, I have created a ten-step integrative approach for enhancing your immunity. For the sake of urgency, I will limit the content of this article to share with you these important steps. Keep in mind that they are in no particular order, though in response to fear being force-fed to us, I strongly emphasize the importance of number one:

1. Limit your amount of exposure to the media. If, for whatever reason, you feel you must stay informed via "the news," think of it in the same light as radiation. Do you really want to subject yourself to the harm of overexposure?
2. Make time to exercise. Oxygenate your brain daily to condition yourself for success.
3. Schedule "Accountability Meetings" with a select group of supportive people who agree to focus on the solution. Commit to meeting for 45 minutes once per week.
4. Get adjusted. A chiropractic adjustment not only connects brain cells to tissue cells for optimal function, it also connects you well to your inner source for doing great things.
5. Read one book a month that promotes the development of a specific life skill. Not sure where to turn? Start with *The Power of Positive Thinking*, by Norman Vincent Peale, and see where it takes you.
6. Make room for growth. Whether you use meditation, a specific interest or hobby, music or art, "down time," or some other relaxing strategy, put some space in your life to allow for newer, more supportive practices to emerge.

By Michael A. Scimeca, D. C.

7. Eat well. Be responsible regarding what you put in your body, how much you put in your body, and when. Not sure how to begin? Listen to your body. It's a great place to start.
8. Completely use your power to choose. State your intentions, use vision (see your success with your mind's eye), write your life's mission statement, set realistic short and long-term goals.
9. Get the proper amount of sleep and rest. Replenish your energy by being extremely disciplined regarding when you go to sleep. It may be the most overlooked or ignored strategy today.
10. Remember love. Live in gratitude and deep appreciation for the opportunities you do have. Spend a good amount of quality time with those you love.

My challenge to you is simple. Work on these ten steps and do your own "independent case study." See if you begin to be more productive during this time of change. Remember, we are in this current economic situation because we were NOT paying close enough attention. So what's the solution?

As we begin to live a more authentic life, the honesty and integrity we access will bring about the results we want to see. Nothing else can provide these types of results. In the same way that a journey of a thousand miles begins with a single step, try these ten steps one step at a time and see where you end up. If nothing else, it will make for a most wondrous independent case study. Be well. Stay well.

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 info, visit www.scimeca.com or call 770-912-9197.

Give Up Yet?

By Brian Murray, M.Ed.

It has become a rite of passage in our culture. Start the New Year vowing to lose weight, make it a few months with little to show for the effort, and then give up until next year. The worst part is people do this over and over throughout their lifetimes. Here are a few major reasons why so many people give up around this time of year:

#1: THE WRONG GOAL – LOSING WEIGHT

You don't need to lose WEIGHT, you need to lose FAT. Unfortunately, the conventional approach to losing weight – eat less and exercise more (or do no exercise at all) – actually makes you FATTER! All of your weight loss should come from excess body fat, not lean body mass and vital fluids. If you focus on how much you weigh, you never know where your weight loss is coming from. Instead, focus on losing FAT and your weight will take care of itself.

#2: THE WRONG TYPE OF EXERCISE

To guarantee that all of your weight loss is fat loss, you must choose the right type of exercise. After 11 years of observing people in a clinical setting, I can say without reservation that no other form of exercise or activity comes close to delivering the results that high intensity strength training can.

When you are reducing dietary calories, strength training signals to your body that muscle, vital fluids, and lean body mass must be preserved. Low intensity long-duration activity does not do this, and in most cases, the continued practice of such activity leads to a decline in lean body mass. This makes it next to impossible to keep weight off because your metabolism declines, so no matter how little you eat, body fat increases. You

also become softer, weaker, and more injury-prone. And, that's no fun.

#3: NOT ENOUGH REST

A good golfer hits the ball 300 yards, yet his swing looks smooth and undemanding. Why? He knows the correct mechanics and timing. The way most people go about losing weight is analogous to trying to hit a golf ball as hard as possible and missing the ball completely. They just don't know how to do it right.

Losing excess fat should take far less effort than you think. One of the most overlooked and under-appreciated factors in fat loss is extra sleep and rest. Believe it or not, you can actually rest your way to great results.

Unfortunately, when lack of success becomes evident, you start to think, "I must not be working hard enough. I need to do more." No, you actually need to do LESS! The more stress you put on your body the more inclined it will be to PRESERVE fat. More rest reduces stress and signals to your body that excess body fat can be burned for fuel.

Losing fat should be a simple, untroublesome, and uncomplicated process. Simply eat a moderate amount of the high quality food from Life Grocery, exert your muscles with 100% effort once a week, get more sleep, take more naps, and forget about how much you weigh. Doesn't that sound easy?

Brian Murray is an exercise physiologist, weight loss consultant, and creator of mbody™, a six-week fat loss plan that will change your life. To learn more about mbody™ please visit www.mbodytransformation.com.

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

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Life Grocery Store, Inc.

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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

“G” is for garbanzo beans. Garbanzo beans, also known as chickpeas, are a great addition to your diet. They’re high in protein. They’re high in fiber. If you have insulin or diabetes, garbanzo beans are great because the fiber helps to keep your blood sugar level in check. They’re loaded with zinc, iron, magnesium, phosphorus, and folate. Folate is a type of B vitamin that has been shown to have a direct effect on memory. Studies show that eating foods with folic acid, or folate, are associated with memory recall and faster processing of information. If you’re looking to improve your memory or just want to keep your brain working at an optimal level, garbanzo beans are a great food that will help you do just that.

Garbanzo beans are also loaded with calcium. Their calcium content is comparable to the amount of calcium you’d find in yogurt or milk. So now you can’t use the excuse, “I drink milk and eat yogurt and cheese for the calcium.”

There is a reason why most folks have trouble giving up dairy. Just like meat, dairy products stimulate your brain’s pleasure centers, the opiate receptors. You literally get hooked on the stuff. Try taking someone’s dairy products away from them. They’ll usually put up a fight! So start incorporating garbanzo beans into your

diet and cutting back on the dairy products. The magnesium in chickpeas is needed in order to absorb calcium.

There are all kinds of things you can do with garbanzo beans. You can add them to salads; I recommend that you eat a salad a day. Salads really help you get in your daily intake of vegetables, plus there’s a million different ways to make salads. You’ll never get bored with salads. Garbanzo beans can be added to soups. They can be ground into a type of flour and shaped into balls to make falafels. Garbanzo beans are used to make Indian curries, which are one of the most popular vegetarian foods used in India, Bangladesh, Pakistan, and the United Kingdom. You can use garbanzo beans to make tofu. You can roast them and spice them and eat them as a snack. You can soak and sprout them or cook and grind them to make hummus. Hummus is wonderful. It’s easy to make, inexpensive, and really yummy. You can use it as a dip for vegetables, chips, and crackers. You can take some pita bread and add some lettuce, tomatoes, hummus, and onions, and you’ve got an incredible rolled up sandwich. Garbanzo beans really provide excellent nutrition and excellent recipes.

“H” stands for herbs. Herbs are wonderful and extremely versatile. They are widely used around the

world for their medicinal and culinary properties. If you don’t use a lot of herbs, you’re missing out on some incredible flavors. When you’re cooking up grains and greens, it’s a good idea to add some herbs to your dishes. Cilantro is great for stir fries. Basil is great for rice dishes. Not only does it have a nice flavor, but it has been shown to have a calming effect. Oregano is antibiotic, antiviral, and antifungal. In my book *Eating Right for the Health of It*, I have a recipe for stuffed shells. Instead of using cheese, I use tofu, basil, and parsley. It tastes better and is much healthier than real cheese. There are all kinds of different herbs available. They’re fun to experiment with and use in different recipes and foods. This article will be continued in the next edition of *The Life Line*.

Dr. Joe Esposito, chiropractor, nutritionist, author, syndicated radio show host of HEALTH TALK ATLANTA and director of Health Plus Chiropractic Center, is committed to making healthy living commonplace. For more info, call 770-427-7387. Mention Life Grocery, and get an exam, consultation, x-rays, and doctor’s report of findings for only \$50!

Life is Good

By Betsy Bearden

Needless to say, times are tough these days. We are all feeling the crunch in one way or another. In this economic meltdown we are experiencing, it’s pretty tough to maintain the lifestyle many of us had at this time a year ago. Everyone I talk to lately has had to cutback in one way or another, but there are definitely things we can do to help the economy and ourselves while we are riding out this storm. One of the easiest ways is by supporting our local communities. We can all help by shopping the Mom and Pop’s; recycling paper, plastic, and glass items at the local facilities; shopping at local thrift shops and neighborhood yard sales.

Another way to save and conserve is to plan outings that consist of going to several places at one time, a few times a week, instead of going willy-nilly all over the place like I tend to do. Next, stock up on bulk items and staples that will keep your mind sharp, your body nourished, and your spirit renewed. Of course, I happen to know just the place where you can go for that . . . Life Grocery.

From the time you enter the store, you will immediately notice the expansive variety of fresh organic vegetables, fruits, and herbs. Then you can meander over to the bulk foods section where you will find one of the many treasures of Life Grocery—beans glorious beans! The thought of having beans and rice for dinner several times a week may not appeal to you, but maybe the fact that there are so many varieties of beans and rice to go around at Life Grocery will. The bulk foods section is packed with delicious and nutritious ways of getting your complete protein, *all in a very affordable and environmentally sound way*. The more you buy, the more you save! It’s bulk foods, man.

Remember, when you combine rice with beans, you are supplying a complete vegetarian source of protein for the body. Most of us have tried practically every bean there is over the years, but have you ever experimented with different types of rice? Get crazy one night: forego that white rice (why are you still eating white rice, anyway?) and go for nutrient packed brown rice, or get really jiggy with it and have some delicious nutty-flavored Canadian wild rice, Basmati, or jasmine. Life Grocery has a wide variety of rices to choose from. Try several of them; experience them and enjoy.

And even more good news—what makes a great rice and bean dish even better: Herbs! Check out the wide variety of herbs and spices available in bulk. It’s a beautiful thing. I can go on and on about the bulk foods section at Life Grocery. If you love nuts, then you are in luck: Life has a wide array of raw, organic, roasted, and flavored nuts, seeds, granolas, and candies. Other powerhouses of protein in the bulk foods section are textured vegetable protein (TVP) and nutritional yeast flakes. Nutritional yeast is a good source of B-vitamins, especially B-12 (*make sure you get the one that supports vegetarian diets*), and this is something many vegetarians lack in their diets. Nutritional yeast flakes add a nutty cheese-like flavor to foods and I have included a recipe that will introduce you to it, if you have never tried it before.

Hopefully these ideas will help you to balance your budget a little while getting through the tough times. (*If you become a member of Life Grocery co-op, you will enjoy weekly discounts for additional savings.*) An easy equation worth learning is this: stay healthy by eating a nutritious diet+stocking up on affordable bulk foods at Life Grocery=*Life is Good!*

Macaroni with Nutritional Yeast Flakes

8 oz. macaroni noodles (sprouted wheat would be best, but use whatever you have)

1 t turmeric powder
1 t white pepper
pinch of sea salt
2 T honey
1½ c hot water
1 stick butter or soy margarine
1 c nutritional yeast flakes
2 c milk
½ c flour
1 T olive oil
1 t balsamic vinegar

- Preheat oven to 350° F.
- Cook noodles according to package directions.
- Make a roux by melting butter in a large pot.
- Slowly add milk.

- Bring to a boil over medium-high flame.
- Wisk in the remaining ingredients, stirring frequently until it has reached a gravy-like consistency.
- Place cooked and drained noodles in a 2-quart baking dish.
- Pour the roux over noodles, give it a good stir, and bake for about 25-30 minutes until it gets all bubbly and gooey.

It’s a great alternative to Mac and Cheese!

Betsy Bearden is a published writer, and author of Normal People Eat Tofu, Too. She has worked as a volunteer chef and 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.

Café Life

offers a wide variety of organic, vegan, gluten-free, and raw & living selections, including desserts.

All living desserts are also gluten free!

The Whites of Her Eyes

By Linda Townsend

Hanah, a German Shepherd dog (GSD) originally from Czechoslovakia, has been the newest addition to our family. Her life has been quite interesting. As a puppy she learned some basic training in Czech and then was hand selected by a GSD breeder to be brought to Ohio. The breeder also taught basic training in German, because that is the language used in Schutzhund training. Schutzhund prepares dogs to do all kinds of working tasks, like search and rescue, guarding, protection, and finding drugs. Looking for a pet, rather than a highly trained dog, Hanah's training halted when a couple adopted her. However, the couple felt Hanah was too energetic and returned her to the breeder in favor of a calmer one.

Hanah's Schutzhund training continued and she passed the first level, which made her a more valuable dog to a range of agencies, like the Border Patrol in Texas where she worked about three years. During that time she was mostly used to find drugs and guns, but eventually her eyes developed a problem. Fearing the problem would affect her vision and impair her performance on the job, she was again returned to the breeder.

While visiting my aunt in the fall, she saw a GSD puppy that looked like one we had previously. (Our Sasha had died about eight months before and we had been without a dog since.) My aunt asked for the breeder's contact information and we made arrangements to go there.

The puppies were nice, but when we eyed Hanah, we all knew that she was to be our dog. Of course in

the more dimly-lit kennel, we did not see the concern over the eyes. The breeder was honest about disclosing the problem, but she didn't seem to know the cause. We brought Hanah into the sunlight to get a good look at her. She acted as if her vision was not impaired at all, but we were sure Hanah had learned to compensate. Because of her eyes, the breeder had priced her far below what a well-bred five-year-old GSD would sell for, let alone one Schutzhund trained.

There were two distinct problems with the eyes. One was light cloudy dots in the upper layers of the cornea over the middle of the pupils, which is often misunderstood by mainstream veterinarians to be a genetic flaw common to GSD. The second was very opaque white streaks over areas of the irises with a bump in the cornea in one eye, as if it was about to erupt to an open sore. Some vets believe these are caused by too much fat in the diet when they are puppies. Having been into alternative health for many years, I had seen similar eye problems in people. I had also seen them completely disappear with detoxing the body, most notably the liver, and improving the diet.

We decided to adopt Hanah with confidence that we could reverse this condition. We changed her diet to organic food immediately. I did some compatibility testing, which I developed through my research. I have always been advised to use the homeopathic remedy Thuja for detoxing of the shots and other viral infections, but the priority for Hanah was different. The testing pointed to two other homeopathic remedies that seemed

more compatible for her. One was sulfur, a homeopathic remedy often used in detoxification; the other was a combination remedy to use directly in her eyes. Within three weeks, the more acute eye problem was gone with only a light cloudy trace left and the cornea was again back to a healthy shape, with no bumps at all.

At this time, the cloudy dot in the middle and some other cloudy marks remain, but they are noticeably diminishing. Now that the more critical phase of her healing has been addressed, Thuja is compatible and we are starting on that phase of her detox.

In the past four months, Hanah has learned to become a family member in our home, rather than a kenneled working dog. She has calmed down a bit, but she is still quite energetic and loves to perform duties. She travels so well that we like to take her everywhere with us. We have learned German and Czech commands, and Hanah is learning some English as well. Although she has been twice rejected and is retired from the Border Patrol, she is not a has-been. All she needed was a little nudge to help her body do its job more efficiently. She is now a healthier dog and a valued, highly loved member of my family, all because we were not intimidated when we saw *the whites of her eyes!*

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

Warm and Raw: Solving the "Cold Problems" with Raw Foodism

By Kal Sellers

Many who have attempted the raw food diet have found themselves actually feeling worse, often feeling very cold and unable to get warm. On the contrary, there are others on the raw food diet who find that they can tolerate temperature changes far better; they never get cold and can sit naked in icy mountain streams without feeling the slightest discomfort. The goal of this article is to isolate and solve this discrepancy for the benefit of those who might be confused, struggling, or suffering.

A mentor of mine in the natural healing world moved up to Hobbie Creek Canyon, just outside of Spanish Fork, UT. In her beautiful mountain home, she continued with her passion for health and healing by working on her family and neighbors freely. This generous, wise and kind woman also had discovered that after all her efforts to heal her husband's diabetes, she could only completely control it when he was on a totally raw food diet. She moved to the canyon in the summer, but by February, she found that they were both freezing on their raw food diet. After several weeks of this, they agreed to go off the raw diet and just maintain a basic healthy program. They would do all they could herbally and supplement with drugs when they absolutely needed to.

When I visited her a couple years later, she was still somewhat disgruntled about the raw food diet, saying it was not ideal for that climate and simultaneously frustrated with the bitter-sweet experience of her husband doing better while on the diet, but then giving up on it. If she was alone, she would be an anomaly, but she is not. She actually is one of many who have crossed my path since I began on the natural healing track many years ago.

While I have never been a complete raw foodist, I do see as part of my clientele some raw foodists. They have a variety of challenges with health still hanging on

and they very often have troubles with temperature. Some have gotten quite sick on raw food and books have popped up on the market with the equivalent of pop-psychology solutions, saying this or that type of person or blood should not be a raw foodist.

Let me put this in perspective: That is like saying, "I am sorry, but since you are from Indonesia (nothing personal if you happen to BE from Indonesia, it is just an example), you cannot be a mammal. It's a tough break, but that is my final decision!"

Sorry, all, but if you are even half awake you have to grasp that we ARE raw foodists with some variation. The variation is in what we choose to DO, including what we have done for our previous lifespan until now.

Well, to get down to brass tacks, *anyone* can be a raw foodist if they want to. The answer is not telling them they cannot be, it is helping them to deal with the variations that an unhealthy society has created for them. This can be done naturally and (within reason) within the parameters they feel they ought to follow.

Some years ago, a young man came to me who was skirting close to the verge of death. He was vegan and living with his mom. To make matters worse, he was a computer geek and did not get out much. He had been gradually getting sicker and sicker, without any specific beginning to it. The first thing I did is ask him about diet. His mother figured he was starving for something vital for life and was sneaking eggs into his diet. She was sure that he was in trouble with malnutrition. I found that he was eating bean and tofu burritos and soy cheeses and little else.

I did not tell him he could not be vegan, though a medical doctor certainly might have. I did not challenge his beliefs in what was healthy. What I did was assess the real problem and then provide solutions within the

parameters he felt best about following. In my opinion, this is the attitude we ought to have more and more.

I put the young man on the basic healthy program found in *Traci's Transformational Health Principles*, which consists of largely raw, whole, sprouted, and unprocessed food. I allowed him to stay on a vegan diet. In two weeks, he was almost back to normal. So it is with raw food. I do not announce to someone that they cannot be raw, I help them do it in a way that works for them. When someone goes raw and feels worse, the obvious question is, "Is this just a cleansing crisis that they will get through?"

It is a logical question, and probably is the truth, from one viewpoint or another, in every case. But a person who enters a cleansing crisis that is overwhelming—whose system is too weak, who has toxins not easily cleansed, or who has elimination system problems—may find a cleansing crisis is life-threatening. Thus, we have to make a few preliminary assessments to help such a person. Very often, raw food will promote cleansing that far exceeds the functionality of a weak or overburdened elimination system (from before the person was raw). This often calls for extra help and can be pretty threatening when it is not cared for properly.

On this note, it seems appropriate to bring up another cleansing-related cause of problems for a raw foodist. This is the problem of things being very difficult to eliminate, including really scary drugs and heavy metals, especially mercury.

According to the World Health Organization, the primary source of mercury in humans in this country is from amalgam fillings. The exposure is about five times that which comes from the next item in line,

continued on page 7

Beat the Diabetic Epidemic

Dr. David Jockers

Once an obscure disease, you can hardly go anywhere now without seeing or hearing about someone suffering from diabetes. In truth, the disease has skyrocketed by over 700% in the last 50 years and is considered the fastest growing disease in the country. Twenty million people currently have the disease, with another 50 million classified as pre-diabetic. Amazingly, over 50% do not know they have the disease.

Within the scope of diabetes, there are several classifications. Normal blood sugar is considered under 100mg/dl. Blood sugar ranges between 110-125mg/dl are considered pre-diabetic, and those over 125mg/dl are diabetic. Clinically, what I have found is that the healthiest people typically have fasting blood sugar rates around 80mg/dl. High circulating blood sugar causes proteins and enzymes in the body to become glycosylated, resulting in what is called Advanced Glycolytic End-Products, termed AGE's. AGE's, as the name implies, cause premature aging by damaging tissue cells of all types, particularly those of the nervous system and blood vessels. This explains why uncontrolled diabetes causes neurological and cardiovascular disorders.

For years, our mainstream approach to diabetic treatment and prevention has been to monitor and reduce blood sugar. However, recent research has shown that diabetes is not really a blood sugar based disease, but a disease of improper hormonal signaling. Insulin, the fat storage hormone, has a very important role: to reduce blood sugar to normal/natural levels. It clears the blood sugar by filling the fat cells. This is done to prevent AGE production and allow the body time to heal. On the flip side, insulin is also a pro-inflammatory hormone that is known to enhance tumor growth and cause systemic vasoconstriction in the body when it surges to high levels. Because of the anabolic properties of insulin, high circulating levels inhibit natural fat burning capabilities leading to weight gain and obesity, as well as the degenerative diseases associated with high inflammation.

The antagonist to insulin is an important hormone called leptin, known as the fat-burning hormone. Leptin tells the body that it is both satisfied with food consumption, and that it is time to burn fat for fuel. The typical highly acidic, highly sugar-laden American diet and lifestyle cause an elevation in insulin that limits fat burning and leptin signaling. When this becomes a chronic state, the body can no longer hear what insulin and leptin are trying to do, and therefore blood sugar and fat stores continue to sky-rocket out of control. Eventually, a myriad of chronic, debilitating disease states begin to arise.

Treatments designed to lower blood sugar alone for diabetes, while raising insulin levels, actually worsen, rather than remedy, the metabolic miscommunication. It just trades one evil for another. This explains the relative failure on a long-term scale of many type II diabetic medications. The true solution to healing from diabetes is an all-natural approach that focuses on restoring optimal insulin/leptin signaling properties. One such method is the healing diet, which I and many other Maximized Living doctors have used to successfully create hormonal balance, weight loss, and enhanced energy states in thousands around the country. Proven to work, the healing diet quiets down the loud, abusive hormones allowing the body to repair its cell membranes, hormone receptor sites, and mutated DNA strands. After a particular period of time in the *healing zone*, the body is restored to its normal and natural hormone signaling capabilities.

Without getting into too much detail, here are some simple steps to heal/prevent diabetes:

1. Concentrate on Good Fats and Vegetables:

The staple of your diet should be good fats and vegetables. Good fats include anything from almond, avocado, Brazil nuts, coconut, olive oil, avocado, hemp, flax, and chia. In addition, grass-fed meats and eggs are great fat/protein sources. A typical meal may be a spinach salad with olive oil dressing,

grass-fed steak, and asparagus sautéed in coconut oil.

2. Fatty Acid Balance: Avoid the toxic fats: Canola, corn, cottonseed, peanut, safflower, soybean, and sunflower oils. Supplement with a high quality fish oil such as Nordic Naturals. Look for ones with lots of the powerful anti-inflammatory, brain boosting fatty acids EPA and DHA, particularly in a 3:2 ratio that has been shown to be most beneficial.

3. Digestive Balance: Use a high quality probiotic to enhance nutrient absorption and toxic excretion. This will enable your body to derive more nutrition from less overall food consumption and fight the inflammatory attack.

4. Movement Balance: Movement is life and the very action of movement within our muscles and joints stimulates and nourishes our brain. We depend on both intense levels of movement stimulation (vigorous exercise) and non-intense (walking around). In addition, proper joint function and spinal movement is an essential brain enhancing, hormone-balancing nutrient that is absolutely essential to life and health.

5. pH Balance: Balance the highly acidic American lifestyle by boosting your natural alkaline reserves. Eat lots of green vegetables, use high alkaline salts such as Himalayan Sea Salt or Redmond's Real Salt, put lemon in your water, and utilize Bragg's Apple Cider Vinegar, which are all loaded with natural alkaline buffers.

Dr. David Jockers owns and operates Exodus Health Center in Kennesaw Georgia. He is a chiropractor, exercise physiologist, and lifestyle and weight management specialist. He is also a certified Maximized Living mentor serving greater Atlanta with lectures, workshops, and health screenings. To reach Dr. Jockers for a complimentary consultation or for more info on upcoming events, go to: www.exodushc.com or call 770-420-0492.

Are You Hormonal?

By Dr. Kimberly Strickland

I certainly hope so. Without hormones, life would be pretty dull and listless. Recently, I've been surprised at how few people really understand the role of hormones in their lives. Hormones help to regulate our moods, sleeping, weight, sexual desire, and energy levels.

A common issue with women is what is known as estrogen dominance. This occurs when the progesterone to estrogen ratio is low. Prior to menopause, progesterone levels typically decline while estrogen remains stable or even increases. When progesterone levels decrease, women sometimes experience breast tenderness and swelling, mood swings, irritability, sleeping problems, retention of water, weight gain, and "fuzzy thinking." Testosterone levels may also begin to decline. Symptoms of low testosterone include decreased sex drive and response, depression, thinning hair, and a decreased sense of well-being. Most people are more familiar with the symptoms of estrogen decline, which usually occurs last in women. These include hot flashes, depression, mood swings, headaches, vaginal dryness, and urinary issues.

If you think you may be unbalanced, you should first consult with your health care provider and have some tests run to check your hormone levels. If you are in the "normal" range, but do not feel normal for you,

then be persistent with your health care provider. If they are not willing to work with you so that you feel your best, then seek the opinion of another health care provider. There are options, once you know the facts.

There are products, such as wild yam creams, which may alleviate your symptoms, available at Life Grocery. There are two kinds of hormones, synthetic and bioidentical. Synthetic hormones, made from horse urine, are regulated by the FDA. Bioidentical hormones are made in compounding pharmacies to match your hormones. The FDA does not regulate these.

My suggestion is to find a health care provider that you trust and that will listen to you while you are well. Prevention is the best cure and having a team is important. Don't wait until you're sick to seek help. Take action now to stay your healthiest.

Kim Strickland earned a Doctorate degree in Natural Health from Clayton College of Health. She is a stay-at-home mother homeschooling her two children. She owns Inspired Living, LLC, a business whose purpose is to inspire people to live their best lives. She facilitates workshops to help people realize their dreams. Visit www.naturallivingresource.com and www.inspirationboards.naturallivingresource.com.

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How Do You Know What to Believe?

When is Your Belief Misplaced?

By Don Bennett, DAS

Every so often, something I've said at a lecture or during a class is called into question. Because the issues I deal with are very eye-opening and often jaw-dropping, with some things being just downright hard to believe, this is to be expected. When people are born into and come of age in a society where certain things have become their reality, and then a long hard look at these things reveal a side never before seen, some people feel as if their world has been shaken up, sometimes to its very core, and no one likes having their boat rocked.

It's at this point that people take one of two paths. If this new information is too much to bear, some folks are turned off to the point that they tune out. If they don't want to believe something, they simply don't. There can be no proof that can be offered, no evidence that can be shared that will cause them to give the issue any more consideration. The folks at the other end of the spectrum work through their disbelief, trying mightily to make sense of it all; they want the truth "though the heavens may fall." In the middle are those who just don't know who or what to believe. And while they'd like to know the truth, they're not happy about discovering a beloved product or food that they thought was okay is actually harmful. So they're conflicted by what they now hear from folks like me. On the one hand, I seem very sincere and knowledgeable with no agendas, yet the "other side" sounds very compelling, and it's what a lot of people believe. I feel for these confused folks. Life can be challenging enough without having to take on the mantle of judge and jury on issues that, until a few minutes ago, you thought were well settled.

Here's an example: The other day I was asked about garlic. The person posing the question was trying to reconcile what I had said about it with what other people were saying about it and have been saying for a long time.

As I'm fond of saying, I can look at any substance in isolation and find something positive to say about it. But with some substances, if you weigh the positives against the negatives, on balance, the substance will be deemed to be an unhealthy thing to consume, all things considered. For example, I can find something positive to say about cocaine, but cocaine's negative attributes far outweigh anything positive. As is the case for many substances that have become a marketable product—such as garlic supplements—you'll tend to hear all about the good points, and little or nothing about the bad. Red wine is often touted for the beneficial effects of Resveratrol, a phytoalexin that reduces the risk of heart disease (but it doesn't reduce it from the quantity you'd likely get from drinking wine). However, when singing the praises of red wine for its supposed beneficial properties, there is hardly ever any mention of the detriments from the alcohol, which is a protolitic poison, or that you can get more Resveratrol from eating red foods like watermelon, strawberries, red bell peppers, and even red grapes.

The same is true for garlic. If all it had was positive attributes . . . well, I likely still wouldn't eat it because if I ate it as I would an apple, I wouldn't enjoy it (and

I speak from experience)—a sign that it's not a food in the sense that it would be a natural part of the human diet.

But let's talk about the detrimental effects of garlic. I often hear that the only downside of garlic is its taste, its smell, and the way it makes you smell. This incomplete info has been circulated so much that many people believe these are garlic's only downsides. I'll just touch on the biggie downside: it's antibacterial. It's funny how this is one of the positives people speak of when discussing garlic, because garlic doesn't have the ability to just destroy bad bacteria and not bother good bacteria. However, as most folks don't have a basic working knowledge of how their body functions (a failing of the public school system), it's not apparent to them that garlic's ability to destroy bacteria may not be a good thing on balance. As many as 500 different species of bacteria call your gut home, living in a delicate balance with each other and with their terrain, with the good bacteria producing critical enzymes that we need for optimal health. So garlic is bad for the digestive system because it can't discriminate between the good and bad bacteria. Besides, our body has the capability to keep bad bacteria in check, which is what the good bacteria primarily accomplish.

If one wants to make a case for consuming garlic in the event of a serious bacteriological infection by a man-made pathogen, that would be a worthwhile debate. But saying "eat garlic everyday to stay healthy" is an unfounded recommendation. However, if wonderful things are attributed to a product and it's repeated often enough and said to enough people and if enough people get on board with it (especially alternative health professionals), it then becomes "the truth" (not to be confused with the truth). Using garlic as it is popularly recommended makes it part of the "remedy" mentality. Let's be clear, the human body has no garlic requirement. If you live according to your biological imperatives, which foster a healthy body, you won't need to depend on any of garlic's so-called benefits. And what if some of the health-enhancing qualities attributed to garlic can be found elsewhere? This brings me to the next point.

Let's put garlic's positive attributes in perspective, and thus really look at garlic on balance. Can you get garlic's positives without its negatives by doing something else? Because that would clearly be the prudent thing to do (just like consuming red grapes instead of red wine for the Resveratrol). Garlic is said to be good for reducing the risks of prostate cancer and heart disease. I can think of many things someone can do to reduce their risks of cancer and Coronary Artery Disease, and those risk reductions would be far greater than those ascribed to garlic (plus these things you could do would have many other positive benefits as well).

Since optimal digestion is a most worthy goal, and since I'd rather not do anything to disturb my gut's bacteriological balance, I'll trust nature and my body when it comes to things like garlic, cayenne pepper, etc. If my body enjoys consuming it in its natural form, I'll likely eat it; if it doesn't, I won't. And because I'm

an "educated consumer" I still won't eat it even if someone makes it sound like it's a good thing to do. Additionally, to make a case for garlic by saying that there are tons of health professionals who trumpet the health benefits of garlic starts to sound unconvincing when you consider that there are tons of health professionals who maintain that dairy products are good for strong bones (and they're not). Just because those heralding garlic's benefits tend to be more from the alternative health profession, it doesn't give the recommendations any weight. Naturopathic doctors make unhealthy suggestions, too, they just make different ones than allopathic doctors. And it was this realization many years ago that put me on the path of thinking for myself and applying common sense and logic to health claims and to health cautions, regardless of who was making them.

Hal Hellman said, "A fervently believed notion, even if wrong, dies hard." So how can you recognize the *wrong* notions? How do you know what to believe? Firstly, have a clear understanding between knowing and believing. The article on the health101.org website entitled "Knowing vs. Believing" is an excellent primer. Then, for some concrete steps you can take to learn how to recognize sense from nonsense, read "Dealing with Conflicting Information," also in the articles section of the health101.org website.

To paraphrase W. K. Clifford: *If a person holding a belief which he was taught in childhood or persuaded of afterwards, keeps down and pushes away any doubts which arise about it in his mind, and purposely avoids the reading of books and the company of those who call into question or discuss it, and regards as sacrilegious those questions which cannot easily be asked without disturbing it—the life of that person will not be as glorious as it could have been.*

So make your life as glorious as it can be. Be an educated consumer and don't buy into things because everyone *else* believes it or because *you'd* rather believe it. As I'm also fond of saying, what can do you harm is what you know, that just isn't so.

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 some enlightening health information, visit health101.org.

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Get On The Good Health Track

By Brenda Cobb

I no longer believe in incurable, hopeless or terminal diseases because I have personally witnessed thousands of people heal from every type of disease, even when doctors have told them it was impossible. The body is miraculous in what it can do when it is given everything it needs. It was created to be able to heal itself and it will if a person is willing to do what it takes. Some people think that the name of the disease determines how serious it is and many become fearful when they hear words like cancer, lupus, multiple sclerosis, Parkinson's, AIDS, HIV, heart disease, or diabetes. Fear can actually keep a person from completely healing, even when they seem to be doing everything else right. This is why it is just as important to think the right way as it is to eat the right foods.

Prayer, faith, and belief can heal, but it is also necessary to eat well and exercise. Creating good health takes both good thinking and good nutrition. It takes balance, discipline, and commitment. No one can do it for us; there isn't a magic pill we can take that will instantly fix our problems. If we want good health, we've got to become responsible for creating it. Let's not wait until we get sick and then hope for a miracle. We can all be more pro-active each day. We can take the very best care of ourselves if we choose to. The reward is well worth it when we create long lasting health, energy, and vitality. The side benefit to good nutrition is that it helps keep you young and looking good. If for no other reason than pure vanity, it's smart to eat wisely.

Disease is created from several different factors including toxicity and deficiency. Taking drugs can make a body toxic and so can additives, preservatives, chemicals, colors, and dyes from processed foods. Heavy metals are toxic and so is anger. A good cleansing of the body, mind, and spirit will help in the healing process. This includes cleaning out the old mind garbage, as well as the toxic sludge and waste in the colon.

Organic raw and living foods are the highest vibration of any foods and can help to cleanse, detoxify, and nourish all at the same time. It may take a little more effort and resources to find and consume only

organic, but when good health is the reward, it is well worth the time and every penny spent. I like to look at my food as medicine and would much rather invest my money in organic food than in a prescription or over-the-counter drugs. The saying, "An ounce of prevention is worth a pound of cure," is so accurate when thinking of food as it relates to health.

Add lots of dark green leafy vegetables to your diet and you'll get some of the best absorbable calcium on the planet. If you want some highly concentrated, easy-to-digest protein, add sprouted mung beans and sprouted lentils to your salads and smoothies. It isn't so difficult to make changes if we perceive that we are getting a greater benefit by making the changes. A raw and living foods organic diet will help you live healthier, longer, and better!

Living Greens

2 c kale
1 c carrots
½ c green onion
3 dates, pitted
½ c red bell pepper
1 c sprouted mung beans
4 T lemon juice
2 T flax seed oil
1 t Himalayan salt
1 T dried dill

- Chop the kale, carrots, onions, dates, and red pepper.
- Add the sprouted mung beans, lemon juice, flax seed oil, salt, and dill.
- Toss and serve.

Brenda Cobb is founder of The Living Foods Institute and author of "The Living Foods Lifestyle®." Her 10- and 12-Day Healthy Lifestyle Raw and Living Food Courses at Living Foods Institute have helped 1000's to heal naturally of all types of diseases. Call 404-524-4488 or visit www.livingfoodsinstitute.com for upcoming events and further information.

Warm and Raw continued from page 4

which is shellfish. It is interesting that a high profile source like WHO would have a statement like that, and yet dental associations still deny any harm comes from amalgam fillings. The subject may be up for debate for lots of reasons. However, for those of us who deal with a practical world, it is best to understand that if the body becomes sensitized to mercury, for any reason, additional exposure to it must be avoided. Then vigorous, specialized work must be done to get it out.

Raw foodists may find that their body quickly starts cleansing something like mercury or some other heavy metal. This can be dangerous and difficult, with symptoms that can be almost intolerable for several months. It is not a fun experience!

A person in this situation might slow down the detox by going back to cooked foods, which gives the body other priorities, but it is unlikely they will ever "recover," until the mercury issue is dealt with. When someone comes to me claiming injury from herbal cleansing, I often suspect stirred-up heavy metals.

Certainly, one of the symptoms of mercury poisoning is great difficulty controlling body temperature.

Another problem that plagues raw foodists, and the one we shall finish on today, is the problem of low liver heat. On the cooked/processed food diet, two things occur simultaneously that lead to problems for some people when they decide to go raw. The first is that the liver gets irritated and over-stimulated until it is overheated every day from nearly every meal. The second is that the liver is weakened by that diet so that its energy begins to wane. Soon, this combination creates its own dependence.

After this situation is created, if you do not eat your cooked, over-stimulating, heated/processed food each day, your liver gets cold and cannot re-regulate quickly or easily. When liver heat is low, you are cold. When you suddenly go raw, you may find that you can barely stay warm in the winter time and you wonder what happened. While this would probably self-regulate in time, I am happy to report that there is a very healthy, totally raw option for supporting the body in this way, that is quick and permanent.

The following formula can probably be put together with ingredients that can be purchased right at Life Grocery and is ready to go in two weeks. We call it "Liver Starter Formula," though it also supports the body in fighting infections, strengthening immunity, improving digestion, gently cleansing and eliminating. If you are on other medications or have any medical conditions, please consult with your health care practitioner before using this formula.

Liver Starter Formula

- 4 horseradish roots (fresh, medium sized)
- 2 garlic bulbs (fresh, inner skins on)
- 3 inches of ginger root (fresh)
- 2 T of cayenne pepper (ground, dried)
- 3 T of Oregon Grape root (dried, cut)
- 4 T oregano leaves (dried, cut)
- 1½ pink grapefruit skins (organic only please)
- 2 Aloe barbadensis leaves (fresh)
- 2 T fennel seeds

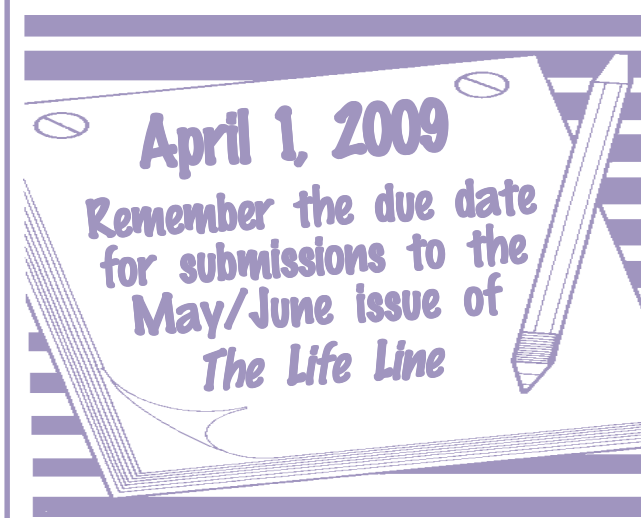
For really cold people, you can add 2 T of astragalus root powder. For people with endocrine

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Warm and Raw continued

balance problems, you can add 3 T of dried gogi berries. If nerve problems exist, 4 T of skullcap herb can be added.

- Place ingredients into blender bit by bit with raw apple cider vinegar.
- When the blender is full and the ingredients are well chopped, pour into a pan or large jar.
- Process the rest in batches until it is all well chopped. This should have enough liquid to cover the herbs plus about an inch.
- If any extra liquid is needed, use distilled water so that a small percentage of the mixture is distilled water. This can be up to 25%.
- This mixture should sit for 14 days and should be stirred daily (or shaken, if the container permits).
- At the end of 14 days, strain the mixture. I usually squeeze it through a cloth made from old cotton T-shirt material to get all the liquid out of it that I can). You can compost the pulp and put the liquid into dark jars for use.
- The finished product can be used by the dropper or by the sip several times daily. It is a tincture, so it is quite strong.

Fermented food will help warm the body for those whose circulation might be low, but this formula goes beyond immediate aid and actually changes the pattern of the body. I personally feel that this formula is the single-most valuable aid for those who are struggling with going raw. This same formula is used in my practice as part of the program for those who have amalgam fillings. It seems to fight the infections that go with mercury poisoning, facilitate elimination, and strengthen organs injured by mercury.

Kal Sellers, MH, LMT is a practitioner in Cobb County. He has been in practice for 8 years integrating herbal medicine, nutritional counseling, emotional medicine, massage therapy, and the Rolf Method of Structural Integration. He is an author, father of 5, and currently a full-time student at Life University. Call 706-473-4375 or visit www.kalsschool.com for further information.

Navigating the Minefield of Gluten Free Labeling

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

I would like to address several issues regarding labeling of gluten free products. Lately, I've been getting a lot of questions about ingredients in products that are not labeled gluten free but appear to be. The first question I get a lot is about modified food starch. It used to be that modified food starch was a questionable ingredient, as companies were not required to disclose the source of the modified food starch. Under the current United States food labeling laws, modified food starch is supposed to be from a corn source; if it is not, under the law, companies are required to declare if this is from a gluten source like wheat. That being said, I stick to my recommendation that whenever you are in doubt about the gluten free status of a product, contact the manufacturer directly for clarification. Ingredients change from time to time, so remember to read your labels every time. I know it is a hassle, but I would rather have that hassle than be sick from an accidental gluten exposure.

The next issue that has come up is the labeling of products that claim to be gluten free. The new European Standard is calling for products that contain less than 20 parts per million to be able to claim gluten free status. The previous standard was 200 parts per million. In my opinion, even 20 parts per million is an unacceptable number. If you have a Celiac diagnosis, that requires that you are on a 100% gluten free diet with no cheating. Most of the experts in the field claim that even one molecule of gluten is enough to cause damage to the villi in the intestines of someone with Celiac. How is even 20 parts per million supposed to be safe? I am not a medical doctor; I'm not a dietitian or nutritionist, either. I'm just an individual living with Celiac and trying to navigate the minefield of potential hidden glutes in my food.

It is best to stick with a diet of foods that are naturally gluten free, but that isn't always realistic or doable. I prefer to deal with companies that can assure me of their gluten free status; when they can't do that I would rather do without. So how do we guarantee that our food supply is 100% gluten free? I don't know that we can, short of growing everything ourselves. Ultimately, you have to decide for yourself what risks you are willing to take with your health when it comes to possible cross contamination of gluten in gluten free products, minute amounts of "allowable" gluten, or questionable ingredients. I don't have those answers. Only you can decide. On that note, I have to once again thank Life Grocery for doing their best to stock many gluten free products that are produced in dedicated gluten free facilities, which makes navigating the minefield that much less risky.

Here are a couple of my new recipes for you to try:

Potatoes Nisla!

(There are no measurements for the ingredients, as this is very flexible. Add as much or as little as you like.)

red potatoes
onions
mushrooms
garlic
extra virgin olive oil
cilantro
salt and pepper, to taste
pre-cooked gluten free veggie burgers and cheese, crumbled, optional

- Wash and boil red potatoes in large pot until soft enough to pierce with a fork easily.

- In another pan, place diced onions, sliced mushrooms, and several cut up cloves of garlic.
- Mix well and pour extra virgin olive oil over them. Bake at 350° for about 20 minutes.
- When potatoes are done, drain and mash.
- Mix in onions, mushrooms, and garlic mixture.
- Add fresh cilantro to the mixture.
- Add salt and pepper to taste and serve.
- Add crumbled up veggie burgers (already cooked) and cheese, if desired.

Taco Soup

2 cans beans of your choice (try two different kinds)
1 can tomatoes, diced or stewed
½ c yellow onion, chopped
1 T chili powder
½ T cumin
1 t garlic powder
cilantro
1½ c water
cheese, optional
dairy or tofutti sour cream, optional
corn chips (Green Mountain Gringo)

- Combine beans, tomatoes, onion, chili powder, cumin, garlic powder, cilantro, and water in a pot.
- Bring to a boil and simmer for 20 minutes.
- Garnish with optional cheese, sour cream, and/or tortilla chips.

Nisla 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.

Time for Spring Cleaning

By Dr. Susan Esposito

Dear Dr. Susan,

I am generally in good health, but I have been feeling tired and sluggish lately and I've put on some pounds over the winter. I was thinking about doing some kind of detox diet to help. Can detoxing truly be helpful?
Nicole

Dear Nicole,

As the season of spring is upon us, it is the perfect time to do some type of detoxification diet. Historically, spring is the time of year that many ancient cultures used to use fasting to "lighten up" from the long winter. In winter, they would add a layer of fat to their body for warmth and then use a spring fast to get rid of it.

Detoxification is the body's natural process of elimination or neutralization of toxic materials from cells, organs, and the bloodstream. Our body has its own natural systems of detoxification. There are seven main systems that perform this function; they are the liver, the lungs, the colon, the kidneys, the blood, the skin, and the lymphatic system.

We are constantly being bombarded with toxins. They are in the foods we eat, the water and other beverages we drink, the polluted air we breathe, the lotions, soaps, and shampoos we slather on ourselves, and the chemicals we use to clean our clothes, dishes, furniture, and cars.

The problem with toxins is predominately two-fold. First, they are mainly stored in the fat cells of our bodies, because the body isn't designed to use toxins for any bodily function. So they make us fat. However, they can get into and devastate many other kinds of body cells. Second, toxins either exist as or create free radicals in our body.

Toxins gradually form layers around the lysosomes inside the cells. Lysosomes are structures inside the cells

that flush out the waste products from the cells. When toxins form coats around these structures, they block the membrane of the lysosomes from performing their natural function. This leads to the build up of toxins and the creation of free radicals.

Free radicals are highly unstable molecules (they have a missing electron). These molecules attempt to regain stability by attaching to other molecules or stealing electrons from surrounding molecules. This creates more damaged molecules and in a cascading effect this leads to damaged cells causing degeneration.

Our body's natural detox system has its limits, which for most of us, fall short of sufficiently cleansing our body of the incredible toxic load that we put on it on a regular basis. This is the reason that some kind of a detox diet or fasting is so beneficial.

Indications that the body may need detoxification are headaches, joint pain, recurrent respiratory problems, back pain, yeast infections, allergy symptoms, insomnia, mood changes, constipation, sinus congestion, acne, and food allergies. If you ignore these early warning signs, conditions such as arthritis, leaky gut, ulcers, and psoriasis can occur and eventually even lead to some potentially fatal diseases such as cancer and heart disease.

Some health practitioners suggest that everyone should detox at least once a year. However, it is not recommended for nursing mothers and children. You should always consult your doctor before any prolonged fast or cleanse, especially if you have a chronic illness.

If you're truly interested in detoxifying your body, there are many different ways to do it. In the next issue of *The Life Line*, I will give suggestions and details about several ways it can be done. I will, however, give you a few general types of detoxification methods that you can pursue now, if you're interested.

1. Detoxification diet: This form of detox allows you to eat whole meals, however, depending on the particular diet, you will be advised of which foods to include and which foods to eliminate. There are so many of these out there. Find a book or health practitioner to guide you to a diet that is the best match for you.
2. Juice diet or fast: This form is more drastic. With this detox, you only drink certain juices for a specified number of days.
3. Master Cleanse: This form is similar to a juice fast, as you are only drinking a certain kind of fluid for 10 to 40 days.
4. Water fast: This is the most drastic. As the name implies, you drink only water for a day or a certain amount of days.

Before you embark on any one of these diets or fasts and have received clearance from your doctor, you should get a book or reliable source to give you all the details, so that you won't inadvertently cause yourself any problems, such as depriving yourself of essential nutrients. Some health practitioners offer supervised fasts and detoxification plans.

Check out the book department at Life Grocery, as they carry a number of books on detoxification. The supplement department carries many detoxification and internal cleansing products. Staff in that department will be happy to assist you in finding them.

Dr. Susan Esposito is a nutritional adviser, chiropractor, and vegan mother of three children. If you have a question for Dr. Susan, e-mail her at susan.esposito@gmail.com. Due to space limitations, not all questions can be answered in this newsletter.

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Spring Into Summer Cleansing

By Dr. Susan Esposito

In the previous issue of *The Life Line*, I presented an overview of detoxification diets and fasting. I explained why detoxing your body is a good idea. In this issue, I will provide information on how to actually perform the various ways of cleansing our bodies.

The four categories I previously touched on were:

1. A detoxification diet: This form of detox allows you to eat whole meals. However, depending on the particular diet, you will need to include certain foods and eliminate others.
2. Juice diet or fast: This form is a little more drastic. Typically, with this kind of detox, you only drink certain juices for a specified number of days.
3. Master Cleanse: This is similar to a juice fast, but you drink a mixture of water, lemon, cayenne pepper, and maple syrup in specified amounts for 10 to 40 days.
4. Water fast: This is the most drastic. As the name implies, you drink only water for a certain number of days.

In this article, the detoxification diet will be presented. Other types of diets and fasting will be presented in upcoming issues of *The Life Line*.

There are more detox diets out there than you can imagine. There are numerous books and health care providers, including nutritionists and some chiropractors who are able to lay out a whole plan for you. These diets are typically intended to be followed for a relatively lengthy period of time, to give your body a chance to do all the necessary cleansing. Since you will be following this diet for such an extended period of time (usually anywhere from six weeks to two years) to insure proper nutrition, it's important that someone knowledgeable on the subject is guiding you.

Years ago, I lead a health support group in Atlanta. I had everyone go on a year-long detox diet and witnessed tremendous results. Basically, our plan consisted of eliminating the potentially toxic and allergy/sensitivity producing foods from everyone's diet, while supplementing it with essential nutrients. Here are the basics of the detox plan that I followed and taught:

1. No meat—only deep-sea fish that is not farm raised. Salmon and sardines are best. Atlantic salmon, despite its name, is not from the Atlantic Ocean. It is merely farm raised, where it doesn't get the algae in its diet that is needed to produce a fish high in omega 3 oil. Alaskan salmon is always okay. Toxins get concentrated in the flesh of fish as larger fish consume the smaller ones. This is why large fish such as tuna are

best avoided. Two other types of fish that should be avoided are catfish and tilapia. These two types of fish are not only highest in toxicity, but they do not give the benefit of the omega 3 oils. BBQ ribs are definitely out—bummer, they were my favorite.

2. No dairy—this includes all processed foods with dairy proteins such as casein. There are many reasons why dairy products are harmful to us. One main reason you want to stay away from them on a detox diet is that they are mucus producing. Mucus is kind of like a petri dish in our body, fostering bacterial growth. This dairy restriction does not exclude eggs from your diet. You can have eggs as long as they are organic. I write this fact here, because despite the fact that I have never heard of a cow laying an egg, many people consider eggs a dairy product. Go figure.
3. No carbonated beverages—most carbonated beverages cause a leaching of calcium from your body. Oh, snap (of your bones that is)!
4. No sugar or artificial sweeteners—yes, that means sucralose, but stevia is okay.
5. No wheat—this one was the hardest for me, but you can have HUGE results if followed strictly. Watch for processed products that contain gluten—you want to avoid them. I have seen statistics that report that up to 80% of people have wheat sensitivities or allergies. This is thought to be partially due to our upbringing on sandwiches on Wonder Bread. Life Grocery has a whole section devoted to gluten-free food, which makes avoiding wheat a lot easier.
6. No caffeine—Many people expressed that this was the hardest to give up. If you are a coffee drinker, you can gradually get off of it by cutting it with water to a greater and greater extent, until it's practically all water. Another idea is to gradually cut back the portions you drink until you are left with drinking only a teaspoon of it at a time. Yerba mate, which was previously thought to contain no caffeine, has in recent scientific studies been proven to, in fact, contain it. What people experience is that once they get off all these other toxic foods that were making them feel sluggish and tired, they felt naturally energized and didn't need the stimulant effect of the coke or coffee.

7. No alcohol—well, there's a buzz kill, but it'll save your brain and liver.
8. No fried food—so I guess nachos and margaritas are out. The trans-fats from fried foods are probably one of the biggest contributors to the fatal diseases that are plaguing our nation. I know they're yummy, but they are so crummy to your health.

Now for the things you have to eat:

1. All organic fruits and vegetables
2. Legumes
3. Green tea—decaf, of course, daily
4. Water—lots of purified water daily—the exact amount will depend on how much fruit you are consuming. The more high water content fruit you eat or fresh juices you drink will mitigate the need for copious amounts of water ingestion. Make sure you drink high quality water and drink more of it if you're not juicing and eating lots of fruit.
5. Brewer's yeast and blackstrap molasses—this helps maintain your B-12 and iron.
6. Supplements—You need to take at least one good green whole food supplement and one red one daily. The green supplement is typically comprised of green vegetables which are very high in nutrients; the red supplement is comprised of fruits. This is especially good for diabetics who have been told to stay away from a lot of fruit because of its high sugar content. You get a high concentration of vitamins and antioxidants from the fruits in the red supplement, but not the sugar. Make sure the red and green supplements are dehydrated at a low enough temperature to keep all the enzymes intact. The powder form that you mix with a liquid and drink is preferable to the capsules because it assimilates better. I also recommend taking a protein supplement, omega 3 fish oil, vitamin D3 (if you're not getting sunlight on your body daily), and other supplements, depending on the person. I used to make a fruit smoothie every morning and drop all my supplements in it to make it easy for myself and to make the taste of some of the supplements tolerable.

This regime might sound scary and severe to the average American, but believe me it's not bad at all,

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The Real Purpose of Fear and How It Can Help You

By Michael A. Scimeca, D. C.

What is the role of fear? Certainly, it must have a purpose in our lives. Fearful feelings present themselves whenever we perceive danger. Whether the danger is real or not makes no difference. The fear we feel shows itself in our bodies.

If we were to find ourselves in a store and an armed robbery broke out, we would experience a wide variety of fearful sensations. We would observe our heart beating rapidly. Our eyes would become dilated, our blood pressure would increase, and we may even feel sick to our stomach.

Known as the fight-or-flight response, the physiology goes through a plethora of processes during perceived danger. The name "fight or flight" refers to our increased ability to either combat or run from danger. Although the strategies of fight or flight were more necessary for us thousands of years ago, they remain physiologically significant today. Like it or not, each fearful or traumatic event leaves a marker on our nervous system and affects the way we perceive future events, even future events that are not nearly as dangerous.

Anxiety is a form of fear. It can begin from a sense of dread, hopelessness, or deep concern for something. Many people today are anxious over financial concerns. What possible good can come from having fear? There is a purpose for all concerns, and the reason is just as important as the fear itself.

The purpose of fear is to capture our full attention so that we place all of our focus on an area we consciously or subconsciously assess as needing our full attention. A man holding a gun, for example, demands more than just attention; otherwise, we may find ourselves in greater danger.

Throughout centuries, however, fear has caused us to do some foolish things. Why? The answer is simple: When we are fearful, we lose our center. Our centered reference point shifts and, as a result, our rational, intelligent behavior becomes less available to us.

How can we, as evolved humans, use the wisdom of fear to help us help ourselves? There are a number of things that fear demands of us in order to enjoy a long, happy, and healthful life.

1. Fear tells us to pay closer attention, but not to focus exclusively on the fear. We simply need to gather ourselves so that the decisions we make are truly helpful for our long-term success. For example, remaining calm during dangerous

situations gives us the best chance of enjoying positive outcomes.

2. Focus on solutions. If I had one message to give my children besides "love each other," it would be this: Remain solution focused at all times. Challenges will appear (and often at the most inconvenient times), but each challenge is not a problem. Each presentation is simply a call to answer; a request for us to offer a timely solution. Focusing on problems makes each so-called "problem" larger or more daunting. Focusing on solutions, however, makes each request smaller and easier to handle.
3. Be accountable for all results. Failure cannot exist when a person is fully accountable. The ability to learn increases significantly when we are answerable for our results, our state of affairs, which includes honestly and thoroughly assessing everything from financial and romantic success to emotional and physical results.
4. Celebrate every day, even during the darkest times. Where do we house our dignity? It resides in our celebration of life. Why? Attitude is not everything in life. It is the only thing. Gratitude, for example, becomes an essential ingredient in responding to the presence of fear. Not convinced? Let me leave you with this: Imagine you are fearful because of financial uncertainty. Now, imagine if you were grateful for that fear. What are you now experiencing? Fear or gratitude?

As with everything in life, fear has many purposes. The four steps presented here reflect the most important generalities to keep in mind when facing fear. Pay close attention, remain solution focused, be accountable, and celebrate all results.

And . . . if you, like all of us, need help along the way, do not be ashamed to ask. I am here to support your process in living more healthfully. It is my job as a life coach, wellness educator, and chiropractor to serve all the people of our community who need support. Together, we can do great things, even in the worst of times.

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

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Life Grocery Store, Inc. Mission Statement

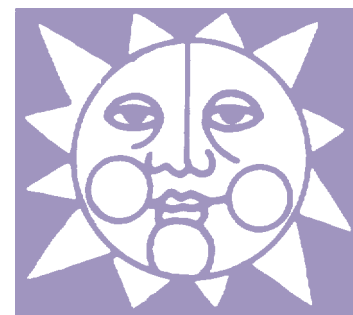
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Nutrition from A to Z

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

“T” stands for iced tea. Tea is the second most consumed beverage in the world, after water. Iced tea is a must for the warm weather seasons. Typically, we use black tea when making iced tea. However, you can use pretty much any tea that you like. There are so many delicious teas out there. Even your typical grocery store carries them now that tea has become so popular. Not only does iced tea taste great, it also has a lot of health benefits. Tea is a natural source of antioxidants, which help fight cancer and heart disease.

When making iced tea, you can use black tea, green tea, herbal tea, chamomile tea, licorice tea, whatever tea you would like. It’s fun to experiment with and try new teas. My favorite tea is ginger tea. Ginger is a must-have addition to your diet, as it is an anti-inflammatory. Every one of us has inflammation in our bodies. Ginger helps to decrease inflammation, which helps to decrease pain. It is a vasodilator, which means it helps to open up your blood vessels and increase circulation. This is wonderful if you tend to get headaches, because it will help to open up those blood vessels and keep your blood flowing smoothly and quickly. Ginger gives you energy, helps to perk you up, and is also an aphrodisiac. For my ginger tea, I take some ginger root and peel it with a vegetable peeler or a spoon. Next, I throw it into a food processor, add some lemon juice, and puree it. Then I put some of the puree into ice cube trays and freeze it. When I want some ginger tea, I just put one of the ginger and lemon ice cubes in a cup, pour some hot water on it, and I have a delicious ginger lemon tea.

The most common sweeteners used for tea are milk, sugar, and artificial sweeteners. These three things are very harmful to your health for many different reasons. Luckily, there are some much healthier alternatives that you can use instead for your teas. Instead of dairy milk or creamer, you can use soy milk, almond milk, cashew milk, rice milk, or hemp milk. Pretty much any dairy free milk is a good sweetener for tea. You can even buy soy creamer, which tastes really good and is a nice addition to tea. Instead of artificial sweetener or sugar, you can use stevia. Stevia is a natural herbal sweetener that many have not heard of. It comes from the stevia plant. Since you can’t patent a plant, most companies aren’t going to go out of their way to manufacture and promote it. Stevia is 300 times sweeter than sugar. It’s all-natural, calorie-free, and 100% safe for diabetics. It has over 200 nutrients in it, so it actually helps your health rather than hurts it, like sugar or artificial sweeteners. You can buy stevia in liquid or powder form. You only need to use a little bit at a time because it’s so strong. If you purchase it in the packs, one packet is the equivalent of one packet of sugar. I use stevia every day with my tea.

You can have tea hot or cold. Either way, you’re going to get the many benefits of tea. You can even make iced tea and add seltzer or sparkling water to it and make a bubbly iced tea. That’s a fun treat. Tea is a great beverage that you should use to replace soda or coffee.

“J” is for juicing. Vegetables are a great thing to juice. Juicing vegetables gives the digestive system a break. We’re constantly digesting food, 24 hours a day,

7 days a week. Aside from sex, digestion is the body’s number one energy consumer. So not only does “J” stand for juicing, “J” also stands for “Just don’t eat anything.” Sometimes, it’s good for the system if you go a day without eating or just cut back on how much you eat. You could even spend a day just having juiced vegetables. Although you can juice fruit, I don’t recommend it. Juicing fruit is okay as an occasional treat, but you shouldn’t do it regularly. Fruit has a lot of sugar and fiber; when you juice it, you lose the fiber, but not the sugar. When you drink the juice, you get a lot of sugar without the fiber, so you’re going to spike your blood sugar and get a sugar crash. I’d much rather you eat the whole fruit and juice the vegetables. That’s why I recommend you just juice vegetables. By juicing vegetables, you’ll go easy on your digestive system and give it a break. It will really help your energy and overall health. *This series will be continued in the next edition of The Life Line.*

Dr. Joe Esposito is a chiropractor, 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. You can also check out Dr. Joe’s website www.DrJoeEsposito.com. Mention Life Grocery when you call and get an exam, consultation, x-rays, and doctor’s report of findings for only \$50!

Eating Instinctively

By Don Bennett, DAS

If you ever find yourself wondering what a particular animal is supposed to eat, fear not because for every living creature that inhabits the earth there is an expert who will tell you, in no uncertain terms, all about the natural diet that the animal in question is designed to eat. For the most part, there will be no arguments from any colleagues and no raging debates in the various media. It is known for sure what every animal on the planet is designed to eat, except one . . . us.

How is this possible? How is it that we’ve figured out how to walk on the moon, look at the surface of a planet one billion miles away, create a little box with which you can talk to another little box halfway around the world, split the atom, and map our DNA, but we somehow can’t come to a consensus on just what it is that human beings are designed to eat? An obvious answer might be that humans are designed to eat differing diets, and since no two people are supposed to eat the same foods, this would account for the confusion. But if you research this issue (with no biases, preconceived notions, or personal preferences), you will realize that animals who have digestive systems just like ours all eat the same diet (regardless of blood type, body type, metabolism type, or eye color).

Okay, so the different dietary recommendations that abound regarding humans must have a different reason. While this article will address how we’d go about figuring out what we’re supposed to eat, I’ll quickly mention that the motivations for all the conflicting dietary information are: money, market share, personal preference, purposely misleading information, and deceptive studies. Then, when you add into this mix truthful research, honest reporting, and the factually sound results of unbiased investigation, you end up with

a mass of confusing and contradictory information. So let’s sidestep all that and try to figure this out for ourselves using logic and common sense.

Since there are so many different diets, and each one proclaims that it’s “the best,” and since we’re all designed to eat a species-specific diet, how can we determine which foods are the ones we’re naturally adapted to? Let’s devise a few simple tests that we can use to find “our” foods. Since we, as a species, didn’t come into this world with microwave ovens, toasters, food processors or even fire, and since it just makes sense that our “original” diet was probably the one we’re designed to eat, what foods could we have eaten in the pre-technology era? Wouldn’t these be foods that could have been consumed “as is” from the wild, needing no processing other than what our two hands could accomplish; foods being deliciously yummy without the need for cooking or adding sauces, marinades, spices, seasonings, condiments, etc? This *As Is* test would seem to be a good one.

How about the *What Looks Good to You* test. Our hardwired instinct, if not dampened by sociological programming, can provide us with many insights. When hungry, take a trip to a pet store and have a look at the bunnies. Then visit a fruit market and take a peek at some ripe, sweet fruit. Which made your mouth water? Which would make the mouth water of an animal that was truly designed to eat animal flesh?

How about the *Toddler* test. Give a hungry toddler a piece of ripe mango and a piece of raw meat (remember, we didn’t originally have fire), and after investigating each, which do you think the kid will devour. You can use that same test to give you some insight into our modern culture and how our natural instincts have been used

against us (to generate profit at the expense of our health). Give a hungry toddler the choice between a piece of ripe, sweet mango and a candy bar. Our “sweet tooth” is a normal, natural thing, designed to allow us to find the best (sweetest) fruit. This fact is not lost on those who design processed foods. So when the child naturally prefers the man-made candy bar over the nature-made sweet stuff, he’s reacting in a normal manner, and this is one of the contributing factors to our current epidemic of ill-health (lack of truthful information is another).

There are other good tests, such as the *Can You Make a Meal of It* test and the *Can You Thrive on It* test (thrive, not just survive). And if, in addition to these tests, you would like to factor in the advice of others, then consider heeding the recommendations of many health organizations who say to “eat more fruits and vegetables.” If these are what we’re designed to eat, the more of these foods we eat and the less of what we’re not designed to eat, the healthier and happier we can be.

Consider exploring the teachings of “health creation” and “disease avoidance;” the science behind them is well known, it’s just not common knowledge. Its practitioners advocate living in such a way that gives you the BEST odds of never getting a diagnosis of something serious while at the same time enjoying your life . . . two great goals if you ask me.

Don Bennett is a Disease Avoidance Specialist, author, and lecturer. Along with his partner, Ellen Livingston, HCS, he teaches Health Creation and Disease Avoidance. Don’s book, [How to Have the BEST Odds of Avoiding Degenerative Disease](#) is available in our book department. For some enlightening health information visit health101.org.

Your Home, Your Health

By Linda Townsend

How do you feel about your home? Are you living with clutter all around or is nearly everything neatly organized and put away? Are there things you have wanted to do, but have not, so now you try to ignore their constant needling? Does your home make you feel comfortable, inspired, and content or uncomfortable, burdened, and unhappy? Have you ever considered that the state of your home expresses your physical and mental state of health?

I am not suggesting that any home should be a sanitized showcase that never looks lived in—quite the opposite. I am suggesting your home should be a personalized showcase of those who live in it. When you walk in the door, do you feel good about what you see? If it is not a place of comfort, then it cannot reflect the person that you want to be. For good or for bad, the state of your home is indicative about how you feel about yourself; such thoughts influence your health, also.

My family enjoys reading and we have bookcases full of books. There is not a room in our house that does not have a stack of books in it somewhere—perhaps clutter to some, but comfort to me. On my nightstand, I have at least five books at any given time, more often I have more than that. I have six large bookcases filled. The books on these shelves are neatly organized in categories with an inviting appeal, but I realized recently that I have been shunning those books. I have not even looked at my bookcases, nor had I cleaned them for some time. I was feeling uninspired, even blocked, when I thought about looking for a book.

Why? That was my question. Bear with me as I explain how I learned something that did not come from a book—well, that is, I did learn it, in part, because of books, but not from reading.

Neglected, Hidden Spaces

On my quest to make my home a place of comfort, I decided to clean out my kitchen cabinets some months ago. One in particular, that had airtight containers of all sorts, bowls, and casserole dishes, bothered me as it remained cluttered regardless of how I rearranged all its contents over the years. It just had too much in it; some with sentimental ties. One grandmother gave us identical sets of casserole dishes, in addition to another set we already had. I decided to get rid of the older set and a larger dish from one of the identical sets that we had not used in the last decade, nor were likely to use in

the next one; I still would have the sentimental ties with one full set.

After I reorganized everything back in that cabinet, I felt inspired to do the other cabinets. Surprisingly, the rest of them were in good shape, not as time consuming or labor intensive as I had imagined. It seems I had judged the state of every kitchen cabinet as being overwhelming because of that one cabinet that bothered me the most; it was the key blockage forestalling me to do the rest. Once my kitchen had been cleaned and rearranged, I felt a renewed interest in preparing food, cooking, and baking.

Amazing how that happens, isn't it? When you clean and rearrange a room, it seems the first thing you want to do is be in that place more. It is inspiring! I naturally wanted to maintain it better and all my kitchen cabinets have stayed well organized for months. Kitchen Mission accomplished!

Recognizing Barriers

Sometime after the kitchen was in a better state, I began thinking about things I really wanted to do and why I wasn't doing them: things like creating artwork, working out, and exploring the books in my own library.

Why didn't I even look at my bookshelves anymore? I had reorganized them just a few months before and I remember feeling highly inspired then, as well. *Oh, but look—boxes!* When I had been focused on cleaning out other areas, I placed boxes filled with items for a yard sale in front of the bookcases. Although I could see my books neatly arranged, I had to lean or step over those boxes with all that stuff in them. Although meant to be a temporary situation, it had changed the way I felt about my entire library. I realize now that I had created another barrier, after the previous barrier of books in boxes had been removed and the books arranged on the shelves.

I also realized that the most used areas of our living space are free of unnecessary clutter, but I still have pockets of clutter all over my house in the places we don't use as much. Do you see the pattern here? Sometimes that clutter just gets moved from one place to another, but wherever it goes it creates a barrier. It is a vicious, unending cycle, if I let it be.

I found that clutter freezes me up in my studio and workout spaces. I realize now that I have to make an extra effort to mentally hurdle those blockages, but it is

draining for me. So it is easier just not to bother with it at all; but then I stop doing what gives me the most enjoyment, as well. The clutter limits me and I allowed it to shape my lifestyle. Now, though, I have had enough of it! I am on a quest to hunt down and break down all these mental barriers in my home.

Now that I have identified the problem, it is all going in a yard sale scheduled very soon and what does not sell is going to charity—not back into my home! What does not promote the lifestyle I want to have is being cleared out, so that I can have an inspiring and healthy home for that very lifestyle.

Healthier Home, Healthier You

At this point, you are probably making the connection between your own mental attitude and your own living spaces, but this also relates to your physical health. Your body is also your home. Are there some health issues that are needling you, but you try to ignore them? You could be healthy for the most part, but have "pockets" which need a bit of attention. Have you ever noticed that you did not know a certain place on your body was tender until someone touched it? Such places are those that we neglect but obviously need attention. They become like our dumpsites for body clutter.

When a disease state manifests, it is because the body, for whatever reason, is unable physically, or possibly, unwilling emotionally to heal it; there is some kind of blockage, a barrier that keeps you from being healthy in that area. I found it impossible to clean out all the barriers in my home all at one time, but cleaning up a bit at a time here and there worked well in two ways: It worked towards my goal and I found it encouraging, giving me momentum to press on and even do more. You can do the same with your body and your health.

Consider a detoxifying cleanse, changing your food choices, having a massage, taking some supplements, exercising, and even cleaning your house to break down your barriers to better health. As your body cleans out these previously neglected pockets, your general health will improve; this will inspire you, bettering your mental state.

It all sounds like spring-cleaning, doesn't it? Well, it is spring. Are you feeling *clean*?

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

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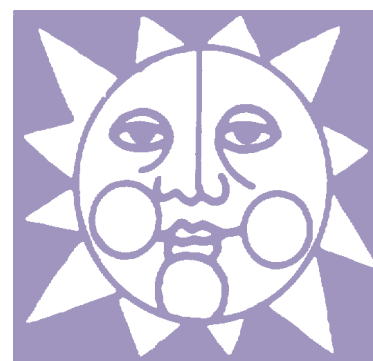
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Diets and Exercise and Predictions—Oh My!

By Betsy Bearden

There was something that I read the other day that was so funny, I really wanted to share it with you. It was a list of predictions of what the news headlines might look like in the year 2020. One of the headlines stated: Breaking News—after 100 years of research, it seems diet and exercise really is the key to successful weight-loss. *Really?* It's a no-brainer. The only way to weigh less is to eat less; exercise more. But if it really is that easy, then why *isn't* it really just that easy? Good question.

I went to a Tupperware Party the other day, where I learned that you can actually bake a chocolate cake in a Tupperware dish by lining it with two cups of chocolate chips, adding one can of warm Coca Cola to a package of chocolate cake mix and pouring this over the chocolate chips. Nuke this in the microwave for nine minutes; invert it onto a serving platter, and Voilà! Yes people, now *you* can have a delicious cake *with* a frosting in just *nine* minutes!

Well, I don't know about you, but the very last thing in this world that I need, is a delicious home-made chocolate cake from box to fork in only nine minutes! This is a prime example of where the evil incarnate known as lack of judgment steps in. You know, when you have the chocolate cake sitting in front of you all warm and gooey in a moment of an extreme, late night chocolate craving, and the little angel is sitting on the right shoulder, saying, "uh,uh,uuh" and the little devil is sitting on the left shoulder saying, "Ah, go ahead! It's only one little piece of cake." I can already see who is going to win this one. Nine minutes to Tupperware cake. This is wrong, wrong, wrong, on so many levels.

Many people can go through life unaffected by cravings such as the above; many people can go through life affected by the cravings such as this, and never gain a pound; and many people will go through life affected, caving, and disgusted.

Unaffected people, however, might be in a category where they absolutely can't allow themselves to eat things like this, such as certain types of diabetics. And another problem exacerbated by diabetes is that certain neuropathic conditions prevent them from getting the proper exercise they need.

The cavers and disgusted ones may have underlying health conditions, such as an underactive thyroid where no matter what they eat and unless they exercise like a fiend, they will gain weight due to a suppressed metabolism. Of course medication will help, but it's still a struggle.

Those of you who can eat and exercise like there is no tomorrow, well, my mama taught me to never say bad things, so I will say no more here, thank you very much.

Overall, unless you do have certain health issues that can and will prevent you from losing weight or getting the proper exercise, then the prediction for the year 2020 is absolutely the best way to get healthy; learn better eating habits and build a stronger body through exercise. It is a known fact that exercise and eating a proper diet can lower your blood pressure and cholesterol, can cancel out certain types of diabetes, and is a definite mood booster. I can attest that a good long walk is miraculous for cleaning out the cobwebs and making your mind much sharper and clearer. You just naturally feel better—Naturally!

Unfortunately, the economy is in dire straits these days and many people have not only lost their jobs, but their health insurance, as well. Maintaining good health is more important now than ever. I don't know if you have noticed this or not, but vitamin and supplement sales are up. We are going to the appropriate isles in many grocery stores and looking for vitamins and herbs to keep us healthy. However, this can be dangerous if you don't know what to take or the interactions each vitamin or herb may have with one another, especially if you are taking prescription medications.

Life Grocery not only offers year-round organic vegetables and fruits, protein drinks, a wide assortment of nutritious frozen, packaged, and canned foods, but they also offer a huge line of vitamins and herbs for everyone. If you are supplementing your diet with vitamins and herbs by blindly going into a store and buying things "willy-nilly" that people recommend you take, please go to Life Grocery first.

They have an extremely knowledgeable staff that is educated in giving you assistance when it comes to finding vitamins, herbs, and protein supplements to support your individual needs. Go in and talk with them today so you can find that energy and willpower to stick to a healthier diet and a better quality of exercise, way before those people in 2020 find out!

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. Email her at betsybearden@bellsouth.net or visit her website at www.creativewrites.net.

Awakening

By Dr. Kimberly Strickland

For me, I always think of spring as a time to go out and play. It's time to shed the layers that have protected us and get lighter. Spring cleaning, decluttering, and sprucing up are all activities that come to mind. I think the most valuable cleaning that you can do is within your body and your mind. If your body is full of waste matter and excess materials, it can't function optimally. Likewise, if your mind is full of limiting thoughts, negative affirmations, and false beliefs, how can you possibly live up to your potential?

To reach your potential your mind may need a cleansing. Until you know within yourself that the spring of all health, joy, and wisdom is within your own being, just waiting to be called forth by you, you will need to cleanse the mind. I believe that as we use our own gifts for the benefit of others, this cleansing will naturally occur. What is this cleansing I speak of? It is a birth into spiritual consciousness. Who doesn't want more good, more joy, more love? Think about what gifts you have been given and how you can share them. Make a pledge to do something for someone else once a week. A recent book that I read that spoke to me about our true essence is called *Mutant Message Down Under* by Marlo Morgan. It's about an American woman who goes on a walkabout in Australia with Aborigines for three months. She truly cleansed her mind and body!

To jump start the body, try either fasting for a day or two or eating very simple raw foods for a few days. This should reset your taste buds and get you on a road to eating healthier. Now is an excellent time to eat more fruits and vegetables as so many are coming into season. A great way to start the day is to drink a tall glass of

water with a fresh lemon squeezed in it. This helps to stimulate the colon and to alkalize the body. For breakfast, try a fruit salad or a bowl of muesli. Try this recipe:

Muesli

2 c oats
1/3 c ground flaxseed
1/3 c oat bran
1/4 c dried cranberries
1/4 c raisins
1/4 c maple syrup
1/2 t vanilla
1/2 t cinnamon
3 c milk of choice

- Soak the above overnight or for about 3 hours.

3 c yogurt
1/4 c maple syrup
3 T each pecans, almond, pumpkin seeds; toasted and chopped

- Spoon muesli in bowls and top with yogurt, maple syrup, and toasted nuts and seeds.

Kim Strickland earned a Doctorate degree in Natural Health from Clayton College of Health. She is a stay-at-home mother homeschooling her two children. She owns Inspired Living, LLC, a business whose purpose is to inspire people to live their best lives. She facilitates workshops to help people realize their dreams. Visit www.naturallivingresource.com and www.inspirationboards.naturallivingresource.com.

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Neti Pots

By Dr. Kim Strickland

The media would have you believe there is an allergy and a flu season. When is allergy season? Is it between winter and spring or between summer and fall? How long does it last? If we give into this line of thinking aren't we setting up our bodies to experience these diseases?

That being said, there are a number of people who experience a greater need for cleansing their sinuses during the spring when the pollen count is high, particularly here in Georgia. Rather than taking antihistamines and other drugs to relieve symptoms, why not actually assist the body with what it is trying to do? When our bodies create excess mucus, it is because there is excess waste matter within the body. The mucus is the by-product of organisms breaking down the waste matter in an effort to cleanse the body.

For thousands of years, people have been using a neti pot or something similar to wash out the sinuses. Some well-known doctors have much to say about them. It may look strange, but Dr. Oz says this treatment may be more effective than medication. "The [ear, nose, and throat] doctors who are specialists in this area will often say this is a better treatment than a lot of the drugs that we try to offer folks, because it mechanically cleans out the problem," he says. Andrew Weil says, "Practice saline irrigation . . . People with chronic sinus conditions should use a nasal douche daily, as it promotes drainage of the sinuses and speeds healing of inflamed tissues." In *Health Wisdom for Women*, Dr. Christiane Northrup writes, "Irrigate your nasal passages daily or

at least once each week. Consider a Neti Pot, which is used for basic hygiene and cold prevention in Ayurvedic medicine. If the thought of putting liquid up your nose makes you cringe, relax. The biggest barrier to doing this will be your memory of getting water up your nose while swimming. This is entirely different . . . and it works so well!"

How do you use a neti pot and where can you get them? Below I will detail the process for using a neti pot. You can purchase them at Life Grocery. Things to keep in mind are that you should clean your neti pot after each use. Do not share your neti pot with anyone else. If you have sensitive skin near your nostrils then apply a thin layer of lotion there first. If you experience any discomfort, please discontinue using your neti pot and consult your doctor or other health care provider.

1. Fill the neti pot with water. The water should be lukewarm and can be poured into the pot directly from the tap (approximately ½ cup of water). Distilled water is recommended if the purity/safety of the tap water in your region is questionable.
2. Add ¼ to ½ teaspoon of sea salt or table salt (without added iodine) to the water. Stir with a spoon to dissolve thoroughly. Dr. Oz says, "You never want to wash [human] tissue without having saltwater in it. Your own cells like it more."

3. Lean your head forward over a sink, bending your neck down slightly with your eyes looking downwards.
4. Gently place the spout of the neti pot inside your right nostril, forming a seal to avoid any outer leakage.
5. Open your mouth slightly. Breathe continuously through your open mouth during this sinus cleansing procedure. This allows a necessary air passageway so that the water will not drain from behind your nose into your mouth.
6. Tilt your head sideways, so that your right nostril is directly above your left nostril. Tip the neti pot, allowing the water solution to pour into your right nostril. Within a few seconds the water will naturally drain from your left nostril into the sink.
7. After the net pot is empty, remove the spout from your right nostril, and exhale through both nostrils. Gently blow your nose into a tissue.
8. Repeat steps 1 through 7 for your left nostril.

Resources:

<http://healing.about.com/od/ent/ht/netipot.htm>

Throw Out Your Scale

By Brian Murray, M.Ed.

Your body weight is meaningless. Instead, focus on what's more important—*your body composition*. Whenever someone tells me they lost 10 pounds I usually say two things: "So what?" and "10 pounds of what?" You can imagine the looks.

To illustrate how meaningless your body weight is I am going to share with you Pat's body composition data over the past three years. I collect this information at the beginning of each quarter using bioimpedance analysis.

Between measurements for the first and second quarter of 2006, Pat's body weight did not change. Looking beyond weight at what is really important—muscle and fat—we see that his lean body mass increased 3.5 pounds, while his body fat dropped by 3.5 pounds. Body weight did not change. Body composition changed for the better. Pat is now leaner.

Between the second and third quarter of 2006, Pat loses 6 pounds of body weight, but the change in his body composition is even more dramatic. His lean body mass increases by 6 pounds, while his body fat decreases by 12 pounds! Do you get it? He had to gain in order to lose the right type of weight—*fat*—the only type of weight loss that is good. This type of approach prevents you from losing a large amount of body weight, but the only way you can lose that much body fat is by gaining lean body mass. At this point his

lean body mass as a percentage of his body weight has risen from 63% to 68%. He is now even leaner.

Between the fourth quarter of 2006 and the second quarter of 2007, Pat's body weight does not change much at all; just a little over one pound. For many this would be a huge victory to make it through the holiday season without gaining 10 pounds, however, it's not as good as it seems. Pat gained 3.7 pounds of fat while losing 2.4 pounds of lean body mass. His lean body mass now represents only 65% of his body weight. He is *fatter*.

Between the second and third quarter of 2007, Pat's body weight goes down by 2.6 pounds. However, his lean body mass goes up by 3.3 pounds, while his body fat goes down by 6 pounds! Again, there is a small change in *body weight* but a big change in *body composition*. His lean body mass now represents 67% of his body weight. Pat is now leaner.

Between the third and fourth quarter of 2007, Pat's body weight does not change at all. Knowing that body weight is the great deceiver, we look further and find that he has lost 4.1 pounds of fat (good), but lost the same amount of lean body mass (bad). Everything evens out, but now Pat is *fatter*.

Uh oh. Pat packs on the pounds this holiday season. Between the fourth quarter of 2007 and the first quarter of 2008, Pat gains 7 pounds of body weight. But what

did he really gain? It turns out that he only gained a measly half pound of body fat. The rest was lean body mass. So was the weight gain bad? No.

Between the first quarter of 2006 and the first quarter of 2009, Pat's body weight has gone up and down. Today it is nearly identical to what it was three years ago. Now he is three years older, however, he now carries 8 pounds *less* body fat and 8 pounds *more* lean body mass. Since the same volume of fat takes up approximately 20% more space than muscle, his silhouette is smaller, even though his body weight is the same.

The lesson to learn from this data is if you rely on just your body weight to measure progress, you will miss what is happening inside your body. In some cases, a weight *gain* is good while in other cases a weight *loss* could be bad. Make no mistake though, body weight tells you absolutely *nothing* about the composition of your body.

Stop watching your weight. You need to change the composition of your body mass. This change in thinking is a critical step if you wish to stop battling the bulge.

Brian Murray is an exercise physiologist, weight loss consultant, and creator of *mbody*®, a six-week fat loss plan that will change your life. To learn more about *mbody*™ please visit www.mbodytransformation.com.

Organic Nutrition and Good Health

By Brenda Cobb

When we are in a state of good health, if we cut ourselves, get bruised, or have a broken bone, the body starts healing immediately. If we are exposed to infection, our immune system deals with it. The body has a natural tendency towards repairing and healing itself. To maintain good health, it is important to recognize that symptoms are actually the way our body lets us know that something is just not right. Symptoms give us the opportunity to help ourselves, but treating symptoms with drugs only covers up and makes the problem worse. When we get to the real reason we have developed a health problem, we can make the lifestyle changes necessary to help ourselves heal. It's all up to us.

Even very serious diseases like cancer, heart disease, and diabetes can be completely healed when a person is willing to take responsibility for their health and practice the good habits that will support the body to be able to heal itself. Several areas are important to address when working to create good health. One of the most important things is to take in optimum nutrition. Your body was created to heal and rebuild itself and nutrition is where your body gets what it needs to do the job. Organic raw and living foods will give you the super-charged enzymes, vitamins, and minerals your body craves to do its healing and regenerating work. Cooking destroys enzymes and compromises the vitamins and minerals. So, even if you are eating the highest grade of organic produce possible, if you are cooking it, you are not getting everything the food is capable of giving you.

The foods and liquids we consume, along with the air we breathe, have a fundamental effect on our well-being. A healthy diet of pesticide-free fruits, vegetables, seeds, nuts, and sea vegetables can supply us with all the essential nutrients our bodies require for optimum efficiency, energy, and good health.

When we follow Hippocrates suggestion to let food be our medicine and medicine be our food, we are investing in our own healthy future. With all the places we can spend our money, when we invest in good health it empowers us like no other investment can. Organic food is well worth the price. When you are healthy and feeling good, you are able to enjoy and participate in life to the fullest.

A good way to get some optimum nutrition in your body is with fresh, organic vegetable and fruit smoothies. They are quick and easy to prepare and, because they are blended, you get all the fiber and the

juice of the produce in an easy-to-digest, nutrient-dense meal. Make smoothies a regular part of your daily routine, and soon you'll look and feel even better.

Everything Green Smoothie

4 c dark leafy greens
1 c sunflower sprouts
1 c broccoli sprouts
½ avocado
1 Granny Smith apple
1 T dulse sea vegetable flakes
4 c filtered alkaline water

- Blend everything in the Vita-Mix and nourish yourself.

Everything Veggie Smoothie

1 large tomato
1 medium carrot
2 stalks celery
1 red bell pepper
1 cucumber
1 t powdered kelp sea vegetable
1 t Himalayan mineral salt
½ t cayenne pepper
4 c filtered alkaline water

- Blend everything in the Vita-Mix and enjoy.

Everything Fruit Smoothie

1 mango
1 apple
1 c pineapple
1 c fresh coconut meat
4 c filtered alkaline water

- Blend everything in the Vita-Mix and feast.

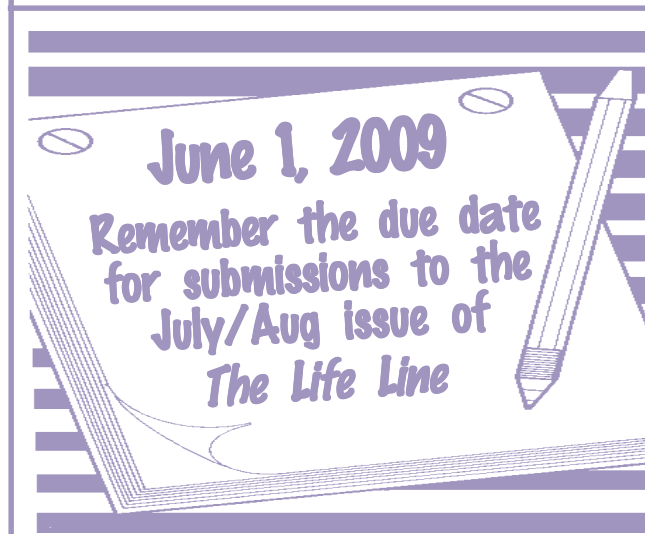
Brenda Cobb is founder of The Living Foods Institute and author of "The Living Foods Lifestyle®." Her 10 and 12 Day Healthy Lifestyle Raw and Living Food Courses at Living Foods Institute have helped thousands to heal naturally of all types of diseases. For further information or details on upcoming events being held at Living Foods Institute, 1530 Dekalb Ave., Atlanta, Ga. 30307, visit www.livingfoodsinstitute.com. or call 404-524-4488.

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Spring Into Summer Cleaning continued from page 1

once you get used to it, and it will have amazingly beneficial results to your health. I will remind you again though, to make sure you have someone knowledgeable guiding you through this process, so you don't make mistakes that might have deleterious effects on your health. In addition, they will help you come up with creative and tasty things to eat, if you haven't eaten this way before.

I must say as a precaution, make sure you check with your health consultant or doctor before embarking on any radically different diet, although, I cannot think of anyone who wouldn't benefit from this program. The whole detox program involves a lot more than just changing your diet for a year. It also involves an exercise regime, as well as meditation and/or prayer. Meetings were held for encouragement and support.

This example of what I used to do is an idea of one kind of detox diet. It is meant to be an illustration, not complete instructions for what to do. At the risk of beating the proverbial dead horse, please don't use this information without guidance from someone experienced in these areas, such as your health provider. With that being said, ad nauseam, I really encourage you to cleanse your body. It will allow you to be healthier and happier and live longer with robust vigor. Summer is the perfect time to do it, too, because of the abundance of fresh fruits and vegetables! Happy Cleansing!

Dr. Susan Esposito is a nutritional adviser, chiropractor, and vegan mother of three children. If you have a question for Dr. Susan, e-mail her at suanesposito@gmail.com. Due to space limitations, not all questions can be answered in this newsletter.

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Paying It Forward

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

So here I am at over six years on the gluten free diet, and I'm healthier than I've ever been. My daughter is a healthy and vibrant 9-year old, and we are absolutely thriving on this diet. In this process, I've gone through many changes. I've lost over 120 pounds without dieting, and I've gotten off of all prescription medications. (Previously I was taking 23 prescriptions.) I've learned to cook and prepare foods in a whole new way and I'm finding that living this lifestyle is actually quite easy.

Sure there have been some challenges along the way. I was addicted to gluten, and even though I had a medical reason to stop eating it forever (Celiac Disease), I still went through withdrawals. I really missed all of my favorite foods. I was fortunate in that I had a coach to help me along the way—a coach who showed me that eating healthy could be easy (and cheap) and taught me more than I ever thought I needed to know about nutrition! For any of you who know me personally, of course you know that I'm talking about Dr. Joe Esposito. I am not exaggerating when I say that I probably owe this man my life.

How many of you remember the movie "Pay it Forward?" Well this is where I am at now in my life. I owe so much to Dr. Joe, that I doubt I could ever repay him, but I can pay it forward. I can try to help those of you out there who are still struggling with the gluten free diet. I found that it's so much easier if I follow Dr. Joe's advice to stay away from the processed foods and stick with a gluten free diet that is primarily organic fruits, vegetables, grains, nuts, and seeds.

Whenever I slip and try to buy those products that are mass produced and claim to be gluten free, my health suffers. Cross contamination is a huge issue. The larger companies that are jumping on the gluten free bandwagon by promoting their "junk foods" as gluten free, are not usually focused on the other nutritional aspects of their product. For example, how many "gluten free" products on the market out there have MSG in any of its forms as an ingredient? Too many for my comfort.

Fortunately, we have Life Grocery on our side in this journey we call life. I love that I can trust the

ingredients in the products that Life Grocery carries. Which reminds me, as part of my journey to "pay it forward" I have started a Gluten Free support group at Life Grocery, in Café Life. I am holding meetings on the third Tuesday of every month, and I hope that more of you will join me there. (Check Life Grocery's Calendar of Events for more information.) There is always something on the hot bar and salad bar that is safe for our gluten free diets and it's nice to be able to grab something healthy to eat that has been prepared by such an awesome Chef! Thank you, Chef Mike for all your great gluten free menu items!

Since I usually give you several recipes to try, this issue will be no different. I hope that you find these as delicious as I do. Use organic ingredients whenever possible.

Homemade Vanilla Rice Milk

1 c cooked brown rice
3 c hot filtered water
1 t Flavorganics Vanilla Extract
¼ t sea salt
3 packets of stevia

- Place all ingredients in a blender, cover, and blend on high until smooth and creamy.
- Pour through a strainer into a pitcher and refrigerate. (Don't throw away the rice pulp that is left in your strainer, as it makes an excellent hot cereal.)
- Chill and then shake well before use.

Brownies

I created this recipe for the type "O" blood type diet

1 c rice flour
¼ t baking powder
¼ t baking soda
1 c sugar (or equivalent stevia)
2 eggs (or egg replacer equivalent)
¼ c oil
4 T cocoa

- Mix all ingredients together in a bowl.

- Pour in to a 9x9 square pan that has been oiled and dusted with rice flour.
- Bake at 350 degrees for about 40 minutes or until toothpick inserted in center comes out clean.

Teething Biscuits

I've actually had a lot of requests for a teething biscuit recipe. The one that I used when my daughter was a baby, just happens to be gluten free

2 T Spectrum Organic Shortening
½ c cane sugar
1 egg or 2 T applesauce
1 t baking powder
¼ t sea salt
1½ t Flavorganics Vanilla Extract
1 t filtered water
1½ c Earth's Best Whole Grain Rice Cereal for Babies

- Heat oven to 300 degrees.
- Cream shortening and sugar.
- Add egg or applesauce, baking soda, salt, vanilla, and water.
- Mix until well blended.
- Gradually stir in cereal.
- Knead until smooth.
- Pat into rectangle.
- Cut into 12 1" bars; smooth edges so they will not be sharp.
- Place on ungreased cookie sheet.
- Bake 20-30 minutes or until dry.
- Store in uncovered container overnight then transfer to a closed storage container.

NislaWhetstone is a Licensed Massage Therapist and Gluten Free Lifestyle Coach in private practice in conjunction with Dr. Joe Esposito. Join her from 6-7 pm on the third Tuesday of every month for her Gluten Free support group in Café Life, where selected gluten free items are available for purchase. Contact her at 770-653-6017 or magickhand@gmail.com.

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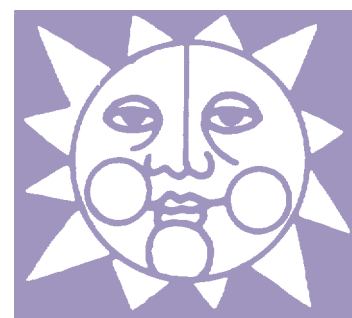
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- Blueberry
- Raspberry
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Aller Ease

16 oz

\$16.99

Bon Appetit!

One of my favorite treats after a long day at work is to go to Café Life, grab some of their delicious food, and take it home for dinner. Recently, I strolled into the café after a particularly long week at work, counting on my usual rescue from an evening of arduous food preparation, when a horrific sight hit my eyes. The food bar on which I had relied for so long was GONE! I mentally fell to my knees and cried out against this apparent and devastating loss.

As I turned to the left, I looked through the doorway into Life Grocery store and saw something that I hoped was not just a mirage. The salad bar in the grocery store, just beyond the cashiers, that had previously been empty, appeared to be full! Upon closer inspection, I was amazed to see that this new food bar was even larger and more impressive than the old one in the café. Not only is there a large cold bar, but just to the side of it is the hot food bar.

The first improvement I noticed was that all the food seemed so vibrant, probably due to the lights in the bar, making it even more appetizing. I love the way they have all the food so neatly organized on one side of the bar, so I can see all my choices at once. I don't have to go back and forth around the salad bar like before when deciding what to choose. Now it's all right there, colorful and fresh, right in front of me. Speaking of freshness, I have learned that in the previous food bar all the containers were sitting in ice. Now the new bar is fully refrigerated, which will provide us, the consumer, with the freshest food possible, thus creating less waste.

As a vegan, I greatly appreciate the convenience of being able to enjoy a food bar knowing that I can eat *everything* and that almost everything is organic. Anyone who is on one kind of restrictive diet or another, whether by choice or necessity, will truly appreciate the fact that ingredients are indicated on the grab and go selections, as well as food bar items, and that there are options for their dietary preferences, sensitivities, or allergies, including gluten-free, dairy-free, soy-free. Two of my absolute favorites on the salad bar are the sweet potato salad (it's so different and it's bursting with yummy flavors) and the regular potato salad (it reminds me of family picnics and my mother's special potato salad, which I have sadly been unable to replicate).

I have become particularly aware of the need for ingredient disclosure and gluten-free, dairy-free, and soy-free options, since recently attending a DAN (Defeat Autism Now) conference here in Atlanta. I now understand that in many cases children with disabilities can experience vast improvements by following a dairy-free, gluten-free, and sometimes soy-free diet. In talking to some parents of these children that had come to the conference from all over the country, I realized just how lucky we in the Marietta area are to have such a wonderful store and café like Life. Some parents have to resort to having many of their foods shipped to them as they are not available locally. They were quite envious that we have such availability in our own backyard.

As usual there is an abundance of raw vegan choices available on the food bar. I love that all the salad ingredients are fresh and yummy and that they save me from all that tedious chopping at home. I love the ease

By Dr. Susan Esposito

of just walking up to the bar grabbing everything I want in my salad, without any of the hassle involved in preparing it myself. What I also appreciate is that it's such a HUGE time saver!

As I looked at the bar, I was struck by how shiny and clean it was. As a matter of fact, within the short amount of time that I was in the salad bar area, no less than three employees had come by to straighten and clean, enhancing the attractiveness of the food bar experience.

What's terrific about the new bar, is that it's really convenient for the customer in many ways. First, they offer a complete meal, all within the confines of the bar. On the cold bar there is an array of fresh vegetables, salads, and cold foods attractively arranged. On the other side of the cold bar you have prepared food, that is wrapped and ready to go, as well as a variety of cold beverages. There is also a large selection of yummy freshly baked goods and desserts (made from scratch) ready to go. On the hot bar there are delicious hot entrees like veggie meatloaf and one of my daughter's absolute favorites—macaroni and cheese (which I believe is available on Wednesdays)—as well as numerous other scrumptious side dishes ranging from soup, beets, Brussels sprouts, carrots, and potatoes, all prepared in healthy, flavorful, and interesting ways. The choices are rotated and are based on pricing and availability.

An important convenience for me is that I can do my grocery shopping and grab my food from the food bar to take home and only have to check out once instead of twice. Also, with a choice of up to three checkout cashiers in the grocery store, my check out goes a lot faster than it sometimes did in the café when I had to wait for the cashier (who was not only the smoothie maker, but also the money taker) to finish making a bunch of juices or smoothies before I could pay for my meal. I like the idea that they no longer handle money—they just handle food.

Another thing I love about eating the food prepared at Café Life, is that I know it is prepared with loving hands surrounded by positive energy and the benefits of that are evident in every bite of food you take.

Not only is the food bar experience more convenient now, but it is really a deal—which we are all looking for these days! At \$6.99/lb, this food bar is a *whole dollar less* per pound than others offered in the area. Plus, (and this is a huge plus) the food is organic here when it's not elsewhere! Where else are you going to be able to get this wide of a selection on delicious, healthy, nutritious organic food at these low prices? I'll tell you . . . nowhere around here! I can't tell you how grateful I am to have this gift of a store, café, and all of its caring employees so available to me.

As I was standing there counting my blessings, gazing at this wondrous food bar before me, I had a chance to talk with Ronnie Hudson, the operations manager, about the changes that have been made. She explained that Café Life has been losing money since its inception and that Life Grocery has been subsidizing it. She stated, "With the current economic situation, it is essential that the café become self sufficient, as it is

impacting on store resources. The changes were implemented to make for smoother operations, efficiency, and profitability." She added, "We want to be able to keep Café Life open! In an effort to do so, we are passing along cost increases, something we haven't done much of in the past. Although some of our prices have increased, other prices have actually decreased. It is unreasonable to expect prices to remain the same year after year. Prices will be adjusted based on our costs. We hope that our customers will understand and support our efforts to at least break even, if not become profitable."

I asked Ronnie how the ordering process works now. She explained, "All you have to do is go to the café and order from our new menu. You will be given a ticket to take to the register in the grocery store. When you are ready to pay, just go to any of the store registers. Once you have paid, take your paid ticket back to the café and pick up your order. This gives our customers an opportunity to do some grocery shopping and get food from the food bars while their order is being prepared. It also allows them to have all their selections rung up at one time. This is something our customers want to be able to do."

One of the additions that I noticed in the café is that they now have three different kinds of green smoothies, which is the latest health craze. Victoria Boutenko talks about them in her book, "Green for Life," which is available in the book section of the store. She explains how these green smoothies have helped her and her family have more energy and vastly improved health.

One of varieties of green smoothies has more fruit content, making it sweeter and more enjoyable for kids. If you want a drink that will really rock your world (in a good way) you need to drink these things. Freshly prepared juices and other smoothie options are also available in a 16-ounce size. If shots are more your speed, the Café also offers one-ounce shots of wheatgrass and ginger for boosting your vitality.

When I asked Ronnie about the use of paper plates and plastic silverware, she explained that with the water shortage of recent years, way too much water was being consumed on washing dishes. In addition, silverware kept disappearing and had to be replaced frequently. The café chose to incorporate Bagasse recyclable containers for some of their packaging. These containers are the remaining pulp after renewable and sustainable raw materials (sugarcane, reed rice bamboo, and hemp) are processed from the fields. These products are not bleached with chemical whitening solutions. Instead, they are processed through ultra-violet sterilization, thus eliminating all bacterial contamination from the fields. In addition, they are inspected through a metal detector to reject any items containing metal fragments. They are freezer safe, can be heated in an oven up to 212° F, and are oil resistant. They are 100% biodegradable and compostable.

Since moving the salad bar into the grocery store, more space has been created for diners and tables, creating a roomier feel. There is a separate space for

The Real Epidemic

By Don Bennett, DAS

The swine flu is not problematic for people in good health. Any kind of influenza virus or “bad” bacteria is only a potential problem for those with diminished immune systems; unfortunately, there are many people who fall under this category. Let’s keep things in perspective; the last time this flu epidemic hit, in the ‘70s, more people died from the flu shot than from the flu itself. There are good reasons for all the scary talk about so-called epidemics, but a serious public health risk is not one of them.

An epidemic can be defined as “something that affects many people at the same time and spreads from person to person in a locality where the disease is not permanently prevalent.” In the days before technology, we lived in a natural environment in harmony with nature. And as long as we didn’t have a serious accident, got enough to eat, and didn’t get eaten by wild animals, things were good. In our original locality, disease was rare because the things that cause disease, as we experience it today, were nonexistent. Oh sure, things like the flu and “the plague” came around every so often, but they didn’t seriously affect those who were healthy . . . and way back then, that was most people.

Fast forward to today. With the advent of technology we are now capable of eating things we never could have consumed in nature. And if we couldn’t have eaten something in our natural environment, we evidently weren’t meant to eat it. But now we have the ability to take an inedible substance like wheat and, with technology, turn it into something that can be eaten, like a bagel (although I don’t know many people who would relish eating just a plain bagel, something needs to be spread on it, like jam or jelly for it to be enjoyable).

So technology has allowed us to partake in things that decrease our health and vitality, which has given rise to the illness management industry (medical and pharmaceutical). It is known today that if you remove the causes of illness and disease the body can restore itself to a state of health, which it is always trying to maintain. Although this information is known, it is not common knowledge and for very good reasons.

Gigantic multi-trillion-dollar industries owe their existence and very survival to this information not being

known (and they work diligently to discredit anyone who attempts to speak the truth about the real cause and cure of human illnesses). Imagine if people themselves could heal from whatever serious ailment they had caused, and didn’t instead resort to the common practices of symptomatic relief (which doesn’t address the underlying problem) and disease management (which also doesn’t address the cause of the problem). While this prevention/healing paradigm would be most welcome by those who don’t want to be devastated by serious illness, those who are part of the industries that manage disease and the industries that produce products that cause disease would be devastated by its practice.

So instead of raising red flags and making lots of noise about something that seriously affects very few people relatively speaking (the flu), why isn’t lots of noise being made about the things that cause cancer, diabetes, stroke, asthma, arthritis, osteoporosis, etc? *This* is the real epidemic, seriously affecting and killing millions of men, women, and children a year. Millions! If this doesn’t count as an epidemic, I don’t know what does.

Learn what causes serious illness and what allows your body to effectively deal with illness. Start by *not* believing things like “we don’t know what causes cancer,” “the cure for diabetes is probably ten years away,” “breast cancer cannot be prevented,” “the best protection is early detection,” and this favorite of the pharmaceutical industry as told by many doctors: “you’re going to need to take these medications for the rest of your life.”

Discover the truth about disease. Learn how to avoid a diagnosis of serious illness and how to improve your physical health (and therefore your emotional wellbeing). If you already know, share this life-saving information with others for their consideration and benefit so that this very real epidemic of unnecessary suffering and premature death can become a thing of the past.

Don Bennett is a Disease Avoidance Specialist and author of, “How to Have the BEST Odds of Avoiding Degenerative Disease” which is available in our book department. Many enlightening and empowering articles by Mr. Bennett can be found at health101.org.

Barbesiosis, Have You Heard of It?

By Kay Bird

It’s a blood worm that is transmitted by ticks, pronounced *bar bee’ see o sis*. I couldn’t find anything about it online, except that it causes paralysis and, ultimately, death in dogs, unless the tick is removed in time.

For humans, the symptoms are like malaria. I know this because a friend of mine got it after camping last summer. The doctors could not explain his intermittent bouts with very high fever and exhaustion. They tested him for Lyme’s disease and thus ruled out barbesiosis, because it has always been found in combination with Lyme’s. But not in my friend’s case. It was only because my friend knew a lot about diseases that he pestered the doctor with the fact that he had the symptoms of malaria. The doctor finally gave in and acknowledged that the only other thing with those symptoms was barbesiosis. The treatment turned out to be even worse than the symptoms, but because my friend also has a lot of knowledge in the alternative healing field, he was able to support his immune system through it all.

I felt this information was important for you to have so you can be educated and pro-active about ticks. Besides keeping yourself and your dogs thoroughly checked if you are in wooded areas during the summer, you can protect your yard, as well.

Defeating Summer’s Biting Insects

Go online and take a look at a product called *Mosquito Barrier*. It is a strong liquid concentrate from

a potent variety of garlic, which repels biting and disease-carrying insects: mosquitoes, ticks, fleas, gnats, black flies, and fire ants.

To mosquitoes, it is deadly on contact and continues to keep them out of the sprayed area for almost a month. The odor is undetectable to humans within minutes, but mosquitoes have extremely sensitive odor-sensing antenna that detect the smell for almost a month.

One spraying of Mosquito Barrier will keep the above listed insects out of your yard and away from your home, 24 hours a day for nearly a month. Unlike harmful chemicals, it does not kill bees or butterflies and is totally safe for children, fish, birds, and pets. This patented product has been on the market for 18 years and is very highly praised for its effectiveness at www.mosquitobarrier.com.

A customer in Valdosta, GA, wrote “. . . finally, something that works!” Scientific studies and specific instructions are available on the website. It also has a money-back guarantee.

Two quarts will last most city residences all season. The cost would be \$45 or less for two quarts, depending on where you purchase it. I have not found it in a local retail store, but at the time of this writing, I just received my order by mail and will give it a try. I will also experiment with spraying it on my hiking boots and pants before going to the woods.

The Life Line
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publication of



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

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

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

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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

“K” is for kiwi. I love kiwi. They’re very tasty and fun to eat. Kiwi is full of vitamins C, A, E, and potassium. Kiwi seed oil contains omega-3 fatty acids. One kiwi contains about 50 calories and 2.6 grams of fiber. It’s great for constipation because of its high level of fiber. Kiwi is also a natural blood thinner. Its healing effects are similar to taking aspirin as a blood thinner. Studies have shown that consuming two to three kiwis a day for 28 days significantly thins the blood, reduces the risk of clots, and lowers fat in the blood that can cause blockages in the arteries. Kiwi can be eaten whole, cut in half, or sliced. You can peel them using a potato peeler. Kiwi is fun in salads or just by themselves. They’re a great addition to your diet.

“L” is for lentils. Lentils come in a variety of colors. You can get them large or small, whole or split, with or without the skins. They have been around for a long time as part of the human diet. Lentils were one of the first domesticated crops. After soybeans and hemp, lentils are the vegetables with the highest level of protein. They are composed of 26% protein, which makes them great for any vegetarian or vegan diet. They’re also loaded with fiber, folate, iron, and calcium.

Lentils have a short cooking time and a distinct flavor. There are all kinds of things you can do with them. You can add them to spinach, peas, and carrots.

You can even add them to salads. To cook them, bring a cup of lentils to a boil with two cups of water, reduce heat, and simmer for 30 minutes. You can make lentil soup by putting them in your crock pot with carrots, onions, and celery. You can put them over a rice dish. As you can see, lentils are very versatile. Try experimenting with them in different dishes.

“M” is for melons. There are all sorts of melons, with watermelon, cantaloupe, and honeydew being the most widely used types. Melons are a great alternative to orange juice in the morning if you want your vitamin C. Honeydew has a full day supply of vitamin C and has 90 fewer calories than orange juice. Cantaloupes are rich in vitamin A. Watermelon is loaded with iron and composed of 94% water. By eating watermelon, you’re automatically adding more water to your diet, which is absolutely essential if you’re looking for ways to improve your health.

While we’re sleeping, our bodies are digesting food and detoxifying. Even though we’re sleeping, the body is still at work, helping us to prepare for the next day. The body is detoxifying which is why you wake up with bad breath, oily skin, and oily hair.

I recommend that everyone eat fruit for breakfast. I don’t mean in addition to what you’re already having. I mean that you should have JUST fruit for breakfast,

rather than the typical bacon and eggs, cereal, sausage, pancakes, grits, waffles, oatmeal . . . you get the idea.

We want to give our digestive system a break in the morning by eating only fruit. Fruit is already pre-digested for you. It is the ideal food to break a fast. The edible part of fruit surrounds the seed. Essentially, it’s designed to feed the seed and help it grow, since the seed doesn’t have a digestive system. Fruit is loaded with vitamins, minerals, nutrients, water, and enzymes. Enzymes help your cells function at an optimal level. They help to keep you young and improve your skin tone. You can skip all of those expensive face creams and just add more fruit to your diet. By eating melons, you’re helping to give your body those essential nutrients and fluids while giving it a break at the same time. *This series will be continued in the next edition of The Life Line.*

Dr. Joe Esposito is a chiropractor, an author, the syndicated radio show host of HEALTH TALK ATLANTA and 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. You can also check out Dr. Joe’s website www.DrJoeEsposito.com. Mention Life Grocery and get an exam, consultation, x-rays, and doctor’s report of findings for only \$50!

You Eat Too Much!

By Brian Murray

For someone with a radically different approach to “weight loss,” I was always looking for ways to more effectively communicate my message. Going “behind enemy lines” and learning how obese people think only seemed logical. So several years ago I watched one of the post-weight loss interviews on the reality television show *The Biggest Loser*. I wasn’t disappointed.

What she said was so obvious. Millions of people think this way. Why didn’t I think of this before? It was so concise that I quickly grabbed a pen and wrote her statement word for word: “*I would rather exercise more than change the way I eat.*”

My first thought was, “Lady, it’s never going to work. You will always be fat.”

A study by researchers from Loyola University Health System, published in the September 2008 issue of *Obesity*, compared African American women in metropolitan Chicago with women in rural Nigeria. On average, the Chicago women weighed 184 pounds and the Nigerian women weighed 127 pounds. What they expected to find was that the slimmer Nigerian women would be more physically active. To their surprise, they

found no significant difference between the two groups in the amount of calories burned during physical activity.

“Decreased physical activity may not be the primary driver of the obesity epidemic,” said Loyola nutritionist Amy Luke, a member of the study team. “Diet is a more likely explanation than physical activity expenditure for why Chicago women weigh more than Nigerian women,” Luke said. She noted that the Nigerian diet is high in fiber and carbohydrates and low in fat and animal protein. By contrast, the Chicago diet is 40-45 percent fat and high in processed foods.

A clue! Better food choices?

Richard Cooper, co-author of the study and chairman of the Department of Preventive Medicine and Epidemiology, dropped the bomb when he said, “We would love to say that physical activity has a positive effect on weight control, but that does not appear to be the case.”

You already knew this. But just in case you are still in denial, the Australians were kind enough to rub our noses in it when they delivered their findings at the 2009 *European Congress on Obesity*. They state that “The

amount of food Americans eat has been increasing since the 1970’s and that alone is the cause of the obesity epidemic in the US today. Physical activity—or the lack thereof—has played virtually no role in the rising number of expanding American waistlines.” Lead author Dr. Boyd Swinburn stated, “Americans have been eating more; the US Department of Agriculture data clearly show this. But US epidemiological data shows that physical activity levels haven’t really changed that much. So I think we have to be much more focused on the energy-intake side of the energy-balance equation.”

This is actually great news! A point of confusion is eliminated. Your problem-solving focus has been narrowed because you can be sure that you have to change the way you eat. Check that off the list.

Thank goodness for a place like Life Grocery. Get to the store and eat from the earth, but not too much!

Brian Murray is an exercise physiologist, weight loss consultant, and creator of mbody®, a six-week fat loss plan that will change your life. To learn more about mbody™ please visit www.mbodytransformation.com.

Bon Appetit!

continued from page 1

lectures, leaving plenty of space for dining. There are even recycling bins set up in the café now.

I must say that I am highly impressed with the new food bar and operations and was interested in finding out what other customers thought. Everyone I spoke to really liked the new changes and the consensus was that they appreciate: having more room to navigate around the bars, being able to pay in the store along with their other groceries, having freshly prepared and packaged selections available for quicker checkout, having a more sanitary and cleaner appearance, having seating that is more spread out, not having the same

employees make food and take money, and having a refrigerated bar that keeps things colder and fresher.

I really want to express my gratitude for all the effort and thoughtfulness on Life’s part in the changes made to the café, not only making it so convenient, but offering a plethora of organic, health promoting, delicious foods, while simultaneously making it as affordable to us, the customers, as they possibly can.

These are trying economic times not only for us as individuals, but also for our local small businesses. I am going to help support Café Life, as well as the store, as much as I can in appreciation for all they do for us by

not only eating there myself, but encouraging my friends and co-workers to join me. The more the merrier! With its new spaciousness, it’s a perfect place for meetings and celebrations of every type. I hope you all will join me in supporting Life Grocery and Café Life as they have supported us so well over the years! Bon appetit!

Dr. Susan Esposito is a nutritional adviser, chiropractor, and vegan mother of three children. If you have a question for Dr. Susan, e-mail her at suanesposito@gmail.com. Due to space limitations, not all questions can be answered in this newsletter.

Painful Thoughts

By Linda Townsend

Sharon has been experiencing chest pains on the left side off and on for nearly three years. She complains that this problem worsens when she is under stress. Test results show nothing. It is not her cardiovascular system. It is not indigestion. There is no observable physical reason. The label of last resort in such cases is usually anxiety or just being in the head.

The reason, however, presents itself in a way, which medical doctors do not test—not yet, at least. The doctors were partially right as the cause was buried deeply, both in her head *and* in her heart. The reason was displayed in her bioenergy patterns, something that I have been mapping and decoding for twenty years. Test findings simply revealed an underlining desire to ill-treat certain people, particularly ones who were judgmental. This was a surprise to Sharon! She prided herself on her tolerance of other people. When faced with that truth, Sharon understood that most of her stress was caused from her own actions and that she needed to let go of it. The very same week, her chest pain vanished completely.

For just under a year, Valerie experiences increasing upper back pain and muscular spasms causing limitation of movement. Chiropractic care and massages helped some, but the condition continued to slowly worsen. Bioenergy testing revealed that Valerie has an issue with one of her parents that began with an incident a year

before. She then forgave. Within two weeks, the condition was almost completely gone and later it seemed to have healed, because it has not come back even years later.

Bioenergy patterns are indicative of many things about a person, not only within the physical aspect, but the emotional and spiritual aspects as well. We can practice changing our inner voice to say only positive things, but focusing on good thoughts alone can contribute to simply masking our underlining negative feelings; those feelings will simultaneously cause bioenergy imbalances and possibly manifest in the body in the way of physical sensations, pains, limitations, or even diseases. Whatever the emotion at the root of an illness, it is clearly revealed in the bioenergy system, a complex and reactive energetic system that each person has.

People often ask me if I believe that sin causes disease and I do. That does not mean that I believe *all* diseases are caused by sin or bad thoughts, only that some are. In such cases, when a physical reason cannot be found or if a recognized condition is not responding to treatments, bioenergy patterns suggest quite often that there is an emotional or spiritual provocation at its root.

What if we are the cause of our own obstinate illnesses? Perhaps, on a subconscious level, when we are in denial or our feelings are even secretly trespassing

upon others, we judge ourselves for our transgressions, and the punishment we place upon ourselves manifests illness. We may be vaguely aware that we harbor ill thoughts, but we ignore them, push them down, and bury them deep within our hearts. Yes, we all have feelings like that! We hold onto our emotional pain, yet attempt to silence that which will not be silenced. It becomes a part of us, in ways we would never intend.

How do we avoid these unhealthy manifestations of our own thoughts, perhaps without even knowing what they are because we have buried them so deeply? Have we buried them that deeply? Do we not really know? Do we not know against whom we harbor bad thoughts? I propose an ancient unceremonious practice, made laborious only because we ourselves are so resistant to the custom. It is to sincerely forgive and accept forgiveness in return. To love the unloveable is to allow that which is unloveable in us to become loveable.

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

Grilled Summer Vegetables

By Christopher Ryding

Serves: 4-6, Prep time: 40 minutes

Ingredients

- 2 zucchinis, ends trimmed, cut lengthwise into ¼" slices
- 2 red bell peppers, ends trimmed, seeds and pith removed, cut into large pieces
- 1 small eggplant, ends trimmed, cut into large round slices ½" thick
- ½ lb fresh mozzarella, salted or buffalo style, cut into thick slices
- 1 T olive oil
- pinch salt and black pepper

Marinade

- ¼ c olive oil
- ¼ c red wine or balsamic vinegar
- 1 T fresh garlic, minced
- 1 t each of dry basil and dry oregano

Preparation

- Prepare the marinade in a large bowl. Add the prepared vegetables and marinate 30 minutes, turning often.
- Remove the vegetables from the marinade and grill them on medium hot grill for about five minutes or until cooked through.
- Season the mozzarella slices with olive oil, salt, and pepper, and arrange them around the edge of a serving platter.
- Remove the vegetables from the grill and layer eggplant first in the center of the platter, then top with zucchini, followed by the bell peppers. Drizzle with leftover marinade and garnish with fresh julienned basil (optional).



Café Life Caters

parties, birthdays (for kids and adults), weddings, anniversaries, luncheons, dinners, meetings, and special events; cooked or living vegan food; formal, buffet, or plated dinners, cakes, & desserts

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Bean Nation

By Betsy Bearden

There is nothing like the smell of freshly picked green beans. They smell like the good earth. Of course, I am speaking of pole beans; not the bush bean variety. We grew bush beans last year, and they were such a disappointment. To me, the bush bean just isn't the kind of green bean that Mama fixes with red potatoes on holidays and Sunday dinner. She was happy to point that out to me last year when I took her a mess (what's a mess?) of the skinny little 12-15 bush beans I was so proud of. I vowed this year we would have the real deal.

Actually, I have bought thousands of green beans from the produce section at Life Grocery. But, I have never grown any type of bean in my life until last year. To be honest with you, I didn't know bush beans weren't the kind that grew up the little bamboo teepees. Um, you don't have to tell anyone I said that—me being the Tofu Queen and all. So, the first of May, Steven made the bamboo teepees, and I followed the package directions and placed the beans in water to germinate overnight. Let me tell you, one package of green bean seeds+overnight germination=a lot of honkin' beans to plant!

They are planted in the five bamboo teepees in my raised-bed garden, every two inches along the fence in my herb garden, and five huge terra cotta planters (with bamboo teepees in them) on my deck. You would think I had planted them all, but no! I had between 40 and 60 beans germinating in water left over. I was frantic and desperately seeking a home for them. I looked at our Eucalyptus tree and noticed it had at least six or seven feet of free space along its trunk, and about that time, Steven said, "No." I looked at the telephone pole, Steven said, "No." "How about up the Mimosa?" "No."

Well, I just couldn't throw them out so I saved them and contemplated how they would look growing up the columns of our front porch. "No!" Two days later the things had begun to sprout! Now I was panicking. It just so happened that my niece, Brittany, stopped by that

afternoon to deliver my Tupperware from her recent party. You know, the party where I learned about the nine minute microwave Tupperware chocolate cake recipe bomb I talked about them previously.

Hmm . . . Brittany. Yesss, Brittany, with her newfound enthusiasm for growing herbs and vegetables. As she was handing me the Tupperware from the back of her truck, I noticed she had rosemary plants, blueberry plants, and tomatoes in the back. *Ahhhh, this would be perfect! Perrrfect!* "Hey!" Do y'all like green beans?" I asked.

Brittany said they loved them, but had never grown them and really didn't have anything to grow them on. She asked if it would be okay to let them grow up their Dogwood tree, or along the fence or maybe along the back porch. "They will grow on anything," I assured her. She took the beans.

I am not even going to tell you about the pole beans, but there will be many . . . there will be many. Yes, my pots runneth over. When I first looked at their little green sprout heads emerging from the soil, all I could do was stand there and say: "Whoa. Bean Nation!"

You know, it's easy to avoid these issues if you just go shop at Life Grocery. What better way to get fresh, organic, beautiful green beans. Not to mention fruits, herbs, rennet-free dairy products, and of course, tofu. And you have to check out the cozy Café Life dining experience, where you can mingle with friends and nourish your mind and body with fresh, delicious, and wholesome vegetarian and vegan organic food!

As for my beans, at this point, one of the runners has climbed to the top of the bamboo teepee, and where it goes from there, I don't know quite yet. But if a man climbs down it with a hen laying golden eggs, I will quickly thereafter, chop it down.

Fresh Green Beans and Feta Cheese

1 lb fresh green beans, snapped and stringed
½ c green olives, chopped
3 Roma tomatoes, diced

½ c feta cheese, crumbled
1 T balsamic vinegar
1 T extra virgin olive oil
1 t red wine vinegar
Himalayan salt and black pepper, to taste.

- Steam green beans for 20-25 minutes.
- Place the cooked green beans in a large serving bowl.
- Add remaining ingredients. Give it a good stir and enjoy.

Now, does anyone out there know how to preserve fresh picked green beans?

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

To receive a daily email that includes store events, store sales, Café Life specials, action alerts, and special event reminders send an email to: joinmylife@lifegrocery.com

Fall Life Fest and Member Appreciation Day

Saturday, September 12, 2009



12-4 pm
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9 am-8 pm



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

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Go Organic and Vegan for Good Health

By Brenda Cobb

Achieving a good diet is sometimes not as simple as it sounds. Eating the “right” foods doesn’t necessarily insure good health because of the many toxins that can contaminate our food supply. This is one of the reasons that eating an organic vegan diet is so good for you. You don’t have to worry about chemicals being in organic food or pesticides being sprayed on it. Organic food is well worth the investment.

Over the past few decades the American diet has become overly processed and contaminated to such a large degree that not only is it not nourishing it can actually make people sick. Americans suffer from many degenerative diseases because of eating saturated fats, white flour, refined starches, and animal products. A poor diet can cause disease and death from atherosclerosis, coronary heart disease, strokes, diabetes, cancer, and many other diseases.

The Food and Drug Administration (FDA) allows the multibillion-dollar food industry to grow and process its foods with hundreds of chemicals, pesticides, industrial pollutants, dyes, stabilizers, preservatives, antibiotics, hormones, and other drugs given to animals. The long term consequences of ingesting these chemicals can be detrimental to good health.

Consuming organic whole foods rich in a variety of vegetables, fruits, nuts, seeds, and living (sprouted) foods is the best possible diet. When you stick to a plant-based diet you will get important antioxidant nutrients including vitamin C, beta-carotene, vitamin E, and many cancer-fighting substances. Dr. Colin Campbell’s book “The China Study” explains how eating animals is harmful to health. The DVD, “Healing Cancer From Inside Out” features many medical doctors who agree that a vegan diet is the healthiest diet and can prevent many diseases from developing in the human body. Dr. Deepak Chopra says that we will never bring peace and healing to the planet as long as we eat animals.

I gave up eating animals in 1999 when I was diagnosed with breast and cervical cancer. Going vegan and raw has been the best thing I have ever done for myself. Not only did I heal breast and cervical cancer

without surgery, chemo, or radiation, but I also completely healed arthritis, psoriasis, allergies, migraines, sinus problems, and acid reflux. It is amazing when you feel good and eating a vegan raw diet really helps you feel and look your best! Raw and living vegan food can also reverse aging, so if for nothing more than pure vanity I hope you will consider this healthy lifestyle. After all, we all want to look our best.

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

Over four hundred pesticides are currently licensed for use on America’s food. In a single meal a person could easily consume residues of dozens of different carcinogenic chemicals. This is a good reason to eat an organic plant based vegan organic diet.

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

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

A vegan diet, especially when the majority of it is raw and living is the best diet for humans to consume. I suggest eating at least 80% raw and living foods and 20% cooked vegan foods. Eat more organic fruits, vegetables, nuts, and seeds and you’ll feel the difference. When you pay attention to the food you consume today you can create the good health, good looks, and youth you desire for years to come.

Recipes

Coconut Apple Sauce

1 t coconut oil
6 apples
1 stalk celery

- Seed and peel the apples.
- Blend all ingredients in the Vita-Mix into a creamy, delicious sauce and enjoy!

It’s quick. It’s easy. It’s good for you.

Carobo Pudding

3 ripe avocados
½ c medjool dates
½ c raw carob
¼ c date soak juice

- Pit and soak the dates overnight in filtered water and drain. Save the date soak juice.
- Scoop out the avocado from the shell and blend all ingredients in the Vita-Mix.

Indulge in this delicious treat!

Creamy Avocado Dip

2 avocados
1 clove garlic
¼ t powdered cumin
3 T fresh cilantro
cayenne pepper, pinch
2 T fresh lemon juice
½ t Himalayan salt

- Blend everything in the Vita-Mix to make a creamy thick dip.
- Serve with fresh veggies.

Brenda Cobb is founder of The Living Foods Institute and author of “The Living Foods Lifestyle®” and several other books on healing naturally. Her 10 and 12 Day Healthy Lifestyle Raw and Living Food Course has helped thousands to heal of all types of diseases. There are free seminars and free banquet feasts offered several times a year at the Institute. For a full schedule go to the website www.livingfoodsinstitute.com or call 404-524-4488.

Satisfaction

By Dr. Kimberly Strickland

Are you satisfied with every aspect of your life? How about your health, your financial status, your career, your relationships, your hobbies, your recreation? What does it mean to be satisfied? The word satisfaction comes from the Latin word satis, which means enough. So literally satisfaction is enough action.

When you have taken enough action you then achieve a state of satisfaction. If you get something for nothing you might enjoy it, but there is a different feeling rather than satisfaction. So let’s look at your health. If you are not completely satisfied with your health and fitness then what you are dealing with is a lack of action. Action may mean choosing to eat healthier foods such as fresh fruits and vegetables. Action may be working out at a gym, taking a walk, or going for a swim instead of sitting on the couch. Action could be signing up for a cooking class or reading a book. If action leads to a feeling of satisfaction then why do so many people fail to take action?

FEAR. What is fear? Fear is a self-created feeling through repeated negative thoughts and images. How do you overcome fear? Start by asking yourself what you are afraid will happen. Then ask is that true. Will

that always happen or is there a possibility that it may or may not happen? Imagine that you are through the part of the experience that you are afraid of and that you are on the other side of the fear. So if you are afraid to quit your job think about the job that you’d like to have. Imagine how you will feel doing something that fills you up. And really the best way to overcome fear is to act in spite of the fear.

I had a dream when I was a freshman that I wanted to be voted Most Intellectual when I was a senior. Not only did that happen, but I also had the satisfaction of earning the highest GPA in my class and being the valedictorian. I was so pleased with myself until I learned that the valedictorian gave a speech at graduation (in front of 600 classmates and lots of family members)! I remember thinking that perhaps coming in second might have been a better option.

I was terrified to speak in public. My voice would get all shaky and I’d say “Um” over and over again. What did I do? I wrote a speech and practiced it over and over again in front of the mirror and my parents. On the day of graduation I wasn’t as excited as everyone else, as I was focused on giving my speech. I acted in

spite of my fear and as a result I went on to give a speech in college that led me to become the VP for Student Government for two years.

So what is holding you back from being healthy? Life Grocery is an excellent resource to help you. There are knowledgeable people in the supplement department. Café Life provides wonderful healthy choices for a healthy meal. There are a variety of speakers to educate you. Years ago I started by taking a vegan cooking class at Life Grocery. Take enough actions towards your health so that you can feel satisfied.

Kim Strickland earned a Doctorate degree in Natural Health from Clayton College of Health. She is a stay-at-home mother homeschooling her two children. She owns Inspired Living, LLC, a business whose purpose is to inspire people to live their best lives. She facilitates workshops to help people realize their dreams. Visit www.naturallivingresource.com and www.inspirationboards.naturallivingresource.com.

Eat Less Coal . . . Drink Less Coal . . . Breathe Less Coal . . .

By Kay Bird

Coal produces 54% of our electricity and is the single biggest airpolluter in the US. Burning coal is the leading cause of smog, acid rain, and air toxins.

In an average year, a typical coal plant generates:

- 3,700,000 tons of carbon dioxide
- 10,000 tons of sulfur dioxide
- 500 tons of small airborne particles
- 10,200 tons of nitrogen oxide, which is as much as would be emitted by half a million late-model cars. Nitrogen oxide inflames the lungs and actually burns through lung tissue.
- 720 tons of carbon monoxide
- 220 tons of hydrocarbons
- 170 pounds of mercury (1/70th of a teaspoon of mercury deposited on a 25-acre lake can make the fish unsafe to eat.)
- 225 pounds of arsenic, which will cause cancer in 1 out of 100 people who drink water containing 50 parts per billion
- 114 pounds of lead, 4 pounds of cadmium, other toxic heavy metals, and trace amount of uranium.

Consider, also, the solid waste products from coal combustion that are contributing to the poisoning of land and water, because their disposal is unregulated. Coal plants also consume millions of gallons of water per day.

Is this alarming enough for you to take a stand against the proposed construction of a new coal-fired plant in Georgia?

Are You a Cobb EMC Customer?

In 2008, a coalition of ten electric membership corporations applied for permits from the state to build

a new 850 megawatt, coal-fired power plant in Washington County, Georgia. A few weeks ago, four of those ten EMCs announced they are pulling out of investing in that plant. If enough do so, the coal-fired plant would have to be cancelled.

As of this writing, Cobb EMC has not joined the group that has withdrawn their financial support, and that is why your help is needed. Please call or write Cobb EMC immediately, and tell them you do not want another dirty, coal-fired plant in Georgia. Request that they invest in clean energy sources, such as biomass (landfill gas, as an example), wind power, and solar power.

I found no phone number on the Cobb EMC website (www.cobbemc.com), but it does have a form for emailing them, which it says they monitor daily. A phone number should be available on your bill—ask to speak to one of the corporate leaders.

And for all of us, please take these statistics to heart when you decide how much electricity you are willing to use to cool, heat, and light your home and office. Please share this important information with your family and friends. Together we can stop this increased threat to our health and environment. If you would like to receive this article by email, so you can forward it, please email me: KayLBird@msn.com and put *send coal article* in subject line.

Together we can create a healthier environment.

References:

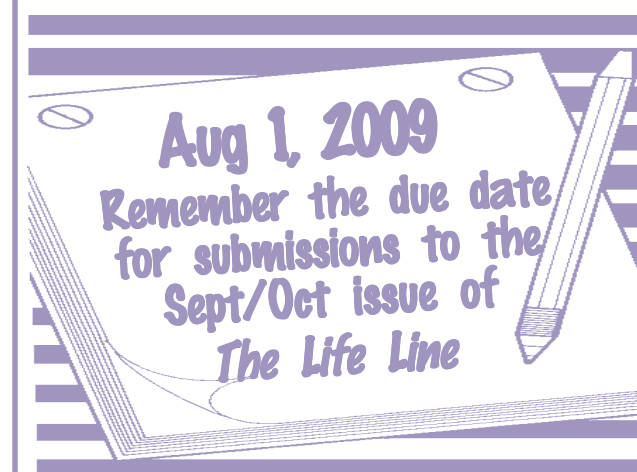
- Union of Concerned Scientists
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RAW FOOD RESOURCE CENTER. Teaching raw foods seminars and classes each month. Contact *Jesse Andersen* at RawFoodResourceCenter@gmail.com.

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Café Life

offers a wide variety of organic, vegan, gluten-free, and raw & living selections, including desserts. All living desserts are also gluten free!

Farm-to-School Movement

Nationwide, many initiatives are being launched to improve nutrition in schools by bringing locally produced foods into the schools. If food can taste great and support the community, everyone wins. Proponents seek to make the following be standard in school lunch programs.

- Milk and dairy products produced without growth hormones.
- Locally produced meats and other protein sources.
- Fresh fruits and vegetables.
- No trans fats or high fructose corn syrup ingredients.

For more about what parents can do to help improve school lunch programs in their area, go to www.farmtoschool.org.

Fall Life Fest and Member Appreciation Day

Saturday, September 12, 2009
12:00-4:00 pm



members receive
10% off



all in-stock purchases 9 am-8 pm

Is Gluten Free Still Fringe or Is It Becoming Mainstream?

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

Have you seen them? The commercials on TV from some of the major commercial grocery chains, advertising their gluten free selections? Have you noticed that companies like General Mills, Frito Lay, and even Wal Mart are beginning to label their products that are gluten free? Have you seen Boar's Head commercials that are touting the gluten free status of their products? How about restaurants that are offering gluten free menus without a blink of an eye? It's everywhere!

While I want to applaud their efforts, I want to remind people that most of these products, companies, and restaurants, are not offering healthy choices. It's still junk food, people! Sure it's wonderful that the awareness is out there and I certainly don't want to discourage this trend. I just want to caution you that relying on a diet of processed foods and meals on the go, is not the best way to obtain and maintain health. But of course, if you are reading this, you are ahead of the curve anyway and are probably already aware of this!

If you have been sick with gluten intolerance and are trying to get your health back in order, the best way to do that is by sticking with the foods that are naturally gluten free. The key word here being "natural." This is why we love Life Grocery, right? We can get so much here that is naturally gluten free and healthy at the same time. While traveling or on the run, if you can't get to Life Grocery, fortunately, there are more gluten free options becoming available for us. But still, just because something says it's gluten free, that doesn't mean it's good for you. Stay away from ingredients like *high fructose corn syrup*, *artificial colors*, and *artificial flavors*. Sure, they may be gluten free, but they are not healthy. The goal here is to get healthy AND eat well at the same time.

So, while the gluten free trend is becoming more mainstream, we are probably still going to be on the fringe because we are avoiding the pitfalls of the Standard American Diet (SAD). That's alright. I'm ok with that. I'd rather be healthy and I'd rather see you healthy, too!

Baked Tofu

1 lb extra-firm regular tofu (NOT silken)
about 1/8 c San-J Wheat Free Tamari

- Preheat oven to 375° F.
- Slice tofu 1/4-inch thick.
- Brush each slice, back and front, with tamari and allow it to marinate for 10 minutes.
- Place on a lightly oiled baking sheet. Bake for 30-35 minutes, turning once halfway through, until a deep, golden brown and crispy on the outside, but still tender on the inside.
- Remove from oven.

Asian Lettuce Wraps

mixed frozen veggies (your choice)

1 onion, chopped
2 cloves garlic
2 T vegetable oil
1/2 box Asian rice noodles
honey
San-J Wheat Free Tamari
1/4-1/2 t fresh grated or powdered ginger
Romaine lettuce leaves, washed and set aside

- Pre cook rice noodles. Drain and set aside.
- In skillet or large wok, sauté onions and garlic until onions are almost translucent.
- Add frozen veggies and cook until tender.

- In a separate bowl, mix equal parts tamari and honey. Stir in ginger and pour over veggies.
- Mix in precooked noodles.
- Spoon into lettuce leave. Roll up and eat!
- Serve with baked tofu.

Banana Muffins

1 c Bob's Red Mill Gluten Free

All Purpose Flour Mix

1 c white rice flour

1 c sugar

1/2 t GF baking powder

1/2 t GF baking soda

1/4 t xanthan gum

1/4 t cinnamon

1/2 t GF vanilla extract

1/4 c canola oil

2 eggs

1/4 cup GF vanilla rice milk

2 ripe bananas (mashed)

- Mix all ingredients together thoroughly,
- Lightly grease muffin tin or use paper liners.
- Pour in 1/4 cup batter into each cup.
- Bake in preheated 350° F oven for 16-18 minutes or until golden brown. Do not over bake.

NislaWhetstone is a Licensed Massage Therapist and Gluten Free Lifestyle Coach in private practice in conjunction with Dr. Joe Esposito. Join her from 6-7 pm on the third Tuesday of every month for her Gluten Free support group in Café Life, where selected gluten free items are available for purchase. Contact her at 770-653-6017 or magickhand@gmail.com.

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12:00-4:00 pm
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School Lunch

Lunch Basics 101

When it comes to food choices, children model their parents' behavior. One way parents can help encourage healthy habits is to pack a school lunch for their children. Educators believe that children who bring lunches to school tend to make better nutritional decisions, achieve higher academic levels and are more active—all keys to preventing childhood obesity. Parents searching for ways to bring the garden to the lunchroom will find easy, healthy lunchtime solutions at your local co-op. That's the Co-op Advantage. Go Co-op!

Waste-Free Lunch

One of the biggest environmental impacts at schools is what kids throw away at lunchtime. Minimizing food and packaging waste will promote respect for the earth along with healthy food choices.

- Buy snacks in bulk and pack food in reusable containers.
- Resuable cloth lunch bags can save hundreds of throwaway bags over the course of the school year, are a good alternative to vinyl lunchboxes, are lead-free, and can be rolled up when done.
- Pour drinks into a thermos or pack only those available in recyclable cans or bottles.
- Pack real silverware and napkins, if possible.

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Think Big

By Michael Scimeca, D.C.

Hard to believe that we are facing Fall, which means the fast approaching end of the year is just around the corner. How about this? We are closing out a decade! Time continues to fly by at an amazingly fast pace. How do we close out this decade? Cynicism seems to be commonplace these days with the state of our economy constantly grabbing the headlines. I, however, have a simple suggestion, a big offering for your consideration. Think big. Prepare today for big things in 2010.

I am going to use this space to encourage you to stop living life on automatic pilot. Instead, document some goals for your life. For example, one of my biggest goals is to help people regain control of their health. One of my plans was to become a doctor of chiropractic. I figured if I wanted to focus on health, I should not dedicate my life to the treatment of diseases or sicknesses. My plan required an ambitious approach. I would have to dedicate six years of my life and take an insane amount of courses and pass a plethora of exams, plus pass state and national board exams. My plan required a tremendous amount of action steps.

Once I succeeded, little did I know that my education was only the beginning. I found in practice that I needed to become a life coach to help people regain control of their life. As a natural healthcare provider, I made a chilling discovery. The quality of our health affects the quality of our life and vice versa. In fact, the two are so intimately linked that improving one without the other

usually results in a temporary fix. My ridiculously ambitious goal was more ambitious than I ever could have imagined. That led me to write this article.

Think big is a reminder to use the time here on earth wisely. Base your goals on your values, on things that truly matter. If you do not, 2020 will be here before you know it and you may be looking back at these upcoming years with profound regret. I urge you to regain control of your health and your life right now. And doing so is as easy as writing down your goals, not just health goals, but life goals. And please, think big.

Begin by getting seven pieces of paper. Each piece of paper will have a different heading (Health, Relationship, Family, Friendship, Career, Financial, and Recreational). Immediately under the heading, write down the goals you would like to accomplish before the end of your life. Think big.

Under that paragraph, write down the goals you would like to accomplish in 10 years, one year, one month, one week, and today. For health, consider diet, attitude, and exercise. Do not limit exercise to being physical exertion. Exercising the mind is also extremely important as is gentle stretching and moving. As a chiropractor, I encourage maintaining proper spinal alignment knowing that you can only be as healthy as your spine will allow.

What goals do you have for your relationship? Do you have a partner? Are you a great partner? What

would you like to contribute to your relationship? Do not be a burden on your relationship. Instead of looking to get something from your partner, consider what you can contribute and make incremental improvements.

What are your goals for your family? Again, instead of becoming a burden to your family members, what are you willing to bring to your family? If you are a parent, do you have encouraging goals for your children? Do you have goals for you as a parent that has nothing to do with how your child performs? Are you a son or daughter, brother or sister, uncle or aunt, grandparent or grandchild? What contributions can you make in those roles?

How about your friends? What does it take to maintain a good friendship or number of friendships? Do you enjoy enough quality time with the friends who are closest to you? Would you like to build more friendships, enhance the friendships you have, or both? Do you have specific things you would like to do with specific people?

Would you like to develop yourself professionally? Are you building a solid network of resources? Are you bettering yourself in the areas of customer service, team building, leadership, interpersonal communications, or learning specific skill sets that help you excel in your professional endeavors? Do you have specific career goals?

Financially, do you have a plan? How much money is enough for you? Do you suffer from Moore's Disease? (It's the sickness of always needing more.) Many people have this affliction. A good test for Moore's Disease is looking back on when you were younger. What would you like to do today that you could not do yesterday because you did not have the finances? Do you have enough money today to enjoy the fullness of your life or are you waiting for that mythical "someday" to appear somewhere down the road? By all means, create a sound financial portfolio, but live a great life in the process today!

What about your recreational goals? Do you have hobbies or things you love to do? Are you an artist of some kind? What would you like to do in your free time? Would you like to try something new? Do you enjoy playing cards, a board game, or certain sports? How much time do you spend outdoors? Do you enjoy giving back to your community or doing some form of service work? Your time is very precious, but so is making time to do the things that make you happy.

Goals are powerful tools. They give you the strength to achieve great things, so think big. It will help you develop a solid plan of action that guarantees impressive results. Please, take the necessary time to think big and write it down. It will be a fabulous gift you give to yourself. My hope is that by me writing this article, you see the most intimate obligation you have to yourself, to your health, and to your life.

2009 is quickly coming to a close. Plan and act on it! For the sake of your health and your life, do not maintain the status quo, even if you know that your life is a great blessing! Instead, think big. Think really big!

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Health Musings

By Don Bennett, DAS

Here's a maxim (truism) of health: The healthier your meal, the easier your digestion; the easier your digestion, the less nervous system energy (nerve energy) is used; the less nerve energy used for digestion (the biggest consumer of your nerve energy), the more is available for healing. Most people have a good bit of healing to do even though they may not know it.

Your efforts to support good (efficient) digestion by eating mono meals—which are meals made of just one item, eaten as much as you care for until satisfied (without overeating of course)—or a meal of foods that complement each other, digestively speaking, is great for conserving vital nerve energy. But, be sure to pay equal attention to supporting *your* efforts to transition to a healthier way of living. This may and probably should include some supportive like-minded people; it'll be one or more of these folks who help get you through any "tough times" you may encounter. And a tough time may have nothing at all to do with the actual journey from one way of eating to another. You may come upon an emotionally taxing situation which can be potentially derailing of your efforts to make a healthy lifestyle your "default" lifestyle. Once it is your default lifestyle, it's easier to deal with any life crisis that may befall you.

And when you do think about eating, ask yourself "Am I really hungry?" Eating for reasons other than hunger wastes precious nerve energy and interferes with the body's attempts at healing that which ails you. If the answer is "yes," then see if you can discern what

you're hungry for and enjoy! And by the way, eating a lot of mono meals helps reprogram your body's nutritional database so that if you're low on potassium, your body knows that bananas are a good source of potassium—because you've eaten them as a meal—and will therefore give you a craving for bananas when you are hungry; this is why humans eat a varied diet as opposed to univores who only eat one thing.

Lastly, here's a good health tip for the warm weather: Open the windows first after you enter a warm or hot car and wait a few minutes before turning on the A/C. When the car is hot, the dashboard and upholstery emit Benzene, a cancer-causing toxin that affects your liver and kidneys, and which also poisons your bones, causes anemia reducing white blood cells which can contribute to Leukemia. The acceptable indoor Benzene level is 50 milligrams per square foot; a car parked outdoors above 60 degrees can reach 2000-4000 milligrams, 40 times the acceptable level! People who get into a hot car, keeping the windows closed, will quickly inhale large amounts of this toxin.

Don Bennett is a Disease Avoidance Specialist, author, lecturer, and teaches Health Creation & Disease Avoidance. Don's book, How to Have the BEST Odds of Avoiding Degenerative Disease is available in our book department. And for some enlightening health information visit health101.org.

Freedom

By Dr. Kimberly Strickland, ND

I've recently returned home after six weeks of travel. My husband and I drove and camped on the way to a wedding in Colorado, in June, with our six and three year old sons. After being home for a week, we all then flew to Europe for a month. We spent a week in London with friends and three weeks in Finland with friends. The impetus for the trip to Finland was the World Masters Track Championships in Lahti, Finland. My husband, Michael, competed and came in 10th in the 5k for the 40-44 year age group.

At home, I seem to have gotten myself in a box regarding food for my family. I've made lots of changes over the last two years because my then one and a half year old was not thriving. I went from a vegan diet after eleven years to The Carbohydrate Specific Diet which included meat, some nuts, non-starchy vegetables, fruit and honey. No grains, no soy, no dairy, no starchy vegetables. Then I introduced some grains and there still seemed to be issues. Then I looked at and did a saliva test for the Blood Type Diet and discovered that my son and I are both non-secretors which means we are in a group of 20% of the population. We are both blood type A non-secretors. So now, I've been following that diet for about a year. For us that means we should avoid wheat, corn, brown rice syrup, potatoes, guar gum, agar among other things. That's all fine and well except that I'd stuck myself in a box and had a difficult time detouring.

Freedom has come for me in a strange and unexpected way. While traveling I had to let go of some of my self-imposed restrictions. This was especially true in Finland where most of the packaging labels did not have English on them. Gluten free products were easy to find and were clearly labeled. Here I have not purchased many of them because they have corn, potato

and lots of gums. In Finland, I could not read the labels so I assumed that my son and I would be fine with the gluten free products and lo and behold we were. We even ate fresh garden potatoes of which the Finnish are so proud with nothing but great health.

Because I could not read the labels and assumed that we would be healthy and nourished and we were, I have since allowed myself a greater freedom here at home. I'm no longer stuck in a box. I've now tried gluten free pizza crusts and crackers and I'm enjoying the wider variety of foods. Life Grocery has such a variety of foods for anyone interested in health. Throughout all of my diet changes over the last 15 years, Life Grocery has been a wonderful resource. Whether eating meat, vegan, gluten free, preservative free, yeast free, or grain free my needs have always been met.

I'm also reading a book called *The Biology of Belief*, by Dr. Bruce Lipton, PhD, which confirms what I've experienced. He describes how our cells are primarily shaped by their environment rather than their genetic code. This field is called epigenetics and in the last decade it has been shown that genes are NOT our destiny! What we think and what we feel affects our genes and now it's been scientifically proven. So if you're not all you want to be, it is not your genes. For some that's the good news and for others perhaps that's bad news. It's great news to me!

Kim Strickland earned a Doctorate degree in Natural Health from Clayton College of Health. She is a stay-at-home mother homeschooling her two children. She owns Inspired Living, LLC, a business whose purpose is to inspire people to live their best lives. She facilitates workshops to help people realize their dreams. Visit www.naturallivingresource.com and www.inspirationboards.naturallivingresource.com.

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Nutrition from A to Z

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

“N” is for nuts. Nuts are great! They are considered to be a highly prized food and energy source. There are almonds, Brazil nuts, cashews, chestnuts, macadamia nuts, pine nuts, pistachios; I could go on and on. Some of my favorite nuts are almonds, walnuts, and pecans. Almonds have all kinds of health benefits. They contain a high amount of fiber, which helps to move food through the colon and ease constipation. Almonds have been shown to lower cholesterol and prevent cancer. They’re associated with increased longevity and brain function. Studies have shown that almonds have anti-inflammatory, immunity-boosting, and anti-toxic effects. Almonds are most often eaten raw or toasted, but also have other culinary uses, such as in desserts. Almond butter is great and tastes a lot better than peanut butter. Peanuts, by the way, are not nuts. They’re actually legumes and a member of the pea family. Peanuts grow underground and they can grow a toxin called a micotoxin, which can cause serious allergic reactions if it enters our system. I avoid peanuts if I can help it because I have horrible reactions to them, which is why I stick to other nuts, especially almonds. Almonds are also great because they help to alkalize your system. Most people, if not all, consume way too many acidic foods. What are the most acidic foods? It’s not much of a surprise here—alcohol, meat, sugar, dairy, coffee, soda, and artificial sweeteners. By eating alkalizing foods like almonds, you’re helping to lower the amount of acid in your body; acid is the starting point for diseases to develop.

Walnuts are great, too. They’re high in omega-3 fatty acids and are the only nut that contain that essential ingredient. They’re effective at lowering cholesterol. If you eat a meal high in unhealthy fats (which I definitely don’t recommend that you do, but again, I’m teaching nutrition for reality) and then eat walnuts afterwards, walnuts actually reduce the damaging effects of the bad fats on your blood vessels. There aren’t many foods that can do that! Walnuts help blood vessels to maintain their elasticity and flexibility, which is essential if you want to keep your arteries from getting blocked up with plaque and blood clots. Studies also show that walnuts may reduce or delay the onset of Alzheimer’s disease by breaking down the plaques that are found when this disease is present. Walnuts are found to be beneficial for the brain, back, and skin, and are also considered a tonic for the kidneys. The sooner you incorporate walnuts into your diet, the better!

Pecans are another great nut choice. They are a great source of protein and healthy fats. They can lower the risk of gallstones in women. They’re rich in antioxidants, which help to lower cholesterol, and can also lower your risk of heart disease. They’re loaded with fiber, iron, and calcium.

You can also try sesame seeds. Sesame seeds contain vitamin T, which helps you deal with mental and physical stress. You can try sesame nut butter, which is known as tahini. Tahini by itself is bitter, but you can add it to hummus or salad dressing. You can also add

tahini to foods like stuffed shells, lasagna, or baked macaroni. It gives it a nice, thick, heavy flavor.

I recommend that you eat nuts raw and uncooked. Once you cook them, you destroy the nutrients. However, cooked nuts are a lot better than a hamburger or a piece of cheese pizza. Nuts are also great if you’re headed to a party or a get-together. If you eat a couple of handfuls of nuts before heading out, their high healthy fat and fiber content will help you to keep your hunger and appetite under control. Nuts are also a great mid-morning snack. If you have your fruit for breakfast (which you should be doing), and you get hungry around 10:00 a.m. or so, you can have a couple of handfuls of nuts. I have my smoothie for breakfast, and then around 10:00 a.m. I have two or three handfuls of raw mixed nuts. It really helps to give me energy for a couple of hours and keep my appetite controlled. Please begin to add nuts to your diet. You’ll be glad that you did.

Dr. Joe Esposito, chiropractor, author of Eating Right For The Health of It!, syndicated radio show host of Heath Talk Atlanta, and director of Health Plus Wellness Center, is committed to making healthy living commonplace. If you would like more information or would like to speak to him personally, call 770-427-7387 or visit www.DrJoeEsposito.com. Mention Life Grocery when you call, and get an exam, consultation, x-rays, and doctor’s report of findings for only \$50!

Guaranteed Fat Loss

By Brian Murray, M. Ed.

Do you even need exercise to lose weight? No. If you want to lose a lot of weight, it is best to eat nothing and *not* exercise. But that would be a huge mistake. Why?

You don’t need to lose “weight.” For a striking appearance, one that you can maintain forever, you need to lose fat *and* gain muscle. To diet without the right type of exercise leads to the exact opposite of what you need. Most of the weight you lose will come from the more dense vital fluids and muscle and very little will come from excess fat. If this happens you will be smaller, but your health and appearance will not be better.

You may think exercise is important because it burns off fat. It does not. But it may surprise you to learn that the reason exercise is important is not because of the effect it has on your fat cells, but because of the effect it has on your muscle cells.

The truth is your fat and muscle cells do not communicate through exercise, yet the best exercise for increasing the size of your muscle cells is also the best exercise for decreasing the size of your fat cells.

In 1975, a study published in *Medicine and Science in Sports and Exercise* gave all of us the perfect blueprint for losing fat. Dr. Alfred Goldberg and associates performed a study with rats proving that muscle subjected to intense exercise would grow despite a starvation diet. Why?

It’s simply biology. Movement is essential for survival. Movement is made possible by muscles. Heavily challenge the muscles and they will grow despite tremendous adversity and at the expense of the rest of the body. Basically, if a body is not strong enough to move to acquire food or avoid becoming food, death is

coming soon anyway, so muscle becomes the priority. If you are going to go down you might as well go down swinging. Makes sense, right?

So what does a starving rat with bigger muscles have to do with you losing fat and reshaping your body?

You can add muscle to your body and guarantee that all of your weight loss is fat loss with high intensity exercise. After eleven years of clinical observation, I can say with complete certainty that the best exercise for losing fat is high intensity strength training. There is simply NOTHING safer, more time-efficient, or productive. Yet, the exercise has no direct effect on your fat cells.

When you go on a diet and consistently eat less than you are used to your body thinks “starvation.” This is what your fat cells respond to—calorie deficit or calorie surplus. The calorie deficit kicks in ancient response systems developed for survival. Now your body must decide how to allocate resources. In the face of starvation, subjecting your muscles to intense exercise means your muscles become priority number one; they will be saved at the expense of fat. The energy from excess fat will be used to “feed” and develop more muscle to ensure survival.

This is a good thing for your hips, thighs, and self-esteem. People will notice.

It’s such a simple concept, but all you are doing is using your body’s survival machinery to your advantage, and it works beautifully. This is why the pounds of fat you lose may exceed the pounds of “weight” you lose. And don’t expect a large drop in body weight. Why?

Muscle and fluid is more dense than fat. These are the things that make you look young and attractive.

These are the things you are keeping. Fat—the stuff that makes you occupy more space and miserable—is what you are losing. You don’t need to drop a lot of weight when you are losing only fat, but you will notice a big difference in the amount of space you occupy.

Brian Murray is an exercise physiologist, weight loss consultant, and creator of mbody®, a six-week fat loss plan that will change your life. To learn more about mbody™ visit www.mbodytransformation.com.

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Living the Long Life

By Linda Townsend

We have heard all sorts of “anti-aging” claims in the form of vitamins, natural extracts, and supplements over the years. I personally have experimented with quite a few of them, but now it has come full circle for me. I have a renewed enthusiasm for a very simple practice largely ignored by medical science, until it found an explanation to support the claims: the longevity gene or SIRT1.

There are certain factors that activate this precious gene. Advertised the most is an extract called resveratrol found in red wine, berries, beans, and peanuts, with the rather invasive and edible Japanese Knotweed, *Polygonum Cuspidatum*, having the greatest amount (although I found one study that indicated ingesting *resveratrol* was not as efficient as sublingual delivery). The other lesser known “on” switch for this gene is something that cannot be found in any garden or store; it is simply going hungry.

While it is drilled into our minds we must have three square meals a day and not skip meals, going hungry is actually very natural. It has been practiced, whether purposely or unavoidably, since man has walked the earth. Perhaps this is why we have this particular famine-related survival gene, because it responds to the stress of undernourishment by fortifying the body for survival of such a crisis. A study published in the *International Journal of Obesity*, August 2008, revealed nine human volunteers more than doubled SIRT1 expression in body fat by fasting six days.

Obviously, with certain health conditions, eating disorders, and while taking medications, fasting may not be advisable, but I must say that I am biased on the side of it being health-promoting when practiced responsibly. I have been fasting in various ways for twenty years and strongly agree with these claims about fasting:

- promotes detoxification
- speeds physical healing while supporting emotional and spiritual healing
- increases life span
- decreases cravings and even breaks addictions
- reduces weight and helps maintain healthy weight

- minimizes signs of aging and many degenerative conditions associated with aging
- improves digestive processes

We have heard medical experts speaking against fasting as a method to lose weight, warning that our bodies will go into starvation mode, thus causing muscle loss during the fast, as well as fat gain when eating commences. However, SIRT1 studies regarding the reduction of caloric intake support opposite results; fasting can promote fat burning while maintaining muscle mass, and even encourage muscle building once eating commences.

There are many forms of fasting, ranging from refraining from eating certain foods or forms of foods to juice only to water only; they can range from just one meal to many weeks. There are also variations in fasting intervals. Intermittent fasting (IR), when one regularly (or irregularly) alternates between fasting and non-fasting, like every other day or fasting a few days each week. Some people purposely practiced IR in an irregular way, so the body does not become accustomed to a fasting routine, believing it is more stressing to the body and keeps the SIRT1 gene activated, although I am not aware of any studies proving this theory.

Another alternative that research has proven to activate SIRT1 is caloric restriction (CR). This is something between fasting and normal eating, but it may include fasting. When practicing CR, one eats highly nutritious food, but fewer calories, much like a very strict diet one might use to lose weight, but it is a lifestyle rather than a short duration. People who rigorously practice CR usually have a goal of maintaining a weight that would be under average, a rather controversial ambition.

For the last 18 months, I resumed a one-day-a-week fast that I practiced for a few years when I was younger. Now, as then, I will also fast three to seven days at times and fast for longer durations less often. I did not notice any particular benefits when I was younger, other than maintaining my weight and reducing cravings.

However, since I have resumed fasting regularly, I have had healing of joint pain; even the pain of a knee injury that persisted for well over two years has been completely relieved for nearly a year. Telltale wrinkles around my eyes have diminished noticeably. I crave chocolate and ice cream—*my addictions*—less and healthier, raw foods more. I feel less tired, generally healthier, and even younger than I did two years ago.

Maybe it is because food is in abundance year around now that in our society obesity has become an epidemic. Think about that! Over one-third of women between the ages of 20 and 74 are obese. Do you think this could happen if our food supplies could not be transported great distances, refrigerated, processed, and packaged as it is today? That SIRT1 gene is there because throughout prior ages, food was not readily available all the time as it is now and the choice of foods were seasonal.

One other benefit to stimulating SIRT1 is frugality. While so many households are struggling financially with the economic downturn, many people are buying lower quality foods, still eating too much, and overloading their bodies. To me, it just seems logical to be very prudent in planning meals balancing the quantity and quality of food for the entire family. The combination of fasting and making every calorie count nutritiously helps with my budget. I can better afford highly nourishing, organic food for my family not only because I am eating less, but because my body becomes more efficient at utilizing the nutrition it gets, so I actually *need* less as well.

In closing, medical science has now proven we can go without food now and then, and live a longer, healthier life.

[NOTE: Be sure to check with your health care practitioner prior to fasting, especially if you are on medication or have any medical conditions.]

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

Life Bits: Fall is the Best Time to Plant Trees

By Kay Bird

Just three trees, properly placed around a house, can save between \$100 and \$250 annually in cooling and heating costs. Daytime air temperatures can be 3° to 6° cooler in tree-shaded neighborhoods.

Planting trees for energy conservation requires the right tree in the right place. In addition to shade, cooler air, and wind protection, trees add beauty, privacy, value, and wildlife habitat to the landscape now and for many generations to come.

The Right Tree: Deciduous trees (trees that lose all of their leaves each fall) save energy in summer by shading houses, paved areas, and air conditioners. Un-shaded cement or asphalt driveways absorb heat from the sun and radiate it back to the house, even after the sun has set. An air-conditioning unit that operates in the shade uses less electricity. Prune branches to allow at least several feet clearance around the air conditioning equipment to encourage air flow. (Shrubs planted near the air conditioner will reduce air flow and cooling efficiency.) Large and small evergreen trees also provide shade and, along with evergreen shrubs, save energy by slowing cold winds in the winter. All trees save energy in summer by directly cooling the air. This cooling happens as water evaporates from the leaf surfaces, much as our skin is cooled when we perspire. All trees also filter the air of pollutants; evergreens do it all year long.

The Right Place: Plant deciduous trees so they will shade east/southeast walls and windows from 7:00 a.m. to 11:00 a.m. and west/southwest surfaces from 3:00 p.m. to 7:00 p.m. during June, July, and August. Trees with mature heights of at least 25 feet should be planted 10 to 20 feet east and west of the house. Trees planted to the south will only shade a building in the summer if they extend out over the roof. In the winter, when maximum sun is desired, trees near the south wall will provide too much shade. Even deciduous trees that have dropped their leaves cast quite a bit of shade in the winter. To avoid winter shading, locate trees no closer than 2-1/2 times their mature height to the south of a building.

Placement Precautions: Avoid creating future problems when planting trees. A tree that is 4 foot tall by 2 foot wide might end up being 60 feet tall and 30 feet across. Learn the mature size and crown characteristics of any tree you buy and plant accordingly. Plant trees far enough away from sidewalks, driveways, and buildings so the top has room to develop and the roots do not damage a structure. Full-crowned trees that naturally keep their branches all the way to the ground should be planted at least one-half of their mature crown width from any obstruction. Trees that can readily be pruned as they grow, like most deciduous trees, can be planted closer and allowed to overhang low obstructions. Trees that grow into power lines cause electrical outages and

increased line maintenance costs. They also can end up in poor health because of the severe pruning that is sometimes necessary.

For Assistance: For additional information on tree selection, planting, and care, contact your County Extension office or local nursery. For more information about trees and power lines or buried cables, contact your local power provider.

Declare your faith in the future and plant a tree. If you see a tree somewhere that you really like, check with the homeowner for information about the tree. People love to talk about their yards and plants. You might even receive a seedling as a gift as a result of your inquiry. I have given away Dogwood and Japanese Red Maple seedlings to neighbors who are thrilled to have that personal connection with me growing in their yard. Together, we watch them grow a bit taller each year. When I was a caretaker for a woman in her nineties, we walked through her yard and she would tell me which friend had given her which flowers, bushes, and trees from their yards. She cherished the fact that she had a yard full of her friends, reminding her of their shared lives over many years. Each one held a special story.

References:
www.ndo.org
<http://extension.usu.edu/forestry/>

Recycle, America!

By Betsy Bearden

It's not easy being green: it takes commitment, it's time consuming, and it's not cheap, either. So, is it even worth the effort?

I believe it is. If each person would take the time to recycle a little more here and there each day, we could save our environment one day at a time. This concept is not new. The first big push that I can remember was in the early '70s with Woodsy Owl and the "Give a Hoot, Don't Pollute" campaign, which some of you may remember. I think I was around 11 or 12 or so (ahem!).

Our landfills are loaded at the rate of 100 billion polyethylene plastic bags per year that can take up to one thousand years to degrade.* *One thousand years!* Do you understand what that means? All those bags are toxic, and the residual chemicals seep into our soil and waterways via rainwater runoff. Over one trillion of these plastic shopping bags per year are generated, and only one tenth of these are recycled. Stunned? I am.

Some countries, such as Ireland, to name just one, and some cities, such as Boston, to name just one, are banning the use of these plastic bags. They make their way onto our streets, into our sewers, and ultimately into our oceans. Do you know that it is legal and permissible for cruise ships and commercial shipping vessels to dump waste into our oceans? Consider how many there are and think about this. Consider how vast our oceans are, and then realize they are polluted because of mercury contamination and toxic waste, including nuclear and lead, topped by the plastic bags. It just blows me away that it's even possible! How in the world can our oceans become polluted? Marine life ingests these bags and can't digest them; birds get caught in them. Those six pack drink rings can get caught around small animals causing big problems as the animals grow. It's best to recycle these six pack rings, but if you don't

recycle them, please cut them up. Don't even get me started on disposable batteries and razors—Och and Oy Vey, and I'm even Catholic!

Reef fish and bottom feeders are the most contaminated by mercury. Larger fish eat the reef fish, such as tuna, mackerel, and sword fish, and the mercury levels rise. It is then passed on to consumers and even our pets. I am surprised many of us don't glow in the dark. Just imagine a normal night at home when one of the family members looks at the others and says, "Geez Honey, maybe we should cut back on the tuna? Even the cat glows!"

When is the last time you thought about tossing out the burned out light bulb? The 30,000 pounds of mercury thrown away in compact fluorescent light bulbs each year is enough to pollute nearly every lake, pond, river and stream in North America (not to mention the oceans). Washington is making us feel as if we *have* to replace incandescent bulbs with those funny looking florescent ones. They contain mercury! Not many people realize this. Yes, they last nearly forever, but when they eventually burn out, or in the case of remodeling offices and homes, the old fixtures are dumped into the landfills. Gosh, no wonder so many of us are sick all the time.

Thank goodness a new crop of LED lighting is on the horizon. To those who have been recycling for a long time, hat's off to you. It's easy to start and once you do, you catch the green fever. Yuk. Sounds scary, doesn't it? And yes, it is contagious, but that's a good thing.

Use the plastic shopping bags to store things in that you place in the attic or basement. Use them as doggie stuff clean ups, in gardening to keep weeds away, as reusable lunch bags, as book covers that you can decorate—or simply recycle them at your local facilities

so they can be recycled as composite building materials and such. If you go rent a DVD or buy one thing or two at a local supplier, forego the plastic bag, and just carry it out. If someone asks you "Paper or plastic?" just tell them, "No. It ain't heavy, it's my duty." Little things make a big difference.

Save the rainforest, save a tree, save the environment. Buy hemp, jute, bamboo, or canvas bags. I just love the idea of having a bamboo bag. You can even have them customized for your own business so you can build a greener brand name for yourself when you place your order. How cool is that?

Take a deep breath and just start buying those expensive biodegradable diapers, plastic trash bags, lawn care bags, food service products made from sugar cane or starches, and eventually the costs will come down due to the demand. At least, that is what I am hoping.

Check out Life Grocery for environmentally friendly biodegradable plastic alternatives. They have a wide range of trash bags, grocery bags, diapers, reusable shopping bags and more. We have to start somewhere, and where better than Life Grocery! And while you're there, become a card totin' member and check out Café Life. They even use sugar cane products for some of their packaging. It's awesome and delicious, and you will be happy you did!

References:

* <http://www.worldwatch.org/node/1499>

**<http://sendyourlightbulbtowashington.wordpress.com/>

Betsy Bearden is a certified, published writer, and author of *Normal People Eat Tofu, Too*. She has worked as a volunteer chef, cooking class instructor, and a 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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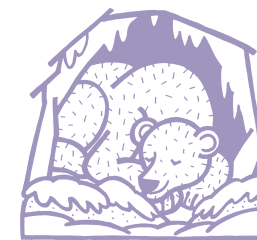


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Autism—Dealing with this Childhood Epidemic

By Dr. Susan Esposito

I recently attended a conference at the Waverly Hotel here in Atlanta. It was called the D.A.N. (pronounced “Dan”) conference. The letters stand for Defeat Autism Now and is sponsored by the Autism Research Institute (ARI).

ARI is the hub of a worldwide network of parents and professionals concerned with autism. It was founded in 1967 to conduct and foster scientific research designed to improve the methods of diagnosing, treating, and preventing autism. ARI also disseminates research findings to parents and others worldwide seeking help. The ARI data bank, the world’s largest, contains over 40,000 detailed case histories of autistic children from over 60 countries. The founder of ARI, Bernard Rimland, Ph.D., was an internationally recognized authority on autism and the father of an autistic son.

Wikipedia defines autism as “a brain development disorder characterized by impaired social interaction and communication, and by restricted and repetitive behavior. These signs all begin before a child is three years old. Autism involves many parts of the brain; how this occurs is not well understood. The two other autism spectrum disorders (ASD) are Asperger’s Syndrome, which lacks delays in cognitive development and language, and Pervasive Developmental Disorder (PDD), diagnosed when full criteria for the other two disorders are not met.”

According to ARI, “It used to be thought that autism is just a fate that you accept. The good news is that there are now a wide variety of treatment options which can be very helpful. Some treatments may lead to great improvement, and others may have little or no effect, but a good starting point would be the parent ratings of biomedical interventions, which presents the responses of over 25,000 parents in showing the effectiveness of various interventions on their own child.

ARI’s Diagnostic Checklist, Form E-2, was developed by Dr. Bernard Rimland to diagnose children with Kanner’s syndrome (which is also known as “classical autism”). Many parents and professionals have also used the E-2 checklist to assist in the diagnosis of autism spectrum disorder (ASD). You can print out, complete the checklist, and then mail it to ARI for scoring. Their staff will analyze the responses and send you a score along with an interpretation. The checklist is available in 17 different languages at: <http://www.autism.com/autism/index.htm>. There is no charge for this service.

How Common is It? For many years, autism was rare—occurring in just five children per 10,000 live births. However, since the early 1990’s, the rate of autism has increased exponentially around the world with figures as high as 60 per 10,000. Boys outnumber girls four to one. In 2007, the Centers for Disease Control reported that 1 in 150 children is diagnosed with autism.

Since 1995, ARI has convened recurring meetings for carefully selected physicians, researchers, and scientists committed to finding effective treatments for autism. Their work has become known as Defeat Autism Now! Parents and clinicians who do not regard psychotropic drugs as the best or only means of treating autistic patients will welcome this chance to learn effective strategies for addressing the medical illnesses associated with autism.

These conferences are held in different cities twice a year and are very impressive. Hundreds, perhaps over a thousand people, attended the Atlanta conference. Their focus seems to be on the nutritional or biomedical control of ASD. As a health practitioner myself, I truly

appreciated their natural focus on dealing with ASD, as opposed to treating the disorder with the pharmaceutical drugs that can have so many side effects (ranging from mild to potentially fatal) and according to the D.A.N. doctors, don’t treat the underlying cause of the problem. If you would like to learn more about ARI, D.A.N., and side effects of commonly prescribed drugs for ASD, you can go to the ARI website: autism.com.

Most of the emphasis at the conference was centered on the fact that most of the children with ASD suffer from certain kinds of intestinal and digestive disorders. These disorders make it impossible to normally digest and assimilate many foods. This then leads to leaky gut syndrome, which in turn creates a situation within the child’s body where it produces antibodies to large undigested proteins that have leaked from the gut into the bloodstream. This now sets the stage for a myriad of problems because the body’s immune system can get confused deciphering between friendly and foreign substances. The child now suffers from all types of symptoms due to immune responses that are out of control. The brain, as well as all other parts of the child’s body, is now affected.

These children typically suffer from food sensitivities that promote the kind of problems mentioned above. They suffer from nutrient deficiencies. Their detoxification systems are impaired. They have an imbalance of bacteria (dysbiosis) leading to the overgrowth of the bad bacteria, parasites, and fungus/yeast.

To help these children the D.A.N. doctors do a thorough analysis of the child’s sensitivities and imbalances and put them on a diet that restricts the offending foods. This elimination diet typically includes the removal of: sugars, junk food, preservatives, dyes, and artificial sweeteners. The child must also eliminate those foods to which he has sensitivities—most commonly gluten and dairy. You’ll see this abbreviated as the GFCCF (gluten-free casein-free) diet. Casein is the offending protein in dairy that is difficult for humans to breakdown and digest, thus causing intestinal irritation, inflammation, and leakage into the bloodstream of these large undigested protein segments. Other foods that commonly are eliminated due to sensitivities are: soy, eggs, chocolate, and corn. They also remove the germs that are out of balance by the most natural means possible, while enhancing viral fighting ability (curcumin, monolaurin, olive leaf extract).

Lastly, they want to replenish: good gut flora (probiotics, fermented foods), digestive enzymes, nutrients (multivitamin and minerals), essential fatty acids, and nutrients with anti-glutamate action (pycnogenol, chamomile, taurine, GABA).

The speakers at the conference discuss major improvements that are seen in most of these children with the nutritional modifications outlined above.

I must state here that the information that I have written above is my understanding of some of the material presented at the D.A.N. conference, it is in no way a comprehensive, detailed guide on how to treat autism. There was so much information presented, that I could never condense it all into one article. My best advice if you want more information on ARI and D.A.N. is to go to autism.com.

Now no article on Autism is complete without mentioning the latest (and in my opinion, the greatest) advancement in the care and treatment of ASD and other childhood developmental learning disorders. It is called the Brain Balance Program.

According to their website:

The Brain Balance Program is a comprehensive program which incorporates a unique multi-faceted approach to the assessment and the development of individualized intervention plans for children affected by the Neurobehavioral/Developmental Disorders such as ADD/ADHD, Asperger’s Syndrome, Tourette’s Syndrome, PDD, Autism, Processing Disorders, and Learning Disabilities (i.e. Dyslexia).

Based upon the most current research our program works from a brain based model which recognizes that many of the children that are diagnosed with these disorders suffer a foundational imbalance or under-connectivity of electrical (brain) activity. This imbalance or under-connectivity occurs within and between the two halves (hemispheres) and/or large networks of the brain. We now understand that it is this imbalance of function, also known as “functional disconnection syndrome,” within and between the two halves of the brain which is often responsible for many, if not all, of the physical, cognitive or mental, and/or behavioral difficulties related to these disorders.

Dr. Robert Melillo is the creator of the Brain Balance program, which has had phenomenal results in the treatment and/or cure of the disorders listed above. His most recent book, *Disconnected Kids*, thoroughly explains the reasons for these problems and then gives step-by-step instructions on how to achieve results utilizing at-home methods without drugs.

The complete Brain Balance program is offered at Brain Balance Achievement Centers, which we are fortunate to have three of them in the Atlanta area: Peachtree City, Suwanee, and Alpharetta.

At these centers, the well-educated staff not only addresses the nutritional/biochemical challenges of these children, but also works diligently to address the imbalance in function of the child’s brain hemispheres.

Serum and urine tests are performed to assess: organic acid levels (to determine the nutritional and metabolic basis of the child’s symptoms), amino acids (to determine essential amino acid imbalances that affect physical and mental function), and an IgG4 profile (to determine food sensitivities and reactions). According to the results of these tests, a specific diet will be created for the child to follow and customized nutritional supplements will be created. It’s a very individualized process, which is why it is so successful.

The greatest contribution to the child’s treatment comes from the focus that the center puts into brain hemispheric balance and integration. A child will go through complete neurosensory and cognitive therapies to accomplish this goal. All these therapies are specifically created for each child depending on his level and type of functional disconnection. The genius of the center is that all these “therapies” are really seen from the child’s perspective as games and fun, because keeping the child motivated to perform the tasks to completion is the ultimate goal.

Again, I have to make the disclaimer that I am only able to give you a small bit of all that Brain Balance has

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Stress and the Food You Eat

By Brenda Cobb

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

Stress can be brought on by illness, pain, emotional conflicts, death 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 affecting metabolic and immune functions.

Everyone reacts differently to stress. The degree of anxiety a person experiences indicates how well he or she is coping with stress. It is never what happens to a person that matters, it is their reaction to what happens that is the key to health or sickness. Common symptoms of stress and anxiety are excessive or unwarranted worrying, a rising sense of panic, restlessness, insomnia, trembling, feeling shaky, muscle tension, fatigue, shortness of breath, heart palpitations, sweaty, clammy hands, hot flashes, chills, dizziness, irritability, and difficulty concentrating.

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

Many times anxiety, depression, allergic-like reactions, food and chemical intolerances, and hyperactivity can be explained by careful examination of diet. If you are stressed out, avoid caffeine, food additives, preservatives, and chemicals. Stick to fresh, whole foods like vegetables, fruits, nuts, and seeds. Stress increases poor digestion and decreases nutrient absorption, so many individuals have vitamin and mineral deficiencies. Learn about good nutrition and what foods best serve you.

Avoid animal and dairy products which are acidic, congesting, and of a low vibrational energy. When you eat a dead animal, you are eating the fear, anger, and stress they felt throughout their lives and when they were slaughtered. Everything is energy and the negative energy in animal products is one of the leading causes

of stress and illness. When you eat low vibrational foods, you lower your own vibrational energy, which in turn lowers your immune system. This makes you more susceptible to premature aging and disease.

Organic raw and living (sprouted) foods are alkaline and excellent for combating stress and for restoring the immune system. Cooking food destroys the life-giving properties like enzymes, vitamins, and minerals. Cooked food is very acidic to the body. When you eat more raw vegetables and fruits and lots of living sprouts like sunflower sprouts, buckwheat sprouts, and broccoli sprouts you will help yourself combat stress and increase energy and health. Your skin will become glowing and beautiful and your teeth, hair and nails will become stronger and more luxurious. So whether you are eating raw and living foods because you want to feel better or look better, either way, you win!

Ginger Coconut Slaw

2 c purple or green cabbage
1 c carrots
1 c red pepper
1 c green onion with tops
½ c raw coconut oil
¼ c raw tahini
½ c lemon juice
1 t himalayan salt
2 T dried dill
1 clove garlic
pinch cayenne pepper
4 dates pitted
1 T fresh ginger
½ t cumin

- Chop all the vegetables.
- Combine the other ingredients in the Vita-Mix and blend into a dressing.
- Toss salad with the dressing.

Resources:

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

Brenda Cobb is founder of The Living Foods Institute and author of "The Living Foods Lifestyle®." Her 10 and 12 Day Healthy Lifestyle Raw and Living Food Course have helped thousands to heal naturally of all types of diseases. Call 404-524-4488 or visit www.livingfoodsinstitute.com for a complete listing of free seminars, recipe demos, banquet fests, and graduation parties.

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Autism – Dealing with this Childhood Epidemic

to offer. I encourage you to go to their website, brainbalancecenters.com, and their blog site, brainbalancegablog.com, where you can learn more about the brain balance program, Dr. Melillo, and brain research, as well as read testimonials on the tremendous success of their treatments.

In conclusion, Autism has truly become an epidemic in our society when 1 in every 150 children is affected! While many reasons are speculated to be the cause, the important thing to remember is that there are now holistic and natural treatments available that can, at least, mitigate a child's symptoms and, at best, cure the problem. We have come a long way from the days where

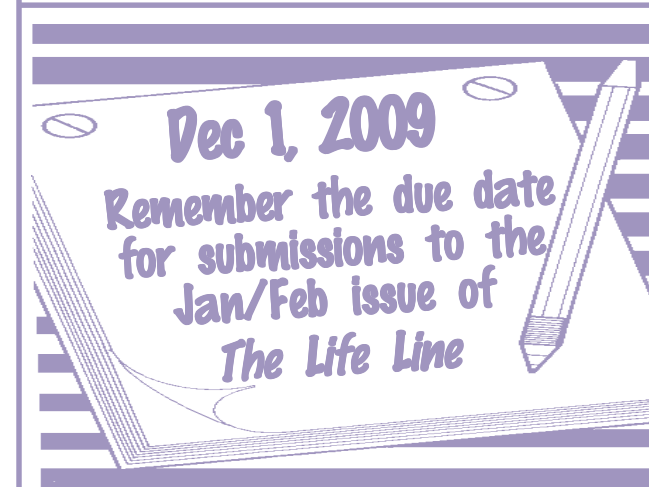
autism was strictly seen as a genetic disorder with no hope of improvement or cure. Advancements that have been made in bio-technology in the past 15 years have provided us with more knowledge of the human brain and the nervous system than we have had in all of history!

Dr. Susan Esposito is a nutritional adviser, chiropractor, and vegan mother of three children. If you have a question for Dr. Susan, e-mail her at susan.esposito@gmail.com. Due to space limitations, not all questions can be answered in this newsletter.

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Can I Still Have Chinese Food on the Gluten Free Diet?

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

If I could count how many times I've heard that question from people who are new to the gluten free life, I'd say it's pretty much everyone. I get a panicked phone call or e-mail asking about Chinese food. Is it such a staple in our diets that we can't imagine life without it? Probably. Even though these are primarily rice-based dishes, the sauces they are prepared with are not safe for those of us on a gluten free diet. Most commercial soy sauce contains wheat, and you would be hard pressed to find many dishes that are not prepared with it. Sure you could probably order plain steamed rice and steamed vegetables (made in a clean pan) if you feel confident enough in your ability to communicate your needs effectively to the restaurant staff. It can be done, I'm not saying that it can't, but keep in mind any time you dine out you are running the risk of cross contamination issues or simply ill informed staff that don't realize that the egg foo young actually has wheat flour in the recipe (some don't, just ask).

So, to answer the question directly, yes you can still eat Chinese Food. But, there are certain things you need to be aware of. The fortune cookies and egg rolls are not gluten free, unless you find a gluten free version (and if you do, please let me know!). You can always take your own gluten free soy sauce with you and order simple things like steamed vegetables and steamed rice. If you want to get more adventurous, call your favorite Chinese restaurant and ask them if they can accommodate your dietary needs. From what I hear, most are willing to try.

There are chain restaurants that now have gluten free menus, like PF Changs for one. Also, you can check with Café Life and see what days Chef Mike is preparing some of his fantastic Asian influenced gluten free dishes. They are wonderful! If you are brave and wish to attempt making your own, here are a few simple recipes.

Vegetable Stir Fry

1 bag frozen mixed vegetables
1 pk firm tofu sliced into chunks (or sliced chicken strips)

safflower oil for high heat cooking
San J's Light Wheat Free Tamari (low sodium)

- In a large wok or frying pan pour a liberal amount of safflower oil (you don't have to coat the entire bottom of the pan). Heat over medium high heat.
- Add tofu or chicken and cook until browned on all sides.
- Add frozen vegetables and toss with tamari.
- Continue stirring very regularly until vegetables are cooked through, but not too soft.
- Serve over steamed white or Basmati rice, which you cooked at the same time.

Easy Way to Steam Rice

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

- In a 2 quart saucepan with lid, bring water to a boil.
- Add rice and stir.
- Put lid on top and reduce heat to low.
- Steam for 20 minutes while preparing the rest of the meal.
- When timer goes off for rice, remove from heat, but do not remove lid.
- Allow to continue to steam for an additional five minutes or so.
- Remove lid and fluff rice with fork.
- Serve Vegetable Stir Fry over the rice with San J's Wheat Free Tamari.

If you desire a sweet and sour sauce to top your vegetable stir fry, this is what I usually do:

Sweet and Sour Sauce

equal parts honey and Annie's Naturals Ketchup.

- Mix together with fork and serve over your meal.

Baked Tofu

1 lb extra-firm regular tofu (NOT silken), sliced ¼-inch thick about 1/8 c gf soy sauce

- Preheat oven to 375° F.
- Brush each slice, back and front, with soy sauce and allow it to marinate for 10 minutes.
- Place on a lightly oiled baking sheet and bake for 30-35 minutes. Turn once halfway through, until it is a deep, golden brown color and crispy on the outside, but still tender on the inside.
- Remove from oven.

Asian Lettuce Wraps

frozen veggies
onions
garlic
canola oil
rice noodles
honey
gluten free soy sauce
¼-½ t fresh grated or powdered ginger
lettuce leaves

- Pre cook rice noodles, drain and set aside.
- In a skillet or large wok, sauté onions and garlic until onions are almost translucent.
- Add frozen veggies and cook until tender.
- In a separate bowl, mix equal parts soy sauce and honey. Stir in ginger.
- Pour mixture over veggies. Mix in noodles.
- Spoon into lettuce leave, roll up, and enjoy. Serve with tofu.

NislaWhetstone is a Licensed Massage Therapist and Gluten Free Lifestyle Coach in private practice in conjunction with Dr. Joe Esposito. Join her from 6-7 pm on the third Tuesday of every month for her Gluten Free support group in Café Life, where selected gluten free items are available for purchase. Contact her at 770-653-6017 or magickhand@gmail.com.

What's in Your School Lunch Box?

I was recently very happy to be included in the "first day of school" rituals with my grandchildren. My grandson has "graduated" to Kindergarten and my granddaughter is beginning Pre-K.

As we arrived at the school, I saw many moms and dads with their little people, waddling up to the big front doors. Then there was us; Mom, Dad, Nana, and Grandpa with our little people. We ALL wanted to be there . . . it's a BIG day. Excitement was in the air and a few tears for some. I was holding my five year old grandson's hand as we walked towards the school and he looked up to me and said, "Nana, I was looking in the mirror this morning after I got dressed, and I thought I kind of look like an adult now." My hand went to my heart as I tried not to cry.

Earlier that morning, our daughter had gotten their backpacks all ready, and packed their lunches. Now, as we were walking into the school, it occurred to me that I hadn't looked to see what she was packing. Our daughter and her husband actually do a pretty good job making sure that their children get organic food, and lots of raw fruits and vegetables. But my mind was wondering, hoping, that she didn't "cave" to all the simply packaged, brightly colored, buy it, grab it, throw it in simplicity of many of the processed foods. Sometimes those "brightly colored packages" seduce us on the shelves and before we know it, they are in the buggy.

So . . . I asked. Her reply, "Yes mother, of course I put good food in their lunch box. Ezekiel Bread (sprouted grain bread from Life Grocery), with a little almond butter and jelly, some sliced apples and some organic Elmo crackers, with new stainless steel bottles for fresh water. "That's pretty good," I thought.

Then I started looking around as all the different kids, different shapes and sizes, walking into the school with their lunch boxes; what was in their lunch box? Oh no, how is that going influence my sweet little grandchildren? Will they be made fun of by the Mountain Dew drinking, processed food, McDonald's breakfast crowd?

FLASHBACK: The year, 1966. I'm eight years old, carrying my brown paper bag to school every day for lunch. What's inside? A bologna sandwich with mustard on Wonder Bread, chips, and cookies. I always got in line to buy a milk to go with my lunch. This was pretty much my school lunch for years. By the way, at the time, I wouldn't have it any other way. There was nothing like a bologna sandwich that was nice and warm (well, actually, room temperature. I'm sure that some of you are smiling, because you know exactly what I mean!). Now of course, every other Friday, the school lunch calendar would say "pizza" and I would be begging my mother for money to buy school lunch that day. As a side note, at eight years of age, I was perfecting my "later to be discovered" negotiating skills, and would always manage to get an extra piece of pizza for free from the lunch room ladies!

Of course, reading about this flashback, reminds me that somehow we all survived. Well, some of us better than others, which is the point of this story. We need to start making better choices for children's lunch boxes and for ourselves each day.

Childhood obesity and diabetes are on the rise. Many of us have family and friends who have died at an early age from illnesses and disease that we didn't "catch from germs on a toilet seat." Much of what forms this body of ours, that our spirit resides in, is built from the "fuel" we supply two to six times daily . . . food.

Good habits start at home. Give your children a great example. Then pack their lunch with healthy food, real food; fresh, organic fruits, vegetables, greens, nuts, and seeds.

Would you like a few ideas for your children's lunchbox? By the way, everything on this list is conveniently available at your wonderful Life Grocery. Try to choose organic whenever possible, very important.

- Goji Berries (one of the most nutritionally rich fruits on the planet)
- Sundried raisins

By Jesse Andersen

- Sundried mulberries (very sweet and delicious)
- Raw, organic nuts and seeds (lots of lovely tasting choices on the raw food aisle, as well as in the bulk department)
- Ezekiel Bread (sprouted grains) for sandwiches
- Raw, organic almond butter with soft fruits "smashed" on for jelly
- Raw, organic snack bars (on the raw food aisle)
- Cut up fruit (apples, pears, oranges, peaches, strawberries, blueberries, pineapple, etc.)
- Cut up vegetables (celery, cucumber, cherry tomatoes, etc.)
- Take the pit out of Medjool dates, cut into small squares and add to some small cubed apples. The combination tastes like caramel apples, Yum!

Now, keep in mind, I understand the "dynamics" of a school lunchroom. There needs to be some "wiggle" room. Most kids don't want to feel like the odd man out everyday.

I was very proud of my daughter on that first morning, on the first day of school. As my five year old grandson and my four year old granddaughter were eating breakfast that morning, I watched as my daughter explained to them, that many of the children would have money for ice cream at lunch time, everyday. Then, she gently explained that they would not have ice cream money every day, but, that every Friday, they would each get 50 cents to buy any ice cream that they wanted.

You know, it's not so much what you're eating 20% of the time, it's what your eating 80% of the time. That's a lesson for food. That's a lesson for life too.

Jesse is the Director of the Raw Food Resource Center and teaches several classes at Life Grocery, including the very popular: "Raw Food Nutrition for Health & Weight Loss." She also presents a free one-hour lecture weekly at Life Grocery every Thursday at 6:30 pm. For more information on her classes, email her at RawFoodResourceCenter@gmail.com.

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30 caps

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20% off



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10% off

Protect Yourself From the Flu With Vitamin D

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

This is the time of year, in the northern latitudes, when the days get shorter and our sun exposure goes downhill. It's also the time of year to break out the Vitamin D. Research over the last several years has shown, unequivocally, that we become seriously deficient in Vitamin D, especially in the winter months, and, even in the summer, if we stay inside or use sunscreen outside.

We need at least 2000 IU (international units) per day of Vitamin D3. (Note: It's the D3 you want, not the D2 sold in some forms of supplements.) It's cheap and easy to take as a supplement. Make sure you are eating enough "good fats" to be able to absorb the Vitamin D (healthy fats such as olive oil or avocados), otherwise you are wasting your money. I suggest you eat at least two tablespoons of some healthy fatty food when you take your Vitamin D3.

Studies have linked Vitamin D deficiency to a number of chronic diseases, including diabetes, heart disease, osteoporosis, multiple sclerosis, and various cancers including bowel, prostate, and breast. It's not that Vitamin D deficiency actually causes these diseases, but it is strongly associated with them. A recent study even indicated that Vitamin D deficiency was a factor in deaths associated with the flu. "So far, Swine flu (H1N1), has killed thirty-six children in the U.S. Analysis of CDC data indicates Vitamin D deficient children are at higher risk of death." (<http://articles.mercola.com/sites/articles/archive/2009/09/22/Low-Vitamin-D-Increases-Flu-Death-Risk-in-Kids.aspx>.)

The only way to ever truly become immune to the H1N1 flu or any other flu is to get the flu. I can't tell you whether or not you should get a flu shot, but we do know that flu shots contain formaldehyde, a class A carcinogenic. Many of the doses contain a form of mercury, and there are a host of other problems I see with the potion. That being said, I have been telling my

patients that I ingest 2,000 IUs of Vitamin D3 (It's really a hormone, not a Vitamin, but I digress) and two cloves of raw garlic once a day.

There are two sources of D3. One is from fish oil, of which I am not a fan, as it needs to be cleansed of toxins, including mercury, before it is safe for human consumption. The other source is lanolin, which comes from sheeps' wool. I like this source better. We are now finding Vitamin D receptors all over the body, meaning that it is needed all over the body for many different purposes. It appears to have a very positive effect on the immune system. If I feel like I am getting sick, I take 10,000 IUs for three days, and then I go back to 2,000 IUs a day. If I am in the full blown flu, I take 20,000 IUs a day until I feel better.

Garlic acts as an antibiotic, antiviral, and antifungal, so it can attack whatever ails you. It is best to put the garlic through a garlic press and let it sit for a few minutes for the chemicals (allicin and alliinase) to interact and become more potent. Eat the garlic on a salad, in soup, or however you would like, but don't cook it. Cooking it weakens its effectiveness. If I feel like I am getting sick or I am sick, I take two cloves of garlic three times a day. This combination usually gets you feeling much better in a day or two. I have seen it work on countless occasions on myself and on many of my patients who have tried it. Other illness fighting herbs are ginger, which is an anti-inflammatory; hot peppers, which increase circulation; onions, which are a natural antihistamine; and horseradish, which is good to add to your arsenal. (See Dr. Joe's Cold & Flu Tonic in the supplement section for all these ingredients in one simple, easy to use bottle.)

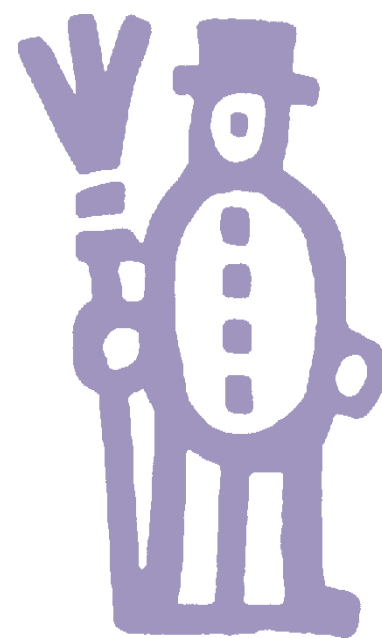
Fever helps the body kill off viruses. When I am not feeling well, I like to take a hot bath and create my own fever to help the body kill off the invaders. This is a proactive plan to get through this flu season.

Because Vitamin D is really a hormone that regulates messages between cells, it's not just important in bones, but in many other organs throughout the body. There are many recent studies to show this. Many of them come from Dr. Reinhold Vieth, at the University of Toronto, as well as Dr. Michael F. Holick, at the Boston University Medical Center, in Massachusetts.

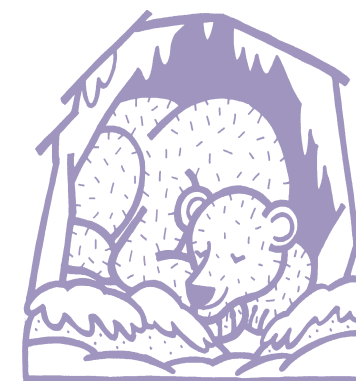
Do you want to know if you are deficient? A simple blood test will tell you. Ask your doctor for a 25 Hydroxy Vitamin D3 blood test. The level should be between 80-120 nmol/L. Exposure to the sun in the summer of 15 minutes, for those with light skin, and 60 minutes, for those with dark skin, with the face and arms exposed, without sunscreen, should give you enough Vitamin D so that you don't have to supplement.

If you like this approach to health care, tune into my radio show every Saturday at 9:00 am on 970AM; 10:00 am on 1010AM; Sunday at 7:00 am on 920AM; and 3:00 pm on 970AM, or go to my website. I have hundreds of hours of shows archived there, all available at no charge. *Given the present warnings regarding the Swine flu, Dr. Joe has opted to submit this article to The Life Line at this time. The next part of Dr. Joe's article "Nutrition From A to Z" will appear in the next edition of The Life Line.*

Dr. Joe Esposito is a chiropractor, the author of "Eating Right For The Health Of It!" the syndicated radio show host of HEALTH TALK ATLANTA, and the director of Health Plus Wellness 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. You can also check out Dr. Joe's website www.DrJoeEsposito.com. Mention Life Grocery when you call, and get an exam, consultation, x-rays, and doctor's report of findings for only \$50!



**Winter Life Fest and
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12:00-4:00 pm
members receive
10% off all in-stock Store
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Health Care is Self Care

By Don Bennett, DAS

It was announced recently that three American scientists received the 2009 Noble Prize for Medicine for discovering a key enzyme in cells that could lead to new therapies for slowing aging and blocking cancer. Shouldn't the non-mainstream health educators, who already know how to normalize the aging process and prevent cancer, get a Noble Prize? But there isn't a Noble Prize for Health, only for Medicine.

It's an unfortunate fact that as long as the medical/pharmaceutical industry is seen as the gatekeeper for peoples' health, the health of that segment of the population will not improve, simply because ill-health is more profitable than no health. True, it's not more profitable for employers when the health of their employees decreases, and it's certainly not better for those people whose health is declining, but they're not the ones in charge of the health care system.

Every individual is actually the one who *is* in charge of their own health care because their health is ultimately their responsibility. But because people are not aware of the health care options that exist, such as improving one's diet and other lifestyle practices to the point where their body is capable of staying ahead of disease instead of falling behind it, they, by default, put their health in the hands of an industry that is ill-equipped to promote truly positive outcomes, because there is no financial incentive to do so. Although most individual physicians and health care workers truly want to be of service to those whom they administer to, they aren't the ones at the wheel. Those who steer America's health care ship do their level best to suppress any information that could prevent those most profitable illnesses. For example, there is no reason anyone should have Type 2 diabetes anymore, yet it's been estimated that in another 15 years 95% of Americans will have it! (And it wasn't too long ago that very few people had it.)

Today, it's not only known how to prevent Type 2 diabetes, but also how to resolve it. Yet the fundraising to "find the cure" continues because, even though it's known how to get rid of it, it's not known by doctors and it's not common knowledge down on Main Street. Also, there's no profit in using non-medical, non-pharmaceutical means to rid yourself of diabetes. When large profits are directly linked to ill-health, ill-health will be the norm.

Maybe capitalism's free-market model isn't the best one for a health care system. In countries with not-for-profit health care systems, there are financial incentives too, but they're in the form of financial incentives for health care providers to get and keep their patients healthy! (The healthier their patients, the more money the doctors make.) And in these countries, improved health is not seen as coming from drugs, treatments, or surgeries. Obviously, this is the polar opposite of the system we have in this country. And what do you think a non-profit health care system can translate into as far as the actual health of the populations of these countries? Yep, overall they are healthier than those folks in the U.S. are, and they have higher average life expectancies, too. These countries also have lower rates of infant mortality than the U.S. and all the people are covered by a health care system; that is truly a *health* care system.

So as long as our health care debate is over what kind of for-profit system we will have, we'll still be behind two dozen other countries as far as the health of the population. So what can *you* do about it? Write your congressman? Rent the movie *Sicko* and have showings in your home in an effort to foster a grassroots movement for truly effective health care for all? You could, but you could also start by taking responsibility for your *own* health and start practicing self-care. This would include learning about what you can do to give yourself the *best* odds of never getting a diagnosis of serious illness and what steps you can take to create robust health for yourself. Thanks in large part to the internet, this information is readily available. True, there is much misinformation and conflicting information even in the area of natural health care because of mis-education, personal biases, and the "profits before people" paradigm, but this is where research, education, and common sense come into play. As long as you value and truly care about your most precious commodity—your health—you'll be able to recognize and embrace the health creation information that is truly in *your* best interest.

Don Bennett is a Disease Avoidance Specialist, lecturer, and author of [How to Have the BEST Odds of Avoiding Degenerative Disease](#). For some enlightening health information visit [health101.org](#).

Life Bits: Is it Time to Give Up Bottled Water?

By Kay Bird

The truth about bottled water is shocking.

- It takes 3 liters of water to produce 1 liter of bottled water.
- The bottles take up to 1,000 years to decompose.
- A variety of chemicals are released in the production of plastic water bottles. Most of the smaller bottles are made from polyethylene terephthalate, which generates more than 100 times more toxic emissions than an equivalent amount of glass.
- The total amount of energy required to produce a plastic bottle of water is equivalent to filling it one-quarter full of oil.
- Americans go through an estimated 70 million water bottles a day and only 14% get recycled.
- In the U.S., over 30 billion plastic water bottles end up as garbage or litter each year, contributing to the vast vortex of plastic waste in the ocean, which is poisoning marine life and birds.
- The withdrawal of large quantities of water from springs and aquifers for bottling has depleted household wells in rural areas, damaged wetlands, degraded lakes, and lowered water tables to the point of threatening residential and agricultural water supplies.
- Bottled water companies, led by Nestle, Coca Cola, and Pepsi Cola, are exercising their power to secure

and privatize access to springs, aquifers, and municipal water supplies.

What can you do?

- Use a home filter. Municipal water requires very little energy to pump water through pipes to our homes.
- Get a high quality reusable bottle to take water with you. Some companies, such as Seychelle.com, have portable bottles (both stainless steel and BPA-free/non-leaching plastic) with a built-in filter, so that you can filter tap water anywhere you go.
- Purchase bulk filtered water at Life Grocery.
- Join or make a donation to the **Sierra Club**, which is advocating on your behalf for strict state and local groundwater laws to protect aquifers, rivers, streams, and wetlands from pollution and depletion. The commercial trend is to treat water as a private commodity from which to profit. The Sierra Club is defending access to clean water as a human right that must be universally available at prices all people can afford.

References:

Sierra Club, Berkeley Ecology Center, The Pacific Institute, *Bottlemania: How Water went on Sale and Why We Bought It*, by Elizabeth Royte.

The Life Line
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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.

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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This Too Shall Pass

By Michael Scimeca

One of my mother's pearls that she handed down to me, that she received from her mother, was an incredibly supportive outlook on life. "This too shall pass" was one of her favorite sayings. She offered it as a reminder that the challenging times I was facing were temporary at best. How ironic that in dealing with my mother's passing last week, those exact words continue to echo through my mind to somehow give me comfort during such a profound time in my life.

If time heals all wounds, than the longing I am feeling for my mother will somehow pass over time. Regardless, I find myself frantically trying to hold onto all of her words of wisdom with a sense of dread that one day I may forget, that her pearls of wisdom might escape me. That they too shall pass.

I have always been attracted to the concept of non-attachment, of not being attached. Perhaps it is because I resonate with my mother's words: "This too shall pass." Maybe it is because life never waits. It continues to rush by with or without my consent, participation, or understanding. Being attracted to the concept of non-

attachment, however, does not give me the wisdom to practice it. That wisdom comes from my mother's words.

I now find myself taking my rightful place as an adult orphan. Ready or not, the circle of life has initiated me. I stand here, however, as a child. What the future holds, I do not know. Regardless, I know one thing with absolute certainty: This too shall pass.

As I write this article, I am considering the act of forgiveness. Is it an act we bestow on others? Is it a gift we give to ourselves? Perhaps it is nothing more than allowing something to pass through us. The one thing I know about forgiveness from my firsthand experience is that it comes in its time, when we are ready to let go. When we are ready to let things pass, we somehow embody my mother's wisdom. Her words somehow come through us. Maybe life is nothing more than a series of forgivenesses, of experiences that we simply let pass through us. I don't know.

Before these feelings pass, I want to share them. I want to say, "I'm sorry" to everyone who has lost a loved one. More importantly, I want to do whatever I

can to remember. Knowing that things pass in their time, I want to live fully today, with love in my heart, from a place of understanding, to whatever degree I can comprehend, whatever I can. In sharing these words, I find a renewed passion. Probably because I know most emphatically that this too shall pass.

If these ramblings touch anything in you, if they help you remember to live, love, and give thanks, then you have met my mother. Her words, her mother's words, my words, will live on for another day. If considering the phrase, "This too shall pass" helps you access a greater wisdom in this moment, then the phrase does for you what it does for me. If these ramblings do nothing for you, my prayer for you is simple. I wish you a long, happy, and healthy life, and that you seize the day. For as sure as the day is here, this too shall pass.

Michael A. Scimeca, D. C., runs Living Well Education, located at 1182 Grimes Bridge Road, Suite 400, Roswell, GA 30075. He can be reached at 770-912-9197 or michael@scimeca.com.

Your Metabolism

By Brian Murray, M. Ed.

You have probably heard that in order to succeed at weight loss your metabolism must go up, or, at the very least, stay the same, but never, ever decrease. I used to believe this was true, but now I disagree.

Your body produces heat in direct proportion to your body mass. Heat is another word for calories. Therefore, the bigger you are the more calories you burn, or the higher your resting metabolic rate compared to someone who has less body mass. When you lose body mass, your resting metabolic rate will actually go down. Why would it not? You have decreased your body mass, therefore the amount of calories you burn goes down. Makes sense, right?

To this point I have only referred to your resting metabolic rate. This is a label for a broad range of ongoing bodily processes. Although this rate will go down as you lose body mass, there is a component of this rate that you should never allow to decrease. This is the *lean body mass* component of your resting metabolic rate; the energy required by your muscles, bones, nerves, organs, and anything else that isn't fat.

Exercise is essential if you want to preserve your lean body mass, but it must be the right type of exercise. After 12 years of clinical observation, I now know that the safest, most efficient and most productive way to

ensure that the lean body mass component of your resting metabolism does not decrease is to engage in a high intensity strength-training program.

I also believe that the purpose of your exercise program should be to keep your lean body mass as close to your youthful peak as possible. How will you know if you are doing this? You won't. You don't have a measure of what your maximum lean body mass value was in your youth. Does it matter? No. The best way to regain what you may have lost, and potentially add more, is to make your muscles work against A LOT of resistance for just a few minutes a week. Do this and you can rest assured that you will not allow the lean body mass component of your resting metabolism to decrease.

Your resting metabolism does not have to go up or never decrease. In fact, it will go down as your body mass shrinks. What should never go down is the energy you expend each day accounted for by your lean body mass. Don't worry about your metabolism. Concentrate on protecting your lean body mass.

Brian Murray is an exercise physiologist, weight loss consultant, and creator of mbody®, a six-week fat loss plan that will change your life. To learn more about mbody™ visit www.mbodytransformation.com.

Joyous Living

By Dr. Kimberly Strickland

The saying is *'tis the season*, well I say *now is the season*. Whenever now is, is the time to joyfully live. Why wait until November or December to do the things that bring you joy? My family is going away for five days just prior to Thanksgiving. My four year old son, Rory, asked if I could make a chocolate birthday cake just for fun because it's so good, not because someone is having a birthday. So we're having chocolate cake with chocolate frosting just for fun!

I believe that each and every one of us was brought to this moment in space and time with intention for a purpose. I believe that purpose is to live joyfully and to bring joy to others. This fall I have had some major breakthroughs in my personal and spiritual growth. It started with doing small things daily that bring joy to me. I purchased a bike so I could ride with my four and six year olds. I purchased the new U2 CD and have had so much fun learning the lyrics and singing along. My joy has become infectious and my boys are enjoying the new

music. Whatever brings you joy will lighten your heart, increase your energy, improve your health, and, in turn, bring joy to others. Joy to the world starts by giving yourself permission to experience joy every day.

Take a look this season at what brings you joy and what drains you. If something drains you, then stop doing it. Take a moment to reflect on the reason behind what you are doing. Is there another way to view what you're doing? Could you do something else? In my family this year, we have decided to simplify the season by giving gifts to the children only. That means we each have more time to enjoy being together and to relax instead of shopping. Because I believe that by giving we truly fulfill our purpose, I am choosing to give in new ways this year. This week I used money I would have used to buy gifts for my family to purchase a goat for a family in another country through www.heifer.org. When that goat has kids, the family will give at least one of them away as a way to continue the giving. For just \$30, you can give a

family a hive of bees, training to take care of them, and a means to provide income for their family while at the same time increasing our honeybee population, which is in need of help.

When giving gifts, think not only of the person you are buying for, but the impact your gift has on the planet. Consider giving organic, free-trade products such as coffee or Burt's Bees. The quality is very high, so the gift will be appreciated and you just may create a convert. A soy candle and an essential oil, such as lavender, will smell nice and bring relaxation and stress relief. Do you know someone trying to get healthier? Consider the gift of a Life Grocery gift certificate or cookbook from the book section at Life Grocery. If you enjoy cooking, make a recipe from the cookbook and gift it with the book. Here's a recipe for pumpkin pie to try yourself or to share.

continued on page 7

NOTICE OF ANNUAL BUSINESS MEETING OF MEMBERS 2009

NOTICE IS HEREBY GIVEN THAT the 2009 Annual Business Meeting of Members (the "Annual Meeting") of Life Grocery Store, Inc., a Georgia non-profit corporation (the "Company"), will be held at Life Grocery on Tuesday, December 8, 2009, at 6:30 p.m.

All Members of record as of the date of this Notice shall be entitled to vote at the meeting.

Order of the Board of Directors
1453 Roswell Road
Marietta, Georgia 30062

Healthier Holiday Cookie Exchange

By Dr. Susan Esposito

Dear Dr. Susan,

Every holiday season my friends and I have a holiday cookie exchange. I'm looking for some cookie recipes that are tasty, yet are a little more healthy and lower in calories than the traditional holiday goodies we usually make. **Cheryl**

Dear Cheryl,

Here are some cookie recipes that are on the healthier side. Remember, you can't really call them "health food," however, they are certainly healthier than most of the fat and/or preservative-laden cookies that you might buy prepackaged at the bakery or make in most holiday kitchens. Keep in mind that although these cookies are lower in calories than many others, they are still not calorie free. I believe in enjoying treats over the holidays, but be mindful not to over indulge. These holiday delights, despite the healthier ingredients, are very yummy and will make delicious holiday snacks, gifts, or cookie exchange treats.

I found these recipes on the Eating Well website, where you can go and look up even more delicious recipes. I added a few suggestions in parentheses to the ingredients as they have them listed to make them a bit healthier. I hope you enjoy them!

Happy Holidays! Dr. Susan

Angel Delights

From EatingWell: November/December 2008

4 dozen cookies

¼ c unsalted butter or Earth Balance margarine
1 c sugar or sugar substitute—not artificial sweetener
1½ c chopped pitted dates, (8 ounces)
1/8 t salt
1 t vanilla extract
2 c toasted rice cereal
1 c shredded coconut

- Combine butter, sugar, and dates in a large saucepan. Cook, stirring constantly, until the butter is melted, the sugar is no longer white, and the dates are mostly melted, 8 to 15 minutes. The mixture should be a shiny, brown sticky mass. Remove from the heat.
- Add salt, vanilla, cereal, and coconut; stir well to combine.
- When cool enough to handle, squeeze and roll the mixture into 1-inch balls. Place on a wax paper-lined baking sheet. Refrigerate until chilled.

Make Ahead Tip: Cover and refrigerate for up to one week.

Nutrition per cookie: 52 calories; 2 g fat (1 g sat, 0 g mono); 3 mg cholesterol; 10 g carbohydrates; 0 g protein; 0 g fiber; 15 mg sodium; 39 mg potassium.
Exchanges: ½ carbohydrate serving

Dark Chocolate Florentines

From EatingWell: November/December 2008

3 dozen sandwich cookies

1/3 c unsalted butter or Earth Balance margarine
¼ c canola oil
2 c quick cooking oats
¾ c sugar or sugar substitute, not artificial sweetener
1/3 c whole wheat flour
¼ c low-fat milk or low-fat plain soymilk
1 t vanilla extract
¼ t salt

½ c toasted almonds or walnuts, finely chopped (see Tip)

½ c semisweet or dark chocolate chips

½ c apricot preserves

- Preheat oven to 375° F. Line two large baking sheets with foil or nonstick baking mats.
- Melt butter in a medium saucepan. Remove from the heat. Add oil, oats, sugar, flour, milk, vanilla, salt, and nuts. Mix well. Drop level teaspoons of dough 3 inches apart onto the prepared baking sheets. Spread or press each cookie into a thin, 2-inch circle with a fork or damp fingertips.
- Bake the cookies, in batches, until set, 5 to 7 minutes. Let cool completely before removing from the foil or mats. (The cookies will appear somewhat lacy.)
- Melt chocolate chips in a double boiler over hot, not boiling, water (or microwave in 15-second intervals, stirring in between).
- When the cookies are cool, gently spread the chocolate on the flat side of half (about 36) of the cookies.
- Gently spread a little jam on the flat side of the remaining cookies. Press the apricot and chocolate halves together to make sandwich cookies.

Make Ahead Tip: Store in an airtight container at room temperature for up to 2 days.

Tip: Spread nuts on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

Nutrition per cookie: 108 calories; 6 g fat (2 g sat, 2 g mono); 5 mg cholesterol; 14 g carbohydrates; 2 g protein; 1 g fiber; 19 mg sodium; 14 mg potassium.
Exchanges: 1 carbohydrate (other), 1 fat

Boot Tracks

From EatingWell: November/December 2007

3 dozen cookies

½ c salted butter or Earth Balance margarine
2/3 c granulated sugar
2 large eggs or equivalent egg replacer
1 t vanilla extract
1 c whole wheat pastry flour
6 T cocoa powder
2 T canola oil
½ t espresso powder, optional
confectioners' sugar, for dusting

- Preheat a nonstick (not Belgian) waffle iron.
- Cream butter and sugar in a medium bowl. Beat in eggs and vanilla. Add flour, cocoa powder, oil and espresso powder (if using). Beat until thoroughly combined.
- Drop the batter by rounded teaspoonfuls about 1 inch apart onto the preheated ungreased waffle iron. (To avoid burning your fingers, use two spoons, one to scoop and one to scrape dough onto the waffle iron.) Close and cook until the cookies are puffed and cooked through, 1 to 1½ minutes. Waffle irons vary, so watch closely and don't let the cookies get too dark.
- Transfer to a wire rack to cool until just warm.
- Dust the cookies with confectioners' sugar while still slightly warm.

Variations: Instead of confectioners' sugar, drizzle cooled cookies with melted bittersweet and/or white chocolate. Or make a peppermint drizzle: Mix 1 cup confectioners'

sugar, 4 teaspoons water and ¼ teaspoon peppermint extract; add natural green food coloring, if desired.

Make Ahead Tip: Store in an airtight container for up to 1 day. Dust with additional confectioners' sugar just before serving.

Nutrition per cookie: 63 calories; 4 g fat (2 g sat, 1 g mono); 18 mg cholesterol; 7 g carbohydrates; 1 g protein; 1 g fiber; 22 mg sodium; 18 mg potassium.
Exchanges: ½ other carbohydrate, ½ fat

Ginger Crinkle Cookies

From EatingWell: November/December 2007

34 cookies

2/3 c canola oil
1½ c turbinado sugar, divided (see Tip)
1 large egg or equivalent egg replacer
4 T molasses
2 c sifted whole wheat pastry flour
2 t baking soda
¼ t ground cinnamon
¼ t ground ginger
¼ t sea salt

- Preheat oven to 350° F.
- Mix oil and 1 cup sugar in a large bowl until combined.
- Beat in egg until combined.
- Stir in molasses until evenly incorporated. Sift flour, baking soda, cinnamon, ginger and salt over the wet ingredients and stir until just combined.
- Put the remaining ½ cup sugar in a small bowl. Roll the dough into 1-inch balls and roll each ball in the sugar before placing 2 inches apart on an ungreased baking sheet. Do not flatten.
- Bake the cookies until set, but still soft when gently touched, 10 to 12 minutes. Transfer to a wire rack to cool.

Make Ahead Tip: Store in an airtight container at room temp for up to 5 days.

Tip: Turbinado sugar is steam-cleaned raw cane sugar. It is coarse grained and light brown in color, with a slight molasses flavor. The coarse texture adds great crunch when used in baking. You can find it in the baking section at Life Grocery.

Nutrition per cookie: 103 calories; 5 g fat (0 g sat, 3 g mono); 6 mg cholesterol; 15 g carbohydrates; 1 g protein; 1 g fiber; 94 mg sodium; 38 mg potassium.
Exchanges: 1 other carbohydrate, 1 fat

Raspberry-Chocolate Thumbprint Cookies

From EatingWell: December 2006

2 dozen cookies

1 c whole almonds
1½ c whole wheat pastry flour (see Note)
½ c oat flour (see Note)
2 t baking powder
¼ t salt
1/3 c light oil, such as safflower or canola
1/3 c maple syrup
¼ c apple juice
1 t almond extract
1 t vanilla extract
1/3 c chocolate chips, preferably bittersweet
2 T raspberry preserves

continued on page 7

Celebrate a Raw Holiday

By Brenda Cobb

Make this a wonderful holiday with organic raw and living food recipes. They are delicious and so good for you. You don't have to heat up your kitchen since none of these recipes are cooked. You can impress your friends and family with tasty and nutritious food they'll be talking about for weeks to come.

When you shop for the freshest ingredients in the produce section of your local grocery, health food store, or farmers market, you'll see an abundant array of colorful fruits and vegetables to make this a very special holiday. These beautiful recipes will look bright and cheery on your holiday table, and, since they are so nutritionally dense, you'll feel completely satisfied with smaller portions.

Life Grocery has an amazing selection of the freshest produce and it's all organic, so you don't have to worry about chemicals or pesticides. If you're just too busy to prepare your own dishes, Café Life will come to your rescue with some of the best prepared raw and living food you'll find anywhere!

Coconut Nog

1 young coconut, water and flesh
1 vanilla bean
½ t nutmeg
½ t cinnamon

- Crack open the coconut and drain the water into the Vita-Mix blender.
- Scoop out the white coconut flesh.
- Place coconut flesh along with vanilla, cinnamon, and nutmeg in the blender.
- Blend until creamy.

Serve in small cups and sprinkle with a little nutmeg. Toast the holiday and celebrate!

Pepper Squash Soup

2 c yellow squash
1 c zucchini
1 c red pepper
½ c onions
1 t curry powder
4 pitted dates
2 T lemon juice
2 t Himalayan salt
water as needed

- Blend everything in the Vita-Mix. Add a little water at a time to create the consistency you like and serve.

You can blend until warm or fill the bowls and put them in the dehydrator to warm up.

Cauliflower Nut Loaf

1 c almonds
1 c sunflower seeds
1 c pumpkin seeds
2 t garlic
1 c green onions, including the green tops
1 c celery
4 c cauliflower
1 c carrots
4 T fresh parsley
2 t Himalayan salt
2 T poultry seasoning
¼ c water

- Soak the almonds, sunflower, and pumpkin seeds overnight in 6 cups filtered water. Drain.
- Chop the garlic, green onions, and celery by hand and set aside.
- Combine the nuts, cauliflower, carrots, parsley, salt, and poultry seasonings in the food processor and blend.
- Take the nut mixture out of the processor and combine with the chopped vegetables.
- Taste before you take out of food processor and add more salt and poultry seasoning, if necessary, to give a rich full-bodied taste.
- Shape into a loaf or small bite-size balls.
- Dehydrate at 100° F for 2 hours and serve warm.

Creamy Mushroom Spinach

6 c spinach
1 c pine nuts
1 clove garlic
2 avocados
2 T nutritional yeast
1 t Himalayan salt
2 c mushrooms

- Soak pine nuts in 2 cups water for 2 hours and drain.
- Put the garlic in the food processor and chop until fine.
- Add the pine nuts and continue to blend.
- Add rest of the ingredients and continue blending into a creamy mixture.

Fruit Salsa

1½ c cranberries
4 c fresh tomatoes
1 c apples
6 pitted dates
1 c raisins

1 c orange juice
1 c celery
½ c red onion
¼ t cayenne pepper
1 t Himalayan salt

- Blend the pitted dates, cayenne, salt, and orange juice in the Vita-Mix into a creamy sauce.
- Chop the tomatoes, celery, cranberries, apples, and onions.
- Combine with the sauce and raisins.

Spice Fruit Cookies

1 c dates, pitted
1 c raisins
1 c walnuts
1 c almonds
1 c pumpkin seeds
1 c dried figs
4 c apples
¼ c raw coconut oil
1 T cinnamon
2 t nutmeg

- Soak the pitted dates and figs overnight together in one bowl with 4 cups of water. Drain.
- Soak the walnuts, pumpkin seeds, and almonds together in 6 cups water overnight and drain.
- Chop the walnuts and almonds into chunky pieces in the food processor.
- Chop 2 cups of apples into small chunks and set aside (save 2 cups of apples to blend).
- Chop the figs in the processor and set aside.
- Blend the dates, cinnamon, nutmeg, and 2 cups of apples into a creamy paste in the food processor or Vita-Mix.
- Remove paste from processor and fold in the walnuts, almonds, pumpkin seeds, chopped apples, and coconut oil.
- Put 1 tablespoon of the mixture for each cookie on the dehydrator sheet. Pat into a cookie shape and dehydrate for 24 hours at 100° F. Serve warm.

Brenda Cobb is founder of The Living Foods Institute and author of The Living Foods Lifestyle® and several other books on detoxification and healing naturally, including the Holiday Recipe Book. The Institute teaches a Healthy Lifestyle Course in Atlanta, Georgia, and offers detoxification treatments to cleanse and heal the body. For further info, call 404-524-4488 or 800-844-9876 or visit www.livingfoodsinstitute.com.

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Environmentally Speaking

By Betsy Bearden

Sustainable Development, Rainforest Alliance, Fair Trade, Eco-Friendly, and Green: These terms sound great, but what exactly do they mean?

I don't know about you, but I am just now getting used to the terms *Non-GMO, Organic, Certified Organic, and Raw*. Up to now, my most sustainable function with food is that I have been eating Lay's Potato Chips way too often. My husband said he is thinking about calling in Dr. Phil for a potato chip intervention, but that is going to have to be another story. Okay, maybe I stretched that one a little.

The United Nations defines *sustainable development* as: "Development that meets the needs of the present without compromising the ability of future generations to meet their own needs." In layman's terms this equates to: contribute to the sustainability of your environment by nurturing it and adding to it, not by tearing it down and polluting it, which goes back to something I mentioned in my last article: "Give a Hoot, Don't Pollute!"*

Sustainable development is already a method that is being put to use by the small-farm owners and workers throughout the world—particularly those who live and farm in the tropics. Supply and demand first created the necessity for sustainable agriculture among the small-farm coffee and tea growers of that region. Farmers have worked the mountainous terrain in these countries for centuries. This is where some of the oldest and finest teas and coffees are grown as nature intended, in the shade. The leafy canopy of the indigenous trees in the various regions also acts as a haven for migrating birds and its natural inhabitants.

However, due to the high demand for products produced in these areas, the rainforests suffer from deforestation at a rate of 18 million acres per year. This destroys the precious wildlife habitat and accounts for 20 percent of global carbon emissions. Because coffee and tea had to be mass produced, trees were cut down, land was developed, and, thus, began the existence of full-sun farms. The only problem is, that this consistently

added to the pollution of waterways and all surrounding plant, animal, and marine life in those areas. Hence, the enforcement of sustainable growing practices and development had to come about. It is becoming more widely accepted and implemented more and more each day across the globe.

The Rainforest Alliance is a non-profit organization based in New York, with offices located throughout the world. The Rainforest Alliance certifies the sustainable production of products in collaboration with the Sustainable Agriculture Network (SAN). Parallel goals between the organizations, along with Fair Trade, ensures that farmers and growers are treated fairly, receive fair wages, and can enjoy a higher quality of life for future generations. It is stunning to think that nearly 25 million small-farm owners depend solely on the income they receive from growing sugarcane, yams, cocoa beans, bamboo, jute, coffee, and tea. It is awesome that we can contribute to the sustainable development of these small farms. Farming is the only trade the native people know, and without it, they would have no income.**

The Rainforest Alliance certifies products and services only when they are produced under specific standards. In order to bear the Rainforest Alliance Certified™ seal on any product, farms must ensure that the farmers grow the products and that the land they grow it on, is carefully supported and sustained so their products are worthy of bearing the Rainforest Alliance Seal of Certification.

Whenever possible, I don't mind paying an extra dollar or two for products bearing the symbols of Fair Trade and The Rainforest Alliance. Although the bulk of these products are from other countries, we have our own history of small-farm growers here in the United States. Although this state produces huge amounts of macadamia nuts, sugarcane, and pineapple, it happens to be the *only* state in our country that produces coffee: You guessed it . . . Hawaii. Hey, if we are going to grow it, then why not grow one of the best!

Fair trade is an organized social movement and market-based approach that aims to help producers in developing countries and promote sustainability. The movement advocates the payment of a higher price to producers, as well as social and environmental standards in areas related to the production of a wide variety of goods. It focuses, in particular, on exports from developing countries to developed countries, most notably handicrafts, coffee, cocoa, sugar, tea, bananas, honey, cotton, wine, fresh fruit, chocolate, and flowers.***

By practicing Fair Trade with farmers, we ensure they are receiving fair wages for the valuable services they provide. Fair wages allow farmers to grow better crops; children under 15 cannot be used for labor; it allows better health care for the families; and provides an all around higher standard of living. Pretty cool, huh?

Eco-friendly and Green is what you will find at Life Grocery, along with many products bearing the Fair-Trade and Rainforest Alliance symbols. Purchase an Eco-friendly reusable bag, and bring it with you each time you shop at Life Grocery; in turn, this is what makes you Green! And don't forget to check out Café Life while you are there. Fill a few of their biodegradable containers with a wide variety of vegan, vegetarian, and gluten free foods, and take some back to the office to share! Get your co-workers hooked on Life and help save the planet at the same time!

I wish each of you Peace and Love during the holiday season and for the upcoming New Year!

*<http://en.wikipedia.org/wiki/Sustainability>

** <http://www.rainforest-alliance.org/>

***http://en.wikipedia.org/wiki/Fair_trade

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

A Precious Gift

By Linda Townsend

I am most thankful for the gifts that will never be found under a decorated tree or wrapped up as a present; for the things that cannot be purchased in a store or even made by the most skillful artisans. They are those intangible things within, making each person interestingly unique: faith, thoughts, love, understanding, happiness, wisdom, and on the list goes. These are qualities existing within the realm of the mind. They cannot be boxed up and offered as gifts. Yet, they are the driving forces as to why we would give gifts. They animate us to do daily tasks, hold a child, read a book, and choose what to eat.

Have you ever considered how many decisions you make in a day? The number is mind boggling, to be sure. We make a decision every time our brains direct our bodies to move. I made decisions typing each one of these letters in this article and you are making decisions as you read it. Now, think about all the tasks you do each day and how many choices and decisions per task you make!

Although counting all our decisions in just a single day is impossible, one specific part of our decision-making has been studied. In 2007, the Cornell Food and Brand Lab found that people thinking they made merely

14.4 food-related decisions each day actually made an average of 221 such decisions. That is quite a significant number, but I think people who appreciate food for not only satisfying the palate, but also healing the body make far more. It just seems logical that those who study the healing properties of food will consider these aspects when preparing to eat far more than those who do not.

When my daughter was four years old, she asked me what junk food is. I had to think for a moment how to present this concept to her young mind and then I said, "Junk food is food that tastes really good, but it is not very good for you." From that point on she began asking if a certain food was good for her or not because she understood that foods *tasting good* was not an indication of them *being good*. Four years later, I still hear her telling other children about junk food. Just this week, a neighbor child said he thought it was weird that we do not drink soda pop, but my daughter thinks it is just as strange that his family does because she has been educated about it.

Have you really considered that human beings are the only creatures on earth that can reason the difference between something tasting good and its nutritional value?

Do you realize how precious a gift this is? We have the mental capacity to learn what foods are best for us to eat and the healthiest ways to prepare them. We cannot only educate ourselves, but pass on that knowledge to other people!

As the holidays approach, I hope you will consider how precious it is that you have the ability to learn and to choose. Besides providing *The Life Line* free of charge, Life Grocery is stocked with excellent books [all at a 20% discount off the cover price] written by people sharing their knowledge about the food connection to health and healing. You see, the very best gift that you can actually give yourself is more knowledge about food and how it can be used to optimize your health. That knowledge becomes a part of you, the intangible part within making you a uniquely, healthy you—such a precious gift. (Books make excellent gifts to give to your loved ones as well.)

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

Go Ahead and Try Just One More Time

By Jesse Andersen

I was having a conversation the other day with a friend who was struggling, trying to meet a goal. She said, "But so many people tell me: *Try This... It Will Work for Sure!* I try it and it doesn't work. So why in the world should I believe that *this* is going to work for me?"

I thought for a minute and decided to share with her some of my favorite quotes from Thomas Edison:

- *Our greatest weakness lies in giving up.*
- *The most certain way to succeed is always to try just one more time.*
- *Many of life's failures are people who did not realize how close they were to success, right when they gave up.*

Did you know that when Thomas Edison was working on creating the light bulb, he had tried over 10,000 different ways before he discovered the correct combination that gave us light and so much more in our homes? If he hadn't continued to try, it may have been another 50 years before we stopped eating dinner by candlelight, not to mention all of the other great inventions attributed to our Mr. Edison. Here is what he said about it taking him 10,000 tries to create the light bulb: "I have not failed, I've just found 10,000 ways that won't work."

So I encouraged my friend to try again. *This* could be the time it works! *This* could be the time that makes it happen! *Today* is the time to *Try One More Time!*

As I was driving home that night, I was thinking about how I could apply my own advice, Thomas Edison's advice, to my own life. (It seems we can always use our own advice, right?) And I was thinking how our "self-fulfilling prophecies" always seem to

come to pass. (Yes, I know, I'm being redundant, but I'm trying to make a point.) You know, when we say, "That never works for me," and somehow, it never does work. Just like for years, I always said, "I can never lose weight," and guess what, despite all the different diets I tried, I never could. Yet, when I was introduced to the Raw and Living Foods diet and I wanted to utilize the healing properties of all of the great nutrition I knew I could put in my body to save my gallbladder and take my health to new heights, then, as a side effect, the weight finally came off.

I'm sharing this with you today to give you encouragement. It seems that a lot of people are looking for some encouragement; for some hope. There is hope all around us, you've just got to recognize it, grab it, and place it in your heart. What great project do you have sitting around, that maybe if you had given it, just one more try, you could have had great success? You still can. Go dust it off. What great goal have you been thinking about, for your health or your weight or your spirituality or your _____ that has been occupying your thoughts? Make a plan, see it, believe it, be it, take action, and try again just one more time. I'm going to do the same.

Jesse is the Director of the Raw Food Resource Center and teaches several classes at Life Grocery, including the very popular "Raw Food Nutrition for Health & Weight Loss." She also presents a free one-hour lecture weekly at Life Grocery every Thursday at 6:30 pm. For more information on her classes, or if you would like Jesse to email to you her "Before and After" weight loss photos, email her at: RawFoodResourceCenter@gmail.com.

Healthier Holiday Cookie Exchange

continued from page 4

- Position rack in center of oven; preheat to 350° F. Coat a baking sheet with cooking spray or line with parchment paper or a nonstick baking mat.
- Process almonds in a blender in 2 batches until finely ground. Transfer to a large bowl and add whole-wheat flour, oat flour, baking powder, and salt.
- Whisk oil, maple syrup, apple juice, almond, and vanilla extracts in a medium bowl. Add the wet ingredients to the dry ingredients; stir to combine. Use your hands to knead the dough together; add 1 to 2 tablespoons additional apple juice if the mixture is too crumbly.
- Form level tablespoonfuls of dough into balls and place on the prepared baking sheet about 2 inches apart.
- Gently flatten each ball into a disk, then make an indentation in the center using your thumb or a small spoon.
- Place a few chocolate chips in each indentation, then cover with ¼ teaspoon preserves.

- Bake the cookies, one batch at a time, until golden around the edges, 15 to 17 minutes. Transfer to a wire rack to cool completely.

Notes: Whole wheat pastry flour is milled from soft wheat. It contains less gluten than regular whole-wheat flour and helps ensure a tender result in delicate baked goods while providing the nutritional benefits of whole grains. Oat flour, made from finely milled whole oats, is a good source of dietary fiber and whole grains. It can replace a portion of all-purpose flour in many baking recipes and adds an oat flavor and texture.

Nutrition per cookie: 128 calories; 7 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 14 g carbohydrates; 2 g protein; 2 g fiber; 71 mg sodium; 26 mg potassium.

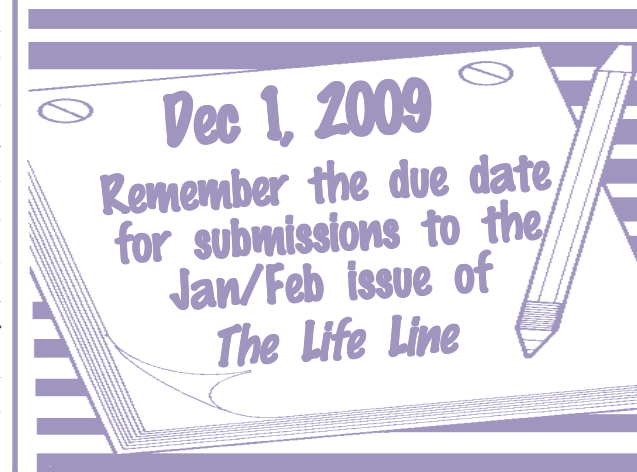
Exchanges: 1 carbohydrate serving, (½ starch, ½ other carbohydrate), 1½ fat

Dr. Susan Esposito is a nutritional adviser, chiropractor, and vegan mother of three children. If you have a question for Dr. Susan, e-mail her at susanesposito@gmail.com. Due to space limitations, not all questions can be answered in this newsletter.

Classifieds

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

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Joyous Living continued from page 3

Pumpkin Pie Crust
2/3 c rolled oats
½ c ground almonds
2/3 c spelt flour
3 T maple syrup
½ t vanilla
½ t cinnamon
½ t sea salt
2-3 T water

- Mix dry ingredients in a food processor.
- Add wet ingredients and mix well together.
- Press into an oiled pie plate.

Filling
2 c pumpkin, pureed
1½ c soy milk
1/3 c maple syrup
1 t cinnamon
½ t ginger
½ t sea salt
½ t allspice
¼ t nutmeg
1/8 t ground cloves
3 T flour, to thicken

- Preheat oven to 350° F.
- Mix all ingredients in a food processor. Pour into pie crust and bake for about 40 minutes.

Adapted from *Staying Healthy with Nutrition* by Elson M. Haas, M.D.

Kim Strickland earned a Doctorate degree in Natural Health from Clayton College of Health. She is a stay-at-home mother homeschooling her two children. She owns Inspired Living, LLC, a business whose purpose is to inspire people to live their best lives. She facilitates workshops to help people realize their dreams. Visit www.naturallivingresource.com and www.inspirationboards.naturallivingresource.com.

Away from Home for the Holidays?

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

So many of us will be traveling for the holidays, and with Celiac Disease or Gluten Intolerance, those of us on the gluten free diet will have to do a little planning ahead. Never fear, this can be done very easily, and you don't have to miss out on your favorite dishes simply because of your "food issues." Traveling or eating out is always a reason for extra caution, but don't let the gluten free diet stop you from living your life and enjoying your family and friends for the holidays.

I've found that most people are very willing to help you out so that you can safely eat a meal with everyone else. Most people just love to cook foods for others that can be enjoyed by all, so make sure you tell your host/hostess about your needs and offer to assist in any way possible to help educate them. Many of your traditional side dishes at holiday meals are naturally gluten free, like mashed potatoes, candied yams, cranberry sauce, (when they are prepared without gluten, of course.) The holiday bird, ham, and other meats can also be safely prepared without gluten, as well as many of your favorite vegetable casseroles.

Don't be afraid to speak up and let your hosts know about your needs if they aren't already aware. If you don't feel comfortable speaking up about your needs, then bring several dishes with you that you know you will be able to eat safely and don't mind sharing with others. Make sure you bring a dessert so that you don't feel left out when everyone else is enjoying their pumpkin pies and other assorted goodies. If you aren't already aware, Betty Crocker now has several gluten free mixes that are easy to use. I also absolutely love baking with Pamela's baking mixes. You are only limited by your imagination!

If you are staying in a hotel and won't have access to an oven, this can present more of a challenge to you, so research the area you will be visiting and find out if there is a gluten free bakery, natural foods store, or specialty store nearby. You should be able to find quite a few gluten free prepared foods that will satisfy most of your holiday cravings.

Here are a few recipes for you to try and maybe start a brand new holiday tradition!

Chocolate Chip GF Cheesecake

2 8-oz packages cream cheese, softened
½ c sugar
½ t GF vanilla extract
2 large eggs or equivalent GF egg substitute
½ cup semisweet chocolate chips
GF chocolate chip cookie pie crust, 9 inch
1 box of Enjoy Life Foods chocolate chip cookies, crumbled and pressed into the bottom of a buttered 9-inch pie pan)

- Beat cream cheese, sugar, and vanilla at medium speed until well-blended.
- Blend in eggs.
- Stir in chocolate chips then pour batter into chocolate chip cookie pie crust. (You may sprinkle ¼ cup mini semi-sweet chocolate chips on top if you desire).
- Bake at 350° F for 40 minutes or until center is almost set. Cool.
- For best results, refrigerate for 3 hours. Do not overbake.

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

Cornbread Stuffing

3 T butter
1 c celery, finely chopped
¼ c onions, chopped
3 c soft gluten free bread crumbs (I use Ener-G Light Tapioca Loaf)
3 c crumbled cornbread (The Gluten Free Pantry's Yankee Cornbread or Pamela's Cornbread mix is perfect. Follow directions on bag to make it.)
3 c chicken or vegetable broth
1 apple, cut up into very small pieces
2 large eggs or equivalent GF egg substitute
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.

Potatoes Nisla!

8-10 red potatoes
½ onion, sliced
½ c mushrooms, cut up
2-3 cloves garlic
approximately ¼ c extra virgin olive oil
½ c fresh cilantro, cleaned and cut

- Boil potatoes in large pot until soft and mushy.
- In another pan place diced onions, sliced mushrooms, and several cut up cloves of garlic.
- Mix well and pour olive oil over them.
- Bake at 350° F for about 20 minutes or sauté in pan.
- When potatoes are done, drain and mash.
- Mix in onion, mushroom, and garlic mixture.
- Add cut fresh cilantro to the mixture; salt and pepper to taste.

Optional: Can also add crumbled up gluten free veggie burgers or ground beef (already cooked) and cheese if desired.

Nisla Whetstone is a Licensed Massage Therapist and Gluten Free Lifestyle Coach in private practice in conjunction with Dr. Joe Esposito. Join her from 6-7 pm on the third Tuesday of every month for her Gluten Free support group in Café Life, where selected gluten free items are available for purchase. Contact her at 770-653-6017 or magickhand@gmail.com.

Mori-Nu Pumpkin Pudding

2 cans pumpkin pie filling
1 carton Mori-Nu extra firm tofu, drained
1 package Mori-Nu Vanilla Pudding mix
1 T pumpkin pie spice

- In a blender or food processor, blend pie filling and tofu until smooth.
- Add pudding mix and pie spice. Blend well.
- Turn into an oiled baking dish.
- Bake uncovered in a 350° F oven for one hour.
- Let cool in oven for 20 minutes.
- Refrigerate covered overnight or put into a baked pie crust and cover.



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- Turn into an oiled baking dish.
- Bake uncovered in a 350° F oven for one hour.
- Let cool in oven for 20 minutes.
- Refrigerate covered overnight or put into a baked pie crust and cover.



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Vitamins that make sense

- **Blood Sugar Formula**
180 caps \$23.99
- **Bio C 1000**
180 tabs. \$12.99
- **Antioxidant Formula**
60 caps \$16.99



FRESH EXPRESS

- **Olive Leaf**
8 oz \$14.99
- **Olive Leaf**
16 oz. \$27.99



Nutrition for Optimal Wellness.

All Essential Oils

15% off



All Products

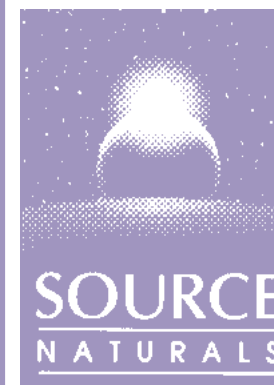
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- **Wholemega**
30 softgels. ... \$13.99
- **Wholemega**
60 softgels. ... \$19.99
- **Wholemega**
120 softgels .. \$38.99



- **Multi One w/Iron**
60 vcaps. . \$15.99
- **Super Quercetin**
50 vcaps \$14.99
- **Super Quercetin**
100 vcaps ... \$25.99
- **Ubiquinol 50 mg**
30 softgels .. \$14.99
- **Ubiquinol 100 mg**
30 softgels .. \$21.99



All Wellness Formulas

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